

Lindfield *Life*

Inc. Scaynes Hill & Walstead

Local village talk,
by the village

Jan. 2018 Issue #108

Free

Lindfield's 100 year war heroes

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Lifesaver turned violin maker

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By David Tingley, Editor

There's always so much to talk about in this village! January is upon us and I hope you, like me, are looking forward to what's to come this year.

In this issue we've got plenty of news, including mention of Lindfield Primary Academy's **Mid Sussex Champions football** win at the end of last term (see **page 6**).

We have a few post-Christmas catch up items. Over the page the first **Knitvity** put on by **Lindfield URC**. On **page 12** we can see a glimpse of the '**Christmas Experience**' from **All Saints Church**. There's mention of the **school nativity** on **page 40**. And, on **page 50**, in the **Parish Council newsletter**, a report is given on another successful **Lindfield Festival Night** in early December.

I am indebted to resident and **Lindfield history** guru **Richard Bryant** for this month's history feature, in which he examines 'the next 500 years' in the village's development - see **page 36**. I particularly enjoyed poring over the map showing the different land parcels ownership long before almost any of the streets existed that we now know well.

On **page 30** you can find out what **Lindfield Preservation Society** has been working on. **Page 14** is an introduction to personal trainer and resident **Lisa Suttling**. And on **page 17 Claire Cooper** finds out what has kept **Lindfield Flower Club** going for 60 years. **Tiger Cubs Preschool** still has a way to go as it celebrates 25 years (see **page 27**)!

Page 22 is where **Caroline Young** gives us more recipes to try and, this month, she's going for simple, quick and cheap in the January squeeze! Thanks Caroline for your regular writing for us.

Last, but certainly not least, Claire tells the story of a Scaynes Hill resident who was a surgeon and now turns his hands to making violins for fun. **Mike Lavelle** takes his turn in our **Village People** feature on **page 28**.

Happy New Year everyone!

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Knitivity all wrapped up

By Henderson McEwan

The Lindfield Christmas Festival Night this year has passed, but not without happy memories of community and enjoyment for all. Father Christmas arrived in Lindfield United Reformed Church just as the Lindfield Primary Academy Choir was about to start its festive performance. A big thank you to the children and staff for all their preparation and for sharing their joy of singing.



This year children made their way through a grotto of Christmas trees and scenes telling the story of the first Christmas with knitted nativity characters. Over 100 accepted the 'Knitivity Challenge', where they discovered 14 knitted characters in shop windows. Thank you to all the businesses that made this possible with enthusiastic support. Congratulations to the children who completed the challenge and collected their reward.

Great Poppy total

By Pauline Parkyns

The 2017 Poppy Appeal in Lindfield has raised £8,456 so far, but some money has still to come in.

I would like to thank all the collectors for their hard work in helping to raise this amount, also the organisations which lay wreaths at the War Memorial on Remembrance Sunday. Although we couldn't have our usual splendid parade this year, we still accomplished what Remembrance Sunday is all about and we 'Remembered Them', which is the most important thing. Our village is always very generous at Remembrance-tide, and I would like to thank most sincerely everyone who contributed.

I have been Poppy Appeal Organiser now for 20 years and feel that it is time for someone younger to take over. If there is anyone in Lindfield who feels that they could take the baton from me, please call me on 01444 482672 or email: pauline.parkyns@tiscali.co.uk. I would love to hear from you.



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Lindfield dancer raises over £1,000 for Cancer Charity

Budding young dancers from Sussex got in the Christmas spirit to boogie the day away at the Popsteps Christmas Party and Dance-a-thon. The fun and funky dance event held at Clair Hall in Haywards Heath on 3rd December raised an incredible £1,170 for CLIC Sargent, the UK's leading cancer charity for children and young people.

This is the third year that Becky Stevens, a local mum from Lindfield and founder of Popsteps, has held the event but this year's fundraising total exceeded all expectations.

Becky, who has been dancing since she was three years old and used to be a showgirl in Tenerife, said: "I am delighted not only that so many boys and girls joined me to kick-start the festive season doing what I love but I'm also extremely touched by the way that local businesses got involved to support this marvellous charity. Special thanks should go to Orchards Shopping Centre for sponsoring the Grotto."

The event included not only dancing but also an array of stalls, from nail art and face painting to Christmas crafts and gifts. Children also had the chance to meet Father Christmas in the magical Santa's Grotto.



Catriona Batchelor, CLIC Sargent's Fundraising Engagement Manager for Sussex, said: "We are so grateful to Popsteps for organising this amazing event for CLIC Sargent and to all the children and their families who joined in the fun. Becky's energy and drive to make a difference is incredible. It's tough seeing your child go through cancer. It devastates families emotionally. But we're here. When cancer strikes young lives, CLIC Sargent helps the whole family cope with the hidden costs of cancer through practical, emotional and financial support."

For more information about CLIC Sargent's work, go to www.clicsargent.org.uk

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Footballers crowned Mid Sussex champions

By James Smyth

Lindfield Primary Academy's Year 6 girls football team has been crowned Mid Sussex champions for the first time, after success at the Mid Sussex Final at St Paul's College.

After coming through the Haywards Heath qualifier in October with a 100% record and with plenty of training sessions under their belts, the girls were in high spirits as the tournament began. They started the competition with an impressive 2-0 victory over St Mary's, with goals from Mary McDonagh and Maria Forrest. However, they went into their second match with Southway knowing that only a win would take them through to the final.

This match was a tighter affair, with Lindfield defending particularly well. Another goal from McDonagh and a neat finish from striker Charlotte White gave Lindfield another 2-0 win and a place in the final.

This was yet another close match, against Windmills, but an early long range effort from Ruby Stedman calmed the Lindfield nerves and this was followed by a great effort from Mae Robinson just before half-time. Lindfield held on with some great defending in the second half to claim their place in the County Final later this month.



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A different kind of wedding cake

The Lindfield bridal wear shop Mathilda Rose already has a reputation both locally and online for its window displays (#thewindowat62), but last month its centrepiece took on a new novelty factor.

The life-size bride in the window was made entirely from cake! As the rumours travelled round the village, residents gazed through the glass in amazement. The cake was created by Michelle Sugar Art and was cut at a special party in December.

Nicola Clarke commented: "My main aim is to create a display that Lindfield can enjoy and be proud to have - hopefully we achieved this!"

Other credits for the window display were Flowerbug Designs for the floristry while Danni Beach Photography captured it all for social media.

Local children perform with the pros

Local Sussex pupils from the Gielgud Academy of Performing Arts (GAPA) performed with the Vienna Festival Ballet Company last month.

The performances of Sleeping Beauty took place at the Chequer Mead Theatre in East Grinstead. Suzanne Gielgud, Principal of the Gielgud Academy, which is based in Haywards Heath, explained: "I am thrilled that my pupils had the opportunity to appear onstage amongst an array of international professional ballet dancers. It has given them a unique glimpse into a potential future career for themselves and has inspired them to keep working towards their dream of being professional dancers."


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Last lights in Meadow Lane

The most festive house in the village will be dimming its lights in the New Year.

After 15 years of lighting up Meadow Lane, bringing festive cheer to hundreds of families and raising thousands of pounds for charity, Judy and Dennis Batchelor have decided to pack away the displays for good.

"We've really enjoyed putting up the displays but it's hard work, and we're not getting any younger!"

said Judy. "As this will be our last year, we are putting all the decorations up for sale in return for donations to St Peter and St James Hospice."

All the items on display can be reserved and collected in the New Year.

"Everything has to go, from Santa on the roof to the rocking horse in the garden," said Judy. "Just knock on the door and let us know what you want!"



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Immediately after Christmas is often a time when families evaluate their elderly relatives' needs – having spent a good number of hours in their company. David Dimelow, director of Everycare Mid Sussex, explains why this is the case: "We always get an increased number of enquiries in January and it's simply due to the family seeing small changes in their loved ones. Comments like 'mum doesn't make the trifle quite like she used to' and 'dad seemed to struggle carving the turkey this year' have both been mentioned to me by worried children."

David, who used to work in the IT industry, decided to make a change in career direction after experiencing some good (and not so good) care for his own parents while he was living 200 miles away. "I was adamant that only the highest quality home care services possible would do when it came to entering the home care market myself," he commented. "Having been a worried son on the other side of the table, I knew what level of customer care I had to be able to deliver."

David researched the domiciliary care market widely and visited a number of franchisors to make sure they shared the same ethos. "Everycare ticked all the boxes for me, with its enviable high standards." He started the business, serving Lindfield and the whole Mid Sussex area, four years ago. David has an office team based in Burgess Hill and employs over 45 carers visiting many of the Mid Sussex villages.

The team is able to provide a variety of assistance to its service users. This includes doing housework, preparing meals, companionship, help with showering and bathing, waking night and sleeping night services, welfare checks and prompting medication.

