

# Lindfield *Life*

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Local village talk,  
by the village

Dec 2012 Issue #45

Free

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## EDITORIAL

### By David Tingley, Editor

So Christmas is here (almost) and I've resisted the temptation to put a snowy picture on the front cover!

Personally I love Christmas and there is plenty to enthuse you in this magazine if you share my passion. For a start the three churches in the village tell us all their plans for the season starting on page 19. Jacqui Smith gives us her take on the old joyous task of Christmas decorations on page 34. Plus check out the free draw for HomeSmiths to decorate your tree at home for you!

As stated last month, there is a special Lindfield Shopping Day on Saturday 15th December. Don't forget to go along. Your gift-wrapped 'prod' is on page 9.

Still on the Christmas theme Caroline Young hasn't let us down by providing, among other things, a trifle recipe on page 16. Thanks Caroline!

We are very pleased to share some of Geoff Bennett's story, our former community police officer in the village. A true 'Lindfieldian' Geoff and his wife Anne are retiring to the West Country this month. We know that many will miss them from various aspects of village life, so it felt fitting to mark the occasion on page 10.

Lindfield Preservation Society shares their news and information for the village on page 24, and the Rural Parish Council keeps us up-to-date with their newsletter too on page 30.

Plus, in a follow-up to a previous 'When Lucy Went', David Marlow shares a few tips about personal safety particularly on the dark winter nights. There is plenty of practical help on page 37.

And, with the New Year in sight, Claire talks to Gabrielle Hall about her involvement with next years Lindfield Arts Festival on page 28.

Claire, Emma and I do wish you, dear reader, a fab Christmas this year. I'll try and dig out a snowy Lindfield scene for January's cover!

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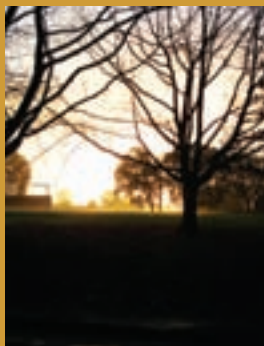
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Lindfield Life  
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David Tingley  
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We'd love to hear from groups, organisations and individuals about what's happening locally. Include a photo if you can. Email your stories to [editor@lindfieldlife.co.uk](mailto:editor@lindfieldlife.co.uk)

## Local mum turned inventor



Taking your daughter swimming is great fun but getting hair dry afterwards can take forever and all too often girls end up with wet hair dripping down their tops.

Now a Lindfield mum has come up with a solution. Sara Mullins has invented 'the swimchie' – a scrunchie which both ties and dries wet hair.

"The dripping wet hair and soaking wet tops led me to believe that getting dressed after swimming could be drier and more enjoyable, and it was from this experience that the swimchie was born!" Sara said.

The product is a very simple idea that ties like a scrunchie and loops over wet hair forming a bun. For more information see: [www.theswimchiecompany.co.uk](http://www.theswimchiecompany.co.uk)

## Jane shortlisted as top mum

Lindfield's Jane Plumb has been shortlisted for the prestigious Tesco Mum of the Year Awards 2013.

Nominated by her son, Oliver, Jane's story was selected from amongst thousands of nominations sent in from all over the UK.

In 1996 Jane's youngest son, Theo, tragically passed away from a group B Strep infection. Jane was devastated and found that there was very little information available and no UK guidelines preventing infection in newborn babies.

Determined to change this, Jane set up Group B Strep Support, a charity that would aim to raise awareness of group B Streptococcal infection and provide support for those that needed it. Today, Group B Strep Support is a national charity that supplies leaflets and information for parents and health professionals across the whole of the UK. Jane campaigns tirelessly and is currently working on a petition to the Prime Minister to call for information and testing to be made freely available to all pregnant women.

Earlier this year, in recognition of her amazing work, Jane was awarded an MBE by Prince Charles in the New Year's Honours List for Services to Child Healthcare.

Oliver said: "My mum is one of the most determined and kind-hearted people I know."

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# Happy 20th Birthday!



Tiger Cubs Pre-school in Lindfield recently celebrated 20 years with a Teddy Bear's picnic for all children and parents/carers. Their mascot, Tim the Tiger, popped in to see the children and have his photo taken with some of them!

The pre-school started in September 1992 and meets in The Tiger Hall at the top of the High Street in All Saints Church, and is run by a team of qualified, long-serving staff. The children enjoy weekly cooking sessions, a PE session and lunch sessions, and in January the hours are being extended by opening on a Monday afternoon. In this new session children will be able to enjoy learning through messy art.

Further information can be found on their website [www.tigercubslindfield.org](http://www.tigercubslindfield.org).



## Santa in the park

Hundreds of Santas will be running and walking around Victoria Park in Haywards Heath on Sunday 9th December to raise money for the British Heart Foundation – and you could be one of them!

The charity and Freedom Leisure are joining together to organize the event. The Mayor of Haywards Heath, John Sabin, will be getting the Santas off to a flying start as well as joining in the fun run too at 9.45am. The walkers get off at a more leisurely pace at 10.45am.

You can jog 3 miles or walk a mile but whether you run or walk you will be doing it in style in a fabulous FREE Santa Suit. All budding Santas must register prior to the event online at: [www.bhf.org.uk/haywardsheathsantajog](http://www.bhf.org.uk/haywardsheathsantajog). The event is open to the whole family, including grandparents, parents and children of all ages and Freedom Leisure are donating prizes for the best dressed Santas.

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# Village in shock after annual fireworks display was cancelled

By David Tingley

It was with a very heavy heart that the committee of Lindfield Bonfire Society (LBS) made the decision to cancel last month's 5th November celebrations on the common. One member described the meeting as "most bizarre and surreal; we were all standing up to our ankles in water on the Common!"

"The decision had to be made on the Sunday," said Phil Lucas, Bonfire Captain of the Society. "We were expecting the weather on Monday (5th) to be wet and windy again, like the previous day. However, as it turned out there wasn't any more rain, so people can't understand why we made the decision."

As a volunteer-run group LBS can't afford to reschedule the annual event because it takes too many man-hours to stage. Many volunteers take the week prior to Bonfire Night of their own annual leave from their day jobs. LBS have managed to negotiate with the fireworks supplier for them to store the fireworks already purchased for this year's display until next year. "At least they will be safe and the money won't have been wasted." Phil continued. "We had some outgoings on the night, as some expenses weren't able to be cancelled at such short notice, but it's the charities we collect for

on the night that will really notice unfortunately." LBS fundraise for their costs throughout the year and the cash collection buckets go to local good causes. Indeed early indications show that this year's collection raised less than 20% of the amount raised in 2011.

By the time the spectacular bonfire procession reached the High Street in the evening, it was clear that someone had heard the cry of villagers old and young. The good-spirited crowds that were gathered up and down the road were treated to a firework display from the gardens of a private house – much to their delight and cheers! Ben Russell, who lives on the High Street, was planning on doing a small display for family/friends anyway. "When I heard the news I decided to buy some more and make them bigger!" Ben said. "The fireworks were all electronic ignition. I suppose you could call me a bit of a hobbyist," he said when I caught up with him the following day. Ben was very pleased to hear that so many were grateful for the last-minute display. He has lived in Lindfield for five years and is not currently a member of LBS but thinks he'd like to join!

