

Lindfield *Life*

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Local village talk,
by the village

August 2013 Issue #53

Free



Meet the Dad who calms Colic

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Alan's bus ride to Brighton

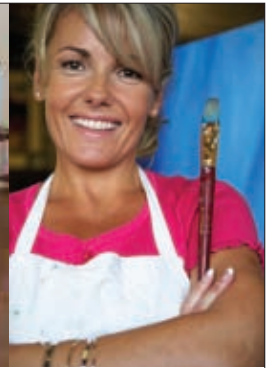
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Church says goodbye to minister

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EDITORIAL

By David Tingley, Editor

Well summer is certainly here now, although whether it still is by the time you read this remains to be seen!

Throughout the summer a number of the regular events that take place go on a well-deserved break. So, as you can see on [page 42](#), our **What's On** guide is a little sparse! Although last year's well-received **outdoor cinema** at **Wakehurst Place** is being repeated - so that is well worth a look. Plus there's a free pair of tickets being given away - see [page 15](#) for details.

On our High Street we are sad to have said goodbye to two shops last month, with **Leaf** closing its doors completely and **Villandry Home** having moved to Forest Row. However there is some great news as we welcome Bauer Goksu as the new landlord of **The White Horse** (see [page 5](#)). **Maxine Hayes** opens a **fitness studio** on the High Street and the ladies running gift store **Swalk** have just won 'Best Newcomer Greeting Card Retailer (South)' from the Greeting Card Retail Awards (both stories on [page 4](#)).

While talking about retail I also want to mention the **St Peter & St James Hospice charity shop**, which will be specialising in furniture, lighting and garden items. We wish the charity well in its new position on the edge of Lindfield Enterprise Park on Lewes Road. Read about the new store on [page 7](#).

We have also been talking to a couple of local folk this month. The minister at the **United Reformed Church**, **Rev Charles Martin**, has just retired and moves away from the village this month. This seems a perfect opportunity to say thanks and hear a bit more about his story - see [page 12](#). While, on [page 11](#), **Christian Bates** shares the reason why he came to write and publish a book on the common condition of **colic**.

Plus **Alan Williams** boards a bus again ([page 18](#)), this time down to Brighton. We had great feedback from the last article, so look forward to hearing more from you...

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📷 A cyclist rests in the sun on the High Street.

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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

Maxine opens studio

A new fitness and training studio is opening in Lindfield on 1st August.

Maxine Hayes celebrated the first anniversary of her business - Potential Personal Training - last month and is now seeking to further expand the business with the exclusive private studio at 69b High Street (behind Cuthbert, Dibble & Grub).

"I was always passionate that I keep my base in the village and so when this space became available on the High Street, I grabbed it!" Maxine commented.

She has embarked on a two week fit-out of the property, making an office, kitchen and studio. Maxine is offering Lindfield residents a free 60 minute consultation and body diagnostic at the studio in August. Call her on 01444 484129 to take up the offer.



Swalk opens winning envelope

Lindfield card and gift shop SWALK have won 'The Best Greeting Newcomer of the South' in an industry ceremony last month. Known as 'The RETAS', the greeting card retail awards took place at The Dorchester Hotel in London.

The village shop was up against some stiff competition and, much to owner Jade Logue's delight and surprise, Team Swalk scooped the award:

"After only 21 months trading and 1 year as Swalk it is an amazing feeling and of course none of it would be possible without my amazing right hand lady Rebecca Belfield, all the girls at Swalk and, of course, our amazing local customers who continue to humble me with their support," Jade said.

Hundreds of greeting card publishers, retailers and trade suppliers enjoyed The Great Gatsby-themed afternoon event.



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White Horse reopens

The White Horse doesn't seem to have much luck in finding a long term landlord to run it successfully. Its recent history has been a mix of new tenants and periods of closure.

However, last month Bauer Goksu opened its doors once more and promises a good blend of what a traditional pub needs. "We will run comedy and open mike nights here," he explains, "as well as live music. I have great contacts to some fantastic and different bands. So it will be a mix of those with the local music scene." For the pub sportsman of Lindfield there is also darts and a pool table available. Bauer will shortly be serving authentic Mediterranean food too and hopes to have up to 40 covers in the space.

Also coming soon, The White Horse will be opening for coffee and continental breakfast from 9am, as Bauer hopes to utilise its enviable position on the school run as many parents walk past. "We have easy parking and welcome families, kids, pushchairs - everyone!" he exclaimed.

Bauer has previously run restaurants in Caterham and Forest Row. The building's freehold was recently bought by the owners of Tarana Restaurant in Turners Hill.



Survey winner announced

The Lindfield Neighbourhood Plan Steering Group offered a prize of a Marks & Spencer Gift Voucher to encourage residents of Lindfield & Lindfield Rural Parishes to respond to the recently distributed Housing Needs Survey, and on Saturday 22nd June Jane Worrell of Lindfield was presented with the prize by its Chairman, Cllr Alan Gomme.



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Throughout the school holidays Borde Hill Garden has an exciting programme of events for children and adults alike.

Kids' Summer Fun runs from 1st to 31st August and includes activities such as Arts and Crafts, Storytelling, Giant Garden Games and Seed-Planting. The fun days will be every Tuesday and Thursday in August. On 26th August is the Teddy Bears' Picnic, when children are invited to dress up their teddy bears and enter the 'Best Dressed' teddy bear competition. Pack your picnic, bring Ted and come and join in the fun! Every day throughout August there is an interactive and educational Sensory Nature Trail for children to complete.

