

# Lindfield Life

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Local village talk,  
by the village

Nov 2012 Issue #44

Free

Remember, remember...

page 5

School launches Road Safety Week

page 6

Parish Council Newsletter

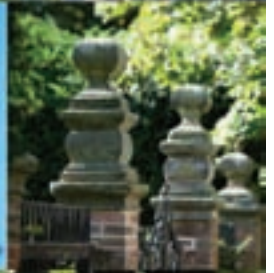
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## EDITORIAL

By David Tingley, Editor

Welcome to the November issue of Lindfield Life!

I love it when we get feedback from our readers and this month is a great example. The 'memories' article we ran by Bruce Brenchley last month prompted another villager, **Gwen Newcombe**, to come out and fill in some of the blanks! See this addition overleaf on **page 4**.

With the dark nights comes the excitement of **Bonfire Night** - something very much looked forward to in our house. Read how you can play your part in making it happen on **page 5**. I would like to publicly say 'thank you' to Lindfield Bonfire Society and all its helpers. If you - like me - enjoy the fireworks every year then do consider joining the Society for a small annual fee to help it to continue for years to come.

Shiny things of a different nature on **page 7**. Claire met up with **Colin Brough**, a member of the **Sussex Mineral Society** which is having an exhibition in Clair Hall later this month. The article provides a fascinating insight into this hobby I knew little about.

Elsewhere in the magazine: Money expert **Tracey Payne** gives some answers on how to combat inflation eating into any cash savings on **page 13**. **Cavan Wood** and new reviewer **Lydia Cutts** talk books on **page 12**. **Lindfield Parish Council** gives us its quarterly catch-up, starting on **page 26**. There is also talk of the **Village Festival Night** in December, but I hardly dare mention Christmas just yet - we have one more month!

Finally, can I ask for any great **Lindfield photos** that you may have already or may have time to go and take. We keep a stock of Lindfield shots for each month in the year but could always do with more. If your photo is used on the cover we will furnish you with a **£20 M&S gift card**, so do get snapping if you can! See guidelines on the website [www.lindfieldlife.co.uk/cover-photos](http://www.lindfieldlife.co.uk/cover-photos) before emailing in to <photos@lindfieldlife.co.uk>.

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 Carolyn Nurse  
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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](mailto:editor@lindfieldlife.co.uk)

## Scouts meet their Rotary sponsors

Members of the Cuckfield & Lindfield Rotary Club were keen to hear from two of the young people they have sponsored this year.

Explorer Scout Jack Hagger was sponsored by the Club for a Tall Ships Youth Trust voyage on the brig "Stavros S Niarchos", while Georgia Maddock was sponsored for the five day Rotary Youth Leadership Award course. Georgia is also the first recipient of the David Jenkins Medal, a new award to celebrate the life of a former local GP who died last year.

## Therapy Rooms move to Abbots

The Natural Therapy Rooms have moved to a new High Street location above Abbots Pharmacy.

"We moved to Lindfield just over a year ago as we wanted to become part of its thriving community," said Wendy McCallum, manager of the Clinic formerly based at Lindfield Enterprise Park. "When the opportunity arose to move to a more central location, we were delighted."

## A date for your diary!

Due to the "great success" of the event in September, Lindfield Traders are hosting a festive shopping event on Saturday 15th December.

## Letter to the editor by Gwen Newcombe

Regarding the article about the television crew at Lindfield Cricket Club – how well I remember the day!

It was 1st June 1958 and we spent the day sat out by the pavilion. The television programme was a 'Panorama'-type programme to show how sport, and in particular cricket, brought different 'classes' together.

The Presenter of the programme was Christopher Mayhew – one of the top presenters of the day. The three people featured from the Cricket Club were Bob Manson from Lindfield House, 'Bunter' Wickham from the butchers at the top of the High Street near The Tiger and Des Pellett from Alma Road. They were filmed talking at their homes and then again out on the common for a game of cricket.

Yes – the scorer was John Pollard, who to this very day still scores for the First XI with the most immaculate scorebooks anyone could ever wish to see!

When the programme was shown Lindfield had very few television sets and so we all gathered at friends' houses where there was a set!

I have spent many, many hours over the last 76 years on the common watching cricket and am very proud of the fact that four generations of my family have played, and are still playing, for Lindfield Cricket Club.



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# A fireworks display for Ma'am

A special tribute to the Queen in her Diamond Jubilee Year will light up the Lindfield skies at this year's Bonfire Night celebrations on 5th November.

The Grand Firework Display will include a special 'set piece' designed to commemorate the Jubilee. The display will also be a fitting tribute to the late Major Jimmy Barnes, who lived in West Common and left a generous bequest to the society.

"His generosity has allowed us to survive for this year," said Mark Tampion-Lacey from the Society.

"The cost of putting on the event each year continues to escalate well beyond the rate of inflation and, unless the local community is willing to support it, the year that we will not be able to hold this event is not far off."

Nearly

# 14,000

people attended last year's Lindfield Bonfire Night...

But less than

# 1%

join the Society

2011 event cost:

# £8k

The event would not be possible without the huge amount of time and effort generously donated by both Society members and non-members alike.

"We would like to encourage everyone who loves Bonfire Night to join the Society," said Mark. "By doing this you are not only providing financial support but can become actively involved in all aspects of the Society, from helping with prep work for the big event or taking an active part on 5th November. Membership also means you can walk with the Society under the Lindfield Bonfire Society Shield, not only at Lindfield but at events all over Sussex."

