

# Lindfield *Life*

Inc. Scaynes Hill & Walstead

Local village talk,  
by the village

Dec. 2017 Issue #107

Free



Behind the counter at Doodie Stark

**page 42**

Helena Hall's Christmas diary

**page 46**

The beginnings of Lindfield

**page 10**



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## EDITORIAL

By David Tingley, Editor

I'm not even going to deny it: I love Christmas! For lots of reasons actually, but certainly it's a great time for getting together as a community. This issue contains lots about the festive period...

Over the page is news of the now annual **Boxing Day Dash** at The Stand Up and **page 5** gives the facts about this year's Festival Night on the High Street. On that night Lindfield United Reformed Church is doing something new in the form of The Knitvity – **page 23** explains what children can look out for.

**Page 31** marks the beginning of the local churches pull-out guide for the Christmas season – this is where you can find out about all the special services and events in both Lindfield and Scaynes Hill.

On **page 40 John Main** shares his top tips on how to look after your Christmas tree – when will yours be taking its place in the house?

**Linda Grace** and **Margaret Nicolle** have collected together a number of entries made in Helena Hall's diary from the '40s which are especially pertinent to Christmas time. Read about life in a different era on **page 46**.

Finally in my Christmas round-up, is **Caroline Young's** festive foodie treats – and the Boxing Day Apple and Potato Gratin sounds amazing! Head to **page 50** for that one and five more recipes.

Of course, there's plenty more to read here too, including a new cake business which has just opened on Denmans Lane (**page 7**), a story by **Gemma Aldridge** about **1st Lindfield Guides** on **page 14** and **Harvey Alcock** writes about his Scouts team taking first place at the Downsman Hike on **page 17**.

We have history (**page 10**), parenting tips (**page 16**), mental health engagement (**page 18**), news of a pub opening (**page 24**) and **Joe Wayte** goes behind the counter at Doodie Stark on **page 42**.

I do hope you all have a fab Christmastime, whatever you do and whoever you're with.

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We love to hear from groups, organisations and individuals about what's happening locally. Include a photo if you can. Email your stories to [editor@lindfieldlife.co.uk](mailto:editor@lindfieldlife.co.uk)

## Are you free on Boxing Day?

Lindfield's newest tradition – the Boxing Day Denmans Lane Dash – looks set to attract a record turnout this year.

The event, started by Ray Gower in 2015, sees villagers dashing from the Stand Up along Denmans Lane and back, half pints in hand! The winner is the person finishing in the top six with the most beer left in the glass!

The runners, who this year must be 'festively dressed', compete for the coveted Denmans Lane trophy – a replica of the gate which marks the end of the lane.

Last year's event was won by Dan O'Hare.

"It's all good fun and, once again, the wonderful Stand Up will be sponsoring us with the beer and looking after us as we warm up and warm down after the event," said Ray. "Word is spreading and we are hoping for a record turnout this year. Andi from the Stand Up has bought more half pint glasses to meet the demand!"

Participants meet at the Stand Up and the event kicks off at 1pm.

For more information and to register your interest visit the Denmans Lane Dash Facebook page.



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# Festival Night 5th December

This month Lindfield High Street will once again be turned into a winter wonderland with Christmas lights and the gentle waft of mulled wine and mince pies.

Lindfield Christmas Festival Night, organised by Lindfield Parish Council, will take place on Tuesday 5th December with the fun starting at 6pm.

As ever the High Street will be filled with food, gift and charity stalls and children's rides. Father Christmas will arrive at Lindfield United Reformed Church at 6pm and will take up his seat in his popular grotto at the back of the church hall. Also in the church will be a number of musical performances.

Please note that the High Street will be closed to traffic between 5.30pm and 9.30pm on that evening.



## Art displayed in Lindfield

Talented artists from the Haywards Heath U3a Art for All group have raised £800 for the Alzheimer's Society following an exhibition held at a member's home in Lindfield.

Artist Nickola Smith, from Hickmans Lane, opened her home for the one day exhibition, welcoming a steady stream of around 70 visitors,

Twelve artists from the group, which meets on alternative Thursdays at King Edward Hall, exhibited and sold a wide range of their work, giving a percentage of the price to the charity. A raffle, donations and tea and cakes also helped to boost the total.

"We'd like to say a big enthusiastic thank you to all those who came along and supported us and also those who made donations," said Nickola. "We were absolutely thrilled with the total amount raised."

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# Cake creator moves business to Lindfield

By Claire Cooper

A chef who started her culinary career behind a cheese stall in London's Borough Market is hoping that Lindfield will offer her the recipe for success!

Over the past few weeks Lois Simpson has been transforming premises in Denmans Lane, formerly home of World Coffees, into her artisan kitchen - the Baggy Pantry.

The business, which Lois has been running from her home in Ardingly, supplies home-baked cakes to independent businesses, along with unique celebration and wedding cakes to order and events catering.

Working from her smart new kitchen, tucked away behind the shoe shop, Lois has fond memories of the bustling outdoor market stall where her career began. "I was only 16, but would get up at 4.30am at weekends to travel to London to work on the stall," she said. "It didn't seem like a big deal at the time - I was just enjoying myself. I loved the Dickensian feel of Borough Market - especially at Christmas!"

As well as learning about food and selling, working on a market stall saw Lois grow in confidence. "I really came out of my shell," she said.

Lois went on to work at markets in Covent Garden and Maltby street as well as Waterloo before getting her first experience of working in a kitchen - at the world famous River Cottage in Devon!

"I emailed looking for work experience and I didn't expect to get a response, so I was delighted when they invited me to spend a week with them," she said. "It was my first experience of kitchen work and I loved it!"

After studying for her A levels, Lois got a waitressing job in a bistro in Cuckfield. "But before long I ended up in the kitchen!" she said.

She then joined the team at Jeremy's restaurant at Borde Hill, eventually becoming a pastry chef. "Working alongside other talented chefs is a great way to learn," said Lois, whose next move was to the Treacle & Co cafe in Hove, learning the delicate art of patisserie. "That's when I realised the huge difference between cooking and baking!" she said.



At Treacle everything was home-made and the variety of cakes was enormous. "I realised that baking is instinctive. You throw away the timer and use your experience and instinct to check whether a cake is done. Every oven cooks slightly differently so you have to get to know yours well. It can be a real challenge learning new equipment and getting to know people's kitchens!"

As Lois's passion for baking grew, so did her reputation, and orders began to come in. Before long the Baggy Pantry was born!

"The name came from a childhood joke started by my dad," said Lois. "When I was little I would get up early before anyone else and start cooking, making the biggest mess in the world! I used to wear these big baggy dungarees! My dad called our kitchen the Baggy Pantry and it just stuck! It's a bit quirky but it's memorable!"

Lois now supplies cakes to several local businesses, including the Up Country garden centre in Scaynes Hill.

"I particularly enjoy patisserie and celebration cakes - anything really fiddly!," said Lois. "And I love making wedding cakes - meeting couples and creating a cake to reflect their personalities is really exciting."

Lois is currently settling into her new premises and hopes to open to the public on Saturday mornings in the future.

"I'm very excited to be opening a business in Lindfield," she said. "And, of course, the icing on the cake is that it's only a couple of miles away from my home!"

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# How's the market?

PROPERTY PAGE



By Mathew Gurr

Welcome to our December market report and as we head into the festive period, it is an ideal opportunity for us to look back on how the local market has performed in 2017. It also allows us to give thought on what challenges are ahead and how to prepare your home if you are thinking of selling in 2018.

## Review of 2017

Activity levels in 2017 have been very similar to 2016, with the first six months performing much better than the second half of the year. Pre June, sales were brisk and strong prices were being achieved. Perhaps it is no coincidence that the European Referendum and General Election in each year created more caution and hesitation from buyers. As a result, agents are having to not only work harder but also be able to think differently and offer solutions in order for transactions to go through. Some of the completed sales have been very challenging, but equally rewarding. What it highlights is that choosing the right agent is more important than ever. For the second year running, our company sales record was beaten in August. It truly demonstrates that we no longer work in a seasonal market and that as a seller you need to be ready at all times!

## My top tip for selling in 2018

Pretend to be a buyer and view your own home. Be firm! Are there small jobs that could have a big impact on first impressions that would make a difference to a buyer? What will a buyer think as they walk up the driveway to the front door? Can you declutter to maximise the space you have? We'd be more than happy to pop in for a chat and give you our expert opinion.

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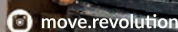
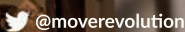
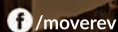
To offer you further reassurance, you can also read our 5 star reviews. The below text is taken from the vendors of one of the properties we've sold on Lyoth Lane and you can read more at [www.rateragent.co.uk](http://www.rateragent.co.uk):

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In summary, this is an exciting time in the housing market and one that we at Move Revolution view positively. It is crucial to remember that borrowing is still very cheap and I am regularly advised by different mortgage brokers that there are excellent mortgage rates to secure. If you require any further information, an informal chat or a property valuation, please call me on 01444 657657 or email [mathew.gurr@movereolution.com](mailto:mathew.gurr@movereolution.com)

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## LAF 2018: be part of it!

By Lynn Tulip

In 2017 Lindfield Arts Festival had one of its most successful years ever. Almost 4,000 local people came to celebrate the Arts in all its diversity.

But none of this happened magically on its own. It took a team of dedicated volunteers to put on the festival – and this is where you could come in.

Are you a good organiser? Do you want to meet new people and have some fun? Are you interested in music, art, drama, dance? Can you spare a little time over the coming year? Do you want to help your local community in Lindfield?

By lending your skills, experience and abilities, next year the Arts Festival will be even better. This is a call out for volunteers like you who want to give something back and make a big impact in the community they live in.

You could be new to the area, wanting to meet new people or have an interest in the Arts with some free time to lend a hand? Maybe you came to the festival and saw where improvements could be made?

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# How Lindfield started

## LINDFIELD HISTORY



Photo: A Scene From Above [www.ascenefromabove.co.uk](http://www.ascenefromabove.co.uk)

### By Richard Bryant, Lindfield History Project Group

Previous articles have focused on people and building in recent centuries relative to Lindfield's long history. This article explores the early history of the area and how Lindfield as we know it today came about.

The first recorded reference to Lindfield is in a Saxon charter dated 765, but what was happening here before that date? Unfortunately the archaeological record is rather sparse, but thanks to a survey prior to Barratt's building The Limes, on farmland previously Luxford Farm, two important discoveries were made. Pieces of Bronze Age pottery were unearthed, indicating people were in the area some 3,000 years ago. It is most likely to have been the site of a seasonal camp, rather than a permanent dwelling site.

At that time and through the Iron Age (600BC – 50BC) and into the Roman period the area, in common with much of the lowland Weald, would have been wooded and criss-crossed with tracks. The High Street is believed to follow the line of an ancient north-south route that existed in the Iron Age. On land at Birchen Lane, an iron-smelting furnace of mid Iron Age date

has been discovered, indicating exploitation of local resources.

Although there was no known Roman presence, the area was not isolated as a Roman road running from London towards the coast passed about a mile to the west, crossing land now Harlands Primary School. Two other Roman roads were only a few miles away. Local tracks connected with these roads. Some settlement, either seasonal or permanent, must have taken place during the Roman period, as the well respected historical geographer, Dr Peter Brandon, says that by the end of the Roman occupation the woodland on the Wealden margins, such as around Lindfield, had been cleared by the Romano-British villa economy and peasant grazing to create wooded pasture. These pastures, used primarily for cattle and also seasonal grazing of pigs, known as pannage, led to the creation of small and scattered communities.

This is supported by the second archaeological discovery made on The Limes site. Very old field ditches, that existed long before the field pattern of Luxford Farm, were uncovered, with one containing early Saxon

pottery (circa 650) in the bottom. Evidence that land in Lindfield was being farmed.

The manorial system of landholding developed during Saxon times. In this part of Sussex the manorial centre was usually based on fertile arable land close to the coast, with outlying lands extending northwards. This is why if you look at an Ordnance Survey map of Sussex there are more roads running south to north than east – west. Several manors could hold land within the same area; thus in and around Lindfield manors with land included Stanmer, with the largest holding, Ditchling, Framfield, Plumpton Boscage, and Street. Each exercised control over their land through their own manorial courts, called Court Baron.