Musical Sundays have also been arranged to ensure adults are also entertained during the summer months. Every Sunday in August between 2-4pm, visitors can come and enjoy an afternoon of breathtaking cello playing with two of Ensemble Reza's cellists.

BHF Horse Ride



The Mid Sussex Branch of The British Heart Foundation has received an award for being the region's fundraiser of the year, having managed to raise £1,000,000. For their next event they will be holding Heart of Sussex Sponsored Horse Ride on Sunday 8th September.

Last year over 100 horses and riders of all ages, shapes and sizes completed the 10 mile ride. This year the ride, which is at its new venue at St Helena Farm, Plumpton Green, will cover a variety of terrain in the beautiful Sussex countryside. It will cross private land as well as following public bridlepaths and incorporates a number of optional jumps.

The 2013 event will, for the first time, include a leading rein course for younger riders and a dog walking route for those who don't want to ride.

If you would like to join in this year, then you can find out more about this and many more events by visiting <http://bit.ly/134B1xG> - or 'like' the ride on Facebook.

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St Peter & St James Charity Shop comes to Lindfield



St Peter & St James Hospice Shops continue to expand with the eagerly anticipated opening of a new outlet located on Lewes Road in Lindfield. The shop, on the site of the former Honda garage, was due to open mid July, although it hadn't opened at the time of going to press.

The aptly named 'The Furniture, Garden & Home Shop' will offer a wide range of merchandise including furniture & lighting for the home, as well as garden furniture and garden ornaments. Also, for the first time, customers will be able to view the wide range of Vintage China in one of the shops, which is available to hire, and discuss what they require for their special events.

Head of Retail Therese Wilson said recently: "We are so fortunate to be generously supported by the public with donations and this new premises will provide a fantastic space for displaying the diverse range of goods and will, of course, really help us to generate greater funds to support the work of St Peter & St James Hospice."

The Hospice provides specialist care, love and support for those living with progressive, life limiting illnesses from East and West Sussex. All Hospice services are free, meaning they must raise £6,000 every day to meet their needs.

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7 STEPS TO CREATING A HABIT OF HEALTHY LIVING

When it comes to health, it doesn't take a rocket scientist to work out that the UK is in crisis. As waistlines are growing, people are moving less, and working more. You can't switch on the TV or pick up a newspaper without being reminded in some way, but has all the hype landed people confused? Take nutrition for example, there are so many diets out there that promise you the world but the reality is they leave you feeling deprived, lethargic and unmotivated. You make a vow to change, you embark on your journey to be "thin" cutting out any sinful treats that try to get in your way. Realistically we stick to a diet for an average of 19 days.....and then we fall, often quite horrifically, off the diet wagon. Why? Because we are not realistically looking at our lifestyle and making the lifelong changes needed to maintain your health and your happiness, we all want a quick fix but unfortunately there is no such thing. And if this is you, maybe this whole time you have been going at it from the wrong angle.

The big secret to lasting health & fitness is consistency, you can't start and stop, you have to stick with it. That's why many describe health & fitness as a "Lifestyle". You really need to live it. Make it a habit. Make it a hobby.

Anytime you give up you're back to square one. And all that work will have been for nothing. Essentially it's better you not start until you are 100% committed because that first month is always the hardest. But once you're past that you're on easy street because you will have pulled yourself into the health & fitness lifestyle.

Well here it is your first 7 steps increased health and well being. We'll start with Step 1, that gives you a whole month to create a habit, ready to focus on step 2 next month. By the time you have implemented number 7 to your lifestyle you will have guaranteed results and be a healthier you!

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Why do you want to improve your health?

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Or maybe it's a health issue. Maybe you don't feel 100% anymore, or it might be even more extreme, and you want to make sure you live long enough to run around with your grandchildren.

Whatever the case, think hard about what that motivator could be for you. Remind yourself of it every day, Write it down and see if you can get a visual aid, like taking weekly photo's of yourself and track your results.

Although this doesn't seem like much we would like you to think carefully about this, give yourself the next month to become committed...ready for Step 2!!

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Little Builders turn wasteland into nursery garden

The popular nursery rhyme Mary Mary Quite Contrary has taken on a whole new meaning for children from the Little Builders Playgroup.

The youngsters now have their very own 'Mary Mary' garden, complete with silver bells and cockle shells!

The garden was created by staff and parents on a piece of wasteland next to the playgroup headquarters at the Albemarle Centre, with work finishing just in time for the sunshine!

And while parents were hard at work digging flower borders, putting up fence panels and laying paving slabs, the children were busy creating a 'Mary Mary mosaic' for the garden wall.

Supervisor Linda Armstrong explained how the garden was already making a huge impact on playgroup life.

"The children absolutely love it - it's been better than I could ever have imagined," she said. "We've gathered in the garden to read stories, sing songs and have even had a puppet show. And of course the children are very excited about tending the plants and watching them grow."

The garden has been designed as a peaceful, environmental area and looks set to become a haven for wildlife with bird boxes and insect habitats. It's a quiet, secluded corner away from the main grassed garden where children enjoy running around and playing games.

The opening of the garden marks the start of the 50th anniversary of the playgroup which has been based at the Albemarle Centre for most of its life. Over the years parents and families have upheld the tradition of supporting staff with a 'hands on' approach to helping the playgroup and raising funds for extra facilities.



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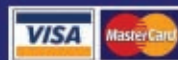
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Local dad helps relieve colic in babies

Lindfield resident Christian Bates is becoming known as an expert in the care of newborn babies suffering from the common complaint of colic. He was asked to speak at the Student Midwifery Conference which was held at The University of West London last month.