Residents can also help by:

- Buying a copy of the Lindfield Village Calendar available from Tufnells, Glyn Thomas & Son, Mark Revill Estate Agents (Lindfield Office), Cloughs Delicatessen, Sarah Lacey Drycleaning and Alter Ego, as well as from Committee members.
- Supporting fund raising efforts, including the Christmas Craft Fair on Saturday 24th November in the King Edward Hall.
- Making a voluntary donation for this year's Bonfire Programme, available from local traders and you can download it at [www.lindfieldbonfiresociety.co.uk](http://www.lindfieldbonfiresociety.co.uk).
- Helping to clean up the Common on 6th November!



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# School campaign for road safety launched

Mums from Lindfield Primary School are hoping this year's Road Safety Campaign will leave a lasting impression on the village community.

The school has joined forces with West Sussex County Council, Mid Sussex District Council and Lindfield Parish Council to help spread the message across the village and beyond.

School Road Safety Reps Amanda Harries, Berni King and Shelagh Robinson are rallying people living in the village to play their part in keeping the roads safe for children as they make their way to school. They are hoping that events during the week will not only educate children and their families but raise awareness across the village.

Amanda explained: "Everyone has a part to play in ensuring our children get to school safely. We are asking people to think about what they can do to help. For example, motorists passing through the village could drive a little more slowly and be more willing to stop and let groups cross the road, while those parking could be more aware of blocking pathways and crossing points."

School children have already been preparing for the campaign with a visit from West Sussex County Council Road Safety Representatives Bev Clayden and Louise Bishop, and lollipop man Bob Winsor.

Many parents say inconsiderate driving and selfish



parking is a major issue. "Walking to school should be a pleasure for children and parents, giving them fresh air, exercise and time to chat, but sadly it can become a challenge as walkers face obstacles from badly parked cars and busy roads," said Berni. "On a rainy day, a walk to school can be ruined by drivers speeding through a puddle and soaking the children."

Discussions ranged from how to cross the road and the benefits of walking to school, to alternative ways of travelling to school such as cycling and scooting.

The School's Road Safety Campaign runs from Monday 12th November. For more information contact Amanda, Berni or Shelagh.

The Sussex Safer Roads Partnership has launched a hotline to report antisocial driving. Visit the site at [OperationCrackdown.org](http://OperationCrackdown.org) or call 01243 642222.

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# Local collectors show treasures

## SUSSEX MINERALS SHOW

**By Claire Cooper**

Every November a unique event comes to Clair Hall in Haywards Heath – an event where some of the earth’s treasures can be seen, admired and even purchased.

The Sussex Minerals Show, on Saturday 10th November, brings together some of the country’s leading mineral dealers, collectors and experts to share their collections and their stories with amateur collectors and visitors. If you’ve never been before, prepare to be dazzled by the stunning range of crystals on show from all around the world.

Among the local collectors will be Colin Brough (pictured) from Lindfield, the secretary of the Sussex Minerals and Lapidary Society for the past 15 years. The Society is a group of people interested in collecting minerals, fossils, meteorites, and gems and discovering more about these fascinating materials.

Colin explained how he became an avid collector. “As a scientist, I have always been interested in man-made crystals for industrial use,” he said. “When my son was eleven he started collecting natural minerals, so we decided to join the Sussex group together. That was 20 years ago and we are still members.”

Colin sees the event as a chance to promote the society locally and encourage people to start their own collections and join the group. “We have around 150 members from all over the UK but the core of the society is made up of local members. Collecting minerals is a fascinating hobby for people of all ages and you can start a collection with only a few pounds” Colin explained. “The Society celebrates its 40th birthday this year and we enjoy attracting new members so that we will keep going for the next 40.”

Colin has travelled all over the world collecting minerals. The Society is well known for organising local trips across the UK, and international trips including visits to USA, Canada, Ireland, India, Namibia, Bulgaria,

Slovakia, Hungary, France, Spain and even Russia. Next year the members will be visiting Morocco.

“Travelling to other countries and self-collecting is extremely rewarding,” said Colin. “We get to visit the famous mines and quarries, and chip away at the rock face ourselves if the manager allows it. It’s wonderful to bring back minerals from the country of origin and to have all of the memories of collecting them.”

He added that getting licences to bring the mineral back can be tricky, particularly in Russia, “but that makes the specimens even more special.”

There are around 4,500 unique minerals and each one can form in many different colours and shapes. “Minerals can grow fairly quickly when man-made but in nature it can take around 100 to 10,000 years as the rocks slowly cool down,” said Colin. “And when you consider that the minerals have been locked up in the rocks for tens or even hundreds of millions of years, then you can appreciate just how special minerals are and how exciting it is to break the rocks open and find them yourself.”

At the November Mineral Show some of the best mineral collectors in the UK will be hoping for success in the annual competition. This year’s theme is ‘Self-collected minerals from the British Isles’ and visitors will be able to decide for themselves if they agree with the judges. There will be illustrated talks on the society’s recent field trip to the Faroe Islands, Sussex Dinosaurs (for juniors) and the ‘William’s Collection’ from Caerhays Castle, Wales. Minerals from this fabulous and world renowned collection will be on display in the Main Hall. Another display will include mineral specimens collected by members during the trip to the Faroes. Children will enjoy visiting the Rock Hunt and Gold Panning workshops, and don’t miss the amazing display of ultra-violet fluorescing minerals in the dark room.