Returning to the Saxon charter of 765 mentioned earlier, this evidenced the granting of lands by Aeldwulf, one of the last kings of the South Saxons, to his earl, Hunlabe, for him to build and endow a minster church. These lands formed the Manor of Stanmer, comprised of separate parcels of land mainly in a line stretching from Stanmer north to Crawley Down, basically along the line of today's B2112, with by far the largest parcel being in the centre at Lindfield. In the charter, Lindfield, meaning open land with lime trees, along with Walstead and Henfield (Scaynes Hill) were described as pig pastures.

There is much to support the belief that the minster church, which would have been a small and simple building, was built in Lindfield and that All Saints stands on the site. This indicates the area had a settled population of sufficient size to warrant building a church. The manor and church were held by the secular Canons of St Michael, South Malling. Sometime between 765 and Domesday, the manor passed to the ownership of the Archbishop of Canterbury but remained within the canon's control. In 1150, Archbishop Theobald reorganised his Sussex peculiars, promoting St Michaels to a 'College of Canons' with a structure comprising a dean and three canons, respectively the chancellor, treasurer and precentor. The dean, an important and influential position, was the Rector of the Parish of Lindfield and together with the canons held sub manors in Lindfield from which they received an income. The dean was required to reside in Lindfield for 90 days a year and the canons 40 days. The Bower House was the dean's residence.

The canons', and especially the dean's, influence on Lindfield was considerable, as collectively they were the 'lords of the manor'. It was very much in their interest to ensure that those parts of the parish within their manorial holding, which included virtually all of Lindfield town, prospered. They were responsible for the growth and layout of properties down the main street, the extent of the town in medieval times. There were fields immediately behind the houses. Recognising Lindfield as an important and thriving community, King Edward III in 1343 granted a charter for two fairs on the feast days of St Philip and St James (both 1st May) and St James the Great (25th July), each lasting eight days, and a weekly market was held.

The five high status medieval houses built by the canons in the 14th and early 15th century, namely Bower



House, The Tiger, Thatcher Cottage, Church Cottage and Clock House survive today. The width and line of today's High Street has remained unchanged since that time. The street, from church to the Lewes Road



junction, was lined with houses and workshops. The other timber-framed houses built in the 14th to the 16th century that still line the High Street underline the prosperity of Lindfield under the canons. This prosperity was primarily based on farming, the cloth trade and iron working. Our large and impressive parish church, dating mainly from the 14th century, in the perpendicular style, bears witness to its importance and the canons' influence.

The 1530s and 1540s, with Henry VIII on the throne and seeking a divorce, the English Reformation and the establishment of the Church of England leading to the dissolution of religious houses, brought far reaching change to the country. Lindfield, with a population of about 400, having the College of Canons as lords of the manor was heading for a major change in its fortunes.

In March 1545, an order for the dissolution of the College of Canons was issued and subsequently all possessions, tithes and lands were granted by the Crown to Sir Thomas Palmer, a gentleman of the Privy Council. Over the next 300 years importance and prosperity gradually ebbed away. But Lindfield after the Reformation is another chapter in its long history.



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## Living in bliss

While most of us look forward to a welcome break from work over the festive period, staff from Arthur Bliss House will be among those working hard to give residents a happy Christmas.

The residents include Norma Glass who moved into Arthur Bliss House with her husband James six years ago and contacted Lindfield Life to sing the praises of the staff.

"The staff here are absolutely marvellous, and nothing is too much trouble," she said. "From helping us to get showered and making sure we take our medication to helping us with our shopping and organising events such as film nights and quizzes, the carers are always there to help," she said. "They do everything they can to keep us occupied and entertained."

Norma and James will be spending Christmas at Arthur Bliss house and are looking forward to the festivities. "The food here is excellent and we have one chef working on Christmas day and another on Boxing

Day," said Norma. "The tables are all nicely decorated and we have a lovely Christmas tree."

Arthur Bliss House, in Finches Gardens, is run by Hanover housing association and managed by Peter Sleat. The care team is managed by Alison Wootton and the Chef is Neil Fisher.

"Arthur Bliss House provides sheltered housing for older people with the additional facilities of an on-site care team and lunchtime meals provided 365 days a year," said Peter. "We are very fortunate that the staff here are all dedicated to ensuring that the best possible service is provided to our residents, which allows them to maintain their independence in their flats for as long as possible.

"Christmas is a special time of year and the residents particularly enjoy the annual visit from the Lindfield school choir, plus the parties and the traditional lunch provided for them by the Chef and his staff."

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# Guides fun at international camp



By Gemma Aldridge

Guides from all over the world gathered at the South of England Showground during the school summer holidays for the eagerly awaited International Camp WS 2017.

The event, which takes place every four years, attracted hundreds of guides from 25 different countries including Kenya, Taiwan and various states of America, along with groups from Lindfield.

Guide leader for the 5th Beeston Guides, Hayley Buchanan, from Lindfield, was helping out at the camp as one of the many volunteers who aided the running of activities. She said: "It was a great experience and it enabled me to meet so many new people, from all the Guides and Scouts having such fun at camp to the amazing team I worked with."

Hayley had been assigned to an activity involving giant inflatables and a lot of team dancing, also known as 'It's A Knockout'. "It was especially lovely to see kids of all ages and abilities getting involved, supporting each other and cheering on their new found teammates in our challenges and games," she added.

The Harry Potter themed camp kicked off with an opening ceremony that would eclipse all others in living memory! A life-size replica of the Hogwarts Train rode into the centre of camp, also known as Diagon Alley, bringing with it the professors Dumbledore, McGonagall and, everyone's favourite, Hagrid.

Our very own 1st Lindfield Guides were able to get a photograph taken with the train, along with the 1st Lindfield Scouts, 1st Ardingly Guides and a troop of Girl Scouts from Pennsylvania, before the Hogwarts Express was sold off to a good home at the end of camp.

Among the activities were water rafting, rock climbing, Segways and many more, with the activities divided into sections including craft, performance and sport. Every day the camp participants visited two of these sections, completing as many activities as possible, all while gaining enough stamps to eventually win them an activity badge.

Favourites included the country pursuit activities, with one guide reporting: "They were interesting and different to anything I'd ever done before," while another commented on the zip line: "It's not something you get to do every day. It's a bit different, a bit crazy."

The evening entertainment was also popular, with DJ Nev leading the show, and the 'WS Has Talent' heats became the talk of the camp! Perhaps best of

all was the International evening, where Diagon Alley was transformed by stalls held by various participating countries, giving away traditional foods and gifts for everyone to try, and each country performing a dance or song on the big stage. Most striking were the Taiwan performers, who danced dressed in traditional imperial clothing, and the guides from Kenya, who also dressed traditionally as they performed a chant involving the entire audience.

This year the activities for the Senior Section also got more exciting, with silent discos (not so silent due to the raucous singing that was evidence of the good time they were having) being held in Diagon Alley after the rest of the camp had gone to bed.

With only one day marred by rain – forever to be remembered as Wet Weather Wednesday – which managed to flood out several groups of Guides and Scouts, forcing them to relocate to the various buildings around the site – the week flowed as smoothly as it ever could and everyone involved had a brilliant time.

Girlguiding gives girls and young women aged between 5 and 25 the space to develop their confidence, learn new skills and have fun.

The charity is currently recruiting for more volunteers to help deliver its exciting programme to more than 400,000 girls and young women across the UK.

To get involved, visit [www.girlguiding.org.uk](http://www.girlguiding.org.uk)





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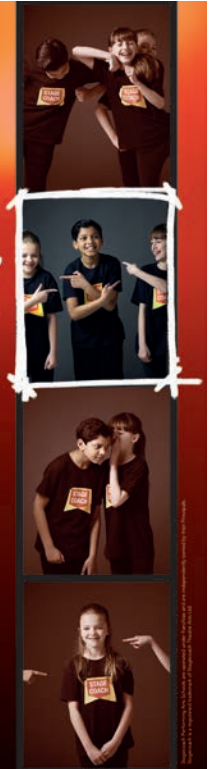
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# The power of positive vocabulary

By Jennie Adams

You may have heard about growth mindset but what is it and how can we use it to help children?

Dr Carol Dweck, one of the world's leading researchers in the field, states that 'it's the key to success in school and life!'

Sounds amazing! But does it really work?

She explains that it's about focussing on effort rather than intelligence or ability. She points out that those with a growth mindset believe intelligence is a pliable quality that can be developed and improved. Those with a fixed mind-set believe that intelligence is a pre-disposed or fixed trait. Furthermore, someone with a growth mindset believes that the process of learning and the effort exerted is more important than the outcome or just being perceived to be 'clever'.

So, what about the vocabulary bit?

When we express ourselves to persuade, calm, enthuse or warn, our vocabulary and phrases alter to achieve our desired outcome. According to experts, ensuring that we praise effort and resilience rather than intelligence and outcome could increase self-belief, positivity, success and our outlook on life.

This made me reflect on the impact of the vocabulary and phrases I use when teaching and praising learners. Whether or not you believe in the research, my view is that today, when there is a growing list of things for our children to worry about, we need to develop in them, self-belief, feelings of success and a positive outlook.

If we can make small changes to how we use everyday terms to equip children to tackle life's challenges, then why wouldn't we... and even better, encourage this growth mindset and the vocabulary that they use.

There are many phrases that help to foster a growth mindset. Below are 13 golden phrases that experts suggest using.



## Fixed Mindset:

### Instead of saying...

It's too hard/difficult  
I don't know what to do  
I'm never going to do it  
I don't know enough  
I'm rubbish at this  
This will do  
I just can't do it  
I'm not clever enough to do this  
They can do it, but I can't  
It's all wrong, I made a mistake  
I can't make it any better  
I'll never be as clever as...  
This way didn't work, I give up!

## Growth Mindset:

### Try saying...

It's challenging me to learn and adapt  
How can I help myself?  
This may take some time  
What do I already know that will help me?  
What can I do to improve?  
Is this my best work?  
I'm going to try another way  
I will learn how to do this  
I will learn from them  
Mistakes help me learn and do things differently  
I can always improve my work  
I'm going to work out how they do it  
I'll try this way instead

If a growth mind-set can help children build resilience, increase confidence, motivation, and performance rather than succumb to helplessness, then I'm in!





# South Downs hike winners

By Harvey Alcock

On a cold, wet and windy Saturday morning in early October, 50 teams gathered for the 50th Sussex Downsman Hike. Meeting on top of the hilly South Downs on the 7th October, Cubs, Scouts, Guides, Explorers and Leaders from across Sussex took part in the annual challenge to prove their endurance, navigating and hiking (running) skills.

The hike was made up of five competitive classes - the A, B, E, S and V Classes - and one non-competitive event - The Downsman Open. Each of these classes differed in team sizes, age restrictions and distances, with the A and B Classes being the longest at 60 miles and the Open being the shortest at 15 miles.

We - Tom Spensley, Tom Shannon, Joe Freire-Luaces and Harvey Alcock - were a team representing three different scout troops (1st Lindfield, 1st Haywards Heath and 5th Haywards Heath) and took part in the S Class. This hike was approximately 30 miles, from Chantry Hill to Falmer, with seven checkpoints along the way - including Devil's Dyke and Ditchling Beacon. It was also split up into four stages, with three people walking at any one stage. The other member of the team was resting in the team's service vehicle at that point.

For the hike we had to carry our own personal belongings, such as snacks and waterproofs, as well as

a collection of mandatory items between the team, including mobile phones and a survival bag. Our team strategy was to run the downhill and most flats and only hike the uphill and recovery flats. For three out of four of our team members it was our first Downsman S Class, so we went into it not knowing how we'd do. Thankfully the local Scout leaders had organised plenty of practice hikes over the past five months, which really helped our ability both to participate and to really compete.

We send huge thanks to our individual group leaders, together with the organisers, our coaches and service crew who made the day so successful for so many scouts and guides. With their help, we managed to finish first out of the ten teams that took part in the Downsman S Class, whilst also breaking the previous record by 15 minutes with a time of 5 hours 48 minutes. A special mention also goes to the Trident ESU group from Lindfield, who beat the previous record in the Downsman E Class, and the 1st Lindfield Scout Team for the Downsman Open, who also did extremely well in their first ever Downsman Hike.

Overall the event was a huge success, and I thoroughly recommend it to any scouts or guides looking for a challenge.

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# Swearing to help mental health

Did you know that three quarters of young people with mental illness don't get the support they need? It's enough to make you swear! That's why Potential Personal Training in Lindfield joined one of the MQ 'Dare to Swear' challenges – 'What the funk!'.

Clients from the Lindfield fitness company joined forces with MQ, a national research charity which is transforming mental illness through research, to mark World Mental Health Day in October.

