

Lindfield Life

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*Local village talk,
by the village*

February 2011 Issue #23

FREE!

Bikes and teenage dreams p.6

From trucks to taps p.23

Me and my epilepsy p.16



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Lindfield Life



📷 Matt Floyd: Signs of Spring in the churchyard.
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IT IS ONLY just February, but to me, it seems as if the whole year is beginning to take shape before me. Already we have plans for the summer and come September our youngest daughter will be starting school. I am feeling particularly positive about this year.

Plans and preparations for the second Lindfield Arts Festival are well underway. A team of skilled and enthusiastic villagers, led by Lynn Tulip, are already working behind the scenes to make this a fantastic event for the community of our village and those from further afield who want a taste of Lindfield life. Make sure you keep the 13-15th May free, or better still, invite friends to join you for the weekend. You can read about the plans and find out how you can get involved on p29.

Some of you may remember our outdoor explorer James Gaydon who recently spent a couple of nights under his hand made shelter, in the name of survival. He returns this month to share his personal story of living with epilepsy. A condition affecting half of million people in the UK, that is around 1 in every 131 people. He gives us a real insight into how it has affected his life. Children from Lindfield Primary are supporting the National Centre for Young People with Epilepsy as their national charity this year and in February they will be participating in workshops to learn more about the condition.

The King Edward Hall celebrated its Centenary at a special event on the 11th January and we've got the scoop on that. Plus there are details of the Village Run and Village Day too!

Paul Burris is back with another story of his early antics and Caroline Young has got a delicious selection of recipes for you to enjoy. And if you haven't already got your half term planned, then take a look at some of the things that are on throughout Sussex on p27.

Until next month ...

Emma Tingley, Editorial Team

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TUESDAY
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St Josephs RC Primary School, Hazelgrove Road, RH16 3PQ
5:30 - 7:00 pm
7:00 - 8:30 pm

WEDNESDAY
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11:00 - 12:30 pm

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In Memory of our Grampa

DESPITE SNOW and freezing temperatures, keen flautist Maddi Barnaby (10), a pupil at Great Walstead School, entertained shoppers and passers by, with her flute and recorder playing. As soon as she broke up from school she was itching to get out and play carols. Maddi was out each lunchtime in the week before Christmas and spent most of her Christmas Eve playing a variety of Christmas songs. She really enjoyed playing requests. One man came along with his trumpet and gave a quick blast which Maddi was tickled pink by!

Little sister Thalia (7) also braved the cold and played some duets with Maddi on her recorder.

Maddi's flute teacher, Sam Davies and her girls, Millie (clarinet) and Phoebe (flute) popped by for a few duets on Christmas Eve.

In all, an amazing £350.16 was raised with all proceeds going to the 'Jon O'Brien memorial fund' at St Peters and St James Hospice where their Grampa unfortunately lost his long fight with cancer in September 2010.

Maddi and Thalia and family would like to thank everyone for their great generosity and to wish them all a very Happy New Year.

Lindfield makes the Top 10

Alan Gomme, Chairman Lindfield's Comm Forum

AS ORGANISER FOR our entry in BT's "Race to Infinity", I would like to say a very big thank you for all the support I had from the churches, schools, Parish Coucil and various shops and traders.

BT announced on 3rd January that six communities all polled 100% results in their "Race to Infinity" and so will now have their exchanges upgraded as will apparently any exchange with over 1000 votes and 75% of the votes.

In a fuller but unofficial results listing that can be found at www.racetoinfinityandbeyond.veadas.net it is reported that Lindfield came 10th overall and polled 1347 votes or 61.11%, a very creditable performance, but apparently not enough to trigger BT's 75% mark for them to consider upgrading our exchange.

However, I am sure that Lindfield's Internet users would not want me or the Communications Forum to stop at this point in our campaign to get the Alma Road exchange upgraded, so that it's users in the village get the same speed and reliability of service as users of our neighbouring Haywards Heath exchange.

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Sussex Horse Community

AFTER THE AWFUL incidents involving horses in Sussex recently, the girls at Rainbow Bridge Horse Rescue, a small self-funding rescue based just outside Eastbourne, have set up a Facebook community page dedicated to the people of Sussex and their horses.

Search for 'Sussex Horse Community' on facebook.com

Once a member of Sussex Horse Community Page you can share advice, ask questions, upload pictures, classified ads, box sharing, events, organise hack meet ups, generally discuss anything equestrian and, of course, share information about any suspicious behaviour or thefts at your yards.

Their goal is to have as many people as possible registered and to make this a true community.

Join Sussex Horse Community today and benefit from being part of the only horse network in the South East.

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IF YOU ARE interested in asking some basic questions about the Christian faith there is a course starting soon to help you find the answers.

Starting on Tuesday 1st February All Saints Church is running a seven-week course on Basic Christianity. All are welcome to this event that begins each week at 7.15 for 8.00pm with a meal in the Tiger followed by a talk and discussion.

For more information please contact the Tiger Office on 01444 482405.