Lindfield Bonfire Society promises an amazing fireworks display for 2013.



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# Church Christmas appeal for orphanage

A commercial drier may not be at the top of everyone's Christmas list but for staff at a Romanian orphanage it would be the perfect gift!

Members of the congregation from All Saints Church are being asked to help raise the £5,000 needed to buy the drier by giving generously to collections at the Christmas services.

The drier would transform washing days at the orphanage in Oradea, run by a Romanian Christian man called Samil Mitra. The orphanage, home for 80 children, is a run down building greatly in need of repair with hardly any resources from the state.

In September a group from All Saints visited the orphanage and met Samil as part of their annual visit to Caminul Felix, a Christian-run organisation in Oradea which provides a family setting for up to 200 abandoned children.

These children are placed with 'house parents' and up to 15 'brothers and sisters', so that they can become part of a loving family in a secure and safe environment.

The teams from Lindfield are involved in a long term project of building homes for children who have grown up through the orphanage and now need a house of their own to raise their own families.

Caminul Felix provides the land and has permission to build over 70 homes and Lindfield visitors have helped with construction, painting, insulating and roofing and each year see more progress.

For more information visit [www.caminulfelix.org](http://www.caminulfelix.org)



Above: The current dryer for 80 children!



Left: Caminul Felix under construction

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# Goodbye and thank you

## VILLAGE PEOPLE

**By Claire Cooper**

Popular community police officer Geoff Bennett says a fond farewell to Lindfield this month, as he retires to the West Country.

And after decades of tackling crime, the only slippery characters he'll be catching will be fish from the Cornish rivers!

Lindfield born and bred, Geoff has been our community police officer for more than 20 years, so there's not much he doesn't know about the village and its people. But after a recent spell of ill health Geoff has decided it's time to hang up the truncheon and retire.

"I'll miss the village so much but I'll be taking with me so many precious memories, from Beer Festivals at the Stand Up, to Village Day, The Christmas Festivals and Bonfire Nights," said Geoff. "I've been policing this area so long that the majority of people either know me or know of me and I've built up a lot of friendships."

Geoff grew up in Lindfield and was a pupil at the former primary school in Lewes Road before moving to Scrasebridge Secondary School (now Oathall Community College). He joined the Army aged just 15, eventually fulfilling his childhood ambition of commanding Challenger One Tanks in 'The Royal Hussars'.

On leaving the army, Geoff returned to the village with his wife Anne and the couple have lived in Noah's Ark Lane for the past 13 years.

While waiting for an opportunity to join the police, Geoff qualified as a driving instructor, helping many villagers pass their test, before finally becoming a police officer in 1992.

"I've spent all my police career in this area – first as a response officer, then progressing to become a community beat officer in Haywards Heath," said Geoff. Further promotion soon followed with Geoff taking responsibility for six villages including Cuckfield, Staplefield and Warninglid.

In 2003 the structure of policing changed, which heralded the end of the community police officer scheme. Geoff was asked to take on the role of acting sergeant – a position he held for 18 months.

But his heart was always in community policing.

"I joined the police as an older person so my communication skills were well developed and I was keen to use them."

When Neighbourhood Policing was later reinvented, Geoff enjoyed a return to community policing and became the first officer in Mid Sussex to join the Haywards Heath Neighbourhood Support team with the newly appointed PCSO's (police community support officers). Geoff and PCSO Stuart Clough covered Lindfield, Scaynes Hill, Horsted Keynes, West Hoathley, Sharpthorne, Cuckfield, Ansty, Bolney, Handcross, Staplefield, Ardingly and Warninglid.

"I've always loved the countryside – I like the diversity of rural communities and I have great respect for farmers. Due to distance and remoteness they often don't get the level of service that people in the town do – I like to think that Stuart and I have helped change that here," said Geoff.

He has also been responsible for training the North Sussex Search Team, a voluntary organisation called out to search for missing persons in Sussex. "We have more than 150 highly skilled volunteers from all walks of life – including firemen, farmers, office workers and dentists," he said.

"More than 4,000 people are reported missing in Sussex each year and luckily most are found very quickly. But when a major search is required, the specialist skills and knowledge of this search team is invaluable."

Geoff has also been a Wildlife and Heritage Crime Officer, which means investigating everything from illegal disposal of 'Japanese Knotweed' and poaching to vandalism and damage to monuments, battlegrounds and listed buildings.

Policing the area where you live can be challenging, but Geoff's willingness to get involved in community groups and events means locals see him first and foremost as a friend and good neighbour rather than a police officer.

During the harsh winters of 2009 and 2010 Geoff was more than happy muck in, helping to unload a delivery van outside the Co-op and assisting stranded cars on Black Hill.

"The snow really brought out the community spirit – everything slowed down and people took time to stop, talk and to help each other," he said.

A former scout leader in Lindfield and Scaynes Hill, Geoff has always been keen to encourage young people to gain a sense of community.

"I've always tried to help people in the village - I get a big kick out of that. People often see police officers as confrontational and someone you see when you are in trouble. I've tried to break down those barriers by helping people in other ways and taking part in village life," said Geoff.

"It's a fact that if you can develop a sense of community then crime rates go down. I'd like to think my legacy is that I helped promote a sense of community spirit in Lindfield."

Geoff and Anne have brought up two children – Alex, who now lives in Australia with her partner and local Lindfield lad Graham, is training to be a veterinary nurse, and William who followed in his father's footsteps by joining the army and is currently stationed in Germany in the 'Queen's Royal Hussars'.

"We're off to visit Alex next year and again in 2014 when she'll be getting married," said Geoff. "Her partner's family emigrated from Lindfield some 20 years ago and often return to visit friends."

Retirement from the police doesn't mean Geoff will be putting his feet up. "I intend to get a less stressful job, so I can also find the time to enjoy fishing, golf, painting and cooking," he said. "I love the countryside, open spaces and the sea - my ideal job would be working for the National Trust or English Nature."

Geoff lists the village, its characters and the surrounding countryside as some of the things he'll miss the most, but one memory stands out from the rest.

"The support I got from villagers when my son and his unit were in Afghanistan was incredible," he said. "People were stopping me in the street

and asking after Will and loads of gifts and provisions were sent to Will and his unit. I had so many good wishes. It meant such a lot and I'll never forget it.

"It's memories like these that make Lindfield so special and I'm already planning my return visits!"

Members of the Parish Council were sorry to hear from our local Police Constable, Geoff Bennett, that he is retiring from the Police Force and that he and his wife will soon be moving to Cornwall. Geoff was born and bred in Lindfield and as a Police Officer he has served us well on the Neighbourhood Police Team for our area. We would like to thank him for his contribution to community policing in our part of Mid Sussex and to give him and his wife our best wishes as they start their new life in Cornwall.