One principal that is strongly held to is that Everycare makes sure that service users receiving regular care know the carers involved. "We know the vulnerable folk we work with don't like a string of different people arriving at different times," David said.

Everycare Mid Sussex can also offer more temporary care packages. This includes cover when regular carers

are away on holiday, or for rehabilitation when returning from hospital.

"Folks coming out of hospital will need to regain their confidence in all manner of normal tasks. We work with the family and NHS to define their care plan and then help them to get back on track."

The care services at Everycare aren't menu-based but, rather, outcome-based. David continues: "We ask 'What does success look like?' in order to develop a truly personal solution. When a service user is back on their feet and no longer has need for our help, we consider that to be a very positive result."

For some families, the ability to relinquish caring duties on a temporary basis can be enormously helpful. "We know that many carers just need a break, and often don't enjoy their own holidays if they are worried about loved ones for whom they usually care. Our carers can be briefed to act just as you would have done, so you can relax!"

Another important facility that Everycare Mid Sussex is pleased to be able to offer is Live in Care. As it sounds, this level of service places a carer to live with them 24/7. This service is ideal for folk who have been recommended to consider a move to a Care Home but who desperately don't want to leave their home, for whatever reason. This means the service users stay in familiar surroundings and locality, and the cost can be a lot cheaper than a weekly care home bill too.

If you are concerned about someone you love and their ability to cope, or indeed if you fancy working in the care industry, why not call Everycare Mid Sussex on 01444 244770 today. You'll speak to Emma, Jenny or Katie in the first instance, who will then organise a free assessment meeting in the person's home. You can also see www.everycare.co.uk/midsussex for more information about the range of services.



Christmas coming to life

Lindfield's All Saints Church was transformed into multiple sets depicting the Christmas story last month. Church members took roles and brought to life members of the first Christmas narrative. Over 600 schoolchildren were welcomed through the doors during the 'Christmas Experience'. Max McKinstry, from Year 3, commented: 'I liked the interaction with the characters and smelling the three wise men's gifts. We also got to ask King Herod questions.'



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During 2018, and to commemorate the 100th anniversary of the end of the First World War, we will provide details of the tragic deaths of 64 men with a connection to Lindfield, who are remembered on various War Memorials (original research by Chris Comber).

Leslie Wallace Ayling

Private 703279. 1st/3rd Battalion The London Regiment. Killed in action aged 24 at Cambrai on 7th December 1917. Commemorated on the Cambrai War Memorial MR17.

Survived by his wife, Elizabeth Mary of Spring Cottages, Lyoth Lane, Lindfield and by his child aged 13 months who he would never see.

Jesse Baker

Private 16891. 2nd Battalion The Hampshire Regiment. Died aged 21 on 3rd July 1916 of his wounds incurred on the first day of the Somme Offensive. Previously served in the Dardanelles and Egypt. Buried Gezaincourt Communal Cemetery extension F.169.

Survived by his parents of 17 West View, Lindfield.

Charles Baldock

Private G3258. 9th Battalion of The Royal Sussex Regiment. Killed in action aged 20 on the first day of the Battle of Loos 25th September 1915. Commemorated on the Loos War Memorial MR19.

and his brother:-

William Newton Baldock

Driver 886 of The Australian Army Service Corps. Drowned aged 28 at Gallipoli 21st August 1915. Commemorated Chatby Memorial, Alexandria, Egypt MR.41.

Charles and William were survived by their parents of 15 West View, Lindfield.

Walter James Blunden

Lance Sergeant 745607. 116th Battalion The Canadian Infantry. Killed on 27th October 1917 aged 24 on Passchendale Ridge during the final stages of the third Battle of Ypres. Commemorated on The Menim Gate Memorial, Ypres MR 29.

and his brother:-

Percy Charles Blunden

Lance Corporal G86. 6th Battalion of the East Kent Regiment. Killed in action aged 21 on 7th October 1916 during the Somme offensive at Guedecourt. Commemorated at The Thiepval Memorial MR 21.

Walter and Percy were survived by their parents of Eastern Road, Lindfield.



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Lisa has more than 20 years' experience in the industry. She learnt her trade in Hammersmith, before moving to Sussex and working as a personal trainer in a gym in Haywards Heath. When Lisa decided to move away from the monotonous gym environment, her clients told her they wanted to come with her and asked whether she would come to their home to train them instead. She did and the rest, as they say, is history!

Lisa lives in Lindfield with her husband Rob and her two sons, Scott and Max, who she's been a stay-at-home mum to for the last seven years. "Now both boys are at school," she explains, "it's time for me to get back to a job I love."

Many of her clients are mums who haven't spent much time thinking about themselves for a while. "Some women who have had children suffer from a huge lack of confidence as their slowing metabolism seems to make it even harder to shed any unwanted weight," Lisa comments. "On top of this, their time is often precious, as many spend hours driving from club to club and keeping on top of their kid's school and social lives. A lot of clients I meet admit they have forgotten about themselves for years in some cases, but as the children get older they realise it's time to focus and invest in their health and discover a bit of me time."

This is where Lisa comes in. She provides a complete package to her clients. A bespoke exercise and nutrition plan, private weekly weigh-ins and continued support and motivation. After an initial free consultation to discuss your hopes and goals, the first step in the journey with Lisa is a 1½ hour full medical and fitness

assessment where measurements are taken, blood pressure and cholesterol are checked and a food diary is analysed. "I am simply building a picture of their starting point," Lisa explains. "Understanding fitness levels alone isn't enough. I want as much data as possible so that I can completely tailor the perfect plan for each client keeping them motivated and focused."

All of this takes place in the comfort and privacy of the client's home. "No embarrassing group sessions or having to open up in a room full of strangers – what I do is truly personal and is just between the client and I," she says. Lisa always makes sure there is enough time to talk, as she believes it's an important part of the process. "Clients often say that they can't get back to the weight or shape they used to be in – but that's just a mindset. Every time we meet I will aim for my client to feel better about themselves. It's really important to me to get them back to a time when they felt great about how they looked and felt."

Lisa offers 90 minute training sessions, plus discounts for ten sessions booked in advance. Clients can schedule them to fit around everyday life. Sessions will be at least once a week – although many want to see results quickly, so do all they can to get more in! On top of the face-to-face sessions, Lisa also keeps in touch with her clients in-between times. "It's all part of the building of that relationship of accountability, so I often check in with clients, even if it's just a quick text to see how they are doing," Lisa explains.

If you would like to talk to Lisa about your New Year goals for 2018, she'd love to chat about it over a coffee with you. Lisa is fully qualified and insured and based right here in the village.

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Floral fun for 60 years

LINDFIELD FLOWER CLUB

In 1958 a group of ladies in Lindfield sowed the seeds of what would become one of the village's most popular clubs.

Sixty years on, the Lindfield Flower club continues to blossom with membership growing steadily as the interest in flower arranging shows no sign of wilting!

"We are delighted to have gone from strength to strength which is wonderful," said club chairman Wendy, who added that membership currently stands at 62.

"We never rest on our laurels as the club has almost closed in the past, but thanks to our dedicated and enthusiastic committee members we have always pulled it back from the brink. The current committee has been very active in planning celebrations for the Club's Diamond Anniversary this year.

"We're a friendly bunch. We love to welcome new members and try to ensure our meetings are sociable, as well as booking our regular demonstrations. People will always love flowers and, as trends come and go, there's always something new to learn," added Wendy.

There aren't many records of the club's early years but it is thought that the first meetings were held in members' homes before moving to the present venue – King Edward Hall.

Meetings have traditionally followed the same format centring around a talk and demonstration. "Demonstrators are in high demand and are booked a year in advance," Wendy explained. "All are registered with NAFAS, The National Association of Flower Arranging Societies, which all flower clubs belong to, so the standard is very high. Members pick up lots of useful tips, from whether to use scissors or knives and where to cut, to what flowers and foliage go together."

At the end of the meetings a raffle is held with members getting a chance to win and take home one of the professional arrangements.

The club also organises an annual workshop where members demonstrate and everyone has a chance to make their own arrangements. "The most recent was a Wedding themed event run by Barbara, Pauline and Janet (we call them the A Team!)," said Wendy. "We

all enjoyed a wonderful afternoon making corsages, bouquets and table decorations."

Wendy recalled one meeting where two surprise guests appeared at the back of the hall. "We were in the middle of a demonstration when two gasman suddenly appeared and asked to us quickly evacuate King Edward Hall following a gas leak!"

Several club members arrange flowers for All Saints Church and have also exhibited at the Chichester Flower Festival, and the East Grinstead Festival of Flowers at Sackville College. "The arrangements our members created for the Sackville College event decorated the stairs and the fireplace and were really stunning," said Wendy. She added that the event raised more than £2,000 towards the refurbishment of the building.

Over the years members have enjoyed organised trips, including a visit to Highgrove. There are also two social events each year – a tea party in May and a summer luncheon, normally held in a member's house or garden.



