

Lindfield *Life*

Inc. Scaynes Hill & Walstead

Local village talk,
by the village

August 2012 Issue #41

Free

'Tweenies' character revealed

page 18

Sizzling summer grub

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How to get more from your cash

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EDITORIAL

By David Tingley, Editor

The summer is here but it still doesn't appear to be any drier! If it is raining while you read this, **Cavan Wood** can recommend **Jeremy Vine's book** (page 11) should you need something else to save you venturing outside!

We stick with the wet theme as **Lucy Cooper** gets a first lesson in **scuba diving** on page 14. Good ol' Lucy is always on the look out for something new to try, so if you have any suggestions about an activity you do that she should try, do get in touch!

There is the usual array of **local news** starting from page 4 - which is always great. If you hear about something to shout about, then send it in with a picture if possible.

For kids television fans we are happy to reveal that Lindfield is home to the real life 'Bella' from The Tweenies! Local 'Zumba Queen', **Esther Featherstone**, is also attempting to set a new world record for the longest Zumba exercise class. Read all about her attempt at Clair Hall from page 18.

If you are feeling hungry but its only 11am, then definitely DON'T read page 22! Local food writer Caroline Young tempts us with some **sizzling summer recipes** in her attempt to encourage the sun to shine in August!

If you have never heard of the concept of up-cycling before, then **Jacqui Smith** will shed light on the new concept in making the most of what you already have. See page 24 for her popular regular column.

Elsewhere in this summer issue, **Lyndon Littlefair** talks about **posture** on page 26, **Simon Liffe** talks **golf** on page 27 and **Tracey Payne** answers questions about **savings and investments** on page 33.

Lastly you can read the **Annual Report from Lindfield Parish Council** which starts on page 28.

So plenty going on and we haven't even mentioned the Olympics yet! Enjoy your summer.

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NEWS

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



Care worker wins jackpot

A care worker has won a £25,000 charity jackpot just a month after joining the lottery.

Doreen Knight, who works at Walstead Place, signed up for the Kent, Surrey and Sussex Air Ambulance Superdraw after a canvasser called at her door in June.

Two weeks later she scooped the top prize after lucky numbers 8, 9, 10 and 21 came up in the midweek draw.

The mother-of-three and her husband Brian are now planning to spend their winnings on a holiday to America and a new kitchen.

"It's come at a good time because my husband will be 60 this year and he's always wanted to see the New England Fall so that's on the cards for next year. I'd quite like to see the Niagara Falls as well."

Air Ambulance Critical Care Paramedic Jez Harwood presented the couple with their cheque at the helicopter base at Dunsfold.

The charity's regular lottery costs just £1 a week, call 01622 833833 to join.

Crimestoppers urges the public to "nail" metal thieves

Sussex Crimestoppers is to tackle metal theft crime.

Theft of metal is now one of the fastest rising crimes, with costs to the UK economy estimated at £770m each year.

Last week Police Forces in the South East

introduced a new scheme named Operation Tornado.

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Games maker gets set

Pharmacy manager Claire Slater will be swapping her white coat for an Olympic uniform this summer.

Claire, who works at Abbots Pharmacy in the High Street, is one of the team of volunteers at this year's London 2012 Olympic Games.

Claire has been selected to be a 'games maker' in the Events Services team.

"My role will include greeting spectators on arrival at the venue, managing queues, providing directions and information and showing spectators to their seats" said Claire.

"I'm really excited – it's a once in a lifetime experience!"

Olympic hopeful inspires pupils



While the country is focusing on this summer's Olympics, former Tavistock and Summerhill pupil Alex Fraser has his sights firmly set on the future.

Alex, 19, who was one of the torch bearers, is hoping to represent Britain in the modern pentathlon in the 2016 Olympic Games.

Alex recently inspired children and parents at the school's annual prize giving as he outlined his recipe for success both academically and in international sport.

Alex has been a keen sportsman and serious swimmer since the age of eight. He developed an interest in Modern Pentathlon and is currently national student champion and ranked in the top 20 at senior level.

Sponsored by Lloyds TSB Local Heroes programme, Alex puts his success down to hard work, determination, the support of others and just a little luck.

Headmaster Andy Giles explained, "It is so fulfilling to see how the children we once taught have developed into successful, confident young people, ready to take on the world."

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ELECTRICAL




New local after school club

A new out of school club called The Play Café has opened at the Millennium Hall in Scaynes Hill. The hall is a great venue for children as it is kitted out to accommodate indoor sports activities like badminton and volley ball.

The Hall, built in 2000, also has a field and outside equipment like basketball for the children to run off their excess energy. Plus it adjoins a woodland for the children to explore.

For children attending from outside the village, a community bus service called The Hopper Bus is on hand to pick up the children from local schools and drop them off safely at The Play Café. For more information visit www.theplaycafe.net

Balcombe stroll for St Catherine's Hospice

Walkers of all ages and abilities are invited to join a countryside stroll around Balcombe on 9th September to raise funds for St Catherine's Hospice.

The Balcombe Fundraising Walk starts from the Victory Hall and takes walkers through beautiful Sussex countryside on footpaths and quiet lanes.

With a choice of distances ranging from 4 to nearly 13 miles, the walk is suitable for both casual walkers and seasoned ramblers.

The route will be clearly marked and Marshals will be on hand to help. There will also be four drinks stations (although walkers are advised to bring bottled water too), three checkpoint and drop-out points and free transport back to Balcombe for those completing the shorter distances.

Dogs are very welcome but need to be kept under control. They may need to be lifted over stiles.

Tea and homemade cake will be waiting for walkers returning to the Victory Hall.

For further information please call John on 01444 440452 or email John at johnk@uwclub.net

Alternatively, please email barbaradryden@stch.org.uk or visit www.stch.org.uk or call 01293 447319.

The sky's the limit for Oathall!



Pete Robinson, Head of Design Technology, and six Year 9 students at Oathall Community College recently competed in a national competition organised by the National Physical Laboratory, the UK's institute for measurement standards.

The aim of the competition was simple: the teams had to launch a rocket powered by water and/or air and see how long they could keep it in the air whilst trying to earn additional bonus seconds by landing it in designated target zones. The team with the highest score would win.

The annual challenge is now in its ninth year and to date over 400 teams have competed and raised over £12,500 for charity. This year's sponsored charity was the Shooting

Star Children's Hospices based in Hampton, Middlesex.

According to Pete, "We were delighted to compete and we were placed 9th out of 46 teams – not bad for our first attempt! Whilst it was fun and educational it was also good to know that all monies raised will go to such a deserving cause. Shooting Star has hospices in Hampton and Guildford and provides an outstanding service to well over 500 families living in those areas."

