

Lindfield *Life*

Inc. Scaynes Hill & Walstead

Local village talk,
by the village

February 2012 Issue #37

Free



Your local "what's on" guide

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10 ways to keep up your exercise plan

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Hope for Christmas lights this year

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EDITORIAL

By David Tingley, Editor

As I look out to a bright blue sky satisfyingly lit by a warm glow from the sun, I realise that I am seeing the positive side of winter. For now I won't get bogged down with fear of snow, frosty mornings de-icing the car or this year's severe lack of rainfall in the reservoir at Ardingly.

Talking of blue sky; our **cover image** shows a local game of football in full swing. We'd love to hear from any sports clubs who want to share news of their activities and successes. This month we have plenty of **Lindfield news** but we are always happy to have more. Email your news stories through to editor@lindfieldlife.co.uk. Remember that our copydate is always 8th of the preceeding month.

On page 26 we share '**What's on**' in and around the village. We also try to promote and publicise much of this content on Twitter - to get the word out. You can **follow us @LindfieldLife**. Plus, if you are tweeting about the village it's great to include the hashtag **#lindfield**. Within these pages we get the exciting early news of the **Lindfield Arts Festival 2012** which will take place over the weekend of 11-13th May plus news of the **Lindfield Village Run** being held this year on Sunday 27th May.

Back to the here and now, and **Lindfield Parish Council** share what they continue to do on our behalf, starting on page 18.

Lyndon Littlefair keeps us in check with his suggestions to help us keep up that New Year's resolution we made just four weeks ago. Read and take note on page 25!

We also take a slight diversion with local interior design guru, **Jacqui Smith**, who has been digging out her history books, finding out about **wallpaper** and its beginnings. The regular home front column can be found this month on page 9.

With that, I'll sign off for now. Keep the contributions coming in, and we'll keep your coffee tables occupied!

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David Tingley Footballers play a lively game at Hickmans Lane Playing Fields

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We'd love to hear from groups, organisations and individuals about what's happening locally. Include a photo if you can. Email your stories to editor@lindfieldlife.co.uk

Village Run gets short back and sides!



A runner who took part in Lindfield Village Run last year has volunteered to help in the 2012 preparations.

Phil Pierpoint thoroughly enjoyed his first time in the annual event, running with his young son Jack. However, he has worked out one way to make it better! Phil has generously offered his time (and strimmer skills) to clear the public footpath behind The Welkin of the nettles and brambles which were a hazard last year.

Online entry to the run is now open at www.kingedwardhall.org.uk/village-run for the event which takes place on the morning of Sunday 27th May this year.

New Head gets off to a flying start!

The Governors of Tavistock and Summerhill School are pleased to announce the arrival of Phil Garner (M Ed, B Ed (Biology), PhD). Phil joins as Executive Head and has been a head teacher for 15 years in both state and independent schools. He is passionate about sport, plays tenor saxophone and has a private pilot's licence.

Phil's educational interests include: how children learn, the teaching of gifted and talented children and learning & teaching styles. "We welcome Phil's arrival which will strengthen our reputation as a non-selective school which achieves excellent academic results" says Bernadine Burnell, Chair of Governors.

Over the next term the school will be holding a number of working open days, offering children the opportunity to take part in a series of puzzles, challenges and team activities. Some will be physical, some cerebral and some just enjoyable. There will also be 'Super Learning Days': a Viking Day, Viking crafts and a battle (25th February) and a Science Challenge based upon the National Science and Engineering Week's theme 'Our World in Motion' (15th March). Both will be open to any child between the ages of 4 and 11 and their parents who want to see what Tavistock and Summerhill has to offer.

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The advertisement features a collage of six images: a duck on a pond, a street scene with a bridge, a bird on a weather vane, stone pillars, purple flowers, and pink roses.

Change of plan for Trekking duo

Last month we featured Jane Collins & Fiona de Caux, who are taking part in a Sahara Desert Trek Challenge for St Peter & St James Hospice. They have since been told that the date of the trip has been moved to October due to a lack of numbers. On a positive note they have more time to raise money, but they now also need to raise a higher amount. In fact it's nearly £4,000 between them! Support the pair here:

<http://uk.virginmoneygiving.com/JaneCollins>
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Brighton Marathon places available

Sussex Air Ambulance have a few Charity Places remaining for Brighton Marathon, Sunday 15th April 2012. If you fancy taking on the challenge in the Olympic year, please contact Amy Salter on amys@kaat.org.uk or 01622 833833.

By joining our team of runners we can offer you a pre & post race meeting, cheering squads on the day, weekly training emails and a Sussex Air Ambulance goodie bag with running vest.

Local celebrity promotes hospice

St Peter & St James Hospice and Continuing Care Centre announced last month that Miss Katie Derham, the well known newscaster and BBC Radio and TV presenter, has kindly agreed to become a patron of the Hospice.