There was an 80s vibe at the PPT studio with clients dressed up in funky, loud and over the top clothes whilst exercising to 80s music, led by trainers who looked like they had stepped back 30 years in appearance! There was lots of fun and laughs whilst clients and trainers grooved their way through sessions.

Owner Maxine Hayes said: "It was great to get the PPT team and our clients to engage in a fun way for a serious topic that deserves attention."

Trainer Sophia Glynne added: "Exercise is a great way to improve our mental health."

Judith Pratt, a PPT client and an Ambassador for MQ said: "Raising awareness of mental health research in this way has been fantastic. But we urgently need funding for research to find better ways of identifying those at risk of developing mental illness in order to get better treatments."

Judith explained why research is important: "Improving people's wellbeing is arguably the ultimate goal of our society. Mental health is a key driver of wellbeing, yet one in four of us suffer from a mental health condition each year, with enormous costs to individuals, family, friends and society. Treatment for mental health has historically been deemed a lower priority than physical health and associated with stigma. Fortunately, in the last few years these outlooks are beginning to change with the importance of mental health and reducing stigma being highlighted in the media.

"Yet we urgently need life-changing research to change the impact mental illness has on individuals. We know that 75% of those living with a mental illness started developing symptoms before the age of 18."

MQ is investing in research that tackles the most pressing challenges in young people's mental health:

- Understanding how mental illness develops
- Learning how to identify which young people are most at risk
- Developing effective interventions for young people and ensuring they are delivered in practice

MQ is achieving this by the combined expertise from across the biological, psychological and social sciences, alongside the wider fields of education and social care. And the involvement of young people is at the heart of the programme. Amongst its research programmes, MQ is tackling depression and suicide.

Depression is the biggest cause of disability worldwide, affecting about one in five people in their lifetime. The condition often starts young and can lead to a lifetime of suffering. Yet we still lack the ability to identify which young people are most likely to be affected. MQ's IDEA (Identifying Depression Early in Adolescence) research programme plans to identify universal risk factors for depression in young people by analysing research and data about social and family environment, stressful experiences, brain images and biological data of 10-24 year olds.

Suicide is the second highest cause of death for young people – only accidents claim more lives. But what are the social and biological factors that make young people more likely to attempt suicide? How do we know who is most at risk? And how can we help professionals take action early and prevent suicide attempts? MQ's HOPES (Help Overcome and Predict the Emergence of Suicide) research programme aims to develop a global model for predicting who is at risk of suicide by analysing



brain scans and data on suicidal behaviour and traits of young people.

Your support is vital if MQ is to achieve these goals. It will lead to new discoveries. New treatments. New ideas. New answers. Through research we can change the

course of mental illness in young people, giving them a brighter future.

To find out more about MQ see the website [www.mqmentalhealth.org](http://www.mqmentalhealth.org)







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# Life after redundancy

## OPEN FOR BUSINESS

**After 23 years at the same company local Lindfield resident Helen Dobson was unfortunately made redundant from her job as a Senior Buyer with a large Food Wholesaler. But instead of fearing the predicament she found herself in Helen decided to leave her buying career and the commuting world and re-train in a completely different field. Lindfield Life caught up with Helen to find out what she is doing now and what the future might hold for this entrepreneurial resident and her family – husband Ian and 11 year old daughter Mia.**

### How did you take the news of redundancy?

During my 23 years in my last company I had the opportunity to work my way up through experiencing lots of different departments including customer service, marketing and then finally buying. To be honest it was no great surprise when news of the redundancy broke. I can't say I didn't despair at the news, but, after the initial shock, I did think that maybe I could use this opportunity to do something different and wanted a job that could really give me the satisfaction I had been missing over the last few years. This is when I had the idea of turning my interest in Aesthetics and Permanent Make-up into a career and business opportunity.

### What made you decide to completely retrain?

A few years ago I had Permanent Make-up on my eyebrows. I was amazed as to how one three hour treatment totally transformed my face and the feel-good factor every morning when I woke up and saw this perfect set of eyebrows looking back at me was fantastic. I knew this was an area I wanted to train in because I'm now able to offer a service that can perfect a client's look by just subtly adding a bit of colour and definition to enhance what they already have.

### What exactly is permanent make-up?

Permanent make-up mimics the look of applied eyebrow pencil, eyeliner and lipstick. It's done through a process called micropigmentation. Topical anaesthetics are applied to numb the area where a tattoo pen is then used to inject coloured pigment into the skin.

### What do you enjoy most about being a technician?

I really enjoy meeting new people. Every client I see comes in for an in-depth consultation so I can really understand what their needs are, discuss the options available to them, the pigment colours that can be used and the very important patch test to check for any reaction to the products I use. Every client is individual and their needs for permanent make-up can vary hugely. Some have it done purely for the cosmetic reason of having the 'perfect arched eyebrow' others have it done because they have sparse areas due to years of over-plucking and in some cases illness where they have sadly lost their eyebrow hair or eyelashes. Permanent



Make-up really benefits older ladies as over the years their eyebrows tend to lose their shape and by having a natural-looking set of eyebrows immediately transforms their face and opens up their eyes. It's so rewarding at the end of the procedure to be able to hand the client the mirror and hear words like 'Wow – I love them!', 'Fabulous', 'What a fantastic difference - I love my eyebrows - can I now book in to have my lips done?' The majority of my new clients are starting to come through as recommendations from previous client's which is something I'm really proud of.



**If you would like to find out more about permanent make-up please contact Helen on 07961 564882 who will be happy to offer you a FREE no obligation consultation at her clinic in Lindfield. Gift Vouchers are also available in time for Christmas!**

Helen is offering one lucky Lindfield Life reader the chance to get a permanent make-up procedure FOR FREE! All you have to do is email your name and email address to [competition@lindfieldlife.co.uk](mailto:competition@lindfieldlife.co.uk) before Tuesday 12th December 2017. (Over 18s only, and a patch test required before procedure. Prize offered is up to the value of £300.)

For more about Helen and the treatments available see: [www.helendobsonpermanentmakeup.co.uk](http://www.helendobsonpermanentmakeup.co.uk) or connect to her Facebook page.

# Fireworks were 'absolutely wonderful'

Resident Angela Hutchings wrote to us at Lindfield Life in order to say how much she and her family had enjoyed the celebrations on 4th November.

Angela wrote: My son and his girlfriend came down on the Friday night from Wakefield to see the display. Stephen said that they were excellent and went on for a long time. Tracey commented to me that she had never seen a firework display as good as Lindfield!"

The fireworks budget for this year was £4,500 - however the estimated total cost the event is likely to be around £16,000.

Mark Tampion-Lacey, honorary secretary of Lindfield Bonfire Society said: "We had a fantastic 4th November, and hope that everyone who came enjoyed themselves too. We are, as always, grateful for the support of the village and all our members, sponsors and donors."

The charity collection on the night is this year going to the five selected charities (Riding for the Disabled, Cleft Lip And Palette Association, Orchard House, Chestnut Tree House and Kangaroos), all of which will receive just over £860.

If you enjoyed the fireworks and aren't yet a member of the Society - membership starts from just £10 per year. See last month's magazine for the form, or from: [www.lindfieldbonfiresociety.co.uk](http://www.lindfieldbonfiresociety.co.uk)



## Kiera wins memorial shield

Fancy dress fan Kiera Willoughby has been lighting up the bonfire celebrations for the past few years with her prize winning costumes!

Kiera, who was introduced to the bonfire celebration by her grandmother Diana who lived in the village, has won a string of prizes for her festive costumes. In 2015 she won the best topical costumes prize in her age group by dressing as 'fire.'

This year Kiera went one better. Dressed as a firework, Kiera was awarded the Geoff Honeysett memorial shield for the best kids costume and second place overall.

Her proud mum Corinne said: "Kiera really enjoys dressing up each year for the fancy dress competition. It's a lovely way to remember her grandma Diana who brought up her family in the village, but sadly died of cancer in 2015."

## Stuck for a present idea?

Launched last month, The Brighton and Sussex Cook Book features over 25 recipes and aims to promote diverse and vibrant cuisines, a unique and sometimes quirky approach to catering, and puts focus on the foodies behind the business.



MasterChef winner of 2013, Steven Edwards, features as a familiar face and supplies an exclusive recipe to inspire readers to dust off their apron.

Steven says: "I am really excited to be featured in the Brighton & Sussex Cook Book. To be surrounded by such amazing produce and be part of a dynamic food scene makes me very proud."

Lindfield Life has a copy available to GIVE AWAY to one lucky reader, in a random draw. Simply email your name and address to [competition@lindfieldlife.co.uk](mailto:competition@lindfieldlife.co.uk) before 12th December 2017.

The Brighton and Sussex Cook Book retails at £14.95 and is available now.

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# High Street pen and ink drawings offered

Resident Caroline Young has discovered two framed drawings in her home that she no longer has space for, and so she is offering them to anyone who'd like either of them in exchange for a donation to St Peter & St James Hospice. The drawings are both by Daisy Morris and are of the top the High Street. Caroline is sure someone would like them on their wall. She's also curious to find out more about the artist.

If you like what you see, do contact Caroline on 01444 473897 and make her an offer. Or, if you know anything about Daisy Morris and her work, send an email to editor@lindfieldlife.co.uk with any information.





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## Sports clubs grants given

Cricketers in Scaynes Hill and footballers in Lindfield have been given an early Christmas present from Mid Sussex District Council.

They are among local sports clubs and community organisations which have been awarded grants (totalling more than £79,000) to improve their facilities and services.

Scaynes Hill Cricket Club has been awarded £10,046 towards the provision of a new artificial cricket pitch. The current pitch no longer meets the English Cricket Board (ECB) safety standards and, as it is used for all junior matches, a replacement is needed before the start of next season. This grant will go a long way towards the provision of a modern ECB approved pitch, which will ensure the club can continue to grow and cricket can be played for many years to come.

Lindfield Football Club has also received a grant of £9,812 towards improvements to changing facilities.

Other beneficiaries include the 172 (Haywards Heath) Squadron Air Training Corps, which has received £2,500 towards the cost of flight simulators, and West Sussex Mediation Service (WSMS), which was awarded £2,500 to support the valuable services they provide for the Mid Sussex community.

# Can you find the knitted characters?

By Henderson McEwan

Special events await you at this year's Christmas Festival Night in the village on Tuesday 5th December.

As well as the bright lights, late night shopping, hot food and drinks in the High Street, children from the local school will be singing in Lindfield United Reformed Church bringing the joy of the story of Christmas to everyone who can get in the building.

This year all the children queuing to see Father Christmas will wander through a grotto of Christmas trees and ten scenes telling the nativity story with knitted nativity characters.

Enthusiastic folk have been knitting for months to produce these original and captivating displays. The children will be able to touch the displays, move the donkey along the dusty road, fly the angels in the shepherds scene, walk the camels through the sand and rock the baby Jesus in his crib.

The Knitvity challenge will be for children to find as many as they can of the knitted nativity characters which, thanks to the Lindfield shopkeepers, are hidden in Lindfield High Street shop windows. Knitvity challenge sheets will be available in the URC hall at the back of the church from 6.30pm on 5th December. For children to gain their prize, their completed Knitvity challenge sheet will need to be returned by 9pm to where they were issued on Lindfield Christmas Festival Night.

Knitvity will be on view in Lindfield URC at Christmas



carol concerts and services leading up to Christmas.

As usual, the traditional nativity barn scene will be located next to the Lindfield URC side entrance on Christmas Festival Night. You are welcome to take photos of Mary & Joseph with baby Jesus sharing the barn with the animals.

Donations towards Worthing Churches Homeless project will be gratefully received as we remember those today who have no place to stay and who may be cold and hungry this Christmas.

## Would you pay more to support policing in Sussex?

Sussex Police & Crime Commissioner Katy Bourne writes: "This year we have seen police officers and staff nationally, along with other emergency services, respond with skill and bravery as they play their part in the substantial security effort around the recent terror attacks which have hit the UK.

"I know that residents support Sussex Police in preparing for threats like terrorism and cyber crime but I'm also aware that issues closer to home, such as anti-social behaviour, are affecting local people.

"In previous years the Chief Constable has asked for my help to raise more funds to invest in specific areas of policing, including public protection, community investigation and armed response. Thanks to the money you've already contributed through your council tax, Sussex Police has been able to build its capacity and capabilities in these areas, and others, to deliver a more effective and efficient service to the public. Now we need your help to sustain this service.

"Please take a minute to complete my online survey to tell me whether you would be prepared to pay more, through your council tax, for policing in Sussex. You can find all the information at [www.sussex-pcc.gov.uk/get-involved/public-consultations](http://www.sussex-pcc.gov.uk/get-involved/public-consultations)"

The consultation closes on 5th January 2018.

