

# Lindfield *Life*

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Local village talk,  
by the village

Jan 2013 Issue #46

Free



New Blackthorns head interviewed

**page 12**

Simply 'good' food for January

**page 18**

Lindfield Parish Council newsletter

**page 28**

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## EDITORIAL

By David Tingley, Editor

Well, that's it, Christmas is over for another year. I do hope you and yours were able to celebrate or at least get some time off work.

In this month's magazine we look forward to 2013. We have a lot of input in terms of getting in the right mindset for positive change. I was amazed by **Maxine Hayes'** story when I met her recently, which I have briefly written about on **page 21**. And both **Lyndon Littlefair** and **Wendy McCallum** give some pretty clear pointers to 'starting how you mean to go on' on **pages 26 and 27** respectively.

In a New Year special **Caroline Young** and **Helen Malik** share their collective wisdom on eating **good food** but the right kinds of food in this traditional period of detoxification for many of us. See the centre spread, **page 18**.

We are very pleased to have had the opportunity to take stock with **Blackthorns headteacher Marianne Brand**, after taking over the reins at the school in September. Claire gives us the low down on **page 12**.

Elsewhere **Mark Revill** brings us up to speed with what advice to take when it comes to trying to sell your home, if that's something you are considering soon. See **page 10**. Plus **Jacqui Smith** shares a poignant lesson she and David have learnt after her recent health scare, when they found themselves at close quarters with visitors' chairs in waiting rooms and hospitals alike. As ever Jacqui takes the positive lesson from it on **page 17**.

If you have any more time off still available, you may like to consider the **books reviewed by Gemma Aldridge** and **Andrew Foster** to guide how you spend those Christmas book tokens from Auntie Pat! Read them on **page 24**. As a special bonus we also have a copy of one of the books to give away.

But we start as we always do, with lots of **local news** about stuff going on and **amazing people** in the village. It begins with a turn of the page...

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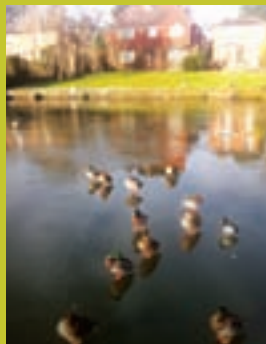
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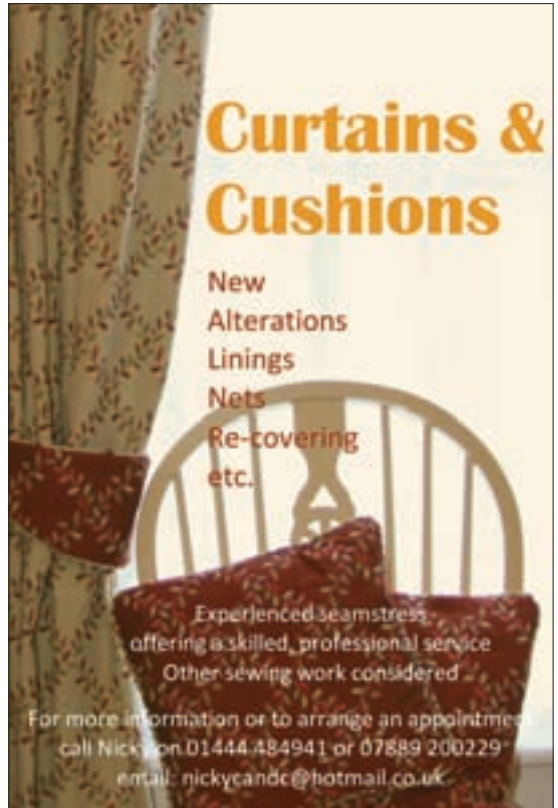
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 Helen Innes  
The ducks explore the frozen pond.



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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)

## Girls raise much needed funds for Air Ambulance

Two former pupils of Lindfield Primary School raised more than £100 for the Kent, Surrey and Sussex Air Ambulance charity by running a stall on village night.

Olivia Martin, 11, and Charlotte Smith, 12, ran a "Guess the number of sweets in the jar" competition, which was won by Ellie Burchett with the closest guess of 260 sweets (the correct answer was 266) and a "Name the Teddy" competition which was won by lucky Lauren Richardson, who named the bear Toffee.



Both girls now attend Warden Park and the Air Ambulance was the nominated charity for their current school house. The girls also sold handmade Christmas decorations and would like to say a massive 'thank-you' to everyone who visited their stall and supported them on the night.

For more information about how you can help the Kent, Surrey & Sussex Air Ambulance, visit the website [www.kssairambulance.org.uk](http://www.kssairambulance.org.uk) or call 01622 833833.

## Esther scoops Bright FM award

Congratulations to Lindfield's Esther Featherstone who has been named Bright FM's Fundraiser of the year.

Esther, from Noahs Ark Lane, was presented with the award following her world record breaking Zumbathon, which has raised nearly £30,000 for St Peter and St James Hospice.




The award, one of 13 handed out at a ceremony at East Sussex National Golf Club, was sponsored by Real Jewellers in Burgess Hill.

Joined by over 100 zumba enthusiasts from Lindfield and beyond, Esther completed 36 continuous hours of exercise to claim her world record.

For her, the fundraising award was the icing on the cake completing an amazing year. "It's a recognition of all the hard work that many people put into the Zumbathon and the huge amount of sponsor money raised (over £25,000)," Esther commented on collecting the award.

Earlier this month, Esther's world record became official when the Guinness Book of Records updated its website.





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## Cancer charity new record



Fund raising records have been broken following a charity dinner held at Jeremy's Restaurant at Borde Hill.

The event, organised by the Mid Sussex branch of Macmillan Cancer Support, raised £4,150 which brings this year's total to an amazing £24,000 – a record for the branch.

The event included an auction, with lots including football shirts signed by Cristiano Ronaldo and Wayne Rooney.

"People respond very well to Macmillan, as many have their own very personal reasons for giving," said organiser David Metcalfe. "Following the dinner we held a collection at Sainsbury's which raised a further £2,200."

The next major fund raiser will be an Italian evening in April at Mid Sussex Golf Club.

All funds raised go directly to Macmillan care in Sussex. The charity is always on the lookout for volunteers who can spare a little time to help raise money for Macmillan. To find out more, contact David on 01444 415060.

## Careful golfers cash in for offer

Careful golfers can take advantage of a special offer at Haywards Heath Golf Club.

To reduce damage to its course following the recent wet weather, the Club is offering a £5 bonus to visitors who carry their clubs instead of using a trolley.

The Club welcomes casual visitors and has reduced the 18 hole green fee of those who carry their clubs to only £25. It recognises how bag carriers cause less damage to the course than those who use a trolley. The winter green fee for those using a trolley has also been reduced but only to £30.

Guests of members, who normally play for just £20, will benefit with just a £15 green fee if they carry their clubs.