Plant Sale with Coffee

LINDFIELD HORTICULTURAL SOCIETY will hold a Coffee Morning and Plant Sale on Saturday 5th February between 10.00am - 12.00 in the Jubilee Room, King Edward Hall.

On Wednesday 9th February Bea Andrews will talk on 'Kitchen Gardens with Flowers and Natural Structures'. Bea is a passionate horticulturist who was Head Gardener at Sarah Raven's Garden and Cookery School for four years, where her work in the ornamental kitchen garden was featured in many gardening publications. She has an MSc in Horticulture and 15 years experience growing ornamental and edible crops. In the King Edward Hall at 8pm. All welcome. www.lindfieldhorts.org.uk

The fun starts at 9am

A RECENT ADVERT for Tiger Cubs stated that they opened at 9.15am. This was printed in error. The sessions actually start at 9am.



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Motorbike Tyke

By Paul Burris

LEATHER-OIL-CHAINS-burning rubber, my teenage testosterone fuelled fantasy had become reality as I swung my buckle booted leg over (wait for it!) the gleaming Ex Police Triumph 650cc motorcycle I had just purchased from my local constabulary.

The transacting officer was still counting my used reddy's whilst admiring my obvious command of the velocipede as I effortlessly swung the kick-starter to roar the beast into life.

Again, I effortlessly swung the kick-starter in petrol fumed anticipation of a threatening rumble from the once chromed twin exhaust pipes whilst the respectful rozzer took a view on this awesome spectacle. Again, I effortlessly engaged the aforementioned lever and, for good measure, repeated this procedure till my little paisley face glowed amidst the halo of my 'Ton Up Terror' emblazoned crash helmet.

"You wanna try turning the ignition on mate" quipped the captious copper, to which I gave a rapier like riposte, "jus prime'in the carbs" says I nonchalantly, flicking the on switch, and simultaneously, with one even more effortless swing of my, by now totally skinned but well toned right leg, fired the monster's wrathful oscillations.

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Such was my astonishment at this cacophonous feat (and my feet lacking in ground proximity) a state of teetering unequilibrium befell me, and both machine and would be rider suffered a terminal decline to the tarmac. "Ello Ello Ello, jus checkin the groun clearance are ya" guffawed my laughing lawmen, suffice to say I did not sully myself with a rejoinder, but extricated myself from neath the Triumph and triumphantly remounted, restarted, and rode off.

Motorcycle courier, what me? Why not? said I, as I wrung the throttle of my steel steed past its stops and hurtled twixt the London traffic, with Hells Angels hubris, towards Blackfriars Bridge and my first (and I'm not telling yet) day as logistics provisioner for 'Fox Photos' and I was certainly going to be well and truly foxed!

It was raining, big buckets, it was cold, I was lost, very lost as to which side of the river I was on, which made it difficult to understand the sodden copy of my 'A to Z' permeably taped to the soggy cardboard envelope of a yard square photograph precariously perched flat on the Triumph's petrol tank. Did not this cargo arrangement impinge upon my competent piloting you may ask? Would it have been proven understated to say you had some difficulty reaching the handlebars and its provision of controls? Surely the photograph would have been ruined?

YES.

Apparently the Port of London Authority Building is not a four hour journey from Blackfriars Bridge, or so I was informed by Fox Photo's somewhat irascible despatch clerk upon my hardly feted return. "Where the devil have you been" (not his words exactly) thinking to assuage his rather bellicose (really cross actually) attitude, I informed him of the impossibility of transporting such a large and unwieldy object on a motorcycle, surely some other form of conveyance would have been more appropriate on this occasion?

He appeared momentarily dumb struck, so I had obviously made an impression on his more cognisant faculties and no doubt an apology would ensue, however, instead, his apoplectic face appeared within a fraction of my own and he spoke, rather loudly.

"Stuff like that you take on the tube or the bus or a cab or ya walk ya blithering idiot" (something along those lines anyway) "n' close the jolly door after ya" (similar).

"Any fear of getting paid then? I stammered". He did respond but in a rather negative but colourful fashion and I left the premises feeling that they had not realized my full potential to further streamline their business.

Oddly enough I did not bother to pursue my courier career with Fox Photos. After all I was born to be wild and there were plenty more adventures whatever comes my way.

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100 years celebrated in style

By David Tingley



AS REPORTED IN last month's magazine, Lindfield's own King Edward Hall (KEH) celebrated its centenary in style at a ceremonious evening exactly one hundred years after it was opened by Col. Dudley Sampson of Buxshalls on 11th January 1911.

The evening was opened with words from the Chairman of KEH Management Committee, Brian Newcombe. It is humbling to realise the commitment of many to run our village hall on a day-to-day basis, but surely none more so than Brian - who has been on the committee for a staggering 52 years! I also discovered that his wife, Gwen, also had family history with the hall over two generations, and I also know that their children help out in practical ways too when its needed.

