

Lindfield *Life*

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Local village talk,
by the village

October 2017 Issue #105

Free



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EDITORIAL

By David Tingley, Editor

So, along comes October and there's no shortage of things to write about in our humble magazine for Lindfield!

Lindfield Arts Festival has just taken place and what a great weekend it was – I hope you were able to take part in some way. **Freya Wenstrom** has written a round up of the festival on **page 18**, and we managed to get some photos from the various events going on around the village.

One event I went to was the rehearsal reading by **Lindfield Dramatic Club** of its forthcoming production of **The Importance of Being Earnest**. There's more information about this on **page 5**.

Also on the same weekend was **Lindfield Horticultural Society's Autumn Show**, which was held in the King Edward Hall. **Chris Gurr** brings us up to speed with the entries and winners on **page 22**.

On similar lines **Heather Martin** announced the winners of the first **Front Garden Competition** in the village, through the new group she has set up: **Lindfield in Bloom**. Heather noted a fantastic number of entries with the top three getting a mention on **page 8**.

Staff at **The Kitchen People** are celebrating this month, as the shop has now been on Lindfield High Street for ten years! Read about their success story on **page 14**.

Page 24 is a great read if you either like local history or live in **The Welkin**. **Richard Bryant** brings out his regular feature, this month focusing on what was there before 170 houses were built in the 1960s. Fascinating, thank you Richard!

Lisa Muldoon take to the centre stage in our Village People feature on **page 30**. **Claire Cooper** met her and tells her story from Glasgow to Lindfield, where she is currently the manager of charity shop on Lewes Road.

Caroline Young's recipes this month take on a fishy theme (**page 34**), to tie in with a current fundraising campaign by the RNLI.

Have a fab month and always keep us in the loop!

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Tunes & Tea takes a new theme

There is time for a singalong on Saturday 28th October at 3pm at the second Tunes & Tea concert of 2017 in the Lindfield United Reformed Church with the theme Joy of the Garden.

Despite several attempts by the singers and friends to change their group name they remain known as The Sunday Morning Singers. Several of the singers are former members of the local operatic society with a wealth of experience in the 'musicals' and secular repertoire.

Over time and with commitment the group singing together was enhanced and developed to the extent that they regularly perform concerts known as Tunes & Tea. Each has a specific theme to enjoy with opportunity to support charities such as Air Ambulance and the Hospice. Recent themes have celebrated the Queen's 90th birthday, likewise Dame Vera Lynn's birthday and, of course, the traditional Carol Concert at the church.

As not everybody can get to the concert venue, it was decided to take the music to the people and for the last



two years the singers have shared their joy of music in several local care homes. The hope is that the residents enjoy the occasion as much as the singers entertaining them, finding it rewarding, not only musically, but sharing in conversation, participation and memories. There is no charge by the singers however a cup of tea and conversation with the residents is always welcome.

The Sunday Morning Singers, led by Peter Swann, was formed many years ago to support the Sunday morning worship at the church, which they still do from time to time. However, numbers have reduced since they started so anyone who would like to share in their joy of song would be welcome to join. No audition required for this mature fun group which practices on Friday nights at 7.30pm in Lindfield URC on the High Street.

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Important play at the King Edward Hall

By Rex Cooper

Lindfield Dramatic Club is turning to one of the best known and best-loved plays in the English language for its autumn production this year – Oscar Wilde's *The Importance of Being Earnest*.

With a strong cast that includes new, young members alongside established performers, the club is continuing along the route that has been its forte over the past decade, but moves away from the broader comedy that has generally been on offer.

Wilde's comedy of manners about love and marriage amongst the upper classes has been a hit with audiences and critics for more than a hundred years and LDC is returning to the play after a 19-year gap.

Director Rex Cooper said: "Pretty well every theatregoer can quote the best known funny lines from the play but it is full of humour from start to finish and audiences have to concentrate in case they miss something.

"We look forward to our regulars coming along and supporting us and, given that it is almost two decades since we last presented this classic, we can, hopefully, attract some new, younger audience members – especially as the play is now part of the UK's National Curriculum."

The Importance of Being Earnest can be seen at the King Edward Hall on Thursday, Friday and Saturday, 26th-28th October. Tickets (£8) are available at Tufnells Home, 59 High Street, Lindfield. Tel: 01444 483483.



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Poppy hop

Supporters of the Royal British Legion will be 'bopping and hopping' at a charity dance event next month!

The Lindfield branch is holding a 'Poppy Hop' at the King Edward Hall on Saturday 14th October from 7.30pm to 1pm.

With music by the Perdido swing band, and a fish and chip supper the organisers promise a great night out! Guests are asked to bring their own drinks and glasses.

Tickets, costing £14, are available from Jane (01444 454846) or Pauline (01444 482672).

Charity flower event

Award winning floral designer Sue Flight will be sharing some of her secrets at a fundraising event next month, to support a Sussex neurological disease charity.

Sue, who is in charge of flower arrangements at Gravetye Manor and is a Silver Gilt winner at the Chelsea Flower Show, will be giving a demonstration entitled Treasures of the Season.

Organised by The West Sussex North Branch of the Motor Neurone Disease Association, the event will be held in Wivelsfield Village Hall on the afternoon of Friday 6th October.

Funds raised will go towards supporting local people living with the progressive neurological disease and to promote awareness of its devastating effects on individuals and their families.

Individuals and local companies can also support the event by providing raffle prizes.

To book tickets, which cost £10 and include a cream tea, email julie@mindwestsussexnorth.com

New website launched

Mid Downs Radio has launched a new website. The station broadcasts a variety of music, entertainment, news and health, social and community information 24 hours a day.

The website, created by presenter Luis Santos, has many features including details of various ways to access the radio on speakers throughout the hospital, locally on 1350 AM, live online through the website and on mobiles through the Tunein app.

Charity event organisers who would like a request, dedication or announcement for listeners can contact Mid Downs Radio on requests@mdr.org.uk

New members are always welcome. Contact membership@mdr.org.uk

Collectors needed

Could you spare a few hours to support the Royal British Legion?

Collectors are needed for this year's Poppy Appeal which runs from 28th October until 11th November.

Last year villagers donated around £10,000 and the organisers are hoping to raise a similar amount this year.

Anyone willing to help can contact Pauline on 01444 482672 or email pauline.parkyns@tiscali.co.uk



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Winning gardens in Lindfield make a fantastic summer scene

LINDFIELD IN BLOOM

By Heather Martin

The winner of Lindfield in Bloom's first Summer Front Gardens Competition was announced at the Lindfield Horticultural Society Autumn Show last month. We were delighted to have so many entries, a selection of which are shown here. Jennifer Purdon's garden in William Allen Lane won the top prize, while this year's prize for the best local business frontage went to The Stand Up Inn. The Best Community Garden prize went to the King Edward Hall, maintained by Michael Elliott, with its colourful borders enhancing a busy route through the use of horticulture. The judges particularly enjoyed the winner's chosen colour schemes, the good choice of plants for the location and overall well-maintained appearance of the planting.

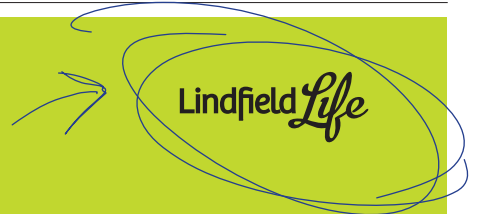
The next meeting for Lindfield in Bloom is on Monday 16th October at 7.30pm in the Bent Arms, all welcome. If you would like further information please contact me, Heather Martin, on 07738 323082.

Having sponsored the competition, Lindfield Horticultural Society's next event is at 8pm Weds 11th October at the King Edward Hall when Harvey Stephens

will be giving a talk on the Gardens of Windsor Great Park. This is followed by the Autumn coffee morning from 10am-12 noon on Saturday 14th October, with a chance to renew membership for the year ahead - there are some fantastic speakers and events planned for 2018 so don't miss out!



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Lindfield welcomes Wiston

With the complexities of the wine harvest imminent, a woman who is part of the award-winning team of Wiston Estate is taking time out to visit South Downs Cellars in Lindfield and run a guided tasting of the exceptional Wiston range of sparkling wines.

Kirsty Goring studied history at Oxford before setting up her own catering business which led her to meet Richard Goring and fuelled her passion for not just what was on the plate but also in the glass. They are now an integral part of the family team running the estate that is responsible for Mary Berry's favourite pink sparkling - the Wiston Rosé 2011, which was named as one of the world's ten best sparkling rosés by The Drinks Business.

James Halliday, manager of South Downs Cellars in Lindfield, commented: "Wiston is an outstanding local wine with an international reputation and we are delighted to be able to bring this exclusive tasting to Lindfield with Kirsty's unique insider knowledge and insight into these exquisite wines."

The event will take place on Friday 29th September at 8pm and tickets cost £35 and are available online at www.southdownscellars.co.uk or by calling the store on 01444 484025.

Also, coming up in October: Meet the Winemaker event at Lindfield Coffee Works with Gary Jordan, owner and winemaker at Jordan Estate in Stellenbosch, South Africa (8pm, Friday 20th October).









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Welsh Male Voice Choir plays Lindfield again

By Peter Ford

We are excited this choir will be paying its third visit to All Saints Church on Saturday 14th October.

Forty members will travel from their village, Rhosllannerchrugog, in the mountains of North Wales to sing for us. I may be biased but given their success in International Male Voice Choir competitions I know you would have great difficulty in finding a choir to challenge their skills.

Under the baton of musical director, James Llywelyn

Jones, and piano accompanist, Kevin Whitley, this promises to be an evening of superb talent.

But added to this programme we are delighted to welcome special guest for the evening Elin Manahan Thomas, International Acclaimed Welsh Soprano. Elin is a local resident but is an award winner too, a soloist with an amazing voice, in demand across the world, and it is our privilege to welcome her to Lindfield on this very special occasion.