Large groups and societies of 12 or more golfers are also benefitting from lower prices for the winter starting at just £28. The new winter package includes coffee and bacon rolls, 18 holes of golf and a single course lunch with a choice of dishes. The offer runs until the end of February.

Throughout the year the course has received much praise and the bag carriers' bonus will help keep it in top condition. This winter golfers will be playing on the main tees and greens and the rough is being left short to make the course playable by golfers of all standards.

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# Have you ever fancied appearing on a TV show?

Do you have antiques or collectables you'd like to sell or are you interested in finding out just how much they're worth? Would you like to see three dealers battle over your belongings?

Then Secret Dealers could be the programme you've been waiting for!

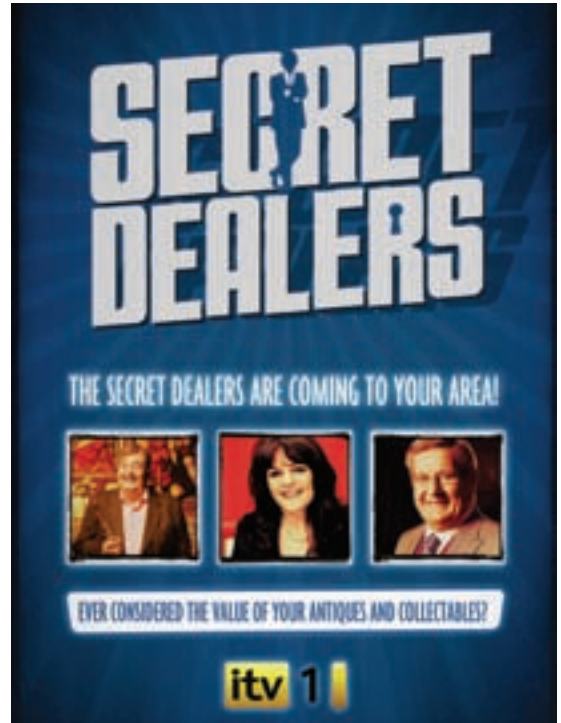
The ITV1 show's producers, currently planning the fourth series, are looking to film in West Sussex and are searching for people to take part.

Researcher Katy Roberts explained: "Secret Dealers sees three rival antique dealers doing battle in private homes for items they can sell.

"The competing dealers tour the house inspecting everything of value. The owners are then faced with a bonanza of surprise valuations and cash offers on some of their most prized (or not so prized) possessions. They can either accept or reject the offers and the owners must then face the choice between sentimental attachment and the chance to make a fast buck."

She added that some previous contributors have given the proceeds from the show to charity.

Anyone with antiques or collectables that they would consider selling and would like to find out more can contact Katy on 0117 970 7674 or email [secretdealers@rdftelevision.com](mailto:secretdealers@rdftelevision.com).



An advertisement for Masters &amp; Son funeral services. The left side of the ad features the company name 'Masters &amp; Son' in a large, elegant, serif font, with 'ESTD 1854' in a smaller font below it. Underneath the name is the text 'Supporting &amp; Caring Funeral Services'. At the bottom left, contact information is provided: 'Masters House, Leaves Road, Lindfield, West Sussex RH16 2LE', the phone number '01444 482107', the email 'linda@mastersandson.com', and the website 'www.mastersandson.com'. A decorative white fern leaf is positioned to the right of the contact information. The right side of the advertisement is a collage of six images: a duck on a pond, a street scene with a bridge, a bird on a beehive, a stone monument, purple flowers, and pink roses.



Photo (L-R): Father Christmas, Catherine Cole, Paul Franklin and Emma Russell.

## Local business supports school

A festive evening was had by all at Lindfield Primary School Christmas Fair this year, with just under £5,000 being raised. The school was packed with parents and children and in the playground it was 'snowing' down on punters. The first prize in the raffle was an iPad2 kindly donated by Mansell McTaggart and presented by Paul Franklin, Branch Manager at the Lindfield office, a former pupil of the school. Paul said: "We are delighted to offer our continued support for the school."

## Do you love to sing?



The Sussex Harmonisers has over 60 members in their male-voice chorus, singing unaccompanied four part Barbershop harmonies under the Musical Direction of Zoe Peate.

Like all good choirs new singers are always welcome. The chorus is currently recruiting new members who would enjoy singing. The Sussex Harmonisers will be having an "Open Evening" on 8th January 2013, 7.15pm - 9pm at St Paul's College, where you can hear them sing and even have a go if you want. A FREE six-week introduction programme follows, starting on 15th January, where you can learn how to use your voice effectively, start to sing Barbershop music, and enjoy the pleasure and satisfaction of singing with others.

You don't need to be able to read music to join the chorus – they provide CDs and MP3 downloads as well as the words and music to help you learn each song and there is always plenty of help available from experienced members.

If you would like to know more about coming along to sing with the Sussex Harmonisers email Brian Beglin, Membership Secretary, at [brian@sussexharmonisers.org.uk](mailto:brian@sussexharmonisers.org.uk)



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# Preparing to market your property

## WINTER PROPERTY UPDATE

By Mark Revill

At this time of year many people start to think about placing their property on the market in the early part of the New Year and we are often asked what preparations are needed prior to marketing. Television programmes like House Doctor and Selling Houses have served to emphasise the importance of presentation when trying to achieve maximum values within a realistic timescale. Some of their advice is for sellers is to bake bread, have the aroma of fresh coffee wafting through the house, vases of fresh cut flowers and soft mood lighting to create a feeling of homeliness! Don't panic! In reality you do not have to go to those lengths but it is important to present your house as clean and clutter-free as possible.

Any marked paintwork should be washed down or a fresh coat of paint applied if necessary to certain areas. The exception being if the whole house requires general redecoration and updating, then do not worry as it may not be essential to carry out any work, as often a buyer can be found who is prepared to take the house on as a complete project and refurbish to their own personal design .

Kerb Appeal – as purchasers approach the front door they form strong and immediate impressions about how a home looks aesthetically, so make sure the front garden is neat and tidy and any exterior paintwork presentable, as these early impressions will cement their

thoughts as to whether the rest of the house is going to be suitable. According to research, it usually takes around 20 seconds for a buyer to decide whether they like your home after walking into it. Make sure that the entrance is uncluttered, warm and welcoming and this will help create a good first impression.

Kitchens and bathrooms should be clean with tiling and grout around showers and baths mould free. The beds should be made and any clothing put away. If you have pets try to make sure they are out of the way if possible, as not everyone is an animal lover and any lingering odours can be obscured with a room freshener.

Remember, you are selling your main asset and it is important to show your home in the best possible light, not only to attract a buyer as quickly as possible but also to achieve the best possible price.

This 3 bedroom Victorian semi-detached house is very well presented and currently for sale in Compton Road, Lindfield at an asking price of £465,000. For further details, or if you are looking for additional advice on what to do with your property and would like an up-to-date market valuation, please contact us below...



# Festival encourages participation

Now in its fourth year, the Lindfield Arts Festival provides a platform of opportunity to help local artists showcase and develop their work. The dates for next year are 10th-12th May 2013.