The father-of-two, who is a qualified osteopath and naturopath and runs The Perrymount Clinic in Haywards Heath, self-published his own book in April after seeing increasing numbers of babies with the condition in his regular clinics.

"It all started," Christian explains, "when I began to give clients a handout about colic and what I was doing to help their babies. It gradually grew in size and I had identified ten causes of colic." Christian's clinical days include around six babies with the condition and so he began to conduct and bring together scientific research, which he compiled along with his evidence of treating babies himself. He qualified 16 years ago at the British College of Osteopathic Medicine in London; the only college to teach osteopathy and naturopathy together.

Initially Christian had only intended to publish the book – Calming Colic: How to help the 10 causes of Colic – on Kindle, however he discovered that many parents wanted a printed copy, so he turned his efforts towards

self-publishing. "I was very lucky. One of my patients turned out to be a freelance editor, so that meant someone else could read it objectively." Since then he is pleased to have received some really positive feedback not only from parents but osteopaths and other medical professionals alike.

Christian says: "Most parents who consult me with their colicky child are extremely tired and desperate to help their baby get relief from the pains of colic. They are frustrated that the symptom relief remedies they have tried only give short term relief and they are commonly told to wait for the colic to subside naturally after 12 weeks. This is just not satisfactory to most parents. I would say that almost all colicky babies can be successfully helped in significantly less time than 12 weeks using the methods in Calming Colic."

Emily, a mum and reader of the book, claims: "This is a book that all desperate mums will be so grateful for! Thank you Christian."

The dad, author and local businessman lives in the village and his two boys, Noah and Henry, go to school here. Calming Colic is available on Amazon and Kindle.



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Rev Charles Martin

VILLAGE PEOPLE

After five years at Lindfield United Reformed Church (URC) Rev Charles Martin has retired from the ministry and will move to Essex this month.

Charles first had an association with the church ten years ago when he was appointed as Interim Moderator to the congregation in the period after Rev Norman Smith moved on and they didn't have a minister of their own. However that was a 'caretaker' role and it wasn't until Charles was 60 – and minister in Beaconsfield – that he was asked to consider taking the job at Lindfield. He agreed on the proviso that the church seek to appoint a Youth Pastor. "I was very aware of my age and knew I couldn't accept the position without that kind of staff support," Charles explained.

Charles Martin was born in Lambeth and so confesses to be a 'cockney' at heart! But he knew he was to work for God from a very early age. "The thought really crystallised while I was at boarding school when I was 13 as I led the Christian Union with my friend (David Hayden, former Archdeacon of Norfolk). Although my mother had 'struck a deal with God' when she prayed earnestly for a son following the untimely death of my brother a year before I was born."

Charles did his degree in Theology at the Northern Congregational College in Manchester but, on leaving, was told that he needed to experience 'life' before being ordained. He therefore worked as a Temporary Probation Officer in Birmingham where he earned an extra £1 per week because he had a degree!

He went on to start his ministry in July 1972 in Purley. Since then he has served the United Reformed Church in Hemel Hemstead, Gloucestershire, Orpington, Worthing, Hove and Beaconsfield.

In that time he has clearly seen many changes in society. He recalls: "On the buses of Manchester the drivers used to refuse to accept money from me when I travelled as a 'man of the cloth'. At another time I remember speaking at a private school in Hemel Hempstead where all the girls formally curtsied to me as I left. Oh how times have changed!"

"He has inspired and touched the lives of many people. He is a Godly man who has been an example to all of us."

Jeremy Campling, church elder

Sadly Charles' health deteriorated shortly after coming to Lindfield, when he had his second heart bypass operation in 2010. Although his health is stable at present he felt it was time to retire and is happy to be leaving the church in a good position. "The congregation at Lindfield are amazing, sure of themselves and confident in God. I'm privileged to have been part of their journey as a local body of believers. On my last Sunday I was delighted to be baptising two local lads – which is a fantastic way to finish any minister's career!"

Jeremy Campling, elder at the church, said: "It has been a blessing to host Charles for this last calling of his full time ministry, during which time he has inspired and touched the lives of many people. He is a Godly man who has been an example to all of us. Both he and Jenny will be sadly missed but we wish them a long, happy and healthy retirement, a well-earned rest after a life time of giving. We hope their new church and community will appreciate them as much as we have."

Charles, his wife Jenny (also an ordained minister) and their miniature poodle Barney will move from Ryecroft, next to the church, to a property in Halstead, Essex during this month. They have two grown-up sons and their new location will give them a good position for being closer to them and their families.

And what of the future? "I'm naturally a very lazy person," Charles admitted but he looks forward to seeing the family more. They will be supporting their elder son and his family as he continues his work of church planting for the Northern Gospel Partnership. He also wonders whether he may become involved in prison visiting in due course, in a reflection of his time in the Probation Service. Plus, of course, he and Jenny will play their part in doing some preaching engagements locally.

Church group celebrates 50 years



Last month over one hundred people gathered together to celebrate fifty years since the founding of Wayfarers, the 14-18 year old youth group at All Saints Church.

The event started with a service where Rev Peter Marshall, who had founded the organisation in the 1960s, gave a fascinating insight into how it got going. When he left in 1965 the leadership of the group was taken over by Keith Ward and a team of others. Keith and his wife Olive were working with Wayfarers until the late 1970s. Former members were invited after the service to a special lunch and subsequent tea to celebrate. There were a number of other leaders in the years that followed, including Jeremy Taylor. Wayfarers changed its name to Encrypt and still continues to help teenagers understand the Christian faith.