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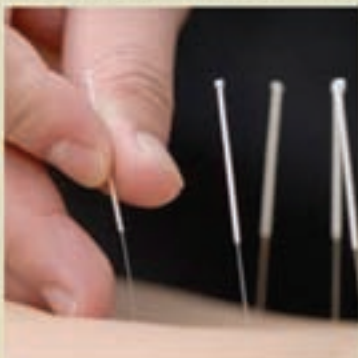
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Incorporating Traditional Chinese Medicine with Five Element and Stems and Branches theory into her acupuncture treatments, Lesley has been particularly recommended by others for her reassuring, calm manner and her professionalism - especially when dealing with nervous clients or those with special needs.

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

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# The Toll House re-opens

Shoppers and residents in Lindfield have welcomed the re-opening of the Toll House Gallery and Café in the High Street.

The new Toll House Gallery showcases the work of Sussex artists and craftspeople, while the popular café will be serving delicious locally produced food as well as award winning coffee from World Coffees, roasted just across the High Street at Lindfield's Old Forge.

Alongside unique local artwork, the Gallery will be running a regular programme of events and workshops designed to promote the work of Sussex's creative industries. Local artists already exhibiting in the Gallery include Leesa Le May, Debbie Smith and Judith Fisher.

Jackie McGahan, proprietor of the Toll House Gallery and Café, commented: "We are very excited to be bringing an entirely new concept like this to Lindfield's historic High Street. We think that customers will love the opportunity to interact directly with artists and craftspeople, especially in the amazing surroundings of a unique 16th century, Grade II listed building.

"The village community and visitors will also welcome the re-opening of the café, which will give them the chance to enjoy delicious locally produced food and drink in a relaxed and creative environment."

The Toll House is open Monday - Friday 9am to 5pm and on Saturdays 10am to 5pm.



## It's beginning to look a lot like Christmas!

All the team at SWALK are so excited about Christmas. "The elves have been working very hard behind the scenes to bring you a truly magical and sparkly Christmas!" said Rebecca Belfield, manager at the card/gift shop on the High Street. Pop in store to see the Nutcracker soldiers; over sized glitter bows and festive card room full of all your favourite cards!

Keep an eye out for the life-sized Nutcracker to be unveiled at the end of the November – a competition will be running to guess his name to win a big box of Belgian chocolates. Perfect for Christmas entertaining.



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# The Angels

## NATURAL THERAPY

By Anna Taylor

If there's any time of year when more people are reminded of Angels, it's at Christmas! They are everywhere - on cards, in carols and nativity plays, and on top of Christmas trees! But I believe, along with many others, they are not just for Christmas and are very real, non-denominational, unconditionally loving beings who are with every single one of us on Earth, without exception. The word 'Angel' literally means messenger and they exist to help us with anything that will bring us peace.

Many people I talk to associate Angels only with major life-changing situations or crisis and while that can be true, they really are here to help us with anything, just as long as we ask! They do not judge us or any circumstances in our lives as more or less important and are happy to help us no matter what.

As well as our own guardian Angels who are personal to us, there are several Archangels with purposes such as healing, protection, communication, creativity and more. It is not selfish to call upon them as these Archangels (and angels) have no time or space restrictions and can simultaneously be with any one of us and work alongside our guardian angels to assist us with whatever we need. Each Archangel has a particular role and it can be helpful to call on their specific help.

Archangel Jophiel, for example, is a wonderful feminine Archangel to invoke during this season. Her name means beauty and can relax and uplift us if we are feeling overwhelmed or stressed by a big 'to-do' list, including helping to find the perfect gifts for our family and friends. This may seem trivial in the scheme of things but as I mentioned before, nothing is trivial to the Angels if it is meaningful to us and will help us to stay peaceful. And who doesn't want to get their Christmas shopping done easily?! Also, if the Christmas period is emotionally challenging, we can call upon Jophiel's presence to boost and 'beautify' our mood.

Archangel Raphael is another great Archangel, this time with a more masculine energy, who is known as a very powerful healer. He is always the first one I call upon for any assistance with physical ailments which can be especially common during these winter months! I like to visualise his emerald green light around me and my body or any loved ones who are feeling unwell. Like Jophiel, he is also very nurturing and can calm any situation. He is also wonderful in assisting with all aspects of travel so it can be beneficial to ask him to help you and your loved ones if you're making any kind of journey to see each other during the holidays.

We can invoke these (or any) Angels presence by asking out loud, in our minds or through writing - it doesn't matter how we ask, just that we do! They are ever present and waiting for our call! You can be as specific as you like or by simply saying something like: 'Thank you Angels for your being with me and for helping me and my loved ones enjoy a peaceful, happy Christmas. And so it is!'



☯

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The day before serving: sandwich 250-375g Amaretti biscuits in pairs with orange marmalade and pile in the bowl. Generously moisten with sweet sherry (or juice for a non-alcoholic version) and cover with a layer of drained canned apricot halves. Whisk together a large carton each of Greek yogurt and dairy custard. Spoon over the fruit, cover and chill overnight. Before serving top with whipped cream and your choice of decoration. Sublime – and just as good for breakfast the next morning if there is any left!

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By Caroline Young

Christmas is almost here and I am sure many of you are organised already with many delicious dishes tucked away in the freezer. Christmas is not the time to be experimenting, we all enjoy the familiar traditional dishes every year. Christmas in my house would not be Christmas without the inclusion of my favourite recipes, even though this year I will be making them in my family's kitchen in New Jersey. If they would fit in with your menu plans, please do try them and enjoy. Have a delicious Christmas.

## Chocolate Truffle with Coffee Cream

Serves 6-8

Line a 900g loaf pan with non-stick paper. Put 150g plain chocolate, 115g creamed coconut and 50g unsalted butter into a bowl and microwave (M/W) on MED for about 3 min until soft. Stir in 250g finely chopped ready-to-eat dried pineapple and 200g finely crushed shortbread biscuits. Whip 300ml double cream to soft peaks, then whisk in 2tbs rum (optional). Fold into the chocolate mixture. Spoon into the tin, cover and chill for at least 24 hours. To make the sauce: stir 1tbs instant coffee granules into 450ml single cream. M/W about 1min on HIGH stirring frequently, just to dissolve the coffee. Sweeten if wished and serve lukewarm over slices of the Truffle.

## Left-over Turkey or Ham...

...may end up in a mild curry sauce (double cream, vegetable stock plus curry paste) with a few dried apricots added for colour and served topped with crushed dry-roasted peanuts for crunch. Alternatively, layer bite-sized pieces of meat (and any left-over stuffing) with lightly cooked broccoli or spinach and top with a cheese sauce (preferably made with Stilton). Heat in the M/W on MED until bubbling hot then grill until golden. Alternatively, bake at 200°C until hot and golden brown.

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# Royal British Legion Quiz Night raises cash


Members of the Lindfield branch of the Royal British Legion raised £688 by holding a Quiz Night in The King Edward Hall, hosted by renowned local Quiz Master David "The Professor" Turner.

The event was supported by Lindfield businesses – Bliss, Flowercraft, Masters & Son, Paolino, The Kitchen People and World Coffees – each sponsoring a round of the quiz.

Further donations were received from Peter Voigt and Green Elliott & Crowe, and raffle prizes were donated by Bliss and The Red Lion.

The Branch would like to thank all members, their families and friends who turned up to support the event and contributed to the success of the evening.