The theme "Stepping into Wonderland – Adventures in Art" will provide a wide range of activities for all ages and encourage 'everyone' to bring their inner child out to play. There will be 'festivals within a festival' covering the areas of drama, music, singing, poetry, comedy, sculpture and arts and crafts, and for the first time dedicated sections for dance, photography and film.

The new Festival website [www.lindfieldartsfestival.com](http://www.lindfieldartsfestival.com), created by local marketing company Bellman, went live last month and features an exciting online competition for one family to win 'Freedom of the Festival'. Everyone who registers on the website will receive news and offers. The programme will be introduced in February and March 2013.

Gabrielle Hall, Festival Director, said: "The website introduces the clever concept that Bellman created and each 'door' on the homepage represents one element of what will be on offer. It was important for us to include images of actual doors in Lindfield and the design provides just a taste of things to come."

"Children in particular will enjoy taking part in our competition" Gabrielle continued. "They have to search

the website and count the number of Lindfield Ducks they find. It's easy and fun to take part."

From this month applications will be invited from artists and craftspeople, poets and filmmakers to participate in a number of showcase events, which are open to both amateurs and professionals, and film especially will form a key part of the festival.

Local filmmaker Mike Hacker of Hax Media has produced a promotional video that is featured on the website and will coordinate an exciting filmmaking competition for both professionals and amateurs. The brief is 'to inspire by provoking thought, expression and motivation that could transport viewers to another perspective of reality' and this can be portrayed through a famous quotation, an experience, a story, a thought or theory. The film format is open, allowing phones and compact cameras as well as DSLR and video cameras to be used. Entry deadline is 10th April.

Michael Amour will also welcome contributions to a 'Poems for the People' display, sponsored by local business The Book Guru. Poets are requested to provide a unique typed or handwritten piece on A4 white paper by the deadline of 31st March. Details on how to apply for each section of the Festival are on the website, including terms and conditions, and it's hoped that many local people will take part.

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# Good Morning Mrs Brand

## VILLAGE PEOPLE

**By Claire Cooper**

At just 7 years old Marianne Brand announced to her form tutor Miss Pilgrim and to her family that she was going to become a teacher.

Throughout school and university her ambition never faded and last summer Marianne landed her dream job – becoming head teacher of Blackthorns primary school.

“Miss Pilgrim was my ‘dream weaver,’” said Marianne. “She was the person who inspired me to go into teaching – I made my decision when I was 7 years old and I’ve never looked back!”

Marianne took over as head of Blackthorns in September and has enjoyed a busy first term.

“I loved Blackthorns from the moment I walked through the door,” she said. “Seeing the children engaged with each other, their enthusiasm and the happy atmosphere – I knew that this was something really special.”

Before joining Blackthorns, Marianne was deputy head at a large primary school near Milton Keynes in Buckinghamshire. With 500 pupils it was double the size of Blackthorns.

“There’s something really special and unique about a small school and I love the way all the children know each other,” said Marianne. “I really enjoy showing prospective parents around the school as I can see that they can sense the warmth here. I am truly blessed to have such a hard working group of staff who are totally committed to the children.”

Marianne feels lucky to be taking over a successful school and stepping into the shoes of the previous popular head, Mrs Schofield.

“It’s lovely to inherit such a successful school - Mrs Schofield did a brilliant job,” said Marianne.

“Some of the previous schools I have worked for were failing and so the challenge was to raise the standards and quality of teaching.

“But here at Blackthorns standards of teaching are already very high, so the challenges are very different.

“I was lucky that Ofsted carried out its inspection shortly before I arrived, so I knew exactly where our strengths were. It’s given me a good platform for moving forward and planning our development.”

On arrival at Blackthorns, Marianne was keen to work with staff to introduce the quality marking scheme ‘Yippee Yellow’ and ‘Green for Growth’.

“It’s a simple scheme where good writing is highlighted with yellow and green means ‘needs to improve’,” she explained.

“Children can see instantly how they are doing. It’s been so popular that we have extended it into other areas and it’s become part of the school vocabulary!”

She has also introduced two-weekly newsletters for parents and is currently redesigning a new website.

“We’ve also been looking at ways in which we can increase children’s safety both in and outside school – that’s one of our main priorities.”

Behaviour and safety was the subject of one of the school’s ‘mini inspections’ carried out by a team of pupils. The inspection scheme was introduced by Marianne as a way of getting feedback from pupils.

“We ask our older pupils to carry out their own investigations into issues that are important to us,” she said. “They have recently been looking at safety and talking to their classmates about concerns and ideas they may have. We find that sometimes children will talk to other children rather than to teachers – it’s a great way of finding out what they really think!

“I’m very pleased to say that the result was that a very large majority of the children feel safe,” she added. “Our focus is on the individual child and that is absolutely central to everything we do. No child will ever get ‘lost’ here! Staff know each and every child very well.”

Children supporting one another is also the ethos behind the ‘School Buddy’ scheme, designed to help the youngest pupils settle into school.

Returning to Sussex is something of a home-coming for Marianne, who is a huge Brighton & Hove Albion fan. Born in Cuckfield, she moved to Hove as a child and later studied at Brighton University. After getting married, she moved to Buckinghamshire.

“But Sussex is always home to me, so when the Blackthorns job came up it was the perfect opportunity to come back.”

She admits to first day nerves – particularly taking her

first school assembly. "When you have every pupil and teacher sitting there waiting to hear what you have to say, it's extremely daunting."

But she needn't have worried. "It was an interactive assembly, so there was lots going on and the children had a huge input. Before long we were all laughing together!"

Getting to know the children has clearly been the highlight of Marianne's first term.

"I always have my door open and children know they are welcome in my office," she said. "It's lovely when they pop their heads round the door and ask me to come and see something they are doing. Whether it's measuring giants' footprints or singing a Tudor song!"

Marianne is also happy to step in and take a class. "I love teaching and still cover around a couple of lessons a week," she said. "When a staff member is away I always look in my diary first to see if I can cover the class."

"It gives you credibility when staff and parents know that you are still teaching but more importantly it's what I love to do. I don't want to fall into the trap of doing hundreds of things in the office - I want to spend time teaching - after all this is what I trained to do."

Marianne is keen to build on the school's links with the local community and ensure that pupils continue to appreciate and feel part of their village.

"It's wonderful that the school is part of the beautiful village of Lindfield," she said. "History projects are easy because the children are surrounded by history all the time!"

She is also keen to strengthen links with other schools, particularly Lindfield Primary which her son Charlie attends. ("It's never a good idea for a child to go to a school where mum is the head!")

"We recently joined Tavistock and Summerhil School for an enrichment day and we get valuable support from Oathall Community College," said Marianne. "As budgets and support from the Local Authority continue to face cuts, it's more important than ever that schools find ways of working together."

Visitors are always welcome, and exciting events are being planned for the year ahead, including a 'Movie Making Festival' in the spring and summer when children will be using digital cameras, camcorders and iPads to make their own films.