However, the celebrations were about the Hall, and the assembled gathering heard a new poem written specifically for KEH by Lindfield poet Anthony Baird, charting its history. One of the current Trustees of the hall, Graham Turner, also spoke of his pride to be involved. Lastly the West Sussex High Sheriff, Mrs Elizabeth Bennett, talked about KEH being "part of everybody's lives" as it touched us all in the village in different ways.



I guess this is true, be it seeing a play, placing your vote, taking your kids to nursery, learning to dance, hearing about latest pest control in gardens or relaxing upstairs in the Lindfield Club with a pint! The King Edward Hall does play a key role in giving us opportunities to engage as a community. So when Dr Daunt first mooted the idea in 1887, only to be knocked back by public opinion, it turned out he was onto something after all!

Just before we toasted the 100 year old building with champagne, two gifts were presented. One was a commemorative cross-stitch created by Gwen Newcombe, which had taken over 275 hours to complete. The other was a plaque on a slice of oak given by Sheila Hobbs. The tree had come down in the '87 hurricane, having been planted many years earlier by King Edward himself, in the grounds of Old Place.

As the evening closed, we got more time to study the KEH exhibition kindly researched by the Lindfield History Project Group - which really did highlight how much the hall has been appreciated and used so far. I'll raise a glass to my kids and theirs getting the same enjoyment out of 'the old girl'!

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Gaming reaches new levels

Charles Ward, Gaming Enthusiast

Halo is a science fiction video game franchise created by Bungie and owned and published by Microsoft Game Studios. The series centres on the interstellar war between humanity and a theocratic alliance of aliens known as the Covenant. The Covenant worships an ancient civilization known as the Forerunners, who perished in combat with the parasitical Flood. The main trilogy of games centre on the experiences of the Master Chief, a cybernetically enhanced human super-soldier, and his artificial intelligence (AI) companion, Cortana.

Microsoft's latest project, Halo Reach, to put it simply, is creator Bungie's greatest game to date. Up to now the halo franchise has been phenomenally successful with the likes of Halo 3, generating sales of over 300 million copies sold on the first day, and Halo ODST only adding to Bungie's already sterling repertoire. However Halo Reach tops them all. The game is set on a planet called 'Reach', which is under attack from a formidable foe named the covenant. Teams of warriors nicknamed 'Spartans' called noble team are tasked with repelling this threat and protecting Reach's inhabitants at all costs. You are dropped into the shoes of noble six, the newly initiated member of the noble team. From start to finish the game oozes class and top quality play value, from jaw-dropping

vistas and gut wrenching, epic scenes on a scale never before seen in a Halo game, to haunting scores encapsulating the dark despair of the planet 'Reach's' situation

perfectly by gaming's one and only Marty O'Donnell, who wrote the musical score for all the title previous games to date. This game is set to be Bungie's final curtain call in terms of Bungie's input into the halo universe; Microsoft will be helming the future of halo games. This is a shame! However, Bungie will still be developing. They wanted to go out with a bang and their end result, Halo Reach, certainly delivers, and on top of that brings us an experience which is both unique and changes the way the games will be made in the future. It is clear from the moment you pick up your Xbox controller that a lot of love and time has gone into making this game a success. From playing this I can certainly say that it is the best game to come out in recent months, and I can say without a doubt this game deserves a full recommendation.



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Simply Good Food...

By Caroline Young

THE SECOND MONTH of the year may still be dark and gloomy, but we have Valentine's Day to celebrate which legend has originated from the Roman feasts of Lupercalia and the martyrdom of a saint called Valentine around 269AD. The Victorians greatly developed the idea of sending sentimental cards to loved ones and their highly elaborate cards, which often included real flowers, feathers and lace, are highly prized as antiques today. Why not make a heart-shaped cake for your special person (surely the way to a man's heart is via his stomach!). No need for a special cake tin, simply trim a round sponge layer to a heart shape, split and fill with jam and coat with icing.

This chilly month we still need substantial and warming meals. Try some of my favourites...

Butternut Squash and Chickpea Curry Serves 2

Cut a small butternut squash into four, remove and discard the stem, seeds and peel. Cut the flesh into bite-sized pieces. Finely chop a medium onion and gently cook in a little oil until soft and beginning to brown. Add the squash, a sliced carrot and some crushed garlic. Cook for 5 min, stirring. Stir in 1tbs curry paste (or more depending on your taste), 1tbs grated fresh root ginger, 200g can chopped tomatoes, 400g can (drained) chickpeas and 200ml vegetable stock. Bring to the boil, cover and cook over low heat for about 15min, stirring occasionally, or until the vegetables are very tender (you may need to add a little extra stock or water). While the curry is cooking whisk a generous spoonful of mint jelly into 150ml natural yogurt. Serve the curry with rice, if wished, and the minted yogurt spooned on top. (May be frozen.)



