

Lindfield *Life*

Inc. Scaynes Hill & Walstead

Local village talk,
by the village

December 2011 Issue #33

Free

A photograph of a snowy village scene. In the foreground, a group of people, including children and adults, are playing in a snow-covered field. A soccer goal is visible on the left. In the background, there are several houses with snow on their roofs, and a line of trees under a hazy sky.

High Street Highlights

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Festive Food Sensations

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Lindfield's Christmas Radio Station

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By David Tingley, Co-Editor

Welcome to the **Christmas issue** of Lindfield Life. As ever, the festive season has caught up with us sooner than we ever thought possible, so we'd better enjoy it!

New for this year in the village is our very own radio station. The **three churches** in Lindfield have joined together for this new venture to broadcast Christmas tunes and village events across the airwaves on **87.9FM**. Check out www.thegiftfm.com for more info, or tune in from 18th December. You can also see what's going on at the churches in a special pull-out flyer from page 17.

Not so new, but certainly an old favourite is **Lindfield Village Festival Night** which takes place on 6th December this year. The Lindfield Traders will be decorating their shop windows in an effort to make the High Street more Christmassy than ever. This year you can **vote** for the best – simply fill in the form printed on page seven, and drop it in on the night.

This month we welcome a couple of new regular columns to the magazine. Simon Iliffe, of **Haywards Heath Golf Club**, shares his professional golf knowledge with a tip of the month to be found on page 15. Plus we have a new lifestyle column lifting the lid on complementary therapies, written by Wendy McCallum of **The Natural Therapy Rooms**, which recently opened in Lindfield.

Thank you to all our contributors - you are all fantastic! If you have any suggestions for topics to cover in Lindfield Life, or you would like to contribute in any way, do please get in touch. We always need cover photos. We can always use book reviews (whether you're young or older). We love to cover individuals' stories in the **Village People** items. We also like to know what has happened, or what's coming up. So do please get in touch by email at editor@lindfieldlife.co.uk if you have something to add.

In the meantime Emma and I, and the rest of the team, wish you all a wonderful Christmas time.

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 Paula Clark
'Fun in the snow on the Common'

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Swim-a-long 'a great success'

Swimmers of all ages and abilities donned their hats and goggles for a gala swimming event for St Peter & St James Hospice based in North Chailey. The Swimalong took place in October at The Triangle Leisure Centre, where participants swam as many lengths as they could in 50 minutes as an individual or as a team. Jo from the hospice fundraising team said, "the event was an enormous success and everyone had a wonderful time, whilst raising much needed funds for the Hospice". It is hoped that the final sum raised for the local charity will be over £2000.

Cross that bridge

A new bridge in the Scrase Valley Local Nature Reserve has widened the crossing over a stream, making it easier for disabled residents and parents with buggies to cross the water. The new bridge has been built by Mid Sussex District Council and forms part of a path that runs through the Scrase Valley Local Nature Reserve. It is a key walkway linking Lindfield and Haywards Heath (south of Backwoods Lane) and the path is heavily used by many local residents, including schoolchildren and local shoppers.

The new bridge was formally opened by Mid Sussex District Council Chairman, Councillor Mandy Thomas-Atkin, on Tuesday 11 October 2011. It is wider and has tarmac ramps at either side so is far more accessible for those who want to enjoy the beauty of the reserve using a wheelchair. Local resident Colin Carter is a regular user of the path and he welcomes the improvements that the new bridge has made. "It's so much better than it was; the new bridge is much wider and it's now really easy for wheelchair users like me to access," said Colin.

Eric George Burt

Eric George Burt died suddenly but peacefully at the Princess Royal Hospital on 27th October 2011 aged 97. A very much loved father, grandfather and great-grandfather. Eric lived in Lindfield for 20 years after his retirement, was an active member of the community and several Committees. He had a longstanding career in the Burt family businesses as Chairman and CEO. Eric also served during the Second World War as an Officer in the Royal Artillery. He is greatly missed by his family and many friends.

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Blackthorns Primary welcomes a special visitor!

Each Christmas Blackthorns Community Primary School celebrates with a bustling festive fair. Santa arrives on his sleigh and he and his helpers can be visited in a magical grotto that will turn the grumpiest of scrooges into a wide-eyed child. Pupils, staff, parents and friends of the school work together to create a friendly and lively morning. There is a wide range of stalls selling gifts suitable for all friends and family; some crafted by Blackthorns pupils and parents. There are fun games such as the ever popular 'Hook-a-Duck' and more energetic and highly competitive 'Wii Dance' challenge. A craft room offers the opportunity to create christmas decorations to take home. Year 6 pupils have been trained to offer their skills as artistic facepainters to transform children into anything they wish, from butterflies to superheroes. The cafe sells tasty lunches and the extremely popular BBQ provides hot food. The Fair starts at 11am and continues to 1.30pm on Saturday 10th December. The 'Friends of Blackthorns' Parents' Association are raising money to build a summerhouse-style classroom in the school grounds for small groups of children to have focused learning opportunities with teachers. This is a great opportunity to visit a welcoming school as it enters its 40th year, have a look around, and kick-start your christmas shopping.