The event will culminate in a red carpet awards night with Blackthorns own Oscars up for grabs!

Outdoor playground equipment is also being replaced thanks to fundraising by the Blackthorns PTA (FOBS) and in the spring children will be helping to create a school garden.

Looking to the future Mrs Brand sees scope for positive change. "When a school gets a new head than it's a very good time to make changes. We can never stand still - we have to keep moving forward, rising to new challenges and striving to get better."

"It's not always easy when the goalposts keep moving but this school has the potential to become outstanding and that is where we are heading."

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# The Retail Distribution Review

## MONEY MATTERS

By Tony Gammon, Investment Manager

**Q** What is the Retail Distribution Review (RDR)?

**A** RDR is a review by the Financial Services Authority (FSA) which started in 2006 primarily to investigate how Financial Products are sold in the UK. It comes into force on 31st December 2012.

**Q** Why is the FSA doing this?

**A** The FSA feels that there has been sufficient evidence of ill-advised products, poor service and decreasing investor confidence that warranted a complete review of how Financial Products are sold.

**Q** How does RDR affect Financial Advisers?

**A** Firstly there will be clearer charges. Instead of being paid by commission, advisers will have to agree charges with the client upfront. Secondly, advisers will have to be clearer on how much of the market they can help you with, be it all possible investment solutions or specific areas. Finally your adviser will have to meet higher standards of qualifications and keep these up to date by completing a minimum amount of 'Continuing Professional Development' and adhere to a code of conduct.

**Q** How does this affect me as a potential client of an Adviser?

**A** It is hoped RDR will improve public confidence in Financial Advisers and the advice they provide. From 31st December 2012 you can be reassured that all Advisers are required to hold a minimum set of qualifications, which has not previously been the case. The system is now designed for Advisers to provide ongoing advice and not just sell you a product. They get paid for their time and expertise, not from the commission generated by a sale.

The overall effect of RDR should be to increase professionalism in the financial services industry and safeguard the client, making charges more transparent.

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# Form and function

HOMEFRONT

## By Jacqui Smith, Interior Designer

Some of you will know that in mid November I was stopped in my tracks with what turned out to be acute closed angle glaucoma which has left me with severely impaired vision in my left eye. This article is not, you will be pleased to hear, a detailed account of my eye trauma nor is it a sob story since I am in a good place with it all and know that my right eye will quickly adjust to the “new normal”. No, the purpose of this piece is to reflect on the importance of good design and the balance between function and form.

To me, interior design is about creating environments that work for the people spending time in them and works from a functional point of view as well as aesthetic. The argument for function over form is an age old debate but to me function has to come first. A dining chair that wows you visually yet has you craving the comfort of the sofa before the main course is served is clearly not doing its job.

We are working on a care home project at the moment and will shortly be making final decisions on furniture choice. No Queen Anne chairs plastered centrifugally to the walls for this client. They are looking for a contemporary look, hotel lobby style communal areas and modern seating throughout. Having spent a few nights in hospital and since then many hours in outpatients, I found myself reconsidering some of my initial furniture choices. The wing back chair is a

classic style and very often used as the visitor’s chair in hospitals and featured in living room areas of homes for the elderly, and is often the style that our care home clients are keen to avoid for aesthetic reasons. For David, function won hands down over form when he spent a night on the visitor’s wing chair in hospital. The same can be said for seating in outpatients. Comfort, specifically lumbar support, is important, so whilst the chairs may not look that exciting they meet the need of the user. Form can be enhanced however by choosing the correct fabric and this plays a key role in how we approach the design of our care home projects. Not that I needed convincing but our recent hands-on experience has made me even more determined to ensure that we design with usability in mind and find ways of boosting the form of a product through finish and colour. During 2013 I shall be working closely with our furniture suppliers on a range of contemporary wing chairs which tick the function box yet still meet the contemporary scheme brief of my client.

So losing the function in my left eye has, I am pleased to report, not prevented me from pulling schemes together. If anything it has added a new dimension to my approach to my work and made me appreciate the importance of colours and finishes from a different perspective.

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# The healthy options

## SIMPLY GOOD FOOD

By Caroline Young

Is the New Year the time when you take stock of your life and make resolutions which you hope will last? Often these resolutions are linked to health and fitness, and last year 6 out of 10 people in a survey planned to eat more healthily. Perhaps we should think not only about eating more healthily but also more wisely and economically. There is no doubt that the cost of food will rise in 2013 due to a multitude of factors – bad harvests and higher fuel costs to mention just two.

Recently I have been talking to Helen Malik, the nutritionist at the Natural Therapy Rooms at Abbott's Pharmacy. My work in the food industry has always been promoting good food and cooking but Helen is focused on the nutritional aspects of our eating habits. She has told me research shows that families who eat together as a family are often healthier, the children do better at school and have less social problems. However, a shocking statistic shows only 44% of families sit round the table together and then only 1-3 times a week. Also, 34% of mothers surveyed prepare several different meals each night to satisfy the different tastes of the family. No wonder many of these may be ready-to-heat dishes.

Helen has highlighted her basic health tips which are excellent New Year's resolutions.

- Your body needs fat for a number of reasons including insulation, to transport important vitamins and for brain development. Choose wisely including avocados, nuts and seeds, and healthy oils such as coconut oil for cooking and a good olive oil for salad dressings. Be aware of the bad trans fats in doughnuts, baked goods and ready prepared foods. Read the labels.

- **The Western diet is overloaded with sugar. Almost all processed and baked goods and drinks contain it. Bread and pasta are high in carbohydrates which are a form of sugar.**

- Eat good quality protein such as poultry, fish, lentils and pulses at every meal. Protein converts to glucose very slowly and keeps your energy levels up.

- **Eat a rainbow of fruits and vegetables every day. The different colours in natural foods represent a wide range of essential nutrients. Fruit is high in sugar so the majority of your 5-a-day should be vegetables.**

- Try to eat seasonally, preferably foods produced in our own country and which have not been flown hundreds of miles around the world before reaching your plate. Freshly harvested foods contain far more goodness and flavour than those imported.

- **Look for interesting and delicious ways to incorporate alternative sources of protein into your meals, such as lentils and beans.**

- Look after your liver! Having a well functioning liver is essential to a healthy body but the western way of eating, including a high proportion of commercially produced foods, too much alcohol, fat and sugar (including artificial sweeteners), can cause this important organ to become overburdened.

- **Cooking should be fun, not a chore. Try to get your children involved, making foods they enjoy eating.**

- Enjoy your food! Enjoy sitting round the table eating as a family, eating a wide range of natural wholesome fresh food and taking part in the lively conversation – and the arguments!

Try these recipes, they are simple and inexpensive, look delicious and taste great...

## Tomato Dhal

Serves 4

Lentils are a good source of protein, low in fat, inexpensive and an important source of complex carbohydrates, vitamins and minerals. Serve this creamy dish with warm naan bread and seasoned yogurt. If the family insist on visible signs of meat, top with home-made hamburger or meatballs.