Golf ladies quilt for charity

Nimble fingered members of Haywards Heath Golf Club have shown they are handy with a needle and thread as well as a golf club!

The women joined forces to create a beautiful traditional patchwork quilt to raise money for charity.

Made by a group of past lady Captains, the quilt was auctioned at the club's Charity Day on 22nd June. The highest bid was over £500, which brings the total raised by the club to over £7,000. All money raised will go to the club's charity St Peter & St James Hospice.

Pictured back row left to right are novice quilters Wendy Melville, Chris Kernohan, Dorothy Purdie, Shelia Marshall, Sandra Holman and Hester Gemmell. Front row left to right Hilary Sharpe, Lady Captain Pat Jenks and chief designer Avril Plowright.

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Jenny first established her practice in Brisbane, Australia in 1988, after graduating from Sydney University.


Subsequently Jenny taught chiropractic at Macquarie University for five years.

She has worked with Australian Olympic Athletes and members of the Australian Rugby Team.

Jenny has done postgraduate studies in paediatrics and acupuncture and is passionate about chiropractic and the help it can give to people of all ages.

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WIN tickets to Outdoor Cinema at Wakehurst Place



What better way to enjoy the late summer evenings than with an open-air film in a magical botanical location? The Luna Cinema, the UK's leading producers of outdoor cinema events, has teamed up with Lindfield Life to offer readers the chance to win a pair of tickets to an alfresco screening in the beautiful surroundings of Wakehurst Place in West Sussex. The winner can take their pick from two classic movies - Les Misérables (Friday 30th August) or Raiders of the Lost Ark (Saturday 31st August). The films will be shown on a giant pop-up screen directly in front of the Mansion house and croquet lawn.

Doors open 6.30pm. The film starts at 8pm. For more information and to book tickets visit www.thelunacinema.com

For your chance to win an evening of classic cinema under the stars, send an email to competition@lindfieldlife.co.uk with the answer to the following question: Where is Wakehurst Place? Email your answer in before 8th August 2013.

Over 60s' summer sessions in Ardingly

During August the Koorana Centre in Ardingly will host a series of sessions designed to help those over the age of 60 maintain their health and vitality. Experienced teacher Terry Creasy, who runs Tai Chi classes from the centre in Street Lane, will lead a weekly group with a one hour class in gentle Tai Chi. This will be followed by refreshments and a short talk by one of the centre's guest speakers, covering areas such as healthy eating, the use of complementary therapies and an introduction to colour therapy.

"These sessions will run each Friday afternoon in August from 2-4pm in Ardingly for those over the age of 60 to enjoy a class tailored to their needs," said Gabrielle Hall, who manages the Centre in Ardingly. "Many people want to stay active and receive helpful advice on how to look after themselves but so much that is available locally is designed for those who are younger. We hope these sessions will provide the chance to enjoy a relaxing class, learn about how to look after their health and provide the opportunity to make new friends."

The cost of each session is £10 or when four sessions are booked the fifth session is given free. Bookings must be made in advance through the Koorana Centre www.kooranacentre.com, email info@kooranacentre.com or telephone 01444 810295.

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APPOINTMENTS ONLY



Bringing the inside out

HOMEFRONT

By Jacqui Smith, interior designer

Scrolling through our past articles I came across a piece I wrote in 2009 about converting garages to office space. Two things struck me, firstly the fact that David and Emma's fantastic magazine has been going strong for this long (is this really my 53rd article?) and secondly how long ago it actually was that we transformed a dusty double garage into HomeSmiths HQ.

Four years on, and having made the best possible use of space, the office is working at full capacity. So in taking on a new team member and needing to be able to accommodate an intern, it has been time for a rethink. Whilst one of the main drivers for expanding into the garden is to free up another desk in the office, my eye trauma has also been an important factor. Whilst I can still absolutely do my job, I would be lying if I said that I did not find a colourful and hectic office environment distracting. With two working eyes I could multi-task like the best of them with phone calls, team queries and the boys' home from school snack requests flying at me as I worked but now I find that I need a quiet and peaceful space to work in. A garden office addresses the need for space and change of location for me.

A man's affinity with a shed has never been as true as in our house. We already have two in our garden (tucked away in an awkward corner), both with very specific purposes of course. David built a garden office at our last house and had for a while now been making noises about doing the same here. In May we agreed to recruit a new employee and this, together with my need for a design

bolthole, made the decision an easy one. We discussed it over dinner. By the time we went to bed that night, the order had been placed with our supplier! The kit arrived a few weeks ago, along with much appreciated weekend labour in the shape of friends Rob Hastings and Jamie Divall. "It's like big Lego," I heard Jamie say and David's cramming in of extra hours in the early evening light after a busy day in the office illustrates just how much he is enjoying the process. You can take the man away from the furniture-making but not the furniture-making away from the man I guess.

So now I find myself asking all the questions I fire at clients when they are planning a home office. Thinking first about its purpose, then planning where to put the furniture to suit the purpose so that we can ensure that the lights are correctly positioned and space is maximised. All this before selecting colour scheme, which, as it happens, is quite an easy one. The interior is going to be painted white, which will work beautifully with the already defined charcoal door and window frames of the office kit. White also because it's my space, free from the grubby hands of the boys. Well, that's the theory anyway.

