

Lindfield Life

Inc. Scaynes Hill & Walstead

Local village talk,
by the village

May 2019 Issue #124

Free

A new way of farming

page 56

Scaynes Hill figure from history

page 48

Spring Horticultural Show

page 14



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EDITORIAL



By David Tingley, Editor

Writing the month 'May' conjures up all the key triggers of Lindfield life for me. Later this month Hickmans Lane Playing Fields will be the start and end point for the **Village Run** (27th May) and that means we are but a hop, skip and a jump to **Lindfield Village Day** (1st June)! See **page 29** for more on both of these events – but I should say that we will feature a special Village Day supplement in our June magazine, out on 21st May.

I am delighted that **Claire Cooper** was able to get along to the **Horticultural Society's Spring Show** last month (see **page 14**) and see first-hand the quality of not only the produce but craftsmanship from the village.

Our **Village People** feature, this month written by **Ayesha Gilani**, starts with a rather powerful story of life-changing proportions as we tell of how Lindfield resident **Kate Nunn** made a significant career change. **Page 38** is where this can be found.

Another resident, **Hannah Droscher**, features on **page 52** as the **Mid Sussex Triathlon Club** tell us all about a big event taking place next month. And, if running is your thing, you might already know about the **Mid Sussex Marathon Weekend** – see **page 28**.

Great Walstead School's resident farmer talks us through what he'll be up to this month, on **page 34**. Recycling guru **Colin McFarlin** has more recycling tips on **page 42**. Plus, on **page 44**, **Caroline Young** shares recipes which are both 'nice and healthy'!

With **Scaynes Hill** being a key part of the rural parish of Lindfield, **Richard Bryant** has moved his historical microscope to that neck of the woods, as he uncovers the **history of Bedales School** – which started right here in 1893. Read more on **page 48**.

Do please keep your emails and comments coming in, and myself and the team look forward to bringing you another helping of Lindfield small talk next time!

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Lindfield Life
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 Guy Parsons
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in Lindfield

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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

Refill station open at Clough's

In a bid to promote the living clean innovation, Lindfield's Clough's Deli is excited to announce that they have become a local Ecover Refill station.

Ecover passionately campaign about single-use plastic, encouraging people to reuse, refill and recycle wherever possible. Their bottles and caps are designed to be recycled and they aim to become a strong role model for other manufacturers to use more environmentally friendly materials. Mark Clough commented: "We are on board with fighting the throw away culture and feel society needs a more sustainable option to reduce our plastic footprint."

Ecover bottles can be used more than 50 times which is a huge amount of plastic saving! At Clough's, on Sunte Avenue, you can refill washing up liquids, laundry liquids and all-purpose cleaners; just take your empty Ecover bottle and refill away!



The Lindfield Club is open to new members

Situated above the King Edward Hall in the heart of Lindfield, The Lindfield Club offers members two fully licensed bars, Sky and BT sports, darts and a full sized snooker table all in comfortable and friendly surroundings.

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To find out more and download a membership application form visit: www.lindfield.club

Farewell, goodbye and thank you

By Jade, Becca and Scotty
Wow, what a blast that was!
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we've sold you our very last
card!



Our SWALK journey on
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fabulous customers made the end so magical we
almost changed our minds! We honestly can't thank
you, our loyal SWALKers, enough for your commitment
and dedication to all things SWALK! You have been
SWALKtastic!

And, of course, a huge shout-out to our beautiful,
brilliant team past and present; we couldn't have done
it without you! You are our SWALK family forever! What
amazing memories! You guys are just awesome - the
best team ever!

And last but not way least to our super wonderful
husbands, wife, children, mums and families! Your
love and support has been endless, as many of you



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unconditional love has definitely kept us going.

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LAF Fundraiser at Paxhill

Last month Lindfield Arts Festival (LAF) directors Hilary Knight and Lynn Tulip organised a fundraising night, hosted by LAF patrons Chris and Clare Bradbury at Paxhill Park.

The event saw more than 100 guests arrive at the grand house to the north of Lindfield in order to view a selection of original art by Hilary Kennett, Leesa Le May, Paul Badham, Beth Mercer, Irene Burns, Georgina Moir, Mary Grant, Shelley Morrow and Brett Hudson. The assembled also got to view work by 2018 LAF Bursary winner Tom Mackewn.

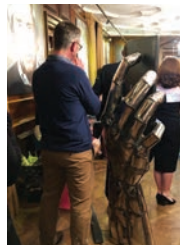
Lynn Tulip said: "A big thank you goes out to many people: of course our hosts and patrons Clare and Chris, we are very grateful for your generous hospitality. Also to the artists who kindly donated to the silent auction – a very successful part of the evening."

As well as raising funds for the registered charity, the night also celebrated the 10th anniversary of the Festival, with founders Leesa Le May and Claire Fuller part of the proceedings.

Over 130 raffle tickets were sold on the night, which Leesa drew the winning number for. The grand prize was a bundle of goodies and vouchers worth over £1,000.

The night raised in excess of £4,000 overall – which will enable the team carry on the planning of this year's event – which promises to be a spectacular week-long festival of art in all its forms. Save the date, if you haven't already: 16th-22nd September.

For more information about this year's event, see page 30.



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Happy Stan gets credit from PM

A retired civil servant from Lindfield has received a special award from the Prime Minister for founding the Happy Café network.

Stan Rosenthal founded the UK's first 'Happy Café' in Brighton in 2014 to allow people to connect over a cup of coffee and learn skills for enhancing their psychological wellbeing.

Stan came up with the idea after volunteering for his local Action for Happiness branch, dedicated to spreading happiness in the community based on the latest scientific research into the subject.

With the help of the national organisation, which now has over one million followers worldwide, Stan developed the concept of encouraging a local café or cafés in workplaces and a variety of public establishments, to designate themselves as a Happy Café. These cafés actively promote well-being by holding regular talks and events, building community networks, creating dedicated spaces for mindfulness and sharing information on personal development.

Following the successful launch of the first café in Brighton, Stan developed a toolkit for other branches to set themselves up as a Happy Café and has since supported the roll-out of more than 100 Happy Cafés across the UK and internationally.

Stan has now been recognised with a Prime Minister's award for his inspirational voluntary work pioneering the concept of Happy Cafés.



In a personal letter to Stan, Prime Minister Theresa May said: "By pioneering the concept of 'Happy Cafés', you have created a simple and effective way for people to improve their well-being and connect with members of their community. Your commitment to helping others develop happier lives is remarkable, and you should feel very proud of the difference 'Happy Cafés' are making to people across the country."

After receiving his award, Stan said: "I'm absolutely delighted that the Happy Café concept and the wonderful Action for Happiness movement behind it have been officially acknowledged in this way."

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Going somewhere?

OPEN FOR BUSINESS

After a 22 year career in the travel industry, Lindfield resident Gemma Reeve has decided to become a Travel Counsellor and open her own business serving both the local community and beyond.

By Gemma Reeve

I have been in the travel industry all of my career, and have extensive product knowledge, travel experience and considerable knowledge of the USA, especially Florida where I was lucky enough to live for 18 months working for a villa rental company in between working for some of the travel industry's most respected brands. In more recent years I have been trying to visit as many European cities as possible with Porto, Valencia and Malaga currently my top three favourites.



As a Travel Counsellor, I understand that not everyone has time throughout an average working day to talk about their forthcoming travel plans, which is why I can be flexible to suit the individual needs of a client. I am here to take away the stress and the time it can consume planning your next trip. I will listen carefully to your requirements and will build bespoke itineraries just for you, helping with your decision making and delivering the optimum solution for you. I am always happy to chat, email or even meet for a coffee to make sure that I get it just right.

Why Travel Counsellors? – I wanted to start my own business and leverage my significant experience in travel and combine that with a customer facing role. Having been aware of the growing success and unrivalled reputation of Travel Counsellors I found it to be a perfect fit. I am passionate about excellence in customer service and know how good it feels to receive it and I am now in a position to deliver just that to my client base. The icing on the cake for me was the fact that 96% of customers

say they would recommend Travel Counsellors to their friends, family and colleagues. My goal is to drive that number even higher.

When it comes to travel, it's important to know you're booking with someone you can trust. Our business model is built on establishing trusted personal relationships with all of our customers, whether that's our leisure holidaymakers or business travellers.

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The company's growth strategy continues to be recognised nationally, with a seventh listing in The Sunday Times Fast Track for International Growth. We also won the Lloyds Bank National Business Award for Customer Focus in recognition of our customer care.

The Lindfield business community has been very supportive of my business; it is an exciting time for a new venture and I would appreciate any support.

So whether it is a city break, family holiday, luxury long-haul or 'once in a lifetime' experience you are looking for, I have access to thousands of worldwide holidays, hotels and third party suppliers at my fingertips and I will dedicate my time, passion and energy into getting this right for you, backed up by state of the art technology, significant purchasing power and the 100% protection you would expect. My goal is repeat business and you recommending me to your family and friends – you have my personal undertaking that I will strive to deliver every time.

To talk about your next holiday needs, get in touch with Gemma by phone on 01444 420 003, email: gemma.reeve@travelcounsellors.com or find her on Facebook under @gemma Reeve.



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Bees take School Lane by swarm!

By Ayesha Gilani

School Lane was buzzing with excitement last month when a swarm of honeybees was spotted by parents and children on the school run.

East Grinstead Beekeepers Association was called out to collect the bees, which had taken respite on a fence post near the entrance to Lindfield Primary Academy.

Beekeeper and Swarm Coordinator, Lindon Langley, said: "It was surprising to see a swarm of honeybees so early in the year. It's probably due to the mild winter. They must have come from a local hive that's overcrowded, so they left to find a new home."

Honeybees are slender insects that are just under 2cm long. They can vary in colour from almost black to golden brown. If a swarm is in progress you will see a lot of flying bees milling about and the air will appear thick with bees. Eventually they will settle into a cluster on anything from a tree branch to a man-made object. At this point the swarm can usually be collected by a beekeeper. "They are quite calm at this stage," said Lindon, "however we always advise anyone who spots a cluster to get in touch with us. Please do not attempt to kill honeybees. They are an endangered species so we are happy to help collect them."

The School Lane swarm were rehoused into a new



hive and are doing well. Lindon said: "The queen bee had wriggled inside the fence post so we had to give it a very gentle shake to encourage her out and into a hive. Once she was in, the worker bees followed her pretty quickly. They look like a very strong colony."

If you think you have a swarm of honeybees, contact East Grinstead Beekeepers Association on 01444 892103 or another honeybee swarm collector via the British Beekeepers Association website. You can enter your postcode to find the nearest registered collector.

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Green Fingers

By Isabella Mortimer

Thank you for the great feedback from my last article, which I really appreciated. This edition is about showing you how fun it is to grow your own fruit and vegetables.

THE FACTS

Most of our fresh food comes in plastic; sometimes the packaging cannot be recycled. All of the plastic packaging piles up and eventually becomes a big problem. By growing your own food, it will mean that there will be less or no packaging and no pollution from transportation.

Where does your food come from? The fruit and vegetables in my cupboard have travelled long distances, for example: onions from the Netherlands and oranges from Morocco.

Did you know an amazing 1.4 million edible bananas are still being thrown away each and every day in Britain! The result is wasted food, water and carbon, with most bananas having travelled half way across the world to reach us and using 95 litres of water per banana to grow.

THE IMPACT

As not all of the plastic can be recycled, this type of plastic along with the film (that seals the produce) can end up in the sea, if not in the landfill.