Gently cook 1 finely chopped onion in a splash of oil (try coconut oil) until just soft. Add 2 crushed garlic cloves, 1 finely diced large carrot, 1tbs grated fresh

ginger root, ¼tsp each of ground cumin, turmeric and chilli powder. Cook, stirring, for 2-3 min. Stir in 225g red lentils, 4 skinned and chopped large tomatoes, 400ml vegetable stock and 400ml coconut milk. Bring to the boil, cover and cook over low heat for about 40min, stirring occasionally or until the lentils are soft and the mixture is creamy. Stir in the juice of 2 limes and season to taste. Serve topped with chopped coriander and flaked almonds.

## Crunchy Muesli

6-8 servings

Instead of sugar-laden breakfast cereal, serve this muesli topped with chopped fresh fruit and yogurt for a great start to the day. Health food shops sell a wide selection of different grains.

Measure 225g mixed cereal grains into a large bowl. Add 50g EACH of wheatgerm and chopped almonds, 2tbs sesame seeds, 2tbs sunflower seeds, 2tbs mild oil and 4tbs clear honey. Lightly toss to combine and tip evenly into a large roasting tin. Bake at 180° for about 25min, stirring once or twice, until golden brown. Stir in 100g chopped dried apricots or other dried fruits. Cool and store in an airtight container.

## Vegetable Soup with Barley

4 generous servings

Choose a wide variety of different coloured vegetables and cut into even bite-sized pieces. Leafy or frozen vegetables take less time to cook than roots so add part-way through the cooking time. Could also be cooked in the microwave covered with a vented lid (about 30 min on HIGH). Pearl barley can be cooked ahead in stock and then frozen. Thaw then add to recipes such as soups and casseroles.

Prepare 3 mug-fulls of vegetables and tip into a large pan. Add 1.5 litres of well flavoured stock, 45ml tomato puree, some crushed garlic and 50g pearl barley. Bring to the boil, cover and simmer for about 50 min or until the barley is soft. Season to taste.

## Banana Muffins

Makes 6-8

So simple – get the children to make these.

Preheat the oven 200°C. Measure into a large bowl 250g plain flour, 85g jumbo porridge oats, 1tsp baking powder, 1tsp ground cinnamon and 75g chopped dates (or other dried fruit). Stir to combine. In a large jug whisk together 2 eggs, 200ml milk, 75ml vegetable oil, 3 mashed ripe bananas and 7tbs clear honey. Add to the dry ingredients and stir just to combine (don't over mix). Spoon into paper-lined muffin cups and bake for 25-30 min.



# Your chance to question Katy

Newly appointed Police Crime Commissioner for Sussex Katy Bourne is settling into her new role and has pledged to make village policing a high priority.

Katy, who lives in Ansty with her husband and two grown-up sons, is also a Mid Sussex District Councillor (representing Cuckfield), so is already familiar with many of the crime-related issues which concern people living in rural areas.

However, she is keen to hear the views of Lindfield residents and is happy to answer any questions about the future of policing in Sussex.

If you would like to ask Katy a question, please email it to [editor@lindfieldlife.co.uk](mailto:editor@lindfieldlife.co.uk) and we will publish responses in the February issue of Lindfield Life.

We will need your questions by Monday 7th January.

## The long bunker shot

### GOLF TIP OF THE MONTH #14

By Simon Iliffe

Often regarded as the toughest shot in golf, the 30 to 60 yards bunker shot can be tamed if played in the right way.

To make the shot easier, take your most lofted club (a lob-wedge is ideal) so you can be more positive.

Take your normal full-swing set-up and position the ball just forward of centre. Make a full swing aiming to hit the bottom of the ball.

The sole of the club will just strike the sand first and take enough power off the shot to hit a 60 yards shot.

To change the yardage, control the length of the backswing and keep positive through the ball. DON'T ease up on the shot!

Make sure to swing right through to achieve good loft and ball-stopping control.

## Poppy Appeal Record

By Pauline Parkyns

The Poppy Appeal in Lindfield this year raised £7,928. which is slightly more than at this time last year. Our final figure for last year was just over £8,000 which I am sure will be realised eventually for 2012/13. I would like to thank the collectors who go out in all weathers to raise these fantastic amounts. Also a huge thank you to all the Lindfield Traders, schools and organisations for their loyal support each year. A particular thank you to Lindfield County Primary, Blackthorns County Primary and Tavistock and Summerhill schools for again taking an active part in our Remembrance Service, and to the children for reading so beautifully. THANK YOU LINDFIELD.



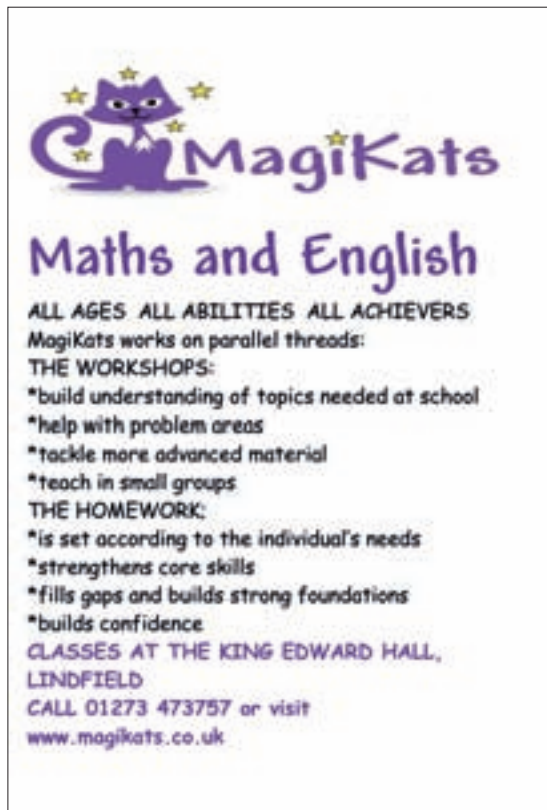
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# Lindfield mum's 'can do' attitude

You may have seen them out on the common in the warmer months but, come the winter, Maxine takes her boot camps indoors.

Maxine Hayes, from Lindfield, has been running boot camps in and around the village since last summer after a rather amazing personal journey of weight loss.

Four years ago she found herself unhappy at her own size following the birth of her son - having once enjoyed being 10 stone and fit. Rather than accepting her situation Maxine decided to take positive action. Having been given a year's gym membership she began training and discovered she rather enjoyed it!

Maxine smashed her weight target after only 10 months in the gym, losing a staggering 6.5 stone.

It was at this time that she found herself as a single mum but desperate not to lose momentum. She decided not to return to her previous employment as a web designer. What then followed was 18 months of hard work, as Maxine balanced her role as a mum with attending college to attain a personal trainer qualification.