The Lindfield Group is part of the Sussex area of NAFAS, a charity dedicated to promoting the art of flower arranging. Back in 1967 the Sussex Kidney Trust was formed by Sussex NAFAS and since then over £1m of equipment has been donated. The Lindfield Flower Club will be presenting at cheque to the charity at its AGM.

"We are always looking for ideas to attract new members," added club treasurer Jo Hartless. "Last year we held a 'bring a friend for free' event. Fourteen members brought friends!

"We're lucky that our area chairman, Angela Hyde, is very inspiring. She introduced a chairman's coffee morning where we can meet committee members from others groups and share information and ideas."

Meetings are held every month at King Edward Hall, on Tuesday afternoons. The next meeting is the AGM on 23rd January at 2.15pm.

For more information about the club contact Alison Hughes on 01444 482586.

Parenting teengagers course

By Antonia Easley

All Saints Church will be running the Parenting Teenagers course again after half term. The course has proved to be popular over the last few years we have run it, and several people have asked when it will be back.

In a relaxed and friendly atmosphere, we watch a DVD and have time in groups to chat through the issues and ideas raised. There are no experts in the room, just parents learning together. The course, a resource from Relationship Central, is designed to help us equip our teenagers for life and is a really valuable way of investing in a relationship that can be challenging.

Over six weeks we look at the following areas: Keeping the end in mind; Meeting our teenager's needs; Setting boundaries; Developing emotional health; Helping them make good choices and finally a session which provides an opportunity to reflect on the role of faith and the church.

Here is what a few people who came last year had to say about their experience:

'We found the Parenting Teenagers course really helpful in understanding the issues affecting our three teenagers. Each week gave a great insight into a different aspect of parenting and was full of practical ways to improve our communication and relationship.'

'It was really enjoyable and helpful to meet with, and discuss issues with a small group of fellow parents in a relaxed and friendly environment, with nibbles and wine to keep us going!'

'I found it comforting to know that we're not alone, lots of other families have similar issues!'

'The videos were very good. The presenters are empathetic and it is good to know everyone makes mistakes!'

'There was a bit of light relief in it for me, helping me see the funny side of parenting teenagers!'

The course will be running over six consecutive Wednesday evenings starting on 21st February from 7.45-9.45pm in the Tiger Lounge (next to the church). The course manual will cost you £1.50 and refreshments will be provided.

If you would like to book a place please phone All Saints church office on 01444 482405 or email: allsaints@lindfield.info

The course runs over the following dates: 21st & 28th February, 7th, 14th, 21st and 28th March.

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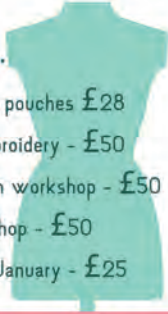
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My six simple back to school survival tips!

By Jennie Adams

The festive season provides the perfect excuse to hunker down, relax and spend time doing the things we love with friends and family, but it will soon be drawing to a close and before we know it we'll have welcomed in the New Year and be full steam ahead. Initially, many of us welcome a return to the normality of our daily routines; however, the novelty of going back to work and school after the holidays can be short lived. So, to help avoid New Year blues, here are six simple teacher tips to help you and your children survive the start to the term whilst remaining happy and harmonious.



- 1. Get Organised:** With your child, create a list of what they need to take to school on each day of the week, such as homework, equipment, PE kit and pin it up. You can then ask your child to gather what they need the night before to avoid that mad morning rush.
- 2. Diarise:** Check out the school's website and add important dates and events to your calendar (and your child's if they have one) so that you don't miss any important school events. Encouraging your child to record things on their own calendar is also a brilliant way of reinforcing time concepts and organisational skills.
- 3. Avoid Lost Property Doom:** Are all of the labels that you've lovingly inserted into all of those items of clothing still present and correct? You can buy some great stick in labels and labelling pens that are fantastic for helping you to avoid sewing for hours or, even worse, delving into the depths of the lost property box!
- 4. Ease Up on Extra-Curricular Activities:** Taking part in extra-curricular activities is a fantastic way of enhancing children's learning and life skills. But it's easy to feel pressured into or tempted to make sure our children are on the go ALL the time. It's OK to slow down and limit extra-curricular activities if you need to. Doing too much and being constantly busy can lead to burn out, even for young children.
- 5. Relax:** Once the term is underway, schedule in some much-needed downtime to avoid becoming overtired. Research shows that children who are well rested, both mentally and physically, do better and have a more positive attitude towards learning. After all who doesn't love a movie night or a Saturday duvet day?!
- 6. Treat:** Getting back into the swing of things after a lovely long holiday can be tough, so plan in a 'halfway there' treat to motivate yourselves and give you something to look forward to.

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Back to basics

SIMPLY GOOD FOOD

Ham and cheese pancakes (Serves 2)

Cook a 200g 'cook-in-the bag' spinach to packet directions and tip into a colander to drain thoroughly (press out excess water). Using 4 ready-to-use unsweetened pancakes (in the bakery section), top each with a slice of ham, a quarter of the spinach and seasoning. Roughly chop 150g soft cheese such as Brie or Camembert and arrange on top. Fold the pancakes to totally enclose the filling then arrange in a single layer in a lightly buttered flameproof dish. Spoon over a 200g can chopped tomatoes and sprinkle with grated Cheddar or Parmesan cheese. To microwave: cook on MED.HIGH for about 6 min then slip under a preheated grill to brown the top. Or cook in the oven, 180°, for about 15 min.

Quick chicken or ham chowder (Serves 4)

A filling soup using up leftover chicken, turkey or ham.

Using a large pan gently cook a finely chopped small onion and 2-3 sticks chopped celery in a little butter or oil until soft. Stir in 2tbs flour and cook, stirring, for 2 min. Add 600ml whole milk or low-fat evaporated plus water, a generous handful of chopped meat, a large can of creamed corn (about 300g) and a handful of frozen peas. Bring to the boil over medium heat, season to taste and serve.

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After all the Christmas festivities and elaborate food we have enjoyed in the last few weeks I crave simpler and quicker recipes that will warm me up and perhaps save me a few pennies after all the spending of the last month. The following suggestions fit the bill for me, hope you will agree.

Parsnip gratin (Serves 2)

The roasted red pepper (from a jar) adds colour – sliced tomatoes would be fine too. I have used Mozzarella cheese but Gruyere or smoked Cheddar would be equally tasty.

Preheat oven 180°. Combine 25g fresh coarse breadcrumbs (sourdough bread makes great crumbs) with a knob of melted butter. Peel and thinly slice 1 small onion and combine in a frypan with 1tsp sugar. Cook, stirring, until soft and brown. Thinly slice 175g peeled young parsnips and finely chop 125g Mozzarella cheese. Layer the parsnips, 1 roughly chopped red pepper (see above), onion and half the cheese in a shallow buttered ovenproof dish, seasoning each layer and ending with parsnips. Pour over 75ml milk. Cover and cook for 40 min or until soft throughout. Top with remaining cheese and the buttered breadcrumbs. Continue to cook until golden brown.

Stuffed crepes

If you have some 'ready-to-use' pancakes left over from the Ham and Cheese recipe spread them with a suitable flavoured jam and fill them with sliced fruit – bananas, thinly sliced apples or canned fruit – roll up, brush with butter and pop into a hot oven until crisp and browned.

Chestnut cake

To use up that leftover can of chestnut puree.

Preheat oven 180°. Very generously butter a 20cm loose-bottomed cake tin and lightly coat with flour. Tip 369g can chestnut puree, 4 egg yolks, 75g soft butter and the finely grated zest 1 unwaxed lemon into a large bowl and beat until smooth. Stir in 125g chopped blanched almonds, then gently fold in 4 stiffly beaten eggwhites. Spoon into the cake tin and bake for 55 in, until well risen and firm. Cool in tin before turning out. Serve just warm with whipped cream.

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Feature walls

HOMEFRONT



By Jacqui Smith, interior designer

Earlier this year whilst scrolling through my Twitter feed on a slow train back from a London meeting, I stumbled upon an opinion piece by a design blogger on how feature walls were so outdated. I have never been a believer that we should be slaves to trends in our approach to home decor. Interior design is about creating spaces that are comfortable and easy to live in, that make us smile and that will mean different things to different people at different times in their lives. It's fair to say that colours and colour combinations come and go, but I don't think feature walls as a decorating idea can ever be relegated to 'last year'.

Not every room will suit nor need a feature wall. I have seen many chimney breasts adorned with bold floral feature papers which completely swamp a small living space. Shoehorning in a feature wall just to have one is never going to work. However, to me, they absolutely have a place in many interiors both from the perspective of form and function.

