

Lindfield Life

Inc. Scajnes Hill & Watstead

*Local village talk,
by the village*

January 2011 Issue #22

Happy New Year Lindfield!

King Edward Hall celebrates 100 years p.11

Lucy goes rambling p.18



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Lindfield Life



📷 Christina Chelmick - A frozen pond.
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HAPPY NEW YEAR to you! I hope that you enjoyed the festive season and that the joy outweighed the stress. I love the New Year. It always feels like a fresh start rather than just another day. I usually start it with good intentions rather than resolutions as it seems to lessen the guilt of any less than successful achievement!

We've got a great issue for you to kick off 2011. Quite by accident it has become a bit of a tribute to our wonderful village. As the King Edward Hall celebrates its Centenary we are reminded of its beginnings and we have been fortunate enough to have been sent in some memories of the hall and village life from a couple of ladies who are now living in South Africa and Canada. My thanks go to Kathleen Rusby for sending us these treasured memories. A newer resident, Virginia Salmon, has arrived from Zimbabwe and shares with us her first impressions and feelings on arriving here in the village. And finally Hereward Kaye, international musician, has made his home here and tells of his travels and life as a musician on the road.

In the run up to Christmas we heard a lot about BT's Race to Infinity campaign and a number of residents worked hard to get Lindfield voting. Alan Gomme would like to thank the village for its support and reports that good progress was made and we received a further prize for getting 500 votes by the end of November thanks to support from All Saints, The United Reformed Church, Lindfield Primary School and Great Walstead School. Canvassing on Christmas Festival Night on 7th December enabled the voting to pass through the 600 mark. The race finishes on 31st December and the final total for Lindfield will be published in the February issue. Here's hoping!

So as the New Year starts why not challenge yourself in 2011 – learn a new skill, take up a hobby or make it your pledge to do something for others. There is plenty on offer right here on our doorstep. And let us know what you get up to!

Best wishes for 2011. *Emma Tingley, Editorial Team*

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Christmas art competition winners

IN THE LEAD up to the Blackthorns Primary School Christmas Fair there was the annual Christmas Competition for the children to enter. Firstly, Key Stage One children were asked to decorate a picture of a Christmas cracker. The standard of entries was very high and it was difficult for our judges to decide. The winner was Jolan LeForestier (Year 1) with runners up Kitty Buxton, Daniel Childs and Will Spensley.

Key Stage Two children were asked to make a Christmas cracker and again the entries showed great talent! The winner was Isabelle Childs (Year 6) and the runners up were Hannah Newson, Douglas Poor and Joel Skey.

Each of the winners received a prize kindly donated by Artyfact in Lindfield. Grateful thanks go to them for their kind support. Winning entries and samples of those who came close were displayed at the Christmas Fair last month.



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Help for young actors

LAST MONTH a new group was started to support actors aged between 16-25 in Sussex. Sussex Actors Studio is an opportunity for emerging professionals, those young people who are about to take the first steps into professional theatre. Pioneered by local theatre director, Robin Belfield, with Jonathan Goodwin, Head of Performing Arts at Central Sussex College, they will be using facilities at The Hub Theatre in Haywards Heath. For more info contact www.robinbelfield.co.uk

Poppy Appeal raised more this year

Pauline Parkyns, Poppy Appeal Organiser

I WOULD LIKE to thank, most sincerely, the people of Lindfield for their generosity during the Poppy Appeal. Our village has raised £7,692 which is £500 more than last year. This has happened despite the belt tightening that many families are having to do, and also the atrocious weather that persisted during the two weeks of collection. My thanks also to the loyal collectors who braved the elements and achieved this amazing figure. I would like to thank our village shops, many of whom have boxes in store, for their continued support during the appeal weeks. Last but certainly not least our wonderful school children and the young people who stood at the War Memorial on Remembrance Sunday in the pouring rain to pay homage to the members of our village who lost their lives in two wars. The children read beautifully at the service and my thanks go to the teachers and parents for all their support. As I looked around our packed church my feelings were that Remembrance Tide is in very safe hands in this village. The huge amount raised by Lindfield villagers will make a big difference to the welfare and rehabilitation of injured service men and woman everywhere. Thank you.

LHS Christmas in January

By Rosemary Humphreys

WE WERE SORRY that weather conditions forced us to postpone the Lindfield Horticultural Society Christmas Social on 3rd December. This has now been re-scheduled for Saturday 22nd January 2011 in the King Edward Hall. Please let Alison Elliott (483039) know whether you can make this date or not. If you can't, tickets will be refunded. If you couldn't get tickets for December but would like to come in January, ring Alison to see if there are any spare places.

January 2011




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Lindfield's own bit of rock 'n' roll

By Hereward Kaye

WE FIRST CAME through the village in 2005 after four years of living in Spain in the middle of nowhere – well, beside a dried-up riverbed in the blistering heat of the noonday sun, assailed by diving wasps and marching red ants. Before that we were in Middlesbrough, my home town. In the words of my grandfather (a poet):

*Sixty blast furnaces belching a
pall / Nine months of winter –
Lord, what a hole!*

Then Lindfield unfolded her historic charms as we drove at a fascinated crawl down the High Street from Ardingly, wriggling around Pretty Corner, All Saints on the left, The Stand-Up Inn on the right; the pond, the Common, with a cricket match in progress. It was a Rupert Brooke moment.

*Oh, yet stands the Church clock
at ten to three? And is there
honey still for tea?*

Just two Sainsburys visits back from the Marmite-less years in Andalucia we were still weeping in its sceptred aisles, so you can imagine what the sound of willow on leather did to me. We promptly moved to Lindfield and refuse to move, come hell or high water, neither of which would ever visit Lindfield I'm sure.

It's a joy to settle. As a travelling musician, I was usually away. There was a catchphrase in my family, heartbreaking to me: 'You weren't there'. A family moment would be recalled and enjoyed before someone would notice one of us wasn't recalling or enjoying. 'Oh, you weren't there', they'd say.

My life in rock and roll exile had got off to a good start. I was a young singer/songwriter signed to EMI and I'd managed to land Genesis's record producer David Hentschel (by an amazing coincidence, David was born in one of the houses overlooking Lindfield pond and has now settled in Haywards Heath too).



We recorded in Paris. EMI provided me with a suite at the Hilton and a twenty-four hour stretch limo. It felt a bit big, I must say, after our Ford Escort.

"Qui avez vous au derriere last semaine?" I asked chauffeur Jean Claude, sending the electronic partition up and down.

"Rod Stewart."

I felt a bit nervous. But you soon adjust to luxury. By the end of the week I was phoning Jean Claude at three in the morning to come and open bottles of beer with his teeth! And when Pat picked me up at Gatwick I automatically climbed in the back.

"Get out of it!" she snorted.

"You can bloody drive."

A few years later when I joined a busily gigging band, I was always away. A hundred shows a year, for thirteen years, and all abroad. People used to think of what I did as being 'on holiday' – even though I was carving out the shekels. The group was the Flying Pickets. Their hit was Only You – you may remember it?