THE SOLUTIONS

- Get in the garden. Get growing. Get fantastic, tasty, healthy food.
- Choose loose fruit and vegetables, with no packaging. Look at the labels and try to choose food that has not travelled very far.

GET INVOLVED

It is easy to grow your own food – all you have to do to get started is:

Buy some seeds or a small fruit bush (raspberries are great) or plant (strawberries). Get out your soil or compost. Wash out your plant pots or you can use jam jars to start your peas, and get started.

If you do not have any compost, cress can be grown on kitchen paper in egg shells or boxes. You can make your own watering can from an old milk or juice bottle by piercing holes in the lid and filling it with water. Potatoes can be grown in the compost bags themselves – just roll down the sides and watch them grow. Crushed egg shells are great

nutrients for the soil and help to keep pesky slugs away.

When your seeds start to sprout, it's great to watch the stages until you can eat them!

Lots of us are tempted to buy too much. To help prevent food waste, all you have to do is put your spare food in the freezer!

Every little bit helps.





Spring arrived at KEH

THE SPRING SHOW

By Claire Cooper

Green-fingered Lindfield residents celebrated the arrival of spring by putting on a 'blooming good show' at the King Edward Hall!

The Spring Show, organised by the Lindfield Horticultural Society, attracted dozens of entries in a range of classes – from flowers and fruit, to photographs, crafts and Easter cakes.

But it was the daffodils which stole the show, with gardeners producing a range of stunning varieties, many picked from their own gardens in the village.

"The judges commented on the high standard of entries this year, especially as the weather has caused a few problems" said Show secretary Deborah Novotny. "They were particularly impressed with the floral art."

New classes this year included 'Top Tray' - a collection of flowers, vegetables and home-made preserves, won by Deborah, and a compost competition, devised by member Jim Stockwell, who picked up the idea after attending another show in Hertfordshire.

"We were pleased to attract eight entries in the compost class so will definitely look at running it again in the future," said Deborah. The winning compost was produced by Helen Dunlop.

Crafts and cookery included Easter cards and cakes while the photography section included some stunning spring scenes.

The flower arrangements are always popular with visitors and this year included displays inspired by childhood story books, from The House at Pooh Corner, to Around the World in 80 days.

But it was a 'Snow Queen' themed arrangement from the Lion the Witch and the Wardrobe, that impressed judge Bob Tunks and won best in show for Clare Wilson.

New members had a successful day with Rebecca Patman winning the daffodil cup with her first ever entry and second prize for her hellebore, while the children's section included decorated eggs and designs for mobile phone covers.

Awards

The Evelyn Drew Floral Art Cup went to Clare Wilson and Heather Hitchcock won the Dawson Cup for her entry in the Home Made Wine and Liqueur Class.

Florence Fearn-Hughes and Alice and Eleanor Anderson were trophy winners for their entries in the various Junior Classes.

From the large variety of spectacular daffodils on display, Tim Richardson, Richard Hilson and Rebecca Patman were trophy winners. The Daffodil Society Bronze Medal and Certificate was awarded to Tim Richardson.

The 'Best in Show' winners were Jacqui Essen for her Pot Plant, Richard Hilson for his daffodils, Clare Wilson for her Floral Art and Barbara Clayton and Gill Pickworth, respectively, for their handicraft and culinary skills. Tim Richardson won the Cup as the overall winner in the vegetable classes and one of his entries in these classes was judged to be the Vegetable 'Best in Show'.



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Gold Award for Lindfield Scouts

By Amy Head

I, along with my friends, recently achieved my Chief Scout Gold Award. This is an award that all Scouts can aspire to and is a real achievement.

Throughout the course of Scouting you can earn badges. There are challenge badges, staged badges and activity badges. There are nine challenge badges to earn for a Chief Scout Gold Award and six other badges of your choice, plus a number of camping events.

I found the personal challenge badge the hardest as you set yourself two goals, one is a personal goal the other is a Scouting option, such as completing the Overland Hike (this is an expedition, 15 miles on the first day, camp overnight followed by another 10 miles the next day). I choose to attempt the Challenge Hike which is a 12-mile hike with challenges set at each check point plus an overnight camp.

I found this the hardest of my challenges as it is only run once every year and the first time I couldn't attend as I was unwell on the morning of the event. Last year, I managed to complete it, but it was extremely hard on my legs because I wasn't used to all the walking, and our rucksacks weighed 10kg each and were so heavy. I got this award with two other Scouts from my Troop, Dylan and Will, and Amiel from another troop.

I would like to thank my Scout Leaders for helping me achieve this award and for giving up their time each week to run the meetings.

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Double bill comedies for spring production

Lindfield Dramatic Club will treat audiences to a comedy double bill of 'Curses, Foiled Again!' by Evelyn Hood and 'Poor Yorick' by Phil Mansell later this month.

The evening starts with a send-up of a tragic farce which is to be entered in the local drama festival. Things go wrong from the start. The cast bicker amongst themselves and feuds simmer below the surface. Will it all turn out OK in the end?

This is followed by a send-up of Shakespeare's Hamlet where the Jester is trying his hand at stand-up comedy. He is about to give up when he is persuaded to return to Elsinore and ask for his old job back. But he becomes embroiled in Hamlet's plans for revenge.

Performances will take place on Friday 24th and Saturday 24th May at 8pm, with a Saturday matinee at 2.30pm. Tickets cost £10 and can be bought from Tufnells Home or by calling 01444 484474 or online at: www.tickettailor.com/events/lindfielddramaticclub



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Marathon Claire on the run...

You may have seen Claire Elliott running through Lindfield in luminous pink socks on an almost daily basis. That is because on 28th April Claire will be running her second marathon. Having vowed never to do another marathon after running the Brighton Marathon last year, the lure of a 'good for age' entry into London and the fact this year's London Marathon coincides with her birthday was too much for Claire to resist.

Claire, a regular worshipper at All Saints Church, will again be running for Macmillan Cancer Care. Claire has a special affiliation with the charity, having worked as a Macmillan Nurse for ten years before taking a career break to look after her two children.

When asked about her motivation for running another marathon, Claire said: "The work Macmillan does is so important to those who are going through the most difficult time of their lives. The support, advice and care that Macmillan provides helps shine a light in the darkest of situations. This run is for all my friends, family and former patients who battled with cancer, some of whom are still here and some are not. Fundraising is hugely important to Macmillan; without people's kind donations, Macmillan simply wouldn't exist."



You can help Claire raise money for this great cause by donating via her fundraising page:
<https://uk.virginmoneygiving.com/ClaireElliott8>

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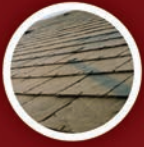
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Donkey brings Palm Sunday to life

By Canon Lisa Barnett

Over 90 people gathered in the sunshine outside St Augustine's School to welcome John the Donkey, from the Loric Trust, to lead our Palm Sunday celebration. From a month old baby to a 94 year old villager, all shared in the celebration.

Though we had intended to begin the celebration next to the school, the donkey had other ideas! He quickly noticed the fresh green grass on the other side of the road, and set off, taking his two handlers with him. We had to adjust our plans, performing the drama on the other side of the road!

Church members donned period costumes, and re-enacted the story of Palm Sunday, leading the crowd with shouts of 'Hosanna in the highest!' The donkey led us through the village to the church, with waving palm branches and musical accompaniment from an accordion and ukulele!

We always knew that the opportunity to celebrate Palm Sunday with a donkey was going to be exciting, but the day surpassed all our expectations. The donkey brought the whole thing to life and enabled us to imagine what it must have been like on that first Palm Sunday, 2,000 years ago."

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Mid Sussex Marathon Weekend

Last year over 1,400 runners took part in Mid Sussex Marathon Weekend, which is on this month in East Grinstead, Haywards Heath and Burgess Hill. Runner's World recently featured this event in '21 amazing UK marathons that aren't in London'. Event Director Simon Adby provides five good reasons to get involved:

1. Benefits to your health

Exercise is closely associated with a number of benefits for our bodies and brains, and running is one of the most straightforward and easily accessible ways to obtain them.

Running strengthens your heart, burns calories and makes you stronger. It also gives you that feel-good factor as it reduces stress, wards off anxiety and feelings of depression, boosts self-esteem and gives you a good night's sleep.

2. Great medals

Everyone who finishes an event over the weekend will leave with a medal. Those who choose to tackle the Mid Sussex Marathon (3 races in 3 days) will receive a special commemorative medal that has a unique design every year.

3. Beautiful Mid Sussex

Mid Sussex Marathon Weekend takes place in the three towns of East Grinstead, Haywards Heath and

Burgess Hill. Each event takes participants over the beautiful surrounding countryside through woods, across meadows and on footpaths. It's the perfect time of year for the district of Mid Sussex to be seen in all its glory.

4. Amazing volunteers

Our amazing volunteers turn out every year to support the event organisers by marshalling the route. Everyone is fed and watered during the day and rewarded with a memento T-shirt. Runners always tell us how inspirational our marshals are and how they make the event such a success.

Can you spare half a day? It's easy to get involved, just get in touch and we'll welcome you into our volunteer family.

5. Community event

The Mid Sussex community is at the heart of our event. Hosted by the respective Town Councils, the event brings together local volunteers, businesses, community groups and organisations, as well as families and individuals. Offering something for families, children and adults, the event presents a perfect fundraising opportunity for causes close to your heart.

Mid Sussex Marathon Weekend will be held 4th-6th May 2019, and this year featuring new routes in East Grinstead and Haywards Heath. For more information about the event, including route maps, please visit: www.midsussexmarathon.co.uk



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5k Fun Run route changed

The route for this year's Lindfield Family 5k Fun Run has had to be changed.

The normal route covered private farm land which the owner has very generously allowed access over for many years. Unfortunately due to the very dry summer of last year not enough winter food is available, so the livestock have had to be turned out earlier this year onto the fields creating a Health and Safety issue for the runners and possible stress to the animals.

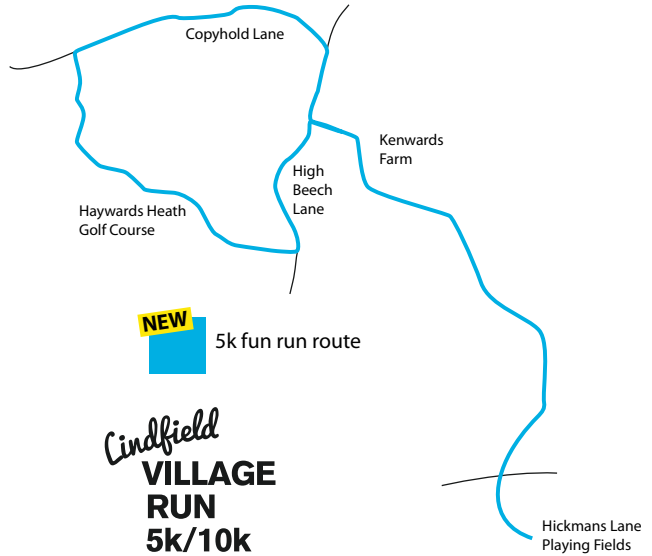
The team have considered various alternatives, thinking about the needs of runners and maximising safety and enjoyment.

Ron Plass, one of the organisers of Lindfield Village Run commented: "The new route for this year is going to be just as challenging and scenic traversing across well trodden paths, through woodland and crossing Haywards Heath Golf Course, who have made a great effort to accommodate us during a very big golfing weekend."

Road closures will also be in place throughout the run, which takes place on Bank Holiday Monday 27th May, to ensure that minimal conflict occurs between runners and drivers whilst on road sections.

The 10k run route remains the same as previous years.