Feature walls are a great way of making a style statement. Bold paint colours, dramatic wallpapers or textured wall coverings are the most common ways of creating an accent wall, but finishes like wood panelling and tiles can create real drama in a room. We have used wall coverings in many of our projects, both residential and commercial. Some of my favourite suppliers of statement papers include Cole & Son (Albamarle Wyndham shown here in a master bedroom we recently completed in Surrey) and Timorous Beasties (I should add that a number of their designs are quite niche but look past the busier patterns and you will find some beautiful designs which still say statement but without the sensory overload). Mind The Gap offers some really interesting architectural designs and of course local Sussex-based The Paper Partnership hold a range of more subtle but none the less statement wall coverings, including the Oxford University Archives collection. I would also recommend Linwood; Their Ephemera, Memento, Art House and Sporting Life collections are well priced and cover a wide range of subjects and tastes.

Digital wall coverings are becoming more and more popular and enable you to reproduce an image of your choice on a variety of different finishes. You will see these used a great deal in commercial settings from shops and restaurants to care homes but we have commissioned them for private residential projects, including a Star Wars themed room for a certain young client.

Feature walls can also be used to highlight interesting angles or details in a room. Chimney breasts and walls behind bookcases are natural candidates. Whilst it is often said that a feature wall should not be interrupted by doors and windows, I would agree in the case of a patterned wall covering but the right shade of green paint on a garden facing window wall can really draw attention to the garden and connect the indoor and outdoor spaces.

From a function perspective, a feature wall can be used to restore proportion or provide a focal point in a room. Warm colours give the illusion of moving towards you, so in a long narrow room, painting the end short wall a warm feature colour can help to restore proportions. Accent walls can help define spaces and break up large living areas. I have used them in multi-function rooms such as kitchen diners, using them as a backdrop to the dining space to help zone it. We use painted feature walls a lot in the care home environment, where a feature colour on a bedhead wall will clearly contrast with white light switches and nurse call buttons to enable residents to clearly see where key controls are. A tiled or panel wall can be used to disguise imperfections. The digital wall coverings I mentioned earlier are especially popular in care homes, where nostalgic images such as Francis Frith photographs have been used to create talking points and prompt memories and conversation, especially for those residents with some degree of cognitive decline. So in summary I would say that feature walls are not ready for Room 101 just yet!

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Big cat tamed for 25 years!

By Claire Cooper

A Tiger recently came to tea in Lindfield – but there was plenty of food and the event was a roaring success!

The stripey visitor enjoyed attending the 25th anniversary celebrations of the Tiger Cubs Preschool, taking part in a PE session and joining the children on a Tiger bouncy castle.

Activities for the children included painting 'Tiger Pebble Pets' and giving them to members of Tiger @ Ten (over 55s group) following a singing session.

The children also received their own Jelly Cat Tiger Cub as a memento of the anniversary.

Originally called Tiger Cubs Playgroup, the charity run preschool started in September 1992 with 16 local children meeting on three mornings a week at All Saints Church.

The group steadily grew and developed, responding to the needs of the community, and changed its name to Tiger Cubs Preschool.

Following growing demand, Tiger Cubs is now open every morning as well as four afternoons a week and can take up to 30 children at each session.

"Of course the original Tiger Cubs are now adults," said Clare Nibloe. "We were delighted to welcome one of our original children back as part of our staff team recently, and have another former Tiger Cub on student placement with us!

"We are grateful for those who had the original vision and for those who have contributed to the development of Tiger Cubs over the years."

Tiger Cubs is Ofsted registered and follows the Early Years Foundation Stage. "We encourage children to 'learn through play' and each week the children engage in a range of themed activities," added Clare. "Activities include Messy Monday (lots of mess), Tasty Tuesday (cooking), Welly Wednesday (out walking in the woods) and Thumbs up for Thursday (fine and gross motor skills).

If any readers would like to buy Tiger Cubs a birthday present – search for the Wish List on Amazon 'Tiger Cubs Lindfield' or find the link on the group's Facebook page.





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Mike Lavelle

VILLAGE PEOPLE



By Claire Cooper

Retired surgeon Mike Lavelle has always been passionate about making music. He began playing the piano at the age of five, took up the cello at ten and went on to master the guitar, saxophone and flute.

But after retiring in 2005, Mike took his passion for making music to whole new level – crafting beautiful stringed instruments at his home in Scaynes Hill!

Since making his first classical guitar Mike has added a whole ensemble of stringed instruments to his collection and is also kept busy carrying out repairs for a local music shop.

There's no doubt that his surgeon's skills and ability to concentrate have played a part in his success – along with a lifelong obsession for fixing things!

"As far as I can remember I've been passionate about mending things," said Mike. "When I was five years old I knew I wanted to be a doctor so that I could mend people! By the time I was ten I had decided I was going to be a surgeon. I'm one of those people who can't go to sleep at night if something needs mending!"

After leaving school, Mike trained at Trinity College, Oxford, and Guy's Hospital and was appointed as a general and urological surgeon at Cuckfield Hospital in 1984. When the hospital closed he moved to the Princess Royal in Haywards Heath.

Mike said: "I started out as a consultant surgeon doing a huge number of operations on the thyroid, breast, stomach, bowel, kidney, bladder and prostate, as well as varicose veins and operations on the skin."

He went on to specialise in hernia repairs, gall-bladder operations and colon cancer surgery.

In 2005 Mike hit the national headlines when he resigned from the NHS after becoming increasingly frustrated with a 'grossly over-managed' health service.

"There was a huge increase in NHS employees who, in my opinion, contributed nothing to the treatment of the patients," said Mike. "Meanwhile operations were being cancelled so surgeons could attend meetings.

"Working in the NHS became increasingly stressful. I would finish a shift sick with anxiety and worry about my patients. I'd then pick up a newspaper with a politician claiming that surgeons were spending too much time on the golf course!

"People think that surgeons do not talk to their patients, but I developed long-standing relationships with many of mine, especially those whom I treated for cancer."

Following his resignation from the NHS, Mike worked for two days a week at the Nuffield Hospital before finally retiring in 2012.

He began making musical instruments in 2005. "I had some time on my hands and I needed something to do to fill the time," said Mike. "Music had always been a big part of my life and I had also enjoyed woodwork, making practical things like a garden table and shelves for the house."

When he came across a guitar-making course in Lewes, run by Pablo Requena, he jumped at the chance to combine the two!

"I remember walking into Pablo's workshop and looking at an instrument that one of his pupils had just finished," Mike recalled.

"Pablo told me: 'your guitar will look like that.' I didn't believe it."

But just over a year later Mike had created a beautiful classical guitar.

"Pablo taught me basic techniques such as accurate measuring and sharpening hand tools," said Mike. "He also taught me a huge amount about attention to detail which has been invaluable ever since."

His next project was a cello. "My mother was a professional musician and taught me to play the cello when I was ten, so it seemed a natural choice," he said.

Mike has gone on to make 15 musical instruments in his workshop in Scaynes Hill, including violins, violas and cellos. His cellos include a five-string cello and a children's quarter size cello. "I've also made pochette miniature violins, which date back to the 18th century and were designed to be narrow enough for musicians to carry them in their pockets," said Mike.

"For the first few months I had some help from a violin maker in Brighton, but then I carried on alone with the aid of books, notably 'The Art of Violin Making' by Chris Johnson and Roy Courtall and 'Cello Making Step by Step' by Henry Strobel. I also had a lot of help and advice from a violin maker/repairer in Forest Row.

"I really enjoy instrument-making. I can go into the workshop whenever I like and at the end of it I have a beautiful instrument to show for my labours."

One of Mike's violins has travelled to Mozambique to join the Xiquitsi Project in Maputo which aims to introduce children to classical music. Other instruments have been sold to customers in Antwerp and San Francisco.

Each violin takes around six months to make. A cello takes around nine months. It starts with Mike buying seasoned wood from a specialist supplier in East Sussex.

"The wood, which comes in crude blocks, is expensive so I like to go and choose it myself," said Mike. "Most people don't realise that the curved belly and back of a violin is carved out of a solid piece of wood. The skill lies in getting the thickness of the wood just right.

"The wood for a cello can cost £800 and most of it ends up as shavings on the floor!"

Mike is often asked if it helps having been a surgeon. "I definitely think it does," he said. "Obviously, there is the fact that I am using my hands, but it also helps to have spent many years concentrating on one practical problem for hours at a time."

When he's not making his own instruments, Mike carries out woodwind repairs for Carousel music shop in Haywards Heath. Over the years he has taught himself to play the flute, tenor saxophone, guitar and bass guitar and has become a versatile and talented jazz and classical musician.

He runs the jazz band and orchestra at Collyers College in Horsham and has also taught guitar to inmates at Lewes Prison. "That was a very interesting experience," said Mike. "Most of the time it was very rewarding but there were some inmates that I couldn't really help."

Mike leads the cello section in the Mid Sussex Symphonia and is also a member of the European Doctors' Orchestra. "Ninety eight per cent of the orchestra are doctors, the others are professional musicians," Mike explained. "Getting a place is very competitive as it's open to doctors all over Europe."