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Pasta with Vegetables and Eggs

Serves 2

Cook 175g small pasta shapes such as twists to packet instructions. Put 2 eggs into a pan of boiling water, bring water back to the boil and simmer for just 3min. Immediately place the eggs in cold water and leave for about 8 min. Meanwhile slice 8 spring onions, 2 small courgettes and break up a medium head of broccoli. Cook in simmering water until just tender. Drain. Gently peel the eggs. Drain the pasta and return to the pan. Add 4tbs soy sauce and the vegetables and gently mix with two spoons. Season to taste, spoon into hot bowls and top with the eggs. As you cut into the lightly boiled eggs, the soft yolks form a sauce for the vegetables and pasta.

Smoked Trout Kedgeree

Serves 2

Cook a thinly sliced onion in a little oil until very soft. Stir in a crushed garlic clove, 175g long grain rice and 1tsp (or more) curry paste. Add 600ml hot vegetable stock, cover and cook over low heat for 10-15 min, stirring occasionally, until the rice is tender and the stock absorbed. Meanwhile, cut a quarter of a cucumber lengthways, scoop out the seeds and cut the flesh into small cubes. Whisk 2tbs mint jelly into 150ml natural yogurt, season and stir in the cucumber. Break 175g smoked trout fillets into pieces and gently fold into the rice. Serve with the cucumber relish and lemon wedges.

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Local children learn about Epilepsy

By Emma Tingley

DID YOU KNOW that epilepsy is the most common serious neurological condition in the UK? It affects around half a million people, that's one in every 131 of us. Over in Lingfield the National Centre for Young People with Epilepsy (NCYPE) has recently started an Epilepsy Education 4 Schools programme. Funded by the generosity of donors the programme provides free teaching to school aged children in South East to help raise awareness of this common but frequently misunderstood condition.

The team from NCYPE will be spending a week with the children at Lindfield Primary School in February. The youngest children will learn about the condition through story and song, with the older children taking part in activities that will help them to think about what it may feel like to live with the condition and how they can include children with epilepsy in the activities that they all enjoy. Witnessing an epileptic seizure, or worrying that one may occur, can have a profound effect on everyone concerned if they are unprepared. The team provides children and staff with information in an engaging and age-appropriate manner, which helps them to remain calm and safe.

Teaching assistants from many of the local schools will also be attending a training session at Blackthorns School that will help them to identify the condition and find out more about how epilepsy can affect a child's memory, attention and learning.

Did you know...?


Epilepsy can seriously affect learning, memory and behaviour

Up to half the children with epilepsy in the UK may be underachieving at school

Sixteen percent of those aged 5-15 with epilepsy have an emotional disorder such as depression compared to just 4% of their peers

To find out more about living with epilepsy, read James' story (p16)


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Lights of Love – REVISED DATE

IT WAS WITH great regret that St Peter & St James Hospice had to cancel the Lights of Love service which was scheduled to take place at St Paul's College on Saturday 4th December due to the heavy snow and icy conditions. The team managed to contact almost everyone who had indicated that they were coming and were encouraged by the understanding responses that they received.

The Hospice is pleased to confirm that the service is rescheduled for Saturday 26th March at 3.30pm at the Martlets Hall, Civic Way, Burgess Hill.

They do hope that everyone who had planned to attend on 4th December will be able to join us on that date and will shortly be writing to everyone who had responded previously with a personal invitation.

There is also a Danehill Lights of Love on Sunday 27th March at 6pm at the All Saints Church

If you had not planned to come to the original service but would like to attend the rescheduled one, please contact Fundraising on 01444 471598 and they will be pleased to send you a response form.



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Getting my head around it

By James Gaydon

THE DOCTOR LENT over his desk, looked over the top of his glasses and said "Well James, you have epilepsy, how do you feel about that?". I wanted, initially, to let my fists do the talking and show him how this news wasn't exactly what I was hoping for.

I am not the violent type so I just fumed. I let him explain that many people take this type of news badly and as a consequence need to be referred to a psychologist to help them readjust. It was about six months earlier that the first incident happened.

My dad was woken by a banging coming from my room in the early hours. I was known for keeping odd hours (I was a teenager) so my dad lay there for a moment before realising that this wasn't just me being inconsiderate but that something was wrong. As he walked in my room I was having a seizure. They used to be called 'grand mal' but nowadays are referred to as tonic clonic seizures. My body convulsed and shook like it had electricity being passed through it. With my jaw clenched I struggled unconsciously for breath and my eyes rolled back. Mum and dad stayed with me while the convulsions continued and then after a few minutes they began to ease.

The doctor came and even now I can remember the smell of his jacket. I think all doctors over a certain age who wear jackets and have the medical bag have a similar smell. However, I think they say that before or after a seizure your sense of smell can be heightened (don't quote me, I have it, but I am not a doctor!).

The doctor said that I had suffered a seizure but the cause was unclear and at this time no specific medical treatment was required.

I think anyone may have a seizure once and that may not mean you'll have another, so it was a case of wait and see what happens next. He advised rest and correctly stated that my body would feel fairly battered. To be more accurate I felt that I had been 12 rounds with a pro boxer. My tongue was blood red with teeth marks and swollen, all my muscles were filled with lactic acid and ached, I mean really ached, and I had a banging headache.