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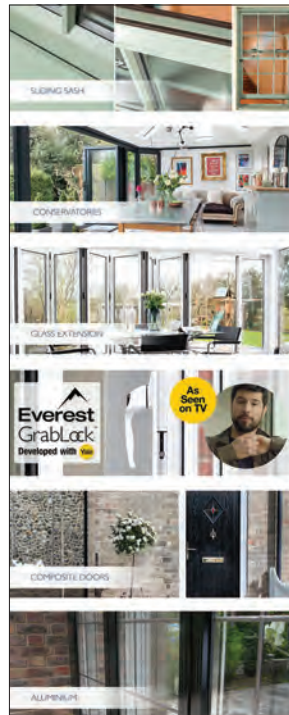
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As one customer remarked: "Having tried the usual High Street kitchen companies, we found The Kitchen People's service to be on another level. We cannot recommend them highly enough."

At the initial planning stage, clients are encouraged to visit the showroom for an informal chat about their plans. This is followed by a home visit, after which a photographic quality image is produced of the proposed new kitchen design, which is then refined with the client.

The company use a number of carefully selected suppliers offering a broad range of kitchen styles, so whether you're looking for a traditional Shaker kitchen or a more sleek contemporary style, there is something to suit all tastes.

This choice also translates into price, with designs to accommodate most budgets. "We don't have to be expensive and can compete on price with any of the big kitchen companies," says Paul.

"The Kitchen people were fantastic, the design ideas inventive and the level of service provided was superb."

The team have an innate understanding of how to balance style and functionality, using their talent and expertise to create your dream kitchen. With advice on creative storage solutions, technology-led smart appliances and zoning work areas, they know how to maximise the available space, however large or small.

This approach is clearly appreciated by clients – 'We chose The Kitchen People over three other kitchen design companies for the quality of their design ideas'.

In fact the team are so successful their designs have been selected to feature in Real Homes Magazine and they have also won the Real Kitchen of the Year Award, sponsored by Second Nature Kitchens.

The benefits of providing such a personal service also allow for seamless project management. With four teams of highly skilled installers, The Kitchen People will not only install your kitchen, but can also co-ordinate the trades, flooring, lighting and decoration too. This really helps to minimise the stress and disruption of having a new kitchen. With the fitting in such experienced hands, clients can relax in the knowledge that any issues can be easily addressed.

Next time you're in Lindfield, do pop in to meet the team.

News from behind the hedge

By John Bartlett

Back in the summer Lindfield Bowling Club held its Finals on the sun-drenched Bank Holiday weekend, and the 14 contests saw a feast of excellent bowling, punctuated with bacon butties, tea and a superb array of cakes!

One final – The Two Wood Triples - was held over until Sunday 3rd September and, as our picture shows, Pebbles the cat was taking a keen interest in this match.

Observant readers may recognise Ian Wilson the School's Crossing Patrol Officer in his red cap rather than his usual yellow mac. Ian along with Carolyn Worth and Peter Elford triumphed over Dave Walker, Shirley Nelson and Cyril Woolgar.



New contacts made

By Abbey Cornell

Summerlands Care Home gladly opened its doors recently and welcoming members of the Haywards Heath's branch of nationwide charity, Contact the Elderly.

Both Summerlands residents and members of Contact the Elderly spent a lovely Sunday afternoon together, socialising and building new friendships over a scrumptious afternoon tea. Sandwiches and cakes were demolished by the plateful, and of course the cups of tea consumed could not be counted!

The afternoon brought smiles to many faces and, most importantly, provided the opportunity for new friendships to blossom. Getting older only means a better social life! The work that Contact the Elderly does across the country really is invaluable and touches the lives of many older people in the local community. Summerlands is very pleased to be a part of this and plans to work with the charity closely in the future. Here's to the next get together and the building of long-lasting friendships.

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An amazing weekend

LINDFIELD ARTS FESTIVAL



By Freya Wenstrom

What a glorious weekend the Lindfield Arts Festival was! It all started on an autumnal Friday evening with the preview evening to thank the generous sponsors and Friends of the Festival. Later on, the hilarious comedy evening took place in the Bent Arms and was extremely well attended. A particular mention must go to Chelsea Hart who had the audience in absolute stitches!

The weather was definitely with us on Saturday morning with the sun shining and putting a smile on everyone's faces. This was certainly aided by the stilt walkers and the incredible balloon creations by Brighton Circus. In addition, the beautiful dance performance by the Balcombe and Lindfield Dance School in the United Reformed Church got the morning off to a very good start! The High Street was really buzzing all day with amazing dance performances by Turning Pointe School of Dance, Popsteps and Swoove.

The rain definitely made an appearance in the afternoon but did not dampen a single person's spirit. The rain dance, performed (by accident) by Zumba, was an impressive spectacle. They just kept dancing through the rain! Gazebos almost taking off at Tom Goulden's Graffiti workshop was definitely a sight to see, with everyone rushing to cover their incredible creations. The Face Painting artists kept going despite the weather and created some wonderful animals. Even though everyone was huddling under gazebos and inside all the pubs by the end of the day, everyone was still smiling and having fun.

Saturday evening provided the village with some incredible entertainment, in particular Anne Fridal in Paolinos. She worked the room magically, singing beautifully in Italian. It was a very entertaining evening! The pubs had some amazing bands over the weekend. Special mention must go to RealTime and The Vinyl Capris who rocked out in the Stand Up. The Silhouette Show was really well attended and everyone who went

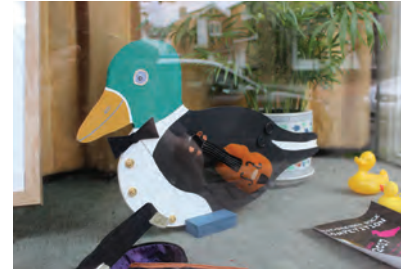
said that they thought the girls were really engaging, with even the audience dancing!

The Art Show which ran on both Saturday and Sunday at the Primary Academy was remarkable, with a footfall of around 480 people on just the Saturday! A huge thank you must be given to all the wonderful artists for showcasing the incredible talent which this village holds. Not to forget the Open Studio on Luxford Road which was as beautiful as the main exhibition.

Sunday was off to a fabulous start at the Lindfield Primary Academy with dozens of children having dragged their parents out of bed to join in with the Popsteps workshop and Robot Relays! Workshops took place all day at the Academy and a particular favourite was the Puppet Show where many of the children were able to have a go at being a puppeteer as well as watch the lovely performance of The Green Children of Woolpit.

The pubs were absolutely buzzing with wonderful music from L'Escargot Trios and the Tar Babies who managed to put on highly entertaining performances in both the Stand Up and the Red Lion. Sunday evening closed with a marvellous performance by the Double Duos in the King Edward Hall and the Big Blue Band in the Red Lion performing some fabulous Blues songs.

With the eighth year of the Lindfield Arts Festival now finished, a big thank you must go to all the generous sponsors, performers and those who ran the workshops for getting involved in this year's festival. We really couldn't have done it without you! In addition, a huge thank you must go to the organisers and volunteers who helped out. The festival really wouldn't have happened without all your help and time over the weekend. Finally, a massive thank you must go to everyone who turned up over the weekend to take part and watch the amazing events, we hope you enjoyed it as much as we did!

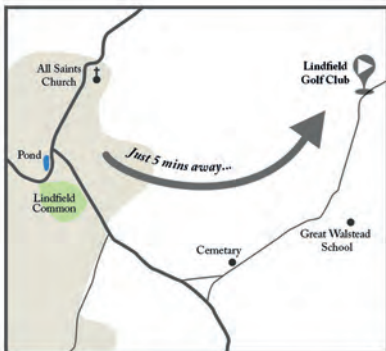


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LINDFIELD
GOLF CLUB

School enjoys new pond

The Parent Teacher Association at Lindfield Primary Academy was very proud to unveil its more recent acquisition for the school last month.


Following a very active year of fundraising for the school, the PTA has been able to pay for a pond area on-site to be completely revamped. With the help of Haywards Heath Landscapes, the new area will be a prime spot to learn about biodiversity as it will feature plants, insects and animals to look at and investigate. It is also planned to be used as a peaceful and reflective area.



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A great show grown in Lindfield

LINDFIELD HORTICULTURAL SOCIETY



By Chris Gurr

King Edward Hall (KEH) was again the venue of a very successful Lindfield Horticulture Society Flower and Produce Show. The colour provided by the flowers on show was a sight to behold and the large amount of produce displayed was of the highest standard, some of it looking far too good to eat particularly the inventive cakes which were of TV's Great British Bake Off standard.

Ian Cooper, who featured in the September issue of Lindfield Life, again won the prize for the biggest pumpkin on display, but this year it was a close run thing as the circumference of Richard Watson's pumpkin was only approximately 2.5cm smaller. Despite these huge and, to some, strange looking vegetables, the strangest looking exhibit on show (in the 'ugliest' exhibit category) was a snake looking squash which Lavinia Malins (initially horrified at first sight) discovered growing out of her compost bin.

Visitors to the show voted Jenny Purdon's display in the inaugural 'One Hour Imposed Flower Arrangement' competition as being the best of the entries on show and Jacqui Essen's creation was judged to be best in the 'general' Flower Arranging section but, as usual, all the flower arrangements were spectacular.

Other trophy winners for their exhibits were Andrea Fall, Jean Sedgley, Debbie Ancombe, Michael Figg, Tim Richardson, Rolf Lloyd-Williams, Michael Elliott and Andrew Harding, with Florence Fearn-Hughes and Eleanor Anderson being the trophy winners in the Junior Section.

For the recent Front Garden Competition, Lindfield in Bloom recognised (as winners) three of the society's members, Jenny Purdon (for her front garden) and Alison and Michael Elliott (for the seemingly continuous colourful display in front of the KEH, which they have been looking after for many years).

The Society's programme of events for next year (in KEH) include the Spring, Summer and Autumn Flower and Produce Shows, coffee mornings/plant sales and talks including a talk by the well-known Nick Bailey, of

the BBC's Gardener's World, on 11th April. These events should be mentioned in the 2018 Lindfield residents' diary as well as future editions of Lindfield Life. Coach outings for members are also planned.