He added that the orchestra performs two concerts a year which involves travelling to a European city to rehearse for four days with a concert at the end.

For the past ten years Mike has been a member of The Fred Woods Big Band in Horsham playing jazz at the local cricket club. He also plays with the Les Paul Big Band in Patcham and is a Trustee of the Lewes Chamber Music Festival and of the League of Friends of the Princess Royal Hospital.

A supporter of St Peter and St James Hospice, Mike has organised several summer concerts at his home in Scaynes Hill, raising around £20,000 for the charity.

And he's also found time to become fluent in German!

"I consider myself to be very lucky having been able to pursue my childhood dream of becoming a surgeon and would definitely do it all over again," said Mike. "I've achieved a lot since retiring but still find myself with quite a bit of free time." And on that note, there's no doubt that Mike will be adding many more strings to his bow!





Overdevelopment remains a serious concern

Speculative developers continue to target Lindfield. After stiff local resistance and a refusal of planning permission for 200 homes in 2016, Wates lodged an appeal that has yet to be decided upon. The community successfully resisted Taylor Wimpey's outline application for 130 houses, only for Mid Sussex District Council subsequently to withdraw its reasons for refusal and wave the scheme through in February 2017. The District Planning Committee also approved Taylor Wimpey's detailed design proposal in December 2017, despite the Society's comprehensive analysis showing how the scheme would disfigure the ridge overlooking Lindfield Common, an important part of our Conservation Area. It is, however, sometimes possible to mitigate the worst effects of these schemes; in the case of Taylor Wimpey, the planning committee at least conceded the need for an Area Tree Preservation Order to protect existing trees and shrubs that screen the site to some extent. Another unfortunate recent development was the granting of outline planning permission, despite strong local opposition, to Reside Developments for 49 units north of Barrington Close. We will scrutinise their design proposal when it is submitted.

The rush to approve such schemes is connected to the troubled history of the Mid Sussex District Plan. After a decade of failure to produce a district housing plan, the district council is now being compelled by a Government Planning Inspector to accept unprecedented levels of new housing. This can only increase pressure on communities like ours. We will continue to oppose predatory schemes and will work at least to mitigate their most harmful features.

The root cause of overdevelopment is government planning policy, which has tilted the playing field radically in favour of speculative developers. As a result, a national shortage of genuinely affordable housing persists, while desirable communities like ours are hammered by unwanted and unnecessary development. We continue to lobby our Member of Parliament, Sir Nicholas Soames, who has expressed his concern about this issue. You may also wish to make your voice heard.

The Society assessed a total of about 260 local planning applications of all sizes in 2017.

Heavy goods traffic is still a problem

The Society, working with parish and town councils across the district, applied in 2016 to West Sussex County Council for a Traffic Regulation Order limiting the access of HGVs to rural roads. The County Council initially refused, but we continue to work on this. We are

asking for nothing more than enforcement of County Council guidelines that already exist.

2018 is likely to be every bit as challenging as was 2017. We always welcome new members, in particular new participants on our management committee. We would like to thank all our members for your support in 2017 and wish you and all Lindfield Life readers a happy and peaceful New Year.

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Another hike victory by Lindfield group

Members of the Lindfield Explorer Scout group hiked their way into the record books after competing in this year's Downsman Hike, which took place back in October.

The group entered four teams of scouts and leaders in the annual competition, which attracted around 50 groups from all over Sussex.

The hike, a test of endurance, navigating and hiking skills, is made up of five competitive classes ranging from 60 miles to 15 miles and a non-competitive event.

Two teams from the Lindfield Explorer group

entered the 45 mile E class, with one group breaking the record by 1½ hours, completing the hike in around eight hours. The second group was also successful, walking away with the mixed team plate.

Other teams competed in the B class, walking 60 miles with breaks and another in the A class where no breaks are taken. All teams arrived back safely in under 24 hours.

"We are all very proud of our achievements," said member Hannah Cawley.



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OPEN FOR BUSINESS

By Emily Wysock-Wright, Women's Weight Loss Expert
Did you know 90% of women in this country are UNHAPPY and EMBARRASSED with their body?

I understand the pressures behind looking good and I know that changing your diet, getting to the gym and looking after yourself comes as a chore, am I right? Nevertheless, I can't help but feel that the importance of FEELING good in the process is forgotten about. Do you remember the last time you had consistent energy and enjoyed getting up in the morning? Surely that is more of a chore, no?

You don't need to feel this way. Losing weight and changing your lifestyle is all about your mindset, which is why you need to work with someone who understands not only your nutritional health but also knows how to get the very best out of you – how to find what will motivate you to begin with, and stay on this wonderful journey of self development.

So I am here to help YOU discover how to change your lifestyle WITHOUT turning your world upside down in 12 short weeks...

Especially if you are a busy woman, like me, who has:

- ✓ Read all the diet books
- ✓ Tried the shakes
- ✓ Starved on the pills
- ✓ Cut the sugar
- ✓ HATED EVERY SINGLE MINUTE OF IT

Then I can ASSURE you that you really are in the perfect place to make the changes you want to.

And here is how I make your transformation easy... It starts with three simple elements to get your head round: Your Health & Nutrition, Your Mindset Success, and Your Accountability. The result...? In just 12 short weeks, you will enjoy more confidence, more pride and, most importantly, MORE fat loss PLUS... 1) leave with a kick-ass maintenance plan and 2) forget about will-power, you will leave with a super exit strategy to maintain weight loss and live normally FOREVER.

It starts with you believing in yourself and knowing that it is possible, THEN we must uncover the STRATEGIES and PATTERNS that you have been running so we can reprogramme and rewire the NEW you (gently, I promise!)

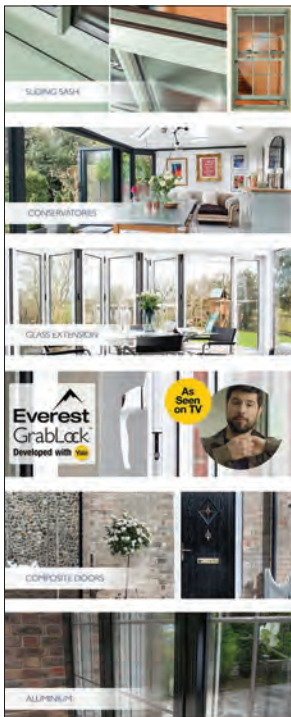
I am under no illusion that when it comes to weight loss there are plenty of options for you to choose from - often provided in the form of 'quick fixes and magic pills'.

Unfortunately, these provide you with a restrictive, short term and unsustainable solution, leaving you on the yo-yo dieters' treadmill, still lacking in energy and back where you started.

Nonetheless, all hope is not lost. There are key principles that, if in place and lived by in moderation, can help you reach your goals and achieve lasting weight loss.

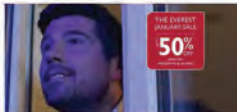
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The next 500 years

LINDFIELD HISTORY

By Richard Bryant, Lindfield History Project Group

In last month's article we looked at how Lindfield developed from its earliest days through to the time of the Reformation in the 1500s. For eight hundred years much of the land in and around Lindfield formed the Manor of South Malling Lindfield held by the College of Canon, South Malling on behalf of the Archbishop of Canterbury. Henry VIII in seeking a divorce and the establishment of the Church of England led to the dissolution of religious houses.

In March 1545 an order for the dissolution of the College of Canons was issued and subsequently all possessions and lands were granted by the Crown to Sir Thomas Palmer of Angmering, a gentleman of the Privy Council. After a couple of years the manorial estate was surrendered to the Crown. Between 1574 and 1618 ownership changed six times, before being acquired by William Newton of East Mascalls in 1618. Fifteen years later Thomas Chaloner of Kenwards bought the manor, becoming Lord of the Manor, until it was acquired in 1689 by the Pelhams, subsequently ennobled as the Earls of Chichester. These names can be recognised today around the village. The transfer of the manor to secular owners and the frequent changes in ownership lost the stability and stewardship long enjoyed under the Canon's control.

Another major impact was the church tithes, paid to the Rector as his 'living' and for church upkeep, also passed into lay ownership. After being acquired by William Newton the tithes descended through his family to John Nainsby. Only £30 from the annual £600 tithes were given to the church. This led to difficulties in retaining a vicar and the church falling into disrepair.

Many of the houses lining the High Street, built in medieval times, needed replacement or at least renovation and modernisation, such as installing chimneys. A good number were re-fronted and it is for this reason that very few of Lindfield's 41 timber framed houses have exposed timbers when viewed from the street. From the late 1500s onwards for the next two centuries Lindfield saw a period of renewal and construction along the High Street, although apart from some encroachment on to the Town Common, the village remained a one street community. The 1600s and 1700s provided much of the architectural heritage prized today, for example Pierpoint House, Malling Priory, Nash House, Manor House, Everydens, Froyles, Lindfield House and Rosemary Cottage to name but a few. A feature no longer existing, which stood for some three hundred years until the early 1800s in the middle of the High Street, opposite Doodie Stark, was a blacksmith forge and adjoining shop, both with a room above. Horse-drawn traffic had to pass on either side of this 'middle row'; it was probably longer in earlier times.

