

Lindfield *Life*

Inc. Scaynes Hill & Walstead

Local village talk,
by the village

February 2013 Issue #47

Free



Arts Festival gets charity status

page 6

All Saints reveals big building project

page 16

How to decorate your 'tweens' room

page 14

Chiropractic

helps you enjoy life without

PAIN

We offer a different

vision of health

to help you get well

naturally

and stay healthy

naturally

Dr Jennifer Layton,
Doctor of Chiropractic,
has over 20 years
experience and is
accepted by all major
health insurers including
BUPA and PPP.

Situated above Abbots
Pharmacy at
83 High Street, Lindfield,
Sussex RH16 2HN
www.lindfieldchiro.co.uk

01444 484582



STEPHEN GALICO SOLICITORS

We have specialist solicitors working in all areas of law including:-

Probate and Administration of Estates
Tax Planning and Inheritance Tax Saving
Wills and Trusts
Powers of Attorney
Elderly Client Matters
Residential and Commercial Property Matters
Employment
Matrimonial Matters
Personal Injury

Stephen Gallico Solicitors is a trading name of Gray Hooper Holt LLP
who are proud sponsors of The Mid Sussex Football League

Conveniently located at Merlin House, 6 Boltro Road, Haywards Heath, West Sussex, RH16 1BB

Clients are most welcome to visit our offices or we are happy to arrange home visits if this is more suited to your needs

Tel: 01444 411333 Website: www.grayhooperholt.co.uk

EDITORIAL

By David Tingley, Editor

Although it's still early in the year, hopefully we can begin enjoying the slightly longer days soon. Certainly there is a lot to pack in already, if the **What's on** page is anything to go by on **page 30**.

I'm really pleased to hear that **Lindfield Arts Festival** has now gained charitable status - see **page 6**. **Gabrielle Hall** and her team are already working hard on the event (coming up in May) and I know she's hoping that this development will encourage even more local businesses and funding bodies to support LAF.

If you are available to help support the future of your village, the **Neighbourhood Plan** Steering Group are asking for volunteers to take part in a series of Focus Groups. See **page 7** for more information.

There is very exciting news on **page 16**, where we hear of **All Saints'** plans to build a church fit for future generations. The **Church Development Project** is a massive undertaking and is a mix of repairs and improvements of facilities. Do read more and go along to the meeting in early March as the church seeks to engage everyone from the community in its vision.

We are delighted to have had some time with the new **Police & Crime Commissioner Katy Bourne** when she came to office. Claire has put some key questions to her about how her role can positively affect villages like our own. Read the interview on **page 20**.

Elsewhere in the magazine, if you are still 'being good' with your eating, **Caroline Young** tempts us with some wholesome delights on **page 22**. **Lucy Cooper** is still playing golf and is beginning to like it! **Page 28** gives this month's update on her progress and also **Simon Iliffe's** tip for the **golf** connoisseur. And, finally, we hear about **Hollyrood** - an autism support service just north of the High Street. **Naomi's story (page 10)** is inspiring and it's great to hear the facilities on our doorstep are so important.

Issue #47 - February 2013 -
4,000 copies printed

Next magazine copydate:
8th February 2013

Next magazine published:
25th February 2013

Lindfield Life

Brooklands Barn, Rocky Lane,
Haywards Heath, RH16 4RR

Telephone 01444 884115
www.lindfieldlife.co.uk

Editor: David Tingley
Assistant: Claire Cooper
<editor@lindfieldlife.co.uk>

Advertising: David Tingley
<ads@lindfieldlife.co.uk>

Disclaimer: The opinions expressed within
the magazine are of the individual authors
and not necessarily those of the editors.

Whilst the editors welcome contributions &
photographs, this is on the understanding
that there is no obligation to include them
and that the item may be edited & that
there is no breach of copyright. Neither the
editors nor the publisher accept any liability
in respect of the content of any article,
photo or advertisement.

Lindfield Life
Published
by Kipper



David Tingley
The sun sets over Lindfield
High Street.

Hows Hounds.com
Training and Support for
Dogs and their Owners

All dogs of all ages can be helped
with any of the following:
Pulling on Lead / Recall
Aggression
Seperation Anxiety
Barking / Jumping Up
Toileting / Digging
Eating / Chewing
And much, much more.

To find out more,
please contact Georgina How
Mobile: 07815 152781
Email: georgina@howshounds.com
www.howshounds.com

'Bad Hair Day'
Are you going to a party,
have a special occasion,
need colour / technical work
or just a trim?
Come and see
Linda Speller
At her salon
at
44 Noahs Ark Lane
Lindfield
Mobile: 07977468971

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



Laura makes bibs in Lindfield

Lindfield seamstress Laura Bartlett has designed a range of handmade children's bibs. The mother of two developed the idea when her eldest, Rafe, began dribbling at two months but Laura wasn't satisfied with the choice of colours and designs in the bib market. "I really wanted 'Roodlemouse' bibs to be part of the outfit, rather than just something you cover it up with," Laura explained.

The bandana style bibs are available in various colours and patterns and with personalised embellishments such as a baby's initial, a number or a duck, train or heart to name a few. For more information visit www.roodlemouse.co.uk or find Roodlemouse on Facebook.

Book winner

Following Andrew Foster's review of the book *Battleground Sussex* in last month's magazine, there was a lot of interest in the free giveaway copy offered by the publisher.

In the end we drew a name at random out of a hat and the lucky winner is: Maddy Flynn. Maddy gets a copy of the title in hardback.

Rotarians raise over £1k despite weather

The Rotary Club of Cuckfield & Lindfield raised £1,013 in their collections before Christmas. Despite the mostly wet conditions the money was raised by street collections on Saturdays and at late night shopping evenings in both villages. The funds will go towards supporting local community needs.

Further information on the club can be found at the website www.rotarysussex.org



Nalred Farm Offices, Borde Hill Lane, Haywards Heath, West Sussex RH16 1XR
01444 616797 • info@clinicatbordehill.com

www.clinicatbordehill.com

McTimoney Chiropractic • Osteopathy • Acupuncture • Podiatrist / Chiropodist
Reflexology • Hypnotherapy • Counselling • Homeopathy • Meditation
Energy Healing • Life Coaching • Mindfulness Groups • Holistic Massage
Chrysalis Effect: help with ME, CFS & Fibromyalgia • Reiki • Nutrition

Brighten up your day and visit The Clinic to refresh and revitalise...

Feeling the long draw of winter, the grey days and the monotony of life? Then take some time to yourself and visit The Clinic at Borde Hill to bring you back to who you really are. The environment is calm, quiet and rejuvenating and will leave you feeling revitalised.

Whatever your new year resolutions let The Clinic help you keep to them with a host of therapies on offer and beat those winter blues.

The Clinic owner, Tony Dawson offers a new concept in health care, bringing together experts in all aspects of body therapy under one roof. Working from a converted dairy on the Borde Hill Estate, Tony and his dedicated group of practitioners offer therapies including McTimoney Chiropractic, Osteopathy, Acupuncture and Nutrition.

NB: The Clinic has recognition from all major health insurance companies.



Please contact Tony Dawson on
01444 616797 for more information.

Charity bootcamp at Primary School

A small Sussex charity is set to benefit from a fundraising event organised by a local mum.

Natalie Banbury says she remembers it like it was yesterday. "I was 21 when the doctor said to me 'I think your baby may have Spina Bifida'. I left the hospital with a leaflet by the Sussex Association for Spina Bifida & Hydrocephalus and have been in touch with them ever since.

"Bob White and the school (Lindfield Primary) have been so brilliant since Ryan started there three years ago," Natalie continued.

After years of support Natalie believes that now is the time to give something back so, with the help of a few others, she is putting on a charity bootcamp at Lindfield Primary School on Saturday 16th February from 12-4pm.