During her training she worked at Alexander House Hotel as an apprentice in the gym and also with Strawberry Vibes, a fitness studio in Burgess Hill.

Following Maxine's successful achievement of the



Level 3 Advanced qualification in Personal Training, people she knew began to ask her to help them get fit. And so Potential PT was born!

Natalie Banbury from Haywards Heath has lost three stone since she started in June. "Maxine is an amazing motivator. I've never laughed so much in a fitness class until I met her! The fact that I know she has done it herself gives me complete confidence that I too can do it." Potential PT run bootcamps during the winter months at Lindfield Scout Hut and at Blackthorns Primary School.

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## The small school on your doorstep

**TAVISTOCK & SUMMERHILL SCHOOL**

**Andy Giles, Head of Tavistock and Summerhill School in Lindfield, explains why choosing a small prep school is the key to your child's future success.**

### Individual Attention

With class sizes guaranteed to be no greater than 16 pupils, Tavistock and Summerhill School in Lindfield is an inherently small school where it is genuinely possible for your child to get the individual attention they need to succeed. "The secret is quite simple," Andy Giles the Head explains. "All members of the staffroom know every child in the school, every pupil knows every other and the teachers have an open dialogue with all the parents. Staff meetings focus on the children, their learning, their social interactions and their personal development. This is the key to the outstanding success that I firmly believe only smaller schools like Tavistock and Summerhill can achieve. I have always chosen to work within smaller schools for this very reason and I have seen the amazing results that can be delivered." Andy Giles previously led Lathallan School to become one of the most successful Independent Schools in Scotland, topping examination results tables there.

### Traditional Values

"I am a great fan of children learning traditional values within a modern approach," Andy tells us. "Timeless values of kindness, politeness, caring and respect for others are high on the agenda and indeed are often remarked upon by visitors." According to Ofsted "Behaviour of the pupils is outstanding... with a high level of engagement in all learning activities."

### Academic Excellence

Dedicated teachers are the key to Tavistock and Summerhill's unrivalled academic success as a prep school. Specialist teachers teach pupils, in Year Three and above, in fully equipped rooms specific to that subject. Typically, 50% of pupils achieve academic awards and every child achieves a place at their senior school of choice.

### Opportunities for all

Tavistock and Summerhill School provides its children with a broad experience of education, blending classroom activities with Music, Drama, Sport and Outdoor Education. This enables pupils to become resourceful, respectful and resilient learners. Andy Giles tells us: "At Tavistock and Summerhill every child gets to play competitive sport and perform in School productions. Later this term, every child in our prep school will have the chance to perform in the school choir at the O2 with over 7000 pupils from around the country. These are important, confidence-boosting experiences which larger schools can struggle to deliver for everyone."

### Come and See Us!

Tavistock and Summerhill School offers a unique educational experience for young people aged 3-13 years. To find out more, why not visit an open day or call and arrange a private tour? For further details telephone the Registrar, Deborah Charrington, on 01444 450256 or e-mail [admissions@tavistockandsummerhill.co.uk](mailto:admissions@tavistockandsummerhill.co.uk)

### The Walled Garden Nursery

The School's nursery boasts an idyllic setting in the original walled garden within the school grounds, providing a safe space to explore and learn through play. The Nursery enjoys access to the specialist teachers of the school for French, Music and PE and access to the school's swimming pool. Within easy reach of the centres of Haywards Heath and Lindfield, the Nursery has recently extended its services to provide year-round care from 8am until 6pm daily to assist working parents.

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## ELECTRICAL



# Battleground Sussex

by John Grehan & Martin Mace

## BOOK REVIEW



By Andrew Foster

This book is a comprehensive military history of Sussex from the Iron Age to the present day. Both authors are experienced military historians and writers who live and work in the county. However, this is a book that will appeal to fans of history and those interested in their home county alike. The overriding theme that struck me was how fortunate we are to live in times of peace, as over previous centuries Sussex and its inhabitants were under almost constant risk of attack and invasion. This originates primarily as a result of Sussex's proximity to mainland Europe and England's traditional enemy France. When this is allied to the open nature of Sussex's flat beaches and the convenient striking distance from London and the power base of the South East, it is easy to see why Sussex has so often been on the nation's front line in warfare.

Sussex has also been the site of probably the best-known battle fought on English soil – the Battle of Hastings, which is comprehensively analysed in the book. Further, I was made aware through the book of the importance of the battle of Lewes in 1264, where through Simon de Montfort's legacy the principle of rule by democracy was established.


By 1939 the inhabitants of Sussex were threatened by attack from the air and a large part of the book is devoted to analysing the Battle of Britain, the success of which largely depended on the radar stations, many of which were sited in Sussex, and allowed

Fighter Command to gradually erode the numerical superiority enjoyed by the Luftwaffe. Sussex ports then played a major role in the largest sea borne assault ever undertaken in the D-Day landings of 1944 and the book vividly depicts the whole of Sussex becoming a giant marshalling yard prior to the invasion. It portrays the effects of the war and the bombing campaign on Sussex through first-hand accounts of residents.

The book has many illustrations throughout and highlights the many coastal fortifications, castles and sites of military interest prevalent throughout the county and could be used as a reference guide. However, it is far more than that as it richly depicts that Sussex has been on the front line of many of England's conflicts since the Iron Age and is a fascinating insight into the many military conflicts that have shaped our county and in turn influenced the country.

## Get your free copy!

If Andrew's review has whet your appetite then you're in luck! Lindfield Life has a copy of the book to giveaway to one reader. Simply email your name and address in to [competitions@lindfieldlife.co.uk](mailto:competitions@lindfieldlife.co.uk), and we will draw one out of a hat on 8th January.



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# The Hunger Games by Suzanne Collins

## BOOK REVIEW



By Gemma Aldridge, age 14

Recently made into a five star out of five movie, the Hunger Games is one of the best books I've ever read (ever!). Set in a dystopian future, Katniss Everdeen, a sixteen year old girl who lives in District 12, became the main provider for her family when her father died some years ago. Skilled with a bow and arrow, Katniss hunts to keep her family alive in the starving country of Panam (which was once North America).

However, the rulers of Panam who come from The Capital are not ready to forgive the districts for the uprisings that occurred seventy four years ago. Instead, to keep the fear in the districts fresh, they host The Hunger Games, an annual event that acquires two tributes, one boy and one girl from every district, to fight till the death in a reality TV show.

On the seventy-fourth Hunger Games, Katniss's luck is finally up. Her sister, Prim, is picked as District 12's female tribute. In an attempt to keep her sister safe, Katniss volunteers to take her place. She and opponent Peeta Mellark are thrown into an arena among twenty two other contestants, with only one survivor.

Suzanne Collins has written the most amazing book of all time (in my opinion). Tense and thrilling the whole way through, this book was written for young adults. It was recommended to me by a friend and has become my all-time favourite book ever. Followed by Catching Fire and Mockingjay, I highly recommend you read this book and decide for yourself if you agree that it's the best book ever written.