The next event is a talk (11th October) by Harvey Stephens, who was for many years well known as the award winning head gardener at Borde Hill. Harvey subsequently joined the Crown Estate and is now responsible for Savill, Valley and Frogmore gardens at Windsor.

Please get in touch with Heather Martin for more details about the society's activities or see the website: www.lindfieldhorts.org.uk



Photo: Carolyn Nurse

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The Welkin

LINDFIELD HISTORY



By Richard Bryant, Lindfield History Project Group
Mention The Welkin to Lindfield residents today and it conjures up images of the houses with their neat gardens and well maintained grounds in the area behind the High Street and north of Hickmans Lane. Some may recall the large house of that name. 'The Welkin', basically meaning Vault of Heaven, was the name given to the Rectory House built on the site by Reverend Francis Hill Sewell.

In the early 1850s, Rev Francis Sewell, in preparation for his return to Lindfield from Lancashire, planned the building of a grand Rectory House for himself and Mrs Sewell. The land required for the Rectory House and its grounds were obtained by his purchase of Townlands Farm together with a couple of pieces of adjoining land.

The land ran from the rear of Townlands Farmhouse and the High Street westward to Finches Lane and bounded by Hickmans Lane. It amounted to some 20 acres; a bit bigger than The Welkin site today.

A fine Gothic style house in stone, complete with turret and spire, was designed by J Clark, architect, of 13 Stratford Place, Oxford Street, London. The builder, Mr Constable of Penshurst, started work in early 1856, and on 13th May 1856 the foundation stone was laid amid much ceremony by the Bishop of Chichester. Sewell in his speech explained that the Bishop of Chichester considered '£1500 would not be a large sum for a Rectory House. The one proposed would cost £3000, of which sum he (Sewell) would present one-half. It would be the residence of all future ministers, if worth accepting, otherwise it must return to his own family'. That is to say, if the parish did not contribute the other half of the £3000 cost, the house would remain owned

by the Sewell family.

In October 1857, on returning from Lancashire to Lindfield, Francis Sewell moved into the house, which was lit by Hansor's Gas. This gas was manufactured in a small private plant and stored on site. Set in parkland and surrounded by formal gardens, the house was approached from the east by a lengthy carriage drive running from the High Street. The entrance, directly opposite The Tiger, and a section of the drive exists today; the stone pillars are inscribed The Welkin. A second carriage drive ran from the junction of Finches Lane with Hickmans Lane, and again the pillars remain today.

The house stood approximately halfway across (east/west) the site, a short way in from the footpath that runs behind The Welkin's northern boundary.

In 1861, Sewell applied to the Lindfield Parish Vestry, the parish council of its day, for the 'entire stopping up' of a footpath track from 'Lindfield Town' (i.e. the High Street next to Bower House) that 'ran westwards across his grounds, then southwards to emerge in Hackmans Lane'. The Vestry refused permission and the footpath still exists.

Rev Francis Sewell died, unexpectedly following a short illness, on 9th October 1862. At that time The Welkin remained in his ownership and had not been conveyed to the parish church. His wish to provide a rectory house for future incumbents did not come to fruition and pursuant to a decree of the High Court in Chancery in the case of Harrison v Trotter, the property was put up for sale by auction in September 1863.

The house was described in the auction advertisement as 'containing principal and secondary



bed chambers and dressing rooms, water-closet, porch entrance leading to a spacious entrance hall and wide stone staircase, back staircase, suite of reception rooms 12ft 6ins high, with southern aspect, consisting of drawing room 23ft 6ins by 15ft 9ins, dining room 22ft by 16ft 6ins, morning room, study, lavatory, water closet, complete servants' offices'. The grounds comprised 'beautiful lawns, pleasure and productive gardens and meadow land, the whole containing 21a 1r 6p and possessing a considerable building frontage'. It was purchased by a Mr Griffiths.

A later occupant, from around the turn of the century, was the Dowager Countess of Tankerville. Born Lady Olivia Montagu, daughter of the 6th Duke of Manchester, she had been involved in charitable works throughout her long life. One charitable venture was the establishment of laundries to provide work and a home for women in difficult circumstances who were struggling to regain their character by honest labour. While living at The Welkin, in 1902 she built such a laundry on land adjoining Gravelye Lane. The Mid Sussex Steam Laundry was run on charitable lines by a local committee, until taken over by the Salvation Army in 1912. The adjacent laundry home called 'Quinta' provided accommodation for thirty female workers. In 1922, the laundry became a commercial business and traded until closure in 1972.

After the Dowager Countess of Tankerville sold The Welkin it changed hands several times and the last to occupy it as a family home were Mr & Mrs Jourdain during the 1930s. At the start of World War Two, the property was requisitioned and used by the Army as an area headquarters. Military equipment was stored in the grounds.

In 1947, Mr Noel Cook acquired the property transferring his small but successful boys' preparatory school from Angmering. It opened as The Welkin School, a boarding and day preparatory school for boys up to

13 years of age, in September 1948. The school could accommodate about sixty pupils with boarding facilities for about half that number. The classrooms were on the ground floor of the three-storey house, with dormitories and other facilities on the first floor. The remainder of the building was mainly occupied by Mr & Mrs Cook and staff who 'lived in'.

The school made good use of The Welkin's extensive grounds, with an excellent sports field for cricket, football and athletics plus a tennis court and small outdoor swimming pool near today's Green Meadows.

After the school closed in 1960, the house and outbuildings were demolished and the grounds sold. A 1960s style high-rise development was proposed but after much opposition, leading to the formation of the Society for the Preservation of Lindfield, the plans were withdrawn. Some 170 dwellings now occupy the site, with the parkland character of the grounds being retained, resulting in The Welkin being designated an Area of Townscape Character within the Lindfield Neighbourhood Plan.





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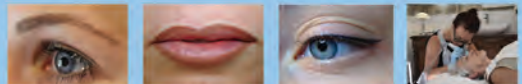
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To illustrate my point...let's consider some sports coaches I've been working with recently; as a starting point, I sat in and watched (and more importantly listened to) their sessions. They used a lot of what they thought was positive and encouraging language: 'oh don't worry...I know it's hard', 'don't put your head down', 'don't forget to straighten your legs', 'keep trying...don't give up'... you see the coaches were really good at reinforcing the unwanted negative, behaviours.

Imagine you have a long to-do list at work and it's stressing you out. If a well-meaning colleague says 'oh don't worry about it, relax!'... what's your immediate reaction, without realising it? You start to think about the to-do list. Maybe you make a picture of it in your head, look at all of the things on the list, maybe it looks huge, you can't see what needs to be done, you don't have time, it's a big list and now you're really worrying!

What happens is this: in order to process the negative (the 'don't' part of the sentence) the brain first has to 'rehearse' the rest; so if the coach says 'ok... don't miss it'... the brain first has to picture or rehearse, what a 'miss' looks like, sounds like and what it feels like to miss and then it has to say to itself 'ok I don't want to do that'. Sadly, what has happened in a nano-second, is that the brain has rehearsed 'missing' (or worrying). This results in a neural pathway being made in the brain and, simply put, the stronger the neural pathway and the more automatic the response becomes, we worry and we miss, really easily! And the more times we rehearse something (even in our heads) the better we get at it (ever watched the pilot of a bobsleigh team rehearsing the turns before the run itself?). This is great if we're rehearsing something positive but not so good if we're

instructed to rehearse a negative such as 'don't miss' or 'don't worry'.

Working with the coaches, we devised lots of new ways of giving the same instruction but using positive and specific language instead, so that the brain just rehearsed the positive behaviour and made strong neural connections to the preferred outcome. The coaches used phrases like: 'remember... straighten your legs', 'stand tall, head up high', 'spot the catch'; while 'don't' worry' became 'ok, take a breath, now relax'. Focusing on the word 'try' for a moment... say 'I tried' to yourself, now say 'I did'. How do they feel, how do they feel different? Generally, there's a sense of failure with 'I tried'. Recognising this, we basically removed the word 'try' from the coaching vocabulary... we started using phrases like 'when you do it next time', 'let's just do it', 'ok, better... now do it like this...'. Understanding what we've talked about... imagine the impact of replacing the phrase 'don't worry...keep trying' (your brain processes this as 'worry and keep failing') with 'ok, take a breath... now, let's do it this way'. What a transformation!

The impact of just framing language in the positive and replacing the word 'try' was huge! I used many different techniques with the coaching staff, mixing and blending strategies, giving them tactics to allow them to maximise their effectiveness and refine their coaching 'style' and the results were impressive...even the coaches were far more confident.

Effective communication and affecting positive changes in behaviour are unwritten fundamentals in parenting, education, successful selling, people management, business meetings, team effectiveness... the list is endless. If nothing else, use the phrase 'have a cup of tea and relax' as it's immensely more powerful than 'don't worry, try and relax'.

For more information on effective communication contact: Lindsey at The NineDot Partnership Ltd call 07704 681 332, email info@ninedotpartnership.com or find out more at: www.ninedotpartnership.com



Lisa Muldoon

VILLAGE PEOPLE

By Claire Cooper

When news broke that Lindfield was getting its first charity shop there were a few raised eyebrows!

But just weeks after the doors opened at the St Peter and St James shop in Lewes Road, fears soon vanished as quickly as the shop's stock!

Five years on the shop has become the first port of call for many people looking to furnish rooms or seeking unique and personal gifts, with bargain hunters visiting from all over the county.

There's no doubt that the success of the shop is down to manager Lisa Muldoon, whose talent for creating eye-catching displays means that shoppers hardly ever leave empty-handed!

Lisa is justifiably proud of the store and its reputation for quality and value for money, but is keen to point out that she'd be lost without her assistant manager Helen McGarahan and team of volunteers.

"I get wonderful support from Helen and our team of volunteers," she said. "We're all incredibly proud of the shop. It's great to see customers finding unique pieces for their homes whilst raising valuable funds to support their hospice, its patients and their families.

"We get to hear so many personal stories about the wonderful work of St Peter and St James, both at the hospice in Wivelsfield, and in the wider community."