Ba da da daa, ba da da daa / And all I ever knew, only you.

AJ Mullen

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The leader of the band, Rick Lloyd, had seen me on Breakfast TV being interviewed by Frank Bough and remembered when we were both record label mates.

Following up the invite for a 'chat', I cautiously opened a door upon rather an unattractive bunch of guys, as I remember. Turned out they'd been voted 'Ugliest Band In The World, 1984' by Smash Hits, but all that was about to change! I was thrilled with the job. I went on a diet and bought myself a black kohl eyeline pencil.

It was an acapella vocal band, the granddaddy of all the boy bands around now, with no instruments involved. It fell to me, on my first outing, to jump on a plane to Barcelona. I was here to lip-synch for the first time in my life, to Only You, of course, and impersonate a snare drum. 'Ker CHU!' I had to go, 'Ker CHU!' over and over, for three and a half minutes. It wasn't very difficult. We were supposed to pretend it was Christmas day. Amazingly, that was when this would be going out in Spain. Didn't they have anything better to do? As the fake snow drifted, a blonde slipped lazily into the seat before me and beamed dreamingly, as an out of work actor filled our flutes. Ker-Chu! I went, in her beautiful face, Ker-Chu!

For our second excursion, we were lip-synching on the radio! Yes, such a thing exists. As paid employment goes, it gets no easier than miming on the radio - especially in Belgium. We fell out the van late and wandered in through the nearest door, only to find ourselves onstage in a room combustng with applause. Happy faces shone up at us.

"Here at last!" crowed the presenter. A track began playing. Only the Lonely. Only the Lonely? We don't do Only The Lonely! Do we?

I looked uncertainly across at Rick who nodded minimally in answer. I had no idea how the arrangement went.

'Dum dum dum dumbeedooah' I sang, walking towards a dead mic, glaring at David. He was too busy to notice. He was preening himself for a lead vocal, I could tell.

'Woah woah woah-yay-yay-ah'. I could feel myself growing hysterical. I felt like Eric Morecambe, crossing the back of the stage with his shopping bag on the way to the bus stop.

And so it went on. I just didn't expect it to go on for thirteen years! It all ended as we approached the new millennium and I said to Pat 'I refuse to spend another thousand years in that group!'

'And you are?' she inquired.

And so we moved to Spain - on a four year foreign jolly, the whole family together this time. And we're all together now, my wife, myself, my grown-up sons, running a music school in Haywards Heath, truly grateful to be back, settled in Lindfield, and part of a thriving community of families who attend our Rok Skool and perform in our shows.



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Primary School makes magical music

by Clare Stephenson

LINDFIELD PRIMARY SCHOOL pupils have enjoyed much success at the Mid Sussex Music Festival, an annual event held over two weekends in November at Burgess Hill School for Girls. The Festival gives young people in the local area an opportunity to demonstrate their skills on their chosen instrument in front of an adjudicator.

The school choir, under the leadership of Sarah Rolph, gave a truly magnificent performance on Saturday 20th November when they "raised the roof" singing Lullaby in Ragtime and Swing Low Sweet Chariot. Just the sight of all those yellow polo shirts with the familiar swan logo brought tears to their parents' eyes and the children did the school very proud. They really impressed by singing both of their prepared pieces unaccompanied and put a great deal of energy and enthusiasm into their performance. The children produced wonderful harmonies and received rapturous applause from the delighted audience. They finished in second place which was a fantastic achievement. Many congratulations to all those children who took part.

In recent years, several pupils have been learning the recorder under the tuition of Caroline Furnell, and a number were entered for this year's festival and achieved similar success. Alexia Clark and Sophie Crooks finished in first place in the Intermediate Woodwind class, playing a duet on the treble recorder. On the descant recorder, Leah Clark came first in her class with Distinction, Sarah Furnell and Thalia Barnaby came second. Last, but by

no means least, Olivia Teague gained a Merit for her performance. Alexia and Sophie also gained second place with Distinction when they played an arrangement of The Teddy Bear's Picnic for five recorders with ex-Lindfield pupil Maddie Barnaby. Teacher Caroline and Sophie's mum completed the quintet!

A number of children from the school also displayed their talents on a variety of other musical instruments. On the piano, John Moore gave a wonderful performance in the 10 and under class, finishing in second place with Distinction. Alexia Clark and Sophie Crooks were awarded Commended for their performances in the same class. In the 8 and under piano class, Lucy Cotton came third with Distinction, with twin sister Zoe achieving Commended for her playing. In the 6 and under piano class, Laura Crooks came first with Distinction. Isaac Clark performed on the trumpet, achieving Commended for his playing and his younger sister, Leah, gained Merits for her performances on the bassoon. Also Thalia and Joby Barnaby, joined by the rest of their family, won the family ensemble class with an arrangement of The Bear Necessities.

Clearly there is a lot of musical talent at Lindfield Primary School and it is wonderful that so many children were involved in this year's Festival. They all said they had a lot of fun taking part. Well done to everyone involved. All of the hard work certainly paid off and may music continue to fill the corridors of Lindfield, producing many more magical musical moments at the school in the future.

Get on board for Lindfield Arts Festival 2011

Lynn Tulip, festival organiser

YES, IT'S SCHEDULED for 14th/15th May 2011 and this is a first call to anyone wishing to get involved.

We're hoping that once again we will engage all the local schools, shops and businesses as well as use our churches and halls for entertainment, fairs and workshops. There are exciting plans afoot. Watch this space.

Naturally we will be showing off local talent, so if you or a group of you have something special that you would like to showcase to the community, we would like to hear from you.

If you displayed your art this year and would like to do so again, get in touch now.

The earlier we hear from you the more chance you have of being part of this wonderful community project.

Once again we are delighted that Barratt Southern Counties will be one of our main sponsors. However

we are of course looking for more. What can you offer us?

In addition, if you would like to be involved in the organising team we would welcome you with open arms.

What special skills can you bring to the Festival?

We are having an introduction meeting for all volunteers and interested parties at **The Bent Arms, Lindfield on Saturday 15th January 2011 at 11.00 am** (in the function room) and would love to see you there.

For more information, please contact Lynn Tulip, Festival Organiser at info@lindfieldartsfestival.com or telephone 01444 484747





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KEH at 100

By Sarah Richmond

THE LADIES OF Lindfield baked cakes for fetes, village children bought toys at local bazaars and over two thousand pounds was raised for the Village Hall.

It may seem like just another tale of 21st century Lindfield, but it happened a hundred years ago! Lindfield's very own village centre, the King Edward Hall, was opened in 1911 following this major local fundraising campaign, and there are special events taking place throughout 2011 to celebrate the centenary.

The tale begins in the 1880s when the idea of a village hall for Lindfield was first mooted - but there was little local support and the plans for a Golden Jubilee Hall, honouring Queen Victoria, were shelved.

By the 1900s there was renewed demand for a venue for village activities, and everything, including the £2,200 fundraising campaign, fell into place. Mr Sturdy of Paxhill donated the land required. Another local figure, Walter Tower of Old Place, used his architectural expertise to draw up the plans.