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The sights en-route to Brighton

BUS SERVICES FROM LINDFIELD

By Alan Williams

Mole and Ratty, you will recollect from *Wind in the Willows*, get caught up in Toad's passions for ever faster transport. Well, my wife has got caught up in mine for buses. In the May issue of *Lindfield Life* I threatened to report on my experiences with local buses. The warmer weather hadn't come (yet) but on the Friday before the Bank Holiday we set out for the Lindfield Post Office bus stop. There were seven people waiting to board the bus. I had time to notice that Paul's, the greengrocer's, was selling some bedding plants.

Bus 270 was nearly full - just eight seats to spare, with a mix of young (from the chatter, some of them heading, via the railway station, to college in Brighton) and old, though it began to empty at Perrymount Road in Haywards Heath. Nearly everybody else got off at South Road and four got on - so this bus was clearly a 'shopping bus'. Of those now on board most stayed for the rest of the trip as, once we had left the confines of Haywards Heath, there was much less movement on and off the bus.

This bus was no rattletrap. It was well-appointed and comfortable and, from where we were sitting, we had glorious views, over the hedges, of the countryside and the South Downs. Views one doesn't see when driving. There was lots of gorse in flower, fresh green in the trees and the late spring lambs in the fields.

There is a state of the art electronic routeboard telling the time, the route and the next stopping place.

We had a friendly, helpful bus driver who drove carefully and waited for his more elderly passengers to get seated before setting off from each stop. I travel a lot on London buses and the drivers there could learn a thing or two from ours!

There is so much passing by the bus windows. For instance, an intriguing (somewhere for the children?) sign to Washbrooks Family Farm; then the Jack and Jill Inn; the wonderful, crenellated, Clayton Tunnel; the Coach House at Patcham.

We got to Burgess Hill and, later, Pyecombe Garage, bang on time, then a fast run into Brighton. Traffic and

roadworks made us just a few minutes late to Old Steine. You don't need me to tell you that there's lots to do in Brighton. The Brighton Pavilion, the Pier, the Lanes, the seafront stalls; (though most were closed that day), and so much else.

It started raining as we got off the bus. British, we persisted and walked to the Front, but the rain got harder and, as the wind whipped my umbrella inside out, the distaff side of the enterprise started talking wistfully of having a car to retreat to (ignoring the problems we would have had to park) and I had to sink my principles and allow myself to be steered into one of my favourite hotels, Hotel du Vin, where we warmed up and dried out with a hot chocolate (too early for lunch). They were advertising a 'Cocktail Class' on 6th June, which sounded interesting - though I think it was more aimed at how to make the cocktails rather than how to drink them!

Incidentally, we used Brighton's buses to get easily and quickly to Portslade, to visit a showroom, and back.

There were nine people on board when we joined the 14.23 (bang on time) at Old Steine to return home but it filled up as we rolled along.

I talked to some of our fellow passengers. One man had used the bus to travel from Horsted Keynes to get to Brighton for a Festival lunchtime concert and was now on his way home. He thought the extension of the service to Brighton was very convenient and that the service was pretty reliable though, along with the lady from Lindfield, thought it a shame that there was no service on Sundays or Bank Holidays.

The lovely lady from Lindfield, who had lived in the village for over 40 years, described herself as a 'regular rider' and loved the local buses which she thought 'brilliant', with the 270 'the best of the lot'. She used it for shopping, the beach and to get to the hospital. "It's very reliable, you know, and the drivers are always very pleasant!" The bus was often crowded, she said, but she'd never yet not got a seat.

A young man, travelling from from his home in Brighton to Chelwood Gate, said that he often used the

service to get to, for instance, the Ashdown Forest, to go walking. He thought the service was regular, the buses clean, comfortable and tidy. He used a 'key', the Metrobus equivalent of a bus pass.

We got home safely, with a box of Paul's bedding plants, and, unlike Toad, had no adverse encounters with the law!

I shall be travelling on the buses again! Next, the 270 going north from Lindfield to East Grinstead and, perhaps, back on the Bluebell Railway, the 82 to Crawley; and the circular, and very local, 30 - but not necessarily in that order! Please watch this space and keep your comments coming in!

Metrobus told me, when I asked about Sunday services, that with the withdrawal of local authority subsidies they now have to run a commercial service. If the weekday/Saturday services pay their way, you never know, Metrobus might try a Sunday/Bank Holiday service. So, use your local bus!

Incidentally, I have noticed that my main complaint about bus services through the village has been dealt with. There are now clear, readable timetables at each bus stop! But you can also go online for the timetables.

Footnote: Thank you to all of those who have already commented on my introductory article. Please keep the comments coming. I would like to know what you think of your local bus services and of other interesting places to visit en route!

What I saw on the journey...

These are all places of possible interest. The selection is very personal, and I am only too aware of the many other places I should have seen and could have mentioned. However, I have had no favours from any of them in return for mentioning them. In fact none of them will know, until this is published, that I have mentioned them.

Washbrooks Family Farm is in Hurstpierpoint, is family-owned in a beautiful setting overlooking the Downs. www.washbrooks.co.uk/


The Jack and Jill pub with restaurant and accommodation. www.thejackandjillinn.co.uk

The Clayton Tunnel, grand, castellated, northern entrance. This tunnel is, at 2,266 yards, the longest of the five tunnels on the Brighton line, and is up to 270 feet below ground.

We dropped in on The Pyecombe Garage

The Coach House at Patcham, serves breakfast, tea, coffee, cakes and light lunches: www.coachhousecafe.com

The Brighton Pavilion was built in three stages, beginning in 1787, as a seaside retreat for George, Prince of Wales, who became the Prince Regent in 1811.