Just as ancient communication links had formed a key element in Lindfield's earliest developments, so



they would be an important factor in its later periods of growth. Roads across Wealden Sussex were notoriously poor and the north-south route through Lindfield was no exception until becoming a turnpike road in the 1770s operated by the Newchapel and Brightelston Turnpike Trust. As the name indicates it went from north of East Grinstead down to Brighton and became a minor coaching route from London to Brighton, with the Bent Arms and Red Lion inns used as horse change stops.

The turnpike had two toll gates in the village, one across the High Street by the Toll House, and the other in the entrance to Hickmans Lane. Tolls were collected until 31st October 1884 when the gates were removed and burnt in the street on Bonfire Night with much celebrating!

Across the country in the 18th century canal building was at its height and following an Act of Parliament in 1790 the Ouse Navigation was established. Modifications to the river allowed barges, 45 feet long, 14 feet wide, carrying up to 30 tons of mainly agricultural cargo and coal, to sail between Lewes, Lindfield and Balcombe. The canal did not have a significant impact on Lindfield and its opening coincided with a period of economic depression.

The agricultural economy that had provided wealth and stability to Sussex steadily weakened during the late 1700s creating much poverty. Following the Napoleonic Wars and a succession of poor harvests, the social conditions deteriorated rapidly during the early decades of the 1800s. By 1820 Lindfield was an extremely depressed parish, leading to it being chosen by William Allen, the Quaker philanthropist, as a suitable location for his experimental colony, off Gravelly Lane, to aid impoverished agricultural labourers. He also established an industrial school for boys and girls, on Black Hill, to



Compton Road in about 1908. One of the first new roads in Lindfield built in circa 1902.

educate children from poor families. Universal free education was not available until the 'Board' school in Lewes Road opened in 1881.

As the 1800s progressed the economy steadily improved and Britain was gripped by railway mania. Neither Lindfield nor Cuckfield wanted the London to Brighton railway to pass close to their communities, so the line was routed along the parish's western edge. The line opened in 1841 with the station one mile from the village and initially called for the 'Towns of Cuckfield and Lindfield'. At that time Haywards Heath comprised little more than a couple of farmsteads and a few cottages, whereas Lindfield had a population of over 1750 residents. The coming of the railway created Haywards Heath. Some twenty years later, Lindfield was to have a station on the northern edge of the village on the planned Haywards Heath to Hailsham route. The line was not completed but the remains of an embankment are still visible at the entrance to Lindfield, looking south by the 30mph limit sign.

Nevertheless the opening of the London to Brighton line led to a period of growth, and as Haywards Heath developed so did Lindfield. A particular feature during the Victorian era was the building of fine villas on Black

Hill and mansions around the outer edges, Summerhill, Finches, The Welkin, Old Place, Walstead Place, Beckworth, Oathall and a little later Barrington House. Together with the existing large houses such as Paxhill, Bedales and Sunte they became major employers. In the central section of the High Street old buildings were demolished and replaced by new shops in Victoria Terrace and Albert Terrace.

Reliance on agriculture for employment reduced as village businesses flourished, such as Lindfield Brewery, Durrant's piano factory which employed '25 hands', Julius Guy's coachwork, plus many jobs in the building trade and on the railways. Lindfield started to prosper again but despite this growth Lindfield's commercial importance waned.

However, throughout the 1800s, Lindfield remained basically a 'one street' community. It was not until the new century that new roads started to appear, such as Compton Road, Luxford Road and Eastern Road. Following the tragic years of the Great War, the interwar years saw some growth, but it was not until after World War II that the expansion of Lindfield really took off and continues to this day.



An early W Durrant of Lindfield photo. Dates to c1880 or a bit earlier and shows the old toll gate across the High Street. Courtesy Linda Head and Lindfield Village Archive.



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LINDFIELD PRIMARY

Lindfield Primary Academy wishes everyone in our community a very happy and healthy New Year. We will be back at school from 4th January, looking forward to a year of new learning and fun activities.

Like this ... Year 5 children recently enjoyed an action-packed three day residential visit to the Bowles Outdoor Centre, near Tunbridge Wells. The children got stuck into activities including rock climbing, ski-ing and orienteering. Teachers were particularly impressed with the children's enthusiasm and impeccable behaviour - a real credit to the academy.

Year 5/6 children had a visit from international footballer Laura Rafferty. Laura plays for Northern Ireland and Brighton Ladies and came in to tell the children about her life as a professional footballer and her journey to achieving her goal from a young age. After the assembly, which included a question and answer session, Laura took our girls football squad out for a training session.



David Wilson Homes invited our School Council to visit their new housing development at Heathwood Park, off Gravelly Lane. The children viewed a show home, watched heavy machinery at work, wearing hard hats of course, then enjoyed building a real brick wall, as straight as they could!



Christmas was shared with parents with nativity performances by both our Early Years and KS1 children, and carol concerts at All Saints Church performed by our older KS2 children. Children from Years 1, 2 and 3 also enjoyed the 'Christmas Experience' at All Saints. Our annual Christmas Fair, laid on by our hard-working PTA, was a big success too.

Finally we thought we would share this fantastic aerial photo of our academy site. Many thanks to Blackthorns for providing it to us.



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Celebrate the first bonfire

Lindfield Bonfire Society will be celebrating the origin of this country's bonfire traditions at The Red Lion on the High Street on Wednesday 31st January from 7pm. To help the Society mark the lighting of the first bonfire under an effigy of the traitor Guy Fawkes by King James in 1606, Skull Drummery will be giving a performance in the garden after a reading of the Bonfire Prayer. Come along to learn more about the Society and to hear the amazing Bonfire Drummers.



Our youngest reader?

No holiday snaps this month, but we are delighted to feature one of our youngest readers, 18 month old Noah, who looks totally absorbed in the magazine!

Many thanks to proud Grandad John for sending in the picture.

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Grandchildren take to the high seas

By Claire Cooper

Two brothers, one rowing boat, 3,000 miles in 90 days.

That's the mission for Greg Bailey and Jude Massey as they aim to cross the Atlantic Ocean and raise over £100,000 for a cancer charity.

And when the pair set off from Gran Canaria in January, their proud grandparents Anne and Ron Skinner from Lindfield will be nervously tracking their progress as they attempt to cross the second largest ocean in the world, unaccompanied.

The brothers are taking up the challenge in memory of their father and stepfather Pete Massey, who died in 2015 following a 16 year battle with skin cancer. They aim to raise £100,000 for the British Skin Foundation which funds vital research to find a cure for the cancer which claims seven lives each day.

"Pete loved adventure and would take Greg and Jude out in his boat at weekends," said Anne. "The brothers understood Pete's affinity with the sea and they grew to love it. Ron and I are incredibly proud of our grandsons but the thought of the journey is quite terrifying and we'll be so happy when they reach dry land again!"

Greg, 27, a doctor, and his younger brother Jude, 18, a sailing and ski-ing instructor, began training for their gruelling adventure a year ago, following an arduous programme designed by their trainer, world record holder ocean rower Angus Collins. The pair will row day and night, covering around 30 miles a day, swapping shifts every two hours. "They'll be eating meals rehydrated with converted sea water, only retreating into the cabin in the event of a hurricane" said Anne.

She added that the 3,000 mile journey is expected to take around three months.

The brothers have attracted many sponsors including Apro Derm, Frontus Health and the Skin Health Alliance. They have also received dozens of messages from supporters, including Sir Ranulph Fiennes who said: "Brothers Jude and Greg coming together and battling the full force of the Atlantic Ocean on this tremendous voyage for such a moving and deeply touching cause is an inspiration to any family suffering the loss of a loved one to skin cancer. Go boldly into the dark night Ocean Brothers."

Ocean Brothers has also been chosen as one of the charities to benefit from the Weald Theatre group pantomime in January.



Money raised from the performances of Aladdin, at Clair Hall from 9th-13th January, will be split between Ocean Brothers, Early Action for Autism and the Seahorses Swimming Club for Disabled People.

Originating from a 1300s classic folk tale by Charles Perrault the story of Aladdin has been told many times in book, film and theatre. However Weald Theatre group and its resident writer/director, Lance Milton, promise a fresh and exciting new take on the story for 2018.

Incorporating all the best in traditional panto fun along with slapstick routines, slick musical numbers and naughty but clean comedy, the show offers the 'best in post Christmas entertainment'.

Tickets for all the shows, which include two matinee performances and a special offer on the opening night, are available from the Clair Hall box office or website.