Local dance students learn from the best

Students of the Gielgud Academy of Performing Arts were offered a unique opportunity to experience a behind the scenes look at what goes into making a world-class ballet company. Alexander Kalidenko, State Ballet Academy of Minsk's artistic director, permitted the students to attend the company's rehearsals back in October. "The Russians are top of the tree when it comes to brilliant precision and technical excellence," comments Gielgud Academy Principal, Suzanne Gielgud, "and I am certain our students will take what they have seen on board as they use it as a benchmark."

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Have your say on the District Plan

Mid Sussex District Council, in partnership with the Town and Parish Councils, has been working on a Mid Sussex District Plan. The role of the Plan is to say broadly what, where, when and how development will take place in Mid Sussex over the next 20 years.

The draft District Plan aims to encourage the local economy and helps to promote the health and vitality of Mid Sussex towns and village centres. It seeks to ensure the Council has planning policies in place that will protect the distinctive characters of its towns and villages as well as the beautiful countryside across the District. It proposes a significant reduction in the level of new housing to be built in Mid Sussex over the next 20 years, when compared to the figures in the South East Plan.

The consultation is open to all who are interested and will run until 13th January 2012. The draft District Plan and information about the consultation are available to view at the Town/ Parish Council office, at all the district libraries and help-points or online at www.midsussex.gov.uk/districtplan. Comments can be submitted online at the same address or can be sent to Planning Policy and Economic Development, Mid Sussex District Council at Oaklands, Oaklands Road, Haywards Heath, West Sussex, RH16 1SS. All comments received will be public information.

Lindfield Christmas
Festival Night, 6th December

Voting slip for Best Dressed Trader's Window

I nominate:

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Up Your Street

LINDFIELD'S LOCAL SHOPS

By David Tingley

Lindfield holds no end of hidden treasures, not least to the average shopper or passer by. In the second of our two-part series we stroll up the High Street, this month the West side, to see what you can expect to find in the shops.

We begin the mission walking past the Pond on our left and taking in the vista of the widest section of the High Street. A small parade of shops starts us off (once all owned by the locally well-known Masters family); the first is Full Spectrum run by Susan & Nigel Hutchings. This quaint little space is home to all manner of herbal and homeopathic remedies that you can buy off-the-shelf. As well as plenty of advice on those and stress management, their catchphrase is 'get better, feel better'.

In a similar vein Selbys is a pharmacy name long associated with Lindfield, and they are always happy to help. Whether it's a sore throat, an emergency bag of nappies, Christmas gifts or even holiday travel advice, it seems that Selbys has it covered.

Our next store I first remember as 'International' (and, I dare say, many readers can remember back further!), but today The Co-operative is an excellent resource for the village, with its extended open hours proving helpful to many. The large posters adorn the windows inform us of their latest offers and it looks as if there's a good selection of Christmas treats and biscuits inside!

On the corner of Denmans Lane comes Leaf, a ladieswear and knitwear retailer offering a good range of clothes and accessories for ladies over 30. The garments are clearly excellent quality and the team give great customer service and advice too, but only when asked! Elaine or any of the other ladies will be pleased to help.

At this point we take a slight excursion from the main road to explore three shops tucked away from view. Lindfield Dry Cleaners is on the corner (next to the Parish Council) and always has that lovely fresh smell when you open the door! World Coffees roasts and grinds its own coffee beans imported from over 15 countries. I know there are many regulars who won't buy from anywhere else! You can also now order online, by phone or email. Lastly in this area, Happy Feet is a kids shoe shop. Inside it is decorated by Crocs of all colours, school shoes and some amazingly fun-looking wellies. My favourites are the Ladybird boots!

If it's fun you are after, then look no further than Bliss! There are five stylists in this hairdressers for both ladies and gents, and it's certainly got a buzz going on. They even promise to dress up on Christmas Eve, so be sure to pop your head in if you don't believe me.

As I walk into Field & Forrest, Lindfield's newest delicatessen, I can see a couple drinking hot chocolate in the window (available as takeaway too!), a gentleman choosing from the selection of cheeses and a great looking special bonfire cupcake on the counter. But there is loads more including olives, monetzumas chocolate and pasta too.

The Stand Up Inn seems like it is where many stories of the village begin and end. It's certainly a popular establishment for locals and the odd dog too. The venue is particularly crowded on music



nights, when bands play in what feels like a very traditional pub atmosphere. The Dark Star Brewery now runs the pub, featuring their own range plus other beers and ciders.

Next up is Green Elliott & Crowe, where Alison and Michael Crowe run a small and friendly optician's and have done for nearly 16 years. In addition to the many designer frames on display they cater for all tastes and pockets, plus they are also one of the few opticians who will carry out home visits for those unable to get out into the village.