Maxine Hayes, whose son is also at the school and who runs Potential Personal Training, is helping to organise the event. The afternoon promises a 'Kids vs Grown Ups' session and bootcamps led by Maxine and other guest trainers. Plus, there will also be entertainment, arts & crafts and a food & drink area from local businesses.

"We have been overwhelmed by the generosity of local businesses wanting to be involved," said Maxine.

All proceeds go to SASBAH. Email potentialpt@gmail.com for more info.



Photo: (L-R) Natalie Banbury, Maxine Hayes, Bob White and Ryan in front.

norto5[®]
kidz
Childcare Settings
Birth to 5 years
8:00am - 6:00pm
Call us today
0845 004 5226
www.norto5kidz.com
Lindfield Cuckfield Burgess Hill
Hickmans Lane Whitmans Green Janes Lane

COPTHORNE
PREPARATORY SCHOOL
Copthorne Prep "recognises the uniqueness of individuals and supports every child so that each makes good progress".

Outstanding academic results ■ Co-educational 2½ - 13 years
■ Flexi & Weekly Boarding ■ Early drop off & after school clubs
■ Chess on Curriculum for years 3 & 4 ■ Parent & Toddler Group (Friday morning) ■ Nursery Education Grant available

For more information about our School please contact us on 01342 712311
office@copthorneprep.co.uk www.copthorneprep.co.uk
Effingham Lane, Copthorne, West Sussex RH10 3HR

LAF to host free music festival

The Lindfield Arts Festival has announced plans to create a fantastic free music festival as part of its programme this coming May. The musical element, organised by Hereward Kaye, Musical Director and Founder of Rok Skool in Haywards Heath, will provide a wonderful showcase for local talent.


"We listened to the feedback we received from previous visitors which suggested that a large scale performance would be well received and could even become a regular feature each year," said Gabrielle Hall, Director of the 2013 Festival. "We are thrilled to be working with Herry and his team at Rok Skool. Music is such an important element of the art festival and this year we want to provide a variety of performances and workshops that cater for all tastes."

With a wide variety of venues offering space for visitors, the festival hopes to provide a really colourful programme suited to all ages and details will be available online soon. Performers can now apply to become part of the programme by registering their details through the festival website. Applications are also sought from amateur and professional film-makers, artists and poets.

This exciting news followed confirmation that the Charity Commission has just registered the Lindfield Arts Festival as a charity. "The organising team is delighted," said Gabrielle. "It was really important for us to secure the future for the festival which brings

thousands of visitors to Lindfield each year," she said. "We have to raise a substantial amount to pay for the festival and I hope that, with our new charity status, sponsoring the festival will be an even more attractive option for local businesses and funding bodies that we approach," she continued.

The festival has already received a number of donations from local organisations, including the Rotary Club of Cuckfield and Lindfield who have generously offered to sponsor several of the festival prizes. "Local businesses can get involved in a variety of ways," said Gabrielle. "Our marketing campaign is expected to reach over 30,000 people living within mid-Sussex and, with over 6,000 visitors expected at the festival in May, it's a great way to deliver a key message and receive maximum exposure for any business. We have a number of packages for corporate sponsors and a variety of options for smaller businesses including low cost advertising space in the festival programme. Our team will work hard to ensure that all sponsors receive a great return on their investment and through links with our media partners Lindfield Life, Sussex Living Magazine and Family Grapevine we hope that our marketing campaign will really highlight the key businesses and individuals that support us." To receive a copy of the sponsorship and media pack please send a request through the festival website www.lindfieldartsfestival.com



Swimming Lessons at Ardingly College

Come to one of the most popular children's swimming lessons in the area. Held on Saturday mornings at Ardingly College. We welcome toddlers, beginners, improvers and advanced swimmers.

NEW

Tiddler Swim Sessions
Arm Band sessions to get your little one the best swimming start possible

+ RLSS Rookie Lifeguard Club

Places Available Now!
Fully qualified ASA teachers, CRB checked
EST. OVER 20 YRS AT ARDINGLY COLLEGE

BOOK TODAY!

For more information or to book call Jackie on 01825 791782
www.ardinglytrainingcentre.co.uk



LEE'S LOCKS

NO CALL OUT CHARGE!
All locks fitted to insurance BS3621

Mortice Locks • Supplied & Fitted
Fully Guaranteed • O.A.P. Discounts
Insurance Work • UPVC Specialist
Digital Locks • Window Locks
Garage Door • UPVC/Patio
Police Checked • No VAT!!!

**LOCKED OUT? DOOR JAMMED?
LOST KEYS? NEED EXTRA SECURITY?**

Store this number in your phone NOW! You may need it

Tel: 01444 484119
Mob: 07921 068564
Email: lee@lees-locks.com
22A Pelham Rd, Lindfield

FREE PHONE 0800 44 88 147



Checkatrade
Before you use them

Volunteers needed for Neighbourhood Plan Focus Groups

By Cllr Alan Gomme

This month's meeting of the Neighbourhood Plan Steering Group will be held on Thursday 21st February at 8pm in the Jubilee Room at the King Edward Hall in Lindfield.

This will be an Open Meeting with members of the public being invited again to take a full and active part in the discussions. At our January meeting we agreed to create four Focus Groups to work with our consultants from Action in Rural Sussex (AiRs) in developing the various elements of a draft plan, the groups being: Landscape & Environment, Community & Infrastructure, Transport & Traffic and Housing.

We are still looking for volunteers for these groups and if any reader of Lindfield Life is interested in helping with the development of this vital plan, which we hope will provide some protection for our village for the next 20 years from over development, we would invite them to contact their Parish Office (Tel: 01444 484115) and/or come to this meeting.

Guy escapes to a warmer climate



Wish you were here!

Following Guy Fawkes stay of execution last November Lindfield Bonfire Society received this postcard from him on the run, apparently in Monaco!

Elsewhere the Society is open for business as usual welcoming any new members and is also in the process of putting together their 2014 Lindfield Calendar. If you are interested in sponsoring a month or supplying photos for it please email: lindfieldbonfiresoc@gmail.com

MAKE MAGICAL *Masks* THIS HALF TERM



This half term holiday we will be creating magical, carnival, mardi gras, tribal, funky masks! Workshops booking NOW for some magical making.

Monday 18th February
Tuesday 19th February
Wednesday 20th February
Thursday 21st February

NEW TIME EACH DAY 10am-3pm



To register or for further information call Leesa now on 07738288730

art@lindfieldartstudio.co.uk

www.lindfieldartstudio.co.uk/whats-new

Your LOCAL Satellite Tv & Aerial Specialist

www.norsat.co.uk

est 1992

- Digital TV/ FM /DAB Aerials
- Digital Tv Aerials - Upgrades - Repairs - Service
- Extra Tv / FM / Sat / Telephone Points
- Discreet Dish Installations
- Realign - Repair - Service
- Plasma / LCD / LED Installations
- Multipoint Systems
- Domestic & Commercial Systems
- Sky, Sky + , Sky + HD / New systems & upgrades
- Freesat Systems - Standard and High Definition
- Freeview Aerials / Receivers/ Recording systems
- Foreign Satellite for French, German, Spanish, Italian & More

Proud members of
Checkatrade.com
Where reputation matters

sky | Your local
Sky expert

freesat

Freeview

10% OFF

any aerial work
with this
advert

NORSAT

t: 01444 318089



Look Good & Feel Fantastic!

A new approach to fitness and wellbeing?
Make an appointment to join one of our
Pilates classes or book a private lesson

NEW or existing injury? See one of our
Physios for an assessment and develop a
bespoke plan that will help you recover as
quickly and as safely as possible.

YOU will feel the difference!

Acupuncture Awareness Week

25 February - 3 March 2013

www.introducingacupuncture.co.uk

Contact us to book your **Free** 30 minute Chinese
health check.

Open Day
Saturday 9th March 2013



re:ab
Physiotherapy and Pilates

Church Road
Haywards Heath
RH16 3NU

www.reab.co.uk

Other speciality Pilates classes include over 60's, teenagers, pre and post natal and back-care
For more information contact 01444 473970 or reception@reab.co.uk Please quote Ref LLFEB.