For more information about Ocean Brothers or to make a donation visit www.oceanbrothers.co.uk



New Cancer Support Clinic



By Melanie Clarke

The Pennington Clinic is a centre of excellence for Semi Permanent Make-up and Medical tattoo procedures, set within the heart of the Ashdown Forest just eight miles from Lindfield. Emma and I have already met many of you beautiful Lindfield ladies and given you perfect, permanent eyeliner, brows and lips.

Offering a beautiful setting in total privacy, we have both worked together for over 15 years within cosmetic and medical tattooing and are well respected within the micropigmentation industry. We have offered training and mentoring for technicians around the UK and abroad, as well as working with hundreds of clients to give them natural, beautiful semi-permanent make-up and medical tattoo procedures.

Clients can feel relaxed and confident that they are working with a genuinely experienced, talented team.

The Cancer Support Clinic is a new initiative. Both my and Emma's lives have been touched by cancer and we have decided we want to give others a little love and support by running a monthly clinic in which we offer medical tattoo procedures in the form of areola tattooing or scar relaxation.

These procedures are often the final stage in a very long breast cancer journey and the team is proud to offer these procedures free of charge.

Following a mastectomy and breast reconstruction, oncology teams can rebuild a breast but without a nipple/areola. Having worked in training for years we know that nearly all the NHS hospitals around the UK offer this procedure, but waiting lists can be long and some ladies do not want to go back into a hospital environment at this stage of their journey, so we want to offer this service from our beautiful clinic in rural surroundings.

The procedure really doesn't hurt as numbing cream is used. Over a series of sessions, medical grade pigments are tattooed into the skin to add layers of colour and redefine a shape, creating a nipple. With years of experience and a huge range of medical grade pigments to offer you a realistic finish you can expect the most natural colour possible.

Breast reconstruction can also leave scars. Scars can be treated once they are healed, flat and white. The scar is dry needled, breaking up the scar tissue and encouraging the body to heal with healthy skin cells that will relax, smooth and flatten, and even re-pigment.

At The Pennington Clinic we are also offering, on this clinic day, semi-permanent make-up procedures to those affected by cancer. These procedures usually cost in the region of £350, but the team have decided to offer eyeliner, eyebrows or lip procedures for just £75 per procedure.

To help you to look like you again.

Places are limited. For more information regarding the cancer support clinic or to discuss booking a semi-permanent make-up or medical tattoo procedure get in touch with me (mel@thepenningtonclinic.co.uk) or call me on 07833 628544.

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Tuition centre all set

Local residents Karen Bulgin and Susannah Hodgson have been using new local business start-up Sussex Tuition Centre (STC) to tutor their children preparing for GCSEs and entrance exams. Karen has been pleased with the new centre: 'The quality of the GCSE maths tutoring is first class. The tutor tailors the sessions to ensure that specific needs are met, as well as ensuring the challenging requirements of the new GCSE exams are met in full.'

Susannah comments: 'I am delighted with the quality of the tuition my daughter is receiving. What is also great is how well organised they are with individual, flexible timetabling and reminder emails of upcoming lessons. My only regret is that a facility of this nature wasn't set up sooner!'

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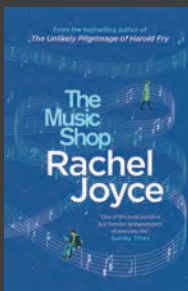
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The Music Shop by Rachel Joyce

BOOK REVIEW

By Cavan Wood

The world of the record shop owner has been explored in Nick Hornby's *High Fidelity*, so do we need another one? The answer is a decisive yes. There are similarities but Joyce's story has a different set of concerns.

The way in which the past can dominate and destroy the present and the past is explored, but, ultimately, this is a novel of hope and romance in the best senses of the words. Frank is the owner of a record shop who gradually falls in love with a mysterious German lady but, due to a misunderstanding, it does not run smoothly. He is obstinate – he will not give in to the modern fad of CDs as he sees them, with a beautifully ironic twist as a consequence, as his obsession with vinyl will enable him to have the last laugh.

Like her previous novels, like *The unexpected Pilgrimage of Harold Fry* and *Perfect*, she is able to paint convincing characters and circumstances, showing a warm humanity not always seen in modern novels.

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WELCOME

(Chairman, Councillor William Blunden)

The Council wishes a warm welcome to David Parsons, who has been appointed as Deputy Parish Clerk to replace Iain McClean. The Council expresses its thanks to Iain for his hard work during his employment. In September the Council co-opted two new members, Sarah Richmond and Matt Damsell. All of the existing Councillors and staff look forward to working with our new members.

VILLAGE DIRECTORIES

The 2018 diaries have been delivered and we hope people still find them useful for the information they contain. As always we are indebted to the loyal team of volunteers who deliver the diaries to every home in, and adjacent to, our parish. There are however several areas that we do not have volunteers for anymore. If anyone is interested in volunteering to deliver the village directories next year please contact the Parish Council office: clerks@lindfieldparishcouncil.gov.uk. We are very grateful to the businesses that support the diary by advertising, some of which have done so for many years, and we hope that others of you with businesses in the community will consider advertising in the 2019 edition. Our smallest advert is currently only £45 – not so bad when you consider that the diaries are in use all year. We would encourage any of you with local businesses to think about taking out an advert in the next edition. We have noted that the telephone number for Councillor Plass in the directory has been incorrectly recorded, his correct number is 01444 483319.

WINTER WEATHER

West Sussex County Council has published useful information on staying well during the winter months. This can be found at: <https://www.westsussex.gov.uk/campaigns/safer-seasons-winter/>

We are hoping this will not be a bad winter, but we would like to make an appeal to those of you who are able, to consider volunteering for snow clearing if needed. Please contact the Parish Office if you feel you would like to offer to help in this way.

VILLAGE IMPROVEMENTS

The Parish Council will contribute towards a number of projects that have been, or are in the process of being completed:

- Blackhill – In agreement with Mid-Sussex District Council, the Parish Council will contribute 50% towards the cost of the installation of wooden posts.
- Dropped Kerbs – The Parish Council will contribute £11,000 toward the cost of the installation of a number of dropped kerbs within the village. This work has been undertaken by West Sussex County Council.

Members of Lindfield Parish Council:

Members can all be contacted, in the first instance, via the Parish Office, or by

Cllr. William Blunden
(Chairman)

Cllr. Valerie Upton
(Vice Chairman)

Cllr. Mike Allen

Cllr. Judith Durrant

Cllr. Matt Damsell

Cllr. Stephen Henton

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

Parish Clerk:
Mr Andrew Funnell

Deputy Clerk:
Mr David Parsons

Responsible Financial Officer:
Mrs Tracy Ely

TRAFFIC STUDY

Lindfield Parish Council is holding a four week public consultation (13th January - 10th February 2018) on its Traffic Study and seeks feedback from the public on the proposals. There will be a public open day to view proposals and talk to our Consultant and Councillors. A public open day will take place on Saturday 13th January 2018 in the Jubilee Room of the King Edward Hall, Lindfield, between 9.30am and 5pm.

In support of the Neighbourhood Plan vision and objective, the Parish Council has set out nine sites for investigation of traffic improvements in their brief. The background of the reason for these sites is set out in the Parish Council Brief. These sites are:

1. Luxford Road-Brushes Lane corridor
2. Hickmans Lane/Sunte Avenue & Hickmans Lane/Finches Park Road
3. Lewes Road/High Street junction
4. Lewes Road Pedestrian Crossing Facility
5. Scamps Hill
6. High Beech Lane/Portsmouth Lane
7. West View
8. High Street (from The Welkin footpath to All Saints Church)
9. Denmans Lane

Hard copies of the report are also available to view at the Parish Council Office during public opening hours. A copy of the Traffic Study report, brief and Neighbourhood plan can be found on the Parish Council's website:

www.lindfieldparishcouncil.gov.uk/Core/LindfieldPC/Pages/Traffic_Study_2.aspx

MOBILE CIVIC AMENITY COLLECTIONS

The refuse freighters will next be in the Tollgate car park on Sunday 14th January 2018, between the hours of 10am and 12 noon, for the collection of household and garden waste. Please do not leave rubbish in the absence of the refuse freighter.

Dates of the remaining collections are as follows – Sunday 11th March 2018.

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

There is a list of the chargeable items on www.recycleforwestsussex.org/recycling-sites

reference to page 12 of the Lindfield Village Directory and Year Book, which contains Councillors' addresses and phone numbers.