Adjoining here is the Lindfield office of Mansell McTaggart Estate Agents, whose windows are always hard not to look at out of idle curiosity. They are also the main agents for The Limes development off Newton Road. Personally I still can't help but think of Durrant's Coffee House when I go inside this building but maybe that's just me!

Continuing up the High Street, past the path to the Doctor's surgery, we arrive at Villandry Home. This shop always has a lovely window display with some really interesting pieces on show. Inside it smells beautiful, courtesy of Dr Vranjes I understand. Sarah sells a good range of homewares, lighting decoration and furniture pieces.

Next door we find ourselves in some highly desirable kitchens at The Kitchen People. They are designers of middle/high end production kitchens and will come out to you to do a free site survey. With over 80 per cent of their business from referrals, they clearly have a lot of happy customers in the locality.

Moving up past a few houses, we come across the stone steps of Humphreys bakery. It's a familiar sight to find a quickly moving queue of hungry souls outside this traditional bakers of fresh bread and cakes. And it's always hard not to join on the end when passing!

Limes of Lindfield is now well established in the village, although has actually only been around for just over five years. Chris & Jo White run the bistro, which also has two luxury apartments above. The restaurant has recently welcomed new head chef Kevin Jones, previously at Alexander House Hotel.

Next on our left is Peter Voigt Ltd at No 71. The window display boasts that the

family have been violin makers since 1699 and the note on the door gives some indication of the personal service you'd receive here: "Sometimes we are in when it says closed, sometimes we are not when it says open. Always try the door."

Outside Tuffnells, a lovely shop for gifts, I am reminded that everyone I know seems to have a Thomas Kent clock at the moment! But there is loads more in this 'Aladdin's cave' of a place, now with a Christmas Room open for festive purchases.

Denziloe is a hairdressers with great customer service and a cup of tea at the ready. Plus the added benefit for customers of the view through the windows out to the High Street.

Moving further up is Kieron James Toys in which there is always a friendly face to greet you (and I'm not talking about the toy giraffe in the window!). Here he stocks over 300 different toys from traditional wooden to Nerf mega howler balls. I saw Elise checking out the dolls and soft toy ranges.

Next door Martin's provides a sterling newsagent and delivery service plus, if you're feeling lucky, maybe a lottery ticket too!

Abbott's Pharmacy, with its traditional black and gold signwriting, provides advice to its customers from behind the counter plus it boasts an extensive range of organic products and a health food store packed with gluten and dairy free alternatives. An excellent resource to have on our doorstep.

We make our way up to the last shop in our tour, it's Doodie Stark, a fashion boutique which has recently been extended to expand its offer. The store has a sophisticated style about it, along with a nice mix of soft and hard interior finishes. It's clear this is a highly regarded store, as I overhear a 'regular' becoming almost giddy at the new line of reasonably priced jewellery on display in the counter.

It is easy to forget just what we do have here in Lindfield. But, if we have learnt nothing else from this High Street shopping tour, we should have seen what a great variety of thriving shops we have on hand. Some we use everyday, others we save for something special. Why not start your Christmas shopping in Lindfield this year?



Look lively, Lindfield's lacking Lollipop Ladies!

By Sarah Tjou

"It is an accident waiting to happen," a number of concerned parents all agree as we stand at the top of School Lane watching the traffic rolling past us with no school crossing patrollers to keep the children safe.

I walked down to Lindfield Primary school this morning to discover just how dangerous the situation has become and I found myself waiting, for what seemed like hours, to simply cross the road. How parents and school children have the patience to cross this road every morning is a mystery to me. You may think I'm being ridiculous but you have only to observe one morning to see just how hazardous the roads are.

I talked to Amanda Harries; a spirited parent enthusiastic about the need for a new school crossing patrol. "It is absolutely lethal without a lollipop lady. If you have got someone out there in a bright yellow jacket people do slow down," she campaigned and, like Amanda, many if not all of the other parents taking their children to school are not happy as things stand.

We watched the cars jammed at the small junction off the High Street and speeding past the children taking their first steps onto the road. Another worried parent pointed to the roadside, "People are parking along the road which then obstructs the view to cross. It is so dangerous."

The top of Backwoods Lane, previous lollipop lady

Karen Kempshall "heroically patrolled," has been 'lollipopless' since September. I spoke to Karen who regrettably left after seven years at the post. "It was the best job ever, everyone was so nice," she insisted without a doubt. "For people to say I was a big part of the community means an awful lot. I feel so proud, it was such a great job."

Karen added, "I spent my first day trying to hide behind the pole, I was so nervous! But I soon fell in love with the job." When I asked Karen what she would say to anyone thinking about taking the position she devotedly replied, "Just go for it! Even in the rain and the snow it is the still the most rewarding job. Sure, you get wet, you look like a drowned rat but none of that matters. It is so worth it."