Katie, who lives in the area, is now probably best known as the face of the BBC Proms but for many years was a reporter and newsreader for ITV News. On her new role as a patron of St Peter and St James Hospice she said, "I already knew of the wonderful work done here at the hospice – it is a byword locally for loving palliative care. I look forward to doing what I can to raise the profile of this extraordinary place."



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The King Edward Hall is seeking to appoint a new Honorary Secretary for the Hall from the end of March 2012. The duties include arranging and minuting Committee meetings, organising and running the very popular film shows and other occasional entertainments, arranging maintenance work with outside contractors, dealing with returns to the Charity Commission, Hall Insurance and various licences needed by the Hall, and correspondence on behalf of the Hall.

The post also includes liaison with the Hall Stewards and with users of the Hall. The Secretary and other officers, Chairman, Vice-Chairman, Treasurer and Bookings' Secretary, all work closely together to ensure the successful and efficient running of this very busy village hall. A small annual honorarium is payable to recognise the work carried out by the Secretary. Anyone who is interested in taking on this busy but rewarding post should contact the current Secretary, Gillian Alderman (01444-483181) or the Chairman, Brian Newcombe (01444-482425).

Breastfeeding support in place

There is now regular support for breastfeeding mothers at the clinic held at Lindfield United Reformed Church on Thursday mornings. Trained breastfeeding counsellors are available at the weekly drop-in as part of the local service, which also includes weigh-ins and a toy library.

Top speaking talent

There was a large turn out to the Rotary's "Youth Speaks" public speaking competition back in November at Oathall Community College. Friends and supporters came to hear students from Oathall, Great Walstead and Ardingly College turning on the talent.

Top of the form in the Intermediate section (11 – 13 year olds) was the Great Walstead team of Florence Merrett (Chairman), Luca Williams (Speaker) and Willemijn Paul (Vote of thanks). Luca deftly led his audience through a debate on how and where white lies fit into today's world.

Tom Hother from Oathall proved himself an accomplished and confident performer when he won the award for best speaker in the Senior section (14 – 17 year olds). With Andrew Pearcy (Chairman) and Daniel Kingdom (Vote of thanks), the team won its way through to the next round of the competition.

Awards to the winners and certificates to all of the teams were presented by Councillor Mandy Thomas Atkin, Chairman of Mid Sussex District Council. Her predecessor in office, Jane Keel, stepped in this year as an adjudicator, together with Ruth Schofield, Headteacher at Blackthorns Community Primary School, and John Davey from the Club.

Geoff Dew, President of the Club, said "It was great to have such a good turn-out and to hear these talented students giving it their all. The Club has high hopes for them in the next round and will certainly be there to support them."

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Dramatic club celebrates 75 years

Lindfield Dramatic Club, the oldest amateur theatre group in Mid Sussex, has marked its 75th anniversary with a celebration dinner at the Bent Arms in Lindfield.

The club was formed (first as a youth group) in 1936 when John Gordon Ash, a member of a theatrical family, gathered together a number of like-minded young people in Lindfield and they put on 'Strife', by John Galsworthy, in the King Edward Hall.

Since then the club has mounted almost 150 major productions, all of them in the King Edward Hall.

An abridged club history, written by secretary Tim Bishop and presented at the dinner by him and other members, recalled that Strife had cost £25 to stage and had made a profit of £10 for charity.

Said Tim Bishop: "The Mid Sussex Times reported enthusiastic scenes after the first performance and, in response to cries of 'Speech', Mr Ash thanked the company most cordially for the hearty manner in which they had received the production.

"He trusted that they would support the club's

next piece, as 'Strife' would by no means be the last production."

Chairman Rex Cooper proposed the toast to the club. He told members: "The group of young people who formed our club all those years ago were in at the start of the golden era of amateur dramatics in this country and, as we have heard, they made the most of their talents, their abilities and their enthusiasm.

"That era – when LDC was able to stage a production with a 50-strong cast and all the back-up people – was, for all the obvious reasons, a different world and we have only to count the people here this evening to be reminded just how different.

"What is not different is the quality and the commitment of what is now a much smaller organisation and I am delighted to pay tribute to those of you who work hard and long to keep us in business."

The club's next production will be held over the last weekend in May – a supper evening with two one-act plays.



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A brief history of wallpaper

HOME FRONT

By Jacqui Smith

My "to read" pile is usually Tudor themed but I also love learning more about the origins of decorating materials. As I embark on a teenager's bedroom scheme, where we plan to use some digitally produced wallpaper depicting a cityscape, I thought a "brief history" series might work for this column and wallpaper seemed a good one to start with.