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# Scaynes Hill pub revived

Father and son team Michael and Jack Willis have recently opened the doors of The Farmers in Scaynes Hill. The pub has seen numerous attempts at running it over the last ten years, but this duo say they are here to stay.

"We fought hard to sign a 20 year lease with the owners," Michael commented. "We will make a success of the pub, but we know that takes time. So we are committed to invest in the business over the long-term."

The pair have already made a success of their first pub together, The Barley Mow in Selmeaton, which is approaching its third anniversary.

"We first noticed this pub about a year ago as we drove past it," explained Jack, "but it had a tenant at the time. Then, when it became available, we looked round it as soon as we could – the building, and its past, has a lot of similarities to The Barley Mow."

The building has been completely refurbished in a 'country pub' style, complete with muted tones on the walls and plenty of taxidermy adorning the walls. Not to



Photo: Nicky Thomas LRPS

mention the large kids' play area they have installed in the garden. "We want this to be a real family pub," Jack says, "so we know the outside space will be a real draw for locals."

They hand delivered letters to all homes in Scaynes Hill inviting them to a preview night of Prosecco and canapes – which was attended by over 400 people! "We were delighted with the response from our neighbours in the village," Michael said. "We look forward to proving we can be the pub they've wanted for years."

The Farmers is open every day from midday and will serve a full traditional pub menu with plenty of seasonal specials.



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# One year on

OPEN FOR BUSINESS



**From Punjab and Rajasthan to Denman's Lane: Alex Olds reflects on her first year bringing holistic therapies to Lindfield**

**By Alex Olds**

It is hard to believe it's now been a year since I opened my treatment room in Lindfield, and I wanted to share some of my journey over the last 12 months. It has been such a privilege to welcome so many local residents into my treatment rooms, as well as those from further afield, across East and West Sussex and beyond.

Firstly, for those who don't know me: my inspiration for setting up my business was an unforgettable fortnight journeying across northern India with my family. I have always found travelling very inspiring, and India is a place that will be with me forever. I was immediately drawn to its colours, textures, sights, smells and sounds, but what lingered longer was the complete peace and harmony I experienced on my visit and the enduring kindness and patience of the people.

Two years later my Indian adventure led me to develop Alex Olds Holistic Therapies. I started by offering a range of holistic and Ayurvedic treatments and partnered with Kama Ayurveda, a premier Indian brand used by some of the world's leading hotels and spas. I then trained so as to be able to offer pregnancy and fertility massage, about which I am incredibly passionate. My ethos is to offer each treatment in a unique, non-formulaic way, tailored to the individual and in response to their needs at the time. My treatments place an emphasis on healing and rebalancing the mind and body, but they also often simply bring a feeling of well-being or chance to escape some of the stresses of everyday life.

Most important to me has been getting to know and understand the needs of my clients and secondly, in response to their needs, to further develop my range of treatments. As a result, Launa Glover joined Alex Olds Holistic Therapies in April to provide osteopathy, and just last month Evette Caplan came on board as

my acupuncturist. Both are lovely people who share my philosophy and desire to help and heal. You can learn more about them on my website.

Meanwhile, I continue to extend my range of holistic and Ayurvedic treatments. I introduced Holistic Colonic Hydrotherapy in April (which takes place in my other treatment room at my home in Haywards Heath, and is proving very popular). Holistic Colonic Hydrotherapy focuses on cleansing and retraining the bowel for a healthy and re-energised lifestyle. It's a very rewarding treatment as the results can be so immediate.

Most recently my passion to learn and introduce new treatments took me in September to a beautiful Greek island to learn Ayurvedic Yoga Massage and, closer to home, to Ardingly to train in Tibetan Singing Bowl Sound Massage (albeit from a renowned specialist from Lithuania). Both treatments are quite different from anything else I offer, hence my original attraction.

I am also committed to high-quality products to complement my treatments, as they are an essential part of the overall healing experience. I pair oils and fragrances to each person and have handpicked my suppliers for their individuality and genuine plant based products. These are on sale in my treatment room and are now available in gift boxes, which can also include a gift voucher for a treatment... perfect as a special Christmas gift!

It's been a magical year and a privilege to join the Lindfield community and offer a sumptuous space (at 6 Denmans Lane) for relaxation and restoration. I can't wait to see what the future holds.

**Alex is currently fundraising for the charity YogaMission with a raffle: you could win a hamper filled with over £300 worth of treatments and products. Come and buy a ticket in advance or on Lindfield's Christmas Festival Night on 5th December.**

**To find out more about Alex and her therapies, or book an appointment, please get in touch by phone on 07568 514945 or email [therapies@alexolds.co.uk](mailto:therapies@alexolds.co.uk). You can also search Facebook or see [www.alexolds.co.uk](http://www.alexolds.co.uk)**

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# Funds from developers go to Medical Centres

Medical centres in Lindfield and Northlands Wood will be creating extra consulting rooms next year after receiving grants from Mid Sussex District Council.

The council recently released £124,791 in Section 106 developer contributions to increase capacity at the medical centres.

Lindfield Medical Centre has received £68,957.66 and Northlands Wood Medical Centre has secured £55,833.66. Both facilities will use the money to fund the creation of an additional consulting room at each centre for a nurse or GP to use.

A spokesperson from Lindfield Medical Centre said: "We are very pleased to receive this funding which will allow us to accommodate our existing clinical staff and continue to provide a high level of care to patients."

Rebecca Slattery-Kavanagh, Practice Manager at Northlands Wood Medical Centre, said: "Northlands Wood has seen rapid growth in its patient list as a result of new housing developments in the area. The award of this funding is fantastic news because it will allow us to continue taking on new patients and will ensure the sustainability of the practice for the future."

"We hope to start the work to create an additional consulting room on the first floor in spring 2018."

Section 106 contributions are provided by developers and are negotiated by Mid Sussex District Council. They



contribute towards the infrastructure improvements that are necessary to ensure new developments make a positive contribution to the local area and community.

The funding for Lindfield Medical Centre has been provided as a result of new developments near Gravelly Lane, Lyoth Lane and Newton Road in Lindfield. The funding for Northlands Wood Medical Centre has also arisen from the developments near Gravelly Lane and Lyoth Lane, as well as the Wilmington Way development in Haywards Heath.

Councillor Jonathan Ash-Edwards, MSDC Cabinet Member for Resources and Economic Growth, said: "When new housing is built it's vitally important that we invest in, and continue to secure developer contributions towards, local infrastructure to make sure our community facilities continue to improve for residents."

"We know that local medical provision is a big concern for many people, so I'm delighted that these Section 106 developer contributions will be used to expand GP services in the area."

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# What a 2017!

## LINDFIELD IN BLOOM

By Heather Martin, chairman

Looking back over 2017 I'd like to say a HUGE THANK YOU to everyone who has supported Lindfield in Bloom in its first year, particularly those individuals, groups and businesses who have given up their free time or made donations to the group to allow us to get up and running. As a not-for-profit group EVERYTHING we raise goes back into the community and all members of our group are unpaid volunteers, supporting our aim of improving the environment in the village directly or indirectly through horticulture, biodiversity, education, environmental responsibility and community involvement. I started the year with trepidation as to whether anyone would be interested in supporting the idea of Lindfield in Bloom, but, lo and behold, the community has come together and here we are 12 months later having run a successful Summer Gardens Competition, supported the fantastic Lindfield Gardens Trail, which I hear will be back again in 2018 (don't miss it!), and have facilitated the replacement of an old planter with a new raised border complete with new planting, maintained by our volunteers, at the heart of the village.

As the festive season approaches we at Lindfield in Bloom will be donning our overcoats to run our first stall at the Lindfield Christmas Festival Night on Tuesday 5th December. We look forward to meeting as many of you as possible to hear your thoughts and ideas for gardening in the community in 2018 - we have plenty planned and we hope that the stall will raise much needed funds to allow us to have the biggest impact we can supporting projects across the community. Thank-you in advance for your support.

May I wish you a peaceful Christmas.

If you would like to know more about Lindfield in Bloom please email [heather@heathermartin.co.uk](mailto:heather@heathermartin.co.uk) or telephone 07738 323082.

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# Make room for Him

For speed of communication these days people seem to use much reduced sentences with no extra padding when sending tweets and texts.

Well it can also be the case, similar to a tweet or a text, that the Bible uses sentences with no extra padding. In the Christmas story Luke simply says (Luke chapter 2 v7) 'She (Mary) gave birth to her firstborn, a Son. She wrapped him in cloths and placed him in a manger, because there was no room for them in the inn'.

Then (Matthew chapter 1 v21) we're told 'She, (Mary) will give birth to a son and she will give him the name Jesus because He will save his people from their sins'.

Two examples of short sentences that reveal two truths for us to consider this Christmastime.

**Firstly; What Jesus came to do.** The name Jesus is the Greek for Joshua, which means 'the Lord saves'. Specifically, Jesus came to save us from the consequences of a problem that's inherent in every single one of us, SIN. Literally our failure to love and honour God, the One who created us. Such is the seriousness of our sin before God that He needed to deal with it. The good news for us is that by his death on the cross Jesus accomplished that for us. Through Jesus' death and resurrection we've been set free from the consequences of our sin and can now have everlasting peace with God.

**Secondly; Who Jesus is.** Royal births don't tend to take place in stables! But that's exactly where the King of Kings and Lord of Lords was born, sending out a message to all mankind that Almighty God in the person of Jesus had come in humility to serve. Something as His followers, we must also do.

Well, however you celebrate Christmas, can I encourage you amid all the festivities to reflect on these two simple truths. That Jesus **came to save us from our sin, and that He the King of Kings** was born in a stable 'because there was NO ROOM for them in the inn'.

I pray that we will **MAKE ROOM** in our lives for Jesus this Christmastime, and come and worship Him, the King who died for each one of us in order to save us from our sin and bring us peace with Almighty God.

By Pastor Mervyn Weeks (Lindfield Evangelical Free Church)

On behalf of us all from the Lindfield and Scaynes Hill churches, may you have a blessed Christmas and New Year.

Keith Morrison (Lindfield United Reformed Church)

Lisa Barnett (St Augustine's, Scaynes Hill)

James Clarke (All Saints Church, Lindfield)

Hugh Bourne (All Saints Church, Lindfield)

Stuart Silk (All Saints Church, Lindfield)

Turn over for full  
listing of all local  
Christmas services

## Sunday 17th December

- 8am Holy Communion (Book of Common Prayer)
- 10.30am Christmas special for all ages
- 4.30pm A service of Lessons and Carols (1)
- 6.30pm A service of Lessons and Carols (2)

## Tuesday 19th December

- 10am Tiger @Ten Carols  
Carols for over 55s, followed by coffee and cake.

## Sunday 24th December- Christmas Eve

- 8am Holy Communion (Book of Common Prayer)
- 10.30am Morning Worship
- 3pm Christingle Service (1) with All Saints' Childrens Orchestra
- 4.15pm Christingle Service (2) with All Saints' Childrens Orchestra
- 5.30pm Christingle Service (3) with All Saints' Childrens Orchestra
- 11.15pm Midnight Communion

## Monday 25th December- Christmas Day

- 7.30am Christmas Communion (Book of Common Prayer)
- 9.30am Christmas Day Family Celebration
- 11am Christmas Communion

## Sunday 31st December

- 8am Holy Communion (Book of Common Prayer)
- 10.30am Morning Service 'At the turn of the year' - Childrens activities in the Tiger
- 5.30pm Cornerstone (coffee/tea and cake served from 5pm)

## Wednesday 10th January 2018

- 8pm In the Tiger Lounge, 'The Meaning of Life' – discover the greatest Gift in the universe, contact Tim Osborn at: [allsaints@lindfield.info](mailto:allsaints@lindfield.info) for more details



## **Sunday 17th December**

10am Nativity Service

A service for all the family during which the children and young people from Lighthouse will be involved in the retelling of the Christmas Story.

The service will be followed by refreshments

6.30pm Lessons and Carols by Candlelight

A traditional service of nine lessons and carols as we remind ourselves once again that God's plan of salvation was being worked out throughout Old Testament History. All ages are welcome to join with us for this service. The service will be followed by refreshments.

## **Thursday 21st December**

7.30pm Traditional Christmas Carol Concert

Featuring the choir, band and guest artists to celebrate the glorious news of Christmas. Free admission, but we will accept donations in aid of St Peter and St James' hospice.