For Lisa running the shop is far more than a nine to five job. "It's my way of contributing something unique and very special to the village that welcomed me and my family over 20 years ago," she said.

"I am very lucky to work alongside a great team of volunteers and, of course, I love seeing customers leave the shop happy and excited with what they've bought, while raising funds for such a wonderful charity"

Born and brought up in Glasgow, Lisa moved to Lindfield after her husband was offered a job in London. "It all happened very quickly but, much to my relief, Lindfield welcomed us with open arms and we immediately felt part of the local community," she recalled.

With two boys, Rory and Euan, settled at Lindfield Primary School, Lisa quickly immersed herself in village life, joining the PTA and supporting many other organisations and events.

After 20 years at home bringing up her family, Lisa decided the time was right to return to work. "I had originally qualified as a hairdresser but felt I was ready for a new challenge," she said. "I was delighted to get a job with the Cancer Research UK Charity shop in Haywards Heath and was given fantastic training and gained an NVQ2 in Retail Management."

Lisa felt the experience she gained there gave her

the confidence to apply for the job of Shop Manager at the new St Peter and St James Shop – due to open in the former car showroom in Lewes Road. “The Charity took a leap of faith coming to Lindfield and I was over the moon to be offered the opportunity to be part of it all from the very beginning!”

Lisa met with Head of Retail Therese Wilson who shared her vision for the shop and how she wanted it to represent the Hospice and its values. “Being Lindfield’s first charity shop, not everyone approved, and so it was really important to get it right,” said Lisa.

“The beauty of the shop is that we have so much space to display merchandise to its full potential, making it look as attractive as possible. It flows rather like a department store, with room to walk around the furniture. It’s also wheelchair accessible, which was very important to us.”

The secret of the shop’s success lies in its creative display and vignettes. Tables are set for dinner with plates and glasses, cabinets and shelves are enhanced with vases of flowers and photo frames, chairs and sofas come with plumped up cushions, while the walls are a gallery of artwork and pictures and beautiful mirrors, all donated and all for sale.

“Our aim is to help customers visualise how furniture could look in their own homes,” said Lisa. “It’s been really successful, with some customers buying everything from one display!”

There’s a fast turnover of stock, and the few items that don’t sell are moved to another store after a few weeks.

Furniture donated to the charity is collected by drivers and taken directly to the shop. “Our drivers are experienced and know what we can and can’t take,” said Lisa. “As a general rule we are happy to take anything we can sell. However, we are just like any other business and have to adhere to Health and Safety and Trading Standard rules and regulations. Most people are very understanding when we explain why we can’t take certain items for donation.” On a lighter note, she added that some of the stranger donations have included a set of teeth and a fake hand!

Smaller donated items go to the charity’s warehouse to be sorted, and every week Lisa and other store managers visit to select items for display and sale in their shops.

“We watch out for valuable ceramics, glassware and collectables and rare books and have attracted buyers from Europe, China and the USA. We recently had a vintage Ossie Clark dress which sold for over £600 on Ebay and an art deco figurine of a ballerina on an onyx plinth which fetched around £650 at auction.”

Another customer donated a treasured scrap book which her grandfather had made for her in the early 20th century. “The book was originally a wallpaper sample book,” said Lisa. “Every page had a wallpaper border containing pictures and personal handwritten messages written to cheer his granddaughter up. It was absolutely beautiful.” The book fetched £200 at auction.

“We get a lot of beautiful furniture from people who are downsizing, including a Stressless leather suite which

was snapped up immediately!” Sofas and mahogany and oak furniture can regularly be found on sale, while locked cabinets contain beautiful Royal Doulton and Wedgwood pieces alongside Edinburgh and Waterford crystal.

“We put a lot of effort into pricing to get a good deal for the hospice and for the customer,” said Lisa. “Our prices are competitive and reflect the quality of the items we sell. The charity has to raise £7,200 a day just to stand still, so we have to be commercial.”

The shop changes to reflect the seasons and staff are already gearing up for autumn and winter. “We change the pictures and flowers to include richer colours and natural materials to create a cosy, wintery feel,” said Lisa. “We look to High Street stores like Laura Ashley and John Lewis for inspiration. It’s always beautiful in here at Christmas and we make sure we have plenty of lovely, good quality gifts, including many items suitable for Secret Santa!”

Are staff allowed to buy? “Yes, we have a 24 hour rule in our shop,” said Lisa. “Items have to be priced and on display in the shop for 24 hours before we can buy it.”

The shop is also home to the charity’s Vintage China Hire Service. “We were increasingly getting donations of beautiful vintage bone china tea sets, so we began collecting them to hire them out to people wanting to provide a special tea. We hire our Vintage China to people celebrating all kinds of occasions,” Lisa explained. “The business has now grown to include cutlery, dinner plates and bowls and champagne flutes, so we now cater for much bigger events such as weddings and christenings with up to 200 guests!

“We have two wonderful volunteers who make up the orders ready for collection but one lady is retiring soon, so we will be on the lookout for anyone who has a few hours to spare and fancies taking on this lovely role.”

Future plans for the shop include the possibility of opening on Sundays. “We know there are lots of people out walking in the village on Sundays who stop to look through the windows. It would be great if they could come in and buy!” said Lisa.

“We currently have 22 volunteers - if we could recruit another few people to volunteer on Sundays, we could make it happen.”

Lisa would also like to see the building used in the evenings to host special shopping events such as art and ceramic sales: “It’s a great space and has so much potential.”

Lisa enjoys the fact that no two days are ever the same: “It’s really rewarding to see donations cleaned, polished and going on display before being sold through our till!” she said.

“The shop has gone from strength to strength and we have exceeded our targets every year. I am very lucky to work alongside a great team of volunteers and, of course, I love seeing customers leave the shop happy and excited with what they’ve bought, while raising funds for such a wonderful charity.”

Lindfield St Peter and St James Hospice shop is open Monday to Saturday from 9am to 4.30pm.

For more information about donating goods or volunteering, telephone: 01444 484866.

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'Education, not Glorification' - Remembering the People & Places of Mid Sussex

By Matt Taylor

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- The Centenary of Passchendaele 1917-2017 – 'Mud, Blood & Devastation'
- (1940) The Battle of Britain, The Blitz and Evacuee Story
- (1942) El Alamein - 75th Anniversary – Life in Mid Sussex
- Numerous Exhibitors, Mini Museum of Genuine Artefacts
- Guest speakers on WWI and WWII topics

There will be three 'schools only' events for over 1,500 Mid Sussex school children to attend, plus a public event which will take place on 20th October at Clair Hall in Haywards Heath.

Across the events there will be more than 25 different charity, educational, museums and community groups displaying artefacts, exhibiting, delivering 20



8th Army (Desert Rats) Soldiers somewhere in the North African Desert 1942

to 45-minute presentations relating to WWI and WWII topics.

Please check our website - www.midsussexred.co.uk - for details of confirmed exhibitors and presentations for each event.

The public event on 20th October will be open between 10am and 4pm (£2 adults, children will be free).

The delivery of these events has been made possible due to funding received from Mid Sussex District Council and Haywards Heath Town Council.



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Back to basics

SIMPLY GOOD FOOD



Tuna fish casserole (Serves 4 generously)

This recipe, in one variation or another, seems to have been around for ever. It probably started life in America as a recipe on a can of soup, more than likely Campbells. It is a good dish for those days at the end of the week when the contents of the refrigerator don't inspire you. No tuna? How about salmon? How about a generous layer of grated cheese on top instead of or in addition to the breadcrumbs? Instead of curry paste a spoonful of pesto sauce or some chopped fresh herbs such as chives would be good.

Preheat the oven to 200°. Cook 225g of pasta (any shape) to packet directions then tip into a colander to drain. Using the same saucepan, melt 25g butter, add 1 diced red, yellow or orange pepper, seeds and pith removed, and cook until soft. Stir in a 200g can tuna, drained and flaked, and the pasta. Combine a 295g can condensed cream of celery or mushroom soup, 150ml milk and 2tsp curry paste (if using), add to the pan and gently combine. Tip into a shallow baking dish, level the top and sprinkle with a handful of fresh breadcrumbs. Bake for about 15 min or until bubbling hot and golden brown.

Come round for Fish Supper!

Lindfield Life readers are invited to host a fishy feast for family and friends this month and raise much needed funds for the Royal National Lifeboat Institution.

The RNLI's annual Fish Supper campaign supports lifeboat volunteers across the UK and Ireland who often have to leave their loved ones at the dinner table, dropping everything the moment their pager goes off.

Breakfast, lunch or dinner, RNLI crew leave their families at a moment's notice to save lives at sea the second they hear their pager.

The campaign encourages everyone to host their own fish supper to raise vital funds for the RNLI.

Whether it's a simple fish-finger sandwich or a gourmet three course banquet, every penny raised will help lifeboat crews carry on saving lives at sea.

Fish Supper runs over the weekend of 13th-15th October, but if you can't make those dates work you can dish up the fish anytime throughout October. You'll just need to make sure your donation is sent to the charity by 25th November.

To sign up and host your own Fish Supper visit:

www.RNLI.org/FishSupper

You'll receive a free fundraising pack jam-packed

full of recipes and party tips to help get your supper started.

To make it even easier, our resident cookery writer Caroline Young has provided a few fishy feasts guaranteed to make your dining room the 'place to be!'



"If fish is a brain food, how come they allow themselves to be caught?" The question asked every time fish was served when my boys were small! I have to admit I am not a red meat eater and will always choose fish over meat so have a large collection of fish recipes. These are some of my favourites – hope you like them too.

Seafood and butternut squash in coconut broth (Serves 4)

This is one of my favourite recipes for entertaining – cook in a large pan on the hob and the rice in the microwave. Some chunks of garlic bread and a crisp simple salad would round out the menu beautifully. Easy-peasy!