ELECTRICAL
WWW.CW-ELECTRICAL.COM

**FREE QUOTES
& FREE SAFETY
CHECKS**

Free Safety Checks
Free Quotes
Circuit Testing and Certification
Kitchen and Bathroom Re-Wiring & Alterations
Extra Lights & Sockets
Fuse Board Upgrades
Complete Re-wires
Telephone Systems

TV Points
Full Entertainment Set-up
Under floor Heating
Security Systems
Extensions
Storage heaters
Immersion Heaters
Fault Finding
Outside Power and Lighting

T: 01444 482034
M: 07807 355 632
E: chrisw@cw-electrical.com
NICEIC Registered
Qualified to the latest 17th Edition



Maths and English

ALL AGES ALL ABILITIES ALL ACHIEVERS

MagiKats works on parallel threads:

THE WORKSHOPS:

- *build understanding of topics needed at school
- *help with problem areas
- *tackle more advanced material
- *teach in small groups

THE HOMEWORK:

- *is set according to the individual's needs
- *strengthens core skills
- *fills gaps and builds strong foundations
- *builds confidence

**CLASSES AT THE KING EDWARD HALL,
LINDFIELD**

**CALL 01273 473757 or visit
www.magikats.co.uk**

n.whittaker

landscaping & paving

Tel (01444) 450300
contact@nwhittaker.co.uk
80, Savill Road, Lindfield RH16 2NN



ALL TYPES OF

**BRICK DRIVEWAYS,
PATIOS, PATHS, GARDEN WALLS,
LANDSCAPING ETC.**

Approved By Trading Standards
(Established 1979)

www.nwhittakerpaving.co.uk

THE CLEANING SERVICE BELLE CASA

Beautiful Homes

We know how hard it can be to find a dependable and honest cleaner, which is where we can help.

We can offer you professional cleaning and ironing for a fully inclusive rate of only **£10.75 per hour** (minimum of 2 hours per week).



All of our cleaners are specially selected, and insured, and you will receive the same cleaner each week.

So, if you'd like to take the pressure off keeping up with your household chores, then call us today on:

01444 420042

(answermphone available outside office hours) or visit our website:

www.bellecasa.co.uk



Autism Support Service is 'Heaven on Earth'

After suffering a mental breakdown at the age of 22, losing her memory and virtually all her speech, the future looked uncertain for Naomi.

However, thanks to staff at Hollyrood in Lindfield, Naomi has made a remarkable recovery and is now enjoying a busy and fulfilling life.

Here is Naomi's story which is featured in the annual review of The Disabilities Trust, a leading UK charity based in Burgess Hill.

'Naomi left school at 18 and worked as a fishmonger in a supermarket. She loved writing radio scripts and used to read insatiably. At the age of 22 Naomi had a mental breakdown. She then had to wait six years for a diagnosis of autism. The effect on her family was devastating; relief at diagnosis but anxiety about the future.

Shortly after the diagnosis, social services advised Naomi's parents to contact The Disabilities Trust which operates national services providing quality care, rehabilitation and support for people with acquired brain injury, physical disabilities, learning disabilities and autism.

Naomi was assessed and accepted into the Autism Spectrum Partners' service at Hollyrood in Lindfield. Initially she needed two to one staff support and, when she arrived, had a loss of memory and had virtually lost all speech.

It took a whole year for the autism specific trained staff at Hollyrood, with the help of the local psychiatrist, to get Naomi off the psychotropic drugs she had been prescribed and is now on a very small dose. Both her

thyroid and pancreas have been severely affected by these drugs, so she is now diabetic with an under-active thyroid.

Her life has changed completely. The effects of the drugs are now affecting her less and she is able to get involved with walks, dancing, knitting, housework and cooking, all of which has been done with the help of the staff. The team at Hollyrood supported her, working out a routine of life skills and activities which included drumming - for which Naomi has a real talent. Much emphasis at Hollyrood is given to enabling service users to develop independent lifestyles, and to this end Naomi is now living in Community Housing, also provided by The Disabilities Trust, in Haywards Heath.

Gradually, in the words of her mother Vicky, the real shades of the old Naomi have returned. She now enjoys regular meetings with her four sisters and the only worry is the uncertainty of funding to keep Naomi where she wants to be.

Vicky says, "Naomi has come a long way, which has been only possible by the fantastic input, love and care from her carers and the staff. There is heaven on earth and The Disabilities Trust provided it."

Vicky has worked tirelessly to raise money to support The Disabilities Trust. She has already raised almost £3,000 for the Trust and has set herself an initial target of £5,000. Anyone wishing to support her fundraising for the Trust can do so at www.justgiving.com/bfkautism

The full annual review for The Disabilities Trust can be seen on: <http://www.thedtgroup.org/about-us/publications.asp>



Tiger Cubs Pre-School

Lindfield established 1992

- ✿ Caring, qualified, experienced staff
- ✿ Core sessions 9.00am – 12.30pm
- ✿ Optional lunch 12.30pm – 1.30pm
- ✿ Extended days until 2.30pm
- ✿ Cooking & PE sessions – outdoor play area
- ✿ Good Ofsted 2012
- ✿ Free car park to rear



Tiger Hall, High Street
07905 099 802

www.tigercubslindfield.org

The gardening event of the year!

'Strictly Come Gardening', Haywards Heath's own gardening show, is back, bigger and blooming on Saturday 27th April providing lots of ideas for your garden!

The celebrity expert panel returns, chaired by Jean Griffin, BBC Radio Sussex and Surrey's gardening guru. Last year's exhibitors, plus many more, are planning to attend so we'll again have the great Sussex gardens, plant specialists, nurseries, schools and colleges. Local horticultural and gardening clubs will be strongly represented and new features are planned, including flower arranging teach-ins from de Novo Flowers, a Gardening Treasure Hunt, where clues will be hidden in the shops in the Orchards, and a quiz. There'll also be lots of music and dance from local schools during the afternoon to make this a really fun community event! "Last year's inaugural event was a great success, so we are very excited to build on that for 2013," said Ruth De Mierre, one of the organisers.

Virtually every school in and around Haywards Heath is taking part in the Strictly Schools Challenge. Younger children are being asked to paint a picture of a tree, while Key Stage 2 children will be creating their "Edible Metre". Older students are being challenged to design a sustainable gardening feature. "We need as many people involved as possible," continued Ruth, "to make it a truly cross-community event." Therefore any organisation, horticultural or gardening club who would like to become involved should contact Ruth on 01444 453399 or email ruth@i-dmc.co.uk

Microsoft CERTIFIED IT Professional | **A+ CERTIFIED**

Tom Seymour BSc
IT Support

Providing IT support for small businesses and Home users, with over 10 years experience in IT.

Call out fee from £25 including first hour

- Purchasing Advice, Installation and Disposal
- Broadband (ADSL & FTTC)
- Anti-Virus, Security and Maintenance plans.
- Quotes and Remote support , available on Request.
- Training in your own Home

01444 473606 - 07843 116783
Help@TomSeymour.co.uk
<http://www.TomSeymour.co.uk/>

Checkatrade.com Where reputation matters | **Network+ CERTIFIED**

KEEP WARM THIS WINTER

LOOSE LOADS OR BAGS OF SEASONED LOGS



CALL US ON
01444 831 010
TO ORDER NOW

**35 YEARS OF ESTABLISHED BUSINESS,
RUN BY THE FAMILY**

KPS HOUSE, HAM LANE,
SCAYNES HILL, RH17 7PR

EMAIL: SALES@KPSCOMPOSTING.CO.UK
WEBSITE: WWW.KPSCOMPOSTING.CO.UK

The greatest love of all

NATURAL THERAPY

By Anna Taylor

When most of us think of February, we also think of Valentine's Day and therefore, love. For those of us in a relationship, there is often a huge commercial and societal pressure to be especially romantic which, in many cases, can lead to tension or disappointment. For those of us who are single, the mere mention of Valentine's is usually just an unwelcome reminder of that fact!