The King Edward Hall, named after the monarch who had died the previous year, opened on 11 January 1911 following a rousing speech by Colonel Dudley Sampson of Buxhalls, including a special poem for the day:

**“Our work is done. Let others see
That all things work in peace and harmony.
In kindly fellowship may one and all
Through future years foregather in this Hall
Remembering in gratitude what we
In the old time did for posterity.”**

But it wasn't long before the King Edward Hall took on a new and more sombre purpose as a Red Cross hospital looking after soldiers injured during the First World War. During World War Two, the evacuee reception centre was based in the Hall and it was also the venue for many dances, popular with both locals and the Canadian soldiers stationed in and around the village.

Going into the Hall today for a play or children's party, you wish the walls could talk - it's not hard to imagine Forties music and dancing.

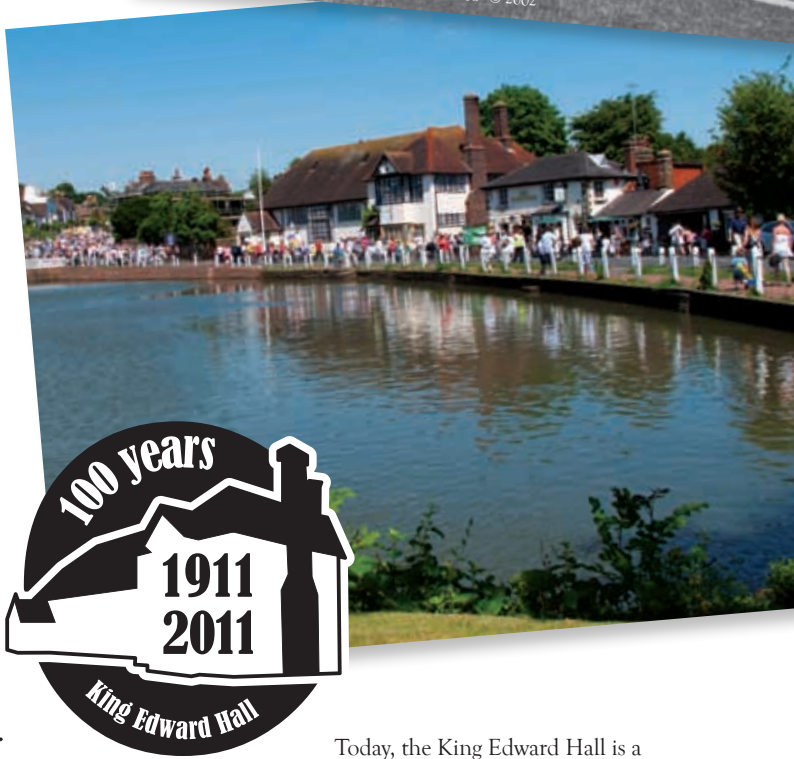
Another royal milestone was marked by the construction of the Jubilee Room in 1977, though the village library also based in the Hall was closed in 1982.

January 2011

The site of the King Edward Hall in the garden of Pear Tree House before the Hall was built



Photo reproduced courtesy of B. Tester & P. Duncan
“Lindfield Remembered” © 2002



Today, the King Edward Hall is a well-loved meeting place for over 30 local organisations - from the Brownies to the Bonfire Society and the Flower Club to film shows, and everything in between. Unusually for a village hall, it's a registered charity and hire and running costs are subsidised by the profits from Village Day and the Village Run.

An exhibition about the history of the Hall will be open there on 12th and 13th January 2011. There are special Lindfield Dramatic Society Show events on 27th, 28th and 29th May and this year's Village Run (30th May) and Village Day (4th June) will have a centenary theme.

Wouldn't it be wonderful if we could 'remember in gratitude' by helping to keep the Hall going for a hundred more years? Find out about all the centenary events and how you can support the King Edward Hall at www.kingedwardhall.org.uk

Home thoughts from abroad

by Valerie Bennett, South Africa

I GUESS MY earliest memory of the King Edward Hall is of drinking homemade lemonade with other mixed infants and sliding up and down the polished floors, while our mothers attended a meeting. What meeting? I haven't the vaguest idea - Mothers' Union, Womens' Institute? I know that it was a regular occurrence and that someone was detailed to keep an eye on us. It was not a very good eye! I recall levels of abuse and general mayhem that can only occur when two dozen under fives are gathered together with minimum supervision. The homemade lemonade was a rare treat in my life, but others were more casual and I remember cups being hurled, snivelling girls. Especially me, I was a good sniveller, bemoaning sticky dresses and nasty little boys making slides in a mess. Did I say the floors were polished? That's as maybe but they could have done with a good sanding. Many a splinter was wrested from the finger, toe or knee. One of our favourite games was climbing up the wire cages that protected the books when the library was closed. Never being much of an athlete and having a tendency to lose my grip just as I was high enough to fall with a bone shattering crash, I soon decided I preferred the books to the cases.

The library opened, I think, three times a week. For the youngest members hand inspections and lectures on the care of books were mandatory. Two ancient ladies would

flick their fingers through the index cards with ease; I was fascinated by the soft flap as the cards were pushed aside until mine was found.

I have no idea when the Dramatic Society was founded but I was about eight when I first accompanied my mother to a performance. In those pre-television days the nearest I had come to drama was the Christmas pantomime and radio plays. To see familiar faces acting unfamiliar characters was wonderful. "Piggy" Porter, our Headmaster was a leading light and Joan our next door neighbour once played a nun, though I never really recognised her because of her wimple. I rarely missed a show for the next ten years.

I was always amazed at the way the King Edward Hall 'scrubbed up nice' from the chaos of a jumble sale to the sparkle of an 'occasion' when the floors would be polished and decorated tables ringed the walls. Decorated for Armistice Day, when the ex-servicemen would parade down the village High Street and end in the Hall for tea. Although the Hall was primarily the centre of village activities its exterior dominates too. Whenever I return to Lindfield I pass the Pond on my left and the King Edward Hall on my right and think "I'm home".



Rosemary Conley Diet and Fitness Clubs

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by Elsie Kennedy, Canada

I LEFT ENGLAND in 1946 to join my Canadian husband. I was a War Bride, a name that we continue to bear in spite of our senior years. Although I have lived more years in Canada than I lived in England, I have never lost the love I had for the place of my birth-Lindfield.

I went to school in Lindfield and remember with much affection the teachers: Miss Anscombe, Miss Berry and of course, Mr Porter. I remember dancing the Maypole on May Day. Going to the Tattoo at Aldershot by coach. The school plays we took part in at the King Edward Hall and with Barbara Jones in the Lindfield Guides.

During WW2 the KEH was a very busy place and the Canadian soldiers entertained the villagers of all ages. The children were shown films for their age group every week and received cakes and sweets. The elderly were entertained with afternoon teas and of course the youth groups were able to attend the weekly dances put on by the troops with their own bands. Yes, I am very proud to have been born in Lindfield and wherever I go I carry Lindfield in my heart.