In a large pan whisk together 175ml chicken or fish stock, 2tsp soft brown sugar, 1tbs sun-dried tomato paste, ½tsp chilli sauce (or more to taste), 400ml can coconut milk. Add 1 medium butternut squash, peeled and cut into bite-sized pieces, 1 red pepper, seeded and cut into strips, and several spring onions, sliced. Bring to the boil, reduce heat, cover and simmer until squash is just soft. Stir in 200g large shelled prawns (thawed if frozen), 400g mixed seafood (thawed if frozen) and the juice of 1 lime. Continue to cook until seafood is hot. Season and serve in bowls over Basmati rice and top with lime wedges.

Salmon salad platter (Serves 4)

This really is a splendid summer dish for impressing guests - use your largest flat platter to serve this attractive combination of ingredients.

Place 4 skinned salmon fillets on an oiled baking sheet, brush with oil and season with freshly milled salt and black pepper. Place under a preheated grill and cook for 4-5 min or until just golden brown (no need to turn them over). Leave to cool then break into bite-sized pieces. Trim 225g French beans and cook in boiling water until JUST tender. Drain and rinse under cold water then dry on paper towel. Thinly slice 1 large red onion into rings, cover with boiling water for 1 min then drain and tip on to paper towel. Trim a small bunch of spring onions. Drain and chop a can of anchovy fillets. Whisk together 5tbs olive oil with 2tbs red wine vinegar and 2tsp soft brown sugar. Season to taste. Cook 375g tiny new potatoes until just tender, drain well and combine with half the dressing and the anchovies. Line a large flat platter with small lettuce leaves and arrange the salmon, beans, potatoes, red onion rings and a handful of black olives. Drizzle over the remaining dressing and serve.



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Photo: Candice Olson - Kravet Inc.

Pattern match

HOMEFRONT

By Jacqui Smith, interior designer

Pattern can be seen as terrifying but used with confidence it can lift a scheme from safe to stunning. Personally I love a bit of pattern, enough to create interest yet not so much as to overwhelm.

I start with what I call my lynchpin design, now this is usually fabric but it could be a wall covering or perhaps a piece of art which my client wishes to weave into the scheme. The principal colour in the pattern should then play the main role in the design. The effect of this is that the eye is then drawn to the colour rather than overpowered by the pattern. For ultimate impact all the hues in the pattern should be reflected somewhere in the room. This does not need to be in another fabric; it could be the metallic finish of the light fitting perhaps or the stone of the fireplace.

All colours sit in seasons. Spring hues are pure and clear, the bright primary palette so often used around younger children. The summer palette is greyed and muted, sun-bleached almost. If you were to add black to the pure colours of spring you would get your earthy autumn shades, and then finally the winter hues range from deep and intense to icy. Multi-coloured patterns to me work best when these colours sit in the same tonal colour palette. That is not to say that there are not many multi-coloured patterns around which combine seasons; there are and I guess that these are perfect if one wants to create drama and discord in an interior, which in some cases might be desirable. I never do, which is probably why these fabrics always jar with me. To me, if you are working from a multi-coloured pattern and pulling your scheme from it, the scheme will only ever look jarring if the lynchpin palette is not rooted in the one season.

Pattern does not need to involve colour of course. Patterns in neutral shades can add texture and interest in a more understated way. Pattern inspiration in a room could come from an architectural detail – a moulding or

a window shape, and replicating these within the design of the room will make for a subtly cohesive scheme. Whether you are using colour or not, it's important that when mixing pattern you take scale into consideration and this will ensure that your scheme is balanced. General rule of thumb is to avoid using patterns of the same scale next to each other. For instance a cushion on a sofa or busy curtain fabric against a similarly proportioned patterned wall covering.

Pattern comes in many forms: stripes, geometrics, floral, plaids, motif and animal print. Mixing patterns is fine but I generally like to include some solid colour within the scheme to prevent overwhelm. Personal taste comes into this of course. For some it's all about the flowers, whilst others prefer the less organic look. It all depends how it's used too. Carefully used in accents, animal print can add elegance; applied too liberally it might look brash. Different types of pattern have their own advantages. Stripes can not only add interest to a scheme but can enhance the proportions of a room. So where ceiling height is compromised, a wall covering with a vertical stripe will give the illusion of height. Similarly running a striped carpet across the width of a narrow room will make the space feel wider. If stripes are not available in the exact colours I need, yet I want to use them to restore proportions, I will add a contrast leading edge to a curtain. This can also work well if you are trying to connect a plain curtain fabric to a dominant pattern in the room and need a way of linking all the colours. A contrast leading edge on a curtain or a contrast heading are both ways of introducing that connecting colour into the scheme. Piping a plain cushion is another way of doing this.

There are no golden rules on how many patterns you should use but I would tend not to have more than three in a scheme.

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15 healthy snacks to keep at work

HEALTH GOALS

By Emily Wysock-Wright, nutritional therapist

When it comes to snacks (scratch that, when it comes to ANY kind of eating), it's important to include some protein and, ideally, some fibre. Why? You need protein (and fibre) to keep your blood sugar stable, so you'll have a constant supply of energy to get you through to lunch or your evening meal. There's also the small matter of the energy crash (and, I'm sorry, weight gain) when snacks cause blood sugar to spike. Unfortunately, many of the snacks we'd routinely eat fall into this latter category – including crisps, chocolate bars and many so-called healthy granola bars.

So what can you eat? What you pack for snack will depend on the facilities you have at work. No fridge? You're going to want to pack your snacks every day from home. In practice, most of the people I see in clinic have access to a fridge. Perfect! This means you can keep small tubs of goodies like hummus and cottage cheese in the fridge and store bulkier items like rice cakes, oatcakes, jars of nut butters, assorted bags of nuts or protein bars in your desk drawer (that is what the big one bottom left is for, isn't it?).

Here are my top healthy snacks to keep at work

- 1) Two oatcakes with sugar free cashew or almond nut butter (superior to peanut butter but, hey, if peanut's all you've got, don't worry)
- 2) Hummus with crudités like raw carrot, cucumber, cauliflower, peppers, courgette, celery – choose ones you like but go easy on the cauliflower if you have a thyroid problem
- 3) Fruit and nuts. And apple slices with nut butter of your choice (or if this is too messy for you, apple or pear and a small handful of nuts)
- 4) Small handful of seeds (pumpkin and sunflower) and a chunk of cheese no bigger than a small match box
- 5) Two oatcakes with cottage cheese and tomato or cucumber slices
- 6) Berries and four walnuts
- 7) Two squares of dark chocolate and an apricot
- 8) Five olives and a mandarin
- 9) Nairn's ginger oat biscuit and two Brazil nuts
- 10) Small pot of Greek yoghurt with handful of raspberries
- 11) Half a Bounce Ball
- 12) A handful of roasted chickpeas
- 13) Large handful of cherry tomatoes and five cubes of feta
- 14) Handful of homemade trail mix (your own mix of: seeds, nuts, toasted coconut strips and goji berries)
- 15) One seeded Ryvita with cream cheese and cucumber

Want more snack-hacking ideas? Contact Emily on emily@nourish2nurture.com for more information or to book your completely FREE health assessment!

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13 homework hacks that parents need to know

By Jennie Adams

Back to school for many means back to tackling homework. Whether you're in favour or not, it certainly adds to our packed routines. Do you hate the havoc that homework brings or battle to get it done harmoniously? Here are 13 homework hacks that I recommend to help get it done with minimum fuss.

Positivity - No matter if you're a lover or a hater of homework, a little positivity can go a long way. Approach it with the right frame of mind and it will be done in no time.

Collaboration and Timing - Know when it's set and when due so that you can agree a completion schedule together. Stick to what you've agreed so that you avoid the night before blues. Choose your method - crack it in one go or break it down into bite sized chunks.

Opportunity and Fun - Look on the bright side and view it as an opportunity to spend some extra quality time together. And why not make it as much fun as you can with your favourite food and drinks.

If At First... you don't succeed, try again! We all need encouragement to persevere with things we find difficult or don't enjoy. By persevering we build up resilience and learn from our mistakes.

Learning Space - Create a space that's conducive for concentrating and working. This may be a busy spot that gets the creative juices flowing or a calm space away from distraction.

Don't Do It For Them... No one wins that way. But do suggest alternatives or resources that may help. A nudge in the right direction often leads to a eureka moment.

Ask For Clarification - It seems simple but ask for more information from the teacher if required.

A Problem Shared - Two (or more) heads are often better than one. Take it in turns to host a 'homework smash' session amongst friends to tackle the homework together.

Take A Breather - Schedule in regular breaks to avoid overload. Research suggests working in smaller chunks of time makes us more effective.

Praise - Many of us perform better when we get positive feedback, and no matter how much we're struggling, there is always something to get a pat on the back for.

Know When To Stop - Tiredness can lead to mistakes that we wouldn't usually make and adds to frustrations. If you can't see the wood for the trees, stop and come back to it another time. If it's not completed on time that's another lesson..

Call For Back Up - Ask friends and family for help, use the library, internet or other sources to support and provide information.

Celebrate - When it's done, don't forget to celebrate with a treat, countryside walk, trip to the park or some downtime. However you celebrate, it's a great way of teaching that hard work brings rewards.

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Of mining and minerals

THE SUSSEX MINERAL AND LAPIDARY SOCIETY

On 18th November at Clair Hall, the Sussex Mineral and Lapidary Society (SMLS) will put on probably the best one day mineral and fossil show in the country. It is filled with wonderful minerals, crystals and fossils and is perfect for a fascinating family day out or just a quick visit to see some of nature's finest wonders. The show is put on by the members of SMLS, a local society which meets to discover more about the beautiful world of minerals, fossils and lapidary work. Chairman and local resident Nick Hawes writes more...

By Nick Hawes

The grey limestone cliffs rose above my head, tiered in benches by the quarrymen so that they could quarry safely deeper into the hillside. We were on a Sussex Mineral and Lapidary Society (SMLS) field trip to the limestone quarries of South Wales.