The show runs from 10am to 4.30pm on 10th November. Admission is £2.50 adults and 50p for children.



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# Esther smashes zumba world record!



Fabulously fit zumba instructor Esther Featherstone is on top of the world after completing her record breaking 36.5 hour zumbathon and raising around £20,000 for charity.

Joined by around 250 zumba enthusiasts, including regulars from classes at the King Edward Hall, Esther led continuous sessions throughout the day and night to claim world record status. The event, held at Clair Hall in Haywards Heath, was organised to raise funds for St Peter and St James Hospice in North Chailey.

"I was completely overwhelmed by the whole experience," said Esther from Noah's Ark Lane, who took four days off to recover. "I know now how Team GB felt at the Olympics!"

There was a real party atmosphere from start to finish with many participants sporting pink tutus and wigs. Some of them had individually raised hundreds of pounds in sponsorship after doubling and sometimes trebling the hours they originally signed up for.



**"The support was overwhelming – I even received a marriage proposal by text!"**

And there was an extra surprise in store when Esther found she had not just broken but completely smashed the previous record. "We thought that the record stood at 36 hours. But later found that this was never validated," said Esther "it turned out that we had actually broken the record after 29 hours but as the event was organised for 36.5 hours and so many people had signed up for the last few hours, we just kept going."

In order to meet the strict requirements for world record status the whole event was filmed and at least 10 fitness fans had to be on the floor at all times. "But the lowest we had was 21 and that was at 2.15 in the morning!" said Esther. Comfort breaks were also carefully timed.

"The support was overwhelming – from the reports in Lindfield Life to a mention from Aled Jones on Radio 2," said Esther. "I even received a marriage proposal by text from an Iron Man!"

"I'd particularly like to thank my sponsor Maureen Scholefield from Cullen Scholefield, all the wonderful volunteers, my Lindfield ladies (and gent), all regular zumba goers and new faces... and, most importantly, my amazing family."

Esther is pleased that she's now nearly at her fundraising target of £20,000. But you can still support Esther here: <http://uk.virginmoneygiving.com/team/zumba30>

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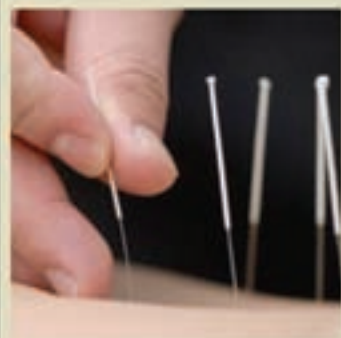


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Lesley incorporates Traditional Chinese Medicine with Five Element and Stems and Branches in her acupuncture treatment and has been particularly recommended by others for her reassuring, calm manner and her professionalism - especially when dealing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

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# Lindfield butcher featured in 'Top 50 Foodie Destinations'

Butcher Glyn Thomas & Sons has been selected as one of the 'Top 50 Foodie Destinations' in the country outside London by the Sunday Telegraph, in an article published last month. The High Street butchers is one of only three food outlets in Sussex, quite a coup for our village. The newspaper highlighted Glyn Thomas by saying: "We could gaze all day at this butcher's Arcimboldo-esque window display, an ornate feast of pork shoulders and French-trimmed racks of lamb adorned with fruit and vegetables."

"We are all really pleased and very proud to have our business chosen," said Ian Thomas. "It shows that our attention to detail when dressing our window on a daily basis, using fresh fruit, herbs and vegetables to present the variety of quality joints and cuts of meat we supply shows the products at their best. We are passionate about supplying what we consider to be the best of locally produced meat, game and other produce."

## Itch by Simon Mayo

### BOOK REVIEW

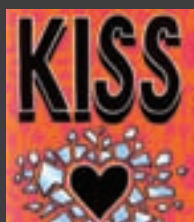


By Cavan Wood

How do you create a great children's story? Ironically, by not trying to write one but by creating a series of ideas and characters that can appeal to all readers, regardless of age, you will be more likely to do so. Simon Mayo's first novel is about a boy with the nickname Itch who is obsessed with acquiring all the chemicals in the periodic table. The boy goes to some lengths to do so and then unwittingly comes across an undiscovered element that could change the world as it could be a source of a type of nuclear energy. This naturally brings out the bad guys – from a crazed Science teacher to a dodgy corporation, whom Itch and his family will have to fight. Will our hero be destroyed by them or the radiation sickness that the rocks are emitting? The action cracks along at a great pace. What Mayo does particularly skilfully is to give us an education about science without lecturing us or distorting his story. The other great quality in a children's book is to create a villain who both repels you and yet whom you cannot help but be fascinated by, which he achieves here with a baddie called Dr Flowerdew. Well worth a read and as a present for a young reader.

## Kiss by Jacqueline Wilson

### BOOK REVIEW



By Lydia Cutts

As a teenage girl it can be hard to fit into the world - a typical case of the boy next door, Sylvie loves her neighbour Carl. For a long time time Carl has been moody and miserable - Sylvie is worried and disturbed at his state, whatever could be wrong? In this day and age people aren't accepted in society because of their sexuality - this story brings that to light and asks why aren't they? A deeply emotive tragedy you need to be hard to the core to read the whole way through. 10/10 from me.