Karen has been an outstanding attribute to our village, just as the other school crossing patrollers have been. I found it incredible that there are 130 sites where school crossing patrols are employed in West Sussex yet we are finding it so difficult to recruit someone for our area in desperate need. Lindfield's school crossing patrollers are always greatly loved and appreciated, so if you, or anyone you know who would suit the position, are interested please do not hesitate to contact Julie Finn at West Sussex County Council on 01243 777319 or email to Julie.finn@westsussex.gov.uk.

Christmas gifts with a twist...



Do your bit to support seed conservation this Christmas by giving a loved one the gift of Adopting a Seed at Kew's Millennium Seed Bank, at Wakehurst place. You can help to save some of the world's most endangered species of seed, plus some of the most unusual! There are several different species to choose from, for example the *Drosera rotundifolia*, a UK native carnivorous plant and the *Kigelia africana* seed, a quirky African 'Sausage tree' with medicinal uses.

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Why not take a stroll around the gardens while you're visiting Wakehurst, or pop back on November 25th for The Big Tree Switch On to watch the country's tallest Christmas light up for the first time this year.

Visit www.kew.org/visit-wakehurst for more information on festive events, including a themed Christmas walk, Christmas storytelling and the Wakehurst carols evening.

See next month's magazine for a behind the scenes look at the Millennium Seed Bank at Wakehurst.



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To Romania and back

CHURCH VOLUNTEERING

As a screed was being applied to the floor of one of the houses being built this year, its future owner told us "This is a dream come true."

A team of 21 volunteers, nearly all from Lindfield's All Saints Church, recently returned to Romania to continue the work begun in 2010 of building homes for young families and single people who spent a number of years in the care of Caminul Felix foster-homes. (Caminul Felix means happy home in Romanian).

The volunteers turned their hands to a whole variety of tasks including mixing concrete, screeding floors, painting, shovelling sand, pushing wheelbarrows and climbing ladders. Some of the volunteers were skilled professionals, some amateur decorators and others had never picked up a paintbrush before and not only did they learn new skills but they also got to know each other while working on the houses.

Although some of the tasks seemed a bit daunting, when everyone worked together the results were amazing and by the end of the week a boiler house had been built, a porch insulated, a guest house painted, the entire ground floor of a house screeded and the base of another house laid.

Following the first visit in 2010 two of the houses that the group helped to build then are now homes to young families. As a screed was being applied to the floor of one of the houses being built this year, its future owner told us "This is a dream come true."

After working hard all week the team had a rest on Friday and visited Casa Minunata – a school for disabled children and Terra Nova a prosthetics laboratory. Both facilities were started and are supported by Caminul Felix. Time was also spent going into the mountains of Transylvania where they visited the "Bear Cave".

Team member Lindsay Norris commented: "Having seen the positive effect of our previous work, we hope to go back in 2012 to build more houses and see who is living in the houses we helped to build this year."

For more information about the work of Caminul Felix log on to their website www.caminulfelix.org.



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Lindfield Preservation Society

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wish all our members
and Lindfield Life readers
a very Happy Christmas and New Year**

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Santa in the Park (about 400 of them!)

Christmas is coming to Victoria Park. There will be hundreds of Santas and you could be one of them. On the morning of Sunday 11th December our Santas will run or walk to raise money for the British Heart Foundation. Last year the BHF painted the park red with all their Santas. You can jog three miles or walk a mile but whether you run or walk you are doing it in style in a fabulous FREE Santa Suit.

The Mayor of Haywards Heath John Sabin will be

getting the Santas off to a flying start and he will be joining in the fun run too at 9.30am, the walkers get off at more leisurely pace at 10.45am.

All budding Santas must register prior to event online at www.bhf.org.uk. This event caters for all the family including, Grandparents, Parents and Children of all ages. There will be prizes for the best dressed Santa and some fancy dress prizes too. Get your Christmas off to a great start and join the fun.

Splash...don't dig!

GOLF TIP OF THE MONTH #1

By Simon Iliffe

The greenside bunker shot.

This shot is about precision and accuracy of strike... If you try and remove the entire contents of the bunker onto the green in one swing, there will be little control in your shot... Play the ball forward in the stance (towards the left

heel), set your weight and hands behind the ball, open your stance a little (to the left) and club-face (to the right) in the set-up. This will encourage the club to sweep through the sand and use the natural bounce of your sand wedge. The ideal

bunker shot will produce a shallow splash shot, eliminating hitting too much sand and thinned-shots. Perfect this technique and you'll see a high soft landing shot, with a small amount of sand removed from the bunker... Job Done...!



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The greatest gift

One of the Christmas dinner traditions when I was a child was the contest to pull the wish-bone. Somehow I always seemed to end up holding the bigger half, so I could always make a wish. I couldn't tell anyone of course but I'll let you into the secret. Every year I wished and wished that we could have another Christmas Day.

What do you wish for this Christmas? Time with the family? Enough money to pay for everything? Maybe you just wish for some peace and quiet.

I don't know what Jesus Christ means to you, but to me He's the one person who can make sense of life. Most of the time I don't understand why I go on making the same mistakes, but I do know that because He loved me and gave Himself for me, all my mistakes can be forgiven – and yours can be too.