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METROBUS

Lindfield CC play MCC to open Cricket Week this month

Cricket has been played on the Common since at least the middle of the eighteenth century and in 1947, to celebrate 200 years of cricket in Lindfield, the premier club in cricket, Marylebone Cricket Club (MCC), sent a side to play on the Common against Lindfield Cricket Club. This fixture has continued in alternate years to the present day as the opening match of Cricket Week, which commences on the first Sunday in August.

The Cricket Club currently runs four senior sides playing league cricket on Saturdays and two sides on Sundays, home matches being played on the Common, Hickmans Lane and Great Walstead School.

Junior Cricket has always been a priority for the Club and, on Sundays during the season, 200 youngsters from under nines to fifteen are coached by accredited coaches in the arts of batting, bowling, fielding and, most importantly in playing cricket, in the true spirit of the game. Junior League games for each age group are played throughout the season and sides also play in the Sussex Junior Cricket Festival during the school holidays. This festival was instigated by the late Tony Austin, who was a Lindfield Cricket Club member and a prime mover in promoting Junior Cricket throughout Sussex.

The club also supports the Orchid Charity Appeal (for research into testicular cancer) by running a six-a-side tournament on the August Bank Holiday Monday every year - this year is the 14th and will be played on 26th August. This event starts at 10.30am with matches throughout the day, culminating in the finals at 6.30pm. Over the years thousands of pounds have been raised for this worthy cause, testicular cancer having been experienced by some Club Members.

Social membership of the Club is available and members can participate in Social events throughout the season, as well as supporting your local village Cricket Club. Let's ensure that the sight of young cricketers carrying their bags from all points of the compass to play cricket on the Common continues for the next 200 years.

Cricket Week on the Common

Sunday	4th	MCC	11.30am
Monday	5th	Soho Cricket Collective	2pm
Tuesday	6th	Mid Sussex X1	2pm
Wednesday	7th	Roger Collins X1	11.30am
Thursday	8th	Kenya Kongonis	11.30am
Friday	9th	Buxted Park	2pm



Photo: Paula Clark

Ball above your feet

GOLF TIP OF THE MONTH #20

By Simon Iliffe, HH Golf Pro

Good balance is the key to playing any awkward lie shot. The easiest way to keep balanced is to swing easy...

However, there are a few set-up changes to make to improve your chances of executing a good shot.

With a ball positioned above the level of your feet, the ball is essentially closer to you, so start by gripping down on the club.

Make sure the ball is positioned in the middle of the stance so you strike the ball before the ground...

The lie will encourage a flatter swing-plane which promotes a draw spin shot (right to left for r/h golfers), so aim right at address with your feet, hips and shoulders...

How far right depends on how much the ball is above the feet.

This lie can also promote shots from the heel of the club, so try and strike the ball from the toe to avoid the shank...!!



Attracting attention...

AIR TRAINING CORPS

We sent 15 year old Luke Mitchell along to the nearest Air Cadet Squadron to see what happens on the evenings they meet. Based in Haywards Heath 172 Squadron is aimed at both boys and girls between the ages of 13 and 19.



By Luke Mitchell

I walked into the squadron building that Tuesday evening with many pre-conceptions of what an experience with the Air Cadets would be like; I imagined a very regimented atmosphere, with salutations and bouts of 'yes sir' being bellowed from every corner. For the most part, I could actually observe these things happening and it was obvious from the outset that the discipline aspect of the Air Cadets was prominent. The meticulous boot-polish and uniform checks appear to be building well-mannered, conscientious young men and women. I could see that it is highly valued by both the Cadets and the squadron staff; a refreshing idea these days especially when teenagers can sometimes have a bad reputation in society.

There were some preconceptions I arrived with that were debunked throughout the course of the evening. For example, I was told that not all cadets are in fact aspiring to a life in the Forces, nor are they pressured to go into active service by the Squadron. The Air Cadets do, in fact, deal with more than RAF and Forces' work. Sure, it is a stepping-stone to service life and it gives an edge in the application process, but it also offers other experiences to build a good CV and enrich working and personal life. Flight Sergeant Jason Martin (ATC) said, "We aim to encourage Cadets to make the most of their lives and to help them see what experiences are available." The squadron takes part in regular parades and Remembrance Day services and it runs Bronze, Silver and Gold Duke of Edinburgh courses. Callum Tarling, 14, of Burgess Hill told me: "I feel like this is preparing me for life - in a fun way! Being part of the Air Cadet Organisation makes you feel strong and part of a community."

The evening itself was structured impeccably well. First off, the cadets started with a parade in which their uniforms were inspected and they stood in strict formation, which is really quite marvelous to watch. Then, they were briefed on the activities that evening before taking a quick break. That gave me the perfect opportunity to socialise with the Cadets and talk about Cadet life and their activities.

As soon as I entered the parade ground that backs onto the hangar, my attention was immediately grabbed by a rather bedraggled looking aircraft behind where the Cadets were taking part in green uniform parade. When I asked why it was there and how it got there, it was explained to me that it was a training aircraft that took a hard



landing a couple of years ago. Not enough to wreck the aircraft totally but enough to put it out of service. The impact did not vastly affect the aircraft aesthetically, so occasionally the aircraft is used for training exercises or in the cockpit or engineering practise on the wings or other parts of the plane.

The long term plans are to build a structure around the aircraft and either renovate it in such a way that it can be taken apart and rebuilt, or utilise the cockpit section to turn it into a flight simulator within its own bespoke frame for instructional use.