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# Health and wellbeing in 2013

## NATURAL THERAPY

By Wendy McCallum

As we enter the new year after, perhaps, the excesses of Christmas many of us focus on our health, setting objectives to eat more healthily, exercise more or lose weight. All of these goals have value but sometimes are easier to think of than to put into action! Having too many objectives or resolutions may feel overwhelming, so focusing on one goal at a time may feel more comfortable and be more easily achieved. For 2013, think about choosing one goal a month (or a week if you choose "smaller" goals) to focus on in relation to your health and well-being.

For some of us excellent health may not be achievable due to our medical conditions but, carefully managed, all of us can achieve a sense of well-being. This well-being may come from speaking to our GP or pharmacist and checking any medication we need is taken in the right way (eg with or without food) and at the right time of day. Indeed many vitamin supplements and medicines we take can be much more effective if taken at the right time of day and not all will be the same. A nutritionist will be able to help you with which foods work well to support your condition and medication, and which may hinder.

Not all of us can (or would want to) go to a Spa to improve our sense of well-being but often we just need to take some time to focus on one particular aspect of our lives at a time to improve our well-being.

There is always a lot of press coverage on negative stories and, whilst it's important that we know what's going on in the World around us, this can have a detrimental effect on how we feel. We can't control what is going on in the wider World but we can control how we deal with our approach to life. Perhaps making a commitment to spend 5 minutes every day to think about things we are grateful for may help. This may include that we have loving family and friends, a lovely home, beautiful nature around us (we are blessed to live in this area with its abundance of beauty) or even delicious food to eat. Some people find just thinking about these things can help them to feel more positive. Others benefit from either writing a list or journal or having photographs/pictures to hand that show the people and things they are grateful for.

However you choose to do it, looking after yourself should be a goal to focus on during 2013. There are lots of experts out there who can help support you if you need some guidance but, with or without them, focus on one thing at a time and I wish you a year of good health and a sense of well-being.

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Telephone: 01444 484115 Email: [clerks@lindfieldparishcouncil.gov.uk](mailto:clerks@lindfieldparishcouncil.gov.uk)  
Web site: [www.lindfieldparishcouncil.gov.uk](http://www.lindfieldparishcouncil.gov.uk)

## Councillors and Staff of Lindfield Parish Council wish you all a very Happy New Year

### CHRISTMAS FESTIVAL NIGHT

Residents and visitors came out in large numbers to enjoy the lively atmosphere and festive cheer at our Christmas Festival Night on 4th December. Once again we were blessed with the weather – just cold enough for the seasonal feel, but staying dry and calm.

A number of local shops were open during the evening and a great deal of effort was put into dressing shop windows, which all looked fantastic. Congratulations to Glyn Thomas and Son for winning the prize for the Best Dressed Window; to Runner Up - Mathilda Rose and to SWALK who were Highly Commended. We're so lucky in Lindfield to have such a wide range of shops and eateries at the heart of our community.

Mid Downs Radio added to the atmosphere with festive music to suit all tastes and conducted interviews over the loudspeakers.

Lindfield Parish Council wishes to thank the many people on whom the success of this event depends. In particular, our thanks go to the Rev Charles Martin and parishioners at the United Reformed Church for making this vital indoor venue available and for the warm welcome, the entertainment and the activities organized by members of the Church. The evening could not go ahead without the co-operation of the Police, Event Medic Services and CERT, who manned the all-important road closure - we are very grateful to them and to Siamax who provided a floodlight and a set of two way radios; to Mid Sussex District Council for the loan of road closure barriers; to the people who helped get ready for Father Christmas and to those who kindly allowed us to plug in



Christmas lights and additional floodlights. Thank you also to Wivelsfield Nurseries for donating a Christmas tree and to Glyn Thomas and Son for allowing us to put it on their roof.

Lots of children, including Amelia and Ruby Shepherd pictured above, came to have a chat with Father Christmas and get a small present. Thank you to Amelia and Ruby's Mum for giving permission to publish the photo.

Our Deputy Parish Clerk, Iain McLean, did a terrific job in organizing this event, liaising with the statutory authorities and the numerous participants to make sure everything went smoothly on the night.

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

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 Kolien

## STREET LIGHT DAMAGE

Our street lighting engineer has recently discovered that the street light in the footpath from Brookway to Sunte Avenue appears to have been shot at with an air gun. We have arranged to replace the lantern, at a cost of £125, because it was no longer water tight due to the damage, causing the lamp to fail as well as being a safety risk. We hope this was a one-off occurrence but we would ask residents to report any further incidents to us so that we can pass the information on to the police.

## CHRISTMAS LIGHTS

We hope you all like our new Christmas Lights in the High Street!

Since the pollarding of the trees we've found it to be more and more challenging, with the equipment we had, to comply with regulations for electrical installations over the public footways. So, encouraged by the number of people who signed last year's petition, the Parish Council engaged Blachere (a festive lighting company) to provide and install new lights. We chose these carefully, trying to get a tasteful effect worthy of our High Street but using modern low energy equipment. We are indebted to the property owners who allow us to use their power supply to make the whole thing possible.



## LINDFIELD PARISH COUNCIL IS ON THE MOVE!

The Parish Council took up residence in its present location in Denmans Lane in 1996. At that time it was ideal and has served us well for many years. However, for some time now it has been apparent that we have outgrown the space. The conditions for the staff have become very cramped and we have had to pay to store paperwork and other items elsewhere in the village.

The Council has looked long and hard at the alternatives and, to be honest, there are very few. The possibility of extending our current building has been considered but we have been advised that we would be very unlikely to get planning permission. So, we have been looking for other premises within the village centre and have drawn a blank.

A property that we looked at some time ago as a possibility to rent came up for sale last summer and we have now completed on the purchase. The premises are at Clock Tower House on the Lindfield Enterprise Park in Lewes Road and they are ideal for our needs. We will be able to offer much better working conditions for the staff, have storage space on site and also be able to offer better facilities for the public.

Some of you will be pleased with the location as it will be nearer to where you live but we do appreciate that others amongst you may feel that the new location will be difficult for you to get to. We are addressing this issue and will do our utmost to make sure that no-one is disadvantaged as a result of this move.

We hope to be operating from the Lewes Road premises from early spring and the new contact details and opening hours will be advertised as widely as possible.

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

## NEIGHBOURHOOD PLAN

### REPORT ON QUESTIONNAIRE ANALYSIS BY AiRS

#### Councillor Alan Gomme

Action in Rural Sussex (AiRS) submitted their analysis and report on the 533 responses that were sent to Lindfield & Lindfield Rural Parish to the Neighbourhood Plan Steering Group in December.

There was great support (98%) for a plan being developed jointly by both councils with most respondents (97%) being from households within our parishes with most (78%) working outside of them. The most popular way of commuting to work is by car within Mid Sussex (25%), while 23% use public transport. A great number (56%) supported the need for better peak time public transport to Haywards Heath and 63% consider that rail services from the station are currently adequate.