To book your place on the run go to: www.kingedwardhall.org.uk



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NEWS IN BRIEF LINDFIELD ARTS FESTIVAL

By Ayesha Gilani

Ronnie Scott's Jazz Club Singer at LAF

British jazz and soul musician Liane Carroll is coming to Lindfield Arts Festival. She was described by The Observer as '...in some magical way to be made out of music'. Her illustrious career has seen her tour the world and collaborate with artists including Paul McCartney and Gerry Rafferty. Don't miss your chance to see her perform at All Saints Church on Thursday 19th September at 7.30pm. Tickets cost £15 and are available via www.ticketsource.co.uk/date/638700

New Key Sponsor for LAF

A new village estate agents has backed Lindfield Arts Festival. Jackson-Stops director, Toby Whittome, said: "Lindfield Arts Festival really brings the community together so we're delighted to be a part of it. I'm originally from Scaynes Hill so it's wonderful to be back in the area."

Festival Colouring Competition

Mini festival-goers, aged 11 and under, are invited to colour in our 10th anniversary festival poster. The designs, by Lindfield artist Tom Mackewn, can be downloaded from the website or picked up from our LAF stall on Village Day (1st June). There are three age categories: under 5s, 5-7 and 8-11 with prizes to be won. Entries can be submitted to us on Village Day or sent to: Lindfield Arts Festival Competition, 1 Pine Cottage, Pondcroft Road, Lindfield RH16 2EQ.

Classic Car Show Returns

The vehicles that never fail to impress with their vintage va-va-voom are back! Classic car owners who would like to showcase their vehicles at this year's Festival can register with geoffreyheath999@gmail.com.

"We're Gonna Need a Bigger Boat"

The infamous line from blockbuster movie Jaws is the inspiration behind a street theatre production coming to LAF. This interactive show, about small town communities, takes its audience on a fun adventure whilst tackling the notions of belonging, difference and being, allegorically, 'a fish out of water'. Look out for performances taking place on the High Street over the festival weekend.

U-Can-Spray Workshop

Award-winning multimedia and street artist Sarah Gillings returns to run her popular spray painting workshop. The activity takes place in Tamasha Courtyard on Saturday 21st September, 10am - 4.30pm. Suitable for children aged eight years and over. Younger children must be accompanied by an adult. Tickets cost £10 and include all materials. Reserve your space in advance via www.ticketsource.co.uk/date/640527



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Planting volunteers

LINDFIELD IN BLOOM

By Jim Stockwell, Committee Member

With spring now with us, members of Lindfield in Bloom have been busy with a number of projects. On the practical front, our volunteers have been busy tidying up the borders outside the Medical Centre and around the Tollgate carpark – we hope you appreciate our efforts to make them look much neater. However, many of the plants are getting quite old and overgrown, so over the next few months we plan to progressively fully renovate the planting. If you can spare a couple of hours to help with this, just come along on the morning of Sunday 12th May. We are also looking for help with other projects and will be discussing these at our meeting on Monday 20th May at 7.30pm at the Bent Arms. To find out more, contact Heather Martin on 07738 323082.

Do visit the Lindfield in Bloom stand on the common on Village Day (Saturday 1st June) where you can find out more about our aims and activities and buy plants, many grown by local gardeners.



Lindfield Open Gardens

Sunday 23rd June

Lindfield in Bloom is again supporting Lindfield Open Gardens. This lovely trail returns on Sunday 23rd June with many new gardens as well as favourites from last year making for an intriguing variety. From the tropical delights of 'Lindfield Jungle', prize winner of National Gardeners World 'Garden of the Year' 2018, to a formal one-acre garden featured in Sussex Life magazine last August, these special spaces in the heart of beautiful Lindfield are not to be missed. You'll be able to buy plants and jam and enjoy tea and home-made cake as well as getting advice from the gardeners.

Tickets £5 (children under 16 free). All proceeds to St Peter and St James Hospice. We look forward to welcoming you. For more information see: www.lindfield-gardens.co.uk

We are still looking for other gardens, however small, to join in this worthy cause and would appreciate help from volunteers on the day. Please contact: Jim Stockwell 01444 459363.



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GREAT FARMSTEAD

By Farmer Dutton

This month at Great Farmstead, Great Walstead we have made the most of the balmy February.



Veggies in the bank

Working with our students collecting, drying and storing our seeds really does add another level to the process of growing your own. Last year we left a lot of our vegetables to go to seed, and after storing these we are now generating free vegetables in this year's harvest. All our sunflowers and a lot of our broad beans and French beans will be planted from our own saved seeds. We will be attempting to save some of the trickier seeds with an isolation area just for seed saving. Why not save a veggie or two from your own crop to bank some seeds ready for next year?

Potty about potatoes

A firm favourite at the school farm is potatoes. We plant a few different varieties and we plant them in many different ways. Our favourite child (shhh... don't tell the others!) is called Charlotte. This little lady is a versatile and tasty spud with a reliable delicious crop. Ours have been sitting on a sunny windowsill chitting for a few weeks prior to planting and should give us lovely new potatoes for our school market. A really easy crop to plant with children, and digging them up is even better as the kids think they've hit gold when they find their first harvest.

April Kids' activity - Get it on tape

Seed tape is a fab activity for children to do and it saves stray seeds when planting. Our children have loved doing it in Farm Club this month.

You will need: Flour, water, chopstick, toilet paper and seeds of your choice.

Make the water and flour into a paste. Lay the toilet paper out in a strip a few squares long and use the chopstick to make small dots of paste along one half of the paper. Pop a seed on top of each dot then fold the paper in half, sealing the seeds inside. Let the strip air dry. When they are ready for planting, roll out your strips into your garden bed and cover with the amount of soil required for that seed.

Good luck with all your seed planting in the coming weeks.

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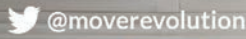
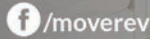
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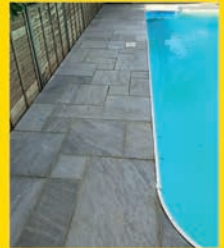


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Looking for a showroom worthy kitchen without the matching price tag? Then new business Polished Kitchen Designs might just be the company for you... Sarah Henshall and Amy Betsworth – Directors of Polished Kitchen Designs – caught up with us recently to fill us in on their new venture and why buying a kitchen from them could save you money...



Tell us why you have launched Polished Kitchen Designs?

We both come from an independent kitchen showroom background and found there was a growing number of budget conscious clients who wanted high quality products and a personalised experience which you don't necessarily get at a builder's merchants or DIY store. We believe that people shouldn't have to pay a premium for great service, which was how the idea for Polished Kitchen Designs started.

Tell us a bit about yourselves and your backgrounds?

Amy: I was a PR Director for a large cosmetics company in London for many years, but after a couple of my own renovation projects I caught the interiors bug and decided to have a complete career change. I did an interior design course and was lucky to be offered a design role at a local kitchen showroom and have never looked back! Having two young children was a major drive behind my decision as well. I wanted to be based more locally and strike a better balance between home and work life – it's like the holy grail for most working mums!

Sarah: Having worked in an independent kitchen showroom for eight years I wanted a new challenge and being a working mum like Amy meant we were on the same wavelength in terms of how we wanted to work. Having already designed and managed many kitchen installations in the area, I knew I wanted to continue designing kitchens but wanted to do things differently. We've had a great launch with several projects complete and more booked in - we've been blown away by the response and we can't wait to see what the rest of 2019 brings.



What services do you offer and how does it work?

We offer kitchen design, supply, installation and project management. When we set up Polished Kitchen Designs we knew we wanted to be as flexible as possible so we also offer a 'design only' service for clients who want to source their own kitchen but be armed with a good design and materials list.

Most clients opt for a home consultation and free design service. Within a week we will get in touch to review the design and make an appointment to re-visit your home with door samples, colour swatches, worktop options etc. This is one of our favourite parts as this is when the concept really starts to come to life.

What makes you different from the other local kitchen suppliers?

The main difference is that we don't have a showroom – we bring the showroom to you! We have brochures, samples, doors etc for you to look at, which most clients are happy to choose from. For those people who do want a showroom experience, we can offer a VIP trip to our supplier's stunning £1.5 million showroom near Windsor.

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Don't look back in anger

VILLAGE PEOPLE

With an estimated 28 million people in the UK living with chronic pain, Lindfield resident Kate Nunn shares her story in a bid to give others hope.

By Ayesha Gilani

On a cold September night in 2004 Kate and her husband Nick were huddled close on a platform at Harpenden train station when two drunk people bulldozed over and split them up. "It was terrifying," said Kate. "One moment we were quietly waiting for our train, the next we were being subjected to an unprovoked assault."

The attackers launched at Nick and when he resisted they pushed him to the ground. Kate said: "My gut instinct was to get them off him, and as I tried to do this one of the attackers pushed me and I fell backwards on to the train track." Momentarily stunned, Kate lay flat out on her back. "I was suddenly lying on the track looking at the stars and adrenaline kicked in," she said. "I knew it wouldn't be long before our train pulled in and I jumped back on the platform. It's amazing what adrenaline can do."

The shock of Kate's fall made the attackers run off, and help arrived quickly thanks to a passer-by who called an ambulance. Kate said: "We never saw the attackers again. I was badly bruised but otherwise both of us got off quite lightly. Bruises clear up but I was left with neck and lower back pain and stiffness."

From that night on Kate's relationship with her body changed. She went from living carefree to living cautiously in a bid to pacify the persistent pain that had begun to shadow her body, mind and spirit. It was to be this way for the next 12 years.

Kate said: "The reassurance of knowing that there was nothing broken or fractured helped me. After the acute stage of the injury had settled I went on to experience frequent bouts of lower back pain." Kate sought help via her GP and tried all sorts of interventions from painkillers to moving less to moving more, but nothing proved useful long term. "Lots of things aggravated my back," she said. "Sitting or standing for too long, lifting and bathing my children, carrying shopping bags. Exercise didn't seem to change anything either. It was all very unpredictable but I just used to live with it. I became a person with chronic pain. I saw many practitioners and even had a scan that showed nothing abnormal. Sometimes I'd get symptom relief but the pain would always come back." It was an experience that would not only alter her view of pain but her career path too.

Before the attack Kate was living in London and working for the Natural History Museum, writing and editing natural history content for their website and interactive exhibits. She said: "While I found the job interesting, I grew to hate the sedentary lifestyle of sitting in front of a computer screen every day and started thinking about what life would've been like if I had followed my childhood dream to be an equine physiotherapist." Kate grew up in the village of Ashley in Northamptonshire. Her eyes light up and her faint East Midlands lilt intensifies as she recounts the happy times spent riding her neighbour's horses. "I grew up with the countryside on my doorstep and was passionate about horses. The thought of working with them therapeutically really inspired me. However, when I was 18, I decided to do a broader degree in Biology at Leeds University. I thought I was too young to really know what I wanted and thought it best." After the attack, and with persistent pain as a regular companion, Kate embarked on osteopathy for symptom relief. She said: "A friend recommended I see an osteopath so I decided to give it a go. Osteopathy alone wasn't the magic cure but it helped. It gave me a lot of relief when I was hit by painful flare-ups. I used it like paracetamol and kept exercising for symptom relief. I was so impressed by the treatment that I decided to take the plunge and train to be an osteopath."

In 2011 Kate and Nick moved to Lindfield with sons Kai, then aged four, and Finn aged one. She said: "We absolutely fell in love with the village. It had the right balance of bustling high street and open countryside. I could really imagine us here and felt it was a place where I could be an osteopath." The couple welcomed a third son, Raff, in 2013.