The oldest example of British wallpaper as we know it was discovered on some beams at Christ's Hospital, Cambridge in 1509. It was a pomegranate design, printed with a woodcut which had been printed on the back of an old proclamation by Henry VII. Wallpaper grew in popularity during the 1500s, partly due to Henry VIII's split with the Catholic Church and the resulting fall in trade with Europe turning the English gentry to paper in place of their now difficult to get hold of tapestries and because it was affordable to the lower classes since it was cheaper than tapestries. The early papers used patterns to imitate opulent finishes such as damask and ornate plaster work or scenes similar to those found on traditional wall hangings. These papers were made using the block method which involved using hand carved blocks of wood which would then be dipped into the ink and printed onto the paper. By using a variety of blocks and various pigments the pattern was formed. The paper was printed on small sheets and pieced together on the wall to form the pattern. The depth of colour from block printing makes it extremely special and something renovators of buildings with historical significance would consider using. For her own renovation project at Rise Hall, Sarah Beeny was able to find the original blocks for the dining room wallpaper still held by Cole & Son and invested in the authentic replacement. It looks stunning.

Back to the history: Under the rule of Cromwell the manufacturing of wallpaper ceased, considered too frivolous. Charles II permitted production, yet in 1712 Queen Anne's government, still seeing it as a luxury purchase, levied a wallpaper tax on all patterned papers. People simply bought plain and had it stencilled! By the 1840s wallpaper production methods were improved with papers being printed on a roll rather than sheets. The block method was still used but steam powered machines would power cylinders, embossed with the pattern to print to the paper. By the 1950s and 1960s wallpapers were being mass produced with steel rollers being etched to produce tones in addition to pattern, so producing much more interesting and detailed effects. During this period wallpaper was extremely popular and used across all classes, cheering up dark and dingy spaces throughout the UK. I still remember the Sanderson brown and orange pattern that adorned our dining room. During the late 80s wallpaper sales declined in place of paint effects, yet over the past few years we are seeing a whole new world of exciting production techniques, including digital printing.

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WHEN LUCY WENT...

By Lucy Cooper

Playgroup gave me some of my happiest memories of childhood, so when I was invited to join 'Aunty' Linda Armstrong and the children at Little Builders I couldn't wait to take the trip down memory lane.

I was lucky enough to be invited on 'Spotty Day,' a tradition at playgroup to raise money for Children in Need. The children are encouraged to come to playgroup wearing the spottiest clothes they can find, and I was going to be no exception! Arriving in spotty shoes, a spotty top and Pudsey ears I marched into playgroup as I always used to!

Stepping into the room for the first time in sixteen years, it was just as I remembered packed with toys, book shelves, dressing up clothes, paint pots, sand-pits and play dough, with giant patio doors overlooking the animals in the field at Oathall School Farm. It really is an idyllic place!

I watched as the children started to arrive with their mums and dads, some skipping through the door keen to start playing and others quietly creeping in, but all had made a great effort for spotty day. Within minutes the room was noisy with the children chatting away together, amazed to see each other in their spotty clothes and giggling at Aunty Linda covered head to toe in spotty stickers!

It was soon 'register time' and the ten children hurried over to sit on the floor gazing up at Aunty Linda sitting in her chair, listening to every word. During this time Aunty Linda talked to the group about Children in Need, explaining delicately about disabilities and those children who go without.

After the little talk and looking at everyone's efforts for spotty day, it was time to play! The children are given a free-rein for some of the time to wander around the different areas playing with whatever they like; painting, playing outside, dressing up- whatever! While for the children it might seem like a giant play time, the activities have all been carefully planned by Aunty Linda and structured around a theme- they are learning through play.

Something that was very noticeable was that the children immediately accepted me into their group. It was as if I'd always been there and the fact that I was bigger, older and new made no difference- I was there to play and that was that! But this wasn't surprising when I saw that Aunty

Linda and her team, including that day's Mummy Helper, were also busy painting and playing with the children.

I was pulled in all directions by the children who were keen to show me all the activities on offer. Squeezed into a tiny chair I sat and painted with a group, before joining those at the play-dough table making shapes. It took me right back!

When song time started I was delighted that I could still remember every word of every song! I told Aunty Linda that even now at home there are still occasions when my brother, sister and I, who all attended playgroup, burst in to a Little Builders' song!

Later on we all sat and had a snack, another of my favourite parts of the morning! We enjoyed the spotty biscuits we had decorated with smarties for Spotty Day too, before playing in the garden making sand castles and throwing hoops.

Aunty Linda has been running playgroup for thirty years now, and remembers every child she has taught. "I bump into adults in the street who came to playgroup years ago and they're surprised when I recognise them! I've even got some of the children's children coming now too!"

Aunty Linda believes in giving the children the time to develop naturally at their own pace. "The children we get at playgroup each year don't change, only our expectations of them. When they come here, we just let them be. Let them play, paint and read what they want. They learn to share, accept each other and just have fun."

When the time came to go home, we all sat on the floor around Aunty Linda's chair to listen to a story. The children were listening intently to the carefully picked book- about a spotty dog- and hanging on every word!

When the parents started to arrive, I couldn't believe the morning had gone so quickly, and once again was genuinely sad to leave! I showed my Mum the paintings I had done along with the other children.