Pete has great plans for his DT Department this year, with students continuing to develop a time line in the Year 7 playground. The time line will illustrate technological developments throughout history, from the development of the wheel up to the smart phone and beyond.

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READER COMPETITION



Film fans can enjoy two open air movies in the spectacular surroundings of Wakehurst Place on 14th & 15th September.

Lindfield Life is offering two lucky readers the chance to win a pair of tickets to one of the showings!

Winners can take their pick from either The King's Speech or Mamma Mia! which will be broadcast on Luna Cinema's huge open-air screen set up on the perfectly manicured croquet and mansion lawns.

What better way to enjoy a summer evening than to settle down with a picnic and enjoy a favourite film with friends and family at the magnificent Wakehurst Place, the country estate of the Royal Botanic Gardens?

To enter the competition just answer the following question: **The film Mamma Mia is set on a beautiful Greek island. Is it : a) Zante b) Skopelos c) Santorini?**

Email your answer with your address to competition@lindfieldlife.co.uk, or by post to arrive before 15th August.

To book tickets please call SEE Tickets 24 hour phonenumber on 0844 858 6767 or in person at the Wakehurst Visitor Centre. Please note booking fees may apply. More event and ticket information can be found online at www.kew.org/movies. Ticket: Adults £12, Children £8 (aged 6 - 16), Children under 6 / carer of a disabled person go FREE.

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Ardingly Choral Society goes from strength to strength

Singers from Lindfield and beyond are enjoying learning and performing classic choral works with the thriving Ardingly Choral Society.

The Society has close links with Lindfield and for a long while more members came from the village than any other location. Last year the choir performed in Lindfield's All Saints Church, singing evensong as part of the celebrations of the James 1st Bible of 1611.

Founded in 1920, the society has maintained a close association with Ardingly College while drawing singers from throughout Mid-Sussex. Concerts are given in conjunction with various professional soloists, both international and local, and with Mid-Sussex Sinfonia.

Conductor Robert Hammersley was Director of Music at the college from 1996 until retiring in 2007. He started his musical career as a chorister at King's College Cambridge and choral scholar at Magdalen College Oxford. While at Oxford he was appointed Musical Director of the prestigious Schola Cantorum of Oxford, with whom he made BBC broadcasts in conjunction with the London Mozart Players and the English Chamber Orchestra.

He also had a considerable career as a tenor soloist both with Guildford Cathedral Choir (tenor soloist on the platinum disc 'Carols at Guildford Cathedral') and with the Monteverdi Choir under Sir John Eliot Gardiner. Since then he has concentrated on teaching singing to people of all ages from 5 to infinity! His compositions include Symphony in Praise (1974), Oxford Canticles (for the Oxford Upper Schools Festival 1982), the community opera The Hobbit (for Oxford Opera 1987), For the Fallen

(1999) and Fragile Earth (2010).

Members are especially proud of their charity concerts. The biggest of these is the Remembrance Concert in aid of The Royal British Legion, where members are joined by over 100 schoolchildren. This event has raised £5,100 over the last five years.

On Christmas Eve members invite local singers and players to join them in the college chapel for a concert in aid of St Peter and St James Hospice, which has raised £3,100 in the same five year period.

Tours abroad have included Paris, Normandy and Belgium and last year evensong was sung in St George's Chapel Windsor. Future plans include a weekend workshop and a 'Come and Sing' Messiah in Cuckfield Church.

Members describe the society as a 'combination of dynamic performance and real enjoyment in sociable music making' and praise conductor Robert for ensuring high standards and enjoyable rehearsals.

Former member David Fitt made the following comment after moving away: "I just want to say how much I have enjoyed singing here, having resurrected singing 10 years ago after a 40 year break. I found a warm welcome and a wonderful repertoire of classic choral works. The committee do a great job and I have particularly appreciated Robert's inspirational leadership. We see this both in his passion for reaching the highest standards we can – we may not have formal auditions, but he identifies so well where we're struggling – and in that critical but difficult balance between fulsome praise and gentle humiliation just to keep us on our toes."

New performance skills coaching at Rok Skool

A dancer whose legs were the envy of a nation of Top of the Pops fans has turned her talents to teaching.

Rosie Langhorn, a former member of all girl dance troupe Legs and Co, will be passing on her performance tips to young singers from Lindfield based Rok Skool.

But Rosie stresses there will be no high kicks or tricky dance moves to learn! "I'll be teaching techniques to deal with nerves, interpret lyrics and help singers find their performance feet," she said.

It's a skill that Rok Skool owner Hereward Kaye believes will provide the missing link in the teaching line up. "I'm delighted that Rosie is joining us – I can't believe we've got someone with her pedigree. I'm looking forward to seeing our students learn how to give that 'killer performance!" he said.

Rosie's performing career began when she queued up with 10,000 girls to audition for a new dance group to replace Pan's People on Top of the Pops. "I was only 16 but landed a place in Legs and Co and spent the next five years living the dream!"



On leaving the group Rosie turned her attention to singing and was soon travelling the world as part of the quartet Guys and Dolls. "We had a wonderful time and I learnt so much about mic techniques, song interpretation and how to engage the audience," said Rosie.

She's now keen to pass on her skills to up and coming artists and is running two summer workshops for young singers, aged from 12 to adult, on 31st July and 3rd August. She also plans to run classes in the autumn term.

For more information or to book a place at one of the workshops phone 01444 484979.

Jubilee spirit raises over £1000 for NSPCC

A summer drinks party hosted by Lady Hunt at Old Place has raised more than £1,000 for the Lindfield NSPCC. Thanks go to Garden Pride for donating a plant arrangement for the raffle.

The branch also recently entertained dozens of children at a Jubilee Garden Party held at Chimney Corner, home of Siobhan and Mark Farthing.

Children tucked into sausages from Oathall Farm, apple juice provided by Ringden Farm and a special chocolate treat from Downsview Farmhouse Ice Cream!

The organisers would like to thank all supporters and contributors, including Acorns Nursery staff for walking children to the party, Sidmouth Donkey Sanctuary for bringing Peggy and Bluebell and Charlie Harris for her captivating "Story in a Box".

The Lindfield Branch of the Royal British Legion would like to thank all the people who supported its Diamond Jubilee Luncheon on July 1st. Despite the bad weather more than 50 people enjoyed the afternoon and many others who were unable to attend sent donations.