Refreshments will be served at the end of the concert.

The concert will finish about 9.00pm.

## **Sunday 24th December- Christmas Eve**

10am Communion service and Christmas Jigsaw

We gather for worship and celebrate communion together. The children and young people will leave for a special celebration of Christmas in their monthly Jigsaw kids club.

The service will be followed by refreshments.

4pm Crib Service

A retelling of the first Christmas, particularly appropriate to younger children, but suitable for all ages.

## **Monday 25th December- Christmas Day**

10am Christmas Day Celebration

We gather as a church family to celebrate Jesus' birth. All are welcome.

## **Sunday 31st December**

10am Morning Service

On the last day of the year we meet together to worship God and grow from His Word.

## Sunday 17th December

4.30pm "Carols by Candlelight" followed by tea.

## Sunday 24th December- Christmas Eve

10.30am Christmas Eve Morning Service

No evening service on Christmas Eve

## Monday 25th December- Christmas Day

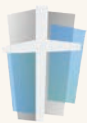
10.30am Christmas Morning Celebration Service

## Sunday 31st December

10.30am New Year's Eve Morning Service

4.30pm New Year's Eve. Watch Night Holy Communion Service.

**All are welcome to our services over Christmas.**



## St Augustine's Church, Scaynes Hill

[www.sash.org.uk](http://www.sash.org.uk) | More details from Revd Lisa Barnett: 01444 831827 or Jenny Walker: 01444 831696

## Sunday 3rd December

10am Christingle Service—All Age Communion

5pm Lighting of the Christmas Tree & Carols  
followed by mulled wine and mince pies

## Sunday 10th December

3.30pm Christmas Family Fun—making  
Decorations.

## Sunday 17th December

6pm Christmas Carol Service

followed by mulled wine and mince pies

## Sunday 24th December- Christmas Eve

10am Parish Communion with Sunday Club

4pm Crib Service

11.15pm Midnight Communion

## Monday 25th December- Christmas Day

10am All Age Communion



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## Can you help 2nd Lindfield Guides?

By Natasha Hannah

We need some new leaders to keep our unit open, would you be able to spare some time to help?

2nd Lindfield Guides currently meets on Wednesday evenings at Lindfield Primary School and is looking for new leaders and assistant leaders.

The unit has girls ranging in age from 10-14 and the fun programme is varied with outdoor and indoor activities, in fact pretty much anything goes! If you think you can spare some time or have a daughter that would like to join and feel you would like to join too, we would like to hear from you.

Girlguiding offers support and training and the current leaders are on hand to ensure a smooth and happy transition. Please go to [www.girlguiding.org.uk/getinvolved](http://www.girlguiding.org.uk/getinvolved) to sign up.



## Remembrance in Scaynes Hill

St Augustine's Church at Scaynes Hill was full for its annual Remembrance Sunday service. As the group met round the Calvary War Memorial at 11 o'clock to commemorate those who died during two world wars and other conflicts, a special wreath was laid by Women's Institute member Mrs Sheila Pilcher (pictured).

The wreath was entirely knitted and crocheted this year by members of the Scaynes Hill WI to mark 100 years since the branch was started by Mrs Caroline Huddart. Mrs Huddart had lost her son on the battle fields and decided that, rather than just mourn, the best response was to mobilise the women of Scaynes Hill to action to support Britain's war effort. She is commemorated by a plaque in the church, but the Scaynes Hill WI is her lasting legacy.

Merry Christmas &  
a Happy New Year



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# Oathall's Field of Remembrance

Staff and students from Voyager House, at Oathall Community College, came up with a special way of marking the Remembrance period and supporting The Royal British Legion, their chosen House Charity at the same time.

Inspired by the 2014 'Blood Swept Lands' art installation of ceramic poppies at the Tower of London, Voyager House students decided to install a Field of Remembrance – a small patch of ground where students and staff could plant small wooden crosses dedicated to individuals who died as a result of armed conflict.

This installation, dedicated to the fallen, helped focus minds during the period of remembrance.

The Field of Remembrance sat in the middle of the school grounds, and staff and students were invited to dedicate a cross to family members or people of

personal significance.

The project was led by Voyager House Head Mike Parry. Before training as a teacher and starting his teaching career at Oathall, Mike was a Corporal in the Army. He served overseas in Afghanistan where he lost a good friend, so the project was personally significant for him.

Mr Parry said: "I am very grateful to everyone who has supported this idea with their kind words and donations; in just one week we raised more than £130 for the Royal British Legion which is outstanding."

Students from Voyager House were responsible for placing out the crosses and maintaining the installation. When the installation was taken down, crosses were collected by donors and any remaining were placed at the War Memorial at Muster Green in Haywards Heath.



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## Harvest celebration at school

**By Melissa Foley**

Harvest Festival arrived at Lindfield last month, a little later than most!

On Wednesday 8th November the families of Lindfield Primary Academy came together to generously donate items to the Haywards Heath Food Bank. Their representative, Heather Cooper, was bowled over by the quantity of the donation.

The children celebrated their efforts and learnt in more detail about the origins of the festival. Whilst

we may not all be harvesting crops, it is important to appreciate where the festival is rooted and continue to be thankful that so many of us live comfortable lives. As a community, it is important that we remember those not as fortunate as ourselves. The families of Lindfield Primary Academy have well and truly come together to support those in need.

## Children get to grips with geography

**By Marianne Brand, principal**

During last month Blackthorns Primary Academy went geography crazy! The whole school took part in a theme week based around finding out more about our local area and learning all the skills we would need to know in order to become better map readers, map makers and map followers.

The week began with many classes choosing to get out of the classroom and observe their environment. Year 6 combined a World War II historical walk into Lindfield with an opportunity to count vehicles and consider the traffic problems in the village; Year 5 became compass geniuses: designing routes and taking bearings; Year 4 were out on the playing fields measuring distances; Year 3 walked to Haywards Heath Station to consider the local transport links; Year 2 and Year 1 have been drawing buildings they saw in the village and Reception have written sentences about where they live.

Back in the classroom the school became a hive of activity. Giant maps were being built on walls and tables. Children were busy conducting surveys, measuring angles, designing map symbols and writing about their findings.

On Wednesday afternoon we had a fabulous surprise when a drone, owned by ex-pupil and local photography expert Jacob Neller, visited us. The whole academy gathered on the playing fields to count down the take

off. Up it went, filming us all waving, and proceeded to fly over the academy and surrounding area recording the landscape, before landing to another cheer! We gathered in the school hall to watch the footage, which was spectacular. We were able to clearly see examples of the human and physical geography of the area; the village, the allotments, the school etc. Children were invited to ask Jacob questions before returning to their classrooms, bursting to write about the experience.





## Top tips for your tree

**Here's some simple tips for keeping your Christmas tree fresh and fragrant all through the festive period from John Main, Oakgates Christmas Tree Farm in Scaynes Hill.**

The key to good needle retention and maintaining a healthy looking Christmas tree is freshness. When choosing a tree a good guide is that a heavy tree is still holding moisture whilst a light tree has dried out. Better still choose a tree that is still growing and it's an easier way to judge size and shape.

Before bringing your tree in to your home and placing in a stand, cut 1cm off the base of the trunk. This ensures that the tree stem is open and will take up water immediately the tree is secured in its stand. The same should be done if you are displaying the tree outside, but anchor it to a wall approximately half way up the tree with a suitable tie.

Position away from any radiators or open fires.

Trees are very thirsty! They may drink between 0.5 and two litres every day, so always use a water holding stand with a capacity of two litres.

With your tree watered, remove the netting and start on the business of decoration.

Check the stand daily and fill with fresh water as needed.

A Christmas tree is a natural product cared for by the grower for six to ten years before coming into your home. It is a plantation tree, grown for your enjoyment and not taken from natural woodland. For every tree sold it is common practice to plant a new sapling in its place. Choosing a tree can be great fun for all the family. Some Christmas tree farms operate a 'choose and cut' scheme (you choose they cut). Trees can be taken away immediately or labelled for collection on a date nearer to Christmas. They are all different, so enquire first.

At the end of the Christmas season recycle your tree. Most local Authorities operate a chipping scheme. In Lindfield there is a collection point at the top of the Common, in the bowling green car park and in Scaynes Hill, there is normally one in the common car park.

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# Tools of the Trade

HOMEFRONT

**By Jacqui Smith, interior designer**

I often find myself wondering how different an interior designer's job would have been thirty years ago. The process of taking a brief, listening to the client and producing a design in line with their vision and budget remains largely unchanged. However, it's the tools that a designer uses and how the availability of new technology has elevated client expectations in terms of presentation which have changed. From site survey and brief through to final presentation, new technology has transformed the process. Laser measures allow for fast and accurate measurement of rooms and, whilst cameras have been around for some time, smartphone cameras allow designers to easily and cost effectively capture site details, images of client's furniture and so forth. For the client, websites like Houzz and Pinterest take the place of thumbing through piles of interiors magazines for inspiration. These client curated ideas books are invaluable, helping both designer and client. Floor plans, once drawn by hand (which I still do, David is the CAD expert here), are now easily produced and tweaked on a variety of software platforms. Hand drawn sketches and watercolour renders are more my comfort zone but, whilst I love the mindful pastime of an afternoon with my paints, the reality is that CAD is so much quicker and clients would not always be willing to pay for the time it takes for me to get busy with my paints. The developments in the world of CAD, where the proposed design can be produced on screen to provide a clear visual of how the final room design will look, are constant and incredible.

Along with other SBID regional directors I was invited to Solent University in the early summer to view the work of the 2017 graduates. As I stood taking in their final projects I was completely knocked sideways by the

capability of these new design programmes. The latest CAD packages are not just exceptionally lifelike but they allow the designer to change light conditions, casting realistic shadows into a room, and add all the small details such as plates on tables, books on tables and so forth which make the images so relatable.

As we grow the healthcare side of the business, more and more clients are requesting CGIs as part of the design service. Chatting to the course leader at Solent, Sarah Bax highlighted the opportunity of employing graduates for CAD work. Sarah promised to send me details of graduates who would be interested in some work over the summer. So by mid-summer with an increasing work load, I called one of the students recommended to us, Lizzie Croft, to see whether she would be interested in working with us on the CGIs for a sheltered housing scheme. We talked about sending her the files via Dropbox or data stick before realising that Lizzie lives in Haywards Heath; a conveniently small world. We are now working with Lizzie on a fourth project. The image above is from a scheme we completed this autumn for The London School of Theology. The client asked us to help them with the refurbishment of their student accommodation and this was one of six bedroom designs. I particularly love the detail of the iPhone on the bedside table.

Lizzie's business, In Visual Interiors, offers an affordable and hassle free interior design service to homeowners. Through developing the schemes on CAD, Lizzie can present her clients with a complete scheme in a way that will inspire them and which they can understand. So, yes, a shameless plug for a local designer but the service Lizzie offers is great and from personal experience I can vouch for how easy Lizzie is to work with.

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# From Paris with love

BEHIND THE COUNTER



## By Joe Wayte

While you won't find my next interviewee taking the lead on a CIA investigation as per the film, she does have an innate set of spy-like skills that takes the best of Paris – and other fashion-renowned cities – and brings it to the High Street in Lindfield before anyone else can get close. In this next edition of Behind the Counter we meet Liz Jefferson, owner of Doodie Stark.

The name Doodie Stark actually began as a family nickname. "I'd run around the garden pretending to be an aeroplane and my Grandpa used to affectionately call me 'Doodlebug'," Liz recalled, "which eventually got shortened by the rest of my family to Doodie. Stark is Liz's maiden name.

Liz currently lives in Balcombe with husband Rupert and her twin children, Archie and Millie, who are six. She met her husband in her late 30s at a black tie event in London. "All my friends would say, don't worry, one day you'll walk round the corner and meet the man on your dreams," she reminisced, "and as I walked round the corner to get a drink, I caught the photographer's eye. He picked up his camera from on the bar and took a photo of me. We talked, he gave me a lift home, and the rest is history. We also still have the photo, which is very special."

As a young girl Liz had a passion for clothes. Her mum owned a fabric shop which later became a bridal gown store. And while her brothers watched TV in the evening, Liz would be at the dining room table sewing something exciting to wear the next day.

While studying at the London College of Fashion her course involved two six-month placements in industry. "My first placement was at a dodgy sweat shop in the East End," she said unfavourably. "It was all about tube skirts and nasty fabrics. My second placement was with John Galliano who, for those that don't know, was head designer at brands such as Givenchy and Christian Dior, and then went on to create his own label in the 80s." On completion of her placement, Liz continued to work for the brand at weekends and during holidays and went on to be offered a full-time role after graduation.