Unfortunately Kate's back pain did not diminish. Flare-ups would be easily triggered and symptoms would hang around for a long time. "The pain was nagging and constant," she said. "I was very frustrated. It got to the point where I believed the pain had won. It had control over me - limiting my options."

Kate decided to take a few years off work and the osteopathy degree to focus on her three boys. When she returned to her studies at the University College of Osteopathy, she came across a new six week course entitled OsteoMAP (Osteopathy, Mindfulness and Acceptance-based Programme). It was a study funded by the UK Department of Health and aimed at those living with long-term, persistent pain. "They were looking for participants and I met the criteria," she said. The study integrated osteopathy with mindfulness to help people adapt to pain based on awareness of their own body and movements.

Kate said: "Rather than focusing on my back and my pain, I was taught to think about pain in a completely different way. We talked through negative beliefs about my back and most importantly about my values and where I was at this time in life and what I felt was missing. It was a completely different approach and one I was very sceptical about. So much so that, after the six weeks were over, I thought it hadn't really helped."

However, weeks later, Kate came to the realisation that her pain had gone. "It was a defining moment for me," she said. "It was June 2016. Nick and I were chatting in the kitchen when he asked me how my back was and I had to think long and hard about when I had my last flare up. I hadn't had one since the programme. I was astonished."

Kate qualified as an osteopath in July 2018 and treats patients at The Perrymount Clinic in Haywards Heath. Away from work she is currently pounding the village pavements in preparation for the Hackney Half Marathon on the 19th May. She's running to raise funds for Core Clapton – a charity she volunteers for one day a week that aims to make osteopathy accessible to all. Kate said: "Funds raised will help to run a project of up to six free treatments for the carers who live in Hackney. These people are in a lot of pain so we are caring for the carers."

It's been three years since Kate completed the programme and she remains pain free. "Living with chronic pain for 12 years was not easy, and I want to use my experience to move forward positively and help others," she said. "It has defined the way I practise as an osteopath - allowing me to empathise and work with my patients in a way I might not have done if I hadn't been through it. I hope sharing my story will help those living with chronic pain to see some hope for the future."





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New homes coming soon at Taylor Wimpey's Lindfield Meadows

Taylor Wimpey is inviting home-hunters in West Sussex to attend the launch of its Lindfield Meadows development on Saturday 27th April. Lindfield Meadows will offer a choice of two, three and four bedroom homes, including apartments. Two brand new show homes, a three bedroom Benford and a four bedroom Waysdale, as well as a four bedroom Elliston view home, will also open to visitors during the launch weekend to give prospective buyers the opportunity to picture themselves living in a new home at the development.

As well as building new homes in Lindfield, Taylor Wimpey will be providing over £1,270,000 to the local authority as part of the planning obligations for Lindfield Meadows. This funding will be used to improve local facilities for local people. Over £141,000 will go towards

sports facilities, more than £10,000 will be spent on junction improvements and over £33,000 will go towards a library. In addition to this, more than £880,000 will be distributed by West Sussex County Council for primary and secondary school education in the borough. The homebuilder is also supporting the next generation of builders and has employed 12 bricklaying and six carpentry apprentices to help with the construction of the 130 new homes at Lindfield Meadows. The apprentices are supported by master tradesmen and have the opportunity to develop their practical skills through on the job training.

Mary O'Brien, Sales and Marketing Director at Taylor Wimpey South Thames, said: "We are committed to building high-quality new homes and are proud to be creating a new community in Lindfield. We are

delighted to announce the launch of the first homes at our Lindfield Meadows development and look forward to welcoming visitors on Saturday 27th April.

"We understand how important it is for people to be able to picture themselves in a new home before they commit to buying one and are pleased to be able to offer the opportunity for prospective buyers to look around our expertly designed show homes. Visitors to the launch will also have the chance to speak to our sales team about the homes available and the ways in which we can help them to make a move."

Taylor Wimpey will offer a range of incentives to help people to make the move to Lindfield Meadows including the easymover* scheme which can help homeowners move on from their current property.

The Government-backed Help to Buy: Equity Loan** will also be available where both first time buyers and existing homeowners could secure a new home with a deposit as low as 5%.

Lindfield Meadows is located off Gravelye Lane, Lindfield, Haywards Heath, RH16 2SL. The development will open for the first time on Saturday 27th April at 10am. Potential buyers can ensure they are kept up to date with the latest information about the development ahead of the launch on by registering their interest online at www.taylorwimpey.co.uk or by calling 01444 229 934. Further information about the development, and the incentives available, can also be found online. Prices for the first homes at Lindfield Meadows will be released during the launch weekend.

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RECYCLE THIS...

WSCC Recycling Ambassador Colin McFarlin sheds some light on what can and can't be recycled in our domestic blue bins. If you have a question for him, email: editor@lindfieldlife.co.uk



Thank you for all your individual enquiries about your recycling. By the time you read this I will have replied individually to all your emails to the editor on recycling. Keep the questions coming...

I really enjoy the challenge of the questions you send me. This month I will share with you two of the questions I received.

What can I do with old towels, bed linen, clothes, etc?

You will be pleased to know there are a number of options open to you.

You can contact the Cats Protection at Chelwood Gate 01825 741 330 as they are often looking for old towels and bedding they can use for their stray cats.

You can take them to a charity shop. As you know charity shops accept good quality items they can resell, but did you know that charity shops also accept 'rags'. This is the term used to describe old worn clothes that cannot be sold in the shops. These are collected and sold to the rag industry where they are shredded, cleaned and used as filling for, amongst other things, car seats. Next time you are sitting in a car you are almost certainly sitting on someone's old clothes!

You can take them all to the Household Waste Recycling Site in Burgess Hill or East Grinstead, where you will find a specific bay for your items. These are also sold to the rag industry, but the money goes to WSCC for essential services.

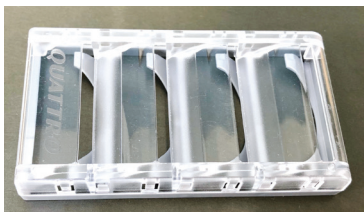
Do you remember rag and bone men? Well, it is the same trade, but without the horse and cart!

You can take them to the many clothes banks you will see around Haywards Heath. You can find them at Sainsburys in the car park immediately to the right as you drive in, or outside many local shops.

The important thing is NOT put them into your kerbside recycling bin or your kerbside rubbish bin as they cannot be recycled through that mechanical process.

How can I recycle the plastic holder my razor blades are packed in (see photo)?

This type of plastic cannot be recycled in your kerbside recycling bin but do put into your black top rubbish bin and all the plastics and paper are extracted and turned into RDF - Refuse derived Fuel that is then sold to industry. This way they do not end up in landfill.



Keep Recycling.

Haywards Heath Lions Club Jumble Sale

11th May 2019

12pm – 2pm

King Edward Hall, High Street, Lindfield

Jumble Sale is at the King Edward Hall, Lindfield, on Saturday 11th May at 12noon in aid of Haywards Health Lions Club. There will be lots of good quality bric a brac, clothes, linen, books and toys. Also a tombola and refreshments, which will include home-made cakes. Donations of jumble will be much appreciated on the day at the Hall from 9am or for collection in advance please call 07711 018479.


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Pond Island Discs

By Ayesha Gilani

Glyndebourne Festival begins in May so we're shifting our focus to opera and classical music in general. Join us as we don our black tie, pop the Pond Island prosecco and kick back with a sublime selection of classical favourites from this month's castaways.



Kris Barnett
Violin Concerto in D Major
by Beethoven

"I never really liked classical music. I preferred stuff you could dance and sing to. Then, aged 25, I went to watch Nigel Kennedy playing this piece. He came on to the stage complete with earrings, make-up, spiky hair and ripped clothes. He received a standing ovation and I have loved this piece ever since."



Rob Ashley
O mio babbino caro by Puccini

"This aria was used in an episode of Charlie Brown and Snoopy, in which Woodstock saves the day by whistling the tune into a microphone so that Peppermint Paddy can win an ice-skating competition after her music cassette breaks. Moving stuff."



Emma Roderick
Lux Aurumque by Eric Whitacre
"I am totally in awe of composer Eric Whitacre who is a contemporary composer of choral music, and I particularly love his piece Lux Aurumque that was composed in the year 2000. He actually performed it in 2009 with a 'virtual choir' made up of people singing in their bedrooms being conducted by him remotely... the sounds weird...but is actually amazing to watch and listen to!"



Ali Steynor
Serenade to Music
by Vaughan Williams

"I love almost everything Ralph Vaughan Williams wrote. His trademark sumptuous harmonies, combined with beautiful orchestration create a stunning blend of instruments and voices. I have lovely memories of attempting to do one of the vocal parts justice! The piece lifts my mood, every time."



John Barling
In the Hall of the Mountain King from
Peer Gynt Suite by Edvard Grieg

"The drama and excitement of this piece, composed in 1875 as incidental music to Henrik Ibsen's play Peer Gynt, always intrigued me as a kid. It reminded me of the same drama, excitement and crescendo of Disney's Sorcerer's Apprentice. If anything would have inspired me to become an orchestral musician this piece by Grieg would have been it - alas, it was not to be!"



Santiago Carvalho
The Six Cello Suites by Bach

"I was 9-years-old when an Italian cellist came to my home town of Sao Joao del Rei in Brazil. He played the Prelude from Suite No. 1 in G major by Bach. I was completely captivated by this piece of music, his playing and the cello. I fell in love with it all and knew straight away that this was the instrument for me. I have been playing cello ever since and it's been a partnership that has taken me all over the world."

Back to basics

SIMPLY GOOD FOOD

Blueberry and polenta cake

Preheat oven 180°. Butter a 23cm round loose-bottomed pan. Put 110g instant polenta, 225g plain flour, 1½tsp baking powder, 150g caster sugar and the grated zest of 1 large orange into the processor. Briefly buzz to combine, add 150g cubed butter and buzz to crumbs (or rub in with fingertips). Mix 1 egg with 1tbs orange juice and 1tbs rapeseed oil. Add to the processor and buzz to combine the ingredients. Press ¾ into the base of the pan. Toss 350g blueberries with 25g demerara sugar and 2tsp polenta, spoon on to the base layer and crumble the remaining dough over the top. Bake for 45-50 min and allow to cool for at least 20 min before removing the sides of the pan. Sift some icing sugar on top for decoration.

Cranberry flapjacks

Preheat oven 180°. Line a 20cm square baking tin. Into a pan measure 150g butter, 150g light soft brown sugar, 4tbs agave syrup or liquid honey and warm over a gentle heat to melt the butter. Stir in 300g coarse porridge oats, 50g dried cranberries and 50g sunflower seeds. Tip into the pan and lightly press down with your fingers. Bake 25-30 min until golden brown. Cool in the tin then cut into fingers.

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By Caroline Young

The words healthy and vegetables plus several other cookery terms beginning with a “v” seem to appear in the headlines of many food articles these days plus we are nearing the time when many of us are asked for edible contributions to fundraising events. How about combining the two – including unexpected healthy ingredients in delicious baked items. Here are my suggestions.



Carrot and pineapple cake

Preheat oven 180°. Butter a 23x32cm shallow baking tin. Tip a 432g can of crushed pineapple into a strainer to remove the juice. Coarsely grate 225g peeled carrots. Put 225ml rapeseed oil, 275g soft brown sugar and 4 eggs into a bowl and stir to combine. Sieve over 150g plain flour, 150g wholemeal flour, 2tsp bicarbonate of soda and 2tsp cinnamon. Tip any grain remaining in the sieve into the bowl. Beat to a smooth batter. Fold in the carrots, the drained pineapple and 75g broken walnuts. Tip into the prepared pan, smooth the top and bake for 45-60 min until the cake tests cooked. Cool in pan and cut into 12 pieces.