Cllr. Margaret Hersey

Cllr. Simon Hodgson

Cllr. Roger Pickett

Cllr. Ron Plass

Cllr. Sarah Richmond

Cllr. Christopher Snowling

CHRISTMAS FESTIVAL NIGHT

The High Street was packed with people enjoying the lively atmosphere and festive cheer at our Christmas Festival Night on 5th December. The weather was dry and mild for the time of year. Thank you to all those involved in making the event a successful and very enjoyable family evening. The stalls set up by local charities and small businesses along the street offered a good range of gifts, cards, decorations and other items, food, hot drinks and entertainment. Many of the local shops were open during the evening and a great deal of effort had been put into dressing shop windows, which all looked fantastic. Lindfield is fortunate to have such a wide range of shops and a variety of places to eat at the heart of our community. Mid Downs Radio added to the atmosphere with festive music to suit all tastes and conducted interviews over the loudspeakers, including Father Christmas! Father Christmas was greeted by a very long queue of children waiting patiently with their grown-ups to have a chat with him and get a small present in the grotto which was set up ready for him in the United Reformed Church. This year 110 children met Father Christmas, which is an increase on last year. Lindfield Parish Council wishes to thank the many people on whom the success of this event depends, in particular: members of the United Reformed Church for making this vital indoor venue available and for providing refreshments and a warm welcome, Mid Downs Radio for festive music and announcements and Ian Masters

from Masters and Son for chauffeuring Father Christmas to his grotto in style. The evening could not go ahead without the cooperation of 6-10 Traffic Management, who set up and manned the road closure, and Event Medic Services - we are very grateful to them, to Dragon Event Services who provided a set of two way radios and to Haywards Heath Town Council staff for putting up the advance warning signs and taking them down after the event. Thanks also go to Tom Kidger from Goddenwick Farm for donating a Christmas tree for the village and to John Cottenham at Cottenham's of Lindfield - Craft Butchers for letting us put it on the butcher's shop roof. As always we are indebted to the people who kindly provide the power for the High Street Christmas lights from their properties. Finally, thank you to everyone who came out to enjoy this community event. We hope that the village's local shops benefited from the evening and that stallholders raising money for charity had a successful evening.

Parish Council meetings

JAN - MAR 2018

Tuesday	9th January	Planning and Traffic Committee (Full)	8pm
Thursday	11th January	Finance and General Purposes Committee	8pm
Thursday	18th January	Full Council	8pm
Tuesday	30th January	Planning and Traffic Committee (Plans only)	8pm
Thursday	1st February	Environment and Amenities Committee	8pm
Tuesday	20th February	Planning and Traffic Committee (Full)	8pm
Thursday	1st March	Finance and General Purposes Committee	8pm
Tuesday	13th March	Planning and Traffic Committee (Plans only)	8pm
Thursday	15th March	Full Council	8pm

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

Lindfield Parish Council

The Clock Tower House
Lindfield Enterprise Park
Lewes Road
Lindfield
RH16 2LH

Tel: 01444 484115 Fax: 01444 484918
Email clerks@lindfieldparishcouncil.gov.uk



TRAFFIC STUDY CONSULTATION

Lindfield Parish Council is holding a 4 week public consultation (13th January - 10th February 2018) on its Traffic Study and seeks feedback from the public on the proposals. There will be a public open day to view proposals and talk to our Consultant and Councillors. Feedback forms can be submitted on the day, by post, or email up to Saturday 10th February.

Public open day:

Date: Saturday 13th January 2018
Time: 9:30am - 5pm
Venue: Jubilee Room, King Edward Hall, Lindfield

Background:

In support of the Neighbourhood Plan vision and objective the Parish Council has set out nine sites for investigation of traffic improvements in their brief. The background of the reason for these sites is set out in the Parish Council Brief. These sites are:

1. Luxford Road-Brushes Lane corridor;
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5. Scamps Hill;
6. High Beech Lane/Portsmouth Lane;
7. West View;
8. High Street (from The Welkin footpath to All Saints Church);
9. Denmans Lane.

A copy of the Traffic Study report, brief, and Neighbourhood plan can be found on the Parish Council's website:

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Hard copies of the report are also available to view at the Parish Council Office (Public opening hours Tues 1pm-4pm, Thu & Fri 10am-1pm).

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More on Daisy

Last month we featured a story about two paintings being sold for charity by cookery writer Caroline Young.

Our appeal for information about artist Daisy Morris was answered by friend and fellow member of the Adventurers Art Club Maureen Welfare.

"Daisy was a modest but extremely talented lady," Maureen wrote. "Her watercolours and sepia drawings of the village were extremely popular.

"She enjoyed painting 'en Plein air' with her talented artist friend, Phyllis Cridland. They would walk up the High Street together, with their art materials in an old pram, to paint the countryside outside the village.

"A member of the British Legion, Red Cross, and WI, Daisy enjoyed fundraising on the bric a brac stall in King Edward Hall where her knowledge of antiques was put to good use.

"She also raised money selling paintings and jewellery she had made. Having worked at Hatton Gardens as a young woman, she had gained immense knowledge of gems and precious metals.

"Daisy was a very popular lady - always willing to participate in anything, particularly if it meant dressing up!

"I hope the paintings are sold to benefit the hospice - she would have been pleased."

Lucy Locksmith

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Sudoku #18

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

Find the solution to #18 in next month's magazine

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

#17 Solution

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

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What's on in January

AT KING EDWARD HALL

January

- 10th **Lindfield Horticultural Society** – 8pm
A talk by Vanessa Jones: 'Growing Vegetables in containers'. Vanessa is a National Vegetable Society certified judge and has been on their panel of judges for over 14 years. She will speak on the subject which will cover all aspects of container growing of vegetables, fruit and herbs. The talk will appeal to those with limited space, those who want to grow food to supplement their diet and the weekly shop and those who aspire to produce that perfect specimen for the show bench. All welcome. (Entry £1 members £3 visitors. www.lindfieldhorts.org.uk as well as Facebook and Twitter)
- 13th **Traffic Study Consultation** – 9.30am-5pm
Public open day to view Parish Council proposals for nine Lindfield sites for investigation of traffic improvement, and talk to councillors
- 23rd **Lindfield Flower Club** – 2.15pm
Annual General Meeting of the club
- 25th **Film Show 'Dunkirk' 12A** – 7.45pm
(Tickets, £6, will go on sale at Tufnells on 29th December)

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 Booking Secretary for further information on telephone number 01444 483266 or by email on bookings@kingedwardhall.org.uk

Market back on 1st Feb

A belated Christmas greeting and happy new year to all of our customers. All our bakers have five star rating so you will safe with us.

The market will reopen on the 1st February. We are also looking for more cooks and plants people if anybody is interested. Please ring Alison Falconer, market manager, on 01342 714503 or, if you know Sheila Hobbs, you're welcome to ring Sheila. See you on the 1st February!



AND ELSEWHERE

January

- 9th **Winter Walk** – 10.30am
Ardingly Reservoir Car Park – Mid Sussex Ramblers Winter Walk: Stone Hall, Pilstye Farm, Balcombe. 8 miles (moderate). (07843 566602)
- 10th **Holy Land Travels Talk** – 7.30pm
HH Methodist Church Hall – A talk by Ron & Janet Goodenough. (£3 entry plus 50p tea/coffee)
- 11th **Mid Sussex Ass. National Trust** – 2.30pm
Clair Hall, Haywards Heath - Secrets of the Royal Pavilion by Jackie Marsh-Hobbs
- 13th **Volunteering Drop In** – 10am-1pm
Haywards Heath Library – Would you like to get more involved in your community? Have you thought about volunteering but don't know what's out there or where to start?
- 15th **The Art Group Invitation Morning** – 10am
Lindfield United Reformed Church - Take forward your interest in art and crafts by getting to know others as you work on your projects. Exchange knowledge and experiences, make suggestions for different ways to paint, sketch, stitch and knit. (All welcome)
- 17th **Mid Sussex Franco-British Society** – 8pm
Clair Hall, Haywards Heath - An illustrated talk in French by Suzanne Hinton about life in Brighton in 1827. (Barbara Stevens 01444 452385 or dandbstevens@btopenworld.com)
- 19th **Messy Church** – 4pm-6pm
Lindfield United Reformed Church – Under 14s discover the story of Jacob in a creative way though crafts and conversations, fun and food (dinner). No booking, no charge. (Danny Goodall on 07443 438970)
- 23rd **U3A Open Meeting** – 2-4pm
Clair Hall, Haywards Heath - Presenting an illuminating talk on the topic of 'Ancient Mesopotamia 3000 – 1500 BC'
- 24th **The Arts Society Mid Sussex** – 10.45am
Clair Hall, Haywards Heath – 'Aqua Triumphalis: Power and Pageantry on the Thames' Lecture by Peter Warwick (Non members welcome: £7 on the door)
- 29th **Bridge Tea** – 2pm
Clair Hall, Haywards Heath - An annual afternoon of bridge to raise funds for St Catherine's Hospice. (£40 per table, to book please contact Gaynor Kinchington on 01444 440452 or email: gaynor@uwclub.net)

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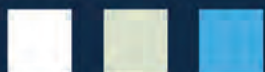


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