And finally, as the Little Builders song goes, I gave myself a pat on the back and said to myself "That's jolly well done, I've had a good day today!"

The Little Builders Playgroup is held at The Albermarle Centre (next to Oathall) and runs five mornings per week for three and four years old. Aunty Linda also runs 'Teddy Playhouse' two afternoons per week for four year olds.

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FRESH BEAN CHILLI. Serves 2 or double ingredients for 4. Serve with hot garlic or naan bread or rice.

Put 1 chopped onion into a medium pan with 1 crushed garlic clove and 2tsp oil. Cook over low heat until just soft. Add 225g small (or halved) baby new potatoes and a small red pepper, cored, deseeded and diced. Combine a 200g can chopped tomatoes, 1tbs each tomato purée, sweet chilli sauce and soft brown sugar. Add to the pan with 175g sliced runner or French beans. Cover and cook until the beans are tender. Season to taste and serve topped with Greek-style natural yogurt.



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Lindfield *Life*

By Caroline Young

Simple inexpensive dishes to ward off the cold days of February – I hope you enjoy them.

CREAMY CHICKEN AND POTATO CASSEROLE.

Serves 4. The fully cooked dish can be frozen in individual dishes.

Preheat the oven 180 °. Cut 350g leeks into 2.5cm slices and gently cook in a small knob of butter until soft. Tip into a shallow casserole and stir in 6 skinned and boned chicken thighs, (about 500g) each cut into fingers. Whisk a 125g tub low-fat cheese (preferably the kind with herbs and garlic) and 1tsp cornflour into 150ml hot chicken stock. Add 50ml dry vermouth (or more stock) and stir into the casserole.

Thinly slice 450g potatoes (no need to peel) and arrange over the chicken. Lightly brush with melted butter or oil and cover with foil. Bake for about 20 min then uncover and continue to cook until golden brown and the dish tests soft throughout.

MINCEMEAT AND APPLE CRUNCH. Serves 4.

Preheat the oven 180°. Peel, core and dice 4 dessert apples (or pears) and tip into a shallow baking dish. Top with a generous layer of fruit mincemeat. If you have any left-over marzipan, grate that over the top, not essential but delicious. Combine 200g fresh breadcrumbs with 50g melted butter, a good pinch of ground cinnamon and a small handful of chopped nuts (any kind). Spoon over the fruit and bake for about 30 min or until golden brown. Best served hot.

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Lindfield Arts Festival 2012 set for May weekend

The Lindfield Arts Festival will take place on May 11th-13th, engaging the whole community and showcasing the rich seam of creative talent that runs through the village.

Attendance and participation in the Festival is open to all members of the community, from children, young adults and families, to senior residents of the village and those with special needs. During the first two years of the event, it has attracted people from across a very broad demographic.

Building on the success of last year's event, the Festival will feature a wide range of arts, performance, culinary events and crafts, with the addition of some exciting new events and major installations.

Robin Belfield, Festival Director, said, "It is an amazing event that would not be possible without financial support and volunteer help, so I look forward to welcoming new supporters on board over the coming weeks. No matter how big or small the contribution – financial or otherwise – your support will ensure that the Festival will once again be a major highlight of the village's year and will continue to prosper for years to come."

Supporting the Festival for the third year in a row, Barratt Southern Counties has recently confirmed their sponsorship of the event, while Kipper is once again on board as a major supporter of the event.

If you would like to find out more about sponsorship opportunities, please contact lynn@lindfieldartsfestival.com

Traders launch website

By Neil Tofield

Over the last few months you will have noticed a series of articles about local traders and shops on the High Street and how Government and the community are keen to support "Local Shopping". In times of economic uncertainty we all have to tighten our belts and Lisa Easton's article in last month's magazine highlighted that her experience of local shopping has led to her saving money and bringing enjoyment back to the weekly shop.

As local shopkeepers we were delighted to read of Lisa's positive experience and it's our goal to provide you with the services and products you want.

A group of Lindfield shopkeepers has now formed an association to highlight the services available to you on the High Street (www.lindfieldshopping.com) and from that website you can see, at a glance, details of many shops and businesses with direct links to their own websites and contact details. Over the coming months, it is planned to further develop the site with a view to encouraging visitors and shoppers from further afield to come to Lindfield.

It is hoped that local suppliers will be added to www.lindfieldshopping.com on a regular basis, so you will be able to see whether there's a local supplier who can help you. Making use of local services not only keeps local businesses alive but will also benefit the village as a whole.