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It's all news to me By Jeremy Vine

BOOK REVIEW



By Cavan Wood

Subtitled "How I got locked inside the BBC for 25 years", this is a self-knowing and fascinating book. Many celebrities go out of their way to justify their past; Jeremy Vine is honest about his failings, often with great humour. From being a political correspondent trying to catch the eye of Peter Mandelson, he learnt that the relationship between the Media and politicians is complicated. His time as one of the Southern African correspondents helped him to understand the pain and the poverty that so much of the world experiences as its normality. Then his career had the unexpected promotion to hosting "Newsnight", where Jeremy Paxman called him "mini-me" and Vine learnt the basic rule 'It is not good to have two Jeremys on one news programme.' Despite clearly having ambition, most of his best jobs seemed to fall in his direction when he did not expect it; the dawning realisation that he will replace Sir Jimmy Young on Radio 2 confuses and delights him. He is very generous about Sir Jimmy, something the Media were not at the time about him taking over that role. Above all this is a book packed with stories, both moving and wildly funny. In one sense writing an autobiography is the most conceited thing anyone can do, saying "look at me, I matter." Vine shows that this does not have to be the case; you can write about yourself in a way that shows your failings and celebrates the virtues of others, which is what this splendid book does.

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First time Scuba

WHEN LUCY WENT...

By Lucy Cooper

With images of crystal blue oceans and vibrant coral reefs filling my mind, I started off very excited about trying scuba diving. But once I was on my way to the pool I started to think about the seriousness of it – what if I panicked under the water, my mask strap broke or I couldn't breathe? After all, it's a long way up to the surface!

But I knew I was in good hands with the team at Scuba 2000. Based in Uckfield, the weekly lessons take place at a school swimming pool in Ringmer. It's very friendly and all the members and Crew are very welcoming to new faces.

I didn't need a wet suit – so in a swimming costume, t-shirt and shorts I joined my instructor Nick Pyle, one of 6 fully qualified instructors and 3 trainee instructors, beside the pool for my 'try dive.' A large group of scouts were also trying diving for the first time, which made for a very bustling and excited atmosphere.

Nick talked me through all the equipment first, including the air cylinders (which are extremely heavy) scuba unit and the masks.

One thing I was keen to find out is how long the air cylinder will last – I've seen terrifying films where divers run out of air way down under the sea! But Nick assured me that even the fairly small cylinders would last around 2+ hours in the pool underwater. All divers' scuba units feature a primary DV (demand valve or regulator) to breathe through but also a back-up one that can be used by them should they have a problem with their first one, or more often for another diver to 'share' the air if they are in trouble. I started to feel a little more relaxed! Once we had found a mask and snorkel that fitted I climbed into the pool ready to get kitted up.

After putting on my 'fins' or flippers, as most people will know them, scuba unit and air cylinder and finally my mask, we ran through the hand signals. Nick told me: "These are hugely important to learn as, because we can't speak to each other when diving, we rely solely on hand signals to communicate, which is vital, particularly if there is a problem."

I learnt that divers will regularly signal 'OK' to each other during a dive and always require an 'OK' back, just to keep the communication going and relax that everyone's doing alright.

After getting to grips with the mouthpiece - it is held between your teeth and is extremely easy to breathe in and out of - I put my mask on and was ready to go





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underwater. Nick was with me every step of the way as I lowered my head slowly under the water. It was so difficult to make that first breath with my head underwater. It goes against our natural instinct to breathe when our heads are totally submerged! I was holding my breath! But once I had managed to overcome it, I was breathing with no problem under the surface. Signalling OK to each other frequently, Nick and I set off down the pool, gently paddling with the fins on our feet and moving slowly under the water.

I loved it! I was so pleased to have picked it up so quickly and, although I had a few issues balancing with the heavy cylinder and the awkward fins in the shallow end, I found it very simple to pick-up and very inspiring.

I've even signed up to complete the Open Water course with Scuba 2000, which will allow me to join the club members on their dives anywhere in the UK and also on holidays abroad. I can't wait to explore so many diving spots, like Brighton Pier, which I'm told is a really fun place to dive. There are some pretty interesting objects that have found their way off the Pier and into the sea, like a cart from the old ghost train complete with waving skeleton!

Scuba 2000 meet in Ringmer every Wednesday evening at 6:30pm. You can visit their website to find out much more about what they offer by visiting www.scuba2000.org.uk and can try a 'Try Drive' and start your course at any time.

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It's your choice - Hike or Bike for Hospices!

Sussex Rotarians are throwing down the gauntlet in a bid to attract 500 people to rise to the challenge and sign up to take part in this year's Hike4Hospices.

The challenge, which takes place on Saturday 18th and Sunday 19th August, will see participants stepping it out between Lewes and Goodwood along the beautiful South Downs Way. And the good news is that this year our participants will have a choice of travel – either 'shank's pony' or riding on two wheels! Although many will choose to walk the entire 43 mile route over two days, some might opt to take a gentle five mile stroll on either day whilst others can choose to cycle 43 or 25 miles on Sunday 19th August.

This is the event's 6th year and so far it has raised £175,000 for the four Hospices in Sussex. This year Sussex Rotarians are hoping to attract 500 walkers, encouraging participants to set their own challenge and raise even more money for the four Hospices.

Between them, the four Hospices provide specialist palliative care to people suffering from cancer, Motor Neurone Disease and other terminal illnesses right across Sussex. Patients are never charged for their care. However the total costs of providing this care is £16.1 million per year and only a small portion of these costs is funded by the government, leaving each Hospice with a huge challenge to face - to raise between 70 - 86% of the costs themselves.

Rotarian Colin Crookes, Chairman of the

Hike4Hospices Management Committee, says: "This event has always been about enabling people of all ages to create their own challenge and have fun whilst raising money for a very good local cause. This year's event will hopefully appeal to our casual ramblers and ardent walkers as well as encouraging people to get back on their bikes and rediscover the joys of cycling!"

Alison Moorey, Chief Executive of St Wilfrid's Hospice, says: "This is now an important event in our calendar and I encourage walkers to take up this challenge as you will have fun and enjoy wonderful scenery whilst knowing you are supporting a very good cause."

Online registration is now open, so put your best foot forward and help make a difference and 'Be One of the 500'. To download a registration form click onto www.hike4hospices.com or write to Hike4Hospices, PO Box 5344, Hove, BN52 9UW for more information.

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Esther Featherstone

VILLAGE PEOPLE

By Claire Cooper

You may have stood behind her in the queue at the supermarket, sat at the next table in the local pub or even shared an energetic zumba class but never realised you were in the presence of one of the best loved children's characters of this generation.

Now Lindfield Life can reveal the world famous celebrity who has made the village her home.

Zumba teacher and professional photographer Esther Featherstone is better known to millions of children (and many young adults!) as Bella from the Tweenies!

Esther brought Bella to life in 2001 and spent two years as a Tweenie, touring the world, appearing in 27 episodes for BBC and making DVDs which are still watched worldwide.