Once the doctor and his strange smelling jacket had left my mum gave me a Magnum ice-cream (a rare treat usually) to reduce the tongue swelling but on this occasion there was no pleasure in the eating. It actually hurt to open my mouth and my tongue didn't want to be consoled.

Time passed and I tried to shrug off the event and continue on. I was always aware that 'it' may return and did do some research on epilepsy, but confident that I



My body was beaten up but I had a real sense of being under the control of something in my head. I was filled with fear knowing that it could happen anytime.

didn't fit the epileptic demographic it wasn't something I was going to worry too much about. I was coming up to 17 years old so I was concentrating on gaining some financial independence, and keen to have fun with my friends.

About six weeks later it happened again.

Much the same situation except this time it was a shorter episode. This time I actually woke up after the seizure (I cannot recall how much longer after) however I was petrified. My body was, as before, beaten up but I had a real sense of being under the control of something in my head. I was filled with fear knowing that it could happen anytime. There was no way I could sleep that night until I passed out with complete exhaustion.

I saw the doctor and he arranged for an Electroencephalogram (EEG) and MRI test. Although my fears were becoming reality, I was also really pleased that questions were hopefully going to be answered. The possibly horrible truth was better than the very scary unknown. The doctor showed me the results of both tests and both were unremarkable. No I didn't have a tumour, and yes I did have a brain. My poor GCSE results were down to my inability (laziness), not a medical deficiency.

At this point he delivered his diagnosis with all the tact he could muster. Epileptic? What? You said the tests were clear...? How do I feel about it? Come here and I'll tell/show you!

I believe it was this same doctor that told me how epilepsy will affect my life. Specifically, I couldn't work with children as I could harm them during a seizure. Sports teacher plans out of the window then... no need to aim high with any further academic qualifications.

Despite learning to drive when I was 15 years old (when working on a farm) I couldn't hold a driving licence of any kind until I had been seizure free for 3 years. Independence denied. Stuck in my rural village for another 3 years (at least).

Furthermore, I had to take pills everyday, twice a day. I was given the standard anti epileptic drug called Epilim. These purple tablets were to be taken every morning and every evening to ensure that the drug remained in my blood around the clock. I really did need to start living by the rules that were being laid in front of me.

As I walked from the doctors to the car I made a decision. I could either become angry, frustrated and be a victim in this situation, or live to the maximum that I could and endeavour to overcome any obstacle. Well there was no choice so I decided it was time to 'man-up'.

Later in my mid-twenties, after many seizure free years I had another seizure while I was working for Volvo as a salesman. This was a daytime episode so this meant I lost my licence for 1 year (DVLA were more lenient by now) but importantly I lost my job.

I had to reluctantly 'sign on' while I had an increase in my drugs and started taking Lamotrogen (also used as an anti depressant) with my Epilim. As I was keen not to sit about I went to a college for people with disabilities for a year to study Sales, Marketing and Customer Service. The college was residential and was a really interesting experience. Plenty of sex, drugs and rock n' roll. Well to be honest not so much rock n' roll. I didn't seem to fit the demographic there for sure. I spent most of my time as a recluse in my room minding my own business trying to avoid getting involved in the police raids (two in 10 months). There were a lot of people angry at life, frustrated by the limitations of their bodies and many who had also had their lives turned upside down and dreams and aspirations broken. The impact of my disability on me was not as harsh as those experienced by others. I was, and I am, very lucky.

So in conclusion, life is hard, it is full of surprises, some good and some bad. It is my belief that the important thing is how we choose to respond to the challenges that we face. One thing I am reminded of again and again is how lucky and privileged I am. Regardless of what happens I have family and friends that love and care for me, and now as I write this at 34 years old I am particularly blessed with my wife and two children. With this love and support nothing can touch me. Our blessings always outweigh our troubles, sometimes we just need to remind ourselves of that.

For more on where I am now have a look at jamesgaydon.co.uk, or my twitter page twitter.com/just4mes





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BOOK REVIEW

If you'd like to have a go at writing a book review, or are part of a reading group and would like to review a book together – do get in touch at editor@lindfieldlife.co.uk

The Fry Chronicles

by Stephen Fry

By Cavan Wood

THE WORD “POLYMATH” is the best one in the English dictionary to describe Stephen Fry. From writer to performer, to chairman of TV’s “Q.I.”, there does not seem to be any stopping him! Perhaps this is why the second volume of his autobiography (which this volume is) has been over twelve years in coming. You do not have to be familiar with that earlier volume, the wonderfully titled “Moab is my washpot”, as in this book, Fry gets you up to speed with his troubled youth, which included spells on probation and in prison.

This however is mainly the story of the author from eighteen to thirty. Like many, he went through the Cambridge Footlights to make his way, at the same time as his comic partner Hugh Laurie and actor Emma Thompson. He also seems gently amused that one talent he practically wrote off at university – Simon Russell Beale – is now one of our finest actors. (Currently playing the Home Secretary in “Spooks.”)

