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Local village talk,
by the village

Oct 2012 Issue #43

Free



25 years since The Great Storm

page 20

Our village Olympic heroes tell all

page 8

Lucy tries Self Defence

page 28

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EDITORIAL

By David Tingley, Editor

With October comes a timely reminder of the great powers of nature. It seems to be, for some of us, quite a shock to hear it has been 25 years since the **Great Storm of 1987**. Thinking back I can recall the morning after and my mother recently reminded me that my Dad had tried to carry on his normal work for the day, only to discover en route just how widespread the devastation was in the village. We take the opportunity to tell more stories from that time on **page 20**.

While we are on anniversaries, the three churches of Lindfield celebrate 20 years since taking over ownership of the **nursing home** on Compton Road. Read the story on **page 14**.

Mark Revill gives us the **property lowdown** on **page 24**. **Jacqui Smith** shows us the before and after of **interior design** on **page 33**. And **Tracey Payne** talks **Junior ISAs** on **page 34**.

It seems there is a lot going on in the village now the Autumn draws near - check out the **'What's on'** listings in its usual place on **page 38**.

Lucy Cooper continues to try new things; this month she's staying safe with **David Marlow** who runs **self defence classes** at the King Edward Hall. If you want to know what the move called 'The Crazy Monkey' looks like, turn to **page 28**.

And finally, if you remember the **late 50s in Lindfield**, perhaps you can add details to reader **Bruce Brenchley's** account on **page 26**. An article in a previous issue of Lindfield Life prompted him to dig down into his memory archives but it is, by no means, a complete picture. However, it's a great story - thanks Bruce!

Do continue to keep in touch. We love news stories, articles and cover photos of this beautiful village.

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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

Best Tent winners



Members of the 1st Lindfield Boys' Brigade Company attended a camp for boys from all over Sussex during the summer. Blessed with brilliant sunshine the entire week, the Lindfield boys made their mark on the camp by winning the Best Tent Trophy and the Best Tent Pennant for their Camp Company. The photograph shows Wesley Heyward, Tom Hewitt, Danny Lucas and Hayden Alexander from Lindfield and Joe Greenan from Eastbourne.

Appeal for Poppy volunteers

Can you spare an hour or two to help sell poppies in Lindfield? Volunteers are needed for the 2012 Poppy Appeal to ensure that vital funds are raised for our servicemen and women.

To volunteer please phone Pauline Parkyns on 01444 482672, or email pauline.parkyns@tiscali.co.uk

Art winners announced

Visitors to the recent Adventurers Art Exhibition, held in the King Edward Hall, were asked to vote for their favourite picture. The votes have been counted and the results are:

Best in Show voted by visitors : Jo Hodder
"French Café"

Best in show voted by Members : Jeanette Grant
"Yellow Chrysanths"

Lucky readers in Sept

In last months magazine we offered a couple of reader competitions. Lorelei Hilson won tickets to a concert at Ardingly College and Robin Plowman received tickets to the Stevie Wonder Experience on 4th October.

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Mathilda Rose opening

Royal dress designer Nicki Macfarlane (pictured left) was among the guests at a champagne reception held to mark the official opening of Mathilda Rose bridal shop.

Nicki designed the dresses for the four flower girls at the wedding of Prince William and Catherine Middleton last year and is delighted to be one of the designers whose gowns are part of the Mathilda Rose collection.

"The shop is absolutely stunning," said Nicki. "I think it's going to become a destination shop for brides. There's a wonderful range of styles from different British designers - something for everyone. I think it's spot on!"

Designing the Royal wedding dresses was one of the highlights of Nicki's career and as a result, business has blossomed. "It was extremely good fun, but keeping it a secret and not telling people where we were going was tough. It was such a relief when we could finally share the news!"

Mathilda Rose, run by Nicola Spence (pictured above right) opened in Lindfield last month and is already attracting brides-to-be from all over Sussex. The shop offers made to measure dresses for brides, bridesmaids and flower girls along with a range of accessories including tiaras, jewellery and shoes.

New Manager at Stand Up welcomes four day ale festival

It's all change again at the Stand Up Inn as assistant manager Andi Frost takes the reins this month.

Andi is already a familiar face for locals as she has been working behind the bar of the newly renovated pub since it re-opened in July.

She brings with her a wealth of experience in the licensing trade after working in a variety of Brighton pubs. From the large and busy to the small and friendly, she found working in the Lanes, where atmosphere and customer service is key, has been the most rewarding experience.

Andi, who instantly fell in love with Lindfield on arrival, has been delighted with the warm welcome from customers and is looking forward to making the village her permanent home.

And while many new managers would be tempted to spend the first few weeks settling in, Andi is busy planning her first major event - a four day ale festival.

"The festival will run from October 25th to the 28th and will include a chance to sample dozens of ales from around the county - including some unusual and rare brews!" said Andi. "With all beers at £3 a pint, we're hoping people will try a selection and find something new they like!"



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Gala Dinner to be held at Jeremy's

Foodies from Lindfield and beyond are invited to dine out in style at Jeremy's Restaurant at Borde Hill and raise funds for charity.

The Mid Sussex Branch of Macmillan Cancer Support is holding its second annual Gala dinner on Friday 9th November. Tickets are already selling fast for the event, which last year raised almost £5,000.

This year diners will enjoy a welcome aperitif and three course dinner followed by coffee and petit fours for just £40 a person. Why not get together with friends and book a table for 10?

All funds raised will go directly to Macmillan care in Sussex, with money donated towards the development of a new Support Centre being built next to the Sussex County Hospital in Brighton and the setting up of new satellite centres in the county. These centres will provide first class information and support services.

Organiser David Metcalfe from Lindfield, who took over as treasurer of the Mid Sussex branch last year

and ran the first gala dinner, said: "I've been amazed and heartened by the fantastic support local people give to Macmillan.

"Most people's lives have been touched by cancer and the work of Macmillan in supporting patients and their families is priceless. The response to our street collections and other events shows just how highly the charity is regarded locally."

David added that he would be delighted to hear from people who can help the branch by spending a little time supporting events or coming forward with new fund raising ideas. "Whether you want to spend an hour taking part in a street collection, helping out at a coffee morning or organising and running an event, we'd love to hear from you," said David.

To book your place at the gala dinner, or to find out how you can support Macmillan locally, contact David Metcalfe on 415060 or email him at elsda@btinternet.com

Borde Hill Gardens gets ready for Halloween Half Term fun

The terrifying witches of Borde Hill are set to return to their haunted house in the enchanted garden this Halloween to keep young visitors on their toes during autumn half term.

Throughout Halloween Week, from 24th October to 4th November, fearless explorers can take part in Borde

Hill's Spooktacular Hunt and search for the hair-raising clues hidden by the wicked witches that lead straight to their Haunted House.

For further information on the garden and details of events visit www.bordehill.co.uk or call 01444 450326.



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Teddy flies high

While world records were being broken on the Olympic track in London, another dramatic record was being set high above the skies - thanks to two local space enthusiasts and a very small teddy bear!

Merv Huggett from Lindfield and his friend Peter Browne, both members of the High Altitude Society, have broken the world record for an amateur balloon with a camera load after launching a Steiff bear into space! The bear floated 26 miles, high above the clouds, edging into space and capturing some breathtaking images.

Launched in Highbrook, the bear was carried by a Met balloon called HAM-1 with an attached camera and tracking device.

After losing sight of the bear, Merv and Peter picked up the signal and tracked the balloon all the way to Essex where it eventually burst just north east of Braintree. Fortunately the bear landed in the middle of a cornfield, looking remarkably unscathed despite temperatures of -60C and high UV levels!



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Claire Slater with the PM

Sue Blunden

Mike Scholes lighting his torch

They had the time of their lives...

LINDFIELD VOLUNTEERS

By Claire Cooper

As Britain basks in the success of staging the Greatest Show on Earth, many of us have been left feeling slightly bereft after weeks of being swept up in Olympic and Paralympic fever.