Of course, it's wonderful to celebrate the love between two people but what about the love that Whitney Houston termed as 'the greatest love of all'? What about the love for ourselves? Not the false 'look-at-me', conceited kind but a deep self-appreciation for who we are.

It's perhaps the most complex, multi-layered and life-long lesson of every human being. However, given that our self-esteem is the foundation for the rest of our experiences, it is important, especially at this time of year, to remember that if we want to see changes within our romantic life (or any part of life for that matter) we have to look within.

Working with clients as I do, I have heard many people tell me that if only they were in a relationship or if their partner did this or that for them, they would be happy. But no-one is the source of our happiness, so it's up to us to pay more attention to how we treat ourselves on a day-to-day basis. One of the things I have found works well for keeping our inner-critic in check is to stop and think "Would I say that to my best friend? Would I want that for them?" Because let's face it, we all find it much easier to be kind to others. So if the idea of self-love feels like a million miles away from where you are, start with that. It's often the simple changes we begin to make that have the most profound effect. Such as:

- **Saying no to others when you want to, instead of just saying yes to please others or be 'nice'**
- **Accepting help when you would like it (even if it's saying yes to a cup of tea being made for you!)**
- **Looking at yourself in the mirror and focusing on one thing you appreciate about your body**
- **Saying 'thank you' when someone pays you a compliment**
- **Making space in your diary to do something just for the fun of it!**

And last but not least, perhaps have a think about why you are less than kind to yourself? You may soon realise that there aren't any reasons that make any real sense! Imagine what the world would be like if we all focused on love?

One of my favourite quotes by the poet Rumi says "I am in Love with Love and Love is in love with me". Happy Valentine's Day!

Jakki Todd
The Lindfield Beautician

Jakki is an Aesthetician with over 30 years experience offering Beauty Treatments, Electrolysis & IPL Permanent Hair Reduction in a private home with parking facilities.

- Facials
- Waxing
- Electrolysis
- Aromatherapy
- Si Tropex Tanning
- Red Vein Removal
- Manicures and Pedicures
- IPL Permanent Hair Reduction

Gift Vouchers Available

For full Treatment List & Prices visit www.jakki.net
Email: info@jakki.net
Tel: 01444 487474

APPOINTMENTS ONLY

info@vereconsulting.co.uk', 'website: www.vereconsulting.co.uk', and 'Teagues Barn, Lewes Road, Scaynes Hill, Haywards Heath RH17 7NG'."/>

Vere
Consulting Ltd

Accountants and Tax Consultants

Experienced accountants providing small businesses and individuals with a tailored service, including:-

Accounting Systems, Bookkeeping, Budgeting, Capital Gains, Company Secretarial, Management Accounts, Payroll, Self Assessment, Statutory Accounts, Tax & VAT.

For a free, no obligation, quote or informal chat please call or email to discuss your requirements.

Tel: 01444 831886
email: info@vereconsulting.co.uk
website: www.vereconsulting.co.uk
Teagues Barn, Lewes Road, Scaynes Hill, Haywards Heath RH17 7NG



Open Day
Monday
25th February

We put
learning at
the heart of
all we do

Tel: 01444 450256 www.tavistockandsummerhill.co.uk



*An Independent, Co-Educational
Nursery and Preparatory School*

Summerhill Lane, Lindfield, Haywards Heath,
West Sussex RH16 1RP



TAVISTOCK &
SUMMERHILL SCHOOL

Tavistock and Summerhill School is a registered charity, number 800086

SWALK Valentine's Day



Golden oldies, puppy love, any kind of love
We have it all wrapped up at Swalk, pop in today
and find the best British & Belgian chocolates,
gorgeous gifts and, of course, that very special card!

66 HIGH STREET
LINDFIELD
01444 484400

OPENING HOURS:
0930 – 1700
MON – SAT

SEALED WITH A LOVING KISS x

Like Swalk & follow us @swalkstore  



Redecoration to satisfy 'tweens'

By Jacqui Smith, interior designer

I have written before on the 'new year, new project' theme. Christmas galvanises many of us into making the incoming year the one when we are going to update the kitchen, remodel the bathroom or possibly extend.

For some of us large scale festive catering in a poorly configured kitchen is enough to get us flicking through interiors magazines, whilst others are inspired by things seen and loved on visits to other people's houses. Redecoration madness started a little early this year in the Smith household.

The old adage of cobblers' children being the last to be shod most definitely applies to the world of interior design and Cameron's bedroom transformation has been on "the list" for too long. The boys become experts on our various projects, growing familiar with schemes for residential refurbishments, navigating the cardboard boxes in the hall when they come home from school.

On a recent project we had them as rubbish clearers - up and down stairs with cardboard and bubble wrap. They both seem to enjoy seeing the end result and Cameron was particularly taken with the paint colours on this project. So 3rd January saw us picking paint colours for his bedroom. Note the "us".

His plan was for wall to wall grey but we settled on two walls each and for this I make no apology. Autocratic I was not, I wanted to illustrate how various shades could work; the effect a darker shade would have on the window wall and how, when painted on the reveals, it would change the effect of the light coming into the room. I wanted to show him how one paint colour will behave differently on different walls and in different lights. Had I managed to convince my young client?

Well, yes, I think I did - we settled on two walls in the grey and two in a reliable neutral, Dulux Natural Hessian, the window wall and the adjacent window wall to maximise the light coming into the room.

Choosing the right colour scheme for an eleven year old is key; steer clear of fads and themes as they could easily tire of these within a year. The grey and neutral scheme will last my tween well into his teens and provide him with a plain backdrop for framed posters (Sellotape and blue tack are now off limits and this was part of the redecoration agreement!). The current poster theme is Skyfall and, yes, that works rather well with the grey.

So what else should you consider when decorating for the budding teen? Their storage needs change - less about toys and more about clothes. For us hanging space was a requirement, a decent sized desk, proper task lighting for school work and reading in bed. South Road charity shops watch this space for a bulk donation of Liverpool fleece blankets, beanbag and football bedding. This boy is all about black and grey two-tone now. I don't think I ever expected a male to get excited about the colour of a bottom sheet but Cameron showed genuine delight at having grey not white. The coordinating furniture gene seems to have been passed on to Cameron, so the light wood bookcase was suddenly "not working" in his bedroom and generously handed down to Piers in favour of a black one to match the bedside.

Of course the great thing about updating older kids' rooms is that they can do some of the work. Cameron was through the door from IKEA and immediately getting busy with his Billy bookcase!

www.homesmiths.co.uk 01444 440880



Fullspectrum
33 High St
Lindfield
RH162HJ

Nigel & Susie Hutchings
Dip. PCN, Dip. HN
Dip. HE (Steiner)
Cert. NLP, AEnyp,
ARH, RHom, GHR
Est 1982

**Hypnotherapy, Stress Management
& Homoeopathic Centre**
A Health Insurance approved practice

Smart tools for positive change

Promoting personal development
& unlocking inner potential
Registered Hypnotherapist & Homoeopaths

Inspiring natural potential

Appointments: 01444 487736
www.positivemedicine.co.uk

10% discount offer with this advert



POTENTIAL PERSONAL TRAINING

RESPONSE FITNESS PACKAGES
PROFESSIONAL AND FRIENDLY TRAINERS

REACH YOUR POTENTIAL THIS NEW YEAR!