I scanned the cliff side and saw a small gash in one of the benches at the bottom of the quarry and went over to investigate. I could see where the latest rock blast had opened up what appeared to be a small hole in the rock and went over to investigate. It was what we call a vug – a space that has opened up in solid rock enabling crystals to form within. In this case the crystals were of calcite, usually a whitish mineral but in this case the crystals were coloured red by a covering of the mineral hematite – an iron mineral. The crystals were in clusters and were in groups up to 10cm across with crystals up to 5cm. They were perfect in every way, not a mark on them – something very important in mineral collecting.

I finished cleaning out the cavity, and as I was wrapping the specimens to keep them in good condition, I saw another small hole in the wall of the bench above me and walked to investigate.

I found another small hole in the rock, but this had no crystals showing, however, you could see a bigger cavity within. With trusty sledgehammer and an array of chisels I began to open up the entrance to the cavity. As I did so, the hole within appeared to be bigger and bigger. Eventually I realised I had stumbled upon a whole cave, lined with calcite crystals up to 30cm long. It was an amazing sight. I eventually opened up an entrance big enough to crawl through and was able to retrieve beautiful crystals from the cavity floor where they had been broken off by blasting in the quarry.

Other club members came across, encouraged by my hammering and we had a great time, all gathering up as many specimens as we wanted. With rucksacks bulging with our finds, we were eternally grateful for a lift out of the quarry. Thus ended another great day's collecting with the SMLS.

Finding specimens out in the field is an absolute joy. While it is unusual to find a whole cave, something good invariably turns up on most of our trips. It is a great privilege to be the first person to see something that has been buried deep within the rock for aeons.

The Sussex Mineral and Lapidary Society is a local club which meets normally at 7.30pm on the first Friday of the month at the Methodist Church building on Perrymount Road in Haywards Heath. We meet to

learn more about the amazing world of minerals and occasionally of fossils too.

So what is a mineral? In short, it's a solid, naturally occurring inorganic substance. Minerals together make up rocks which in turn make up the composition of the earth's crust, however, we mineral collectors get more excited when looking at things that have been mined. When an ore deposit has been exposed on the earth's surface and weathered, it allows chemical processes to take place and so called secondary minerals to form. These tend to be beautifully coloured and make lovely crystal shapes and forms. For example, at a mine called Wheal Gorland in Cornwall, copper arsenate minerals like lironite or clinoclase formed in small exquisitely blue crystals.

Many of us in the SMLS have collections of minerals and fossils; things of great beauty, rarity and fascination. Collectors most often seek specimens which have a natural aesthetic quality, with crystals which are lustrous, beautifully coloured and are perfect in every way and are arranged in a way that is pleasing to the eye.

The SMLS numbers about 120 enthusiasts drawn from all walks of life but we are united by our love of minerals, and, more widely, the natural world.

Our monthly club meetings tend to involve a talk from an expert on a particular subject, often drawn from one of the national museums or other mineral societies. We hold an annual competition where members can showcase their finds and work, but perhaps one of the things we are best known for is the annual Sussex Mineral and Fossil Show.

This year, the show takes place in the Clair Hall, Haywards Heath on 18th November, opening at 10am. The show is, we think, the best one day mineral and fossil show in the UK - and it's right on your doorstep!

The show has over 40 dealers selling a range of minerals and fossils to suit all tastes and budgets and also includes some talks aimed at the general public. There are also museum displays and a competition, based on an annual theme, which brings out the best of the best from UK mineral collectors' collections.

There are activities tailored specifically for children including the lucky dip, the ever popular gold panning (for real gold!) and hunting for fossils and crystals buried in sand. There is also a world class display of minerals which fluoresce in a beautiful array of colours when they are subjected to ultraviolet light. It really is a great day out for the family, is easy to get to and is great value at only £2.50 to get in for adults and 50p for children. And if that was not enough - there is delicious home-made food and a bar!

The SMLS is a pretty adventurous club. As well as buying specimens for our collections, we love to get out into the field and find them ourselves. This involves trips to sites reasonably close by or in other parts of the UK, but we often combine mineral collecting and more general sightseeing - something we have termed 'Geotourism'. In past years we have been to India, Russia and to the Faroe Islands. More recently we have been to France, Namibia and Portugal.



Spessartine garnet on white feldspar from Tongbei in China

Some of us have also taken to visiting some of the big international mineral shows, such as at St Marie Aux Mines in France, where a small Alsacien town is completely taken over for a four day international mineral extravaganza, to the more ordered and vast show in late October each year in Munich.

Now the observant among you will have noticed the word 'lapidary' in the SMLS title. This does not have anything to do with butterflies, rather it concerns those activities to do with the cutting and polishing of rocks and gems. While this activity is now only carried out by a few of our members, they would welcome others who would like to give it a try and it remains important enough to be included in our club title.

So, if you might be interested in learning more about the fascinating world of minerals, why not come along to one of our meetings and give us a try? We're a friendly bunch and would welcome new members. Our website gives more details at www.smls.online

You are also welcome to contact our club secretary, Colin Brough for more information (brough.lindfield@gmail.com or 01444 483041).



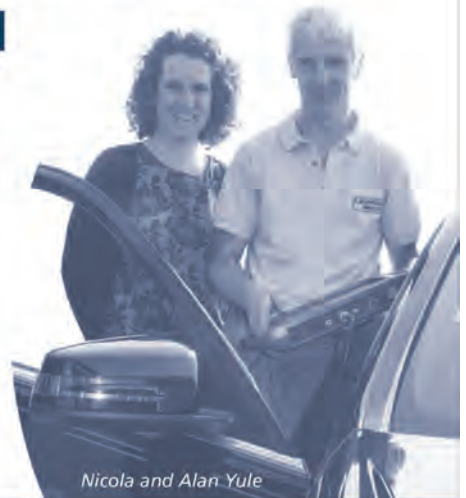
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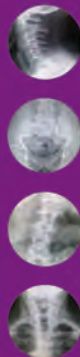
How to stop time by Matt Haig

BOOK REVIEW

By Cavan Wood

Imagine that you had a body that never seemed to get older at the same speed as others around you. Imagine being four hundred and fifty years old but looking only forty. This is the premise of Haig's new novel. Tom has become a history teacher in London, as this, he thinks, is the best way to hide in plain sight that he is old enough to have met Shakespeare, F. Scott Fitzgerald and Josephine Baker. However, he is haunted by endless headaches, as he processes all the memories that he has experienced. Matt Haig has said in interviews that Tom's condition is in part a metaphor for depression, as Tom has to battle with memory, feelings of failure or incompleteness and endless adjustments to the change around him. There is a great deal of wisdom in this story. 'There comes a time when the only way to start living is to tell the truth. To be who you really are, even if it is dangerous'. The call to being authentic people is powerful, especially from a character who has had to construct so many personas to survive from the age when people were obsessed with witchcraft to the one where they are with technology. And always remember, 'Life is always mysterious- but some mysteries are bigger than others'.

A wonderful novel and one that might soon be a film with Benedict Cumberbatch!



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Beauty and the ballerina

BEHIND THE COUNTER

By Joe Wayte

Despite current global uncertainty, the beauty arena is booming with analysts predicting sales set to reach \$675 billion by 2020. Our next interviewee in this Behind the Counter series – Touchell Thaddeus, owner of Lindfield's award-winning La Touché - knows this only too well, with plans currently in place to extend her property to meet the demand.

It was Helen Keller who once said: "the best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart". And I assure you that Touchell is most certainly a firm believer in this.

However, Touchell's passion for inner and outer beauty hasn't always been centre stage. Growing up she dreamed of being a professional ballerina and trained as a dancer for many years. Unfortunately, at the age of 19, injuries led to her final curtain call. "I still have friends in the industry who are doing really well, but I watch them living out of suitcases and realise now that it wouldn't have been the right life for me," she explained.

On her journey to discover a new career path, Touchell tried many things. "It took me a long time to realise that I wanted to do beauty as a career rather than a hobby," she told me. "I spent time being a wedding planner and then a travel agent, dabbled in hairdressing but I struggled to replace the love I had for dancing."

With some beauty training under her belt, Touchell set up a clinic two nights per week at Wickwoods Country Club. While there she made friends with an Australian

couple who were managing the bar and, on their return home, Touchell decided to fly to the other side of the world to pay them a visit. After falling in love with Melbourne, she returned to study at world-renowned Elly Lukas Beauty School.

After qualifying with the DUX award – which effectively means she had the highest combined practical and theoretical marks of her class - Touchell secured a job working alongside a top plastic surgeon who was originally from Brighton. "If I wanted to continue in a similar role when I returned to the UK, I would have had to go up to London, and I didn't want to do that," she said with intent. "My grandfather found an advert offering a rented room in a dental practice. I took it, and worked 9am-9pm most days to build up my client base. It was supposed to be a short-term arrangement but I ended up staying there for three years."

Having honed her skills, and with a client base acquired, Touchell took a leap of faith and decided to start her own salon. "I remember being about eight years old," she reminisced, "I used to say to my grandfather, 'one day I'll own that shop on the corner with the big windows', and when it became available that was my dream-come-true. I had to go for it."

Before my interview, I looked through the Facebook page for La Touché and noticed the team had croissants for breakfast; combining this, the name of the salon and the French skincare brands used, I was keen to know if



Touchell had any heritage from the country renowned for its beauty and romance. "Touchell is actually Scottish," she said laughing. "It means little darling. I was only two weeks early, but I weighed just 3lbs.

"I chose the name 'La Touché' for a couple of reasons: most of my family just call me Touche – I remember coming home after my first day at school aged five being confused at people calling me Touchell!" she explained. "The other is that one of the meanings of 'la touché' is 'the key' – and I wanted the salon to be the key to enhancing people's lifestyle and wellbeing."

The French products Touchell's team use are manufactured by Guinot – a company which has been in the industry for over 40 years and is considered the benchmark for others to work towards. To be able to use its products a salon has to meet a set of rigorous criteria. In the main, Guinot's products are not available to purchase on the high street: La Touché is one of only three salons (out of over 5,000) officially certified to sell the products online to consumers within the EU.