I thought this sounded like a fantastic idea that would be exciting for the community and widely beneficial to air cadet squadrons far and wide. The Squadron is currently looking at ways to fundraise and apply for grants. Such a project has been successful already in Sussex with a very popular flight simulator in use at 19 (Crawley) Squadron, so it can be done.

The Air Cadet Organisation is big on team building activities and on one of the parade evenings I attended the Cadets showed this off to great effect when the Squadron staff set up an initiative exercise involving negotiating plastic containers from the inside to the outside of a circle using only rope. There was such incredible teamwork shown by the group of teenagers.

All in all, I had an enriching couple of evenings with the Air Cadets, and observing their ways of operating first hand was a privilege. It is definitely worth enquiring if you are interested in a Forces career or you are just looking to learn life skills and improve your people skills.

172 Squadron meets on Tuesday and Thursday evenings. For more information about the group contact them via email on oc.172@aircadets.org or 01444 441072.



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NATURAL THERAPY

By Wendy McCallum

As I write this we have, at long last, hit a lovely warm spell. This is the time of year when lots of us enjoy our gardens. Some (like me) just sit and enjoy admiring our gardens (thanks to my wonderful parents aka the garden fairies!) while the more industrious of you actually do the work to make your gardens beautiful.

It's important to do warm-up exercises (yes even in this heat) before starting on the gardening. We warm-up before other forms of exercise, so should do the same before embarking on gardening.

1. If you can, try to do a little and often – an hour three times a week rather than three hours on one day. If you only have one day free to garden then take regular breaks.
2. Mix it up – by varying the tasks that you do you will use different muscles and joints so will minimise the risk of straining a particular area of your body.
3. A lot of work can be done kneeling (use a cushion) or even sitting. If you have to bend, then bend using your hips and knees rather than bending from the waist or rounding your shoulders.
4. Be gentle with yourself – by avoiding strains you can come back and do some more another day. Try to be aware of how you are using your body – if you feel strain then stop straight away and take a break.

Even after following these suggestions, sometimes you can end up with a sore back, sore shoulders or a sore neck (or these can be caused by something else altogether). It is difficult to massage these areas yourself and it's difficult to do reflexology on your feet (unless you are also a contortionist) but you can do reflexology on your hands to help ease the aches and pains.

For back pain, look at your hands and trace the bones that go down the side of your hands just below your thumbs. By massaging these bones you will be massaging your back. The bones nearest your thumbs relate to the top of the spine and the bones nearest your wrist relate to the base of your spine. Massage both hands to make sure you relax the whole of your spine/back.

If your aches are in your shoulders, massage the joint just below your little finger on both sides of your hand (top and bottom). The right hand relates to the right shoulder and the left hand to the left shoulder.

If your neck is the problem area, then massage around the base of your thumb. Again, the right side relates to the right side of your neck & vice versa.

I hope these tips will help you to minimise your aches and pains and enjoy the summer!

Linden's Men of Flanders

Many hand shire dray, snorts linden chill,
Firing twin spirals & swirls mist high.
The tremble & thunder as barrels fall.
Echoes to nightmares of the foreign foe,
The pond, where no man can land,
Or deep crater where the mine blown.
A soldier feels the bandage of valour,
And his head shakes, blurring vision,
Another bound to a chair, marches there.
A whistle sounds out the morning mess,
They cannot fight or retreat no more,
The Flanders soldiers cannot cry in fear.
Linden Edward Hall nurse, cannot see,
She knows not where mined trenches are.

From the forthcoming book of poetry
"Tales of Linden Abbey" by Andrew Taylor
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Quick recipes for summertime

SIMPLY GOOD FOOD

Mushroom and Artichoke Salad

Serves 4-6

Slice 450g small chestnut closed-cup mushrooms into a bowl (cut each mushroom into 4-5 slices). Drain one 400g can artichoke hearts, cut into quarters and add to the bowl. Measure 150ml dry white wine (or vermouth) into a small pan and add the finely grated zest of one unwaxed lemon and 2tbs juice, salt and pepper. Bring just to the boil, simmer for 2 mins then pour over the vegetables. Cover and chill overnight.

Lemon Tarts

Either completely make these tarts up to 2 hours before serving or make the filling in advance and keep chilled until filling the tarts. The pastry shells will soften if filled too far in advance.

Tip 200g curd cheese into a bowl and add 150ml full-fat yogurt and 3tbs lemon curd. Whisk to combine then spoon into 6 baked tart shells (from the supermarket). Top with your choice of berries – raspberry, strawberry or blueberry. Just before serving sift icing sugar over the top.

The lemon cream would also be delicious layered in glasses with fruit or grated chocolate, used as a filling for sponge layers or meringue shells. Makes 6.



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By Caroline Young

These all too short summer months are the time to be outside, hopefully enjoying the sunshine and the company of friends and family. These delicious recipes need the shortest time in the kitchen, can be made well ahead and would go well with barbequed foods. Have a great summer!

Marinated Couscous with Grilled Tomatoes

Serves 4-6

Measure 225g couscous into a pan and stir in 450ml vegetable stock. Bring just to the boil then remove from the heat, cover and leave to stand for 10 min until stock is absorbed. Then add a small handful of roughly chopped sundried tomatoes, the same of black olives and capers. Whisk together the finely grated zest and the juice of 1 unwaxed lemon, 4tbs olive oil and seasoning. Pour over the salad and gently mix with a fork. Cover with a teatowel and leave at room temperature. Before serving cut fresh tomatoes in half horizontally, brush the cut surfaces with spicy harissa paste (in jars) and cook on a griddle or bbq until golden brown. Serve with the couscous.