FUN & EFFECTIVE SESSIONS
CLASSES RUN IN LINDFIELD

CONTACT US NOW TO CLAIM YOUR FREE SESSION

- POTENTIALPT@GMAIL.COM
- 07917 852 989
- WWW.POTENTIALPERSONALTRAINING.COM
- WWW.FACEBOOK.COM/POTENTIALPT

MEET + DEVELOP + LAUGH + IMPROVE + SUCCEED



AJ Mullen
Bricklayer,
General Builder,
Extensions & Patios

Tel: 01444 414657 Mobile: 07941 308966
Email: Mullenb04@aol.com 27 Hickmans Lane, Lindfield, West Sussex, RH16 2BN



Singing Lessons | Vocal Coaching

Tenor Elliot Goldie BMus and Mezzosoprano Dervla Ramsay AGSM recently moved to Lindfield are looking for new singing pupils in the area. The pair qualified at the Guildhall School of Music and Drama in London and have a wealth of experience from singing at the Royal Opera House for over a decade.

Whether you are a beginner or intermediate level, just for fun or require tutoring for singing grades call Dervla now on 07967 506452 or email: dervlaramsay@aol.com



All change at the top church

CHURCH DEVELOPMENT PROJECT

By David Tingley

All Saints church has been standing on its present site since the 13th century. Its imposing tower and spire standing at 116ft would certainly have made a big impression when villagers at the time caught sight of this. All Saints has become an iconic symbol of our picture postcard village, standing proud at the top of the High Street. However, 2013 is set to be a milestone in the building's history as the church embarks on a major development project.

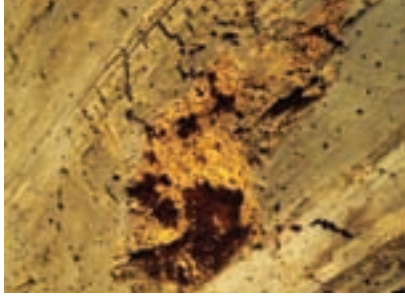
In fact it's a huge undertaking, with 50 separate elements all running along different timelines over the next three to five years. The development plans affect both the church and the building next door, known as The Tiger, and are estimated to cost in the order of £2m.

Every church building in the country is inspected thoroughly every five years, and last year's review of All Saints identified some major repair needs. James Clarke, vicar at the church for the past 16 years, gives us some background: "For some years we have been thinking about how we can make the best use of our buildings to serve the spiritual needs of the community for the coming generations. There is no doubt that much repair work needs to be done – more than we originally thought – but we are also taking the opportunity to look to the future to see how we can adapt to the needs of a changing culture."

James says that when thinking about this project it's important to set it in context with the church's vision. "We see three main thrusts to our work at All Saints – to reach out to the community, to build up the body of believers and to send them forth into the world to live joyfully and effectively for Christ. We want to make our buildings serve these purposes more effectively."

However, James Clarke is keen to emphasise that they don't wish to jettison the past. From the early stages of this process, which started some years ago, the phrase 'honour the past, build for the future' was adopted. "The present congregation at All Saints has benefited hugely from the imagination and investment that earlier generations put into developing the church building and the Tiger. As a result of these visionary moves, the church grew. We want to play our part in investing for the future to create opportunities for further growth."

James continues, "We are not alone in this; a number of Anglican churches in the surrounding area have faced and tackled the similar issues over the last ten years or so, and it is clear from the results that they have been very successful and received



with much satisfaction in their local communities." Indeed there are some excellent examples of church development and reordering locally. The Church Development Project Steering Group have spent a good amount of time visiting and researching other churches around, including Angmering, Henfield, Seaford and the recent completion of Holy Trinity in Cuckfield.

Roy Ransley, Chairman of the Steering Group, emphasises that it is not just about seating arrangements in church. "There are many reasons to carry out improvements for a church in today's world; disabled access, appropriate utility facilities (toilets, kitchen servery, storage), improved heating and lighting, as well as flexible seating and a more welcoming feel to our main entrance. We installed a full Audio Visual system in 2010 and this is an integral part of our worship. We are also really excited about our vibrant youth and children's groups and how the redevelopment of The Tiger could improve our capacity for increased youth and children's work in our community."

One of the elements of the project will be the renewing of the church bells. This will prove to be a major project in itself as they have not been refurbished in over 100 years. Some of the bells date back to the 1600s! James Clarke continued, "I think there is something very special about hearing the bells being rung after wedding services or calling people to worship on a Sunday. We are hoping that the wider community of Lindfield will help us in this phase of the project as it forms a traditional part of village life here."

The first phase of the work is expected to begin in the Spring with repairs to windows, stonework and the spire. All the cedar shingles need replacing on the spire, so it's a very necessary and highly visible start to the much bigger project. The church has already appointed an architect for the redevelopment plans and the whole village is invited to take an interest in how that progresses. The first opportunity to do this will be the presentation of the plans at meetings to be held on Saturday 9th March this year. James is understandably excited about it. "Our architect has already come up with some imaginative ideas which we can't wait to show Lindfield. We hope lots of people will come and share in this adventure of faith with us."

More information on the Church Development Project can be found on their website www.allsaintslindfield.org or by contacting the church office.

GIELGUD ACADEMY OF PERFORMING ARTS

The Old Cinema
59-61 the Broadway
Haywards Heath
West Sussex
RH16 3AS

www.gielgudacademy.co.uk





Design & Construction of Unique Garden Features.

- Drives • Patios • Fencing
- Walls • Ponds
- Water Features • Planting
- Lighting • Irrigation



Expectation
landscapes

01444 413966
07525 808906

See more: www.expectationlandscapes.co.uk



info@expectationlandscapes.co.uk

Free quotation
with full spec
and plans.
Fully insured

39 Hickmans Lane, Lindfield
West Sussex RH16 2BN



DEAN FERGUSON

YOUR LOCAL

ELECTRICIAN

(VAT FREE LABOUR)

PART 'P' REGISTERED

OVER 20 YEARS EXPERIENCE

ALL DOMESTIC ELECTRICAL WORK UNDERTAKEN

PERIODIC INSPECTION REPORTS

FREE ESTIMATES GIVEN

NO JOB TOO SMALL

Tel: 07754 000147

Email: deanfergusonelectrician@hotmail.co.uk

Lindfield Aerial Contractor

- Freeview
- Freesat
- Radio Aerials
- Free Estimates

**Telephone Andy on
Local Number**

01444 443116

www.switchondigital.com



Congratulations to Katy Bourne who has become the first ever Police and Crime Commissioner for Sussex.

Katy, a Mid Sussex District Councillor, lives in Ansty with her husband Kevin and two grown up sons. We caught up with Katy during her first week in the job to find out what her new role could mean for Lindfield.

By Claire Cooper

Do you feel safe living in a rural area and what do you consider are the main challenges faced for policing of villages?

It's easy to feel remote when living in a rural area, so I will make sure rural areas get a fair share of the resources being allocated.

I want to encourage more community-based solutions. Schemes such as Farm Watch, in which people in rural areas are encouraged to share information and take crime reduction measures. These schemes can play a key role in helping residents feel protected.

The return of the 'village bobby' would be widely welcomed by most people but realistically this is probably an impossible dream. How do you see the future of neighbourhood policing and how would you like to see it resourced?

I intend to increase the number of Special Constables to enhance the excellent work done by Police Community Support Officers (PCSOs) and reconnect the public with their 'local Bobby'.

Special Constables are volunteers who have the power of arrest and increasing their number is essential to improve police visibility and bring diversity to frontline neighbourhood policing.

PCSOs provide a vital back up for police officers. Would you like to see their role expanded and PCSOs given more powers?

PCSOs have recently been awarded stronger powers and I support the vital work they do in our communities. I know that many residents are very appreciative of the work they carry out.

You say that you will be putting the victim at the heart of policing. Does this mean putting more emphasis on the effects of crime?

My role as PCC is to bring together organisations like Sussex Police, local authorities, Community Safety Partnerships and victims' services to make sure victims of crime are kept fully informed throughout the entire process of crime resolution. I will also be funding services to help those who are affected by crime.

Have you ever been a victim of crime?

I had my handbag stolen several years ago. It contained an item of jewellery that my father, then deceased, had given to my mother on her 21st birthday. She had subsequently given it to me on my 21st. The loss of such a sentimental item was very difficult – I can never replace that.