We learn about his obsessions with computers, his friendships and his ambitions. He does bring

the necessary detachment to his younger self, to see both his follies and his virtues. It is the weaknesses of many autobiographers that a desire to justify takes over their reason and their ability to see that they can make mistakes – not so here. A bad book of this sort leaves you disliking the person who wrote it more – but not in this case.



I particularly like the misunderstanding story between Fry and Hugh Laurie. Fry rang his partner to tell him that he had spent over a thousand pounds on a Mackintosh. Laurie was appalled that his friend could be so wasteful of money to spend that much on a coat. It took several minutes on the phone to explain that this was a new computer and not an item you wear!

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By Jacqui Smith, interior designer

Upstairs Downstairs

TEMPTING AS IT IS to write about how much I enjoyed this wonderful drama over the Christmas break it would be self indulgent and have absolutely nothing to do with interior design. Although I could of course comment on the stunning period interiors on show in the 1930s but that's another article all together...

Unless you are blessed with your own sweeping Titanic style triumph of architectural joinery or a more contemporary statement glass and metal installation, then the staircase can often be forgotten when it comes to interior design and seen as a means of connecting one space with another with no real identity of its own. As a transition between rooms the staircase needs to be decorated so it enhances the flow between the spaces running off it but it's more than a case of choosing a neutral paint colour.

My approach for any area of the house is to start by considering the structure of the space and how the proportions work. Now for most of us the stairs are pretty fixed, but perhaps a narrow flight could be enhanced with a wider bottom stair, curved perhaps to give the illusion of a wider flight. Proportions can be restored by clever use of colour and artwork. Cooler colours open up a narrow space whilst warmer shades will make it feel more constricted. If timber is a feature on the stairs, oak being the most popular, then use this as one of the three colours in your palate, then add a neutral plus your accent colour.

Hanging artwork on the stairs will provide a focal point and help to break up an otherwise straight run and reduce any sense of vortex! Stairs are great spaces for galleries - smaller pictures work better in small stair areas; larger pictures should be hung in halls or landing spaces where you have more space to stand back and admire them. If you have the luxury of a spacious half landing then consider a narrow console table or perhaps a small tub chair. A well dressed window can make a stunning focal point too.

Lighting plays a key role; treads and risers need to be well lit so clearly distinguishable and the bottom of the stairs, the landing and any half landings need dedicated light sources. Lighting can be more than just practical, it can provide a decorative feature - low level wall lights washing light over each stair, under-lit hand rails and so forth.

Fully carpeted staircases are found in many homes, covering up functional softwood. If your staircase is hardwood then you may well want to show it off and go for a runner and stair rods. For a recent local project we specified a stunning Crucial Trading striped runner for the stairs, with mustards, smoky blues and mid browns to sit with the traditional oak of the staircase. The carpet provided us with our palate and all the other elements worked within it creating a real statement for the hall.



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At work in the village

OPEN FOR BUSINESS

By Michael Bradley

JAY MADE THE decision to become a plumber about five years ago – when he had had enough of the unfriendly hours demanded by truck driving. Like many of us, when we make a career decision, Jay admits:

“I had no idea how I made the decision but I thought it would be a good thing to do!”

In the past five years Jay has worked in and around Lindfield developing his business, generating work mainly through word of mouth and recommendations. The key, however, has been his gaining of the Gas Safe accreditation and his listing on the Gas Safe Register (www.gassaferegister.co.uk). This listing gives a full description of what the plumber can do concerning gas appliances – simply if you haven’t been trained on an appliance you can’t offer to service or fix it. According to Jay:

“This has given people the confidence to use my services and I now receive far more calls than I did before – increasingly from people who have had unsatisfactory work done by non Gas Safe registered companies. By law, all gas engineers must be on the Gas Safe Register. It is the only official list of qualified gas engineers and is there to help keep you safe – it has replaced CORGL.”

As you can expect, interaction with the village has been mainly solving our boiler and pipe problems – fixing burst pipes quickly in the Red Lion made sure the regulars were kept happy for instance. Perhaps the strangest call out was for a blocked sink on William Allen Lane– which turned out to have a Phillips Screwdriver wedged under the plug-hole!

In terms of marketing, advertising and leaflet drops to the surrounding area have worked – but he doesn’t have a website. As previously mentioned, the majority of Jay’s work is through word of mouth for private households and a good growth area has been his work with the local estate/letting agents.

Perhaps most interesting is Jay’s philosophy towards his work. He stresses that prevention is better than the cure in many cases - especially during our seemingly endless cold and snowy winters of recent years:

“We rely on our gas boilers, cookers and fires more than ever during winter to keep warm, have hot baths and showers and cook hot meals. It’s important that gas appliances are regularly serviced to help keep us safe and prevent them from breaking down when we need them the most.”