We've all become experts in sports we'd never been interested in before and the country has a new breed of superstars – famous for their courage, determination and sheer hard work.

We all have our own favourite moments, but for three Lindfield villagers the games provided unforgettable experiences that will be treasured both now and by future generations of their families.

Torch bearers Mike Scholes and Sue Blunden described their journey carrying the Olympic flame as one of the greatest moments of their lives. Their golden torches are a permanent reminder of their role in the relay which captured the imagination of an entire nation.

"It was a real honour and privilege to be chosen as a Torch Bearer and to know that for the five minutes I carried the torch I was the only person in the world carrying the Olympic flame," said Sue. "I had an amazing day and I will never forget the warm welcome and enthusiastic support of the people of Bognor, family and friends who lined the streets to support me despite the pouring rain. I felt like a superstar!"

After the excitement of the torch relay and the stunning opening ceremony, it was the turn of 70,000 volunteer Games Makers to enjoy their moment in history.

Among them was Claire Slater, Manager at Abbott's Pharmacy in Lindfield.

Based at the Excel, Claire's role was to welcome visitors, check tickets, show them to their seats, answer questions and give directions during the day and to ensure they left the Games safe and happy.

Claire was scheduled to attend for nine days but loved the job so much she volunteered for a 10th!

"Shifts were from 1pm to 10pm so there were no early starts, but getting home in the early hours of the

morning was exhausting at times," said Claire.

"Being based at the Excel was fantastic as I got to see a huge range of sports from judo and taekwon-do, to fencing, boxing and weightlifting. The first day was tricky as were we all finding our feet and getting to know one another, but we soon got into the swing and from then it was fairly plain sailing. It was very easy to get to know people and everyone was very friendly. It was wonderful to hear all the positive comments from both the athletes and spectators about the job we were doing."

Some of the most memorable moments for Claire came from the numerous medal ceremonies. "The most emotional was when young Venezuelan fencer Ruben Limardo Gascon won a gold medal – the second gold medal ever awarded to his country (the first was back in 1968)," said Claire. "The whole place completely erupted – it was such a special moment and there were lots of tears of joy."

Of course seeing British athletes winning and being presented with medals for boxing and taekwon-do was pretty amazing too!"

Not only were the volunteers surrounded by the world's best athletes – celebrities from all walks of life were keen to take their seats at the biggest event this country has ever seen. There were lots of famous faces, including Prime Minister David Cameron who posed with Claire for a photograph (see above).

Claire's 19 year old daughter Kat, a university student, followed hot on her mum's heels by volunteering at the Paralympics. "She was based at the royal artillery barracks and had 4.30am starts but loved the experience just as much as I did," said Claire.

The cherry on top of their Olympic and Paralympic cake was that both Claire and Kat were successful in the ballot to watch the Victory parade in the reserved area in the Mall. "The atmosphere was fantastic and it was a lovely way to end our games maker experience."

"I'd happily do it all again. In fact I'm even considering applying to volunteer at Rio in four year's time!"

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Radio endorses Hospice Care Week

Four local radio stations and four Sussex Hospices are working together on an exciting project as part of Help The Hospices national Hospice Care Week this month.

Bright FM, Splash FM, Sovereign FM and Arrow FM will be working with St Peter & St James Hospice in Chailey, St Barnabas House Hospice in Worthing, St Wilfrid's Hospice in Eastbourne and St Michael's Hospice in Hastings from 8th-12th October.

Throughout the week interviews and sound bites will be broadcast across all four stations with the aim of raising awareness in local communities of the work of hospices, culminating in an all day "RADIOTHON" on Friday 12th October where auction lots of varying worth and rarity will be sold to the highest bidder!

All the proceeds from the "RADIOTHON" will be divided equally between the four hospices.

As part of the week South Downs Nurseries, supporters of St Peter & St James, will be holding a coffee morning on Tuesday 9th October and the Hospice is organising a Fire and Glass Walk at The Plough Inn, Plumpton on Friday 12th October, from 5.30pm.

The entry fee, to take part and support St Peter & St James Hospice, is £15 with a minimum sponsorship of £100. To support a different cause entry is £25. Training for both challenges will be provided by 'Time 4 Change' and will take place at Wivelsfield Village Hall.

For further information about both events visit www.stpeter-stjames.org.uk or contact Marie in Fundraising by emailing marie.shipley@stpeter-stjames.org.uk.

Spaces are limited, so to take up this Challenge 4 Charity, get in touch now!

Alternatively, visit the new website www.hospicecaresussex.com to see how the plans for the week are progressing and find out what each Hospice will be doing.

Burning coals or broken glass, or maybe even both?

That's the 'burning' question facing Lucy next month. We've challenged our own Lucy Cooper to take part in this year's Fire and Glass Walk, to raise funds for St Peter and St James Hospice.

Lucy has agreed to join a team of brave fund raisers as they walk barefoot across a path of burning hot coals or broken glass.

Lucy would love to hear from Lindfield Life readers willing to sponsor her as she contemplates whether to brave the broken glass or to hop over the hot coals. If enough sponsors come forward maybe we can persuade her to do both!!

To sponsor Lucy, email her via the normal address: editor@lindfieldlife.co.uk

Dramatic club choose imaginative comedy

by Rex Cooper

Lindfield Dramatic Club's exploration of different styles of comedy takes another turn this autumn with a production of 'Imaginary Lines', which was first produced and directed by Alan Ayckbourn at his Stephen Joseph Theatre in Scarborough in 1985.

It was written by Reggie Oliver, a playwright with an impressive literary background who has worked in radio, television, films and theatre, both in the West End and outside London. He was a founding member of the late Sir Anthony Quayle's Compass Theatre and is also a highly acclaimed writer of ghost stories.

Imaginary Lines is a delightful English comedy, where imagined conversations are often far more successful than the real thing. Wanda takes things very seriously, most especially herself, but is also a matchmaker, idealist and dreamer. The two men in her life are driven to distraction by her, and her friends are constantly frustrated as she moves between reality and her imagination of how she would like life to be.

The imaginary lines are the things we wish we could

say, or had said, usually to the opposite sex. In the play there are asides in the dialogue which provide amusing counterpoints to what the characters are really saying to each other.

The cast includes Lauren Lloyd, Jenny Slack, Sylvia Foley, Bill Colbourne and Tim Bishop and the director is Rex Cooper.

This witty, literate romantic comedy is sure to delight and amuse and can be seen at the King Edward Hall on Thursday, Friday and Saturday, 1st, 2nd and 3rd November. Tickets will be available, from the beginning of October, at Happy Feet in Denman's Lane, Lindfield.

Meanwhile, a date for your diaries...

Following the sell-out success of 'Chuckles and Chips', the dramatic club's spring offering this year, 'Chuckles and Chips 2' will be served up next year... on Friday and Saturday 24th & 25th May.

See the dramatic club Facebook page – www.facebook.com/lindfielddramaticclub – for further details and club activities.

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Lindfield Care Home celebrates

Residents, staff and friends of Compton House will be celebrating an important milestone later this month.

It's 20 years since a committee of members from the three village churches took the unique step of buying and running the popular nursing home in Compton Road.

Since then, the business has grown and is now one of the main employers in the village with 80 employees including nurses, care workers, catering and cleaning staff, full and part-time.

To celebrate the anniversary, a Thanksgiving Service will be held in the United Reformed Church on 28th October at 3pm.

The service will be followed by tea and cakes in the church hall and everyone is welcome to attend.

Keith Ward, a former chairman of Trustees, is also marking the occasion by publishing an update of his book "The story of Compton House". This details how the idea of having a home in the area to support the elderly came into being. Copies will be available from October.

Since Compton House was purchased 20 years ago, the home has grown both physically and in numbers of residents choosing to make it their home. The Trust bought Little Compton, the house next door, as a residence for elderly people able to live fairly independently but benefitting from some care and the provision of meals.