What role, if any, do you see residents associations and community groups playing in the prevention and solving of crime in our villages?

The police can't tackle antisocial behaviour on their own and it's important we support the work they do in our communities. I will be encouraging residents associations and community groups to play their part.

Streetwatch is a new scheme being trialled in Sussex.

It is one way for people to play an organised role in their area, with training provided by Sussex Police. It has been shown to reduce levels of antisocial behaviour and other criminal activity in neighbourhoods.

How will you seek to reassure residents that crime committed in rural areas will be given the same priority as that in towns?

I was elected with a manifesto pledge to ensure a crime in a rural area is taken as seriously as a crime in an urban area. I want people from rural communities represented on Community Safety Partnerships and for police plans to be 'rural proofed'.

As a parent, are you concerned about drug use among young people and the widespread availability? How should this be tackled – by wider education or tougher penalties?

All too often large numbers of crimes are committed by a small number of people and, frequently, the common denominator is drugs. I will give the police strong support to target the drug dealers and organised crime networks that bring misery to our streets. I will also work with other agencies to fund proven initiatives that help addicts, often themselves victims, give up their drug dependency permanently, as well as working with health authorities, schools, victims and charities to ensure we never stop looking for innovative ways of educating residents about the dangers of drugs.

How will you tackle low morale among police officers, with budgets being cut year on year?

I have a great deal of sympathy for Sussex police staff and officers, who are experiencing enormous change. I will be meeting all staff and officers over the next few months at their early turn meetings. I am here to support them.

How would you like to be remembered at the end of your 4 year term?

My success as PCC will depend on my understanding of Sussex and its residents, and shaping the police force accordingly. I want residents to know I am an accessible Commissioner and a strong voice for local people in the fight against crime, and I look forward to being re-elected on this promise.

The Commissioner has just published her draft policy priorities and local objectives for the Police & Crime Plan and is inviting feedback on these from the public: <http://www.sussex-pcc.gov.uk>. Once on the website residents can also sign up to receive a regular e-newsletter from the Commissioner, read the latest news and take part in the online poll and have their say on policing and crime matters in the county.

thesis

asset management

Straight-talking
investment management

We like to keep the choice of core investment services simple but effective. It's how we meet your needs which makes all the difference.

If you would like to find out more about our approach, please call Tony Gammon or Paul Morley on 01273 728188 for an informal chat or email tony.gammon@thesis-plc.com

Brighton – Chichester – Gatwick – Guildford – Lyminster

www.thesis-plc.com

Thesis Asset Management plc is authorised and regulated by The Financial Services Authority





Tasty vegetables

SIMPLY GOOD FOOD

Vegetable Chowder

4-6 servings

Finely chop a medium onion, some celery sticks, a red and a yellow pepper (discard seeds and pith) and gently cook in a little oil until soft. Sprinkle over 2tbs flour and stir in. Stir in a can of creamed corn, a pinch of dried thyme and a few flakes of dried chilli (optional). Gradually add 900ml milk. Cook, stirring, until at eating temperature. Season to taste.

Variations: dice a baking potato and add with the corn. Cook until potato is soft. Or add diced cooked chicken or prawns, crisply cooked and crumbled bacon or flakes of ham.

White Bean and Cabbage Soup

4 servings

Finely chop a medium onion and thinly slice 2 carrots. Cut out the thick stem and ribs of a 500g wedge of white cabbage and cut into fine shreds. Gently cook the onion, carrot and some crushed garlic in a little oil until just soft. Add 400g can drained and rinsed cannellini beans, 400g can chopped tomatoes, the cabbage and 1.2 litres vegetable stock. Bring just to the boil, cover and cook over low heat for about 10 min or until the vegetables are tender. Season to taste and serve sprinkled with chopped parsley.

Located in the heart of the Sussex countryside

Great Walsted School,
where the possibilities
and the grounds
are endless.

*“Pupils’ academic achievements
are excellent” ISI report 2012*

To book a visit call 01444 483528
or email registrar@greatwalstead.co.uk,
we would love to show you around



www.greatwalstead.co.uk

By Caroline Young

Following on from last months' suggestions for eating healthily with the emphasis on lots of vegetables (especially home-grown ones) and alternative sources of protein some recipes for "meal-in-a-bowl" soups seems appropriate for February. When reheating soups containing milk, heat very gently, stirring, just to serving temperature – do not allow to boil. Served with warm bread and some green salad these recipes really do make an excellent meal.

Butterbean and Lemon Soup

4 servings

Drain and rinse a 400g can butterbeans. Put into a pan with some crushed garlic, the finely grated rind and juice of 1 large unwaxed lemon and 600ml vegetable stock. Bring just to the boil, cover and simmer 5 min. Spoon into a processor, add 4tbs dried milk powder and buzz until smooth. Tip back into the pan, stir in 600ml stock and seasoning to taste. Heat to serving temperature and serve topped with chopped fresh chives.

Herbed Toasts

Toast thick slices of bread on one side. Turn over and generously spread with garlic or herb butter. Return to the grill until golden brown. Serve piping hot.



Templar Property Services Ltd.

General building, property maintenance & project management services. All aspects of building and maintenance undertaken including:

- Extensions/Alterations
- Brickwork/Pointing
- Plastering/Screeding/Rendering
- Kitchens
- Bathrooms
- Electricians
- Plumbing
- Decorating

Check out our website www.templarps.co.uk for details on saving money through the templar labour only scheme

We are happy to arrange meetings with previous clients and viewings of their projects.

Or Call Martin Lewer
Office: **01825 790 690**
Mob: **07788 590526**

Templar achieve the best results from planning to finish



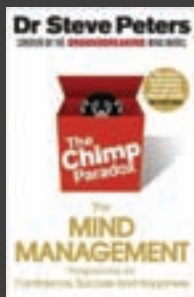
Take this space from as little as £50+VAT and tell Lindfield about your business

Lindfield Life

Call David on 01444 884115
or email ads@lindfieldlife.co.uk
More info at www.lindfieldlife.co.uk

The Chimp Paradox by Dr Steve Peters

BOOK REVIEW



By Cavan Wood

Dr Steve Peters is an adviser to many in the British Olympics teams, especially the Cycling squad. His book received warm accolades from both Chris Hoy and Victoria Pendleton. Yet this book isn't one that can only help or inspire sportspeople. It contains some truths that affect us all. Peters tells us that the brain is divided into three types of operation: the human (empathy for others and logical thinking), the computer (totally logical thinking) and the chimp (an emotional way of responding to a situation). As he says, the chimp can be your best friend or your worst enemy – this is the paradox. When our sportsmen were obsessing with the emotion of trying to win, they lost more frequently; when they focused on just peddling or moving the oars or one foot in front of another, they won more. When the language of motivation is exchanged for the idea of commitment, things get better. As motivation is about emotions which will go up and down, commitment is an act of the will. This is a manual for self-reflection but he is not giving us the solutions to all of our concerns or personal growth issues. He realises that key to all humans is the need for what he calls "the stone of life", a set of values and beliefs that can surpass the moment and give us a direction. You will not fail to come away from this book asking yourself important questions about who you are and how others relate to you.

&Masters &Son^{ESTD 1864}

Supporting & Caring Funeral Services

Masters House
Leves Road, Landfield
West Sussex RH16 2LE

01444 482107
info@mastersandson.com
www.mastersandson.com



Lucy Locksmith

No Callout Charge
(City & Suburb)



BRIGHT FM & CHECKATRADE
"Top Trader of the Year"
Award Winner

Rapid Response • Police checked
Free Estimates • No VAT • OAP Discount
Locks Changed & Upgraded (To BS3621)
uPVC Specialist • Window locks • Garage locks
Lock outs, Break ins, all makes of locks.