**ELOISA-FLEUR THOM (violin), with  
MARK AUSTIN (piano)**

Eloisa-Fleur is a prize-winning Royal Academy student who is in demand both as a soloist and chamber musician. Her recent performances have included playing the Bruch Violin Concerto and *The Lark Ascending*. She and accompanist Mark Austin have given solo and chamber recitals at venues such as St Martin-in-the-Fields and Wigmore Hall. Their programme will include works by Bach, Beethoven, Tchaikovsky and Richard Strauss.



The concert will be held in St Wilfrid's Church, Haywards Heath, at 7.45 pm.

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## Inflation-proofing your savings

### MONEY MATTERS

By Tracey Payne MCSI

It is fair to say that you should always hold some of your money as cash. But if you keep all of your savings in this way inflation can eat away at it, especially when interest rates remain low for a long period of time.

**Q** How does inflation erode my cash?

**A** It is easy to think that by holding your cash in a savings account, you will be getting a return equal to the interest rate that is being paid. For example, if you were to place £100 in a savings account where the interest rate was quoted as 3% gross per annum, you would imagine that at the end of the first year you would have earned £3 interest and in total you would have £103 to spend. In theory this is true. However, inflation will mean that the price of goods and services that you might pay for with this cash will also have risen and when the rate of these price increases exceeds interest rates, your cash is actually losing value.

**Q** Can I inflation-proof my savings?

**A** Yes, investing is a way to try to beat inflation by making your money grow at a faster rate than if you held it as savings in a building society account.

**Q** What types of investments could protect my capital from inflation?

**A** There are various means of protecting your capital from inflation. Things you could consider include investment in Property, Shares or Bonds. You do not have to invest directly in these assets to reap their inflation-proofing qualities, nor do you need to have large sums of capital. For instance, you could start investing through a savings plan from £30 a month.

**Q** Is there anything else I can do to minimise the effects of inflation?

**A** It is also important that you make maximum use of your tax free allowances such as ISAs at such times, which will maximise returns.

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.

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# Pre-Christmas Prep

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## Cranberry and Raspberry Relish

Using a microwave and a large casserole, cover and cook 1 small chopped onion and 2tbs red wine vinegar for 30sec. Stir in 4tbs orange marmalade, 1tbs grated fresh ginger, 250g each fresh or frozen (do not thaw) cranberries and raspberries. Cover and cook on MED-HIGH for about 6 min, stirring once, or until the fruit has softened and the relish has thickened slightly. Cool and pot. Refrigerate for about 7 days or freeze.



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By Caroline Young

Before the pre-Christmas rush, and while the children are still at school, be kind to yourself and get ahead on the food for the coming holidays. Many traditional dishes can be made ahead and chilled or frozen. Another plus is that many would make excellent gifts for those "difficult" friends and family members. A beautifully packaged gift of something homemade is always a success.

The basics such as brandy butter (try brandy and rum together), the bread sauce, bacon-wrapped sausages, flavoured butters, cranberry sauce and homemade stuffing will all freeze successfully.

## No-Fat, No-Sugar Mincemeat

Makes about 2kg.

Into a large bowl, put 225g each of sultanas, raisins, currants, chopped ready-to-eat dried figs and dried apricots. Add 450g peeled, cored and sliced dessert apples and 100g blanched almonds, Stir and tip into a processor. Buzz until finely chopped. Return to the bowl and stir in the finely grated rind and juice of 2 lemons, the juice of 2 large oranges, 2tbs mixed spice, 150ml clear honey and 60ml rum, brandy or whisky, Make 2-3 weeks before using, cover tightly and refrigerate or freeze. Thaw at room temperature.

## Mincemeat Crumble Cake

(This cake freezes well. Thaw at room temperature and warm gently in a cool oven).

Preheat the oven 180° and base line and butter a 23cm cake tin. To make the topping: rub 50g chilled butter into 75g self-raising flour to form crumbs. Add 50g Demerara sugar, ½tsp mixed spice and 50g broken walnuts. Beat 115g soft butter with 115g caster sugar, 2 beaten eggs and 3tbs milk until smooth. Sift over 175g self-raising flour, 1tsp baking powder and stir to combine. Spoon into the tin, top with 450g mincemeat and sprinkle over the crumb topping. Bake 45-50 min or until golden brown. For a festive finish, just before serving either sift icing sugar over the top or drizzle with lemon glaze icing.

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# Support for breastfeeding mothers

New mums in Lindfield and beyond are being offered breastfeeding support from a new group of volunteers.

The Mid Sussex Breastfeeding Peer Support Team began volunteering at baby and toddler groups across the area last month.

A team of 12 breastfeeding peer supporters, trained by The Mid Sussex NCT (National Childbirth Trust), are providing mother-to-mother support to women trying to breastfeed.

Research shows that only 35% of UK babies are being exclusively breastfed one week after birth. The World Health Organisation recommends that all babies should be breastfed exclusively for the first six months.

With this huge disparity in mind, the Mid Sussex NCT decided to train up local volunteers to provide more support to new mothers who want to breastfeed their babies.

The newly trained peer supporters are all mothers who have breastfed at least one baby and are passionate about supporting other mothers who want to breastfeed. Their role is to listen, support and to offer factual information. The NCT peer supporters are qualified to support mothers with a "normal" breastfeeding experience.

Ally Hewitt-Lock, Breastfeeding Peer Support Project Co-ordinator, Mid Sussex NCT: "Having met so many women who want to breastfeed but have not been able to, I became frustrated that there wasn't more help and support for them. There are lots of different barriers to breastfeeding that a new mother may encounter and many of them are small things that can be solved easily. This new group of peer supporters are extremely enthusiastic and are keen to help any local mothers who want to breastfeed their babies."