Esther explained how she landed the coveted role after graduating from the Italia Conti drama school.

"I was spotted while appearing in the drama Children of Eden and invited to attend an audition," she said.

"The Tweenies were already up and running but the original Bella was moving on and they were looking for a replacement. I auditioned for the experience, never believing that I would stand a chance of getting the job!"

Esther was over the moon when landing the job so soon after leaving college and was bursting to spread the good news. "But the first thing I had to do was sign a secrecy agreement as the identity of the Tweenies was one of TV's best kept secrets," Esther recalled.

"We had to speak in code even when on the phone. I was referred to as Alleb which, of course, is Bella spelt backwards!"

"Reporters from national newspapers were constantly trying to find out who we were."

Life on the Tweenies was hectic but happy and sometimes exhausting. "The costumes weighed over a stone and the heads were huge," said Esther. "Even the shoes were heavy," she added, proudly showing me Bella's boot which is now one of her most treasured possessions.

Acting like a child sounds fairly simple, particularly if you are bursting with energy as Esther is! But with millions of children listening to every word and observing every movement there were strict guidelines to follow.

"We were allowed to develop our own characters to a certain extent but there were some definite no's" said Esther. "Thumbsucking was completely against the rules!"

Esther says the Tweenies tour remains one of the highlights of her career. "I'll never forget being lifted on a cherry picker above a crowd of thousands of cheering fans at Wembley Arena. It was truly amazing!"

Another highlight was beating Robbie Williams to the coveted number 1 slot on the pop charts with the Tweenie anthem Number One!

But there's another reason why Bella has a special place in Esther's heart. The Tweenies set is where she met her future husband Marc, who was the floor manager. The pair married in 2008. "Marc was known as 'Hollywood Marc' because of his amazing smile," said Esther. "So in Tweenie circles I'm always known as Mrs Hollywood!"

After leaving the Tweenies, Esther's luck continued when she landed the role of Sunny in the Ctv show Jimjam and Sunny. "Playing Sunny was lovely," said Esther. "She was the polar opposite to 'bossy Bella' and was very 'girly girly'. Sunny will always be special as I created her – right down to her giant ponytails!"

The programme was a huge hit and was even nominated for a Bafta award, narrowly missing out to BBC's In the Night Garden.

Esther and her husband moved to the village in 2009 after searching the country for somewhere to call home. "We actually looked at over 80 villages but as soon as we drove into Lindfield I knew we had found the right place," said Esther.

She quickly settled into village life and is now a familiar face – thanks to her busy schedule of Zumba classes.

Every week dozens of villagers turn up at the King Edward Hall to be put through their paces in an exhausting hour of Zumba. "When I started the classes I had no idea how popular they would become," said Esther, who also runs classes in Scaynes Hill, Haywards Heath and Eastbourne.

"I arranged a free starter class and 105 people came through the door!"

Esther now has a loyal band of Zumba enthusiasts who have helped raise thousands of pounds for charities at 'Zumbathons' in the village. Many of them will be by Esther's side as she attempts to break a zumba world record in September.

"I'm hoping to break the record for the longest zumba class ever held," said Esther, who initially set her target at 30 hours non-stop zumba.

She was nicely in training and on target, when suddenly her plans took a dramatic change. "Last month the former record holder increased the record by 6 hours," said Esther. "So I've had to increase my target to 36 and a half."

Esther, who is being sponsored by Cullen Scholefield, will start her world record bid at 10am on Saturday 15th September, at Clair Hall in Haywards Heath. She will teach continuous classes throughout the night finishing at 1.15am on Monday. Her aim is not only to become a world record holder but to raise £20,000 for St Peter and St James Hospice.

Zumba enthusiasts can join her for as little as one hour but many have already committed to 7 or 8 hours and three have bravely signed up for the full 36.5.

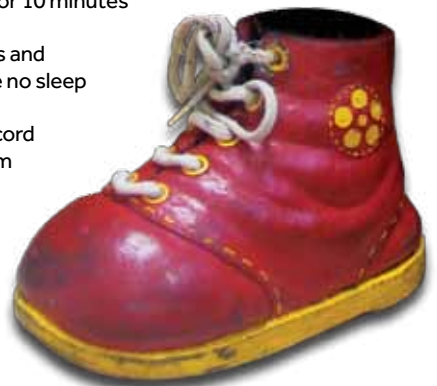
"The world record rules are extremely strict and we will be timed and checked by stewards throughout the event," said Esther. Short comfort breaks of 5 or 10 minutes will also be carefully monitored.

A crèche is being organised, there'll be a cafe on site and even blankets and pillows for those wanting to catch 40 winks between sessions. There'll be no sleep for Esther though!

Around 100 people have already signed up to take part in the world record attempt and are now busy collecting sponsorship. If you'd like to join them or find out how you can support the event, please visit www.zumbalive.co.uk

You can also pick up registration forms at any of Esther's classes or from the foyer at the King Edward Hall.

For fundraising information visit <http://uk.virginmoneygiving.com/team/zumba30>



Metabolism myths

NATURAL THERAPY

By Wendy McCallum

Many people think of metabolism as the part of our body which controls weight, which is partly true, but it also involves the assembling, conversion and breaking down of substances such as hormones, skeletal muscle and bones.

Metabolic processes involve many different chemical conversions, so the body is constantly creating new substances in order to function effectively. All these processes require specific enzymes - proteins made from amino acids. Some amino acids can be made in the body but 8 are "essential" because they cannot and must come from food. Consuming a balanced wholesome diet will ensure that you obtain these essential nutrients.

The "bio-software" which controls metabolism is believed to have been unchanged for 500,000 years, with our metabolism still following that of our "hunter gatherer" ancestors who searched daily for food by travelling large distances, often running after their prey. Around 75% of their diet was animal protein, the rest plant foods.

Although our metabolism is genetically programmed to follow that of the hunter gatherer, our diet has changed vastly, particularly in the last 5,000-10,000 years since the advent of agriculture and the consumption of cultivated carbohydrates such as wheat, rice, oats and barley.

Furthermore, many people don't require a high calorie intake as they don't undertake strenuous physical work. Increased consumption of refined foods (eg: white flour and sugar) and lack of exercise compared to our ancestors offers some explanation as to why obesity is now such a significant problem in the Western world.

Insulin - a hormone produced by the body which regulates metabolism of fats and carbohydrate - is released when we eat, in response to increased blood sugar levels. This only stops when the level returns to normal. When insulin is high the body cannot use stored fat for energy, so control of your blood sugar is important when trying to reduce body fat. Avoiding sugary foods and eating good quality protein at each meal will help.