“Leap Of Faith”

by Virginia Salmon

LINDFIELD DOES NOT appear on my school world atlas. I find a map of the British Isles - here it is! Not too far south of Gatwick and not too far north of Brighton. I know those places from previous visits, but not Lindfield. Anyhow, time to leave Africa, my hearth and home for the past seventy years.



On a mild sunny May morning I am driven down into West Sussex. A world of green and glory greet me as I am driven through tunnels of overhanging trees then greeted by rich rolling fields, neat cottages and homes celebrating glorious summer gardens. The warmth and welcome in Compton Road are overwhelming - fridge full, beds made up.

Sunday morning arrives. Are those church bells I hear ringing? How glorious. Perhaps I could go along and give thanks - have not done that for years now. The church! How old, how absolutely beautiful. The service, the warmth and welcome. Surely the angels have brought me here. Afterwards, the High Street- the names on the buildings. The Bower House, Well House, Wealdon Hall House and the Toll House. Chaucer, Marlow and Shakespeare spring to mind. I want to touch everything and keep the thrill and wonderment in my mind forever.

Later I begin to explore the village. Every day a new delight! Cricket on the green, the Common, the Pond, the houses -Elizabethan, Georgian, Victorian, Edwardian with roses around the doors and gardens ablaze with flowers. I keep stopping to admire. So much new to absorb. Help and friendliness everywhere. Why do I feel so safe? So many new opportunities to explore and enrich my life. Truly, the British spirit of service and dedication lives on and I can say “thank you Lindfield residents for your welcome and for preserving and treasuring your village!”

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Simply Good Food...

By Caroline Young

I AM WRITING THIS on 1st December when our village is snowbound like the greater part of our country. I do hope the whole of the winter is not going to be like this as then life truly will all be 'doom and gloom'! I know in January we should all be optimistic as to what the brand new year will bring but the grey days, the expanded waistline (from all that festive food) and the credit card bills for all those presents do nothing to make life seem rosy!

How about a steaming bowl of homemade soup, some crusty bread and a chunk of your favourite English cheese? There, that makes you feel better already, plus these recipes will not break the bank. Microwave instructions are in brackets - adjust times to suit your oven and taste for results. All the recipes make four generous servings.

Leek and Butterbean Soup with optional ham 'croutons'

Trim and thinly slice 450g leeks and put into a pan (large casserole) with a finely chopped onion, 1-2 garlic cloves and a good knob of butter. Cover and cook gently until soft (4-5 min). Add a drained 400g can butterbeans and 600ml chicken or vegetable stock. Continue cooking until bubbling hot (HIGH 5min). Carefully ladle into a processor, add 3tbs dried milk powder and buzz until smooth. Return to the pan(casserole), check the seasoning and add more stock if too thick. Reheat (on MED) just to serving temperature. May be frozen.

'Ham croutons' are simply diced ham, or cubes of pancetta (look in bacon section) tossed in a hot frying pan until beginning to brown. Sprinkle on top of the bowls of soup.

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Fish Chowder

Put 1 finely chopped medium onion, 2 diced carrots, 2 thinly sliced celery stalks and 1 medium peeled and diced baking potato into a large pan (casserole). Stir 1tbs (more if wished) mild curry paste and 1tbs tomato paste (use the richer sundried variety, packed in a tube, if you have it) into 600ml hot fish or vegetable stock, add to the vegetables, cover and bring to the boil (HIGH 4-5 min). Reduce the heat and gently cook for about 10 min (MEDIUM 6min) or until the vegetables are just tender. Stir in about 300g diced firm white fish such as haddock, cod or coley plus a handful of sweetcorn (canned or frozen). Cover and cook over low heat (MED 3-4min) or until the fish is just opaque. Stir 4tbs dried milk powder into 4tbs cold water and add to the soup with a generous dash of dry sherry (optional but delicious) plus seasoning to taste. Gently heat to serving temperature.

Vegetable Chowder

Use the Fish Chowder recipe but use vegetable stock and omit the fish. Serve topped with grated Cheddar cheese.

White Bean and Savoy Cabbage Soup

Put 1 finely chopped medium onion, 2 diced carrots and a little olive oil into a large pan (casserole). Cover and gently cook until the onion is soft (HIGH 2-3min). Add a crushed garlic clove or two, 600ml hot vegetable or chicken stock, 400g can chopped tomatoes, 2 handfuls of very finely shredded Savoy cabbage (discard any tough stems) and 400g can drained cannellini beans. Bring just to the boil, then cover and cook over a low heat for about 10 min or until the vegetables are tender (MED 6min). Check the seasoning and serve topped with grated Parmesan or Cheddar cheese. (To freeze, complete the soup apart from the cabbage. Add when reheating, cooking over a low heat until the cabbage is tender.) delicious) plus seasoning to taste. Gently heat to serving temperature.



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A New Year - a New You?

...or just more well-intentioned promises, seldom kept and a gym membership that remains unused after February!

By Hazel Harris



A NEW YEAR and a new you, what a great thought: slimmed down, fit, confident, content, with money in the bank, personal direction and a great job - your life totally under control. Why are so many good intentions made on New Year's Eve and seldom fully followed through?

We are all creatures of habit and making change can be difficult. Breaking down patterns of learnt behaviour is never easy; on top of which there are so many instant excuses to hand - it's too cold/wet/snowy, I think I'm coming down with something, I will start again properly on Monday, etc.

So how do we make these life improving changes and keep going with them? One way would be to get some help to guide and motivate us towards our goals. If you were a professional golfer, athlete or footballer you would work with a coach and possibly a sports physiologist. If you were in business as an MD or a CEO you would work with your own Executive Coach, who would act as your 'sounding board' and keep you

focussed and moving forward towards your personal aims and group goals.

Well here's a thought: you are the managing director and chief exec of your world - your life; if you want to move forward then you are the only person that can make these changes. Getting professional help by a qualified Life or Personal Performance Coach could help you to lead the life you have always wanted. There is much confusion around coaching and here is my favourite definition of life coaching:

"Coaching empowers you to live your life to the full by breaking limiting habits that may have held you back in the past and offers techniques and tools to build confidence and self esteem"

Your coach's role is to look at what is working in your life right now, and what is not. Then to help you to identify how you would like your life to be; from here goals are set with workable timeframes and your coach helps to guide, analyse and motivate you towards achieving your chosen results. It is a powerful process that produces dramatic and lasting results.

So, do you have endless good intentions that never get fully carried through or have thoughts that go round and round in your head that never lead to a satisfying conclusion? Or are you facing redundancy, divorce, separation, lack of confidence or self esteem, need direction and support for these or any of the many challenges life can throw at us? Why not consider getting professional help from a coach so that you can head into 2011 knowing this is the year you will sort your life out and be THE NEW YOU!

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When Lucy went...

Rambling

By Lucy Cooper

IF YOUR NEW YEAR'S resolutions include keeping fit and exercising more, then look no further than the local rambling club! A long walk deep in the Sussex countryside among good company, what could be a more pro-active way to kick off your new regime?