Respite care is also now offered to enable full-time carers to enjoy a break.

Manager of Compton House Jennie Herring took the reins five years ago.

"We have a really friendly and relaxed atmosphere and appreciate that for our residents, this is their home," said Jennie. "We have an open door policy so visitors are welcome any time and on occasions may join their relatives for meals.

It's a joy to work here and I'm really pleased that all the senior staff working here when I joined are still with

us!" she said. "I think that's partly due to the in-house training they receive and the opportunities to develop. For example, all our care staff are now NVQ Level 2 and Level 3 trained.

The level of nursing requirement is constantly rising as people are living longer and we now have staff trained in caring for people with chronic health conditions such as multiple sclerosis, strokes and those requiring multiple medications."

She added that trustees, drawn from the churches, are kept up to date with regular meetings.

"The trustees bring with them a huge range of experience and they include an actuary, a solicitor, two nurses, a business manager, a surveyor and a risk management expert," said Jennie. "Their expertise, enthusiasm and passion is invaluable."

In addition to the paid staff, a team of volunteers are an important part of the Compton House family, spending time reading to residents, running errands, serving teas, answering the door and assisting with outings.

"We always welcome volunteers and ideas for new activities for residents," said Jennie.

Activities co-ordinator Naomi Bodis organises a varied programme of events to meet the varied needs of the residents. These include visiting musicians, sing-along afternoons, regular visits from the PAT dog. Naomi also spends time with residents who are unable to join in group activities. The residents are able to attend a service in the Nursing Home and there are visits from the local schools and nurseries when the residents are able to enjoy the singing and company of the younger generation.

If you would like to know more about the 20th Anniversary celebrations or would like to become a volunteer, please call Compton House on 482662.

Date for your diary: Compton House Autumn Fair – Saturday 10th November from 10am to 12 noon at the United Reformed Church.

Bonfire Night plans

By Mark Tampion-Lacey

This year's Lindfield Bonfire Night will be held on Monday 5th November.

We look forward to seeing the people of Lindfield and beyond on the procession route and Common for our usual traditional bonfire celebrations and hope everyone will be delighted with our family-friendly evening and fabulous firework display.

The children's colouring competition can be downloaded from our website, and is also available on our flyers this year. We look forward to seeing some fab artwork!

Mr Martin Durrant has built a fantastic Guy as usual, sponsored by Glyn Thomas & Son, and he will be on display outside their shop on the day of the 5th, so please do come and see him in daylight! We will have our Lindfield Village 2013 calendars available for sale too. Mr Thomas will be providing his extraordinarily popular hog roast, and there will also be a variety of catering in the log car park and by the Lindfield Scouts on the Common in the evening.

We'd love to see lots of entries in our fancy dress competition. We have classes for all ages, including adults, and we'd also like to encourage those in fancy dress to join the front of the procession where Mark and Sarah will look after you! If you were lucky enough to win a trophy last year please do remember to return it and try to win it again this year!

The LBS committee would like to make it clear that it is illegal to light fireworks, including sparklers and bangers, in public and this includes Lindfield Common. If you have sparklers, please use them in your own garden.

If you love Bonfire Night please become a member of our Society. Bonfire night in Lindfield would not be possible without the support of our Society members. Every year the cost of organising such a huge event increases and you can help us by returning the Standing Order form to join the Society. Individual membership is just £10, joint £15 and Family £20. Full details of how to join can be found on our website at www.lindfieldbonfiresociety.co.uk.

We desperately need volunteers on the night to help with marshalling and also collecting. If you can assist with either of these please come along to the Marshalls meeting on 18th October. Phone Wendy Box for details on 01444 482809. Alternatively you are welcome to visit us at one of our committee meetings, which are held on the third Thursday of each month at the King Edward Hall (KEH). We would be pleased to see you!

I would also like to take this opportunity to thank everyone who helps to collect the litter on the 6th. Last year's star find was an unopened tin of pilchards! If you find anything to beat that do let us know via the website!

TIMETABLE OF EVENTS:

- 6.30pm Fancy Dress Competition – at KEH (free to enter)**
- 7.30pm Torchlight Procession**
- 8.15pm Lighting of the Bonfire**
- 8.30pm Grand Firework Display – on the Common**
- 9/9.15pm End of show**

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Bus operator adds earlier mornings to new timetable

Countryliner has made several changes to its local bus services which came into affect from last month.

Changes have been made to Service 30. The main change that Countryliner hope will be of benefit to Lindfield residents is the introduction of some earlier morning journeys to the station with the aim of connecting with some of the early morning fast trains to London; first bus at 0545. There will also be some later journeys to Lindfield from the station; last bus at 1932. The Parish Council office has a supply of the new timetables.

There is also the reintroduction of the previously run journeys in the main peak period from Lindfield to The Princess Royal Hospital.

See website for more info: www.countryliner-coaches.co.uk, or pick up a new timetable.

Make a splash and raise some cash!

It's time to get your towel and goggles at the ready for St Peter & St James' second annual Swimalong.

The event is from 12 noon on Saturday 10th November at The Triangle Leisure Centre in Burgess Hill and teams of six swimmers are invited to take part.

Entry for 2012 is free but each team member should raise a minimum of £25 sponsorship. Participants raise sponsorship for the number of lengths completed by the team in a 50 minute session.

Anybody of any age can make a group; friends, family, work colleagues or club members (under 8s must be accompanied by an adult in the water and can be part of the team). Even non-swimmers can join in to count the lengths of their team.

Pauline Lake, a previous employee at the Hospice who recently retired to Spain, took part in the first Swimalong last year and, despite not living nearby, will be returning to support the Hospice when she takes part again in 2012. "I really enjoyed last year's event and the Hospice is a very worthy cause. Although I no longer work for the Hospice, and have moved away, I wanted to return and support the event."

To enter, download an entry form from the website www.stpeter-stjames.org.uk or pick one up from the hospice shops or main reception. You can also call Jo in Fundraising on 01444 471598.



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ALL SAINTS CHURCH,
HIGH STREET, LINDFIELD
7:30PM (DOORS OPEN AT 6:45)
Fee: £12.00 (Concessions £10.00)



All seats unreserved. Cheques made payable to 'Tiger Arts'
For more information visit allsaintslindfield.org/tigerarts or call 01444 482405

Love for knitting

When Lindfield resident Terry Smith hobbled out of hospital with a broken leg on Friday 13th, little did she know that she would soon be bringing smiles to the faces of dozens of children far away in India.

Now fully recovered, Terry tells her story...

When I was told that I had fractured my fibula on Friday 13th April, I was shocked because I had been walking, or should I say hobbling, about on it for two days! The consultant told me to rest for six weeks, I was given an orthopaedic boot and I went home feeling very dejected. What on earth was I going to do apart from sit and watch daytime TV?

When I rang my sister she instantly jumped into action and came over armed with lots of things for me to tackle. She was laden with books, magazines, jigsaw puzzles, quizzes and a knitting bag full of colourful wools, needles, a pom pom maker and polyester filling. Along with all this was a pattern on how to make comfort dolls that she had found on the internet. She also brought one along that she had knitted herself.

The idea came from a charitable organisation called CHANCE for Nepal, asking people to knit dolls for a hospital in Khatmandu where children had suffered terrible burns from accidents in their homes. The comfort dolls would be included in packages for each child along with toiletries and other items.

So, I got started and managed to knit a doll a day




while I rested on the sofa. As I became more confident, it became my passion and I started adding plaits, pig tails, and small shoulder bags. When my sister visited again she was surprised and pleased (and perhaps a little envious) that I had made such progress with my ever growing family!

I have already sent several dolls to the Hospital and it is good to know that I have helped in some small way. A photo on their website showed all the dolls they had received with a message of thanks. There were far more than I could count so they had obviously had a good response to their plea.