To find out more about Royal British Legion activities, or become a member, please contact Jane Harding on 01444 454846.



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# The sparkle of Christmas

Christmas can be very expensive but the sparkle of excitement in a child's eyes when she opens her presents makes it all worthwhile. It's the same for adults. It's great to be given a gift. It's even better to give one, but not everyone has loved ones close at hand. If you're alone, Christmas isn't much fun. All the same, at its heart, this is the message – everyone is loved and everyone has a present.

Because He loved you and me so much, God gave us His Son. He knew we often make a mess of our lives and so, instead of lecturing us about how bad we are, He gave us Jesus. No matter how many mistakes we make, He can put things right. It's simple. Wrapped up in the flesh of a tiny Baby is God's gift of love with your name on it.

*Charles Martin, Pastor, United Reformed Church  
James Clarke, Vicar of Lindfield  
Alan Jones, Deacon, Evangelical Free Church*



# Christmas<sup>★</sup> at Lindfield Churches

## Evangelical Free Church

23rd December	10.30am Morning Service 4.30pm Carols by Candlelight
25th December Christmas Day	10.30am All Age Service
31st December	11 for 11.30pm Combined Three Church Watchnight Service with communion

---

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## United Reformed Church

16th December	10.30am Family Worship 4.30pm Praise Party
19th December	7.30pm Carol Concert
23rd December	10.30am Family Worship 6.30pm Carols by Candlelight
24th December Christmas Eve	4.30pm Crib Service
25th December Christmas Day	10.00am Family Worship
30th December	10.30am Family Worship 6.30pm Carols in Ryecroft
6th January	9.30am Family Communion 11.15am Morning Worship 6.30pm Evening Worship

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## All Saints Church

16th December	9.30am Morning Worship 11.15am Holy Communion 4.30pm Carol Service 1 6.30pm Carol Service 2
18th December	2.30pm Carols in Church (followed by tea in the Tiger) A short, informal service of carols particularly suitable for those not wanting to come out in the dark
23rd December	8am Holy Communion (BCP) 10.30am Christmas Family Service 6.30pm A CORNERSTONE Christmas (coffee & cakes from 6pm)
24th December Christmas Eve	3.30pm Christingle Service 1 5pm Christingle Service 2 11.15pm Midnight Christmas Communion
25th December Christmas Day	8am Holy Communion (BCP) 9.30am Christmas Day Family Service (not communion) 11.00am Christmas Communion
30th December	8am Holy Communion (BCP) 10.30am Worship Together 4.00pm Looking backwards, looking forwards: service of prayer and thanksgiving
6th January (Epiphany)	8am Holy Communion (BCP) 9.30am Holy Communion 11.15am Matins 6.30pm CORNERSTONE

At our Christmas services this year the collections will be go towards our Christmas Appeal Project – the purchase of an industrial tumble dryer for an orphanage in Oradea, Romania. Our target is £5,300.

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# Why don't crunches flatten my stomach?

By Lyndon Littlefair, Corrective and Performance Exercise Specialist

If I had a pound for every time someone said 'what is the best way to flatten my stomach...crunches?' I would be a very rich man. Unfortunately when I give the answer they realise it is not just as easy as doing a few crunches and getting that six-pack.

To start with, you cannot just spot-reduce. What I mean by this is that you cannot just work one part of the body, in this case the abdominals, and reduce body-fat in that area. Body fat is stored in various parts of the body and each person has their unique distributions points. For example a lot of males tend to store body-fat around their abdominals and 'love-handles', whereas females generally tend to store body fat around their hips, thighs, buttocks and the back of the arms. To decrease these fat stores you have to burn off these excess calories, whether through exercise, nutrition or a combination of both.

To better understand the best way to train your abdominals, you really need to understand a little bit of the anatomy of your whole abdominal wall. Unfortunately you don't only have these six pack muscles. You also have muscles on your sides (the oblique muscles) and you also have a muscle underneath all of this called the Transversus Abdominus. This muscle acts like a giant belt to keep everything in. This is the muscle that helps to pull your stomach in and 'flatten it'. It is also the real core muscle that everyone keeps talking about. The core is not just your abdominals but your deep abdominals. But that is another story!

In terms of exercises, 'the crunch' only trains the superficial abdominal muscles at the top of the abdominal wall (just under the ribcage). What also happens when you crunch is that you push outwards on your abdominal wall. If you continue to perform lots of crunches without actually addressing the deep abdominals, your stomach will begin to protrude. This is not a good look if you are trying to flatten you stomach in the first place.

Most people have an imbalance between their inner abdominals and their outer abdominals, with their inner, deep abdominals being quite weak. If this is the case then you will need to strengthen these muscles first and bring the body back into balance before training the external abdominals.

A good way to do this is with plank-type exercises, or even more abdominal hollowing-type exercises, to get the transversus muscle working effectively and efficiently.

If you can then perform a crunch on the floor without your abdominals pushing outwards, then you can progress to more advanced exercises.

I'm not saying that crunches are bad, just that if you want to flatten your stomach they may not be the best approach.

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## Planning and Housing Development

In October the government announced two new measures that are a cause for concern. The "Growth and Infrastructure Bill" would allow developers in some cases (yet to be defined) to by-pass local authorities and apply directly to the Secretary of State for planning permission. This is a significant move away from the government's much trumpeted localist agenda. The Bill would also make it easier for developers to renege on affordable housing agreements. In addition, a "Planning Guidance Review" will scrap most government guidelines that define best practice for development and construction. This review will include no public consultation and carries the risk of a serious lowering of standards.

Both measures bear the marks of a dash for short-term growth, regardless of the consequences. We will monitor developments and keep residents informed. It will be important for concerned constituents to leave their local MP in no doubt as to their views.

---

## The 'Old Pond' between The Limes and Eastern Road Nature Reserve

There was agreement between Barratts and Mid Sussex DC that the developers would restore this pond as part of the overall landscaping of this area and extension of the Eastern Road Nature Reserve. Very little has happened and MSDC advise that a comprehensive 'snagging list' has been sent to Barratts including the pond, adjacent road verge issues and boundary issues at Wilderness Field. MSDC anticipate some delay before they are in a position to accept transfer of this land from Barratts.

## Wrought Iron Bus Stops with Litter Bins attached

As reported in June 2012 the Preservation Society and private individuals donated these seven units over 20 years ago and they are now well overdue for a programme of restoration. The Parish Council intends to undertake this and may discuss the matter at their 6th December meeting.

---

## Street Lighting

Following the Parish Council's recent programme of modifications to their street lights and retention of the swan-neck fittings, it is observed that the paintwork on many of the lamp posts is in a very sorry state. This has been brought to the attention of the Parish Council in the hope that they will remedy the situation with their lighting contractors.

---

## Bus Service Route 30

Southdown PSV, based in Copthorne, took over this Countryliner route on 10th October. Beneficial results are already evident with the purchase of three vehicles for this route, being more suited to the narrow roads and sharp corners, entering service on 7th November. There is even mention, at long last, of a timetable display on the 'to Haywards Heath' side of the High Street!