One of Touchell's passions lies in the development and training of her team. "I'm genuinely concerned about the levels of education within the beauty industry," she mentioned. "I send my team to the Guinot Training School in Ascot annually to make sure they're aware of the latest procedures and to increase their skills. One of the qualifications my team do related to science and beauty is equivalent to the first level of nursing. If someone wants to learn, I'm happy to help them get to where they need to be."

When Touchell first opened in Lindfield, she expanded rapidly. She originally ran the reception and did treatments on her own, and in the space of four years hired 12 therapists and one front of house manager. Even now, there's a long waiting list to get in for some treatments, and Touchell is hopeful that her plans to extend the premises will be approved. She'll then need to hire a further three therapists to join her talented team.

Whilst talking to Touchell I was keen to understand where her energy and drive came from. "My mum is my personal hero," she said, with a big smile on her

face. "I think it's important to aspire to be your hero, or someone that you really admire, but your journey is down to you as an individual. I'm just here to help you feel good about yourself. My saying is 'beauty is from within, but with a bit of La Touché Beauty as the icing on top'."

Finally, I asked Touchell the same question I've asked everyone in this series – what's the best piece of advice you could give to someone wanting to start their own business? "Believe in yourself," she said passionately, "and find people that support what you do. The other thing you have to do is make it fun and go with your gut."

You can find out about all of the treatments on offer at La Touché, as well as all of the therapists that deliver them, by searching for the salon online or you can give them a call on 01444 484 600. Later in the year, you'll also be able to purchase a new signature fragrance from the shop, 'Joy', named after Touchell's Grandmother Joyce, in celebration of being crowned Guinot's UK and Ireland Salon of Excellence for three years in a row.



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Spooky fun coming up at Borde Hill

Have you ever wondered if you have what it takes to become a witch or wizard? Then put on your cloak, grab a broomstick, wave your magic wand and transport yourself to nearby Borde Hill Garden to find out.



From 21st – 31st October, young visitors will receive a dastardly treat from the resident Borde Hill witch if they complete all the challenges in their spell book on the ghoulish garden trail. There will be spooktastic entertainment every day in the haunted marquee, such as Tomfoolery on 23rd, Sublime Science on 25th and Owls About Town on 27th October and much more.

Sunday 29th October sees the Pumpkin Glow event, which includes an attempt to create a record for the longest line of carved pumpkins.

The Halloween activities are free, although a small charge will be made for pumpkin carving on 29th October (normal Borde Hill Garden admission charges apply).

Free Health and Wellbeing event for older people

The Mid Sussex Wellbeing team is inviting older residents to come along to Chequer Mead, East Grinstead on Friday 20th October 10am-3pm to get some advice and information on staying fit and well in later life.

The event will feature free exercise sessions that are specifically tailored to meet the needs of people over the age of 50. Charities, voluntary groups and local organisations will be on hand to offer advice on topics such as developing a healthy lifestyle and keeping warm.

Trained health professionals will be there to provide free NHS Health Checks to help people spot potential health problems at an early stage. The checks take just 30 minutes and include a blood pressure check, a cholesterol measurement, and a BMI (Body Mass Index) reading that is calculated by measuring height and weight. After the health check there will be an opportunity to discuss the results with a trained health advisor, who will provide personalised advice on how to lower the risk of future problems and maintain a healthy lifestyle.

To avoid disappointment call the Mid Sussex Wellbeing Team on 01444 477191 to book.



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Lindfield Parish Council

OCTOBER 2017

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Website: www.lindfieldparishcouncil.gov.uk

FAREWELL

(Christine Irwin)

When you receive this newsletter I will have been working my last week as Parish Clerk before retiring at the end of September after 21 years - first as Deputy Clerk and for the last nine and a half years as Clerk. Andrew Funnell is taking my place as your new Parish Clerk and I wish him every success. I would like to take this opportunity to thank Councillors and colleagues, past and present, for all the support they have given me and for being a great bunch of folk to work with. It has been an honour and privilege to serve the people of Lindfield and I hope Andrew will enjoy the job as much as I have.

AND WELCOME

(Chairman, Councillor William Blunden)

A warm welcome to Andrew Funnell, who has been appointed as Parish Clerk to replace Christine Irwin. He has been working alongside Christine over the last couple of months and getting to know the routine. By the time this newsletter is published we also hope to have appointed a new Deputy Clerk and two new Councillors to fill the casual vacancies advertised over the last few months and we look forward to working with our new colleagues.

CHRISTMAS FESTIVAL NIGHT

This year's Christmas Festival Night will be held on Tuesday 5th December. As usual, the High Street will be closed to traffic in the evening from 5.30-9.30pm. The festivities will begin around 6pm and finish by 9pm and Father Christmas is expected to arrive at the United Reformed Church at around 6pm.

We will shortly be contacting people who have previously had stalls, so if you would like to reserve a space for a stall and you do not hear from us by the end of October, please contact Andrew Funnell at the Parish Office - 01444 484115, or at clerks@lindfieldparishcouncil.gov.uk.

Stall holders will need to bring their own tables and chairs and, although the street lights in the High Street are brighter than the old ones, it can still be pretty dark in places, so we recommend bringing some battery operated lighting for your stalls.

Mid Sussex District Council no longer issue Temporary Event Notices (TENs) for any organisations thinking about selling beverages containing alcohol. This is because TENs only apply to events at which less than 500 people will be attending. As this is of course a free event, the Parish Council cannot guarantee that the numbers attending during the course of the evening will

not exceed that figure. Therefore, we must advise that any alcoholic drinks being sold on the night will only be available from already licensed premises, e.g. the local pubs in the High Street, according to the terms of their particular licences, but not, regrettably, from street stalls or other venues, as may have been the case in the past. If you have any queries on this, please contact the Licensing Team at Mid Sussex District Council - telephone 01444 477294.



Photo: Beth Mercer photography

Members of Lindfield Parish Council:

They can all be contacted, in the first instance, via the P

Cllr. William Blunden
(Chairman)

Cllr. Valerie Upton
(Vice Chairman)

Cllr. Mike Allen

Cllr. Judith Durrant

Cllr. Stephen Henton

Cllr. Margaret Hersey

Lindfield Parish Council Office is open on Tuesdays 1pm to 4pm, Thursdays and Fridays 10am to 1pm – when members of the public are welcome to come along to look at planning applications for Lindfield, buy concessionary railcard vouchers or simply seek advice on issues of concern. However, if you do need to speak with someone outside our normal opening hours, then please contact the Clerk who will be happy to make alternative arrangements with you.

Parish Clerk:
Mr Andrew Funnell

Planning Administrator:
Mr Iain McLean

Responsible Financial
Officer: Mrs Tracy Ely

REPORTING HIGHWAYS PROBLEMS

Residents are encouraged to use West Sussex County Council's Love West Sussex website to report concerns relating to potholes, overgrown vegetation, damaged kerbs, footpaths and verges (<http://love.westsussex.gov.uk/reports/home>).

In addition to the website, problems can also be registered by downloading the free Love West Sussex App which is available for iPhone, Android, Windows Phone and Blackberry devices. A report can be submitted either anonymously or by registering for a free account. Registering for an account enables the user to receive updates and if necessary be contacted to provide further information. When submitting a report you are able to pinpoint on a map the location of the concern and also upload a photograph. By reporting directly through Love West Sussex local problems can be managed appropriately by the relevant authority.

TRAFFIC STUDY

The Planning and Traffic Committee has formally received the report by Roger Harper of Creative Roads Ltd. The Parish Council commissioned Roger Harper to undertake a traffic study and produce a report to address a number of traffic related issues. The report, which is on the Parish Council's website, proposes future traffic management, pedestrian safety and traffic calming measures throughout the area of the Parish of Lindfield. An interim version of the report was produced in September 2016 and published on our website. Having received the report the Parish Council's current intention is to enter into discussions with West Sussex County Council's Highways Authority and other key stake holders regarding the report and its findings prior to public consultation.

WINTER MANAGEMENT PLAN

The Environment and Amenities Committee has revised the Winter Management Plan with some very minor amendments and this is published on our website, under Council Documents. The Parish Council's aim is to support the community by making salt available for public paths, giving guidance on snow-clearing and salting and protecting the salt supplies, most of which is kept in locked bins. The contact details for key-holders are listed in the Plan and on labels attached to the bins. West Sussex County Council no longer top up the salt supplies during the course of the winter, so it is very important that the salt is used in such a way as to be effective but not wasted and must only used on public paths where it will be of most benefit, not on private property. The Plan also sets out what the Parish Council aims to do in the event of heavy snowfall, but how much we can achieve depends very much on the people power available. Please get in touch with the Parish Clerk if you wish to volunteer for snow clearing duties.

Parish Office, or by reference to the Lindfield Village Directory and Year Book, which contains details of individual contact numbers.

**Cllr. Simon
Hodgson**

**Cllr. Roger
Pickett**

**Cllr. Ron
Plass**

**Cllr. Christopher
Snowling**

**Vacant
Position**

**Vacant
Position**

MOBILE CIVIC AMENITY COLLECTIONS

The refuse freighters will next be in the Tollgate car park on Sunday 19th November, between the hours of 10-12 noon, for the collection of household and garden waste. Please do not leave rubbish in the absence of the refuse freighter.

Dates of the remaining collections are as follows – Sundays: 14th January and 11th March 2018.

Please note that a number of items cannot be disposed of through the Mobile Waste Collection: electrical items, tyres, rubble and hardcore (eg paving stones, gravel, concrete, bricks and tiles), items such as ceramic baths and shower trays, toilet pans and sinks, gas canisters and paint pots with any contents.

These need to be taken to the Waste and Recycling Site and charges apply to certain items. There is a list of the chargeable items on www.recycleforwestsussex.org/recycling-sites

CALLING ALL NEIGHBOURHOOD RESIDENTS' ASSOCIATIONS

We are aware that there are several residents' groups in neighbourhoods around the village, some in the form of management companies with responsibility for unadopted roads and land around housing estates and others may be much less formal.

It would be very helpful to have a list at the Parish Office of the up-to-date contact information for the various neighbourhood residents' groups so that we can share information, for example in the case of an emergency, or a matter of interest to, or affecting, residents in a particular neighbourhood.