**JUST MOVED? WHO ELSE HAS KEYS?
CHANGE LOCKS FOR PEACE OF MIND?**

Check
Checkatrade
Before you use them

07780 840462

STORE THIS NUMBER NOW, YOU MAY NEED IT!
www.lucylocksmith.co.uk lucy@lucylocksmith.co.uk

Where the Magic of
Storytelling
Unfolds

**STORIES OLD AND NEW, RHYMES
AND MUSIC, PUPPETS AND SONG**

**{ GUARANTEED TO BRING
ABOUT SMILES AND
GIGGLES GALORE! }**

CONTACT US NOW OR CHARLEY FOR YOUR **FREE TRIAL** SESSION
E: STORYBOX@HOTMAIL.COM
T: 07714 824000

www.storyboxin.co.uk

Lindfield Motors

Lindfield Motors for your next car service.

- ✓ *Friendly welcome*
- ✓ *Top quality service*
- ✓ *Realistic prices*
- ✓ *All makes cared for*
- ✓ *Family owned for over 30 years*
- ✓ *MOT testing station*

Many people in the village have used us for years, why not join them?



Tel: 01444 482988 / 01444 483988

Lewes Road, Lindfield, RH16 2LG www.lindfield-motors.co.uk

Reach your
local customers
through your
local magazine.

Get your first
ad **HALF PRICE**
when you sign
up for just
three months.
Book before
8th Feb.

Lindfield *Life*

Call David on 01444 884115 or email ads@lindfieldlife.co.uk
More info at www.lindfieldlife.co.uk

Acupuncture - an holistic way to health

25 February to 3 March 2013 is Acupuncture Awareness Week, which is supported by the British Acupuncture Council (www.acupuncture.org.uk) and aims to help better inform people about the ancient practice of traditional acupuncture.

With 2.3 million treatments carried out each year, acupuncture is one of the most popular complementary therapies practised in the UK today. Yet despite its widely recognised health benefits many people only discover it as a last resort.



The World Health Organisation recognises acupuncture as effective for 43 different conditions, including aches and pains, asthma, allergies, anxiety, arthritis, back problems (including sciatica), depression, digestive problems, headaches, high blood pressure, infertility, insomnia, nausea (from pregnancy or drug therapy) and panic attacks - to name just a few.

If you would like to find out more about acupuncture and how it can benefit you, please call Lesley Reed for an informal chat. Appointments are available from 8am to 8pm Monday to Saturday at The Clinic at Borde Hill and home visits can be arranged.

Please call 07808 248772 or email lesley@reedacupuncture.co.uk.



Lesley Reed BSc (Hons), MBACP, LicAc

Property Matters Adrian Hoyle, Lindfield,

Please call us for a free quotation:

Phone: 01444 482274,

Mobile: 07768900331,

ahoye1@gmail.com



- Painting inside and out
- Bathrooms fitted and floors tiled
- Driveways and patios
- Fencing
- Green roofs
- Odd jobs

Highley Manor Hotel

Come and see us...
OPEN WEEKEND
23rd & 24th February

EXCLUSIVE USE
Luxury at affordable prices



Weddings
Ceremonies
Conferences
Wakes
Private Parties
Mothers Day
Christmas Parties

Crawley Lane, Balcombe, West Sussex RH17 6LA Telephone 01444 811 711 Fax 01444 811113
Email highleymanor@btconnect.com www.highleymanorhotel.co.uk

JPL Plumbing

Bathroom Specialists

t 01444 416 200 m. 07734 407 850

e. jpl_plumbing@yahoo.co.uk

www.jpl-plumbing.com

Checkatrade.com
Where reputation matters

- Bathrooms
- Cloakrooms
- Power Showers
- Tiling
- Heating
- General Building
- Electrics
- Fully Insured



Chip better the open way

GOLF TIP OF THE MONTH #15

By Simon Iliffe

You will always see the Tour pros stand open to their pitch and chip shots.

Why?

During a full swing the body rotates quickly, clearing the hips out of the way of the through swing. With a short shot there isn't enough momentum in the swing to clear the hips.

So, at address open your feet and hips in the stance to give the arms room to swing freely through those chip shots...

This will also encourage the arms to swing with minimum use of the hands... The key to consistent pitching.

For the more advanced pitchers, you can swing along the line of the open stance with a slightly open club-face, to play a softer landing pitch shot.

But remember to open the shoulders as well for this shot.



Getting there with my golf journey

By Lucy Cooper

I'm really feeling like a golfer now - particularly when I received a fantastic game-related Christmas present from a good friend: pink golf balls!

Even though the weather has been awful I've still been braving the elements to practise over Christmas and am pleased to say I still seem to be improving! I couldn't wait to get out on the course to try out the pink golf balls, so in the New Year the same friend took me out to give it a go and try my hand at playing 9 holes.

A shaky start with several rubbish shots at the first hole left me 4 over par but by the end I was managing to make each hole in generally just 1 over par. I found that just getting on and playing the game really helped me to worry less about whether I would actually hit the ball and think more about where I wanted it to go. My friend was great at advising me which clubs to use and talked me through scoring as we went round; it was a really fun few hours.

I'm looking forward to my next lesson with Simon, which will be looking at 'teeing off,' and I can show him the snazzy new pair of golf shoes that I've treated myself to!



Wendy McCallum, Anna Taylor & Helen Malik

All our therapists are professionally qualified, fully insured and offer free 15 minute consultations

Do you want good health & well-being in 2013?
Ask us how we can help

Gift Vouchers available
Treat yourself or a loved one for Valentine's Day

Angel Readings
Aromatherapy
Baby Massage
Functional Nutrition
Metabolic Balance®
Reflexology
Reiki Healing
Theta Healing®

THE NATURAL THERAPY ROOMS
- LOCATED ABOVE
ABBOTT'S PHARMACY,
83 HIGH STREET, LINDFIELD, RH16 2HN



01444 456699

enquiries@thenaturaltherapyrooms.co.uk
www.thenaturaltherapyrooms.co.uk

Haywards Heath Lions Club Jumble Sale

2nd March 2013

12pm – 2pm

King Edward Hall, High Street, Lindfield

Jumble Sale is at the King Edward Hall, Lindfield, on Saturday 2nd March at midday in aid of Haywards Health Lions Club. There will be lots of good quality bric a brac, clothes, linen, books and toys. Also a tombola and refreshments, which will include home-made cakes. Donations of jumble will be much appreciated on the day at the Hall from 9am or for collection in advance please call 01444 443570.

Reviewing your finances?

MONEY MATTERS

By Tony Gammon, Investment Manager

As we have started heading into the New Year and are all endeavouring to complete the resolutions we didn't manage last year, I thought I would set out some broad guidance notes for anyone reviewing their long term finances:

- 1) Prioritise what is important to you in life. Try to work out if it is dependent on your wealth – these then become your financial objectives.
- 2) Don't act on tips from unqualified friends and contacts. Financial planning is too important to treat it casually.
- 3) Always have readily available cash for emergencies. You never know when you might need it.
- 4) Plan and review your progress on a regular basis. Try to avoid short term emotional decisions and take a longer term view. No one, not even the experts, can call the market on a short term basis so you shouldn't try to. If an investment falls in value, take a measured view – a short term panic sale frequently misses the recovery.
- 5) Only take risks that you need to achieve your objectives. Any more and you could get into hot water.

The most important factor, though, is to actually have a plan.

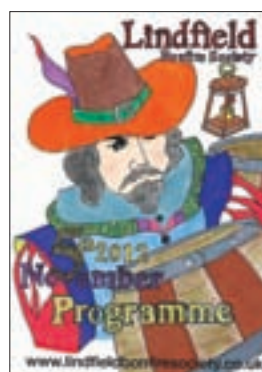
If you are thinking about a pension, 99% of the time it is better to start early. If the government is generous enough to give tax freedoms through pensions and ISAs then try to use them. Whatever you do, base your retirement plans on realistic assumptions and don't rely too much on the words hope and lottery winnings!