Here are some of Jay’s tips to keep yourselves warm this winter and hopefully save you some money in the long-term:

1. Always get your boiler serviced during the summer so it’s ready for the demands of the winter. As Jay points out: “A recent survey of gas engineers showed that most problems with gas appliances are caused by a lack of annual servicing.”
2. Outside taps need to be isolated (turned off from the inside) before they freeze.
3. Correct any leaking overflows before the onset of winter – again any unfixed problems may lead to damage to your pipes

As touched on in previous articles for small companies and one-man bands in trades such as plumbing, trust is key and the correct training is paramount – Jay has spent over a year on training courses and invested a large amount of money to have that reputation. With so many companies offering similar services it is increasingly important to check accreditations – which can be reflected in the growth of services such as Checkatrade. In Jay’s case his Gas Safe listing and his growing number of satisfied clients in and around the village proves that his time and money invested in training is well spent.

For more about Jay, JP Plumbing & Heating, please contact 01444 487895 or email j.p.plumbing@hotmail.co.uk

A fun run?



By Stephen Gray

I AM ONE of those people who hates running. Always the last in races at school, and with an abhorrence of cross country running, I got involved with Lindfield's run just because I am on the King Edward Hall committee.

I realise now, with the advantage of 5 or 6 years hindsight, that our run (on the late May bank holiday every year) attracts people from all over the country, seasoned runners and first timers alike. Moreover, they all seem to enjoy it!

Our run has been going for about 25 years, and 2010 saw the largest number of participants ever. We hold two runs on the same day – the shorter “FUN” run (just 5km) starts at 10.30 and the longer, professional version (10.5km) starts 15 minutes later. A huge group of friends and family assemble on Hickmans Lane playing field to support the athletes. The first runners are back in less than three quarters of an hour, others can take hours. The slowest was a lady who participated to exercise her dog and who enjoyed the beautiful scenery ‘en route’. In 2010 the fastest 8 participants all ran the whole course in less than 45 minutes. The winner of the fun run took less than 20 minutes.

Taking in a varied terrain, the run goes across playing fields, country roads and farmland. Runners have to negotiate gates, stiles and foot bridges on the gently undulating route. Strategically placed marshals are present to provide directions and encouragement. I usually marshal towards the end of the course and can't think of counting the number of times I've called out “only a short distance now!”

The weather plays a large part in the success of the run – on a beautiful day we get many people who just turn



up – and our registration process can cope with this. Increasingly though people are registering on-line (www.kingedwardhall.org.uk/village-run). Not only does this save time, it also ensures we can post results to everyone. Come rain or shine, there is always a core group of runners who turn up year after year. This is an indication of the uniqueness of the event – mixing elements of road running and cross-country.

All participants receive a medal to reward their efforts. Everyone is timed too – and a full set of results is published on-line. This year they will mark the run for the King Edward Hall centenary.

Why not join in yourself? Runners range in age from 5 to 85 and there is a real sense of achievement when you complete the course. Even the professional runners admit that this is not a course where you will gain a personal best for the distance (the obstacles mentioned above sometimes slow people down), but you will enjoy a run in the most beautiful scenery.

Of course, you don't have to run. We would love to recruit some new marshals – it will only take an hour or two of your time and 500 runners will appreciate your contribution. Or even help us mark out the course over the 48 hours beforehand. All volunteers will be welcome – send us an e-mail (villageday@kingedwardhall.org.uk) or call me on 01444 482306.

2011 marks my ‘get fit’ year. You never know, if we can get enough helpers I may be free to participate in the run myself. Just the shorter run this year...

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The Code Breaker in our midst

By Cavan Wood

MICHAEL WARD is a former Lindfield resident who has in the last few years began to gain an international reputation.

While studying for the priesthood in Cambridge, he was pursuing a Phd on the work of C.S. Lewis. One evening, he was reading a poem called "The Planets" which Lewis had written in the 1930s. It was to change his life.

Michael's love for the Narnia books had begun when he was a school boy in Lindfield thirty years before. He had read and re-read them several times. But he felt that there was always more to them than at first thought.

"When I read that poem, I had my eureka moment," he said. "It was then I realised that there was a pattern to the way the books were put together. Each of the books reflected the seven planets which people in the Middle Ages. Each planet had a different God linked to it and revealed particular characteristics of human and divine nature." He began to dig deeper and realised that Lewis was using these characteristics to reveal ideas about the Christian God.

Michael began to share his insights with people who had known Lewis, such as Walter Hooper who had been Lewis' personal assistant in the early 1960's.

"Lewis could be a very secretive man, so the idea that there could be another layer of the books which he had not revealed to others seemed to fit," Michael says. "After all, he had secretly married Joy his wife, without telling one of his friends, Tolkien."

Soon, the theory was being discussed by many scholars and formed the basis of two books "Planet Narnia" (an academic investigation of his theory) and "The Narnia Code" (written in a more popular style for the general reader.) Following a BBC documentary about Michael's work in 2009, his first book made the Guardian bestseller list as well as topping the Amazon charts.

Michael is now the chaplain at St Peter's College in Oxford. He is also the editor of two other books "Heresies" and "The Cambridge Companion to C.S. Lewis."

He has presented his theory at the Christian arts festival Greenbelt, at several universities in the UK and the USA, and at All Saints Church here in Lindfield, where his mother and father have worshipped for over fifty years.