The team, who have now finished their training of between 20 and 30 hours, are all offering their time voluntarily. "It's an amazing commitment, especially considering they all have families of their own and most work outside the home in a variety of demanding jobs," said Ally.

The newly trained volunteers are an invaluable resource for local new mothers as they have been fully versed in the mechanics of breastfeeding; what happens from the moment of birth onwards to produce milk, how to position and attach the baby effectively, how to teach a mother to hand-express and how to store breast milk.

The Breastfeeding Peer Support Team will be on hand to help at many different locations throughout the week, including on Mondays at the NCT Haywards Heath Bumps and Babes Group at 'The Yews', Boltro Road. Plans are also in hand to offer support sessions in Lindfield. Mums, whether NCT members or not, are welcome to drop in to speak to one of the team for information and support with breastfeeding.

"NCT is here to support parents. We give them accurate, impartial information so that they can decide what's best for their family and we introduce them to a network of local parents to gain practical and emotional support," said Ally.

"The new peer supporters will listen, support and to offer factual information."

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# Draw, Fade or Straight

## GOLF TIP OF THE MONTH #12

By Simon Iliffe

Why do golfers want to hit the ball straight?

A straight golf shot is the hardest to play, as the ball will only curve away from its intended target rather than to it. What do I mean?

If you are a fader of the ball (left to right), you know 90% of the time the ball will start left and curve back to the right. It is therefore always flying back towards the target.

If you try to try to hit the ball in a straight line and don't, the ball is now flying away from the target and will only continue further off-line.

All golfers have a natural right to left or left to right game.

My predominant shot is a draw (from right to left) so, when I warm up for a tournament, I spend my time on the range figuring out how much the ball is drawing on that day.

Every day will be different. The secret is to use what you do naturally on the day. Don't fight it!

## Lucy's golf update...

I'm pleased to say I've had a bit of a breakthrough with golf! My most recent lesson with Simon saw me not only hitting the ball past the 100-yard mark but also only hitting the tree twice!

I started off with a few practise shots that weren't too bad, the ball went a decent distance and I didn't accidentally whack the floor once which is unusual for me! After these practises, Simon adjusted my hands on the club, pointing out that my top hand was in the wrong place as my knuckles were almost facing upwards. He explained that this was altering the position of the club and so when I hit the ball it was sending it off to the right instead of straight (tree-hitting situation explained then).

Although it felt a little odd at first as I had got used to holding the club that way, when I twisted my wrist so that the top of my hand was facing upwards the ball went so much straighter and a lot further. It goes to show that although practising on your own is good for confidence and experience, it's vital to have a regular lesson with a Pro who'll pick up on these little things that make a huge difference. It's great to be at a point now where I'm no longer worrying about 'if I will hit the ball, but now trying to determine 'how far'.

Next time I'm going out on the course for the first time, which is very nerve-racking – let's hope it's a quiet day at the club.



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# Fat facts

## NATURAL THERAPY

By Helen Malik

The word "fat" has a very negative meaning for most people, yet not all types of fat are bad – in fact some fat is vital for health.

Fat is one of three macronutrients that supply us with energy – along with protein and carbohydrate. Fat can be obtained from food and some fats are made by the liver.

When we eat fat it is broken down in the gut and then reassembled into molecules which enter the bloodstream. Some of these molecules are taken up by the muscles as a fuel source and some become fatty tissue (fat stores) in the body. These fat stores would have been used by our ancestors for energy at times when food was scarce, however with the typical Western diet we don't tend to use them!

Fat also provides insulation and helps the body absorb and transport vitamins A, D, E and K through the bloodstream. The essential fatty acids (which cannot be made by the body and therefore have to come from the diet) are important for controlling inflammation, blood clotting and brain development (the brain is about 60% fat).

### Types of Fat:

#### Saturated fats

Saturated fats are found in foods including fatty meats, butter, cheese, whole milk and cream as well as some tropical plant and vegetable oils, including coconut and palm oil. There are many different types, although we tend to consume three main types in our diet. Stearic acid, found in cocoa and animal fat, has been found to have no adverse effects on cholesterol levels. Palmitic and lauric acids raise "bad" cholesterol levels but they also raise "good" cholesterol by the same amount or more.

#### Unsaturated fats

Polyunsaturated fats – the main dietary types are Omega 3s and Omega 6s, neither of which can be made by the body so need to come from your diet. Omega 3 fatty acids help to control the body's inflammatory processes, whilst Omega 6 fatty acids can increase inflammation. It is important that they are consumed in an appropriate ratio, however the Western diet typically results in an excess of Omega 6s. Omega 3 fatty acids can be found in linseed, walnuts and some other foods but the most beneficial form of Omega 3 which contains the fatty acids DHA and EPA (important in preventing and fighting physical and mental disease) is only found in fish oil and krill.

The richer an oil is in essential fatty acids (particularly Omega 3s) the more damaged it becomes during frying and therefore the more toxic it is to the body. If you must use oils when cooking, use those which are less damaged by the process – these tend to be the hard fats.

Monounsaturated fats – these are typically liquid at room temperature but may become solid if chilled. Olive oil for example contains some monounsaturated fat. It is preferable not to heat olive oil to high temperatures.

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# Volunteer drivers needed

Volunteer Robert Norris, from Lindfield, has been driving for the South East Coast Ambulance Voluntary Car Service for over seven years.