If you are the main contact for such a company, association or group, please consider giving your contact details to the Parish Clerk, including phone number and email address if you have one. This information will be treated according to the principles of Data Protection legislation and will not be published or shared with third parties without your permission.

Parish Council meetings

OCT - DEC 2017

Thursday	5th October	Environment and Amenities Committee	8pm
Tuesday	10th October	Planning and Traffic Committee (full)	8pm
Thursday	31st October	Planning and Traffic Committee (plans only)	8pm
Thursday	2nd November	Finance and General Purposes Committee	8pm
Thursday	9th November	Full Council	8pm
Tuesday	21st November	Planning and Traffic Committee (plans only)	8pm
Thursday	30th November	Environment and Amenities Committee	8pm
Tuesday	12th December	Planning and Traffic Committee (full)	8pm

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

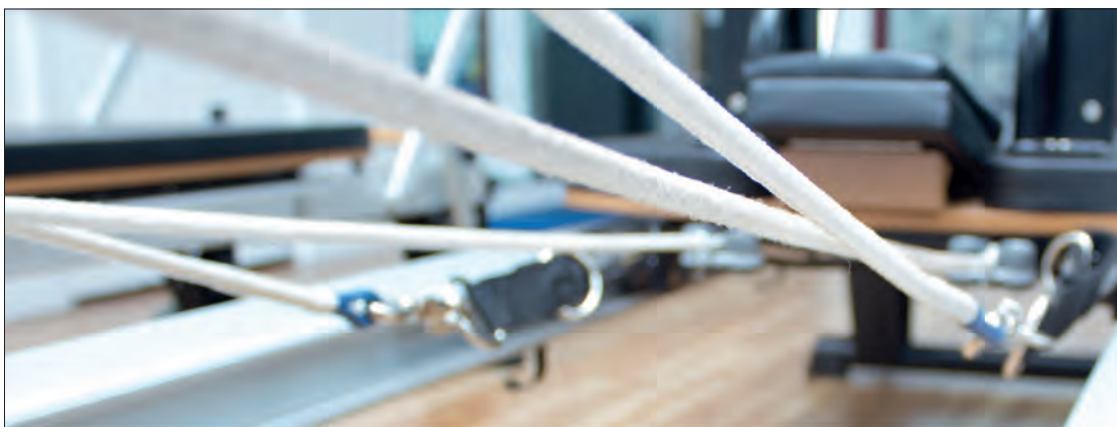
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Holiday snaps

As ever, Lindfield residents have taken their copy of the magazine away with them. Do send yours in to photos@lindfieldlife.co.uk



The Alcocks in Lake Garda



George Moore on a water slide in Marrakech - the magazine survived the splash!



Leanda and Isaac Ahmed at Le Vallee des Singes, France



Arthur and Ernie Moir on their summer holidays at the war memorial in Arras, France



Sonia Grover at the Great Dorset Steam Fair



Former Lindfield residents The Goodyes on Sidmouth beach

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Jazz goes to church in Lindfield



Last month local resident and well-known vocalist Jo Kimber brought her superb Jazz Quartet to the glorious venue of All Saints Church in Lindfield promoted by Tiger Arts.

Jo is a former professional dance band singer and accomplished cabaret performer, who has arrived on the small group jazz scene after performing with a number of well-known big bands. Always popular with fellow musicians because of her very wide repertoire and book of her own arrangements, she has appeared at over forty venues in the South of England including one of the country's top jazz clubs based at The Bull's Head in Barnes.

Mike Lavelle, her pianist for the All Saints session, is a retired surgeon, now living in Scaynes Hill. He has often appeared with The Freddie Woods Big Band and spends his time these days producing violins violas and cellos in his own workshop. Jane Tuff is a professional tenor saxophonist and teacher who studied at The Royal Academy of Music and possesses great ability as a creative improviser across the whole jazz spectrum. Completing the group, the very busy Marianne Windham was a classical bass player who 'accidentally fell in love with jazz' so much so that she now combines her theatre and orchestral work by running her own jazz club in Guildford.

The packed audience were treated to an hour long recital of superb tunes predominately taken from The Great American Song Book. It was apparent from the opener, Moonglow from the pen of Eddie DeLange in 1933, that this vocalist possesses almost perfect diction and with a wide ranging voice, easily equipped to fill this august venue. Gem followed gem with Irving Berlin's Blue Skies and an uptempo rendering of the Grammy Hall Of Fame award winner How High The Moon among the most notable. It was not, however, until the quartet moved outside of the GASB genre that the bar was raised even higher. The Latin tinged Summer Samba became a vehicle for a thorough musical investigation from the tenor saxophone of Jane Tuff, whose improvisational ability fully reflected her major influence, the famous American jazz giant Zoot Sims. This was followed soon after by an intimate and stunning

exchange between voice and double bass on a new ballad A Million Dreams written by K. J. Alexander a musical associate of the day's leader.

Before we knew it we were soon into a rousing version of the closing number, the Gershwin brothers 'S Wonderful' from the Broadway musical of 1939 Funny Face. It had been sixty minutes of joyous entertainment from four talented musicians, which was fully reflected in the conversations heard as we emerged from the church back into the early Autumn sunlight of the village High Street.

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	1	4			2	3	5	
		6	8					4
				3		1		
7					9			6
	5		7				2	
		1				5	4	
	7				6			
								3
6							9	

Find the solution to #15 in next month's magazine

Courtesy of <http://andrews-sudoku.blogspot.co.uk>

#14 Solution

2	5	7	8	4	6	3	9	1
4	9	1	2	3	7	5	8	6
8	6	3	5	1	9	7	2	4
7	2	6	9	8	1	4	5	3
5	8	4	3	7	2	1	6	9
1	3	9	6	5	4	2	7	8
6	1	2	7	9	3	8	4	5
3	7	5	4	6	8	9	1	2
9	4	8	1	2	5	6	3	7

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What's on in October

AT KING EDWARD HALL

AND ELSEWHERE

October

- 3rd **Lindfield Afternoon WI** – 2.15pm
(contact la16wi@gmail.com or Jacquie on 01444 454816)
- 4th **Lindfield Preservation Society** – 8pm
Presents an illustrated talk on 'History, development and management of Weir Wood Local Nature Reserve' by Peter Erridge. The change in the surrounding countryside following the creation of the Weir Wood Reservoir in 1954 led to its designation as a Local Nature Reserve and a Site of Special Scientific Interest [SSSI]. The talk will illustrate how the various habitats have been developed and maintained to encourage wildlife. New species are found each year. All welcome, entry free. (Meeting and Membership information from John Chapman 484470)
- 5th **Lindfield Country Market** – 10-11am
(Sheila Hobbs 01444 483396)
- 11th **Lindfield Horticultural Society**
An evening with Guest Speaker
(Chris Gurr 01444 482739)
- 12th **Lindfield Country Market** – 10-11am
- 14th **Lindfield Horticultural Society** – Coffee Morning
(Chris Gurr 01444 482739)
- 14th **Royal British Legion** – Poppy Hop – Doors open 7.30pm - Bring your own drinks and glasses, tickets £14 each (includes a fish and chips supper) (Tickets may be purchased from Jane 01444 454846)
- 17th **Lindfield Flower Club** – 2.30pm
'IN HOUSE WORKSHOP' where everyone can try their hand at arranging something beautiful
- 19th **Lindfield Country Market** – 10-11am
- 19th **Film Show 'Victoria & Abdul' PG** – 7.30pm
(Tickets £6 from Tufnells)
- 26th **Lindfield Country Market** – 10-11am
- 26th/27th /28th
Lindfield Dramatic Club Play – times TBC
Performing The Importance of Being Earnest by Oscar Wilde (Rex Cooper 01444 831512)

Please refer to the King Edward Hall notice board for additional information regarding the above events.

If you would like to hire the King Edward Hall please contact the Honorary Bookings Secretary for further information on telephone number 01444 483266 or by email on bookings@kingedwardhall.org.uk

October

- 6th **Treasures of the Season** – 2.45pm
Wivelsfield Village Hall - A floral demonstration by the award winning floral designer Sue Flight. In aid of MND West Sussex North Branch (tickets £10 inc. cream tea from Carol Rieley 01444 482387 or Julie Unsted 07709 425957 julie@mndwestsussexnorth.com)
- 6th – 8th
Cuckfield Bookfest
The Queen's Hall, Cuckfield
(www.cuckfieldbookfest.co.uk)
- 11th **Mid-Sussex Franco-British Society** – 8-10pm
Clair Hall, Haywards Heath - Illustrated talk in French 'La République d'Emmanuel Macron' by author and historian Jonathan Fenby CBE (Barbara Stevens 01444 452385)
- 11th -14th
The Weald Art Exhibition
The Martlets Hall, Burgess Hill - Admission FREE but voluntary contributions to The Alzheimer's Society
- 14th **Rhos Welsh Male Voice Choir** – 7.30pm
All Saints Church, Lindfield (Tickets £20 from www.rhoslindfield.eventbrite.co.uk)
- 15th **Sounds of New Orleans** – 2.30pm
Holy Trinity Church, Cuckfield - with the Institute Jazz Band featuring the vocals of Grace Gardner. The Friends of HT Church are holding a fundraising concert where the programme will be a blend of jazz numbers from New Orleans, spirituals and popular dance music of the 1920s and 30s (tickets, £12, available from Carousel Music in Haywards Heath or email FOHTCC@btinternet.com)
- 18th **The Arts Society Mid Sussex** – 10.15am
Clair Hall – 'Hans Christian Anderson: Wit, Artist, Traveller: Stories, Sketches, Papercuts, with Paintings of the Day' Lecture by Karin Fernando (Non members welcome: £7 on the door)
- 28th **Coffee Morning** – 10.30am-12.30pm
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Health/Lifestyle

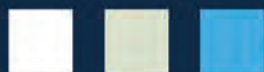
Burgess Hill Physiotherapy	3
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Linear Fitness	26
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