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Lindfield Parish Council Newsletter

Feb 2012

Parish Office: 6 Denmans Lane, Lindfield, West Sussex, RH16 2LB
Telephone: 01444 484115 Fax: 01444 484918
Email: clerks@lindfieldparishcouncil.gov.uk
Web site: www.lindfieldparishcouncil.gov.uk



Photo courtesy of Andrew Forsythe

CHRISTMAS LIGHTS

Can we claim the Christmas lights back from the Grinch as so many of you were disappointed that there were no lights in the High Street trees at Christmas? Members of the Parish Council shared that disappointment but, as we explained in the November Lindfield Life magazine, this difficult decision had to be made because of objections to our previous solution to the challenge of meeting the height requirements for electrical installations over the public highway, after the trees were pollarded three years ago. A petition has been presented to the Parish Council, started by a couple of residents and signed by over 500 people on Christmas Festival Night, to give the Parish Council a mandate to do whatever we can to put lights up next Christmas. The trees should by now have been re-pollarded, or soon will be, so the Council will be looking afresh at lighting the High Street for next Christmas, aiming for a sustainable solution that will meet safety standards and not give concern for the wellbeing of the trees.

Meanwhile, Members of the Council were delighted to discover some real talent in the village that we were able to harness to provide a stunning lighting effect on the trees on the Pond islands over the Christmas period.

Our very grateful thanks to Lindfield residents Max Eggert-Hobbs and Andrew Forsythe, who are professional lighting specialists, for creating such a beautiful feature.

The Parish Council is negotiating with Mid Sussex District Council, Mr. Eggert-Hobbs and Mr. Forsythe with a view to purchasing a permanent lighting scheme for the Pond, which can be used to mark other events such as the Queen's Diamond Jubilee in June.

We would also like to thank Martin and Chris from Wivelsfield Nursery for the donation of a Christmas tree and for assisting Richard Powell in putting it up and taking it down; Glyn Thomas and Sons for allowing this tree to be put up on their roof and providing the power for the new lights bought by the Parish Council to decorate it.

Members of Lindfield Parish Council:

They can all be contacted, in the first instance, via the Parish

Cllr. William Blunden
(Chairman)

Cllr. Valerie Upton
(Vice Chairman)

Cllr. Mike Allen

Cllr. Michael Amor

Cllr. Jane Chatfield

Cllr. Lester Corp

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

Parish Clerk:
Mrs. Christine Irwin

Deputy Parish Clerk:
Mr. Pieter Hemsley

Responsible Financial
Officer: Mrs. Sue Kollien

CHRISTMAS FESTIVAL NIGHT

The weather was kind to us early last December and the Christmas Festival Night went ahead as planned on 6th December. The High Street was very busy with residents and visitors enjoying the lively atmosphere and festive cheer.

Local shops adopted an "Alpine" theme for their displays and the judging of the Best Dressed Window was opened to members of the public using voting slips. Congratulations to the winner – Villandry – and to the joint runners up – Field and Forrest and The Stand Up Inn.

Mid Downs Radio relayed the singing by the School Choirs and interviewed some of the traders, stallholders and other people over the loudspeakers. In between they added to the atmosphere with festive music to suit all tastes.

Lindfield Parish Council wishes to thank the many people on whom the success of this event depends. In particular, our thanks go to: the Rev. Charles Martin

and parishioners at the United Reformed Church for making this vital indoor venue available and for the warm welcome, the entertainment and the activities organized by members of the Church. The evening could not go ahead without the co-operation of the Police, the Red Cross and CERT, who effected and manned the all-important road closure - we are very grateful to them; to the Bonfire Society who provided road closure barriers and some of the lighting; to the people who helped get ready for Father Christmas (including Mac Turner who also repainted the snowman on the Pond island this year) and to those who kindly allowed us to plug in floodlights to brighten up the High Street.

Our Deputy Parish Clerk, Pieter Hemsley, did a terrific job in organizing this event, liaising with the statutory authorities and the numerous participants and then kept a close watch during the evening to make sure everything went smoothly.

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

HM THE QUEEN'S DIAMOND JUBILEE CELEBRATIONS

On 16th November last year the Parish Council arranged and facilitated a public meeting to discuss what the Village wants to do to celebrate the Queen's Diamond Jubilee in June. The meeting was well attended by 48 people, representing village organisations as well as individual residents. There was plenty of enthusiasm and a lot of ideas came forth. An organising committee has been set up which, although there are Council representatives on it, is independent of the Parish Council.

The weekend will begin on Saturday 2nd June with Village Day, the first of which was held to celebrate the Queen's Silver Jubilee in 1977. This year the celebrations will continue on into the evening after Village Day and all day on Sunday. The Bonfire Society has been approached by the Pageant Master to take part in a national Beacon scheme on the Monday and it was felt that the Tuesday should be left free for street parties etc.

The first meeting of the committee will now have taken place and its members will be working on the format the celebrations will follow. The committee would like to emphasize that they want to encourage as many groups, clubs, schools and organisations etc. to be involved as possible and they would very much welcome suggestions and offers of help.

The committee will be giving their plans plenty of publicity, so watch out for posters, local newspaper articles and maybe items on the local radio in the coming weeks.

Please direct all correspondence to the committee through Ron Plass – 483319, ron.plass@virgin.net.

Office, or by reference to the Lindfield Village Directory and Year Book, which contains details of individual contact numbers.