My wish was never granted. I always had to wait for the next December 25th, but Christmas isn't about wishing. It's about giving. You don't have to wish for the peace and joy that Jesus brings, because He is God's gift of Himself to the world – the best gift anyone could ever receive.

We wish everyone in Lindfield a very happy Christmas.

Charles Martin, Minister, United Reformed Church

James Clarke, Vicar of Lindfield


Alan Jones, Deacon, Evangelical Free Church



Christmas at Lindfield Churches

All Saints' Parish Church


Sunday 18th December

8.00am	Holy Communion (Book of Common Prayer)
10.30am	Christmas Family Service
4.30pm	Service of Lessons and Carols
 6.30pm	Service of Lessons and Carols

Tuesday 20th December

 2.30pm	Open House Carol Service
--	--------------------------

Saturday 24th December (*Christmas Eve*)

 3.30pm	Christingle Service
5.00pm	Christingle Service
 11.15pm	Midnight Communion

Sunday 25th December (*Christmas Day*)

8.00am	Christmas Communion (Book of Common Prayer)
9.30am	All-age Christmas Service
11.00am	Christmas Communion

Sunday 1st January (*New Year's Day*)

8.00am	Holy Communion (Book of Common Prayer)
10.30am	A Service to mark the beginning of the New Year
6.30pm	Evening Worship

All Saints Church

01444 482405

www.lindfield.info

Evangelical Free Church

Sunday 18th December

10.30am Morning Service
4.30pm Carols by Candlelight (with tea afterwards)

Sunday 25th December *(Christmas Day)*

10.30am All-age Christmas Day Service

Saturday 31st December *(New Year's Eve)*

11.00pm Joint Churches Watchnight Service with Communion
for 11.30pm

Sunday 1st January *(New Year's Day)*

10.30 am Morning Service
6.30pm Evening Service

Evangelical
Free Church

01444 413 882
www.lefc.co.uk

United Reformed Church

Sunday 18th December

 10.30am Family Worship
4.30pm Christmas Family Service


Wednesday 21st December

 7.30pm Christmas Concert

Saturday 24th December *(Christmas Eve)*

 4.30pm Crib Service
7.00pm Carols by Candlelight

Sunday 25th December *(Christmas Day)*

 10.00am Christmas Family Worship
6.30pm Carols in 'Ryecroft' (next door to the church)

Sunday 1st January *(New Year's Eve)*

10.30 am Family Communion
6.30pm Evening Worship

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01444 474 474

The Orchards Shopping Centre

Burgess Hill
01444 458 458

Despite its humble beginnings during the midst of the recession, Ian Wells had a dream to create a computer repair company that set the standard in customer service, accountability and value.

Xpress Repair was born in 2009 in a small office in Haywards Heath. From there Ian began to gain a great reputation but was tucked away on the industrial estate in Bridge Road. Ian commented, "we had the skill and expertise but what we lacked was presence so I decided to go back into the retail environment, which was a risk considering we were in a recession."

By the beginning of 2010 Xpress Repair had opened their first store in Burgess Hill. Ian added, "This was my chance to show how computer repairs should be done – with real service, quality parts and not ripping customers off as many companies do". To that end, Ian created a fixed price menu, gave a 1-year warranty on all repairs, didn't charge customers an inspection fee and ensured that all repairs were done in-store.

"Unlike other repair companies I employ skilled technicians, having an open architecture so customers can actually see us working on their machines and I put my stamp of confidence on each repair by giving a unique 1 year warranty. My competitors have tried to keep up but none are prepared to give more than a 6 month warranty."

Not wanting to stand still, Ian opened a second store in the Orchards Shopping Centre in Haywards Heath in August 2010 and added a raft of new services from phone repairs to games console repairs; something Ian claims was unique at the time.

"I looked for opportunities and added new services to look after customers. However, I didn't launch them until I could be confident that my staff were capable of achieving a quality repair that I expect of them."

By the time that this article goes to print Ian will have added a new service: refurbished laptops. "Although we also sell new, I had a number of customers asking if we sell refurbished laptops, so I added a line of refurbished laptops from only £99. We also purchase old laptops from customers, refurbish and sell them. It's a great way of getting a quality laptop for those who are on a budget."

Being in contact with Ian, with his enthusiasm, drive and energy – considering the economic environment that we find ourselves in – is nearly infectious. I can see why he has grown his company from nothing to fixing nearly 600 laptops per month in less than two years!

If you run a local business and would like it featured here contact David on 01444 884115 or email ads@lindfieldlife.co.uk

Army 'boy band' coming to The Triangle

The Soldiers won the hearts of millions in 2009 and 2010 and are set to do the same this Christmas with their new album *Message to You* and tour of the UK next year. The Triangle, Burgess Hill has been chosen as one of their first concert venues on Sunday 18th December 2011, with a magical matinee performance at 3.00pm.