Like most people I enjoy a walk, so I was keen to visit the Mid Sussex Ramblers to see for myself the benefits of joining a society of walkers. Their 'Lindfield circular' seemed just the thing to introduce me to the delights of rambling.



I arrived at Lindfield church. There was no mistaking the ramblers! Kitted out in waterproofs, gaiters and walking boots, I'd definitely found them. Thank goodness I'd managed to dig out my old walking boots I'd got years ago for my Duke of Edinburgh's Award activities.

So after a quick brief from the leader and an explanation of the route, all 39 of us set out for the walk. It was an unusually large turnout I'm told. We headed out behind Walstead and through to Scaynes Hill for the start of our walk. As a horse rider the mud and the countryside hold no fears for me, but I hadn't completed such a lengthy walk for years! I was told that this 6.5 mile walk is actually relatively short for the ramblers. They're used to going for 10 or 12 miles!

Talking with many of the members during our walk, I asked them what was so appealing about rambling, and just what brings them back to the group walk after walk. "It's great because you don't have to worry about finding your way or map reading," one member told me. "There's always a leader so you can just relax and go with the group."

I soon noticed that I'd been chatting to people so much I had no idea which way we'd come or how to get back – it was just as well there was a leader!

Another member told me that walking with a group is particularly good for her, as it makes her get up for a good long walk: "I used to think about going for a walk, but then be put off by the weather or cut it short, until I joined the ramblers. It keeps your enthusiasm going and you feel so good when you've completed a really good walk."

Most long walks include a pub stop. We had a very welcome half-way sit-down for lunch at the Sloop Inn, Scaynes Hill, where our unusually large crowd enjoyed a well-earned sandwich. (Muddy walking boots neatly lined up outside by the door I must add!)

But with full bellies and in good spirits from a pint or two, we set out for home.

At the start of the walk I assumed we would stay in order throughout the journey, with the fastest at the front with the leader and the strugglers like me at the back. But as the walk progressed people dropped back from groups, sped up, or simply made a bee-line for somebody new to introduce themselves to. The membership is very diverse; some are retired, others are part-time workers with a day off, and some even make it their work, such as a rambling-enthusiastic photographer who joined us!

"It's great because nobody is committed to joining any walks," said Sue Berry, chairman of the group. "We have some members who only do two or three a year, and others that do two or three a week. There's always something going on for our members."

The group is part of a larger, national organisation simply known as 'The Ramblers.' There are 800 groups with more than 124,000 members in total. The Ramblers celebrates its 75th anniversary this year. Its missions/areas of focuses have been the same since its inception in 1935: footpaths, countryside access and walking promotion.

The Mid Sussex Ramblers group began in 1973 and now boasts over 500 members, although not every member turns up for every walk! This year alone they have held a vast programme of wonderful walks, including bluebell walks, orchid walks, bird watching walks, windmill walks, plane spotting walks, historical walks, pub lunches, picnics, cream teas and summer evening walks. They also arrange walking holidays, and this year enjoyed trips to Somerset and even Austria.

It struck me straight away that rambling is very social – we had lots of laughs and jokes along the way.



As a horse rider the mud held no fears for me, but I hadn't completed such a lengthy walk for years!

A typical ramble will always have a leader. This is a certified member who is always at the front (you must ask permission to overtake him) and he will have previously completed the walk. Basically, he's the one person who knows exactly where to go!

Holding up the rear is a 'back-marker' whose job is to make sure everyone gets safely over the stiles, and nobody gets left behind.

I noticed lots of the ramblers were walking with proper walking poles. One lady told me that it's best to walk with two sticks to keep balanced and keep you from leaning to one side, or a walking trait known as 'Farmer's gait' could prevail..!

When we all arrived back in Lindfield it was getting dark, and after my six hour adventure I was ready for home. I would feel extremely welcome to return to the ramblers whenever I feel like it, and would encourage anyone who enjoys the outdoors to give it a go. January's walks include Worth, Lewes, Chailey and Ansty.

If you think rambling could be for you, contact Tony Osmand on 01444 469470 or visit www.midsussexramblers.co.uk.



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Identifying and coping with depression

by Jackie Scanlon, Counsellor, MBACP

IN THIS ARTICLE I focus on mild to moderate forms of depression. I look at the symptoms and how you can help someone who may be suffering from the condition. The good news about depression is that we can do a lot to help ourselves and I have outlined some strategies to help you cope, and a basic needs checklist to help you keep depression at bay.

This article is not about clinical depression which is defined as any form of depression that requires medical treatment to alleviate it. Clinical depression is a disabling condition that adversely affects a person's family, work or school life, sleeping and eating habits, and general health.

Depression in the UK affects one in five people, which means that during your lifetime you have a 20% chance of experiencing an episode of depression. Women are twice as likely to suffer from it as men. We still do not know or fully understand what causes depression although stressful life events including bereavement, breakdown of a relationship, loss of any kind, and financial worries, may be enough to trigger an episode of depression, but sometimes it is not clear. You could also be more likely

to suffer from depression if your parents or grandparents suffered from depression.

Depression is an illness that involves the body, mood and thoughts.

Symptoms include losing interest in life, feeling that you can't be bothered, finding it harder to make

decisions, being unable to cope with things that seemed manageable before, lack of energy, restlessness, agitation, loss of appetite, and sleeping difficulties.

So, what can you do if you think a partner, friend, relative, or child is depressed?

- Listening can really help. Try not to give advice or be critical.
- Avoid saying, "Pull yourself together", or other comments that make the person think that it's their fault that they are ill.
- If the person's symptoms are not resolved within a few weeks, suggest that he/she seeks professional help. Remind the person that this is not a sign of weakness or of being a failure.
- Try not to get anxious, try to remain calm.
- Try to help the person avoid resorting to alcohol which can exacerbate the symptoms. If he/she talks of self-harm or suicide, take this seriously. Insist he/she sees a doctor.
- Remember that most cases of depression do pass.

The good news is that we can do a lot to help ourselves. Below is a five-point basic needs checklist to help keep depression at bay. So, if you think you feel depressed take a look at the list and see whether any of these needs have disappeared from your life. Alternatively, take a look at increasing what you do on an everyday basis - try challenging yourself more!