Here he shares some of his more memorable journeys and highlights the challenges volunteers can face as they drive around the Sussex countryside to and from various hospitals.

"One of the first things you learn is to never trust your patient - they often suggest alternative routes and short cuts but stick to your guns and go the way you know.

"On one occasion I was called to collect a lady in Crawley and return her to Burgess Hill. After collecting her and driving down the A23 to Burgess Hill I asked for directions to her home. 'I am sorry,' she said, 'I suffer with short term memory loss and have no idea where I live!'

"More recently I was asked to collect a retired vicar

from a specialist retirement home - interestingly the older ones always want to tell you their age - this one being 94!!

"He told me that when he was training in Cambridge in the mid 1930s he and 5 others were sent to Berlin. While there he went to a rally with thousands of people and who should the speaker be but an up and coming young man called Hitler. I just find it so remarkable that sitting next to me was somebody who had seen Hitler - he did go on to say they returned to the UK very promptly.....

"We are always looking for new drivers. If you have some spare time and like helping people please get in contact with the Head Office in Lewes."

To find out more about becoming a volunteer car driver like Robert, please phone 01273 897741 or e-mail <car.service@secamb.nhs.uk>.

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## Time out for design recharge

HOMEFRONT

### Jacqui Smith, Interior Designer

Every September London plays host to one of the most important events on the international design calendar, London Design Week. This ten day festival is a combination of trade events, exhibitions, seminars, private views and parties and provides a global platform for designers through a wide range of disciplines to showcase new products and launch new ranges. Now in its 10th year the festival has firmly placed London on the design map and is something that we always make a point of visiting for at least one or two of the key events. This year, with junior designer Katy as a permanent part of the team, I was able to justify an extra day in London to soak up more of the action! A great deal of pavement pounding was involved since the events span the capital from 100% Design at Earls Court to Tent at Old Truman Brewery near Brick Lane but it was worth it.

So what did we see? Our first stop was 100% Design featuring new and exciting developments in a variety of aspects of interior design including kitchens, bathrooms and lighting, so it was right up David's street. This show is less about fabric and more about the architectural side of design; we found a fantastic staircase and some fabulous textured large scale wall tiles for a commercial project. Next stop was the Brompton design district, which includes venues such as The Conran Shop, Skandium and Jonathan Adler. Eyes out on stalks I went from shop to shop with an ever growing wish list. These places never fail to excite and, on seeing my pictures of the red themed Conran windows, Cameron's "Ah Mum that looks way cool! Can we go?" proved that this appeal spans generations.

Tent is to me the grittier of the shows – the Brewery being a much more relaxed venue than Earls Court or the Royal Hospital grounds in Chelsea, yet here you find some exciting new and emerging talent. For me there

was a hint of emperor's new clothes about some things but it was fascinating to see some of the new projects from recently graduated design students, which included Brighton University design graduate Chloe Meineck's Music Memory Box created for Alzheimer's patients. It plays familiar tunes and is full of significant objects selected to remind the user about important moments in their life. Chloe's design ethic is to make people's lives better through design. I love that.

Day two saw us at Chelsea Harbour for Focus, which is where the main and established soft furnishings companies launch their new collections. You could probably nibble and quaff your way around the show rooms for a couple of days, cooing over the latest patterns and weaves but we only had a few hours so by mid morning were on the courtesy coach heading for Decorex. This is probably my favourite of all the shows – gorgeous fabrics, stunning wallpapers, unusual accessories, dazzling lighting and exciting new furniture designs, plus a whole crowd of industry mates to bump into and this year so much COLOUR! Highlights for me were the latest range of geometric patterned flat-weave rugs from The Rug Company, the new textured wall coverings from French company Elitis (via Abbott & Boyd) and PaperBoy Interiors. This relatively new paper and fabric company is the brainchild of a lady who, being unable to find the right paper for her 8 year old son's bedroom, designed some herself and put them into production. Brilliant!

So back to HQ inspired and laden with samples and fired up for our new projects. It would be so easy to spend a week at London Design Festival; perhaps next year!

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# Lindfield Parish Council Newsletter

November 2012

Parish Office: 6 Denmans Lane, Lindfield, West Sussex, RH16 2LB  
Telephone: 01444 484115 Email: [clerks@lindfieldparishcouncil.gov.uk](mailto:clerks@lindfieldparishcouncil.gov.uk)  
Web site: [www.lindfieldparishcouncil.gov.uk](http://www.lindfieldparishcouncil.gov.uk)

## Neighbourhood Plan Exhibitions



Neighbourhood Plan Exhibition at KEH on 15th September

The Joint Working Party organised two Exhibitions during September in connection with the Neighbourhood Plan that is jointly being undertaken by your Parish Council and our friends in the Rural Parish. The first was held in the King Edward Hall on Saturday 15th September and we had about 200 visitors that day, while the second was held in the Millennium Centre in Scaynes Hill on the following Saturday, where they had over 100 visitors. In addition to Councillors from both Parishes at the exhibitions, we had great assistance from planning experts from Planning Aid England who were able to answer many visitors' questions about the wider implications of the Localism agenda from Central Government and the recently announced changes to planning controls.

We obtained considerable useful feedback from many visitors to the exhibitions and we do appreciate the openness that so many of them showed in their responses to the various displays, in particular to those relating to infrastructure, landscape and housing.

We are now collecting together the 500+ completed questionnaires that have been returned to us, together with some associated letters. These will all be shortly forwarded to AiRs (Action in Rural Sussex) for independent analysis.