The Soldiers – Lance Corporal Ryan Idzi, Sergeant Major Gary Chilton and Staff Sergeant Richie Maddocks – are real life soldiers who soared into the hearts of the British Public with their debut album *Coming Home* - which became the 5th biggest selling domestic album of 2010.

The trio also had the accolade of performing and selling the official Poppy Appeal Song this year, which features the vocals of Robin Gibb from The Bee Gees. The servicemen burst into song after posing with Prime Minister David Cameron on the steps of his London residence back in October, to launch the new song.

And later... Queen Rocks Gospel! Also gracing the stage at the "It's Magic" event later in the evening is the high energy Rock & Roll performance of Queen tribute The Bohemians, blended with the passion, skill and greatness of The ACM Gospel Choir, from the BBC's *Last Choir Standing*.

'Queen Rocks Gospel' is the evening show at The Triangle, featuring all of Queen's biggest hits performed in a way never seen before and starts at 8pm.

The Bohemians and the ACM Gospel Choir will create something truly special – a show not to be missed! Join us for a Christmas Kind of Magic at The Triangle, Burgess Hill at 8pm on Sunday 18th December

Bookings can be made from Baldwins in Haywards Heath, The Triangle, The Martlets in Burgess Hill or see www.itsmagic.org.uk for more information.



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Cook the sprouts until just tender. Drain well (can be done ahead of time). Meanwhile gently cook thinly sliced onion in butter until golden brown, stir in "roasted and ready-to-use" chestnuts (vacuum packed) and the sprouts and cook, stirring, until piping hot.

Cook sprouts as above. Gently cook a thinly sliced onion in olive oil until just soft. Add a little more oil (to make the dressing), the sprouts, handful of shelled pistachios or hazelnuts and 2-3 tbs fresh lemon juice. Heat just until piping hot.

LEMON TARTS

Whisk 3tbs good quality lemon curd with 150g mascarpone cheese until light and fluffy. Use to fill mini croustade cases, pre-baked shortcrust tart shells or brandy snap baskets. Decorate with toasted flaked almonds or candied fruit. Don't fill more than an hour before serving otherwise the shells will soften. Excellent as a sponge cake filling too.



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By Caroline Young

Just where has this year gone to? It seems like only last month I was writing about spring vegetables and salads! Now we want steaming hot bowls of soup and casseroles and, of course, Christmas is looming on the horizon. For most people the Christmas Day meal has to be the traditional one and I think it is great we keep it that way. However I thought you might like some fresh ideas on the other dishes apart from the bird. After all, there are thirty other days in December when we want to eat.

SCALLOPED POTATOES

Scalloped potatoes (potatoes au gratin) are simply thinly-sliced potatoes layered with onions, covered with a creamy seasoned mixture and baked until they are very soft and have a crisp golden brown top. Very simple to put together, they can be varied in many numerous ways plus they can also be cooked very successfully in the microwave (perhaps freeing up the oven for another dish). Here is the basic recipe for four generous servings:

Preheat the oven to 190°. Peel and very thinly slice 700g baking potatoes and 1 large onion. Using a large pan, gently cook the onion with a generous knob of butter over low heat until soft but not brown. Stir in 1-2 crushed garlic cloves and 300ml single or whipping cream. Heat just until bubbles appear around the edge. Add the potato slices and stir to coat with the cream and onions. Spoon evenly into a buttered shallow baking dish and level the top. Bake for 25-30 min or until soft throughout when tested with a fork and the top is

golden brown. Allow to rest for 10 min before cutting into portions.

Variations: use leeks in place of the onions. Or spoon half the potato mixture into the dish, sprinkle with grated cheese and/or chopped ham, top with remaining potatoes and finally more grated cheese (Gruyere is good as is mature or smoked Cheddar). Or just sprinkle the top with grated cheese. Or use 350g potatoes and 350g of carrots, celeriac, fennel or parsnips, all thinly sliced.

Microwave method: prepare the dish as above. Cook on MEDIUM for about 15 min (800 watt oven) until soft throughout. Place under a hot grill until golden brown. All these recipes are good served alone or with roast, grilled or cold meats or fish.

Have a delicious Christmas.

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It's a wrap!

HOME FRONT

By Jacqui Smith

Since this time of year is always especially busy for HomeSmiths I do try and get myself organised early. Whilst I *could* leave the wrapping for the week before Christmas, those magical days are something I prefer, if possible, to savour and enjoy with the family. I also happen to find wrapping presents incredibly therapeutic. My theme for wrapping is largely defined by my tree scheme, which in turn is dictated to a certain extent by the wall colour in my dining room, a need for colour coordination which I am ribbed about but make no excuses for.

When wrapping gifts I like to use ribbon only with a patterned paper and then more of a feature trimming with a plain wrap. I am always on the lookout for new approaches to gift wrapping and here are some of the ideas I have come across this season.