We are often surprised at how much some people can eat without increasing weight, whilst others seem to eat very little and gain weight rapidly. It is now generally accepted that the calories in/calories out theory is not effective in controlling weight, as it does not take into account our body's hormonal response to food and the uniqueness of our individual metabolism. Many more sophisticated theories have emerged over the past 80 years from which dietary programs have been developed. These may be based on body shape, blood group or even your own individual blood chemistry. These types of approach often seek not only to control weight but also to improve wellbeing and general health through control of your metabolism.

It is advisable to undertake any dietary plan through consultation with an appropriately qualified Nutritionist, and if you are taking any medication or have any serious condition or illness you should always discuss dietary changes with your GP.

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Add 100ml single cream, the finely grated zest of 1 lemon plus a generous amount of finely snipped chives and diced cooked chicken. Bring just to the boil, season and stir to combine. Serve immediately with a sprinkling of freshly grated Parmesan cheese if wished.

Chilli Bean Salad

Makes 4 servings

Gently fry 1 large thinly sliced onion and some crushed garlic in 3tbs olive oil until very soft but not browned. Stir in a splash of red wine vinegar, 200g can chopped tomatoes, 3tsp chilli sauce (or more to taste) and a thinly sliced lemon. Drain a 400g can haricot beans and 400g can kidney beans and stir in. Bring just to the boil, season generously and tip into a serving bowl. Cool, cover and refrigerate. This salad will keep 3-4 days in the fridge.



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By Caroline Young

Looking out of the window today I feel I should really be writing about hearty soups and warming casseroles! However, being an optimist I can't believe hot weather will not return to Lindfield, so here are some of my favourite warm weather recipes. Hope you enjoy them.

Orange and Ginger-glazed Salmon

Serves 4

Spoon 4tbs each of orange juice, soy sauce, cream sherry and Dijon mustard plus 2tbs each of grated root ginger and honey into a freezer bag. Add 4 skinned salmon fillets, turning to coat on all sides with the marinade. Refrigerate for 30 min. Using a fork remove fish from the bag and grill or cook on the bbq. Bring remaining marinade to the boil and spoon over the cooked fish.

Tipsy Cake 8-10 slices

Tipsy Cake is really a trifle without the bowl.

Slice a sponge cake horizontally into two or three layers. Place one slice on the serving plate, sprinkle generously with sweet sherry and add a good layer of thick custard (bought is perfect!) and sliced strawberries or other berries. Repeat with the second slice and place third slice of cake on top, sprinkled with sherry. Spread whipped cream carefully over the top and sides then refrigerate overnight. Decorate with more fruit and/or toasted almonds. Delicious!

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Repair, reuse, re-think?

HOME FRONT

By Jacqui Smith

As IKEA famously said, "chuck out your chintz!", or maybe not. I am all for sparkly new interiors but not everything has to or should go. I wince when I see perfectly good kitchens ripped out or shabby but beautifully made furniture sidelined. Wherever possible I encourage our clients to re-use and recycle. There is a true feeling of joy in giving an old chair a new lease of life and a certain sense of satisfaction in finding a new home for a bookcase that is no longer working in a re-designed sitting room. These pieces give depth to a scheme and can sometimes make great conversation pieces!

This is not of course a new idea. My grandmother would make do and mend and found the 'buy it now change it now' mentality of the younger generation rather baffling. But the modern take on 'work with what you have', whilst it sits comfortably with the current need to tighten our belts and the anti-landfill culture, is more artistic and ethical than before. People are building businesses through up-cycling; furniture, china and fabrics. I think it would be fair to say that most of us want our homes to reflect us and our personality, yet not everyone has the budget for expensive designer pieces. Up-cycling is a great way to have something individual on a budget.

I am working with clients at the moment who have recently moved from a period property to a new build. Their brief to me was to make the most of what they have from their old house and work it in with the new. Up-cycling furniture and accessories is a great means of connecting old and new. By re-covering some regency style chairs in a stunning cut velvet, picking out the key colours in the room, we have a truly individual piece for a modest investment. The period chair in a contemporary fabric both in colour and style links the old with the new and simultaneously forms the lynchpin of the scheme.

Some other ways to make the most of what you have: Give beautifully handmade curtains a fresh look with a new contrast fabric on the leading edge; Re-frame art with a coloured mount and more contemporary frame to work with a new scheme; Step back from the furniture you have and move pieces around the house. As lifestyles and needs change, this can improve the way your home works for you and also save you money.

Admittedly, to work effectively up-cycling needs to be approached with flair and creativity. Any viewers of *The Apprentice* will recall that sticking some legs on an old suitcase does not make it a must-have piece and not all furniture lends itself to a shabby chic style re-paint, but choose carefully and it works. William Morris's advice about having nothing that isn't useful or beautiful in your home is still so relevant.

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Is posture just for old people?

By Lyndon Littlefair, Corrective and Performance Exercise Specialist

A 23 year old client of mine said to me this morning "posture, isn't that something I have to worry about when I get old?"

I thought for a moment that she was joking and having a laugh at my expense. But I then realised that she was deadly serious. If posture is something we only have to worry about when we get older, then why are there so many young people with bad posture?

So why is it that some, not all I am sure, young people think this way? Is it just their invincible nature or a lack of knowledge?

So ok then, just what is posture? Posture is simply how the body positions itself in relation to each and every other body part. So good posture would be the position in which the body is aligned to work in the most efficient way in relation to all body parts. I think that is pretty important then, don't you?

Then we look at movement. Movement is most effective when we start and finish in a position of good posture. So if we are starting in a poor position and finishing in a poor position, then surely the bit in between (the movement) is going to be pretty poor also.

Also, we should take this one step further and look at dynamic posture. This is simply how the body is aligned with each and every body part when we are moving. Let's look at a runner for example. If someone is running with poor posture and their limbs are all over the place, their shoulders are rounded and their chest is slumped down, then they are not going to be very efficient at generating force into the ground to drive them forward. Also, they won't be able to take a deep breath in to supply their body with oxygen to feed the body due to poor upper body posture.

If we then look at a runner with good posture, all of their energy is spent driving their feet into the ground in order to push them forwards faster with minimal stress on the rest of their body. Also, if they are taking in more oxygen because their good posture allows a deeper breath without any restrictions, then more oxygen simply means more energy for longer.

This example can be used in any movement that we do. From bending down to pick something up, to an explosive power clean in Olympic weight lifting. If we are not in the optimal position to perform that movement, then we are running the risk of injuring ourselves.

Poor posture equals poor performance!!

So, in answer to my 23 year old client's question "is posture just for old people?" I think we all now know the answer to that question.