Potato and chive bread

Preheat oven 230°. Butter and base line a 900ml bread tin. Boil, drain and mash 175g potatoes. Measure 225g strong flour, 10ml baking powder and a pinch of salt in a bowl. Add the cooled mashed potatoes and rub in with fingertips. Stir in 1tbs rapeseed oil and 200ml cold vegetable stock. Tip into the prepared tin and bake for about 25 min or until the bread sounds hollow when tapped on the bottom. Cool on a wire rack.

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Surviving or Thriving – an exhibition on plants and us

A specially curated exhibition about the state of the world's plants and what this means for us, based on Kew's pioneering annual science reports, is now open in the atrium of the Millennium Seed Bank at Wakehurst in Ardingly.

This exhibition brings Kew's State of the World's Plants reports to life in a fascinating and engaging way.

Games, film, sound, models and a futuristic garden tell the story of why some plants are only surviving while others are thriving.

Plants are in crisis – but it isn't all bad. We're still discovering 2,000 new species a year. Some may be edible, some may be medicinal, and this exhibition showcases many of the reasons why plants matter so much.

There are fascinating stories about the vital roles of fungi too – from a fungus that breaks down plastics to one which provides the ingredients to make Lego bricks.

Exhibition highlights include a garden in 2050, showing plants that are likely to thrive in a hotter climate, and an audio backdrop showing the dramatic change in birdsong in a Californian forest from 2004 and 2014.

There is also a 3D touch table, where you can peel



back the layers of an everyday banana and a wild banana to see how much has changed since we 'domesticated' it. What are those little threads that sit between the peel and flesh of a banana? You'll have to visit to find out.

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Finding homes for feline friends

The National Cat Adoption Centre (NCAC) in Chelwood Gate is set in 51 acres of outstanding natural beauty in the heart of the Ashdown Forest. It is the perfect place to take a break, with our wonderful café, or to go for a walk and take in the peaceful scenery. You can visit our nature trail, and we also have a picturesque lake, where you can sit on benches nearby and while away a minute or two, and we are blessed to have a herd of Hebridean sheep grazing on the land.



Through our wonderful relationship with The Donkey Sanctuary, we have three resident donkeys on-site: Star, Holly and Twinkle. We have trained volunteers who look after their every need. The donkeys welcome visitors, so why not pop up to see them?

We have a gift shop selling a wide range of cat-related goods, giftware and cards. Our café sells a wide range of home-made cakes, serves a varied selection of teas and coffees and provides hot and cold food using locally sourced ingredients. All proceeds at the café and shop go to our registered charity, Cats Protection, to help us to help more cats.

The NCAC, the largest cat adoption centre in the UK, is home to anything up to 500 cats and kittens, all looking for a loving new home. Whether you are looking for a tabby, tortie, a young kitten or an older cat, you can feel

safe in the knowledge that these cats will have been given the best possible care. We have a cat for every home, so why not consider a rescue cat and give them another chance of happiness?

We also have cats here who are looking for a more 'outdoorsy' set-up in their new home, so if you can offer this sort of home please do contact us for more information.

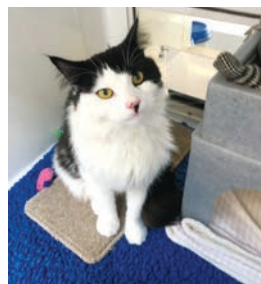
All of our cats, on adoption, have been vaccinated, microchipped, neutered, regularly flea and wormed, and had a full health check by our vet. They also come with four weeks free pet insurance, so you really can adopt with confidence, all for the adoption fee of £80.

The adoption centre also plays an invaluable part in our education programme conducting talks and tours to schools, local community groups and coach parties. There's always something going on at the centre such as boot sales, fun days, fairs and children's birthday parties. Please visit our website for more details: www.ncac.cats.org.uk

Our next upcoming event is our spectacular Summer Fun Day on 7th July. It will be full of entertainment features, Earthquake Drummers, Renshinkan Karate England, BMVocals and Redhurst School of Dance. We will have stalls, games, tours of the centre, raffle, tombola, face-painting, BBQ and beer tent and so much more.

A visit to the National Cat Adoption Centre will certainly be one to remember!

If you are interested in helping the cats at the NCAC and would like to volunteer, please visit our website for more details: www.ncac.cats.org.uk. We have lots of volunteer roles available.





Bedales: A different kind of school

LINDFIELD HISTORY

Hidden between the A272 and the road from Lindfield towards Scaynes Hill stands Bedales, a grand house with its origins in Elizabethan times. It is perhaps an unlikely location for the founding of a revolution in education.

In 1893 John Haden Badley, aged 28, rented the house and founded Bedales School as a humane alternative to the authoritarian and harsh regimes typical of late Victorian public schools. His vision was to establish a co-educational boarding school for nine to 18 year olds with the ethos of 'head, hand and heart' and the development of 'intelligence, initiative and individuality' within a sense of community. The education provided was to be profoundly different from that available at other schools. It was not until decades later that schools such as Steiner and Montessori were founded with a not dissimilar ethos. On formation, Bedales School was groundbreaking.

Corporal punishment, so prevalent in all other

schools, did not feature; instead pupils had to run up and down the drive for the required number of times. Whilst the regime was described as humane, school life was by no means soft.

The dormitories' windows were kept open in all weathers, and before getting into bed washing water was poured into the hip baths under an open window. Not infrequently, in consequence, a sheet of ice had to be removed in the morning before washing. A run to Scaynes Hill before breakfast followed, then bed-making. It was essential to make the bed correctly, failure resulted in bedding being thrown on to the floor. Boot cleaning also required exacting standards.

Lessons were held each morning except Sunday, with a curriculum that included Latin, French, German, Ancient History, Classics and Surveying plus, unusually, free study time. Behind the house was the stable yard with a fine range of buildings that contained



the woodworking room, chemistry laboratory and natural history laboratory.

Three afternoons a week were devoted to sports, swimming, football or cricket, initially on a pitch levelled by the boys. If wet, a run to Chailey Common. The remaining afternoons were spent learning practical skills like woodworking and undertaking outdoor work such as gardening, digging, hoeing, lawn cutting, haymaking, gathering leaves and renovating school buildings. Not to mention the weekly taskforce detailed to clean the earth closets!

A stream running through the school grounds was dammed with clay and wood to make the bathing pool about six feet deep, including the deep muddy bottom. It was equipped with diving boards and touching the bottom was to be avoided at all costs!

Outdoor activities at weekends included expeditions and bicycle outings to explore Ashdown Forest, the South Downs and local countryside in quest of wild flowers, bird's eggs and village churches for sketching and brass rubbing.

Pupils regarded Bedales as standing supreme for the quality of its food; the mushrooms and asparagus in their respective seasons being particularly unforgettable. The feeling of semi-starvation experienced by pupils at their previous boarding schools was not repeated. At dinner Mr and Mrs Badley sat at the High Table on a raised dais in front of the oriel window, with seniors taking it in turn to eat with them. Regarded as a privilege, it was nevertheless a daunting experience.

After dinner, the evenings in the hall were spent on fireside chats, rehearsing plays, readings from the classics and music making. Between 7pm and 7.30pm each evening the whole school sang; mainly parts out of Tannhauser, Gaudeamus and the Messiah. On Sunday evenings the school came together for The Jaw led by John Badley. Similar to an old style school assembly, The Jaw comprised prayers, readings and a talk giving an insight into the ways of the world, a moral perspective on issues of the day and other weighty topics.

A compulsory and formal procedure before going to bed each night was 'Handshaking' when all pupils had to advance in a single file and solemnly shake hands and wish 'Goodnight' with every member of the staff. The aim being to build a bond between pupil and teacher and to wipe the slate clean of any misdemeanour that occurred during the day. This ritual still takes place at Bedales School, albeit with vastly more students, and, similarly, the Sunday evening 'Jaw' remains a feature of school life.

John Badley's vision of a co-education boarding school educating both sexes together was finally realised in 1898 when a girl's boarding house was established in Scaynes Hill. Eight girls formed the first year's intake. The girls participated on equal terms in all activities, the only differences being they had breakfast in their boarding house before walking the half mile to school. On arrival they were closely inspected by the formidable Miss Withers, the Matron. Also the girls had to be called by their first names while surnames continued for boys.



In the beginning the girls were not welcomed by the boys, and neither sexes had experienced being taught together. After a short period of initial shyness no notice was taken either by the boys nor girls of each other.

In addition to establishing the girls' boarding house, the increasing number of boys required another boarding house and Lyoth House, about half a mile from the school, was acquired. It was in poor condition and the boys undertook the redecoration. Like the rest of the school it was lit by gas lamps and all water had to be drawn from the well.

With increasing pupil numbers it was not long before it became apparent that the school required larger premises. In 1899 John Badley acquired a 120 acre estate at Steep, near Petersfield, Hampshire, and set about building a purpose-built school. After seven successful years in Scaynes Hill, the school and its nearly 50 pupils moved in 1900 to its new home, retaining the Bedales name.

The school has expanded beyond recognition from its early days in Scaynes Hill and continues to thrive encompassing the revolutionary approach to education pioneered by John Badley. A Royal seal of approval was achieved when Princess Margaret chose Bedales School for the education of her children. Scaynes Hill should be justly proud of having hosted the school during its formative years.

Contact Lindfield History Project Group on 01444 482136 or visit www.lindfieldhistory.org.uk



Village Day: 1st June

Lindfield Village Day will take place, as usual, on the last Saturday of the May Half Term - Saturday 1st June. Plans are now being finalised by the team of volunteers running the event on behalf of the King Edward Hall.

The theme for this year's procession - which starts at Hickmans Lane Playing Fields and moves down the High Street to the Common - will be 'Fiction and Fairytales'. So anyone seeking to take part can be as creative as they like! Walking and vehicular floats must assemble at Hickmans Lane for 12.15pm.

There will be over 100 stalls on the Common from midday, where there will also be entertainment in the arena, a dog show and, of course, the Firing of the Anvil to start the event officially.

More details in next month's Lindfield Life magazine.

Lions quiz raises £1k

A Quiz Night organised by members of Haywards Heath Lions Club has raised £1,000 for the Horsted Keynes based charity Friends of Chernobyl's Children.

Held at the Woodside Centre in Bolnore Village, the Grand Quiz attracted 13 local teams.

Members of the Lions Club recently presented the cheque to representative from Friends of Chernobyl's Children.

The organisers would like to thank all the teams that supported the quiz and the Woodside Centre and staff for hosting but in particular the following sponsors: P&H Gallagher, Mike Oliver Associates, Bumpers Accident Repair Centre, Mobile Commercials Ltd, The Clinic - Dental Facial and MS Tiling Services who not only supported the event but entered teams as well.

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New race director takes the helm for Triathlon

The Mid Sussex Triathlon returns to The Triangle Leisure Centre in Burgess Hill on 9th June, with a new race director overseeing this popular local event.

The triathlon has been held at The Triangle every year since 2001 and is organised and run by members of Mid Sussex Tri Club. It features a 400m swim in the Triangle pool, followed by a 25km bike ride round Burgess Hill and a 5km run. The relatively flat course appeals to newcomers and also offers a fast race for experienced athletes.

Jo Fleming, an experienced triathlete and coach at Mid Sussex Tri Club, has taken over the role of race director and is aiming to make this year's race the best yet.