---

## YOU CAN HELP...

Please join the Society to support your village and help it retain its independence and character. We would welcome help on the committee, but even if you don't want to take an active role the weight of our membership numbers helps greatly when opposing encroachment and unwelcome development.

Please see our website – [www.lindfieldsociety.org.uk](http://www.lindfieldsociety.org.uk) – to find out more and complete the Online Membership Form, or contact our Hon. Membership Secretary Jean Gorman on 01444 483835.



# Newsletter

## DECEMBER 2012



Photo: From left to right, Dick Jackson, MSDC Arboreal Officer; John Boot, Foster Playscapes(MSDC contractor); Ian Masters, Masters & Sons; David Macmillan, LPS Committee Member



## Preservation Society's 50th year commemorative tree planting

The attractive granite plaque generously donated by Masters & Son was laid by MSDC on Wednesday 7th November and describes the five trees, on the common at the top of Black Hill, providing a lasting record of the commemoration.

The Chairman and Committee Members wish all our members and Lindfield Life readers a very Happy Christmas and New Year!

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# Arts Festival looks ahead with new director for 2013

By Claire Cooper

For Lindfield businesswoman Gabrielle Hall, life is getting 'curiouser and curiouser' – and she is delighted to have taken on a very creative role.

From establishing three of the village's best loved shops, then moving on to set up a centre for creativity, spirituality and wellbeing in Ardingly, life rarely stands still for Gabrielle who is looking forward to her next exciting challenge – directing next year's Lindfield Arts Festival, which she describes as stepping into 'Wonderland.'

"I've always been very driven, with a strong sense of community," said Gabrielle, who lives in the village with her two sons. "There's a huge part of me that's incredibly creative, so it's natural for me to be involved with the Arts Festival. I studied fashion and textiles at art college many years ago and still enjoy creating art."

After agreeing to take up the role of Director for the 2013 Arts Festival, which runs from 10th-12th May, Gabrielle's first job has been to shape the committee and register the Festival as a charity. "I've been delighted by the group of talented people who have volunteered their services," she said. "We now have a committee of 20 plus people full of ideas and enthusiasm who share my vision and passion. This means we can really push the boundaries and already have some amazing ideas that could take the Festival to a whole new level!"

The theme of next year's Festival is Imagination, Fantasy and Fairytales. "It's all about stepping out of our normal reality and into wonderland," said Gabrielle.

"The Festival will be about letting the inner child come out to play. We want to see adults and children doing things together and give them the opportunity to have some fun. Activities will be exciting, uplifting and offer adults a chance to see the world from a child's perspective, full of magic and discovery," says Gabrielle.

The Festival aims to attract people from the whole of Mid Sussex, not just Lindfield, and Gabrielle and her team aim to build on the huge success of last year's star attraction - the Luminarium. She added that the Festival will also be made up of a series of 'mini-festivals'.

There'll be a film festival, with filmmakers from around the country invited to showcase their work, while world record-breaking Zumba teacher Esther Featherstone will be channelling her energy into creating a carnival atmosphere for the dance festival.

Robin Belfield, who directed last year's event, will also be returning to work with local schools on a fabulous drama project.

Visitors who are familiar with Gabrielle's other main project, the Koorana Centre in Ardingly, will recognise both the themes and faces.



"There are so many ways that the aims of the Festival cross over with Koorana," said Gabrielle.

"Koorana was created to help people find a sense a balance in their lives, to feel more relaxed and at ease – we encourage them to come out of their every day reality and step into a world where they are inspired to make changes.

"With the Arts Festival we can tap into this, stimulate the senses and encourage people to try something they haven't tried before.

"At the end of the event, I would love people to turn around and say that the Festival had an impact on their lives, was a turning point and that they saw themselves in a different light, knowing the changes they had to make."

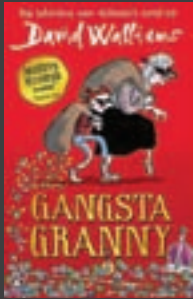
Gabrielle herself is a perfect example of someone who has changed direction and stepped into the unknown to discover new things about herself.

"My world has changed enormously," she said. "I've gone from being a retailer to a teacher of Reiki, relaxation, meditation and a mentor. My work gives people the tools to make affective and lasting changes and find the peace of mind they crave.

"I feel that I belong in the community. I enjoyed retail but felt I had a greater purpose to fulfil and I'm enjoying helping people cope with challenges they encounter and find ways to bring joy back into their lives. I specialise in helping highly sensitive individuals, in particular young children and those with special needs.

"I get a lot of satisfaction from seeing people turn corners and experiencing their 'light bulb' moments. That's really rewarding. It really is the best job in the world."

To find out more about this year's Arts Festival, visit [www.lindfieldartsfestival.com](http://www.lindfieldartsfestival.com).



# Gangsta Granny by David Walliams

## BOOK REVIEW

By Niamh Hannah

Ben thinks his granny is really boring. But when Ben realises that she's an international jewel thief they try to steal the Crown Jewels without getting caught!

I like it because it is really funny and it makes me laugh out loud! My favourite bit was when Ben wore an outfit with hearts all over it in front of loads of people! I hope children of Lindfield can read this brilliant book too.



# May I have your attention please? by James Corden

## BOOK REVIEW

By Cavan Wood

How young is too young to write an autobiography? James Corden is a mere 32 but he does have a good story to tell. Brought up by Salvation Army parents, he has always wanted to perform – even an early family baptism gave him a chance to show his humour! He has drifted from their faith yet has a strong sense of his own fallibility and the need for a self correcting humility, surely spring from that root. Indeed, there is a sense of a man realising that his dream is quite worthless unless it has at its centre something more. The wisdom of his parents and the love of his wife are movingly examined.

Corden, like David Beckham, is of a generation that can talk about their emotions with wit and passion, often at the same time. Having co-created the best sit-com of the last ten years, he has had great luck in the theatre with plays like "The History Boys" and "One Man, Two Guvnors" but has also survived his own hubris leading him into an ill-prepared sketch show and a less than glittering film career (still to come though, I suspect).

Perhaps a little too long, Corden does emerge as a young man who has learnt early that he needs to listen to others if his art is to remain fresh and develop. It is a lesson well learnt. We have seen too many brilliant actors, comedians and musicians feel they need no longer need to listen and it invariably destroys their talent and, in too many cases, themselves. I think that unlikely now to happen to James Corden, though this book suggests he was close to a precipice.

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# Lindfield Rural Parish Council Newsletter

December 2012

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

## The Neighbourhood Plan

Questionnaires asking for the community's views on a number of topics were distributed at the end of August.

Two Open Day exhibitions were then held during September to remind everyone about our neighbourhood, its character, landscape and infrastructure, and to highlight areas where housing development had previously been considered. Visitors were asked to put forward suggestions for future development, both type and location, and also any other general views which might be considered as part of the overall Neighbourhood Plan. In total, approximately 300 residents attended the exhibitions and a number of useful comments and suggestions were made, for which we are very grateful. The closing date for the return of the questionnaires has now passed and a total of 530 have been received out of 4978 originally distributed in the two Parishes. The questionnaires will now be analysed and the replies, along with the comments from the Open Days, used to help develop a suitable draft Neighbourhood Plan for submission to Mid Sussex District Council (MSDC). It is hoped that the content of the draft plan will be available for public scrutiny at the Annual Parish Meeting in April 2013. Once the draft plan has been seen by MSDC, it will be vetted by an independent inspector to ensure that it is legally sound and does not contradict any general national guidelines and will then go to a referendum for the Parish residents to vote on, hopefully by late 2013. It must receive 50% or more of the votes to be adopted into the Mid-Sussex District Plan.