1. Give and receive attention

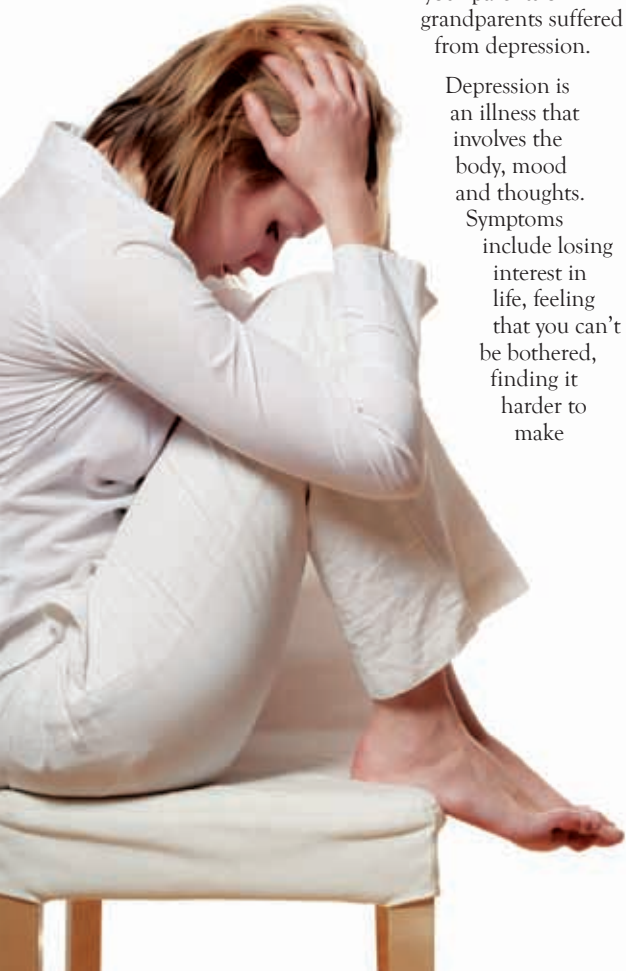
Make contact with other people such as family, friends, work colleagues, playing in a team. The exchange of attention or social interaction is almost as vital as food. Join a club, look up an old friend, help somebody that is going through a tough time.

2. Take care of the mind-body connection

Look after yourself, eat regular healthy meals with plenty of fruit and vegetables, exercise is vital, rest and relaxation are also important. The more in touch you are with how you feel the more likely you will be able to detect the symptoms of depression and with that information you can do something about it. Try recognising the pattern of negative thinking and replace it with a more constructive and positive thought.

3. Find meaning, purpose and goals

Find and do something that is important outside your existing lifestyle. Don't wait to do things until you are not depressed, do them now! Try not to focus on your depression but instead broaden your life's goals. For example, work for one day as a volunteer in a charity shop.



4. Connect with something greater than yourself

Research has shown that people are mentally healthier when they are committed to a cause, idea or group that involves more than just their own well-being.

5. Stimulate and challenge yourself

The experience of being stretched or using skills to their maximum in a focused way contributes to a healthier mind. Try Line dancing, painting, or a college course or take up an activity that you may find challenging.

If you have not responded satisfactorily to these self help measures then it may be a good idea to talk to your doctor about active treatment which includes medication or counselling.

In summary, be kind to yourself and try to avoid critical thinking. Your imagination can create all sorts of unpleasant scenarios, often increasing anxiety, rumination and worry; these all contribute to and sustain depression. Ask yourself: "What can I do to improve the way I feel about myself?" Allow yourself positive experiences and treats that reinforce the idea that you deserve good things. Pay attention to your personal appearance. Set yourself goals that are achievable, don't be critical if you don't achieve them immediately - start off small. This will give you a sense of satisfaction.

Further reading

How to lift depression (Fast) - the Human Givens Approach by Joe Griffin and Ivan Tyrrell.

Shoot the Damn Dog: A Memoir of Depression by Sally Brampton.

Living with a Black Dog by Matthew and Ainsley Johnstone.

Advice and support

Mind: 0845 766 0163, www.mind.org.uk

The Samaritans: 08457 909090, www.samaritans.org

Depression Alliance: 0808 808 3000, www.depressionalliance.org

Voluntary organisations: www.timebank.org.uk, www.do-it.org.uk.

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Something Sensational to read in the train

by Gyles Brandreth

By Cavan Wood

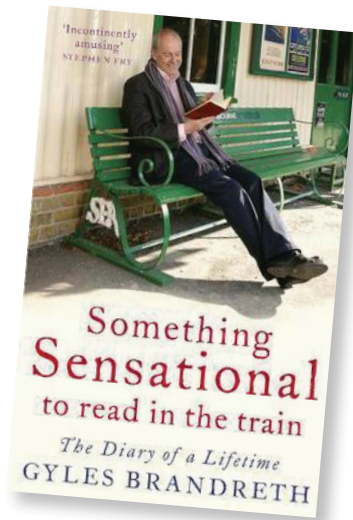
SUBTITLED “The Diary of a Lifetime” this very readable book by media celebrity turned politician turned back to Media celebrity traces his life from 12 in 1960 to 52 in 2000. He emerges as a likeable and ambitious man, whose sense of fun meant that he would never quite obtain the offices he thought he could. When he encounters Labour’s Jack Straw when they were both at Oxford University, he seriously wonders who will get to be Home Secretary first - I think it impressive that he includes this in the printed text, showing his own youthful vanity.

Brandreth was the trailblazer for some of the worst possible jumpers of the 1980s by his appearances on TVAM and Countdown: he is aware enough to realise the crimes against good taste that these were. There also emerges a man in love with high and low culture, one minute befriending senior politicians like John Major and the next trying to make the classic depressive Kenneth Williams see that his career had not been a failure.

If Brandreth has not exactly achieved all that he set out to achieve, his diary is in itself a good achievement. He has

combined humour, self-insight and a willingness to see and record his own follies. His friendship with actor Simon Cadell is especially moving, as he records how they grow closer as Cadell faces the cancer that he will eventually die from.

There is a great deal more to Gyles Brandreth than I realised and although I am not naturally sympathetic to many of his beliefs, this diary really proved to be enjoyable.



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home front

By Jacqui Smith, interior designer

OVER THE PAST few months several clients have commented on the amount of detail that goes into a project and how pleased they are that they have had a designer on hand to coordinate things, bounce ideas off and bring it all together. One such client commented that this would make a good topic for my next article. I write this therefore as an informative piece on the benefits of employing a professional not as a shameless sales plug!

I shall start by dispelling some of the common myths surrounding interior designers, specifically that they take over, focus on the aesthetic with little thought to practicality, that they will insist you throw out all your old furniture, cost the earth, and are likely to waft around site air kissing and calling everyone darling.

A good designer should not take over but provide a reassuring rather than a bossy presence. Using an interior designer should be a positive experience and rapport is important for both client and designer since communication is key. The designer is there to listen, and then listen again before embarking on the design. The more information you can provide your designer with the better. Cuttings from magazines, images you like, things you have in your house that you love and often, as well as things you don't like can be just as helpful. The designer is there to edit out certain elements in a room, retain what works and what you love. The end result should be that the space feels like yours and not "designed"; it is after all your home.

A professional designer will want to understand how you live, the purpose of your living space and how the redesign can enhance the functionality as well as the look of a room. They will also give thought to how the room sits within the context of the rest of the house to ensure that the flow is right both from a traffic point of view and the colour scheme. Well designed spaces enhance the value of a property.

Working with what a client already has can often be where the value of using a designer can truly shine, reupholstering furniture, rearranging the layout of a room, adding to existing lighting, introducing an accent colour, making the best of a hitherto unused corner, maximising the impact of a natural focal point and so forth.

An interior designer should be able to save you money in helping you avoid expensive mistakes. A bargain sofa may not be such a bargain if it's wrong for the space. Searching for the right product, liaising with suppliers and trades is enormously time consuming. Using a designer will save you the time and the hassle and by virtue of the vast range of trade suppliers they have access to, you will have more choice.