As a child those DIY doilies or paper snowflakes signalled for me, along with the dry mouth effect of licking and sticking paper chains, the beginning of Christmas. I would borrow my mother's nail scissors and get busy with a pile of discarded computer paper from my father's office, plastering my windows with snowflakes and littering my bedroom floor with tiny Hoover-evading snippets of white paper. A single snowflake is a simple but really effective adornment for a gift, cut out in plain paper against a contrast plain or patterned wrap.

Conifer sprigs tied with ribbon make a pretty and scented gift trim, though I would suggest using these only for the Christmas Eve wrapping lest you end up with rather sad looking dried and curling brown twigs!

Wide strips of coloured paper can be used as ribbon and made even more interesting with a paper punch. It need not be fancy shape, a hole punch will do; you will still, by using a contrasting paper, achieve a great visual effect.

I recently spied a clever idea for larger gifts where the main paper is plain with the recipient's name cut out and stuck on in a contrast paper. The example I saw was sheet music cut up for the lettering on gold paper and it looked stunning. I like to recycle where I can. Most businesses generate reams of paper waste and it was an architect friend of mine who prompted me to use old plan drawings as wrap. Not appropriate for everyone perhaps but with a coloured ribbon it's an interesting aesthetic.

Children love creating their own papers. Potato print is a popular printing medium or simple hand drawings can look charming. My youngest saw the decorative potential of one of his drawings recently, using it to wrap up a fruit and nut bar for me as a "sorry for being a pickle" gift. He knew of course that I would find it hard to resist the treat and ignore the creativity!



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Lindfield Rural Parish Council Newsletter

Dec 2011

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

Scaynes Hill Village Plan

Further to the completion and publication of the Scaynes Hill Village Plan there has been progress in various areas.

A support group has been established to support St Peter and St James Hospice, which is helping maintain the profile of the hospice and raise funds to support it.

As part of the refurbishment of the Farmers Inn, now renamed "The Inn on the Green", a Coffee Shop has been created and a Cash Machine has been installed.

The dog waste bins have been replaced with larger, better units.

The hedge in front of the Pond has been reduced in height and further work will be done on the pond shortly.

A group of residents are looking into sustainability. Using funds provided by the Spring Flower Show, bulbs have been planted to improve the village environment.

Enquiries have been made of Sussex Police with a view to restarting "Speed Watch", Volunteers please contact Councillor Steve Minter via the Parish Office.

In order to progress other areas of the Village Plan it requires individuals to come forward. In some cases the plan itself has proved a catalyst for change but in most cases it is up to YOU!

Fly Tipping on Gravelye Lane Allotment Gardens

At the allotment gardens on Gravelye Lane, Lindfield, an area has been set-aside for ploholders to place discarded foliage to be later incinerated, usually once or twice a year. It has been made quite clear that this area is for foliage that cannot be composted but there has always been an element of inappropriate material dumped on the site and the Council has made every effort to discourage this action.

Additionally there is evidence that household rubbish and other such material, including hazardous and non-burnable waste, has been brought in to the Allotments. The Parish Council regards this as fly tipping and takes a very dim view of this action.

As we know, fly tipping is a criminal offence and the parish council will take strong action against anyone found or suspected of fly tipping.

Community Connections

The Community Connections Directory of Services for Older People has been developed in partnership with organisations working with, and for, older people in Mid Sussex.

It provides easily accessible information about services for older people in the form of a Directory. This is distributed to older people themselves and to professionals (statutory and voluntary) working in the area. The Community Connections Directory of Services is also distributed to Help Points, Town and Parish Councils and other information points around the District.

The aim of the directory is to provide information about organisations which are here to help and forms part of the new Mid Sussex Wellbeing Service.

Mid Sussex Wellbeing is a 'one stop shop' for information and signposting to health and wellbeing services in Mid Sussex. The team includes a trained Wellbeing Advisor who can provide advice and guidance about leading a healthy lifestyle and staying well.

Contact us:

If you would like to find out more please contact the Mid Sussex Wellbeing Team

Tel: 01444 477191

Email: wellbeing@midsussex.gov.uk

or visit www.midsussexwellbeing.org.uk

1st Scaynes Hill Scout Group

The Scout Group in Scaynes Hill currently has some places available for "Beaver Scouts", age from 5 years 9 months to 8 years old. Contact Steve (Group Scout Leader) on 831786.

Your Parish Councillors:

John Dumbleton (Chair)
Sheila Hobbs (Vice Chair)
Brian Bunt
Chris Hersey
Margaret Hersey
Ray Jones (Newsletter Editor)

Tel: 482633
Tel: 483396
Tel: 484661
Tel: 482270
Tel: 482270
Tel: 453868

Steve Minter
Christopher Snowling
Steve Windsor
Parish Clerk: Di Morgan
Clerk Designate: Karin Milne
Assistant: Irene Nicholas

Tel: 831786
Tel: 482172
Tel: 484796
Tel: 831499
Tel: 831499
Tel: 831499

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

Mobile Civic Amenity Collection

Lindfield Rural Parish Council is providing a refuse freighter for a free collection of household and garden waste on:

Sunday 4th December 2011
Sunday 26th February 2012

At the North End, Scaynes Hill Common between 10am and mid-day. No trade or builders' waste will be accepted. Please do not leave rubbish in the absence of the refuse freighter. Thank you.