## Crime and Policing

The quarterly meeting of the Neighbourhood Policing Panel run by our Community police liaison officer and attended by representatives from various local parishes, including Lindfield and Lindfield Rural, was held on 22nd October 2012. The meeting was told that there had been an increase in burglaries over the last quarter, from homes and also farms and outbuildings. Extra resources were being deployed to help combat this problem but the delegates were asked to warn their communities to be on their guard and take precautions, especially with the onset of winter evenings. More details about these crimes and possible community solutions, particularly the 'Farm Watch' initiative which was introduced

specifically to help rural communities, are available via the Sussex Police web site – [www.sussex.police.uk](http://www.sussex.police.uk)

The perennial problem of motorists speeding through villages and country lanes was raised and it was agreed that the police would continue to make ad hoc visits to reported locations to monitor the situation and take action where appropriate. It was felt that such visits would also help prevent other potential crimes, such as burglary, because of the visible police presence on our streets.

---

## Buxshalls Development: Council's Response

Buxshalls House, Ardingly Road, Lindfield, RH16 2QY

Demolition of 21 existing dwellings for over-55s; erection of 33 new dwellings for over-55s plus 1 staff flat; change of use and remodelling of Buxshalls House from 21-bed nursing home to provide 6 apartments for over-55s; landscaping and associated car parking.

Council has considered LR/12/03322/FUL proposed planning application and would wish to comment as follows:

We are very pleased that Buxshalls House is to be refurbished and the main part of the original house is to be retained.

With regard to the replacement of the separate structures within the courtyard and elsewhere, the Council have no objection to the buildings being destroyed but feel that the proposed replacements are not in keeping with the rural ambience or in sympathy with the AONB (Area of Outstanding Natural Beauty).

Access to the development is very narrow (single track) and serves several users, including access to two farms, a public bridleway and a chapel, and if the development were to proceed there would be a substantial increase in traffic both temporary (lorries) and permanent. Council suggests that this access road is unacceptable in its present form and other solutions need to be sought.

Access from the B2028 is already an issue and WSCC Highways need to consider very seriously the implications of the increase of traffic. We trust MSDC will consider the above and reject the application in its present form. The Council has received and noted twelve letters of opposition to this planning application. Some objectors attended the Council meeting where this application was heard and they were able to make a presentation to Councillors. A petition was also received signed by 26 residents.

## Your Parish Councillors:

John Dumbleton (Chair)  
Ray Jones (Vice Chair)  
Brian Bunt  
Chris Hersey  
Margaret Hersey  
Keith Martin

Tel: 482633  
Tel: 453868  
Tel: 484661  
Tel: 482270  
Tel: 482270  
Tel: 831431

Steve Minter  
Andy Spooner  
Christopher Snowling  
  
Parish Clerk: Di Morgan  
Assistant: Irene Nicholas

Tel: 831786  
Tel: 831602  
Tel: 482172  
  
Tel: 831499  
Tel: 831499

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

.....

## Spring Flowers

The Council has provided and arranged for the planting of a selection of Spring flower bulbs in various community locations throughout the Parish. Hopefully from February/ March 2013 these will provide a colourful display to brighten our environment after a long, cold and dark winter.

## New Noticeboard

The Parish Council has erected a new notice board at the junction of Meadow Drive and Gravelye Lane. The purpose is to advertise local events and other matters of community interest.

## Wild Plants

Wild plant charity Plantlife ([www.plantlife.org.uk](http://www.plantlife.org.uk)) is hoping to reach out to many wild plant enthusiasts and nature lovers by inviting them to become wild plant 'pioneers' and subscribe to a free quarterly e-learning bulletin to learn more about our native wild plants via the 'Wild About Plants' project website - [www.wildaboutplants.org.uk](http://www.wildaboutplants.org.uk). The Wild About Plants project aims to help people reconnect with the outdoors and their local green spaces. Working with schools, families and communities from all walks of life, and with fantastic free downloadable resources, the team hopes to engage people with the nature on their doorstep. In recent years subscribers have been asked to record the plant life in their local area and recount what they used to see, pick and forage for. Wild About Plants is funded by Natural England through Access to Nature, as part of the Big Lottery Fund's Changing Spaces programme. It is a partnership project involving partner organisations throughout the country.

Did you know that the wild plant emblem for Sussex is the Round-headed Rampion? Use the following link to find out more about this pride of Sussex:

[www.plantlife.org.uk/wild\\_plants/plant\\_species/round-headed\\_rampion/](http://www.plantlife.org.uk/wild_plants/plant_species/round-headed_rampion/)

## Help is at hand from ICIS!

ICIS: information for life has launched a new version of their Community and Wellbeing Directory on their website at [www.icis-info4life.org.uk](http://www.icis-info4life.org.uk). The Directory is unique in West Sussex. It helps you easily find and choose information about services, groups and activities in West Sussex, and has a star rating system so you can score services you have used on their helpfulness and quality of service.

West Sussex Deputy Lieutenant, Mrs Lilian Holdsworth MBE, recently visited ICIS and says "The ICIS Community and Wellbeing directory is a 'must have' for all the citizens of West Sussex. ICIS has covered every aspect of personal and family life, leisure, disability and care facilities available in the county. Their new website is easy to use and this ICIS resource will be a great benefit for those who don't know where to turn."

Despite losing County Council funding earlier this year, ICIS is striving to continue providing its information service. ICIS welcomes donations from individuals, and subscriptions from organisations that value having easy access to reliable information. Many organisations have ICIS directories to support their work and ICIS provides information resources such as the Carers Online website for carers ([www.westsussexcarers.org.uk](http://www.westsussexcarers.org.uk)) and the Reach Out and Communic8 website ([www.reachoutwestsussex.org.uk](http://www.reachoutwestsussex.org.uk)) for disabled children.

ICIS also runs a second-hand disability equipment service, a funding research service for individuals in need, a low-cost web building service for voluntary organisations and small businesses, and an employee assistance service. If you would like to know more about all their services and how ICIS could help you, give them a call on 0800 859929.

ICIS is a West Sussex charity providing community, health and social care information for people in West Sussex. ICIS runs a freephone enquiry line and website, and develops information resources for service providers to support their work with clients. These information resources include the Carers Online website for carers ([www.westsussexcarers.org.uk](http://www.westsussexcarers.org.uk)) and the Reach Out and Communic8 website ([www.reachoutwestsussex.org.uk](http://www.reachoutwestsussex.org.uk)) for disabled children.

Lindfield Rural Parish Councillors, Clerk, RFO & Assistant Clerk would like to wish everyone a very Happy Christmas and prosperous New Year!