"It was the Supermodel era of Naomi Campbell and Helena Christensen," Liz told me. "I was dressing models, shooting with the press, organising shows... it was so glamorous, but as a Production Assistant I spent most of my time riding round London in a black van going from factory to factory delivering fabric. The nice bits at the end of all the work were so rewarding and exciting. I remember my heart beating before my first show, all the press were there there, it was great, an amazing experience."

After three years Liz decided to move on and landed a role with Valentino. "I was doing the work of five people in one job," she said. Having won contracts with Harvey Nicholls and Selfridges she dabbled in a few other roles before finally joining French Connection, a brand she stayed with for almost 14 years, running the sales teams and working with designers.

Doodie Stark has very recently branched out to Horsham but has been in Lindfield for nearly eight years.

Liz describes it as 'destination store' due to its location and not being in the main body of the High Street. The team know most customers on a first name basis and all have a passion for fashion. Their bestselling item is a £30 jumper. "My job is to make sure the mums don't look like mutton dressed as lamb or on the opposite scale, frumpy," Liz shared. "I see a lot of mums who've lost confidence after giving birth. One of my favourite jobs is to make them feel special, and remind them how amazing they are."

Every season Liz trawls the rails at fashion fairs in Paris, Berlin, Copenhagen and many more besides. Using expertise from across her career she can hone in quickly on items that meet her strict criteria, including value for money, quality and style content. "When I worked for the labels, I used to say things to designers like: 'We're going to run with that but I want a scoop next instead of 'v' or a change in the finish of the cuff'. I do the same when I see something I like at the shows," she said. "One designer actually took my advice, and next season returned with a jumper named after me!"

If an item of clothing on the racks at Doodie Stark makes it to the commercial high street stores, that's when Liz clears the space and moves on to what she predicts will be the next big thing.

Though her twins are only six years old, I was interested to know if either looked to be following in their mum's footsteps. "Ironically, my little girl is the biggest tomboy," Liz replied. "She says no to skirts, no to dresses, no to pink, and wants to play with the boys." And there's no sign of her changing. "For her birthday she wanted Teenage Mutant Ninja Turtles and goes to princess parties in her batman costume," Liz told me while laughing.

Doodie Stark is very much a family affair. Liz's husband does her photography and developed their website and her brother assists with the marketing and IT support. Before moving out of London, Liz and her husband did a huge amount of research to determine where Liz should set up her dream. "I needed to be on the commuter belt," Liz explained, "as easy access in and out of London is important. One thing we found out was that Hayward Heath has the highest amount of first-class season ticket holders in the South of England. For business success, you have to have confidence that there's a market for what you're selling."

So what's Liz's advice for any aspiring new business owners? "Don't do it on a whim," she replied. "I had a comprehensive business plan before I started which detailed everything: overheads, profit and loss, five year forecast etc. I'd also say not to spread yourself too thinly. We know most of our customers by name, and it's that relationship that influences what I'm looking for when I go to shows – I couldn't give that personal attention if I had an enormous empire."

Coming up to Christmas, Liz and the team will be offering their wish list service including gift wrapping and delivery, and they'll have a range of gift ideas starting at £5. Pop in and take a look while the shop is open Monday to Saturday until 5pm.



Lindfield Life

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# Messiah is back!

By Peter Ford

Ask anyone in the street what would be their favourite music at Christmastime and I guess Handel's Messiah would feature quite highly.

I have sat in churches and concert halls and have been really moved as orchestras, choirs and soloists combined their talents to produce outstanding performances. I haven't kept a note of the number of times I've listened live and been enthralled but it must be somewhere around 30, plus, of course, heard it on tape and CDs. I never grow tired of its message.

Back in 2014 for the first time I heard and watched it performed by The Merry Opera Company, yes watched, because this unique performance is a staged dramatic performance by 12 professional opera singers and an organist.

A member of the audience said: "That was the Messiah I have waited all my life to hear."

So it is returning to Lindfield and this time for two performances. The first on 2nd December at 7.30pm, the second the following afternoon 3rd December at 2pm.

Tickets are available from All Saints Church Box Office 01444 482405 or [www.merryopera.eventbrite.co.uk](http://www.merryopera.eventbrite.co.uk) or [www.allsaintslindfield.org](http://www.allsaintslindfield.org) priced £17.50/£15.

# Feline festive fun

Santa will be dropping in to spread plenty of Christmas cheer at Cats Protection's Winter Wonderland event on Sunday 3rd December.

The centre, in Lewes Road, Chelwood Gate, will be welcoming visitors for an afternoon of festive fun from 12pm until 2pm.

Children will be able to visit Santa in his grotto for just £3, while a host of other activities include facepainting, a wind machine game, festive raffle, lucky dip and entertainment from the Mid Sussex Choir.

Entry is free but a donation of a tin of cat food would be an ideal early Christmas gift to help staff care for around 150 cats currently looking for new homes.

Gift hunters will be able to stock up on treats for family and friends in the Visitor Centre shop and a tempting array of refreshments will be available in the café.

Cats Protection's National Cat Adoption Centre Deputy Manager Tania Marsh said: "Our Winter Wonderland is always a lovely festive event, and a great opportunity for animal lovers to help cats in need this Christmas."

For more information visit [www.cats.org.uk](http://www.cats.org.uk)

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# Helena Hall's Christmas diary entries

**Helena Hall was a resident of Lindfield. During the Second World War she kept a Journal in which she made detailed notes of her daily life in the village as well as recording events elsewhere. Linda Grace and Margaret Nicolle edited the Journal, resulting in the book *A Woman Living In The Shadow Of The Second World War: Helena Hall's Journal From The Home Front*. The approaching Christmas Season has prompted Linda and Margaret to look at Christmas references. A selection of extracts follows.**

## 1940

### October 29th Tuesday

I have been at the Infant Welfare Annual Jumble Sale today, held in the Congregational Room. Although there was not nearly so much 'stuff', Mrs Bevan made over £16 and the money this year is to be given to the Soldiers' Comforts Fund. She asked me about a Christmas Greeting Card from Lindfield to put in the many parcels we are sending. Fortunately I had some copies already printed from a block showing the Church and street. I am going to paint in the sky and add Christmas Greeting in red on 120 of the card.

### December 22nd Sunday

An early attempt of the invasion of Britain is expected and warnings are repeated over and over again... During the day I collected the last signature for the card I had prepared, with a branch of painted holly at the top, to accompany the rug I bought at Masters for a Christmas present to Mr and Mrs. Parsons from us seven wardens. It is a pre-war one bought before the new 'purchase tax' was in force about a month ago. I hope they will like it, also the other wardens when they see it. We have all helped to wear out the rug in the 'office' which is our 'Wardens Post'.

### December 25th Wednesday

The four 'bachelor' members of our Sector – Miss Abbey, Mrs. Robertson, Mr Ridgeway and myself had decided that the 'family' members – Messrs Parsons, Ward and Gilbert should not be allowed to come out on Christmas night. As it so happened there was no call. Mr. Parsons came round in the morning to thank us for the rug, bringing letters of good wishes and thanks to our warden efforts from the Council authorities. They sent to our Post four bottles of beer for a Christmas present. We shall enjoy that one night during our patrols... Most people spent a quieter Christmas than usual. There has been a shortage of a few things, chiefly sweets of any kind and chocolate. One of the reasons of the shortage is the restriction of sugar to the manufacturers; half pre-war requirements. The second reason is the great demand made by the voluntary services and works canteens who get preferential treatment. It is very hard on the retail confectionary trade, there are no sweets at all on the shelves usually laden with large glass bottles full up with different kinds.



### December 27th Friday

On Christmas afternoon the best present for many parents was hearing the voices of their children in their new Empire homes speaking to them over the radio.

### December 28th Saturday

The attack on London last night was one of the heaviest for some time. We heard the barrage guns and many planes going over from the S. and S.E. In one district 100 bombs were dropped.

### December 31st Monday

The year 1940 finishes on a mild but sunless day. Everyone wonders what 1941 will bring forth. The first thought and wish of everyone is that there will be peace. I wonder.

## 1941

### September 17th Wednesday

This evening I took the first lot of Christmas greeting cards to Mrs Bevan for the parcels the WI are again sending this year the Soldiers Comforts and many different ways of collecting the money for the presents have been devised. It was not possible to do a special card owing to lack of paper and the expense of a special block. Nor is it allowable to paste a snapshot on to a card, the reason being that messages have been written on the back of stamps and pictures. The only thing I could think of was to buy postcards of the village and write in red, 'Christmas Greeting from your Home Village, 1941' along the top of the plain side of the card. 200 are wanted this year instead of only 150 we sent last year.

### October 9th Thursday

The Red Cross and St John's are appealing for light literature for men in hospitals in the Middle East and from now till Christmas a 'drive' is taking place for this purpose. Books etc. collected at the Post Office are for active members of the Forces, those for the sick are taken to different collectors. It is a pity that no information is given where to take contributions. Very British.

### December 10th Wednesday

Lord Woolton said that there was to be no additional food for Christmas... I listened to the nine o'clock news which gave again the 10 o'clock report of the loss of the battleships at Singapore, The Prince of Wales and The Repulse. There are but few particulars as yet, it is a sad loss.

### December 25th Thursday

Nearly all Christmas presents this year have been useful ones or something for the larder, no frills in any way. I have received envelopes, soap, eggs, darning wool and a jar of sweet orange and marrow marmalade.

### December 27th Saturday

A party was given this evening by our YMCA people to the soldiers and all were invited as well as all helpers at the canteen. Captain Hood was MC and Mrs Sturdy gave prizes for various games. The soldiers entertained us with songs, solo and chorus and all enjoyed everything. There was no siren to mar the pleasure. The hall was very full, some of the dancing couples found it difficult to manoeuvre. Refreshments were on tables in the corridor, people went in there and helped themselves to sandwiches, cakes and buns. Tea and coffee was served in the usual way. The Nazis ought to have seen the spread in the corridor. But I expect they would have said 'British propaganda'.

### 1942

#### January 1st Thursday

New Year's Day and everybody wishing everyone Peace... Jap troops are within 6 miles of Manila which is expected to fall very soon.

### December 19th Saturday

The Food Ministry has released to Naafi a shell egg for each member of the Forces for Christmas Day breakfast.

### 1943

#### January 1st Friday

A propaganda film of 'Germany's Fourth Christmas' at war shows festive scenes in Berlin, with plenty of food and drink and happy faces. The film is composed of extracts from 1938 newsreels.

### December 26th Sunday

This has been the most hopeful Christmas of any time since the war began.

### 1944

#### December 27th Wednesday

The King broadcast a Christmas message on Monday and emphasised his belief in the birth of a new freedom for all mankind.



### 1945

#### January 1st Monday

The news this morning is that General Patton's offensive which began two days ago has made 'some progress'.

Please contact Linda Grace (lagrace15@hotmail.com) if you would like to purchase a copy of the book.

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# Festivities start...

## LINDFIELD PRIMARY

**Christmas preparations are in full swing at Lindfield Primary Academy and excitement for 'the big day' is mounting. In the meantime, here are some of the activities that the children have been enjoying over the last few weeks.**

A group of children from Year 5 visited the Amex Stadium in Falmer to take part in an anti-racism workshop with other schools, where they talked about how racism affects people's lives. They also took part in a question and answer session and got the chance to ask questions to a panel of special guests, including Brighton and Hove Albion manager Chris Hughton. At the end of the session the panel decided on their four favourite questions - and two of Lindfield's were chosen! Jacob Otero won 4th place and Mia Baker was awarded with a shirt for her winning question, when she asked what the panel would do to stop racism. Everyone had a brilliant time and came home with a signed poster.

The Year 1 classes received a visit from a rather prickly visitor! They were treated to meeting up close to two beautiful hedgehogs as part of their learning about the seasons.



Fortunately, the creatures, which came from the Petworth Hedgehog Rescue Centre, had not yet gone into hibernation!

Year 6 children had a wonderful time at Newhaven Fort on their annual trip to learn more about life during World War II. The children were able to explore the fort, learn about both World Wars in a number of exhibits and take part in an 'Air Raid Shelter' experience. Everyone had a fantastic day.

The children from Year 3 had great fun celebrating 'Pirate Day' as part of their topic this term. Everyone dressed up as a pirate and took part in a show about Blackbeard. Following this the children created pirate biscuits, ship's rats and door hangers, as well as designing a pirate maths game.