Cllr. Alan
Gomme

Cllr. Stephen
Henton

Cllr. Margaret
Hersey

Cllr. Simon
Hodgson

Cllr. Christopher
Snowling

Cllr. Ron
Plass

NEIGHBOURHOOD PLAN

The Government has recently turned the planning system on its head, allowing local communities to influence the future of the places where they live and work by producing Neighbourhood Plans, which when in force will have legal weight and must be taken into account by decision makers when considering development proposals in that neighbourhood. With a Neighbourhood Plan, communities will be able to set a vision for the future and it can be detailed or general, depending on what local people want. This sounds rather encouraging so far, BUT throughout the documents that are coming out of central government there is a strong emphasis on the presumption in favour of sustainable development and if local plans are out of date, non-existent or silent on a particular matter, the planning authority will have no choice but to approve proposals which meet the criteria for being sustainable. Neighbourhood Plans cannot be used to block the building of new homes and businesses if the local planning authority says that an area needs to grow, but they can influence the type, design, location and mix of new development.

Neighbourhood Plans are not compulsory but it follows that we could find ourselves in a weaker position without one, so the Parish Council has formed a Working Party with Lindfield Rural Parish Council with a view to producing a joint Neighbourhood Plan. The community will be consulted during the process and the final draft has to go to an independent examiner, who will check that it meets the right basic standards, and then a referendum has to take place to allow the local community to have the final say on whether the Plan comes into force. If more than 50 per cent of people voting in the referendum support the plan or order, then the local planning authority must bring it into force.

A simplified explanation of Neighbourhood Plans can be viewed on the following website: http://www.tcpa.org.uk/data/files/your_place_your_plan_guide.pdf

LINDFIELD PARISH DIRECTORY AND YEAR BOOK

We hope our residents all received their copy of the Directory (the green diary) in December.

POLICE SURGERIES

Our Police Community Support officer, Stuart Clough, continues to hold a surgery once a month in the Parish Office for residents to come along and raise any issues of concern.

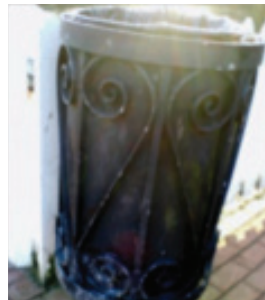
The next surgeries will be on:
Thurs 23rd Feb 11-12.30
Thurs 22nd March 11-12.30

MOBILE CIVIC AMENITY COLLECTIONS

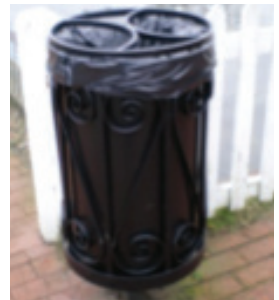
The refuse freighters will be in the Tollgate car park on Sunday 11th March 2012, between the hours of 10am and 12noon, for the collection of household and garden waste. Please note that due to current legislation they cannot accept items such as televisions, computer monitors and fluorescent tubes. These can still be taken to a civic amenity centre. Please do not leave rubbish in the absence of the refuse freighter.

LITTER BIN REFURBISHMENT

You may notice when you walk around our Village that some of the litter bins have been removed and replaced with a cone. This is because the Parish Council has a refurbishment programme for our ornate wrought iron litter bins made by our Village Blacksmith. Some have already been replaced and we are highly delighted with the finished results - we trust that you find that these do our Village justice.



Before



After

OUR CHILDREN NEED YOU!

School Crossing Patrol

West Sussex County Council is advertising for people to fill the two vacant crossing patrols in Lindfield (part time, at the start and finish of each school day, term time only – 38 or 39 weeks per year). The salary is £6.84 per hour rising by annual increments to £7.19 per hour.

School Crossing Patrols provide a vital service to the children of West Sussex by assisting them to cross the road safely on their way to and from school. There is no upper age limit and there are several patrol people well

into their seventies in West Sussex! Uniform and training are provided.

As the role involves working with children, a Criminal Records Check will of course need to be undertaken.

For further information and an application form, please contact Julie Finn at West Sussex County Council on 01243 777319 or email to Julie.finn@westsussex.gov.uk

Parish Council meetings

Feb - Apr 2012

Thursday	2nd February	Environment and Amenities Committee	8pm
Tuesday	7th February	Planning and Traffic Committee (plans only)	8pm
Tuesday	28th February	Planning and Traffic Committee (full)	8pm
Thursday	15th March	Finance and General Purposes Committee	8pm
Tuesday	20th March	Planning and Traffic Committee (plans only)	8pm
Thursday	22nd March	Full Council	7.30pm
Tuesday	10th April	Planning and Traffic Committee (plans only)	8pm
Thursday	12th April	Environment and Amenities Committee	8pm
Tuesday	17th April	Parish Meeting	8pm

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

The problem with bones

NATURAL THERAPY

by Helen Malik

Keeping bones healthy is not always something that people focus on and often we don't pay attention to our bones unless we have an injury. Whilst problems with muscles and joints cause inflammation and discomfort, bone problems may be harder to spot and may require a medical test to identify. Yet bone is a living tissue and as such it needs nourishment to stay strong and healthy. Bone is constantly reforming, breaking down and rebuilding itself, a process involving osteoblasts which build new bone, and osteoclasts which break down bone.