 **Haywards Heath Music Society**
71st Season 2012-2013
22nd Oct 2011: **NEXT CONCERT**
JONG-GYUNG PARK (piano)

 Jong-Gyung Park has won a number of international prizes, including the Haverhill Sinfonia Soloists Award which brings her to Haywards Heath. Her orchestral debut aged 13 was with the Boston Symphony Orchestra, and she has since appeared as a soloist with the Israel Philharmonic, the Moscow Symphony and many other prestigious international orchestras. The concert will include works by Debussy, Beethoven, Prokofiev and Liszt.

The concert will be held in St Wilfrid's Church, Haywards Heath, at 7.45 pm.
Tickets £12, conc'ns £11, member's discount £3
Family rate: 2 adults half price with under-18 (£3)
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www.haywardsheathmusicsociety.org.uk


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Aesthetics vs Function

By Lyndon Littlefair, Corrective and Performance Exercise Specialist

When someone decides to start an exercise programme, the first thing they think about is – how do I lose this weight? Or, how do I make my biceps bigger? Or something along those lines.

On the other end of the scale someone will ask – how do I get faster for my sport? Or, how do I make my body stronger so that I get less injuries over the course of a season?

Although these two scenarios sound very similar and they sound like one will help the other, it is not always the case. It is like comparing the bodybuilder who has built-up his or her body with a lot of hard work but purely for the purpose of looking good on stage. On the other hand is the athlete, for example a sprinter, who has developed their body to get from the start line to the finish line in the quickest time possible. They are not concerned if their pectoralis major is not as developed as the next person. Or if their left deltoid is not in symmetry with their right deltoid.

The type of training to develop the human body aesthetically is completely different from the type of training required to make someone faster. In fact if an athlete was to train like a bodybuilder, then they would actually get slower.

The main function of a bodybuilder is to increase muscle size - hypertrophy. A great way of doing this is with high volume and moderate to heavy weights.

If an athlete competing at the Olympics were to train this way, he or she would actually become slower. The main difference with this type of training is speed of movement, ie how fast the weights can be moved.

So if you are looking to get faster at your sport you need to look at the specifics of your sport and work out what are the physical requirements of it. If it requires you to be bigger and have more muscle mass, then you will require a cycle of training focusing on this.

However, if you require speed without too much muscle mass, then you will need to focus on more of the performance type movements and speed of movement. A good example of this is a cyclist. A cyclist has extremely strong legs, but does not weigh a lot. This means that their power to weight ratio is very high. A great example of this is Mr (soon to be Sir) Bradley Wiggins. Over the last few years he has maintained, or even improved his power, but he has decreased his weight. Therefore increasing his power to weight ratio has helped him to move a lot faster down the road. He has a gold medal and a yellow jersey to prove it.

So whether you want to improve your overall body shape or improve your performance, you need to look at the specifics of training and determine what will be the best approach for you.

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Memories of a disaster

25 YEARS SINCE THE HURRIANCE HIT

By Claire Cooper

25 years ago, on the morning of 16th October 1987, Lindfield residents woke to scenes of devastation and destruction after a hurricane swept through the village overnight.

The events of the night which changed the face of Sussex are still fresh in the minds of those who woke to find trees felled, windows smashed, roofs destroyed, chimneys crumbling and cars crushed.

Many Sussex villages were cut off, homes lost power, children enjoyed an unexpected holiday as schools were closed and there was excitement in Haywards Heath when army helicopters were drafted in to dispatch troops to help clear the railway lines.

Keen photographer and Preservation Society member Geoffrey Calderwood captured some of the dramatic scenes in Lindfield and produced a set of commemorative postcards, kindly loaned to Lindfield Life by resident Hilary Jackson. The postcards were sold to raise money for the village tree fund.

Hilary, from Sunte Avenue, remembers the storm well, as tiles were stripped from the roof next door and a large tree came crashing down into her garden.

"I'd been out late the night before helping the young lady next door to secure the fencing as the winds were picking up," said Hilary. "But nothing could have prepared me for what I saw when I pulled back the curtains the following morning."

For Hilary's three children, the storm brought an unexpected bonus – "we cut up the fallen tree and built a tree house in the garden," said Hilary. "It was a lasting legacy of the hurricane which brought years of pleasure to my children and their friends!"

Local newspaper the Mid Sussex Times carried pages of photos and reports of the storm and its effects on local people. Reports from Lindfield included the story of pregnant mum Mandy Taylor of Denmans Lane who was resting in bed when a 70ft falling tree shattered her

bedroom windows showering her with glass. Mandy suffered cuts to her legs which needed stitches but amazingly did not go into labour even though she was 5 days overdue! She told the Middy: "If that won't budge it, nothing will!" Two days later, however, 7lb 9oz Dora arrived blissfully unaware of all the fuss!

Mandy has since moved from the village.

More than 25,000 trees in Wakehurst's renowned botanical gardens and surrounding woodland in Ardingly came crashing down as winds of more than 75mph tore through the country estate.

Centuries old trees fell like matchsticks, countless shrubs were destroyed, familiar views disappeared overnight and it took five years to completely clear the damage.

Visitors can help commemorate the anniversary by attending a tree planting ceremony and public lecture on 16th October. The lecture, Phoenix from the Ashes, will take place at 2pm (admission free to garden visitors).

Trees planted on the estate at Ardingly in the aftermath of the hurricane are now standing up to 50ft tall and a series of new tree collections, created in areas that were devastated, have become much-loved additions to the landscape.

Andrew Jackson, Head of Wakehurst Place, said: "The impact of the hurricane was devastating – but the ability of nature to restore and recover has been amazing. We have some trees planted after the hurricane, for example eucalyptus trees which were planted in Coates' Wood, which are now between 45 and 50ft tall.

Immediately after the storm, garden staff cut a hole in the debris of the fallen trees to make planting spaces – in the midst of the carnage they were already looking ahead and began building for the future."

A number of Wakehurst's current team worked at the gardens back in 1987 and remember the devastation wreaked by the hurricane clearly.



David Marchant, Wakehurst's Logistics manager, said: "Never in our lifetime did we expect to deal with anything like it. There was glass flying around from the greenhouses, trees coming down and we lost power and water, people were dumbstruck when it got light and we could see the extent of the damage."

Gardens manager, Chris Clennett, said: "I was living at Wakehurst at the time and managed to sleep through the hurricane, but when I looked out in the morning it looked like the whole place had been flattened. When I was walking around the gardens with colleagues the next day we got lost because all our bearings and landmarks had gone."

When we started replanting we had big open areas of grassland – it was hard to imagine then that in 25 years time the woodland would be back, the trees are young, but there is a solid canopy."

While thousands of trees were lost in the hurricane a 600-year-old yew tree survived. The great age and significance of the tree was only discovered last year during research on the history of the gardens at Wakehurst. The discovery was made as part of work for the estate's Conservation Management Plans, which will shape the future of Wakehurst for hundreds of years to come.



Photos by G.R Calderwood : TOP LEFT Lewes Road, TOP RIGHT School Lane, BELOW TOP burning on Lindfield Common. ABOVE Photo © RBG Kew, Devastation at Wakehurst Place.

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Autumn veg

SIMPLY GOOD FOOD

Courgettes and Tomatoes with Mint

This makes about 4 portions and is just as delicious served cold as hot. It will keep in the fridge up to 4 days or may be frozen. Goes well with meat or fish dishes. Try to find small courgettes, both green and yellow. If large, halve lengthwise and scoop out the seeds, then slice. Trim and thinly slice 700g small courgettes and a medium onion and gently cook in 2tbs olive oil until beginning to soften. Deseed and finely slice a yellow pepper and stir in with crushed garlic (to taste) and continue to cook

over very low heat. Meanwhile cover 4 large tomatoes with boiling water and leave for 5 mins. Drain, slip off the skins, cut into quarters and remove the seeds. Add to the pan with 2tbs concentrated tomato paste, 1tsp brown sugar, 1tbs red wine or balsamic vinegar and seasoning. Stir well and continue to cook over low heat for about 15 min or until thickened. Stir in a handful of finely chopped mint.