And as for the stereo typical image of an interior designer, all my industry friends are practical grounded people who admittedly take a pride in their own decor but do not necessarily live in Lego-free show homes!

January 2011

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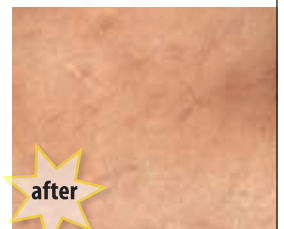
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during leisure cycling so it's a good way to lose weight. Pedalling is low impact, so you can improve muscle tone without stressing your knee and ankle joints.

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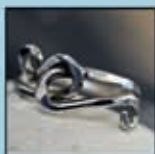
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Lindfield Parish Council Newsletter

Parish Office: 6 Denmans Lane, Lindfield, West Sussex, RH16 2LB

Telephone: 01444 484115 Fax: 01444 484918

Email: clerks@lindfieldparishcouncil.gov.uk Web site: www.lindfieldparishcouncil.gov.uk

Winter Management Plan

DURING THE EARLY “dump” of snow at the beginning of December it was great to see a number of residents and traders out clearing snow from the public footways. We know from experience during last winter that this is no easy task, so the more people who get out there to share the job the better. The response from the County and District Councils has been much better this year as well: main roads have been gritted regularly, SERCO operatives have salted some of the pavements in the village centre and other contractors have been brought in by MSDC to clear car parks.

The experience of the winter of 2009/10 highlighted the importance of co-operation between the various agencies and the value of the Parish Councils’ roles within their communities. The Parish Council does not have a statutory duty to prepare for and deal with snow and ice, but we are in a good position to inform the principal authorities about local needs and we want to do whatever else we can for our community. So what we hope to do is encourage and facilitate self help as far as possible and to liaise with other authorities and agencies to assist them in planning their response to severe weather conditions.

Since last winter the Parish Council has been represented at several meetings organised by Mid Sussex District Council to share information, experience and ideas to help with planning for winter weather and it is encouraging to see that the input from the town and parish councils is appreciated and acted upon.

We have now completed a Local Winter Management Plan which is on our website: www.lindfieldparishcouncil.gov.uk. The Plan is based on guidance issued by Central Government and the County and District Councils and the emphasis is on facilitating self help.

In the Winter Management Plan we have tried to clarify what the community can expect from the principal authorities and what the Parish Council has put in place so that we can be better prepared to help ourselves. Last winter many people were afraid of litigation if someone should slip on an area they had cleared of snow and the Government has addressed this in the following statement which appears with the “Snow Code” on the official UK Government website:

http://www.direct.gov.uk/en/NI1/Newsroom/DG_191868

The Parish Council has bought five extra salt bins for the area around the village centre, so that there will be enough salt available to treat cleared areas. The salt is provided by West Sussex County Council for use on the public pavements and footpaths only – if there is any doubt that the supply is being managed properly the bins will not be refilled. So the village centre bins are locked to protect the supply from being misappropriated and there are labels on those bins to show who holds the keys along with some dos and don’ts about snow clearing and salt spreading.

Snow clearers have a duty to take reasonable care so as not to create a new and possibly worse risk. Snow is easier to clear when it is fresh than when it has become compacted and frozen. Shovels full of snow are quite heavy and we urge snow clearers to take care not to injure themselves. Please observe the guidance and respect the Parish Council’s responsibility to manage the supply of salt.





Do...

- Wear suitable clothing and footwear and take care not to injure or overexert yourself
- Clear snow responsibly so as not to create a new and possibly worse risk.
- Make sure a supply of salt is accessible before attempting to clear snow and ice
- Keep the padlock and key safe during use
- Be aware of other people around you as you work, to avoid injury
- Clear snow in the morning if possible before it gets packed together from being walked on and to allow the sun to melt any ice beneath it
- Pay particular attention to steps and steep slopes
- Make a path down the centre then shovel from there to the sides
- Move snow to a porous surface such as a grass verge or garden
- Treat cleared areas immediately with salt to prevent freezing
- Spread salt/grit evenly and at appropriate spread rates (20 grams or 1 tablespoonful to treat a square metre of ice)
- Use salt only on the public footways and footpaths, not private property
- Avoid applying salt to plants or grass
- Try to keep the salt in the bins dry – clear snow from the lids before opening and close them during use if rain or snow is falling, or there is a risk of thawing snow dripping into the bins
- Return unused salt to the bin, replace the padlock and return the key
- Clear any excess salt or grit remaining once the snow / ice has melted



Don't...

- Use salt from public bins on private paths and drives
- Use water to melt snow and ice, if there is a risk it will refreeze
- Move snow to a location where it will create another risk such as another part of the pavement, road or where people are likely to walk
- Block drives, pathways and drainage channels or pile snow against buildings
- Use excessive salt, grit or other materials so as to create a new or worse risk once the snow / ice has melted
- Create an obstruction or trip hazard with wheelbarrows and shovels etc where they may be a trip hazard
- Throw shovels of snow where there might be a risk to people, cars or property from hidden stones etc

The law on clearing snow and ice from public spaces

THERE'S NO LAW stopping you from clearing snow and ice on the pavement outside your home or from public spaces. It's unlikely you'll be sued or held legally responsible for any injuries on the path if you have cleared it carefully. Follow this advice [The Snow Code above] on clearing snow and ice safely.

Christmas Festival Night

DESPITE THE HEAVY snowfall of the previous week that lingered into the weekend, Christmas Festival Night went ahead as planned on 7th December and residents turned out in force to enjoy a lively evening. It was bitterly cold, but calm and dry and there was plenty on offer to provide festive cheer which was very welcome after the early arrival of winter.

Children were queuing to see Father Christmas well before he was due to arrive and the United Reformed Church was packed with people enjoying the VOCAB choir, the Children's Band and refreshments. On the High Street there was plenty of food available (including Glyn Thomas' traditional hog roast, chestnuts, barbecues and mulled wine) along with amusements for children, tombolas, stalls selling craft items, gifts and second hand goods and a fire engine which was very popular with the children. In the garage next to the United Reformed Church there was a delightful nativity, with children taking part.

A number of the local shops opened for the evening, some offering nibbles and mulled wine, and many of the traders made a special effort with their seasonal and very attractive window displays. Our congratulations go to Glyn Thomas & Son Ltd, the traditional family butchers, for winning the competition for the best-dressed window – having been the runner up in 2009 – and also to Green, Elliott & Crowe, Ophthalmic Opticians, who were runners up this year.

COUNCIL ELECTIONS MAY 2011

HAVE YOU EVER thought about standing for election as a Parish Councillor?

Being a Parish Councillor can be a very rewarding way of contributing to the community and it is always good to have some fresh faces on the Council to share new ideas and enthusiasm. Through the Decentralisation and Localism Bill, it is anticipated that the Government will to hand powers down to communities so that local people can shape the character of their own neighbourhoods, so there will be challenges and some exciting opportunities ahead for Parish Councils with vision and the enthusiasm to drive projects through that will benefit their residents.