# What are Fixed Interest Investments?

## MONEY MATTERS

By Tony Gammon, Director, Investment Manager

In this context I am not talking about Fixed term cash bonds with Building Societies but Fixed Interest Bonds that are traded through brokers or on centralised exchanges. Their usual characteristics are that they pay a fixed interest rate, known as a 'coupon', over a predetermined period and then repay a pre-agreed level of capital on a pre-set maturity date.

**Q** Are they popular with investors?

**A** They can be - the market in them is huge. What makes them attractive is their income yield, which is usually better than the rate available for cash deposits, and their duration, as they can have a life of many years - for example the Government now issues bonds that mature in 2060.

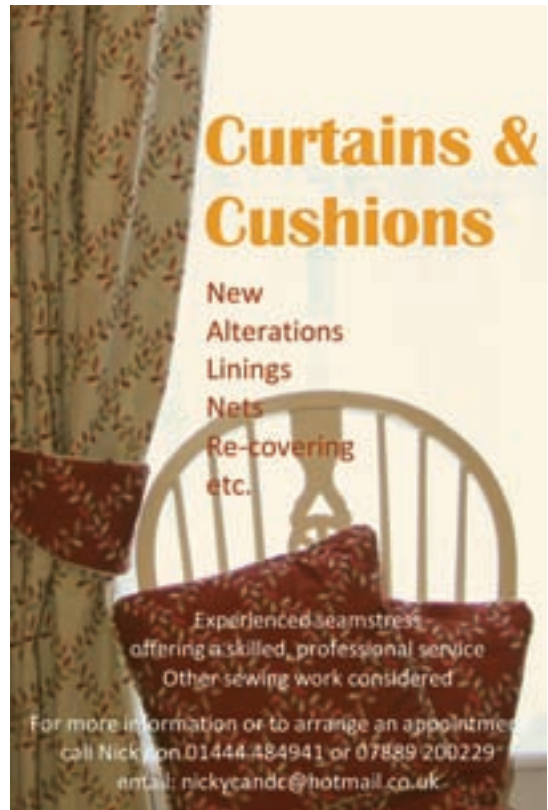
**Q** Who issues bonds?

**A** The best known issuer in the UK is the Government. When you hear that the Government is borrowing billions of pounds, they largely do it by issuing bonds which are known as Gilts or Treasury Stocks. A typical stock is Treasury 5% Stock 2025, on this stock the Bank of England will pay 5% interest every year all the way through to 2025 when the capital will be repaid.

**Q** What issues affect the price of a bond?

**A** There are usually three factors.

- 1) The interest rate (coupon) attached to the bond compared to rates available on cash deposits. At present, interest rates are at an all-time low and many bonds provide attractive income yields in comparison, so its price will rise.
- 2) The financial health of the issuer. If investors think there is some doubt about the lender's ability to keep paying the interest payments or the final repayment of capital, the price will fall.
- 3) The repayment date. In general terms the longer to go before the final repayment date the more volatile the price. Short dated stocks (those with less than 5 years to run) will usually have more stable prices.



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# All the trimmings

HOMEFRONT



## Jacqui Smith, Interior Designer

It seems that the minute the boys are back at school in September, Christmas appears on our radar. Suppliers confirming cut-off dates for furniture deliveries, us ensuring that our builders have their eye firmly on the ball with December project completions, developers scheduling in pre-Christmas show home launches and of course the boys creating lists of what they think they might like in their stockings. For our ex visual merchandiser and now junior designer Katy, this time of year usually means seasonal displays, climbing up ladders to hang snowflakes and decorating countless Christmas trees in store. As we drew names for our Secret Santa (Katy's idea and something we are now just big enough to do) we started discussing Christmas decoration and how different people approach it.

It will not surprise you to know that I like to have a coordinated look, so my tree takes its usual place in our dining room bay with all adornments chosen to sit comfortably with my Ashes of Roses walls and pewter finish mirror and light fittings. For this I make no apology; anything else would jar with me. You can imagine that this has, in past years, presented problems when little people come back from school or nursery clutching brightly coloured felt and glitter creations, keen for pole position on the tree. I know, I know, it's a family time so they should be involved but dressing our tree, with Fairytale of New York getting its first play of the season and a glass of something lovely, is me in creative heaven. And since the Christmas touch does not have to be confined to

one room of course, the boys have their own tree with flashing lights, clashing colour and everything on the landing so everyone is happy!

We are all different and however you decorate your home for the festive season, it should make you smile. Your decorations do not have to match the colours in your living room but they will work better if they reflect a complementary palette and style. For instance traditional style tree ornaments and garlands will work in a classical interior, oversized baubles and metallics will work brilliantly in a modern space and gorgeous hand crafted decorations are perfect for more rustic schemes. Don't be tempted to overfill the tree – it's that 'less is more' rule again.

By way of a thank you to our lovely readers, HomeSmiths want to offer a Christmas gift to one of you. Katy will come and dress your tree for you, using your own decorations and a few things from us. All you need to do is send us a Christmas card with the words "dress my tree" with your name, address and contact details and you will be entered into a free draw. Closing date is 2nd December 2012 and the winner will be notified by 3rd December 2012. Prize must be taken before 18th December 2012.

Entries to be posted to: HomeSmiths Ltd, The Platt, Lindfield, West Sussex, RH16 2SY.

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## Putting: low sights

### GOLF TIP OF THE MONTH #13

By Simon Iliffe

Why are amateurs so happy if they roll their 20 to 30 foot putts within 2 or 3 feet of the hole, especially when the tour players seem to hole at least 3 or 4 per round...?

If you watch Tour Players on the practise green they strike all their mid and long range putts to a small white tee, whilst the average golfer is looking at a target the size of a dustbin lid. The smaller the target you can practise to, the more accurate and positive you'll become. So the next time you're on the practice green, do yourself a favour and practise putting to a tee. By the time you go out on the course the hole will look as big as a bucket.

Golf Update by Lucy Cooper

My most recent lesson saw me on the course for the first time, which was nerve-racking!

The ground was very wet, which made it hard to hit the ball. Simon told me I had to try and hit the ground as I aimed for the ball – apparently sending a chunk of turf into the air along with the ball is good! I started off being very cautious about spoiling the perfect ground but after a while had hit a few good shots.

Surprisingly, I seemed to pick it up quite well! Next time I'll be back on the green again, looking at more obstacles the course has to offer.

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# Using colours to keep safe

By David Marlow

It is an unfortunate fact that most people stumble through life, blissfully unaware of the world around them. By not paying attention to their surroundings they needlessly place themselves at risk of becoming victims of crime. The vast majority of criminals are opportunists who only strike when presented with a viable, easy opportunity. If you remove the opportunity, you will vastly reduce the risk to yourself.

But how to increase our awareness without becoming obsessive or paranoid? The answer lies with the Colour Code Awareness System developed by Colonel Jeff Cooper. Put simply, it involves learning to observe your environment, continually evaluating it and reacting appropriately to what you see or feel. The system is comprised of four colours corresponding to four levels of awareness; white, yellow, orange and red.