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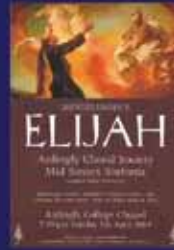
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The art of backspin

GOLF TIP OF THE MONTH #9

By **Simon Iliffe**

Everyone would like to achieve backspin into the green... However there are many factors that prevent backspin occurring.

You need good clean grooves on your club-face, a soft covered 3 or 4 piece golf ball, a tight lie on the fairway and receptive greens.

If all the above are at your mercy, then let's start spinning.

Select a lofted wedge and place the ball towards the back of your stance. Position 65% of your weight on your left side (r/h golfers) and start your backswing with a steep upward move.

Continue to turn your shoulders to the top of the backswing and then strike down hard into the back of the ball, like your cutting the cover off the ball, and continue through to your full follow-through.

The ball will fly lower than expected but when it hits the green you'll see plenty of backspin

When Lucy carried on golfing...

By **Lucy Cooper**

After my challenging putting lesson last month, I was ready for something new to sink my teeth into!

Simon handed me a chipper and a sand wedge (sadly not pink this time) and we returned to the putting green to learn about 'chipping'.

Golfers will 'chip' if their ball is almost at the hole and the putting green but needs to be lifted up. It's used when you don't want the ball to go too far, but need to hit it slightly into the air.

It was difficult to pick up! The ball must be hit fairly firmly, even when you don't want it to go far. And it was tempting to try and knock the ball into the air using my wrists to move the club, when in fact the club is designed to do it for you, providing you keep a nice smooth swing.

It took a little while to get the hang of the new technique and I hit a lot of bad shots but some pretty good ones too! I'm starting to see how the techniques I'm learning each time can build up to make the game and, as I'm learning each one, hopefully I'll be able to apply them when I come to play my first round.






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CHAIRMAN'S OVERVIEW

(Cllr. William Blunden)

In this report we aim to give a brief account of the Parish Council and what we have been doing on behalf of the community over the last financial year.

Last May we said goodbye to five much respected Members of the Council who did not stand for re-election: Margaret Nicolle, Michael Davies, Mike Leach, Roger Pickett and Steve Willcox and we welcomed five new Councillors: Michael Amor, Jane Chatfield, Simon Hodgson, Ron Plass and Lester Corp. [Councillor Corp resigned several months later and former Councillor Roger Pickett was co-opted to fill this vacancy in May 2012]. Margaret Nicolle had served the Council continuously since its inception in 1987 and for twelve of these twenty four years she had been either our Chairman or Vice Chairman.

The challenges arising from the Localism Act have been exercising the minds of members of all local councils over the past year. The effects of this legislation are particularly evident in the restructuring of the West Sussex County Council's Northern Area Highways Department, which is now known as the Gatwick Diamond Area Community and Economic Development Team and which covers much more than highway matters, the objective being to enable local communities to achieve more for themselves. We have held meetings with representatives of Haywards Heath Town Council and neighbouring Parish Councils to explore ways we can work together to deliver services at local level and the High Street grass cutting is an example of how this can be achieved. WSCC have licensed the Parish Council to maintain the verges and we pay Haywards Heath Town Council for their grounds staff to cut the grass to the standard we require. We have been very pleased with the result.

Localism has also led to the introduction of a new layer into the development planning process in the form

of community-led Neighbourhood Planning. Lindfield Parish Council has joined up with Lindfield Rural Parish Council to produce a joint Neighbourhood Plan for our area, without which we could be more vulnerable to uncontrolled development.

Parish Councillors have attended launch events at The Limes development. We welcome new residents to this community and hope they enjoy what Lindfield has to offer.

The Parish Council maintains a good relationship with the local police through representation on the Police Neighbourhood Panel, Police reports to Council meetings, sometimes in person, and the monthly Police Surgeries at the Parish Office, when PC Geoff Bennett and/or PCSO Stuart Clough are in attendance to talk to residents about any concerns they may have.

The Council was fully supportive of Cllr. Gomme, in his capacity as Chair of Communications Forum, with his successful campaign to bring faster Broadband to Lindfield through the BT "Race to Infinity" Scheme.

I would like to thank all those people, including our Pond and Tree Wardens, our Directory delivery team and those who volunteer for the Annual Spring Clean, maintain flower beds and all who help in many capacities behind the scenes. Without this help, there is no doubt that the Parish Council alone would be unable to carry out the huge amount of work that it does and it is a credit to Lindfield that we have so many willing volunteers. However we can always do with more, so if you are able to help in any way, please contact the Parish Office on 01444 484115. I would also like to take this opportunity to thank my fellow Councillors, who willingly give their time voluntarily and work hard to maintain and improve the Village for the benefit of all residents, and the Parish Council Staff for their dedication in serving the Council and local residents.

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. Alan
Gomme**

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:
Iain McLean

Responsible Financial
Officer: Mrs. Sue Kollen

Planning and Traffic Committee

(Chairman Cllr. Alan Gomme)

The routine work of the Planning and Traffic Committee is to comment on planning applications for work on buildings and trees within the Parish. Over the past year the Committee has commented on a total of 153 applications, of which 40 related to trees. We raised objections to 18 of the applications and offered comments on 11 others, as well as suggesting conditions to the planning permission to address specific concerns.

Applications that have been particularly significant during the year have included two associated with the Lindfield Cricket Club on the Common: new nets and an extension to the Pavilion. The extension to the existing building was not seen as controversial but there were some concerns expressed regarding the visual impact and positioning of the nets and their use ahead of formal agreement by the statutory bodies concerned, in this case the Planning Inspectorate (PI) acting under the Commons Act 2006. The matter is still under examination by the PI but the process should be complete during Summer 2012. In the interim, the nets are in frequent use by large numbers of adults and youths.

In addition, the Committee has monitored progress of the Barratt's development at Newton Road – The Limes – which has seen completion of the 120 dwellings started in January 2010. From the outset the Parish Council saw its role as protecting the interests and well-being of residents, particularly those living on the periphery of the site; consequently it was pro-active throughout and held a meeting with the developer early in 2010. As a result, we believe we have had co-operation from and maintained largely good relations with the developer in a way that other communities have not. As the developer leaves the site we will continue to keep a close eye on activities and in particular matters relating to refurbishment of the Pond on the east side – works that are expected in late Summer 2012, following the nesting season - and planting up of as many as 7,000 trees and shrubs on the re-profiled, northern boundary field.