The vast majority (95%) agreed that Sites of Special Scientific Interest, Areas of Outstanding Natural Beauty and our Nature Reserves should be reserved without compromise, while 95% agreed that wildlife corridors should be preserved and enhanced. Nearly all respondents (98%) agreed that our Parishes should retain their heritage and identity to provide attractive places to live and visit, while over three-quarters (80%) agreed that small businesses in Lindfield High Street should provide a mix of local services and essential provisions and high-end boutiques. There was similar support (80%) for the protection of business units and retail shops and change of use to residential should be resisted while most (93%) agreed that new businesses that provide local jobs should be encouraged.

Of concern to many is the provision of water supply, as only 52% consider that this is adequate and also of concern is the current capacity of our medical centres as only 47% consider that it is adequate.

Most respondents (97%) agreed that children from within our parishes should have priority for places at schools and nurseries within the Parishes, while nearly all (97%) agreed that children and families should be encouraged to walk to school. Over two-thirds (67%) agreed that there is a need for more facilities and services for our youth within the Parishes.

There were a number of questions on future housing with which most respondents agreed, including the protection of the strategic gaps between Lindfield, Scaynes Hill & Haywards Heath (94%), protection of the character and heritage of Lindfield and of views in and out of the village (97%), future housing developments should be of small scale, geographically spread around the parishes and delivered at a steady annual rate (86%), previously used industrial sites ("brownfields") should be used rather than agricultural land ("greenfields") (93%) and that any new housing within the "Lindfield Conservation Area" should be in conformity with the Lindfield Village Design Statement (89%) or within Scaynes Hill it should be in conformity with the "Scaynes Hill Village Plan" (85%).

The full analysis of the completed questionnaires and the other material that was submitted to both Parish Councils during the consultation will now be used as a basis to begin the drafting of our Neighbourhood Plan and it is our intention to be able to present this to our communities at our respective Annual Parish Meetings during April 2013.

The full analysis and report from AiRS is available on both Parish Council's web sites and a printed version is available to study at both our offices during normal opening hours. Due to the length of the report, a small charge will be made for printed copies.

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## STREET LIGHTS - maintenance

The Lindfield Preservation Society's newsletter in the December edition of Lindfield Life may have given the impression that the Parish Council was not aware of the condition of the paintwork on our street lighting columns until the Society's representative brought it to our attention. This is not the case and the matter is already in hand. Following the initial inspection by Direct Technical Services when we engaged them as our street lighting maintenance contractors in April 2011, we decided that the recommended upgrade of the equipment should be the first priority for reasons of safety, compliance

with regulations and because there was a significant saving to be made on energy by replacing old lanterns. The contract includes painting of columns in the fifth year, but as long ago as 2011 we discussed bringing this forward once the work on the equipment was completed. The upgrade was finished in September 2012, which was too late to begin the repainting programme this year because of weather conditions. Painting of the columns will begin in Spring when the conditions are right.

## ROAD SURFACE AT BLACK HILL / BACKWOODS LANE MINI ROUNDABOUT

As many of you will be aware, there has been a large depression in the road at the Black Hill / Backwoods Lane mini roundabout. A WSCC Highways Officer has advised that problem is more than just a pothole and he has put in an order for exploratory work. A temporary repair should make the road safe in the meantime and we have been assured that this is being treated as high priority.

## MOBILE CIVIC AMENITY COLLECTIONS

The refuse freighters will be in the Tollgate car park on Sundays 20th January and 10th March 2013, between the hours of 10am and 12noon, for the collection of household and garden waste. Please note that due to current legislation they cannot accept items such as televisions, computer monitors and fluorescent tubes. These can still be taken to a civic amenity centre. Please do not leave rubbish in the absence of the refuse freighter.

## 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 on Tuesday 22nd January 1-2pm, Thursday 21st February 10-11am and Thursday 21st March 10-11am.

## BUS STOP POLES AND INTEGRAL BINS

The Environment and Amenities Committee has agreed a programme of refurbishment of the wrought iron bus stop poles, which will involve removal of the semi-circular bins which are too small and difficult to maintain. The bus stop poles will be reinforced so that they can stand alone without the support of the bin. Where bins are considered to be necessary, suitable replacements will be installed, including three wrought iron, free standing, circular bins left over from last year's renovation programme.



## Parish Council meetings

Jan – Mar 2013

Thursday	10th January	Finance and General Purposes Committee	8.00pm
Tuesday	15th January	Planning and Traffic Committee (plans only)	8.00pm
Thursday	17th January	Full Council	7.30pm
Tuesday	5th February	Planning and Traffic Committee (plans only)	8.00pm
Thursday	7th February	Environment and Amenities Committee	8.00pm
Tuesday	26th February	Planning and Traffic Committee (full)	8.00pm
Thursday	7th March	Finance and General Purposes Committee	8.00pm
Thursday	14th March	Full Council	7.30pm
Tuesday	19th March	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.



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Please contact Tony Dawson on  
01444 616797 for more information.

# What's on in January

## AT KING EDWARD HALL

- 6th **Ruwach Christian Church** – Morning Service  
(Ruth Hollis 01444 459025)
- 9th **Lindfield Horticultural Society talk**  
by Jacqueline Aviolet - 'Four Days at the Nursery,'  
8pm. Jacqueline owns 'Rosie's Garden Plants' in  
Aylesford Kent, where she grows asters, hardy  
geraniums and buddleias. She loves giving talks  
and says: "My style is informative and light-  
hearted. I like to encourage all things horticultural  
with humour." Members 50p, visitors £1.00. All  
welcome. [www.lindfieldhorts.org.uk](http://www.lindfieldhorts.org.uk)
- 17th **Country Market** – 10.00am to 11.00am  
(Sheila Hobbs 01444 483396)
- 23rd **An evening of Salsa Dancing**  
(Julia Cooper 01444 417781)
- 23rd **Barn Dance** – 7.30 - 11.00pm  
The Lindfield and District Folk Dance Club  
There will be a live band - The Rampians.  
Tickets are £10 and include a "fish and chip  
supper". Bring own drink and glasses. Tickets  
available from the secretary on 01444 482741.
- 24th **Film Show Evening: Great Expectations**  
Time of Screening: 7.45pm Doors Open: 7.30pm  
Certificate 12A. Starring : Ralph Fiennes, Helena  
Bonham Carter, Robbie Coltrane, Jeremy Irving,  
Jason Flemying and David Walliams  
Director : Mike Newell  
Contact : Jennie Powell 01444 483431



- 31st **Country Market** – 10.00am to 11.00am

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)

## AND ELSEWHERE

- 4th **Sussex Mineral and Lapidary Society**  
**Monthly meeting talk** by David Aubrey Jones,  
'Minerals from Devonshire'  
Redwood Centre, Perrymount Road,  
Haywards Heath. 7.30 for 8pm.  
Secretary: 01444 483041.  
[www.smls.org.uk](http://www.smls.org.uk)

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