The report on the independent analysis of the questionnaires will be published in Lindfield Life early in 2013 and there will be presentations on it at both Parish Councils' Annual Meetings in April.

In the meantime the JWP will continue to meet regularly in order to progress various matters, including a Sustainability Report that we are required to produce. A number of villagers have indicated their willingness to assist us in some of these areas and we will be contacting them in the near future to see how they can help us.

**Councillor Alan Gomme**  
Chairman, Planning and Traffic Committee.

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 Koliien

## Christmas Lights

Over 500 signatures collected in one night (Christmas Festival Night) on a petition asking for Christmas Lights to be brought back couldn't be ignored, especially as Members of the Parish Council were as disappointed as our residents when we couldn't light the High Street for Christmas last year.

The Parish Council has looked at different options and decided to buy new lights from a professional company that specialises in Christmas lighting schemes for towns and villages – that way we can be sure that regulations are complied with, which, since the pollarding of the trees, has become something of a challenge when it comes to rules about height of the cables above the footpath.

Some of you may be disappointed that we cannot continue with the traditional coloured lanterns but we hope you will like what we have chosen. The new lights have the added benefit of being energy efficient and robust. As reported in our last newsletter, we have also purchased lights for the Pond islands after the successful trial last December, so our village should look festive this Christmas.

## Tribute: Marjorie Butt

Members of the Parish Council were saddened to hear of the recent death of Marjorie Butt. For many years, and until the last year of her life, Marjorie tended the flower bed by the Medical Centre which seems to have something of interest in bloom all year round. The Parish Council wishes to acknowledge Marjorie's contribution to our community. She was one of those people that localism is all about – she saw something that needed doing and quietly got on with it.

## New Deputy Clerk

Following the retirement at the end of June of Pieter Hemsley, who gave excellent service as our Deputy Parish Clerk for three years, we were delighted to be able to appoint Iain McLean to take over as his replacement straight away. Iain has settled in well and is becoming a familiar face to visitors to the Parish Office.



## Parish Office move planned

It has been said before in our newsletters that the existing Parish Office at 6 Denmans Lane is cramped and inadequate to deal with all the activities and paperwork required of a local Council nowadays. We have been looking for a solution to this problem for several years and in June an opportunity arose to purchase Clock Tower House at the Lindfield Enterprise Park in Lewes Road. At the time of writing (8 October) this purchase is progressing through our solicitors and, all being well, we hope to be settled into the ground floor of the Clock Tower House by early in the New Year.

## Police Surgeries

Our Police Community Support Officer, Stuart Clough, continues to hold a surgery once a month in the Parish Office for residents to come along and raise any issues of concern. Forthcoming surgeries will be from 11.00-12.00 on Thursday 25th October, 1.00 – 2.00 on Tuesday 20th November and 11.00 – 12.00 on Thursday 20th December.

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

## Christmas Festival Night Tuesday 4th December



Preparations for Christmas Festival Night are already under way. It will be held on a Tuesday again (4th December) as this seems to work quite well.

Please note – **THE PARISH COUNCIL OFFICE WILL NOT BE OPEN TO THE PUBLIC IN THE AFTERNOON OF TUESDAY 4TH DECEMBER** – as we'll all be busy preparing for the evening.

Father Christmas is expected at the United Reformed Church at 6.00pm

The High Street will be closed from 5.30 - 9.30pm, with diversions in place and the festivities will begin around 6.00pm and finish by 9.00pm.

We hope plenty of people will take stalls. Letters will have gone out to regular stall holders but please contact Iain McLean at the Parish Office if you have not received a letter and would like to book a stall –

01444 484115, i.mclean@

lindfieldparishcouncil.

gov.uk. The charge

for stalls will be as for

last year, at £7.50 for

charities and £15 for

traders and there will

be no refunds unless

the event is cancelled

by the Parish Council.

We would like to remind

any organisations thinking about

selling beverages containing alcohol

that you will need to apply for a

Temporary Event Notice from the

Safety & Licensing Team at Mid Sussex

District Council - telephone 01444 477294.

Stall holders will have to bring their own

tables and chairs and, as the High Street is pretty dark

in places, we suggest bringing some battery operated lighting

for their stalls. However, we are pleased to say that there will be

Christmas lights in the High Street this year.

# Pond Aerators

It would be difficult not to have noticed the two fountains on the Pond that appeared late in the summer. We thought we should say a few words about them in case you are wondering why they are there. The water in the Pond needs to be aerated to prevent an algal bloom forming on the surface which looks awful, smells bad and, with lack of oxygen, the fish die and the smell becomes even worse.

The pond is within the boundary of the Common which is why it is managed by Mid Sussex District Council but of course, as it is a particular feature of our village, the Parish Council takes an active interest and we work with the District Council officers wherever we can to maintain the health of the Pond and its wildlife.

There are no aquatic plants to oxygenate the water, and we are told by MSDC that these would only be eaten by wildflow, so the water in what is actually a very shallow pond, needs to be moved around to aerate it and alleviate the potential for stagnation. For several years there was an aeration pump in place to the right of the large island, which was never enough to aerate the whole



Pond and because its workings sat on the base of the Pond, it quickly silted up and ceased to function. Last summer, without the benefit of this pump, the water became very smelly and the Parish Council urged MSDC to replace the pump with something more effective and offered to pay towards its purchase.