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By Caroline Young

Autumn, the season of "mists and mellow fruitfulness" may be the forerunner of winter but we still have some wonderful vegetables, both home grown and in the shops, that can make the basis of delicious meals. Try my selection.

Sausages with Cabbage & Bacon

Serves 4. Using a large pan with a lid, gently fry 450g pork sausages for 10 mins. Remove to a plate and add 1tbs oil, 100g diced bacon and a thinly sliced large onion to the pan. Sprinkle with 1 tsp sugar and cook over low heat until soft and golden. Meanwhile trim and finely shred a small green cabbage, discarding the core and any thick stems. Pack into the pan, add 150ml vegetable stock, seasoning and 1tbs wine vinegar (even better – cider vinegar). Cover and cook over low heat until the cabbage is very soft (add a little water if stock evaporates). Replace the sausages and cook a little longer until they are heated through. Stir 1tbs wholegrain mustard into 142ml soured cream and spoon over each serving.

Cheese, Tomato and Potato Pie

Serves 2. Using a buttered baking dish, layer 2 thinly sliced baking potatoes and 4 thinly sliced large tomatoes (skinned if wished – see above), adding seasoning to each layer. Pour over 300ml cheese sauce (homemade or bought). Top with grated cheese and bake at 180°C for about 30 min or until potatoes test cooked and the top is golden brown.



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What's the market doing?

AUTUMN PROPERTY UPDATE

By Mark Revill

Now that the Olympics are over and the children have finally returned to school, we are optimistic that the traditional autumn flurry of activity will follow, as many buyers are motivated by the time factor of finding their perfect home and to be moved in and settled prior to Christmas.

Price Fluctuations

According to The Halifax Building Society property prices dipped slightly for the second month running, although The Nationwide report contradicts these figures suggesting that monthly prices rose by 1.3% which is the highest increase for the last 2½ years. These figures are produced at the point the mortgage has been approved and not actual Land Registry figures. They are taken from data across the whole country and can be very confusing to many buyers. We however are only concerned with a more finite market within the Lindfield area and are seeing stability with prices more or less stationery, although we have recently sold a number of properties at a higher level than anticipated. The local market is infinitely more resilient and is still being driven by an influx of buyers from London and the surrounding areas.

Interest Rates

The Bank of England has once again confirmed that the rate will be held at an incredibly low 0.5% and there appears to be no sign of an upward change in the near future. The Government is currently adding additional pressure to the banks and building societies to release more funds, especially to First Time Buyers, with the hope that this will filter through to create more activity, especially at the lower end of the market. A stable market is key to giving first time buyers the confidence to commit to home ownership rather than residing in rented accommodation year after year, with many unable to fulfil their dream of owning their own home.

Mark Revill & Co have been appointed to sell this fine detached 'Turner' style 1950s family house in West Common Drive, Lindfield which is extremely popular with commuters, being only a short walk to the station. It provides 5 bedrooms, 3 reception rooms, an en-suite shower room and refitted family bathroom. The asking price is £695,000 and for further details contact us below.



33 revolutions per minute

By Dorian Lynskey

BOOK REVIEW



By Cavan Wood

This is an outstanding book about a topic that can often be ignored: the protest song. How can music be used to change the world? Sometimes, we can see some hypocrisy. Lynskey tellingly reminds us that the video to John Lennon's "Imagine" was shot in his palatial country house while telling the world about the need for no possessions. The choice of looking at key songs as they reveal key struggles normally works, though sometimes he chooses the wrong song to analyse the subject (Robert Wyatt's "Shipbuilding" is the definitive song about the Falklands, not the Crass tune he selects). Lynskey is also wise in making sure that he looks at the power of protest songs in the developing and poorer nations. There are notable omissions, as artists like Paul Robeson and Harry Belafonte do not get the coverage that they deserve. So can music and lyrics really change the world? Perhaps. One weakness is that he does not often address the protest songs of the Right; American country music is often a vehicle for this and needs to be more explored than it is here. Of course, it is always easier to protest than to govern or to work on solutions. At their best, protest songs can be like modern prophecy in that they show what is wrong in the world and give us the courage to change the world.



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My memories were jogged...

An old copy of Lindfield Life brought childhood memories flooding back for reader Bruce Brenchley.

The article "Television Crew Comes to Lindfield" reminded Bruce of the exciting day when a film crew arrived in the village to film the cricket team.

Here is his story, written by Bruce Brenchley:

It must have been in the summer of 1956 or 1957 when the story went round that the cricket club was going to feature in a TV programme. Needless to say the few of us school kids that used to work the scoreboard were very interested!

The day came and two BBC Outside Broadcast vans rolled up and parked in the car park in Backwoods Lane - opposite the bowls club and outside the dairy. The cricket club pavilion was a small green affair a little further down the path, and consisted of one large room and a patio area fenced off by chains attached to short green posts.

The scorers' box stood on old fashioned metal wheels a few yards on from the pavilion a little further down the path. I wonder now if it was some sort of redundant agricultural building or fairground ticket collector's booth. Whatever, this was the vehicle which we perceived would carry us to stardom.

The first team was selected for filming – the scorer was John Pollard and it was he that we used to offer our services to when the team (captain Mr Dunbar) was at home. On this occasion of course the offer was more akin to outright pleading, at the end of which I was lucky enough to be chosen.

We were asked to create a score which we did using the two canvas loops of numbers (for the runs) and the painted metal numbers (for the wickets, last man and opponents). A third person, whose name I do not know, joined us and we then merely sat in the box while filming took place.

A good few months later I was allowed to stay up to watch the program when it was broadcast. From memory (and I was half asleep at the time being very young) the program was actually more about the village itself rather than being specifically about the club. I do remember that the score board was used as a medium for two members of the club to read out the score, to what end I know not. However I do think the two people selected were brothers named Wickham.

Ending on a personal note regarding my appearance – given the position of the camera (out on the square), the lens technology of the day, the distance from the source of the signal (Redhill? Crystal Palace?) and the definition of the picture (405 lines), you will understand that we in the scorers' box appeared only as three white blobs: Not so much 'I hope they get my good side', more a case of 'his own mother would not recognise him'. In summary, an opportunity to break into the big time passed me by.

That's as I remember it. I wonder if others can correct and/or amplify my comments?

Timing, Rhythm, Power

GOLF TIP OF THE MONTH #11

By Simon Iliffe

So often I am asked; "What's the secret to hitting the ball a long way?" One of my members even remarked that he's sure all Pros sign a pact not to let on 'the secret' to amateurs!

I always tell anyone I teach, to hit it further you must hit it better. So what is better?

Better means having an 'in-to square-to in' swing path through impact with a clubface that is square to the arc of the swing.

Put simply, stand upright and hold the club horizontally out in front of you (parallel to the ground). Now swing the club like a baseball bat around your body keeping the shaft parallel to the ground.

This is exactly the feel you want when swinging the club. You should feel there is very little effort and a lot of rhythm.

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Lindfield Self Defence

WHEN LUCY WENT...



By Lucy Cooper

Self-defence in Lindfield may seem a little unnecessary. After all it's a five-time winner of the Best Kept Village Award! However, it's a sad fact that dangerous situations and confrontations can arise wherever we are. From going out for a night out in Brighton to simply popping to the village shop in the dark one evening, wouldn't it be nice to feel confident we could defend ourselves?

David Marlow runs 'Lindfield Self Defence,' teaching the best skills to protect us. He should know – he's an ex Police Officer, has studied martial arts for over 25 years, holds black belts in mixed martial arts and karate, a brown belt in ju-jitsu, has graded in the police self-defence system 'taiho-jutsu' and is a qualified instructor with the British Combat Association.

However, we don't need to worry about gaining black belts in anything to gain a basic level of defence. David teaches simple, essential skills to give us the best possible chance of protecting ourselves in a situation, some of which we can even use after the first session.