Jo said: "This race is open to everyone. We love welcoming people of all sporting backgrounds, and we have a long tradition of encouraging novices to get to the start line. For the past two years we've also welcomed athletes with visual impairments. In 2019 we're bringing back a relay option, where competitors can complete one leg each, to make it even more accessible."

The family-friendly event welcomes competitors from beginners to experienced triathletes and

aims to be the friendliest triathlon in the region.

The emphasis is on a relaxed atmosphere, and club members turn out as marshals on the day to support the athletes.

The race is sponsored by several local businesses who provide funding and prizes, including Dinnages, Waitrose, Tesco, Wisdom Sports, flight simulation company CAE Simulation, The Tri Store in Eastbourne and events company Wild in Art, which was behind last year's successful Brighton snail sculptures.

Staff and students from Hurstpierpoint College will be manning the water stations on the route and will also be providing a band to entertain athletes as they cross the finish line.

The Triangle Leisure Centre is funding personalised race numbers for all athletes, so each competitor's name is printed on their number to encourage support from spectators.

Entry for the race is open to all, costing £37 per person (plus £5 per person for a race day licence). For more info or to sign up, visit www.midsussextriathlon.com

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Meet one of our local competitors: Hannah Droscher, age 33

Hannah moved to Lindfield in June 2018. She's been a keen runner for several years and took up triathlon less than a year ago; the Mid Sussex Tri will be her first triathlon event.

Why did you decide to do triathlon? I've been a member of a running club for years and had a long cycle commute across London, so triathlon felt like a natural next step.

What do you enjoy about it? Triathlon has given me the opportunity to learn more about swimming and I've loved learning how to transition from one discipline straight into another. I love the challenge of learning something new!

Did you previously do much sport before starting triathlon? I've always enjoyed sport. I tried everything at school, and outside of school I used to play stoolball. In my late teens I was selected from my local stoolball team to be part of the Mid-Sussex under-21s team, which was amazing! I joined my first running club after uni and have loved completing in 10k and half marathon races. I started cycling only a few years ago. My favourite big cycling trips were from St Malo to Montpellier, and from Bilbao to Barcelona. Alongside my training, I have always turned to yoga to smooth out the aches and pains.

Why did you choose to take part in Mid Sussex Triathlon? I joined the Mid Sussex Triathlon Club when I moved to Lindfield, and heard about their triathlon at a training session. Everyone spoke really highly of it; how friendly it is and how good it is for beginners like me. Lots of club members will be there on the day and, if the training sessions are anything to go by, the atmosphere will feel hugely supportive, which will help as I'm a bit nervous!

What training have you been doing? I've been going to as many of the club training sessions as I can, although it can be hard to fit it in when working full-time! On Monday evenings there's an indoor cycling session on the spin bikes. On Tuesday evenings I try to swim, and on Thursdays I join the club's running session followed by a swim. I have to drag myself along to swimming because I'm not a great swimmer, but the coaches have been really patient and give me something specific to work on each time I go. If I've skipped a few training sessions during the week, I do a Parkrun on Saturday morning to make up for it.

Are you aiming for a particular time or target? It's my first triathlon, so whatever time I finish in will be my personal best.

Is there anything you're particularly looking forward to about the race? Winning! (Only joking.) I'm looking forward to getting the swim out of the way, then getting outside into the sun for the rest of the course.

Anything you're not looking forward to? The pre-race nerves: I imagine they will be worse than a running race because there is so much more equipment to get



organised. My bike is a very heavy touring bike so I'm not looking forward to hills on the cycling route. If anyone reading this has an old road bike in their shed that they'd be willing to lend me, get in touch!

Want to take part alongside Hannah? Find out more and enter online at www.midsussextriathlon.com





Lifelong gift for the young

Year 5 pupils of six local schools are given the Dictionary 4 Life by the Rotary Club of Cuckfield and Lindfield. The title is more like an encyclopedia as it is full of illustrations and descriptions. Unlike online information sources, which are glanced at fleetingly, this book is something that the children treasure for many years.

The scheme has handed out some 250 books a year since 2008, so now over 2,500 children are the proud possessors of this remarkable work. Teachers appreciate the annual presentation at schools, including Lindfield and Blackthorns Primary and St Augustines in Scaynes Hill.

Photo: Rotarians John Davey and Chris Jupp hand out Dictionaries 4 Life at Lindfield Primary School

Science Festival returns

Grab your goggles, slip on a lab coat and get stuck into the Kew Science Festival at nearby Wakehurst.

This is the third Kew Science Festival at Wakehurst and is back by popular demand on 25th/26th May.

This year's scientific extravaganza will not only focus on the vital importance of conserving the world's plant biodiversity but will bring to life, for all ages, the crucial value of plant and fungal science.

The two-day festival is a rare chance to experience vital plant and fungal science first-hand and find out what Kew scientists are doing to protect rare and threatened species. Plus there's loads of hands-on experiments to try, and visitors can also enjoy 'Gastronaut: The Wildest Food Show on Earth' hosted by TV presenter Stefan Gates.

Set in and around the world-renowned Millennium Seed Bank, the festival features marquees on the lawns and will house an extensive programme with something to intrigue everyone.



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Celebrate the return of the bells!

By Sarah Beeston

The Bell and Clock Project at All Saints Church is nearing completion and we invite you to come and help us celebrate the return of the new bells. These are to be called The Queen Elizabeth Bells in recognition of the longevity of the reign of our current Queen, who has agreed to the new ring being named in her honour.

After Easter the four older listed bells, in their new frame, will be returned to the church and hung in the upper part of the tower. Then the new ring of eight – The Queen Elizabeth Bells – will be delivered. They will be on display in the church before they are hung in the tower. After that the church clock will be reinstalled and clock chimes re-established. Finally - by late May or early June - we will hear the bells ringing out again and be able to tell the time on the clock as we walk up the High Street!

Please join us on Saturday 4th May when The Queen Elizabeth Bells will be on display in the church from 10am to 5pm. It will be an opportunity for everyone to see the bells - normally heard and not seen! At 2pm there will be a Service of Dedication of these new bells after which tea and cakes will be served in the Tiger lounge. During the afternoon Handbells will be playing in the church as you continue to view the bells and find out more about them.

The display will continue on Sunday 5th May between 2-5pm and on Monday 6th May between 10am and 5pm.



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Pooch portraits

An award-winning Sussex photographer with strong links to Lindfield has been working closely with a rescue centre, to improve the chances of long-stay animals in finding a suitable forever home.

Nikki Goodeve, whose children go to school here, is a regular visitor to Raystede Centre for Animal Welfare in Ringmer and offered to help by taking professional portraits of dogs who often get overlooked.

Nikki said: "Photography is so powerful, I wanted to capture the personality of each dog so that their images really speak to you and portray the heart and soul of each subject."

Some dogs have been at Raystede for months and, with limited resources, the charity is only able to take basic snaps of each animal to post for rehoming. Nikki hopes these images will create interest online and on social media.

Footballers tackle mental health issues

The MSDC Wellbeing team and Places for People Leisure are working together to offer a new mental health support programme at The Triangle leisure centre in Burgess Hill.

Run by the Crawley Town Football Club Community Foundation, the 'Move the Goalposts' programme is open to anyone who is experiencing or has a history of mental health issues, including stress, anxiety or depression.

The programme provides an opportunity to meet new people in a welcoming environment. Sessions are split into two halves. The first hour is a chance for the group to talk about anything that may be troubling them or that they would like support with. The second half focuses on physical activity and often includes a friendly game of football.

Staff members from the CTFC Community Foundation are trained to offer guidance and support on physical and mental health matters. Joining the community encourages positivity, good mental health and improves overall well-being.

The group meets at Costa Coffee in the Triangle every Thursday at 10am. Anyone who is interested in taking part can either turn up on the day or call the Triangle Leisure Centre for more details.



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Race for Life open for all

This year, for the first time, Cancer Research UK is inviting everyone in the area to participate in their Race for Life and Pretty Muddy events – women, men and children. The charity is urging mums, dads, nans, grandpas, brothers, sisters, friends and workmates to show their support by joining the Race for Life. It's a perfect example of everyday people doing an extraordinary thing – uniting in a common cause to beat cancer.

You don't have to be sporty to take part. You don't need to train or compete against anyone else. All you need to do is go to the Race for Life website, pick an event, sign up and then have fun raising money in whatever way you like.

The closest Race for Life to Lindfield is in Crawley at Tilgate Park on 22nd and 23rd June. For more information see the website: <https://bit.ly/2VCiRrp>



Bring your poll card

Mid Sussex District Council is taking part in the Government's Voter ID pilot scheme. This means that everyone voting at a polling station on 2nd May is asked to bring their polling card with them as voter ID.

Poll cards have been arriving on doorsteps around the District for those registered to vote. Residents are being urged to keep their polling cards safe and remember to bring them along to the polling station.

If you lose your poll card, it must be cancelled and a new one can be issued. The latest time to reissue is 9pm on polling day, but at this stage you would need to collect it from the MSDC offices in Haywards Heath. A UK or EU driving licence or passport is also valid ID for the purposes of voting. For any enquiries please contact Electoral Services on 01444 477222.

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Farming goes full circle

When Tom Morpew left school at 16 to begin a horticulture apprenticeship at a farm in Walstead he could never have imagined that 20 years later he would be running the country's first food waste farming project from land next door.

Tom's journey has brought him full circle - from discovering a passion for growing, to managing high profile landscaping projects in London, to returning to Lindfield to grow fruit, vegetables and herbs for some of the country's top chefs and restaurants.

Tom explained how returning to his roots in Sussex has brought him fulfilment and a better quality of life, and how he hopes the sustainability ethos behind Full Circle Farms will be an inspiration for others.

By Claire Cooper

"Two years ago I was a project manager in London working in the commercial landscape department on a £3.5 billion project in Elephant and Castle," said Tom. "Life was highly stressful. I would leave home at 5am and not return until 7pm. I had two little boys at home and was missing out big time."

Keen to find a way out of the rat race, and to enjoy a better quality of life, Tom began to explore an idea of recycling food waste into compost which could then be used to grow fruit and vegetables.

"I had tried to do something similar by introducing a community growing project in one of the London parks I looked after, but it never really got off the ground," said Tom. "But I knew it was an idea which could work."

Following a conversation with the farmer at Walstead Farm, where he had worked as an apprentice, Tom was delighted to find that land next door was available and Full Circle Farms was born.

"The idea is really simple," said Tom. "We rent plots of land to restaurants and work with chefs to grow and deliver the best produce for them, fresh from the farm."

"We also collect food waste from restaurants to produce compost, which is then used to grow the following year's crops."

Before long Full Circle Farms had outgrown the land at Walstead as word had spread and more restaurants and chefs were keen to come on board. "We've gone from one acre to 11 acres in just six months," said Tom. "We have a seven acre farm in Danehill, greenhouses in Fletching and 'Garlicland' in Ardingly where we aim to start work soon."

"The good thing about having several farms is that we can grow backup crops. If one crop fails, we have another site where the crop is thriving. We are always on the lookout for signs of pests and diseases, and of course the birds love what we do - I think we have the most obese pigeons in Sussex!"

Each year the Full Circle team sows thousands of seeds and plants around 600,000 plug plants all by hand. The more tender crops are grown in polytunnels all made from recycled materials

"We grow a full range of basic crops as well as whatever the chefs' request and what is currently popular," said Tom. "Last year we grew five tonnes of butternut squash and a mountain of kale."

"This year we are aiming to grow 15 tonnes of butternut squash and around 15 tonnes of different types of beetroot."