Condition White is the lowest level. Here you are unaware, not alert and oblivious to your environment. This state is usually characterized as 'daydreaming' or 'preoccupied'. People in Condition White don't notice impending danger until it is too late to avoid it. It's ok to be in Condition White when you're at home with the windows closed and the doors locked but whenever you are in unfamiliar surroundings or among people you don't know, you should at least be in Condition Yellow.

Yellow is a relaxed state of general alertness. You're not looking for anything or anyone in particular, you're simply alert and aware of your surroundings. It enables you to spot trouble coming so you can take steps to avoid it. If while in Condition Yellow you notice a specific threat, you move to Condition Orange.

Orange is a heightened state of alertness with a specific target identified. It might be that you see someone loitering by the entrance to a dark alleyway. It might be that you have noticed someone staring at you across a crowded bar. An individual's actions have caused you to take note of them and therefore you should assess them as a potential threat and prepare accordingly.

How do you assess someone as a potential threat? You have to take into consideration all the clues being presented including their clothing, appearance, demeanour, actions, etc. The single most important clue though is body language. About 80% of human communication is through body language and it is the best indicator that something is not quite right.

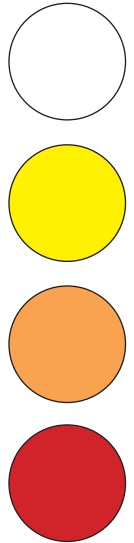
It is now that you need to decide what action to take to keep yourself safe. Imagine a woman walking alone at night. Being aware and alert in Condition Yellow, she notices that someone may be following her. She switches from Yellow to Orange and starts to consider "what if..." scenarios and begins formulating a basic plan. She crosses the road and quickens her pace and decides what action she will take if he does the same.

If the threat proved to be nothing, she would de-

escalate back to Condition Yellow and return to a relaxed state of general alertness. However, if there was a definite threat she would escalate to Condition Red and carry out the plan she previously made, for example to run to a pre-determined place of safety.

Always remember that awareness and avoidance are your best self defence strategies. Ultimately, the more aware you are, the safer you will be, so stay alert and if you feel something is not quite right, trust your instincts and take action. The best way to deal with a violent situation is always to avoid it in the first place.

David Marlow is a professional self defence instructor who teaches private self defence lessons in Lindfield.



The advertisement features a central image of a white electrical meter with a glowing yellow lightbulb icon above it and a blue house icon with a red checkmark to its right. Below the image, the text reads: **DEAN FERGUSON** in black, **YOUR LOCAL ELECTRICIAN** in red, **PART 'P' REGISTERED** in blue, **OVER 20 YEARS EXPERIENCE** in black, **ALL DOMESTIC ELECTRICAL WORK UNDERTAKEN** in black, **PERIODIC INSPECTION REPORTS** in black, **FREE ESTIMATES GIVEN** in black, **NO JOB TOO SMALL** in blue, **Tel: 07754 000147** in white, and **Email: deanfergusonelectrician@hotmail.co.uk** in white.

# What's on in December

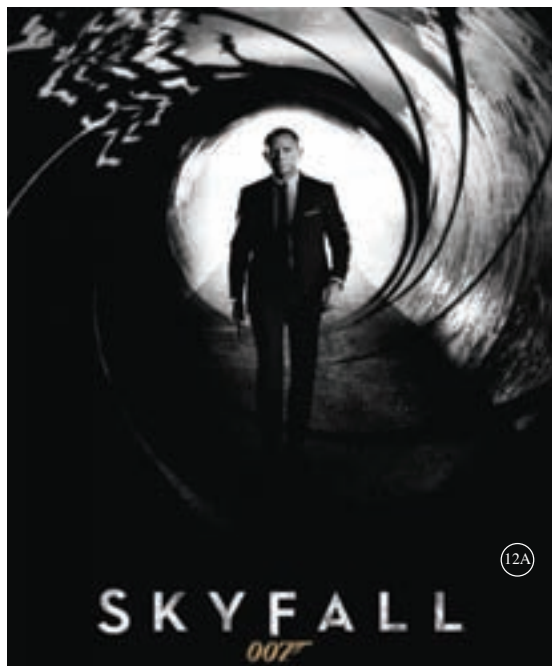
## AT KING EDWARD HALL

## AND ELSEWHERE

- 1st **The Harth Group – Art Exhibition** from 10.30 am  
Free admission, most art for sale.  
(Philip Ladd 01444 482413)
- King Edward Hall – Film Show Evening – Skyfall**  
(Jennie Powell 01444 483431)
- 5th Hickory & Lindfield Montessori Nursery –  
**Nativity Play** (Jackie Pickett 01444 473311)
- Tango El Mundo** – Mr Hertz Hagai 0777 884 6060
- 6th **Country Market** – 10.00am to 11.15am  
(Sheila Hobbs 01444 483396)
- 7th **Lindfield Crafts and Market**  
(Beverley Smith 440274)
- 13th **Country Market** – 10.00am to 11.15am
- 15th **Tango El Mundo**
- 20th **Country Market** – 10.00am to 11.15am

Please refer to the King Edward Hall notice board for additional information regarding the above events.

If you would like to hire the King Edward Hall please contact the Honorary Bookings Secretary for further information on telephone number 01444 483266 or by e-mail on [bookings@kingedwardhall.org.uk](mailto:bookings@kingedwardhall.org.uk)



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- 30th November
- Lindfield Primary School Christmas Fair**  
4pm to 6pm. Festive fun for all the family, including a school choir performance, craft-making activities, raffle, silent auction, tombola, fabulous festive pots, games room and secret room. There will be a German market theme in the playground with twinkling fairy lights and winter warmers such as a BBQ, hot soup, hot chocolate, a 'Made in Lindfield' stall and delicious treats of popcorn, gingerbread and cakes.
- 2nd **That'll be the Day Christmas Show**  
with support band The Last Carnival. The Triangle, Burgess Hill, 8.00pm (support band 6.30pm) Tickets: Advance £16, £20 on the door. Box office: [www.itsmagic.org.uk](http://www.itsmagic.org.uk) 01444 800045
- 4th **Village Festival Night** in Lindfield  
6-9pm (road closed from 5.30pm)
- 7th **Sussex Mineral and Lapidary Society Illustrated Talk** by Chris Carlon "British mineral deposit geology" at the Redwood Centre, Perrymount Road, 7.30 for 8pm.  
[www.smls.org.uk](http://www.smls.org.uk) 01444 441771
- 15th Mid Sussex Ramblers  
**Horsted Keynes Circular walk**. 10.30am. 7 miles. Meet at British Legion car park. Contact 469470.
- 15th **Blackthorns Community School Christmas Fair**  
11.30am to 1pm. Friends of Blackthorns and the school's new headteacher Mrs M Brand would like to invite the community to celebrate Christmas at Blackthorns with a chance to buy seasonal gifts, play games or have lunch at the cafe or BBQ AND meet a special visitor from The North Pole!
- 31st Mid Sussex Ramblers Haywards Heath Circular  
**(Festival of Winter Walks)** 2pm. 4 miles. Meet at Haywards Heath station forecourt. Contact 483860.

## Market Christmas closing

Lindfield Country Market at King Edward Hall will close on the 20th December and reopens on the 17th January 2013 from 10-11am until the end of March.

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