Thirty Year 2 children took part in a sports multi-skills festival at Oathall Community College. These events are run by Year 8/9 students at Oathall as part of their 'sports leadership' programme. The students put on a carousel of activities for the primary children including; throwing and catching, football skills, hockey skills and team games. The youngsters had a fantastic time and performed brilliantly.

Year 6 School Council members & House Captains represented the Academy and laid a wreath at the village Remembrance Day service at All Saints Church.



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# The Larynx of Lindfield

NEW VILLAGE CHOIR

By Lucy Metters

To many Lindfield residents, Hereward Kaye is somewhat of a village celebrity! Formerly a member of British a capella group The Flying Pickets, but perhaps most known locally for the hugely popular Rok Skool, which he started in 2006.

The music school for all ages prides itself on being a hub for 'musical creation, exploration and performance'. Herry credits Rok Skool as a 'baby BIMM' (British & Irish Modern Music Institute) for its volume of students who progress on to music qualifications at the prestigious music institute. As of last year, they have become official partners.

So, after celebrating this huge success, is Herry taking a break? No way. As we converse in his office, Herry is showing me the new book that he has written and recently had published, *Guitar Chords: A Fretboard Sticker Book*. After seeing The Beatles perform live at the age of 11, Herry was awed, and credits the band as his main influence for learning to play guitar organically, by ear – the learning technique that inspired his book.

Business is booming! But still no talk of slowing down. Herry, who refers to himself principally as a songwriter, has started a new choir. The Larynx of Lindfield is a group of parents, grandparents, teachers and staff who sing together in support of the school's PTA. It began in April of last year, having evolved off the back of playground chit-chat.

Parent and Larynx member Ayesha Baker said: "I got chatting to another mum about how much I missed singing and joked about starting a choir. It seemed too good an opportunity to miss and a great way to raise funds for the school. I put the feelers out to see if anyone else fancied the idea of a PTA choir. Feedback was positive, the academy was supportive and The Larynx was born."

Herry enjoys throwing eclectic and unexpected compositions into the mix: Creep by Radiohead and Psycho Killer by Talking Heads are his favourite. "The mission for me and my musical arrangements is to be slightly more funky than perhaps most other choirs," he

comments. "It's not what you'd expect from a Lindfield choir but there's a rebellious teenager in all of us and unwinding in this way from the duties of parenthood and the daily slog is all part of the fun."

Presently there are 24 members, with only one male! Herry says they would be delighted to welcome more baritone sounds in the choir. Watching and listening to the beaming and enthusiastic choir members, it's no surprise to learn that it is immensely popular among the PTA group at Lindfield Primary Academy. John Barling, who joined part way through the term, tells me after practice that Herry and the choir 'make every new member feel very welcome'. John notes that the choir members learn the music very differently from what he is used to: "There are no treble or bass clefs included on the music," he said. Instead, Herry encourages them all to learn by ear, just as he did.

During this week's rehearsal of River Deep Mountain High, originally sung by Ike and Tina Turner, Herry is switching between playing piano, stamping his feet in time to the beat and animatedly clapping his hands – it seems his enthusiasm is contagious!

Learning simply with the lyrics, the tune and the beat is universally understood and supported by the members, who, by the end of the rehearsal, are confidently (and harmoniously) belting out Tina Turner, their echoes being audible throughout the school.

So far, The Larynx has raised an incredible £1,600 for the school and has performed at the Lindfield Arts Festival 2016 and the 175th celebrations of Haywards Heath Railway. The choir meets every Monday at 8pm during term time at Lindfield Primary Academy and is charged weekly.

Ayesha goes on: "The Larynx wouldn't be what it is without the unfailing support and commitment of all its members. Not only have they helped raise an amazing amount of money for the school, they are an awesome group of people to sing with."

If you're interested in joining, or simply want to see what it's all about, you'll be welcomed with open arms, beaming smiles and harmonious hellos!

# Christmas treats

SIMPLY GOOD FOOD



## Boxing day apple and potato gratin (Serves 4 - easily doubled or trebled)

Delicious served with thick slices of cold bird or ham – or sausages if all the other meats have been eaten. A good party dish.

Preheat oven 180°. Peel and thinly slice 450g baking potatoes and 3 eating apples. Layer in a shallow buttered baking dish adding seasoning and a little crushed garlic between each layer, ending with a layer of potatoes. Gently warm 200ml double cream with a knob of butter just until butter melts. Pour evenly over the top of the potatoes, cover with foil and cook for about 1 hour or until soft. Remove foil (if wished top with grated cheese now) and cook a little longer until a rich golden brown.

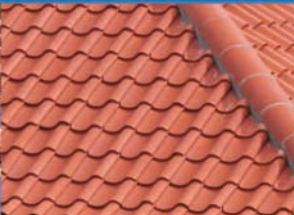
## Mincemeat shortbread (May be frozen)

Instead of fiddly mince pies try this simple fruit shortbread. Finely chopped apples, halved glace cherries, chopped dried apricots or dried cranberries could be added to store-bought fruit mincemeat for extra fruitiness.

Preheat oven 180°. Cream (or buzz in the processor) 150g butter, 75g caster or soft brown sugar, 200g plain flour and 50g semolina or polenta grains to form a soft dough. Press half into a base-lined 20cm round or square tin. Spread 450g mincemeat evenly over the base then crumble the remaining dough over the top. Press down lightly. If liked top with flaked almonds or broken walnuts. Bake for 25-30 min. Cool in tin before cutting into portions. Pretty served with a shower of sieved icing sugar over the top.



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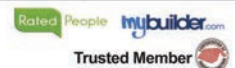
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By Caroline Young

I know Christmas is the time of traditional recipes that all the family look forward to and would most upset if you didn't make them! But just sometimes it is fun to slip in something different – who knows, it might become a new tradition. When I was writing the food pages for monthly magazines the copy date was the end of August so my boys had 'two Christmases' a year when I tried out new ideas on them. I never got any complaints! Have a happy and peaceful Christmas.

## Cheese and cranberry toasts

Spoon a generous layer of cranberry sauce on to freshly toasted bread. Top with a thick slice of cheese (extra good made with Brie) and pop under a hot grill, a little way from the heat, so that the cheese heats all the way through and becomes bubbling hot and golden brown. Eat immediately!

## Smoked trout pate (6 servings)

Serve as a light starter garnished with lemon wedges and salad leaves. Or pile on to toasted baguette slices as finger food.

Place 4 flaked smoked trout fillets, 142ml sour cream, 225g cream cheese (such as Philadelphia), juice ½ a lemon and 2-3 tsp creamed horseradish relish. Buzz to a smooth pâte. Chill before use.

## Chocolate creams (Makes 6)

Break 175g plain chocolate into chunks into the processor and add 300ml HOT single cream (heated just to boiling). Buzz until smooth then add 1 egg and a dash of vanilla. Pour into 6 small dishes (tiny coffee cups or ramekins are perfect) then chill for at least 24 hours.

## Chestnut amarretti pots (Makes 4-6)

Whisk together (or in processor) 250g chestnut purée (sold in shelf-stable foil pouches), 2tbs icing sugar and 50ml rum. Gently fold in 125g Greek-style yogurt. Roughly crush 8-10 Italian Amaretti biscuits with your fingers. Layer chestnut cream and biscuits in tall glasses. Top with a whole biscuit. Chill before serving.



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- Thursday 14th (evening): Christmas Trees - £35
- Friday 15th: Christmas Decoration Workshop - £25
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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



Barry & Sue Levene at Peggy's Cove, Halifax, Nova Scotia



The Lister family on holiday to Paris



Lucy Cooper and Gilva Tisshaw on a riding holiday in Costa Rica



Natalya Deal at Goodrich Castle during October half term



Chris Rigby Smith building a house in Oradea, Romania



Patricia Wallace with a Sami herder and reindeer at North Cape in Norway



Esther Featherstone and swoovers by the pool in Soller, Majorca

December 2017

# Is everything sorted?



Christmas Tree



Presents



Tax Return filed

At PRB we can't do much about the first two on the list but we can help you tick off your personal Tax Return! We also do company accounts, payroll, tax planning, VAT compliance and bookkeeping.



Chris Whitley-Jones

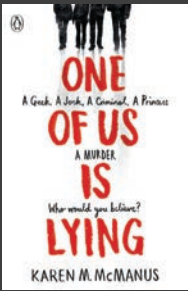
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## One of us is lying by Karen M. McManus

### BOOK REVIEW

By Ella Tingley, Year 8

'One of us is Lying' is one of the best murder mystery books I've ever read. It follows the lives of four ordinary teenagers who have been dragged into a world of stares and whispers when they're accused of a murder, committed in detention.

Simon, the unfortunate victim, was the creator of About That - a gossip app at Bayview High which spilt people's darkest secrets and made him unpopular with many students at the school.

Bronwyn - a star student - has a secret that could change her life completely; Nate is used to police investigations, having a drug-dealing business in his spare time; Prom Queen Addy is holding together her perfect life and Cooper, only known for his brilliant baseball, is hiding himself from his expectant father.

Between school, police investigations and deep secrets, the four murder suspects form unlikely friendships and a puzzle-solving team.

It is written from the points of view of all four suspects, which gave me an interesting perspective of the story. If I had to rate it, the book would achieve five out of five stars. I would recommend this book to anyone aged 11 and over - it is a brilliant read full of action and suspense. I couldn't put it down! The question that kept going round my head was - who killed him?

## Give your business a present

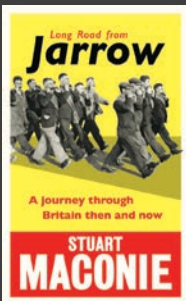
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## Long road from Jarrow by Stuart Maconie

### BOOK REVIEW

By Cavan Wood

This is a truly moving and gripping book which in some senses defies a genre. Maconie takes the route that the Jarrow hunger marchers took in 1936, retracing their steps last year. Along the way, we have the story of their political struggle but we have reflection on England post-Brexit. Maconie loves the country he walks through and is clearly moved by the selfless heroism of the Jarrow marchers. He is inspired by the vision of a better, fairer Britain which he feels reflects the character of the nation. He is much more sympathetic with those who voted to leave the EU in working-class communities, even though he sees it as self-defeating. Whatever your politics in 2017, this is a book that does a great job in explaining the complexity of the British political character, helping us to regain some bearings in a confused time.

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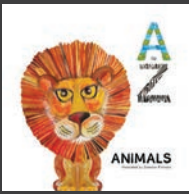
## LINDFIELD CHRISTMAS FESTIVAL NIGHT



**TUESDAY 5<sup>th</sup> DECEMBER 2017**  
**6 p.m. to 9 p.m.**  
**LINDFIELD HIGH STREET**  
**AND**  
**UNITED REFORMED CHURCH**

**\*\* HIGH STREET CLOSED 5.30 to 9.30 p.m. \*\***  
*Father Christmas arrives at 6 p.m.*

**Lost Children should be delivered to the TEA POINT IN THE URC**  
*Programmes available From Parish Council office,  
& various high street outlets e.g. Martins Newsagents*



## A-Z Animals by Creative Florence

### BOOK REVIEW

By Claire Nash

I purchased three copies of this book when I first came across it. I'm always on the lookout for fun, interesting and visually inspiring children's books, and when I saw A-Z Animals I wanted to take it home and share it with my children, stepchildren and their friends.

The illustrations are what captivated me – Flo's use of colour, texture and form make for truly wonderful characters which make children want to pick up their own paintbrush, as well as enjoy the book itself. My favourite character is Barrington the Bear!

My children love this book, and I would wholeheartedly recommend it for any child. It makes for a unique and inspiring stocking-filler at this time of year!

Ed: This book is by a Brighton-based artist who was seeking to create an inclusive alphabet book using the easy-to-read font Dyslexia. For more information or to buy a copy, contact her directly: [creativeflorence@icloud.com](mailto:creativeflorence@icloud.com)

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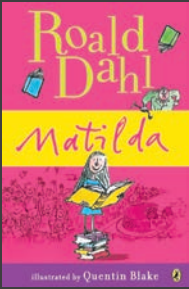


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## Matilda by Roald Dahl

### BOOK REVIEW

By Paige Nesbitt, Year 7

Matilda is a five year old girl who reads wonderful tales by Charles Dickens and can solve long sums in her head but is put down by her parents. They are addicted to bingo and selling cars. Matilda decides to get her revenge and to make them miserable. She plays a lot of pranks on them like sticking her father's hat to his head which convinces them that his head has shrunk.