Alongside the traditional vegetables, Tom is experimenting with chillies, aubergines, finger limes and Portuguese cabbage. "It's a horticulturalist's dream to

grow interesting and exciting new varieties," he said.

"We harvest from Monday to Thursday and deliver on Tuesdays and Fridays – offering a delivery service under 24 hours. Nobody else can match that!"

Customers include world class chefs, including Robin Gill, Patrick Powell and Tom Aikens, and restaurants range from Silo, Murmur and 64degrees in Brighton to Etch and V & H café in Hove.

"Chefs love to come to visit us," said Tom. "It's a great opportunity to experience horticulture and farming, and see how we produce the amazing flavours and textures they love! When they arrive we sometimes ask them to taste our produce and then taste and compare different products from supermarkets. The difference speaks for itself!"

Last year Full Circle Farms was featured on BBC's Saturday Kitchen and Tom was interviewed by chef Robin Gill.

The farm produces its own honey from six bee hives and, once staff have completed beekeeping courses, Tom hopes to expand to around 20 hives. Other plans include introducing an edible flower meadow.

The business took off after Tom entered into a partnership with Pale Green Dot food waste collection service, which specialises in collecting food and biodegradable waste from commercial kitchens across London and now Brighton.

"The food waste we collect is taken to an anaerobic digestion plant where it is transformed into energy and fertiliser, or to a composting facility," said Tom. "The resulting compost or fertiliser is distributed to local farms, including our own, where it is used to grow another season of fresh produce."

"We make it easy for companies to do their bit for the planet, simply, efficiently and reliably and now recycle around 7.5 tonnes of food waste some of which we can compost on our farms."

"We are also introducing new systems to create compost which incorporate forcing air into the heaps and introducing effective microorganisms."

Tom is looking to expand the collection service. "We'll start working with Wakehurst Place in the next few days, as well as hotel chains and department stores across London and Brighton, which is very exciting."

"We are very proud of what we do and, as far as I know, we're the only farm in England doing this – growing food on food waste – it's a closed loop system with the minerals all going back into the soil."

Tom is also passionate about introducing young people to horticulture. He's already working with students at Oathall Community College, his former school, and with school farm manager John Blackholly (Tom's former PE teacher).

Students come and work on the farm during the week and Tom is hoping to introduce an NVQ in

horticulture. "School wasn't a welcoming place for me," Tom recalled. "Being dyslexic I found it hard to meet the levels expected, and I constantly felt that I was failing in education. One of the hardest things was knowing what I wanted to do, but never given the opportunity at school to achieve my potential."

"Completing an NVQ in horticulture would have enabled me to succeed in education and increased my self-esteem, which ultimately would have impacted other subjects."

"I'd like students to come here and learn. Who knows, in a couple of years we could be growing our own farmers!"

Tom's current team of farmers is as diverse as the produce he grows! "Several staff have joined after coming into contact with Full Circle Farm and wanting to join us," said Tom. "They include a Hove café owner who is passionate about locally grown food, and a butcher's delivery driver."

"We also have a former train driver who enjoys the therapeutic benefits of working outside and chefs who bring their knowledge of the best times to harvest particular crops. There's six of us here now – it really is like a family."

"We have employment opportunities all the time and are currently looking for around 15 staff, including farm managers. We need people with the right attitude - in return we provide an opportunity to have fun working outdoors and learn all about growing food."

Tom is also keen to encourage older people to visit the farm and to promote the therapeutic benefits of horticulture. "We hear so much about the increase in loneliness and depression," said Tom. "The farm is a wonderful place to come and enjoy being outdoors – from the satisfaction of watching your plants grow and eating the produce to just experiencing the sights, sounds and fresh air!"

"Eventually I'd like to provide a facility here for groups to come and spend a few hours with us," added Tom, who is also looking to offer Therapeutic Horticulture.

"Horticulture is a wonderfully flexible medium that can transform lives. Here at Full Circle farming we see first-hand how gardening can help everyone, regardless of age or disability."

It's clear that Tom is now reaping the benefits of working on the land and enjoying spending more time with his family. "This place is really special to me," he said. "Twenty years ago I used to ride my bike to this farm – it's where I started my horticultural career. I bought my first car from here too!"

"It's clear to see my sons loving it here too! We often have family picnics and dinners on the farm, and Freddie had his birthday party here last year, when his friends became 'mini farmers' for a day."

"It couldn't really get any better. It's a dream come true."





Where does our recycling go?

Back in January recycling guru Colin McFarlin set our readers a challenge, which resulted in the winner getting a behind the scenes tour of the state-of-the-art recycling facility deep in the heart of West Sussex. Lindfield resident Jane Worrell was the winner and writes of what she found...

My first impression of the Ford Materials Recycling Facility (MRF) was that it looked like an enormous aircraft hangar. The site operated as an airfield between 1918 and 1980, so this was quite apposite.

Our group was met in the foyer and ushered upstairs to a large classroom by Jo Norman, Education and Communications Officer for Viridor. Jo explained that Ford MRF is operated by Viridor on behalf of West Sussex County Council (WSSCC) under a 29 year contract. We watched a video which showed the processes by which the contents of our recycling bins are mechanically sorted into different material types. These are then compressed and baled and sent on to be further processed. The resulting materials are sold to manufacturers to be made into new goods.

Then came the moment for which we had all been waiting – dressing up in high vis jackets, gloves, safety glasses, helmets with ear defenders and built-in microphones and, last of all, clumping steel-capped boots. Jo led us up metal staircases, walkways and on to a viewing platform overlooking a mass of moving conveyor belts and a large rotating, perforated drum (trommel). Using a green light beam as a pointer, she explained what was happening below us. The plant operates 24 hours a day, with just a four hour break for cleaning and maintenance.

We left the viewing platform and walked outside. Piled into large bays were heaps of the sorted glass, smashed and looking like multi-coloured stones. Queueing along the edge of the driveway were several vast lorries, bringing in recyclable material from the network of Transfer Stations throughout West Sussex.



We stepped into a large open hangar-like building containing huge bales of sorted, compressed tins, plastic bottles, cardboard and paper. Rushing around picking up these bales were agile little clamper trucks. In one corner were bundles of plastic bottles, each one with its lid still screwed on.

This was the end of our tour. We had learnt about and witnessed the first steps of the journey whereby the contents of our recycling bins are eventually transformed into new material and goods.

Each household in West Sussex produces roughly 1 ton of rubbish every year.

Our general rubbish bin still contains over 20% of recyclable material which means West Sussex residents throw away 32,000 tonnes of recycling in the wrong bin.

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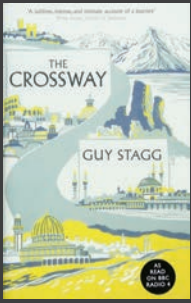
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The Crossway by Guy Stagg

BOOK REVIEW

By Cavan Wood

Guy Stagg is a very honest author. A recovering alcoholic who had had a mental breakdown, he determined that part of his healing would be to undertake a pilgrimage. He set off for Canterbury from London then decided to go further, walking across Europe to Rome, then on to Italy, Turkey and eventually on to Israel. Stagg was struck by the generous nature of the many different types of religious people, yet this did not make him embrace the theologies he encounters.

He is able to observe people fairly who make decisions to become religious. One encounter with men who have converted to Greek Orthodox Christianity is described with fairness and insight. When so many non-religious writers have become violently anti-religious, Stagg can see how important spirituality is, even if he cannot fully share it. The book would have benefitted from cutting a few pages, but overall this has a lot to say and to make us think.

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Until the Last Light Fades by Tom Becker

BOOK REVIEW

By Gus Wilder

A page-turner that won't let you sleep at night. You just can't stop reading it!

This 'who-dunnit' play tells the story of mystery upon mystery on a remote island called The Bluffs. When a young junior ship clerk arrives, everyone stops and thinks: Why is he here? What is he doing? Will the people of the island react, or will they just carry on with their lives?

This is not only a puzzling read but also a fantastic short story. Tom Becker creates lies, lies and more lies to try and throw the reader off. While I was reading the play, it certainly worked. I would personally recommend this play to people aged ten and above, and I would easily give this play a five star review. It is fantastic. Overall, this play is a page-turner that won't let you sleep at night. You just can't stop reading it!

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Of seeds and pods and cones!

By Sarah Beeston

When Prince Charles opened the Kew Millennium Seed Bank at Wakehurst in 2000 he declared it to be a 'Gold Reserve'. Little did Barbara Hoy and Paula Richardson know that in June last year they would be displaying an installation with such a title at the Chichester Cathedral Festival of Flowers.

In fact it was only in 1996 and 2000 that Barbara and Paula respectively had become interested in flower arranging. In the years since then each of them has pursued this interest through different avenues available to them, through courses, through clubs, such as the Lindfield Flower Club; through personal interest and initiative. Barbara was part of the All Saints Church team which displayed at the Chichester Flower Festival in 2016, and when the church was invited to take part in the 2018 Festival Barbara and Paula were the two who were able to give time to the task of illustrating the Millennium Seed Bank at Wakehurst - a veritable 'Gold Reserve'. So began their greatest challenge and their quest to gather seeds and pods and cones - lots and lots of them!

It took them a year to research, resource, design and construct the amazing installation which was first shown at Chichester and then reassembled for display at All Saints Church during their 'Come and See' week in February this year. There, taking pride of place in the Sanctuary, was the 'Gold Reserve'. I was mesmerised by it! I went back - again and again - and wondered how anyone could create such a beautiful and compelling piece of work. There was only one way to find out and so I sat down with the designers and picked their brains.

'Where did you start?' was my first question to the pair: "With research and resourcing," Paula explained to me. Internet research revealed seed banks all over the world; but of the many, the largest wild plant seed bank in the world lies on our doorstep at Wakehurst and partners with 80 countries worldwide. The mission of each is to provide insurance in the face of climate change, fire, floods and other natural disasters. In addition, seeds are being harvested in order to develop

food crops and medicines and to improve crops in countries hard-hit by extreme climates.

There were 300 pods seated in the yellow *Craspedia* centerpiece, each one individually glued in place!

So, what about resourcing the 37 different seeds, pods and cones which go to make up the display?

They were gathered from a range of diverse sources. From Sainsbury's to allotments: from Hobbycraft to Lindfield twittens. They were gathered, some were sprayed, then they were glued in place. All materials had to be natural: hessian, seed-bags from Kew, paper bags. All were gathered in - and then they 'played'.

Their starting point, the context, was a given: in Chichester it was a tomb, with a marble backdrop (The Bishop Hook Memorial), and in Lindfield it was a table in front of a wooden screen. Their guiding design principles concerned space, height, colour, texture and repetition. They worked at different levels: the central display at table level was surrounded by a narrow lower level and embraced by a pedestal on either side. This provided potential for the desired repetitive links between as well as within the levels. Every seed, pod and cone on the table is also found at the lower level and, or, on a pedestal. Height, colour, texture were another thing! Wires and sticks and tea-light holders were brought into play. This process of creativity was apparently a matter of 'playing' - of trial and error - made to sound so simple but requiring a high level of skill, experience and sheer artistry.

What of the viewers who stood and gazed at this installation? I can only speak for myself in saying that it made a deep impression on me. I loved the sheer beauty of the design; I have a huge respect for the artistry of the designers.

I anticipate that in future, as I walk in Wakehurst and elsewhere, I will tread more carefully, with my eyes more open to my surroundings. And harvest hymns will have a deeper meaning as I remember once more that without seed-time there would be no harvest!

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Holiday snaps

We love seeing your copy of Lindfield Life getting around the world, so do please take a snap and email it in to photos@lindfieldlife.co.uk - thanks!