MSDC took advice from pond restoration experts and settled for two pumps with the appearance of fountains and because these float on the surface they do not suffer from silting. MSDC are monitoring the effectiveness of these new pumps and if a third one is needed the Parish Council has offered to fund this as the health of the Pond and its wildlife is so important.

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## MOBILE CIVIC AMENITY COLLECTIONS

The refuse freighters will be in the Tollgate car park on Sundays **11th November 2012** and **20th January 2013**, between the hours of 10.00 am and 12.00 noon, for the collection of household and garden waste. Please note that due to current legislation they cannot accept items such as televisions, computer monitors and fluorescent tubes. These can still be taken to a civic amenity centre. Please do not leave rubbish in the absence of the refuse freighter.

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## Parish Council meetings

### Nov - Dec 2012

Tuesday	6th November	Planning and Traffic Committee (plans only)	8.00pm
Thursday	8th November	Full Council	7.30pm
Wednesday	14th November	Finance and General Purposes Committee	8.00pm
Tuesday	27th November	Planning and Traffic Committee (plans only)	8.00pm
Thursday	6th December	Environment and Amenities Committee	8.00pm
Tuesday	18th December	Planning and Traffic Committee (plans only)	8.00pm

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

# What's on in November

## AT KING EDWARD HALL

- 1st Country Market – 10.00am to 11.15am  
(Sheila Hobbs 01444 483396)
- 1st Lindfield Dramatic Club – Imaginary Lines  
- 3rd (Secretary – Tim Bishop 01444 450604)
- 5th Lindfield Bonfire Society – Guy Fawkes  
Celebrations (Chris Riches 07970 932437)
- 6th Mid Sussex Wine Society AGM, 7.30pm
- 7th Tango El Mundo  
(Mr Hertz Hagai 0777 884 6060)
- 8th Country Market – 10.00am to 11.15am
- 11th Royal British Legion – Remembrance Day  
Afternoon Tea from approx 4pm
- 13th Lindfield Preservation Society – An illustrated talk  
on 'Kipling's Sussex' by David Arscott, 2.30pm.  
All welcome, free entry (John Chapman 484470)
- 14th Lindfield Horticultural Society – AGM followed by  
a talk on Vegetable Growing Techniques, Ideas  
and Advice from Barry Newman, 7.30pm  
(Mrs Alison Elliott 01444 483039)
- 15th Country Market – 10.00am to 11.15am  
King Edward Hall – Film Show Evening  
(Jennie Powell 01444 483431)
- 16th Fundraising Lunch in aid of  
Heatherley Cheshire Home  
(Mrs Norah Oliver 01444 483578)
- 17th Performance by Heber Opera  
(Gillian Goodsman 01273 495220)
- 22nd Country Market – 10.00am to 11.15am
- 23rd Lindfield Crafts and Market  
(Beverley Smith 440274)
- 24th Lindfield Bonfire Society – Craft Fair  
(Chris Riches 07970 932437)
- 24th Tango El Mundo
- 28th An evening of Salsa Dancing  
(Julia Cooper 01444 417781)
- 29th Country Market – 10.00am to 11.15am
- 30th Fundraising Quiz/Fish and Chip Supper Night  
7pm for 7.30pm in aid of Leukaemia and  
Lymphoma Research – Mid Sussex Branch  
(Nick Flindall 01444 455478, Wendy Waters  
01444483430)
- 1st Harth Art Group exhibition in the Jubilee Room  
Dec from 10.30. Most works, including prints and  
cards, will be for sale.

## AND ELSEWHERE

- 4th Mid Sussex Ramblers Woodland Circular walk  
from Scaynes Hill Common, 2.15pm. 2 miles.  
Meet at common car park – contact 831098
- 5th Lindfield Bonfire Night  
6.30pm Fancy Dress Competition (KEH)  
7.30pm Torchlight Procession starts  
8.15pm Lighting of the Bonfire  
8.30pm Grand Fireworks Display
- 10th Compton House Autumn Fair – from 10am to  
12 noon at the United Reformed Church
- 11th Remembrance Sunday  
Meet at the War Memorial at 10.45am for 11am  
Organised by the Lindfield Branch of Royal  
British Legion
- Remembrance Service  
at All Saints Church 2.30pm for 2.45pm  
followed by tea at KEH approx 4pm
- Mid Sussex Ramblers Ashdown Forest  
Remembrance Day walk, 9.45am. 6 miles.  
(Includes 15 minute stop for Remembrance).  
Meet at Millbrook East car park – contact 469470
- 16th Quiz night, Queens Hall, Cuckfield, 7.30pm.  
Tickets £10 including supper (tables of six).  
All proceeds to St Catherine's Hospice –  
contact Joan, 455420
- 17th Mid Sussex Ramblers Balcombe to Staplefield  
and back, 10.30am. 7 miles. Meet at Balcombe  
Railways Station car park – 01342 311632
- 24th Mid Sussex Association National Trust Coffee  
Morning at Methodist Hall (Front foyer),  
Perrymount Road, Haywards Heath, 10-11 30am

## Don't forget to vote!

On 15th November residents have their chance to vote in the first ever Police & Crime Commissioner elections.

The PCC will take office on 22nd November, replacing the Sussex Police Authority but with a wider role. The PCCs will have a democratic mandate to hold Sussex Police to account and tackle crime across East and West Sussex and Brighton & Hove.

For more info visit [www.sussexpcc.co.uk](http://www.sussexpcc.co.uk)

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