ENVIRONMENT AND AMENITIES COMMITTEE

(Chairman Cllr. William Blunden)

The Environment and Amenities Committee is responsible for providing and maintaining the Denmans Lane Allotment Site, the public toilets, some of the Village street lighting, litter bins, bus shelters and other items of street furniture. The Committee also liaises with MSDC regarding management of the Common, the Pond and Hickmans Lane Playing Field and with WSSC on various highway matters. This has been a busy year for this Committee and a great deal has been achieved.

Having published our Winter Management Plan in 2010, we considered how this could be improved on and we have now purchased mechanised equipment for clearing snow from pavements, plus some extra salt bins.

On our behalf, Haywards Heath Town Council's grounds staff planted 2,000 extra crocus bulbs in the High Street verges last year and they have continued to cut these verges to a high standard.

The round wrought iron litter bins have been refurbished and other street furniture maintenance has been carried out over this year; seats painted, bus shelters repaired where necessary and painted and the finger post at the Sunte Avenue cross roads has been fully restored with the help of funding from WSSC. Our new street lighting contractors, Direct Technical Services, are proving to be a real asset; we now have very few reports of lamp failures from residents and a large proportion of the lanterns are being upgraded to comply with current standards.

Paul Frost, employed by the Parish Council as the Village Orderly, is doing a fine job providing an extra service to complement the street sweeping arrangements carried out by SERCO on behalf of MSDC.

To improve safety we have carried out a joint project

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

Cllr. Stephen
Henton

Cllr. Margaret
Hersey

Cllr. Simon
Hodgson

Cllr. Roger
Pickett

Cllr. Ron
Plass

Cllr. Christopher
Snowling

with WSCC to install a barrier at the Hickmans Lane end of the footpath to Finches Park Road, which involved clearing and widening the entrance so that pedestrians are more easily seen.

There is still a huge demand for allotments and we have implemented a policy of subdividing larger plots as they become vacant to give more people the opportunity to have an allotment. Unfortunately a possible opportunity to acquire land on the outskirts of the village for this purpose did not come to fruition.

The Parish Council, through the Environment and Amenities Committee's budget, was pleased to give financial support to the committee organising the Queen's Diamond Jubilee celebrations in the Village.

The Christmas Lights has been a thorny issue for the last few years and, supported by a petition signed

by over 500 people on Christmas Festival Night, the Committee will soon be considering what can be done to decorate the trees in the High Street for next Christmas. Meanwhile a lighting scheme on the Pond islands was successfully trialled over the last Christmas period and the Parish Council has agreed to purchase the equipment as a permanent installation to be switched on for Christmas and other special occasions.

Other projects running over into the next year include provision of street maps in the two main village car parks and refurbishment of the wrought iron bus stop poles.

The Committee continues to organise the Annual Village Spring Clean and Christmas Festival Night; to provide six visits a year by the refuse freighter to the Tollgate car park; and to carry out regular and occasional maintenance of flower beds and footpaths.

FINANCE AND GENERAL PURPOSES COMMITTEE

(Chairman: Cllr. Stephen Henton)

As its name suggests, the Finance and General Purposes Committee has the responsibility to oversee and review the day to day financial matters of Lindfield Parish Council and to recommend to the Council the annual budget and the precept to be levied for the Parish. Staffing and the Parish Office accommodation also come under the remit of this Committee, as well as governance, insurance, risk assessment, production of the Lindfield Parish Directory and Year Book and any matters of policy which do not fall clearly within the responsibilities of the other Committees or where there is conflict between them.

Putting together the annual budget is a major task. As Lindfield Parish Council has very little income from other sources, most of its funds have to come from the annual precept (£152,000 for 2012/13). If the Committee underestimates the amount required, it is unable to obtain any further sums from other sources, other than loans for particular capital projects, so it is essential that reserves are held; the Council has several designated reserves "earmarked" for specific purposes as well as a general reserve which is a safeguard in case of unexpected but necessary expenditure. A breakdown of the budget for 2012/13 is enclosed with this report, together with an abbreviated version of the receipts and

payments for 2011/12. Full copies of the accounts are available from the Parish Office.

The ongoing work of the Committee includes reviewing monthly income & expenditure against the budget, carrying out periodic checks on the financial records and reporting to Council annually on the effectiveness of the internal audit and internal control procedures. The finances of the Council are subject to both external and internal audit – to date no significant problems have been identified and some helpful suggestions have been followed up.

A working group is looking into the feasibility of reinstating public toilets on the Common. We are also seeking additional or larger premises in order to improve working conditions for the staff and to provide better facilities for members of the public.

Each year the Council sets aside an amount of money in the F&GP Committee's budget to enable it to make grants/donations, either to local village based groups or to organisations whose activities benefit residents of Lindfield. In 2011/12 payments were made to the following: 4Sight (£200); West Sussex Mediation Service (£100); Victim Support (£50); Lindfield Arts Festival (£500); Haywards Heath Food Bank (£500).

RECEIPTS AND PAYMENTS ACCOUNT YEAR ENDED 31 MARCH 2012

2010/11 £			2011/12 £	
		RECEIPTS		
158,246.00		Precept	158,000.00	
84.83		Interest Received	105.24	
631.62		Allotments: Rents and Licence Fee	634.32	
4,934.00		Village Directory: Advertising	3,910.00	
-		Village Directory: Donations	887.40	
205.00		Christmas Festival Night	330.00	
372.00		Grants and Donations	208.50	
3,202.97		Other Income	2,804.67	
6,837.12	174,513.54	VAT re-imburements	8,319.57	175,199.70
		PAYMENTS		
65,071.38		Administration:	67,755.02	
975.47		Capital	479.44	
6,121.00		Other Expenditure on Parish Office	8,415.44	
10,770.83		Finance and General Purposes Committee	11,125.96	
38,822.64		Environment and Amenities Committee	50,919.20	
-		Planning and Traffic Committee	-	
6,866.42	128,627.74	VAT on Payments	9,543.99	148,239.05
	45,885.80			26,960.65
SUMMARY				
Opening Balance		152,900.30	Payments	148,239.05
Receipts		175,199.70	Closing Balance	179,857.06
		328,100.00		328,096.11
BANK RECONCILIATION				
Current Account	- 16,769.75			
Business Saver Acc	196,626.81			
	179,857.06			
Petty Cash in Hand	131.72			
Total:	£ 179,988.78			