Mike and Tracey Webster here at Smokeyjacks Brickpit on a Fossil Hunt



The Ashley Family on Ellis Island, New York



Gavin Deeble at Treasure Island in Vegas



Irene Cambers at Lone Pine Koala Sanctuary, Brisbane, Australia




Chris Lee and Peter Desmond at the Climate Reality Training with Al Gore in Atlanta, USA



John and Wendy Dumbleton grabbing some March sunshine in Gran Canaria



Chris & Ali Steynor and family in Barbados



Presents a comedy double-bill

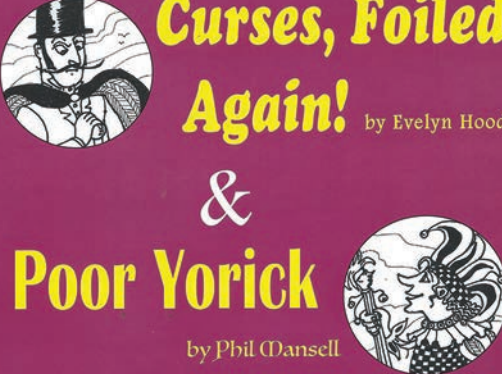
Curses, Foiled Again!

by Evelyn Hood

&

Poor Yorick

by Phil Mansell



King Edward Hall, Lindfield

Fri May 24 at 8pm Sat May 25 2.30pm and 8pm

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Ultimate family day out

READER COMPETITION

Heralded as 'THE' ultimate family day out in the South, the South of England Show is returning this year from 6th-8th June and we have two pairs of adult tickets to give away in this exciting competition (accompanying children under 16 go free!).

Taking place at the iconic South of England Showground in Ardingly since 1967, the annual event has become a 'must attend date' spot in the family calendar offering people of all ages a varied programme of entertainment and a chance to reconnect with the countryside.

This year's three-day programme features the popular agricultural and equestrian competitions and displays, alongside rural crafts and an abundance of food, drink and shopping opportunities.

Children will enjoy watching Shetland ponies go head to head in their own mini Grand National, or piggies performing in the piggy pranks obstacle course.

In the Heritage Zone they will be able to experience life as a Saxon or Norman and watch thrilling battle re-enactments, while the Discover the Countryside area offers pond dipping, birds of prey and the chance to meet some water buffalo.

The youngest members of the family can explore The Gruffalo Wood and meet the beloved storybook character himself (subject to appearance times).

Parents and grandparents can enjoy the thrilling spectacle of the Bolddog Lings motorcycle stunt display or visit the new for 2019 Wine Walk where they can sample the wine and learn about the fabulous vineyards right on our doorstep.

Even the teenagers will enjoy the event with many an 'instagramable moments' to capture with the show's music stage hosting sensational artists from East Sussex College.

Iain Nicol, CEO of the South of England Agricultural Society (SEAS), said: "Every year we welcome thousands of visitors to The South of England Show and this year we're expecting a record 70,000+ guests over the weekend."

He added that the SEAS is a charity and the annual show raises vital funds to support people with an interest or involvement in agriculture and other related land-based industries. "From inspiring schoolchildren to learn about the land, to offering travel bursaries for people working in the farming sector or helping with

funding towards agricultural research - we want people to know that when they visit The South of England Show they will also be supporting these fantastic projects and people across the South East," he said.

To win a pair of tickets to this year's show just answer the following question: In what year was the very first South of England Show held? Email your answer to: competition@lindfieldlife.co.uk. Don't forget to include your name and contact telephone number. The closing date for entries is 7th May 2019.

Tickets for the South of England Show 2019 are available from www.seas.org.uk and can be bought online in advance for a 10% discount. Tickets cost £22 for adults, £20 for senior citizens/students, and under 16s go free with a paying adult.

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Birchanger Open Garden for weekend

The Worrall family are opening their garden in support of two charities later this month.

The beautiful seven acre garden with magnificent displays of azaleas, rhododendrons, camellias and magnolias includes a grassy avenue and lily pond. It is only open for a few weekends each year.

On Saturday 11th May Birchanger Gardens will be open from 2-5.30pm to raise funds for Macmillan Cancer Support. The following day, Sunday 12th May, St Catherine's Hospice will be the charitable recipient as it will be open for the same times.

Both events have an entrance fee of £5 per adult, children are free and dogs are welcome on leads. Home-made cakes and refreshments will be served on both days too.

Birchanger is situated two miles north of Balcombe, follow SatNav for RH17 6JY, follow signposts on the day.

Lindfield lad wins Lioness tickets



Lindfield football enthusiast Gethin Holbrook bagged himself a perfect goal when he won last month's reader competition for a set of four tickets to see the England Lionesses play at the Amex Stadium in June. Gethin's first person on his invite list was his dad! Enjoy the game Gethin – Ed.

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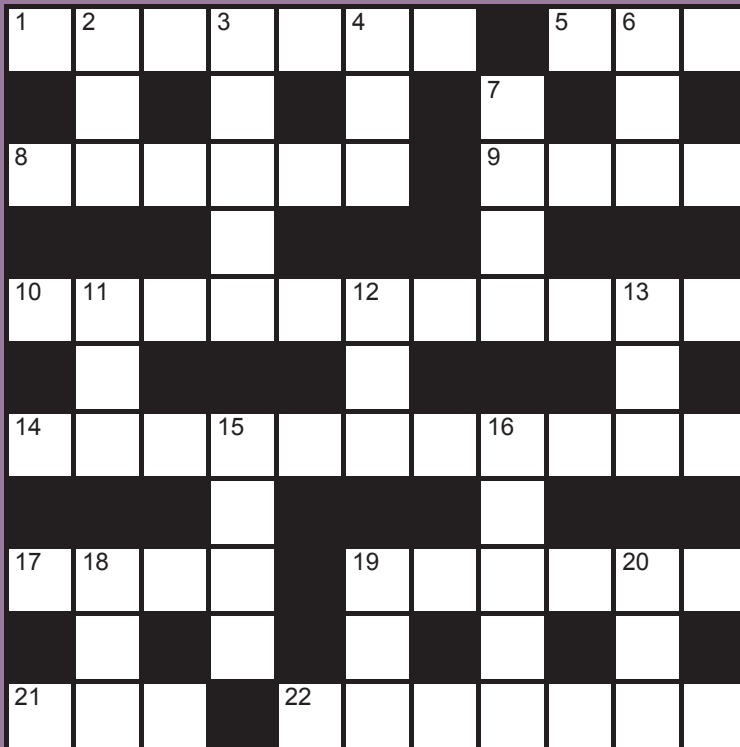
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Family crossword



Got 20 mins spare?
Have a go at this crossword - which should be varied enough for all ages to answer some clues.
Answers listed on p.75

Across

- 1 Psalm book (7)
- 5 Shelter (3)
- 8 Reflecting surface (6)
- 9 Test (4)
- 10 Manufacture in large quantities (4-7)
- 14 Fragments (4,3,4)
- 17 Couch (4)
- 19 Non meat-eater (6)
- 21 Pigpen (3)
- 22 Disrobe (7)

Down

- 2 Snow runner (3)
- 3 Songbirds (5)
- 4 Spike of corn (3)
- 6 Period of history (3)
- 7 Alcoholic drink of fermented honey (4)
- 11 Help (3)
- 12 Hurried (3)
- 13 Fish (3)
- 15 Smack (4)

- 16 Enthusiastic (5)
- 18 Plump (3)
- 19 Covered vehicle (3)
- 20 Belongs to it (3)

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Sudoku #34

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

Find the solution to #34 in next month's magazine

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

#33 Solution

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



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What's on this month

AT KING EDWARD HALL

May

- 2nd **Polling Station**
Supporting the District and Parish Council Elections
- 4th **Sale of Teak Garden Furniture**
- 8th **Lindfield Horticultural Society** –
Garden Forum (Tickets £5 for members; £6 for visitors, 01444 483236)
9 May Lindfield Evening WI – 7.30pm
NFWI Resolutions followed by a talk by Colin McFarlin 'Recycling in West Sussex'.
New members are very welcome (Contact: secretaryLEWI@gmail.com)
- 10th **Fundraising Quiz Night**
Organised by Rotary Club of Lindfield and Cuckfield (Carol Taylor 07919 351 816 or email: ctballet@hotmail.com)
- 11th **Haywards Heath Lions Club** – 12 – 2pm
Jumble Sale including refreshments, home-made cakes and tombola (Donations welcome on the day from 9am or for collection in advance please call 07711 018479)
- 11th **Lindfield Horticultural Society Coffee Morning** – (Pat Whetstone 01444 483236)
- 18th **Heber Opera** – 7.30pm
Performing Bellini's Opera Norma (Tickets: www.ticketsource.co.uk/heberopera)
- 23rd **Fisherman's Friends 12A** – 7.30pm
Film Show (Tickets, £6, from Tufnells)
- 24th- **Lindfield Dramatic Club** – 8pm
25th Presenting a comedy double-bill: Curses, Foiled Again! and Poor Yorik. Matinee on Saturday at 2.30pm. (Tickets from: Tufnells Home or buytickets.at/lindfielddramaticclub)
- 28th **Parish Meeting** – 8pm
(Parish Clerk 01444 484115)

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 e-mail on bookings@kingedwardhall.org.uk

AND ELSEWHERE

May

- 3rd **Messy Church** – 4-6pm
Lindfield URC - Includes games, crafts and Bible stories and dinner (Danny 07443 438970)
- 4th- **Mid Sussex Marathon Weekend**
6th (www.midsussexmarathonweekend.co.uk)
- 5th **May Farm Open Day** – 11am-3pm
Oathall Community College - Go along to see the new lambs. Refreshments available as well as plants and meat for sale in the shop (Free entry)
- 7th **NHS Retirement Fellowship** – 10.15am
Franklands Village Hall, Haywards Heath - AGM
- 9th **HH Ceramics Group** – 10am
Clair Hall, Haywards Heath - Mary White will give a talk on 'Beasts from the White Collection' (£8)
- 9th **Mid Sussex Asn National Trust** – 2.30pm
Clair Hall - Talk: 'Unexplained Mysteries and Cover-Ups' by Andy Thomas
- 15th **Mid-Sussex Franco-British Society** – 8pm
Clair Hall - Illustrated talk in French about English wine by Chris Foss (Barbara Stevens on 01444 452385)
- 15th **Arts Society Mid Sussex** – 10am
Clair Hall - Lecture: 'Three Great Families and their Gardens: The Astors, Rothschilds and Sackville Wests' by Caroline Rayman (£7)
- 24th- **Art Exhibition** – 10am-5pm
27th Ditchling Village Hall - Attic Art Club celebrate its 80th anniversary with exhibition (Admission free, www.atticartclub.co.uk)
- 24th **Messy Church** – 4 – 6pm
Lindfield URC
- 27th **Lindfield Village Run** – check-in from 8.30am
Hickmans Lane Playing Fields – 5k and 10k cross country runs (www.kingedwardhall.org.uk)
- 28th **Lindfield Flower Club** – 2.30pm
The Tiger, High Street - Talk 'Thinking of Holidays' by Eleanor Bracken (Note change of venue!)
- 31st **Quiz Night** – 7pm
The Old School, Cuckfield - Charity Quiz for St Catherine's Hospice, tables of six, meal included, BYO wine and glasses (tickets £12, Gaynor Kinchington 01444 440452)

June

- 1st **June Lindfield Village Day** – from 12noon
Starts with a procession down the High Street, followed by stalls and activities on Lindfield Common. More info next month...

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