Council meetings

Dec 2011 - May 2012

Mon 5 Dec 2011	Scaynes Hill Millenium Village Centre
Mon 16 Jan 2012	King Edward Hall, Lindfield
Mon 27 Feb 2012	Scaynes Hill Millenium Village Centre
Mon 2 April 2012	King Edward Hall, Lindfield
Mon 16 April 2012	Annual Parish Meeting of Electorate Scaynes Hill Millenium Village Centre
Mon 14 May 2012	Annual Meeting of the Council King Edward Hall, Lindfield

Lindfield Rural Parish Councillors, Clerk, RFO &
Assistant Clerk would like to wish everyone:

**A very happy
Christmas and
a prosperous
New Year!**

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Managing Stress

NATURAL THERAPY

By Wendy McCallum

Managing stress is important at any time of year, as the less stressed you feel the better your mind and body will respond to what you need them to do. Christmas, whilst a time of joy, can also be a time of great stress so here are some ideas about how to manage stress.

1. Make time for yourself.

Many of us lead busy lives and can easily forget to focus on ourselves. It's important to take time out every day to spend time doing something for ourselves away from the pressures of everyday life. Some people may like to read a book, do some yoga, gardening or baking. Even if it is only 10 minutes sitting quietly on your own, taking this time out every day can have hugely beneficial effects.

2. Break tasks down into manageable chunks.

When we have a lot to do it can seem overwhelming, causing us to feel stressed. However, if we change the way we view tasks by breaking them down into smaller chunks we gain a sense of control over our situation and it promotes a sense of achievement.

3. Use quick and easy relaxation techniques.

There are many simple, effective relaxation techniques we can use to reduce stress quickly. Being aware of your breathing and any tension in your body and taking steps to make amends can be very useful. Ensure you are breathing deeply through your stomach, ribs and chest and notice how your body begins to completely relax.

4. Focus on what you want or help you need.

Focussing on what we want or need help with can help us to deal with stress. Just thinking through what we really want or need can reduce stress. Many people find it useful to reach out for other support in stressful times and using Angel Reading and Healing can be very beneficial. The Angels are non-denominational, unconditionally loving beings whose purpose is to help with anything that brings us peace. However, because of human free-will and choice, the Angels can only intervene when asked. They see no difference between seemingly small issues and more life-altering moments, though, so if finding a car parking space or gaining perspective on a relationship or career move helps replace stress with peace then ASK. The core of every question or issue, especially during times of change or suffering, is the deep human need to feel heard and supported. So when there's the opportunity to receive Angelic love and/or answers, which often go hand in hand with or confirm what you feel or already do, there is an automatic sense of relief - you no longer feel lost or alone in your experience and are therefore reassured that you will emerge through your challenging time. And, perhaps more importantly, understand that you needn't wait to receive help next time stress arises. If you're not sure how to interact with your Angels then it could be beneficial to ask an Angel Therapist® for guidance.

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What's on in December

AT KING EDWARD HALL / AROUND LINDFIELD

- 1st Country Market – 10.00am to 11.15am
(Sheila Hobbs 483396)
- 2nd Lindfield Crafts and Market
(Beverley Smith 440274)
- 4th Ruwach Christian Church – Morning and Evening Services (Ruth Hollis 459025)
- 6th Mid Sussex Wine Society - Winehouse, from Shoreham, will be presenting some wines to enjoy with our Christmas cuisine at 8pm. (Meeting and membership information from Angela Seward 01444 48447)
- 7th Hickory & Lindfield Montessori Nursery School Nativity Play (Jackie Pickett 473311)
- 8th Country Market – 10.00am to 11.15am
(Sheila Hobbs 483396)
- 10th Timespan present 'A Victorian Christmas' (Gillian Alderman 483181)
- 11th Ruwach Christian Church – Morning and Evening Services
- 15th Country Market – 10.00am to 11.15am
(Sheila Hobbs 483396)
- 16th Lindfield Nursery School – Nativity Play (Emma Russell 482711)
- 18th Ruwach Christian Church – Morning and Evening Services
- 22nd Country Market – 10.00am to 11.15am
(Sheila Hobbs 483396)
- 25th Ruwach Christian Church – Christmas Day Morning Service

- 6th Lindfield Christmas Festival Night. 6-9pm, Lindfield Highstreet and Lindfield URC
- 18th The Soldiers in concert 3pm, The Triangle, Burgess Hill
- 18th Christmas Kind of Magic The music of Queen and the Boheimans, Joined by ACM Gospel Choir 8pm, The Triangle, Burgess Hill



- 27th The Great 1860s Lindfield Treasure Hunt - organised by 1st Lindfield Scouts. Start at Bent Arms from 10am.

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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