But it doesn't end there. Matilda's parents finally let her go to school where she encounters Miss Trunchbull, the wicked principal. The punishments that Miss Trunchbull gives involve throwing a boy out of the window and grabbing a girl by her pigtails and swinging her 400m over a fence.

At school, Matilda becomes very close to her teacher, Miss Honey, who witnesses Matilda's amazing talent for her age group.

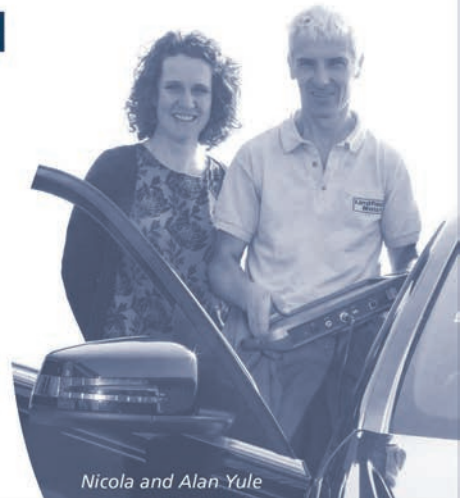
I like this book because it is full of hilarious pranks! I also like that, at the end, Miss Honey adopts Matilda as well as owning a massive house. Her old parents move out of town. Matilda finally lives with people who respect her. This is why it is my favourite Roald Dahl book.

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# Lindfield Rural Parish Council Newsletter

DECEMBER 2017

Millennium Village Centre, Lewes Road, Scaynes Hill, West Sussex RH17 7PG  
Tel: 01444 831499 email: clerk@lindfieldrural-pc.org.uk www.lindfieldrural-pc.org.uk

## Autumn Statement

By John Dumbleton

The idea of an additional report was introduced some two years ago and following its success it was felt appropriate to continue to update residents on how your Parish Council (PC) had been involved in the Community over the past six months (since the Chairman's report).

After several previous successes with the rejection of several high profile proposed housing developments, MSDC found in favour of Taylor Wimpey with outline planning approval for a development of 130 homes on the corner of Scamps Hill and Gravelye Lane. Additionally, Wates have appealed against rejection of the proposed development to the south of Walstead and a decision by the Inspector is expected shortly. The proposed development at Portsmouth Wood (opposite Haywards Heath Golf Club) has now been agreed subject to a Land Stability Report. We await the results of that assessment. Residents may note that development of the site has been rejected many times over the years. Moreover, in the past, developments in the North West of the Parish have always been regarded by MSDC as an area not to be considered for housing expansion, but with the Birchen Fields and Penland Farm developments in progress we need to be fully aware of the change of emphasis. Scaynes Hill also has been the target for developers and circa 50 homes have been approved on a site on Anchor Hill – adjacent to The Farmers pub (please note reversion to the previous name).

The PC continues to find ways to enhance the appearance of the Burial Ground (BG) at Walstead and many residents have congratulated us on how pleasant it looks. Further improvements have included a new footpath on the east side of the cemetery and two new plaques decoratively indicating the environmental impact of the wild flowers on the whole of the BG. We have established ten years at least of spare capacity for burials in the BG, but still continue to 'space plan' the cemetery while continuing to enquire concerning the many vacant pre-purchased plots (plots over 50 years old at present). We have digitally mapped the whole cemetery in order that we may have an up-to-date clearer picture of the disposition of the graves. We are also attempting to establish other ways of identifying other vacant space.



Photo: Jason Lainchbury

The PC continues to maintain a 'Works Outstanding' list with details of progress as appropriate. This lists many aspects where the Council is involved, but mainly including highway issues, lighting, flooding areas etc. This schedule may be viewed online (mentioned in Council minutes) or by contact with the Parish Office.

The new Allotment site at Scaynes Hill is now a reality and we have received an excellent response from residents, many of whom have commenced working their plot. Any resident wishing to rent a plot should contact the Parish Office.

Several of the plot holders at Scaynes Hill have vacated plots at the Gravelye Lane, Lindfield site and that has left a few gaps at the latter site. Although there is a waiting list at present, residents should be accommodated without too much delay. Please contact the Parish Office (831499) if you are interested.

On behalf of Parish Councillors and staff I would like to take this opportunity of wishing you all a Merry Christmas and a Happy New Year.

## Your Parish Councillors:

John Dumbleton (Chair)  
Ray Jones (Vice Chair)  
Brian Bunt  
Chris Hersey  
Margaret Hersey

Tel: 482633  
Tel: 453868  
Tel: 484661  
Tel: 482270  
Tel: 482270

Keith Martin  
Steve Minter  
Andy Spooner  
Parish Clerk: Vera Grainger  
Assistant: Irene Nicholas  
Finance Officer: Sarah Anderson

Tel: 831431  
Tel: 831786  
Tel: 831602  
Tel: 831499  
Tel: 831499  
Tel: 831499

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

## Council meetings coming up

2018

We would like to remind residents of our Council meeting dates as follows:

Monday 8 January	King Edward Hall Lindfield
Monday 19 February	St Augustine's Church Annex, Scaynes Hill
Monday 9 April	King Edward Hall Lindfield
Monday 30 April	Annual Parish Meeting, Meeting of Electorate, Scaynes Hill Millennium Village Centre
Monday 14 May	Annual Meeting of the Council, King Edward Hall Lindfield

All meetings commence at 8pm

## Keeping well this winter

With the weather turning colder and winter approaching fast, West Sussex County Council is highlighting some of the ways we can all help to stay well this winter.

If you are eligible for a free flu vaccination it is important that you take up this offer. You are offered the vaccine for free if you are one of the groups of people who are most 'at risk' of catching the illness. This is one of the most important things you can do to stay well and it may also help relieve pressure on the NHS this winter. To find out if you're in an 'at risk' group speak to your local participating pharmacy or GP.

Eating at least one hot nutritious meal a day is very important for our health and well-being, particularly in colder weather. Some people, due to illness, frailty or a disability, may find it difficult or impossible to shop, cook or heat a frozen meal. The home-delivered hot meals service may be the answer.

The national award-winning meals on wheels service in West Sussex is run on behalf of the County Council by apetito. Meals are delivered at lunchtimes between 11am-2pm, up to seven days a week – including Christmas Day.

To find out more about meals on wheels or to sign up for the service call 01903 718893 or send an email to [westsussex.office@apetito.co.uk](mailto:westsussex.office@apetito.co.uk)

## Vacancy for Parish Councillor

Can you make a difference to your local community?

Have you ever thought about becoming a Parish Councillor?

Lindfield Rural Parish Council has a vacancy for a new member to be co-opted to the Council.

Councillors represent the interests of the whole community and Government is more than ever looking to communities and local councils to respond to very local needs and priorities. Lindfield Rural Parish Council is looking for community-minded, proactive and practical people able to deal effectively with a range of issues. Councillors are required to attend monthly evening meetings. Also important is the ability to communicate and to work as part of a team with other Councillors.

As a Parish Councillor, you will be influential in local projects and plans, and take responsibility for decisions made that will have a real impact on the future of the community.

Councillors must be over 18 and be a British National or a qualifying citizen of the Commonwealth or the European Community. They must also live or work or own land within the Parish or within three miles of its boundaries. Please note that this is an unpaid voluntary position.

If you are interested in becoming a member of the Council, please write to the Council setting out why you would like to be a Councillor and what qualities you would bring to this role. This should be sent to Vera Grainger, Clerk to the Council, Lindfield Rural Parish Council, Millennium Village Centre, Lewes Road, Scaynes Hill, West Sussex, RH17 7PG

# Council changes dog control measures

Dog control measures in Mid Sussex have been updated as new Public Spaces Protection Orders replace the existing legislation.

Mid Sussex currently uses Dog Control Orders to protect the local environment and deter irresponsible dog ownership. However, they expired this year and Mid Sussex District Council has replaced them with Public Spaces Protection Orders (PSPOs).

The new Public Spaces Protection Orders, which came into force in October, restrict the number of dogs that one person can walk at a Council Nature Reserve or large park to six.

Dogs continue to be excluded from all fenced children's play areas and fenced recreational areas such as tennis courts, bowling greens and multi activity areas owned by Mid Sussex District Council.

Hearing Dogs have been added to the list of dogs allowed in excluded areas, as suggested by the Kennel Club.

The majority of dog owners in Mid Sussex are responsible, pick up their dogs' mess and keep them under proper control. However, there is a small minority who don't and this can create problems. The Public Spaces Protection Orders enable fixed penalty notices to be issued by an authorised officer when they see an offence occur. These are set at £75 or £50 if paid within ten days.



Dogs must be placed on a lead if requested to do so by an authorised officer. This order applies to Mid Sussex District Council owned land on which formal sports and community events regularly take place, and all designated nature reserves.

Residents are encouraged to report any dog control offences to the Mid Sussex District Council Park Ranger Team on 01444 477561 or by emailing [rangers@midsussex.gov.uk](mailto:rangers@midsussex.gov.uk). It is important to provide as much detail as possible about the incident, including the time, location and description of the dog(s) and dog walker so that the rangers can target their patrols effectively and deal with the issues.

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# Sudoku #17

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

Find the solution to #17 in next month's magazine

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

## #16 Solution

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

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# What's on in December

## AT KING EDWARD HALL

### December

- 2nd **MSOPC Christmas Party** – 2-4pm  
Tea with entertainment provided by St Pauls Young Musicians (For further information contact Nicola@msopc.org.uk or 01444 424760)
- 5th **Lindfield Afternoon WI** – 2.15-4.15pm  
(Contact la16wi@gmail.com or Jacquie on 01444 454816)
- 7th **Lindfield Country Market** – 10-11am  
(Sheila Hobbs 01444 483396)
- 9th **Haywards Heath Concert Band** – 1.30-4pm  
A charity event and afternoon of music including gift and craft stalls, and refreshments. Also featuring Haywards Heath Singers. (Alison Gilbert 07977 499280 or bandmaster@hhcb.org.uk)
- 14th **Lindfield Country Market** – 10-11am
- 16th **Adur Concert Band Christmas Concert** – 7.30pm  
(Tickets may be purchased from Tufnells Home, Lindfield or Jo Stevens 01444 235311)
- 21st **Lindfield Country Market** – 10-11am

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](mailto:bookings@kingedwardhall.org.uk)

## Know an event going on in January or February?

Email details to [editor@lindfieldlife.co.uk](mailto:editor@lindfieldlife.co.uk) before 12th December

## AND ELSEWHERE

### December

- 1st **Christmas Fayre** – 10am-4pm  
Cumnor House School, London Road, Danehill  
Over 50 stalls with fabulous Christmas temptations and present ideas, as well as a cafe with live entertainment, a mouth-watering cake stall and food hall with locally sourced produce. Come along and support Chailey Heritage.
- 2nd **Christmas Market** – 11am-3pm  
Millennium Village Centre, Scaynes Hill - Scaynes Hill WI annual market. Wide variety of stalls and WI refreshments. Free entry, free parking.
- 2nd **Handel's Messiah** – 7.30pm  
All Saints Church, Lindfield – dramatic performance by The Merry Opera Company for Tiger Arts (Tickets £17.50 [www.merryopera.eventbrite.co.uk](http://www.merryopera.eventbrite.co.uk))
- 3rd **Handel's Messiah** – 2pm  
All Saints Church, Lindfield
- 5th **Lindfield Festival Night** – 6-9pm  
Lindfield High Street closed from 5.30pm. Stalls, music, shopping and Santa's grotto in Lindfield United Reformed Church.
- 8/10 **Christmas Tree Festival** – from 11.30am  
Holy Trinity Church, Cuckfield – Over 75 decorated trees adorn the church. Entry for charity.
- 13th **The Arts Society Mid Sussex** – 10.45 am  
Clair Hall – 'We Three Kings: music, art poetry and legends inspired by the Magi' lecture by Peter Medhurst. (Non-members welcome: £7 on the door)
- 13th **Lunchtime Concert** – 1pm  
All Saints Church, Lindfield - Dr Rachel Smith (Flute) & Paul Gregory (Classical Guitar) playing work by Debussy, Bach and Spanish and Latin American music. (Admission free)

### January

- 29th **ADVANCED NOTICE: BRIDGE TEA** – 2pm  
Clair Hall, Haywards Heath - £40 per table.  
Annual afternoon of bridge to raise funds for St Catherine's Hospice. You will be provided with a delicious afternoon tea, and a raffle will be drawn at the end of play (To book please contact Gaynor Kinchington 01444 440452)

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Alex Olds (holistic therapies) .....	3, 26
Burgess Hill Physiotherapy .....	5
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