I went along to the King Edward Hall for a taster session with David, where he began by talking me through some basic moves. We started with punches and the simple 'jab-cross.' This is a common move that we've all seen in boxing matches but it's really effective and acts to shock your attacker, and if you keep punching over and over again, it keeps the pressure on them and makes it very difficult for them to retaliate.

We used boxing gloves and pads to practise, but learning where to hit an attacker and realising your own strength is key to lessons, and was what I found the most interesting. I was punching much harder than I ever thought I could!

David also talked me through some defence movements, to be used if somebody was lashing out at me. A particularly good one (pictured left) is referred to as 'The Crazy Monkey' (which, unfortunately, doesn't involve scaring your attacker away by screaming monkey noises at them). David explained: "It's creating a barrier by quickly raising your arm up tightly alongside your face and clasp the back of your head. This protects your face and acts as a shock absorber. Obviously it would be really horrible to be attacked, but this is how to take a hit to the face in the best possible way to reduce injury and protect yourself."

I also learnt how to react if someone grabbed my wrist, which David says is a really important move for women to know. It's effective enough to use if you were grabbed in the street and needed to get away but also subtle enough to get away from an unwanted admirer in a club or bar without making a scene. Simply twisting your wrist to the correct position then bending your arm at the elbow will get you out of their grasp. It's such a simple response but

extremely effective and definitely beats trying to grab their hand or fingers with your other hand.

By the end of the hour session I was buzzing. It had been a really good workout but also made me feel empowered! Even after one session I had learnt some simple but really effective tips.

Any activity that gives confidence is great but David is keen to teach how to stay 'within the law' when defending yourself too, so you won't be the one getting into trouble for simply defending yourself!

Lessons are not like a martial arts class, so there's no grading system or belts. You work at your own pace, learning moves and techniques that will work best for you. All the moves are simple because they have to work under pressure, so no fancy arm-waving and shouting "Hiyah!" David aims to get his students confident in carrying out only a small number of techniques – too

many can get confusing and less effective.

It's equally as important to maintain awareness of your surroundings wherever you are, so you can identify and avoid potentially dangerous situations and hopefully not have to be physically involved at all. This 'awareness' is another aspect David covers in his lessons, being sure to explain the fine line between being aware and being paranoid. The lessons are meant to be fun fitness sessions to give confidence and you can book a private hourly session with David at a time to suit you. It can be really beneficial to go along in pairs so you can learn and practise together.

So whether you're male, female, tall or short, David will teach you how to use your own strength and defend yourself properly.

Find out more from www.lindfieldselfdefence.com



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New initiatives at Tavistock and Summerhill School

"We really are in fine fettle. We have come a long way in twelve months", Headmaster Andy Giles explains, "We have welcomed over 40 new pupils into the school and nursery this September and our dedicated, experienced staff have worked enthusiastically over the summer to bring about the many new initiatives underway throughout the school"

The "Walled Garden Nursery" is now open from 8am – 6pm every day all year round, providing extended childcare throughout the working day and the school holidays. Flexible wrap around care is tailored to suit parents' requirements. With its idyllic setting and improved services, there has already been a dramatic growth in the number of applications. A Toddler Group takes place on Tuesday mornings from 9 a.m until 10.45 a.m. We welcome local mums and dads to join us for tea and coffee while their children make friends and are entertained and stimulated by a whole variety of toys.

As a small school Tavistock offers an all round education, where every child has the opportunity to join in every aspect of school life, be that in sport, music, drama or extra curricular interests.

Our size also enables staff to genuinely put 'Learning at the heart of all that we do'. Tavistock is a non-selective school. Reflecting its recognition that all children learn differently and at different rates, the school has affiliated itself to the National Association of Gifted Children whilst specialist staff provide individual support to those who need it. Every child in the school has a Personalised Plan of Learning, which tracks their progress and is reviewed every three weeks with the pupil's personal tutor. The children set some of their own targets, be they academic, sporting, musical,



As a small school Tavistock offers an all round education, where every child has the opportunity to join in every aspect of school life.

drama-based or in any other area of school and personal life. The school also analyses every child's Learning Style and uses this to inform the highest standards of classroom delivery guided by the school's educational expert and consultant Phil Garner.

A new music programme for Year 3 provides children with first-hand experience of brass, string and percussion instruments, LAMDA Drama classes are back on the curriculum, a School Council has been established and new bus routes collect children from the wider locality.

Perhaps most exciting of all, a new academic programme for Years 6, 7 & 8 includes leadership, communication, cooperation and teamwork through Outdoor Education. As part of a rigorous curriculum, the children will learn important life skills through this programme along with young enterprise, first aid and current affairs.

For details of our open days, which this term will showcase our performing arts and outdoor education, or for a private tour, call 01444 450256 or see the website www.tavistockandsummerhill.co.uk.

Confidence, anxiety and fear

NATURAL THERAPY

By Wendy McCallum

As I write this article children are starting, or going back to school, and teenagers are preparing to go to, or return to University or College. I've been watching the faces of the parents and the children and listening to people whose children are heading off to University for the first time and many seem to be lacking in confidence, are feeling anxious and are a bit fearful, so I thought I would write about how you can help yourself (and your family) when these feelings are an issue. Even if you haven't got children in these situations, these feelings don't arise only in these situations, you may still find it useful to have some ideas about what to do.

The traditional British approach to these difficult feelings is to adopt a stiff-upper-lip and push on through! Difficult to do and it still leaves you with the underlying feelings, so let's look at some alternatives you can use at home.

A combination of essential oils and Flower Remedies can be really helpful and are easy to use. The essential oils can be sniffed on a tissue or hankie or massaged into the chest (diluted into a carrier oil/lotion*) to benefit from the smell and the oils penetrating the skin and going into the bloodstream letting the naturally occurring chemicals do their job. Flower Remedies are taken orally, either directly under the tongue or in a drink of water. The most popular Flower Remedies are by Dr Bach and are available in pharmacies, health food shops or online. They are safe to use with medication, are suitable for all ages and up to 6-7 remedies can be used together. Please follow the instructions on the bottle.

There are many oils and remedies that can help. Here are a few that can work well:

Lack of confidence – Ginger essential oil, Larch flower remedy

Anxiety/Fear – Lavender & Melissa essential oils, Aspen flowers for fears of unknown origin, Rescue Remedy for anxiety

Fear of change – Cypress essential oil (accepting change) and Frankincense (moving forward), Walnut flower remedy for change and Mimulus for fear of known things

The oils and remedies need to be used daily, ideally for at least a week, but some benefit should be felt quite quickly. If you are unsure which essential oils or flower remedies to use or need some further guidance on these or any other conditions, please ask a qualified Aromatherapist for help.

* 3-4 essential oils can be used together on a tissue or hankie. For massage on to the skin, please use the following dilutions in 15 mls (1 tablespoon) carrier oil/lotion:

- Small children (1-5) 2 drops of essential oil
- Juniors (5-12) 3 drops of essential oil
- Adolescents 4 drops of essential oil
- Healthy adults 6 drops of essential oil
- Pregnant women 3 drops of essential oil



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Spot the difference!

HOMEFRONT

Jacqui Smith, Interior Designer

Nothing like a good old before and after to show the power of interior design but this one also has a story which I thought might make interesting reading....

A large proportion of our projects are residential, helping people breathe new life into their homes, advising on making the best use of space and extending properties but we also work in the care home market as well as designing and installing show homes.

We are given a brief, a budget, drawings and an install date. We are responsible for the design and specification of the interior, including kitchen cabinets, worktop, paint colours, tile and flooring choices. The developer then finishes to this spec, handing over a completed property for us to dress ready for launch. Time plans are issued, orders are placed, curtain makers are booked, track fitters are mustered all with the golden install date in mind. A show home is meticulously planned. We work closely with both the developer's sales and marketing teams as well as the guys on site. If there are delays Nikki is on the phone rescheduling fitters, curtain makers, upholsterers and delaying lorry loads of furniture.