BUDGET 2012-2013

	BUDGET 2012/2013
Finance and General Purposes Committee	
A Administration	78,925.00
B Chairman's Fund	500.00
C Grants/Donations	1,500.00
D Annual Memberships/subscriptions	2,500.00
E Village Directory	6,000.00
F Newsletter/Annual Report	2,000.00
G Members' Allowances	2,500.00
Sub Total:	93,925.00
Environment and Amenities Committee	
1 Street Lighting - Energy/maintenance costs	6,000.00
- Upgrading Street lights	5,000.00
- Christmas Lights	9,000.00
2 Maintenance	5,000.00
3 Allotments	2,500.00
4 Gardening	500.00
5 Christmas Festival Night	1,000.00
6 Village Archives	500.00
7 Mobile Civic Amenity Freighter	2,000.00
8 Denmans Lane toilets - running costs	12,000.00
9 Street map of Lindfield	5,000.00
10 Replacement of litter bins	2,000.00
11 Digital mapping	250.00
12 Joint Project with MSDC/WSCC - Post and rail fencing - Pond and Common	2,000.00
13 Tree Pollarding	2,500.00
14 Removal of epicormic growth	600.00
15 Grass cutting (High Street)	1,700.00
16 Emergency Equipment	1,500.00
17 HM The Queen's Diamond Jubilee Celebrations	1,500.00
18 Bus Stop Poles refurbishment	2,500.00
19 Pond Aerator	3,000.00
Sub total	66,050.00
Planning and Traffic Committee	
(i) Miscellaneous	200.00
(ii) Professional Fees	10,000.00
Sub total	10,200.00
BUDGET TOTAL	170,175.00
Outstanding Projects	
Street map of Lindfield	2,922.52
Christmas Lights	3,500.00
HM The Queen's Diamond Jubilee Celebrations	650.00
Sub total	7,072.52
Reserves	
General Reserve	50,000.00
Designated Reserves	
Sinking Fund - Denmans Lane	3,600.00
New Premises	20,000.00
Election	3,121.00
Street Lighting	8,605.68
Allotments	500.00
Denmans Lane toilets - maintenance sinking fund	5,000.00
Capital Project: Toilets on Common	30,000.00
Public Toilets on Common - sinking fund	20,000.00
Repair/maintenance of community assets - sinking fund	3,000.00
Maintenance of King Edward Hall clock	900.00
Christmas Lights	2,100.00
Replacement of Litter Bins	5,727.00
Professional Fees	10,000.00
Sub total:	112,553.68
Total: Outstanding Projects and Reserves	169,626.20

Income from cash?

MONEY MATTERS

Q I was hoping that interest rates would start to rise again soon so that the income from my cash savings would increase to where it was several years ago. Is it true to say that the days of getting 5% per annum gross on my savings account are long gone?

A Unfortunately, yes. With interest rates having been held at an historic low of 0.5% for 3 years now and there even being talk in the press of rates dropping to zero, it has become increasingly difficult to rely on interest from cash savings accounts to top up your income. Whilst you may be willing to put up with this in the short term and can get slightly better rates from less well known institutions, for some an ongoing, longer term drop in savings income is not something they can afford to live with.

Q What alternatives to cash are there to provide income?

A In short, investment in government stock, corporate bonds, fixed interest funds, commercial property funds, infrastructure funds and many good quality shares are all worthy of consideration.

Q Do I have to put my cash into higher risk investments to get a better return than cash?

A Not at all. It is true to say that cash is the least risky way to hold your savings but there are other investment options available to you that will produce income of around 5% per year and which are not much more risky. A mixture of mainly corporate bond funds, with some commercial property and infrastructure exposure for example, could achieve this for you.

Q Would shares produce more income than cash?

A There are a number of UK shares issued by good quality, recognisable companies that aim to produce an attractive income by way of dividends for investors and some even aim to grow the income they pay out each year. Income from these types of shares currently amounts to around 4 – 6% per annum.

Did you know?

That most high street banks and building societies are currently paying 0% interest on their current accounts.

Written by Tracey Payne

Property Matters Adrian Hoyle, Lindfield,

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What's on in August

AT KING EDWARD HALL

AND ELSEWHERE

1st The Adventurers Art Club – Annual Exhibition
-4th (Mrs Valerie Harvey 01444 455704)

2nd Country Market – 10.00am to 11.15am
(Sheila Hobbs 01444 483396)

8th Tango El Mundo
Mr Hertz Hagai 0777 884 6060 or
www.tangoelmundo.com

9th Country Market – 10.00am to 11.15am

16th Country Market – 10.00am to 11.15am

18th Sale of Garden Furniture
(David Orchard 08000 887665)

18th Tango El Mundo

23rd Country Market – 10.00am to 11.15am

30th Country Market – 10.00am to 11.15am

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

5th Mid Sussex Ramblers Ditchling Circular walk,
10am. Meet at Ditchling Village Hall car park.
11 miles

19th Mid Sussex Ramblers Freshfields and Pastures
New, 10.30am.
Meet at Lindfield post office. 8 miles.
Contact: 07984247882

22nd Mid Sussex Ramblers Chailey Circular, 6.45pm.
Meet at Chailey Green by A275 in front of St.
Peter's Church.. 4.5 miles. Contact: 01444
831098 /07801711401

1st Newick Horticultural Society Annual Show
Sept and Family Fun Dog Show, 2pm to 5pm. Over 100
categories for flowers, vegetables, cookery and
handicrafts. Special sections for juniors

Entrance £1.50, children under 16 free.
Contact Alex Pioli apioli@btinternet.com
Tel: 01825 722629

Fancy playing badminton?

Lindfield Badminton Club celebrated its 60th anniversary last year. Having been established in 1951, playing in the King Edward Hall on the single court there, the club now plays on the four courts at Oathall Community College.

Club nights are Wednesdays from 7.30pm to 10pm, with the 2012-2013 season starting on Wednesday September 5th. The club is always keen to welcome new male and female match standard players and has men's, mixed and ladies' teams in the Brighton, Mid Sussex and Crawley Leagues. It is a friendly yet competitive club and feather shuttles are used.

Anyone who enjoys the game and plays to a reasonable standard can get more details from the website www.freewebs.com/lindfield or from the secretary on 01444 453559.

Sleep walkers through Lindfield

Three hundred supporters of St Peter & St James stepped out into the night for the Hospice's 5th annual Sleep Walk on Saturday 14th July.

The route took walkers through Lindfield, with the water stop based in the High Street manned by volunteers including Mike Tomes one of the Hospice's Trustees. The evening saw men joining the walk for the first year and they turned out in style, joining the ladies by donning their nighties and night shirts for the occasion. Walkers weaved through Lindfield along Lewes Road and the High Street before heading down Hickman's Lane, a new addition to the route for 2012, returning to The Dolphin Leisure Centre in Haywards Heath for their breakfast, goody bag and finishers momento. Walkers will have raised in excess of £21,000 for the hospice by the time its all counted up.



Photo: Eddie Howland

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Tavistock & Summerhill School.....	25

Health/Lifestyle

Hughes Homecare.....	5
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