Colouring comp winners

Lindfield Bonfire Society have announced the winners of their annual colouring competition:

Sam Breen, Thalia Barnaby and Effie King (entry shown right) each won their categories of 'Up to 6 years', '7 to 9 years' and '10 to 14 years' respectively.

The Society had a total of 15 entries to the competition.



 Haywards Heath Music Society
71st Season 2012-2013

16th Feb 2013: **NEXT CONCERT**

JANET CANETTY-CLARKE

*Handel, Hogarth and Captain Coram's
Foundling Hospital*

We welcome back the well-known local conductor, pianist and lecturer Janet Canetty-Clarke for another of her popular illustrated lecture recitals. This will take place at 7.45 pm in Haywards Heath Methodist Church.



Tickets £12, conc 'ns £11, member's discount £3
Family rate: 2 adults half price with under-18 (£3)

16th Mar 2013:

**YOUNG MUSICIANS'
SHOWCASE**



Come and hear some of the best young musical talent in the district, starting at 2.30 pm in St Wilfrid's Church.

Tickets £3 adults, £1.50 children

For further information, telephone 01444-456227, or visit:
www.haywardsheathmusicsociety.org.uk

What's on in February

AT KING EDWARD HALL

AND ELSEWHERE

- 2nd **Lindfield Horticultural Society – Coffee Morning and Plant Sale** 10.00 – 12.00 in the Jubilee Room, King Edward Hall. All welcome. (Mrs Alison Elliott 01444 483039)
- 7th **Country Market** – 10.00am to 11.00am (Sheila Hobbs 01444 483396)
- 8th **Lindfield Primary School PTA – Quiz Night** (Enquiries Nikki Smith c/o Lindfield Primary School 01444 482524)
- 9th **Mid Sussex Wine Society – Dance** (Mrs Seward 01444 484447)
- 12th **Lindfield Preservation Society** – 2.30pm – An illustrated talk on **“The Legacy of Charles Eamer Kempe – A Lindfield Person”** by Brian Tester. Charles Eamer Kempe (1837 – 1907) was a Victorian stained glass designer and manufacturer, who lived at the Old Place between 1875 and 1907. All welcome, entry free. (Meeting and Membership information from John Chapman 484470)
- 13th **Lindfield Horticultural Society** – Talk by Richard Hilson – **Growing and Showing Daffodils**. Richard is a member of Lindfield Horticultural Society who exhibits daffodils both locally and nationally. He will be giving an illustrated talk about his hobby, with tips for growing your own daffodils. In the King Edward Hall at 8pm. Members 50p, visitors £1. All welcome. www.lindfieldhorts.org.uk (Mrs Alison Elliott 01444 483039)
- 14th **Country Market** – 10.00am to 11.00am
- 20th **Life Line Screening** – Mobile Health Screening (Call 0800 107 9094)
- 21st **Country Market** – 10.00am to 11.00am followed by Annual General Meeting
- 23rd **Lindfield & District Folk Dance Club – Barn Dance**
There will be a live band – The Rampians. Tickets are £10 and include a fish and chip supper. Bring your own glasses and drinks. 7.30 – 11pm. Tickets available from Mike Fairweather 01444 482741. PLEASE NOTE: This event was listed in error in last month's magazine!
- 28th **Country Market** – 10.00am to 11.00am
- 28th **Film Show: “Quartet”**
Rated 12A 7.45pm (doors open 7.30pm)
Tickets available from Tufnells
(Jennie Powell 01444 483431)

- 1st **Sussex Mineral and Lapidary Society**
Illustrated talk by Karen Hudson Edwards on Geochemistry for the amateur mineralogist. 7.30 for 8pm at Redwood Centre, Clair Hall, Haywards Heath. Mineral of the month – Silver. Contact – 01444 483041 www.smls.org.uk
- 16th **Charity Bootcamp** at Lindfield Primary School in aid of Sussex Association for Spina Bifida and Hydrocephalus. 12-4pm
- 17th **Mid Sussex Ramblers ‘South from Lindfield’**
Meet 10am at Lindfield Tennis car park. 5 miles. Contact 483860
- 23rd **Mid Sussex Ramblers ‘Horsted Keynes vintage train ride and linear walk’**
Meet 10.45am at Horsted Keynes Bluebell Railway Station. 7 miles. Contact 831098

POTENTIAL PERSONAL TRAINING

CHARITY BOOTCAMP

IN AID OF
SUSSEX ASSOCIATION
FOR SPINA BIFIDA AND
HYDROCEPHALUS

DATE: SATURDAY 16TH FEBRUARY
TIME: 12PM-4PM
LOCATION: LINDFIELD PRIMARY SCHOOL

FEATURING

- KIDS V GROWN UPS BOOTCAMP!
- BOOTCAMPS LEAD BY PERSONAL TRAINER & WEIGHT LOSS EXPERT MAXINE HAYES PLUS OTHER GUEST TRAINERS.
- ENTERTAINMENT ARTS & CRAFTS FOOD & DRINK AND OTHER SERVICES PROVIDED BY THE BEST OF LOCAL BUSINESSES.
- ALL PROCEEDS GO TO SASBAH CHARITY.

TO TAKE PART IN ANYWAY PLEASE CONTACT
POTENTIALPT@GMAIL.COM

More info about booking the King Edward Hall please contact 01444 483266 or see www.kingedwardhall.org.uk

Our advertisers

CALL THEM!

Services

Stephen Gallico Solicitors	2
How's Hounds (dog training).....	3
Lee's Locks.....	6
Norsat (satellite & TV)	8
CW Electrical	9
N Whittaker (landscaping/paving)	9
Belle Casa (cleaners)	9
Tom Seymour (computer support).....	11
KPS (seasoned logs)	11
Vere Consulting (accountants)	12
AJ Mullen (builder)	15
Expectation Landscapes.....	19
Dean Ferguson (electrician).....	19
Switch On Digital (TV aerials).....	19
Thesis Asset Management	21
Templar Property Services.....	23
Masters & Son (funeral directors)	24
Lucy Locksmith.....	25
Lindfield Motors	25
Property Matters	27
JPL Plumbing.....	27
Drayton Plumbing & Heating.....	31
The Window Shutter Company.....	B

Out & About

Highly Manor Hotel.....	27
Haywards Heath Lions	29
Haywards Heath Music Society	29

Education/Childcare

Norto5 Kidz (childcare settings)	5
Cophthorne Prep School.....	5
Ardingly Training Centre (swimming)...	6
Lindfield Art Studio	7
Magikats (tuition)	9
Tiger Cubs Pre-School	10
Tavistock & Summerhill School.....	13
Dervla Ramsay (singing lessons).....	15
Gielgud Academy	18
Great Walstead School.....	22
Story Box Fun	25

Health/Lifestyle

Lindfield Chiropractic Centre.....	2
Linda Speller (hairdresser).....	3
The Clinic at Borde Hill.....	4
re:ab (physio & pilates).....	8
Jakki Todd (beautician)	12
Fullspectrum (hypnotherapy)	15
Potential Personal Training.....	15
Reed Acupuncture	26
The Natural Therapy Rooms	28

Retail

Swalk.....	13
------------	----

DRAYTON Plumbing & Heating Ltd

Call Vic Drayton on 01444 458558 or 07703 255305



- Free estimates & advice
- Fully qualified & experienced engineers
- Energy conservation advice
- All work guaranteed & liability insured.
- Local services throughout Mid Sussex

draytonplumbing@btconnect.com www.draytonplumbing.co.uk





THE
WINDOW SHUTTER
COMPANY

The Window Shutter Company offer a wide range of high quality custom-made interior plantation shutters and blinds, which are available in numerous different colours and finishes. We have a solution for every window shape, property style and budget.

We are a local family run business who provide the highest level of technical knowledge along with first class customer care. We want you to be inspired by the different possibilities of shutters and leave us to sort out the technical details.

Call us now or visit our website to arrange an appointment or request a brochure

Tel: 01444 440056

www.thewindowshuttercompany.co.uk