The present Parish Council's four year term of office comes to an end in May 2011 and elections will be held along with the Mid Sussex District Council election on 5th May.

There will be more information in the coming months and if you would like to know more about the Parish Council, our existing Councillors would be happy to talk with you, or you are welcome to call into the Parish Office for a chat with the Clerk. Another good way to find out what we do is to look at our website:
www.lindfieldparishcouncil.gov.uk

Music to suit all tastes was provided by Mid Downs Radio who also relayed the music from the VOCAB Choir and Children's Band to the larger audience in the High Street.

Lindfield Parish Council wishes to thank the many people who ensured that, in spite of the weather, the event was a success. In particular, our thanks go to: Rev Charles Martin and parishioners at the United Reformed Church for making this vital indoor venue available and for the warm welcome, the entertainment and the activities organised by members of the Church. The evening could not go ahead without the co-operation of the Police, the Red Cross and CERT, who effected and manned the all-important road closure – we are very grateful to them, to the Bonfire Society who provided road closure barriers and some of the lighting, to the people who helped get ready for Father Christmas and those who kindly allowed us to plug in floodlights to brighten up the High Street

We would also like to pay tribute to our Deputy Parish Clerk, Pieter Hemsley, who did a terrific job in organising this event, liaising with the numerous participants and then kept a close watch during the evening to make sure everything went smoothly.

Finally, thanks to all members of the public who supported the event. We hope that our local shops benefited from the event and that people who had stalls on behalf of local charities were successful in raising money for their causes.

Police Surgeries

PC GEOFF BENNETT (Community Police Constable for Lindfield and four other parishes) and / or Police Community Support officers, Stuart Clough and Anika Arnold, continue to hold a surgery once a month in the Parish Office for residents to come along and raise any issues of concern. Their next surgeries will be on Thursday 27th January, 10.00 – 11.30am, Friday 25th February 10.00 – 11.30am, Tuesday 22nd March 2.00 – 3.30pm

Race To Infinity Campaign

COUNCILLOR ALAN GOMME, Chairman of the Lindfield Communications Forum would like to thank the village for its support with the "Race to Infinity" campaign for faster broadband.

MOBILE CIVIC AMENITY COLLECTIONS

THE REFUSE FREIGHTERS will be in the Tollgate car park on Sundays 16th January and 13th March 2011, between the hours of 10.00am and 12.00noon, for the collection of household and garden waste. Please note that due to current legislation they cannot accept items such as televisions, computer monitors and fluorescent tubes. These can still be taken to a civic amenity centre. Please do not leave rubbish in the absence of the refuse freighter.

Parish Council Meetings January to March 2011

Thursday	13 January	Finance and General Purposes Committee	8.00 p.m.
Tuesday	18 January	Planning and Traffic Committee (Plans only)	8.00 p.m.
Thursday	20 January	Full Council	7.30 p.m.
Thursday	3 February	Environment and Amenities Committee	8.00 p.m.
Tuesday	8 February	Planning and Traffic Committee (Full)	8.00 p.m.
Tuesday	1 March	Planning and Traffic Committee (Plans only)	8.00 p.m.
Thursday	17 March	Finance and General Purposes Committee	8.00 p.m.
Tuesday	22 March	Planning and Traffic Committee (Plans only)	8.00 p.m.
Thursday	24 March	Full Council	7.30 p.m.

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

MEMBERS OF LINDFIELD PARISH COUNCIL:

Cllr. William Blunden (Chairman)	Cllr. Margaret Hersey
Cllr. Margaret Nicolle (Vice Chairman)	Cllr. Mike Leach
Cllr. Mike Allen	Cllr. Roger Pickett
Cllr. Michael Davies	Cllr. Christopher Snowling
Cllr. Alan Gomme	Cllr. Valerie Upton
Cllr. Stephen Henton	Cllr. Steve Willcox

They can all be contacted, in the first instance, via the Parish Office or by reference to the Lindfield Village Directory and Year Book, which contains details of individual contact numbers.

Parish Clerk:	Mrs. Christine Irwin
Deputy Parish Clerk:	Mr. Pieter Hemsley
Responsible Financial Officer:	Mrs. Sue Koliën

PARISH OFFICE

Lindfield Parish Council Office is open on Tuesdays 1.00 p.m. to 4.00 p.m., Thursdays and Fridays 10.00 a.m. to 1.00 p.m. – when members of the public are welcome to come along to look at planning applications for Lindfield, apply for bus passes and obtain railcard vouchers, or simply seek advice on issues of concern. However, if you do need to speak with someone outside our normal opening hours, then please contact the Clerk who will be happy to make alternative arrangements with you.

Parish Office: 6 Denmans Lane, Lindfield, West Sussex, RH16 2LB

Telephone: 01444 484115 Fax: 01444 484918 Email: clerks@lindfieldparishcouncil.gov.uk
Website: www.lindfieldparishcouncil.gov.uk

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What's on at King Edward Hall

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|---------------|---|------|---|
| 1st | Performance by the Fretful Federation Mandolin Orchestra (David Barwell 412704) | 13th | Country Market (Sheila Hobbs 483396) |
| 2nd | Ruwach Christian Church – Morning and Evening Services (Ruth Hollis 459025) | 16th | Ruwach Christian Church |
| 4th | Mid Sussex Wine Society - 8pm - Wine Tasting and Quiz arranged by the Committee. (Angela Seward 484447). | 20th | Country Market
King Edward Hall Film Show Evening (Gillian Alderman 483181) |
| 9th | Ruwach Christian Church (Ruth Hollis 459025) | 21st | Ruwach Christian Church – Youth Service |
| 11th/
13th | King Edward Hall Centenary Celebrations including an exhibition to the public on the history of King Edward Hall by the Lindfield History Project Group | 23rd | Ruwach Christian Church |
| 12th | Lindfield Horticultural Society – see below (Mrs Alison Elliott 483039) | 27th | Country Market
Public Meeting to discuss how the residents of Lindfield Village would like to celebrate the forthcoming Royal Wedding. |
| | | 29th | 1st Lindfield Scouts – Burns Night 7.30-11pm. Live band and supper. Tickets £12 More info: chair@lindfieldscouts.org |
| | | 30th | Ruwach Christian Church |

Lindfield Horticultural Society starts the New Year with a talk by Paul Templeton entitled Vegetables and Vegetable Growing. Paul has 40 years experience as a Horticulturalist, including 15 years as a College Lecturer, so should have some tips to help us get the most out of our gardens and allotments. 8pm. All welcome. www.lindfieldhorts.org.uk

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

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




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Jackie Scanlon (Counsellor).....	14	.. 07734 414 126 www.counsellinginsussex.co.uk
Lindfield Chiropractic Centre	10	..01444 484582 www.lindfieldchiro.co.uk
Lindfield Zumba (Fitness class).....	13	..01444 487 457
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Tony Dawson (Chiropractor)	32	..01444 440857

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