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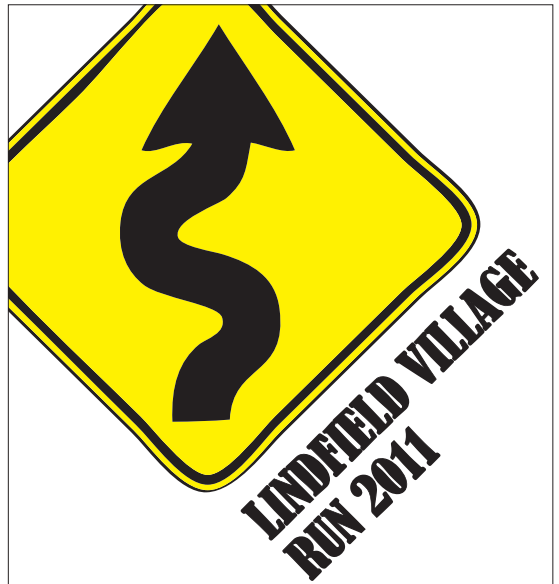
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LAF to host world record attempt

LATIN RHYTHMS WILL resound around the village during the Lindfield Arts Festival (May 14th and 15th) as hundreds of people take to the common to attempt the world record for the most dancers ever taking part in a single Zumba® class. A Guinness Book of World Records adjudicator will be on hand to see if the record is made, and monies raised from participation in the event will be split between Chestnut Tree House and St Peter & St James hospices.

If you would like to help dance the village into the World Record Books and shake your hips for two very worthy charities, please contact Esther on 01444 487457 or lindfieldzumba@hotmail.co.uk to be part of this exciting event.

Building on the success of last year's inaugural arts festival, this year's event will feature a wide range of arts, entertainment, crafts, and workshops across the weekend.

Lynn Tulip, LAF Director, said, "The festival is shaping up to be a great village event that will engage the whole community. There will be something for everyone, from dancing, art classes and food demonstrations to face painting, crafts and book readings, among a raft of other activities, in what we believe will be a highlight of the village's year."

In other festival news...

Barratt Southern Counties has been confirmed as principal sponsor and will be participating with an installation/exhibition at The Limes development site. Other confirmed sponsors include Kipper, the design and branding consultancy, the Bent Arms, and Rok Skool. Chestnut Tree House, the only children's hospice in Sussex, will be the main overall beneficiary of profits raised during the weekend event.

For more information on the festival, please contact Lynn Tulip at Lynn@lindfieldartsfestival.com



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What's on elsewhere in/around Lindfield

Monday 7th February, 5.45pm for 6pm

Village Networking

All welcome (for further details contact Natalie Stafferton 07957 184275 or see www.villagenetworking.biz)

The Witch Inn, Lindfield

Wednesday 9th February 2011 1.00pm

Bob Eagle (piano)

Presented by Tiger Arts.
Light lunches served in the Tiger Lounge from 12.15pm
Admission free - Collection to help cover expenses.
All Welcome

All Saints Church - Lindfield

Wednesday 16th February, 8pm

Long Distance Walks

Mike Scholes talks about some of his long distance walks
Town Hall, Boltro Road, Haywards Heath

Monday 21st February, 5.45pm for 6pm

Village Networking

All welcome (for further details contact Natalie Stafferton 07957 184275 or see www.villagenetworking.biz)

The Witch Inn, Lindfield



KING EDWARD HALL FILM SHOW THURSDAY 17 FEB 2011

7.45pm TICKETS ARE ON SALE AT THE BOOKSTOP,
PRICE £5-50, INCLUDING REFRESHMENTS.

What's on at King Edward Hall

- 1st Mid Sussex Wine Society - a wine tasting presented by Robert Greengrass of Majestic Wines (Angela Seward 484447)
- 3rd Country Market (Sheila Hobbs 483396)
- 5th Lindfield Horticultural Society - Coffee Morning (Mrs Alison Elliott 483039)
- 6th Ruwach Christian Church - Morning and Evening Services (Ruth Hollis 459025)
- 9th Lindfield Horticultural Society - Evening with guest speaker
- 10th Country Market
- 13th Ruwach Christian Church - Morning and Evening Services
- 15th Lindfield Preservation Society - Evening with guest speaker (David MacMillan 453608)
2.30pm Illustrated talk by Keith Cook on 'Clayton Windmills' (John Chapman 484470)
- 17th Country Market
- 17th King Edward Hall Film Show Evening The King's Speech (Gillian Alderman 483181)
- 18th Ruwach Christian Church - Evening Youth Service
- 20th Ruwach Christian Church - Morning and Evening Services
- 22nd Performance by the Fretful Federation Mandolin Orchestra (David Barwell 412704)
- 24th Country Market
- 26th Lindfield Dramatic Club - Table Top Sale (Rex Cooper 831512)
Lindfield & District Folk Dance Club - Annual Dance (Mrs B Malins 484224)
- 27th Ruwach Christian Church - Morning and Evening Services

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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