Bone has significant capacity for growth during the first 20-30 years of a person's life, and for regeneration throughout life. Whilst the news that bone can carry on regenerating through life is positive, it is believed that the health of your bones when you are around 30 will determine their future health. So it's important to be aware of this as early as possible. Proper nourishment is vital, as is a healthy lifestyle. Refined foods, soft drinks, caffeine, excess salt and excess protein all encourage calcium loss from the bone and should therefore be restricted in the diet. Weight bearing exercise such as walking, cycling, aerobics and weight-lifting are all useful to minimise bone loss. Bone is about 25% water, so ensuring good hydration by drinking plenty of water is also useful. Tobacco is associated with weak bones, so smoking will increase your risk of problems like osteoporosis. Aluminium in the body can influence calcium so avoid products such as aluminium-containing antacids and aluminium cookware. Carrying excess weight is inadvisable, yet rapid weight loss has been shown in one study to increase the breaking down of bone. If you plan to lose a substantial amount of weight then you should ensure that you follow a safe weight-loss plan and should always consult a qualified Nutritionist or your GP prior to commencement.

Osteoporosis is a progressive disease which occurs when bone breaks down faster than new bone can be built. Often people are unaware they have it until they suffer a bone injury. The hormone oestrogen offers some protection against osteoporosis because it can help slow down bone breakdown, and this is why post-menopausal women have a greater risk of osteoporosis.

Eating a diet rich in calcium-containing foods is advisable for anyone who is at increased risk of osteoporosis or if you have experienced a bone injury. Green leafy vegetables, pulses, nut and seeds and certain dairy foods are rich in calcium. However, ensuring good digestive health is important so that you are absorbing the nutrients from your diet. If you experience any digestive discomfort after eating, including indigestion, bloating or excess gas, you are advised to consult a health professional.

Drive for show Putt for dough

GOLF TIP OF THE MONTH #3

By Simon Iliffe, Head Pro, HH Golf Club

Here's a few basic reminders to take with you...

Position the ball halfway between the centre of your stance and the left heel, so that your sternum is just behind the ball (r/h golfers). This will allow the putter to rise through impact and achieve good ball roll.

Tilt forwards from the waist and allow your arms to hang freely from your shoulders.

Grip the putter in this 'arms hanging' position (many of you with standard length putters may find you need to cut the length of your putter to fit this new posture).

This will promote a pendulum style stroke, using the shoulders to rock with NO turn from the body.

Make sure your weight is on the balls of your feet, eyes are over the top of the ball so you can visualise putting straight from the ball to the hole.

Now simply encourage the putter to move straight back and through the ball (40% back-stroke to 60% through-stroke) with minimal wrist movement.

Remember putting is about consistency: keep your body still with good balance and stroke with your shoulders.

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7:30 - 8:30 pm (Salsacise)

TUESDAY

Handcross Parish Hall
High Street,
Handcross, RH17 6BJ
09:30 - 10:45 am

St Josephs RC Primary School
Hazelgrove Road, RH16 3PQ
5:30 - 7:00 pm
7:00 - 8:30 pm
(Slim & Zumba®)



WEDNESDAY

The Triangle,
Olympus Burgess Hill,
Triangle Way, RH15 8WA
11:00 - 12:30 pm

Southway Junior School
Southway, RH15 9SU
6:00 - 7:30 pm
7:30 - 8:30 pm
(Slim & Zumba®)

THURSDAY

Millennium Village Centre
Lewes Road, RH17 7PG
11:00 - 12:00 pm

St Josephs RC Primary School
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7:30 - 8:30 pm (Salsacise)

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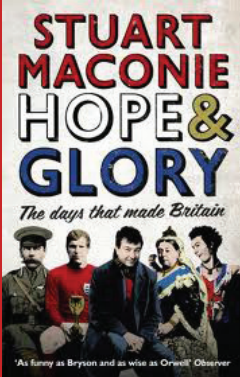
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Hope and glory by Stuart Maconie

BOOK REVIEW

By Cavan Wood



What does it mean to be British? This is an issue that has excited and perplexed politicians for over two generations. Stuart Maconie's book suggests that one way to discover identity is to examine key times and places that have shaped us. Part travel book, part reflection on events, he attempts to help us to gain understanding. From the death of Queen Victoria to the coming of New Labour, he examines the big and small stories that shaped the 20th century. This is not always successful – there are times when I feel that he should have narrowed his focus, that the themes taken on in each chapter are too broad, too many places or ideas are tackled that we cannot truly assimilate their importance. There is an element too of the reader being told what conclusions they should reach, rather than being given information to reflect. Bill Bryson's "Notes from a Small Island" did successfully examine the unique characteristics of the British – but did it take an American to do this with an objectivity that is often lacking here? By trying to be a travel book, a history and an explanation, he often weakens the book as it has three stalls it can fall between. However, the chapter reflecting on immigration, Enoch Powell and the reality of multi-cultural communities in the UK is a thoughtful and positive contribution to a complex but often depressing debate.