This particular project for a regional developer, a great client who we have recently started working with, was set for install a couple of weeks before we were due to fly to Turkey for a week's family holiday. You know what's coming don't you...?! Well there were various site delays, squeezing our install date to closer and closer to our departure date. It was Jubilee weekend; we were due to fly to Turkey on the following Thursday; the show home was launching two days later on the Saturday. Now I should say at this stage that a schedule this tight

is extremely rare. Placing furniture whilst paint is drying is never going to be ideal for anyone but we will work closely with the client's team on site to make it happen. The site manager got the first floor finished and carpeted in time for the Jubilee weekend, so that Bank Holiday saw David shifting furniture into place and me ironing bedding in a portakabin since there was no power in the house. I am now a dab hand at ironing bed linen without it touching the floor! We left site that Monday with the bulk of the first floor done bar soft furnishings and final dressing. Downstairs was still way behind so we were asked to delay finishing off until the Friday afternoon. We flew on Thursday so this meant leaving it in the oh-so-capable hands of Nikki and our newly appointed Junior Designer, Katy. The before picture you see here is how the sitting room looked mid afternoon... and next to it what it looked like ready for launch the following morning; I think you will agree that the girls did an amazing job!

People who know me will understand how hard it was for me to leave an unfinished job. I felt bad about leaving the girls to deal with it and it completely compromised the interior designer control freak and worrier in me! The reality was that the girls did not leave until close to midnight and were on site again early on Saturday placing art! Good design needs careful consideration and planning and I should stress that all this had happened on this project. It was just the final bringing together that we were squeezed on. Since this plot had already been sold, the real test was what the purchaser thought. Well, she burst into tears... of joy I am happy to report!

www.homesmiths.co.uk 01444 440880

A tax-saving trick

MONEY MATTERS

By Tracey Payne MCS1, Investment Manager

The Junior ISA was launched last year as a replacement for the Child Trust Fund (CTF) and was billed as a way to solve the savings crisis and help educate children about money.

Q What is a Junior ISA?

A Often called JISAs, they come in a tax-free cash version and a tax-efficient stocks and shares version similar to the adult ISA and are open to children who do not qualify for a CTF. This broadly means children who are born on or after 3rd January 2011 and children under 18 born on or before 31st August 2002.

Q How much can be invested in a JISA?

A The maximum amount that can be paid into a JISA for the 2012/13 tax year is £3,600. This allowance will increase in line with Consumer Prices Index inflation from April next year.

Q Who can contribute to a JISA?

A While parents or guardians have to open the JISA on behalf of their child, anyone can then contribute into the account. Most JISA accounts run by my firm have been funded by grandparents rather than parents. This could be a sign that the baby boomer generation is still better off than their children's.

Q What is the life expectancy of a JISA?

A At age 18, the JISA converts to an adult ISA and the child can cash in the money or continue to invest.

Did you know?

Six million children were eligible for JISAs when they launched on 1 November and the government expected 20% of them - 1.2 million - to open an account. Just 72,000 have been opened between 1st November and 5th April. This is a tax saving opportunity that shouldn't be overlooked.

Important Note: Past performance is not necessarily a guide to future performance. Investments and the income from them may go down as well as up and you may get back less than the amount you invested. You should also be aware that this is based on our interpretation of tax legislation which is subject to change. If in doubt, always seek professional advice.

Haywards Heath Lions Club Jumble Sale

6th October 2012

12pm – 2pm

King Edward Hall, High Street, Lindfield

Jumble Sale is at the King Edward Hall, Lindfield, on Saturday 6th October at midday in aid of Haywards Health Lions Club. There will be lots of good quality bric a brac, clothes, linen, books and toys. Also a tombola and refreshments, which will include home-made cakes. Donations of jumble will be much appreciated on the day at the Hall from 9am or for collection in advance please call 01444 443570.

Science & Religion

- Friends or Enemies -

A meeting for all-comers

17th October 2012

8.00pm Bent Arms, Lindfield

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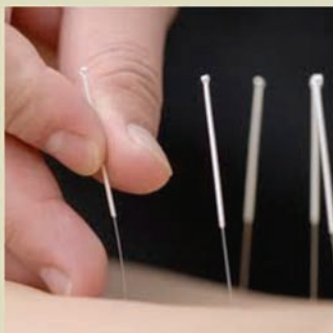
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Acupuncture - a holistic way to health

The use of acupuncture as a treatment has been documented over several thousand years. The core belief is that the balance of energy within the body relates to an individual's health and acupuncture can influence this flow. Lesley Reed has been treating people with acupuncture for a variety of symptoms over the last two years. She has a BSc (Hons) degree in acupuncture and is a full member of the British Acupuncture Council (BAcC), abiding by their strict code of practice and hygiene. She also has qualifications in massage and reflexology.



Lesley incorporates Traditional Chinese Medicine with Five Element and Stems and Branches in her acupuncture treatment and has been particularly recommended by others for her reassuring, calm manner and her professionalism – especially when dealing with nervous or special needs clients.

Lesley has experience in using acupuncture to treat many problems, but she has a special interest in pain management, panic/anxiety, fertility and facial revitalisation acupuncture.

Appointments are available from 8am to 8pm Monday to Saturday at The Clinic at Borde Hill and home visits can be arranged. For new patients a free 15 min phone consultation is offered. Please call 07808 248772 or email lesley@reedacupuncture.co.uk.



Local team make it easy to Switch

OPEN FOR BUSINESS

Chris Patch and Mark Thomson are names that are likely to be familiar to any villagers who have tried to get fit over the last 10 years. In fact between them they have clocked up over 25 years working in local gyms.

Chris explains: "The dream had always been to set up our own gym. I have lived locally all my life. My sister and nieces live in Lindfield and so do many of my previous clients and I am aware of the excellent community spirit that exists within the village. We have been watching for a suitable property to become available for some time. However when we heard that an existing gym in Haywards Heath was up for sale we decided we had waited long enough and just went for it."

So here we are at SWITCH gym in Haywards Heath next to Tesco express. The boys opened the gym on 6th August after a quick but transformational revamp. "The gym was only shut for 2 weeks and we worked every hour available to ensure that existing members would be without a facility for as short a time as possible" says Mark.

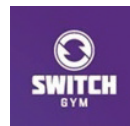
Mark and Chris are understandably proud of what they have achieved. The gym is decorated in a stunning purple and white which looks professional yet friendly. I ask the boys if they have any concerns about starting a new business in such a precarious economic climate. "We are obviously aware that money is tight for everyone," says Chris, "however we have thought for a long time that it should be possible for people to get fitter at affordable

prices and that is what SWITCH gym offers people."

Chris and Mark are passionate about helping people to achieve a healthier lifestyle. As well as new state of the art gym equipment, SWITCH gym also offers services such as nutritional advice, life coaching and personalised goal-orientated lifestyle change programmes. "We have both been working in the industry long enough to know that people tend to sign up to a gym and after an enthusiastic start their attendance starts to wane, which is disappointing for them and doesn't provide the gym instructor with any job satisfaction," says Mark. Chris agrees "There is nothing like watching someone through their journey and see them change their whole attitude towards their fitness and lifestyle and see great results. That is the support we hope to offer here, as we say everyone can SWITCH."

The boys are launching the gym with a three month challenge. They are encouraging people to try the gym for three months to see how their attitude to fitness can change and achieve some great results. Lindfield Life readers can get a free introductory session by taking along a copy of this article.

To find out more visit www.switchgym.co.uk or contact Chris or Mark on 01444 440683 or email enquiries@switchgym.co.uk



A spooky tale for a spooky month

By Paul Burris

Just imagine. You have moved into the old empty cottage at the edge of the village.

You are alone. It is your first night there and you climb the bare stairs to the bare floorboards of the bare bedroom. Your only comfort is a sleeping bag and the night.

You awake in the darkness.