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Top 10

ways to STICK to your exercise programme...

By Lyndon Littlefair,
Corrective and
Performance Exercise
Specialist

Well done! You have now started your exercise regime but now comes the hard part, how do you stick to it? The initial buzz of exercising is now becoming the norm and you realise that it is hard work. So how do you keep going?

I have put together a few tips to help you along your way:

1. Look back at where you started. By looking back, you will actually see how far you have come.
2. Re-evaluate your goals. Always keep your end goals in sight and keep working towards these.
3. Establish New Goals. Your goals may change a little once you have started and you might want to achieve more. Great, go for it.
4. Reward yourself. When you have achieved a milestone, no matter how small, reward yourself. Nothing motivates like results.
5. Re-evaluate your plan. Constantly look at your plan. Evaluate it and look at ways that you could make it better.
6. Remind yourself why? Why you want to achieve your goals. Why you are doing all this hard work. Trust me, it will be worth it.
7. Visualise yourself achieving your goals. Picture how it feels, what it means to you.
8. Tell others about your goals. By telling others, you are creating a community to help encourage you along the way.
9. Encourage others to join you. By creating a group of you moving towards a common goal, you can help by motivating and encouraging each other.
10. Plan an event at the completion of your goal. Depending on your goal, this may be a 5km run or a marathon, or a certain dress size. So go ahead and plan a party, or plan that marathon.

Hopefully these have helped you to get that extra bit of motivation to help you move closer towards your goals.

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What's on in February

AT KING EDWARD HALL

- 2nd Country Market – 10.00am to 11.15am
(Sheila Hobbs 01444 483396)
- 4th LHS Coffee Morning and Plant Sale 10.00 – 12.00 in the Jubilee Room, King Edward Hall. All welcome.

The Mid Sussex Wine Society will be holding a Dance in The King Edward Hall Lindfield on Saturday 4 February 2012. For further information and tickets contact Mrs Angela Seward 01444 484447 .
- 5th Ruwach Christian Church – Morning and Evening Service (Ruth Hollis 01444 459025)
- 7th 8pm – The Mid Sussex Wine Society will be holding a Wine Tasting evening, organised by Majestic. (Meeting and membership information from Mrs Angela Seward).
- 8th 8pm – Lindfield Horticultural Society – Talk by Graeme Mitchell – 'Brightwater Holidays – A World of Gardens'. A light hearted slide presentation and talk on the trials and tribulations of setting up from scratch the country's leading Garden Holiday Company and some of the funny things that have happened along the way. All welcome.
www.lindfieldhorts.org.uk
- 9th Country Market – 10.00am to 11.15am
- 12th Ruwach Christian Church – Morning and Evening Service
- 14th 2.30pm – Lindfield Preservation Society – An illustrated talk on "A Policeman's lot....can be an interesting one" by Neil Sadler. . (Meeting and Membership information from John Chapman 484470).
- 15th Life Line Screening – Medical Health Screening (Peninnah Kennard 01903 223360)
- 16th Country Market
- 19th Ruwach Christian Church – Morning and Evening Services
- 22nd An evening of Salsa Dancing with SalsaJulia (Julia Cooper 01444 417781)
- 23rd Country Market
- 25th Lindfield and District Folk Dance Club – Annual Barn Dance with Fish and Chip Supper (Mrs Malins 01444 484224)
- 26th Ruwach Christian Church – Morning and Evening Service

AND ELSEWHERE

- 17th 7.30pm – Robin Hood Production
by The Barefoot Players at Ardingly College
- 18th 2.30pm & at 7.30pm – Robin Hood Production

Tickets are £8, and £6 for Concessions, they can be obtained from the box office by email to boxoffice@barefootplayers.co.uk or by phone 07505 777613



- 23rd A Night of Comedy at The Loft, Smugglers in Brighton

Fundraising for the Sussex Air Ambulance. Joke Klub comedy club brings you a comedy night bonanza of fun, excitement and sheer enjoyment. All from the same circuit that launched the careers of Michael McIntyre, Lee Evans, Al Murray, Lee Mack and lots more! On the night you can expect a selection of established comedians alongside some promising newcomers. Tickets are £10 in advance from our website www.kssairambulance.org.uk or £12 on the night. For any more information please contact Amy Salter on 01622 833833 or amys@kaat.org.uk
- 25th A Viking Day

...with a living history encampment, Viking crafts and a battle at Tavistock and Summerhill School, Lindfield. See www.tavistockandsummerhill.co.uk or call Debbie Charrington on 01444 450256 for further information and to book a place.

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