There are voices coming from downstairs, a man's furious voice, a woman's weeping. How did they get in? Why? What to do? They are creaking the stairs, angry. The voices cease. The air is ice.

In a crepuscular glow, there stands a tiny woman dressed in a bonnet, with apron'd dark dress brushing the bare boards. Her lips move in silence, her hands outstretch, beckoning, her face terrified, as are you.

You are still aghast as dawn seeps in, and she is gone. Till tonight, again, and every night.

Your girlfriend insists your tale is but a ruse to lure women to your bed.

She moves in. She was wrong. She insists you must take action.

The Church of England Exorcist ascribes a 'place memory.'

A traumatic event has permeated the very structure of the building and 'video like' someone of enhanced awareness has unwittingly invoked a 'replay' of such phenomenon.

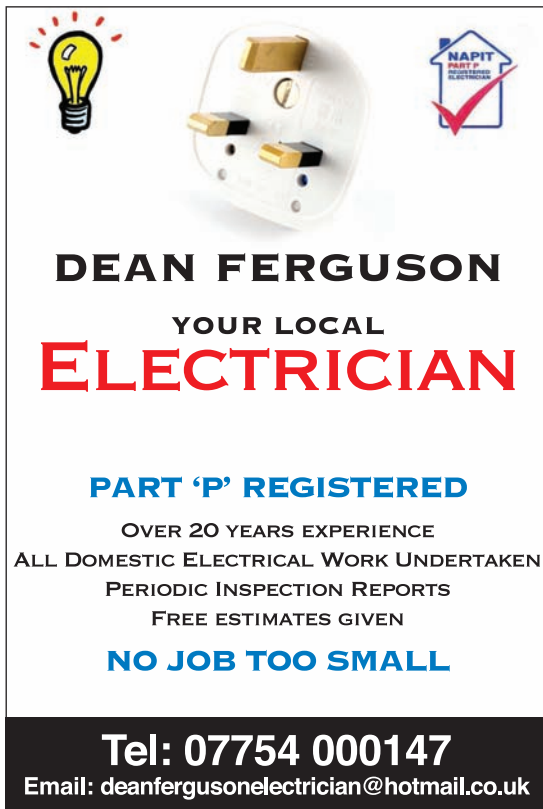
A ceremony is performed, the purgatory ended, the woman departed.

You are in the local pub, speaking to a couple who once lived, with their children, in the cottage at the edge of the village and had no knowledge of your anomalous encounter and related thus;

"Our five and six year olds had an imaginary friend, at bedtime they would say: 'Mummy, we are going upstairs to see the little lady with the funny old clothes.'"

Just imagine.

The story you have read is true and actually happened to me in a rented cottage in the village of Turners Hill in 1993. Hopefully no other tenants after I left had the same experience, although I do confess if it had not been for the insistence of my partner I would have retained the status quo for the poltergeist as I grew to rather like it!



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What's on in October

AT KING EDWARD HALL

AND ELSEWHERE

- 2nd Mid Sussex Wine Society wine tasting of Burgandy wines presented by The Wine House of Shoreham, 8pm.
- 3rd Tango El Mundo - Mr Hertz Hagai 0777 884 6060
- 4th Country Market – 10.00am to 11.15am (Sheila Hobbs 01444 483396)
- 6th Haywards Heath Lions Club – Jumble Sale (Amanda Dembrey 01273 890777)
- 10th Lindfield Horticultural Society – Talk by Simon Charlesworth – A Lavender Collection, 8pm. Simon established Downderry Nursery in his back garden in 1991 selling by mail order, soon filling the garden with poly tunnels and a National Plant Collection of lavender. It is now in a one acre walled garden at Hadlow, near Tonbridge. Downderry has since become the benchmark lavender nursery showing at Chelsea (5 Golds) and Hampton Court (10 Golds). Entry 50p members, £1 visitors. www.lindfieldhorts.org.uk (Mrs Alison Elliott 01444 483039)
- 11th Country Market – 10.00am to 11.15am
- 13th Royal British Legion – Quiz Night (Jane 01444 454846 or Tony 01444 483872)
- 13th Lindfield Horticultural Society Coffee Morning and Plant Sale
Coffee, plants and a chance to buy your tickets for the Christmas Social. 10 – 12noon. All welcome.
- 17th Lindfield Preservation Society, 8pm – An illustrated talk on 'Crystal Palace' by Ian Gledhill. All welcome, free entry. (John Chapman 01444 484470)
- 18th Country Market – 10.00am to 11.15am
- 19th Lindfield Crafts and Market (Beverley Smith 440274)
- 20th Tango El Mundo - www.tangoelmundo.com
- 21st Ruwach Christian Church – Morning Service (Ruth Hollis 01444 459025)
- 24th An evening of Salsa Dancing (Julia Cooper 01444 417781)
- 25th Country Market – 10.00am to 11.15am
King Edward Hall – Film Show Evening, 7.45pm
"ANNA KARENINA" (12A)
(Jennie Powell 01444 483431)
- 2nd Proms Night with Lesley Garrett and the Sussex Symphony Orchestra, accompanied by tenor Nicholas Ransley, 7.30pm at The Triangle, Burgess Hill. Tickets: advance £22.50, on the door £28
Box office www.itsmagic.org.uk 01444 800045
- 4th 'Sussex Ouse Navigation' by Bob Draper. A Mid Sussex Association National Trust lecture at Clair Hall, Haywards Heath, 7.30pm.
- 6th Mid Sussex Ramblers Ardingly Reservoir Circular. 5 miles. Meet at reservoir car park at 10am. Contact 01273 843715
- 9th Mid Sussex Branch of the British Heart Foundation Coffee morning, from 10.30am to 12 noon at chairman Simon Cartwright's home, Pierpoint House in the High Street. Many Lindfield shops are taking stalls selling gifts. Christmas cards and plants.
- 16th Mid Sussex Ramblers Lindfield High Weald Circular. 7 miles. Meet at Pickers Green car park at 10.30am. Contact 487438.
- 17th "Science & Religion - friends or enemies?"
Pre-session talk at The Bent Arms organised by All Saints Church. All welcome.
- 20th Come and join the "Great Seed Swap" at Wakehurst Place, Ardingly, 11am to 5pm
Gardeners will be able to swap seeds and pick up expert tips and advice.
- 21st Mid Sussex Ramblers Circular walk from Haywards Heath. 12 miles. Meet at Clair Hall car park at 9.30am. Contact 07984 247882.
- 24th 'Simply Christianity' course starts at All Saints Church.
- 28th Mid Sussex Ramblers Lindfield Autumn Afternoon Ramble. 3 miles. Meet at post office. Contact 483860.

Please refer to the King Edward Hall notice board for additional information regarding the above events.
Info on hiring the hall from www.kingedwardhall.org.uk

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Masters & Son (funerals).....	27
Property Matters.....	30
Thesis Asset Management.....	30
Mid Sussex Decorators.....	32
CW Electrical.....	32
Dean Ferguson (electrician).....	37
Oven Cleaners Sussex.....	37
N Whittaker (paving).....	39

Out & About

Haywards Heath Operatic Society.....	4
Lindfield Crafts Market.....	7
Highley Manor Hotel.....	9
Tiger Arts Concerts.....	16
Haywards Heath Music Society.....	17
Mid Sussex Bridge Club.....	17
Swimalong.....	26
Stevie Wonder Experience.....	B

Education/Childcare

Geilgud Academy.....	2
Norto5kidz.....	3
Ardingly Training Centre (swimming)...	7
Lindfield Art Studio.....	9
Cophthorne Prep School.....	11
Magikats (tutoring).....	13
Tavistock & Summerhill School.....	19
The Play Cafe.....	22

Health/Lifestyle

The Natural Therapy Rooms.....	3
Helen Malik Nutrition.....	11
Slimming World.....	18
The Clinic at Borde Hill.....	23
Lindfield Chiropractic.....	35
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