Molasses Baked Beans

Serves 6

Ahead of serving: using a large frypan gently cook 225g diced bacon until golden brown. Remove with a slotted spoon on to a plate. Add 2 large thinly sliced onions to the pan, sprinkle with a little sugar and cook, stirring until golden brown. Stir in 2tbs grated fresh root ginger, two 400g cans baked beans, 75ml molasses, 2tbs cider vinegar and the bacon. Tip into a shallow baking dish. Cover with foil.

To cook: preheat oven 160°C. Bake for about 1½ hours, removing the foil after 1 hour. The beans should be bubbling hot and the top browned. This could be done ahead of time and the dish then reheated.



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Quiet by Susan Cain

BOOK REVIEW

By Cavan Wood

The rise of self-help books has encouraged an obsession with trying to turn us all into extroverts who can assert ourselves to get what we need out of life.

This book is a fantastic corrective to this and makes us think about the way that we devalue or marginalise introverts. By using the stories of people who have this psychological type, Cain illustrates how uneven society is. Estimates suggest that about a third of the population are shy, sensitive and introvert by nature, which is not how most manager training or educationalists seem to see it. She shows how the cult of the extrovert has compromised the supposed tolerance and understanding of religion, politics and society. She manages to turn our notions on its head. The brave woman who stood up against racism in the Montgomery bus boycott, Rosa Parks, was at heart a shy woman who suffered great stress and personal anguish from being seen as a role model, as she was expected to be a great public speaker which she was not.

This has made me examine myself and think about the need to treat people with greater understanding. More of us have introvert tendencies than we have believed and we need to make sure that we grow as full people who are not ashamed of what or who we are but can celebrate and affirm these facets of character.



War Horse by Michael Morpurgo

BOOK REVIEW



By Georgi Tingley, aged 10

War Horse is about a horse who works on a farm and his best mate is a 15 year old boy, Albert. But Albert's dad sells Joey (the horse) and Joey goes to war with Captain Nicollis. But Albert is two years too young to go to war and stay with Joey. It is heart-breaking. Will they ever find each other again?

I love this book! It is brilliant!

If you feel you could write a book review, do email something in to us at editor@lindfieldlife.co.uk


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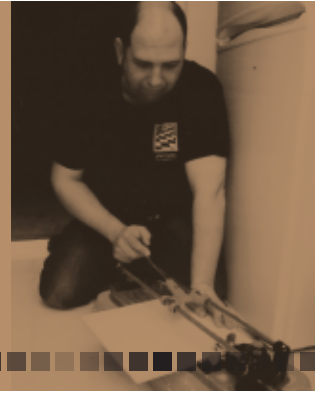
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Lindfield Parish Council

ANNUAL REPORT 2012/13

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Telephone: 01444 484115 Email: clerks@lindfieldparishcouncil.gov.uk
Web site: www.lindfieldparishcouncil.gov.uk

CHAIRMAN'S OVERVIEW

(Councillor William Blunden)

In this report we aim to give a brief account of the Parish Council and what we have been doing on behalf of the community over the last financial year.

Last June we said goodbye to Pieter Hemsley when he retired, having served the Council well as our Deputy Clerk for three years. Recruiting a replacement was a high priority and with a high calibre of applicants we were pleased to welcome Iain McLean as our new Deputy Clerk. Iain brings a wealth of legal knowledge to the Council, which has already been put to good use; he has become a valued member of our team.

After many years of looking for larger premises, the Parish Council purchased Clock Tower House on the Lindfield Enterprise Park and we moved in at the beginning of March. The extra office space enables us to provide better and more comfortable facilities for our residents when they visit the Parish Office and it is now easier to talk in confidence, if necessary, to a Councillor or a member of staff. Another benefit for our residents is a separate area where we have a large table to view plans and a computer for those who do not have a home computer and wish to look up "dotgov sites" and download forms etc. These facilities are for your benefit, so please make sure you use them!

The Parish Council, through the Environment and Amenities Committee, provided a generous grant to the Queen's Diamond Jubilee Committee which enabled the Village to celebrate the Jubilee in Lindfield's traditional way.

The challenges arising from the Localism Act have continued to exercise the minds of members of all local councils over the past year. We have held meetings with representatives of West Sussex County Council, Haywards Heath Town Council and neighbouring Parish Councils, seeking agreement on ways we can work together to deliver services at local level such as the High Street grass cutting, temporary repairs to potholes,

weed killing, hedge cutting and the cleaning of street furniture.

Localism has also led to the introduction of Neighbourhood Planning, which is meant to give the community a say in the local planning policies. Lindfield Parish Council has joined up with Lindfield Rural Parish Council to produce a joint Neighbourhood Plan for our area.

I would like to thank all those people, including our Pond and Tree Wardens, our Directory delivery team and those who volunteer for the Annual Spring Clean, maintain flower beds, clear snow etc, and all who help in many capacities behind the scenes. Without this help, there is no doubt that the Parish Council alone would be unable to carry out the huge amount of work that it does and it is a credit to Lindfield that we have so many willing volunteers. However we can always do with more, so if you are able to help in any way, please contact the Parish Office on 01444 484115. I would also like to take this opportunity to thank my fellow Councillors, who willingly give their time voluntarily and work hard to maintain and improve the Village for the benefit of all residents, and the Parish Council Staff for their dedication in serving the Council and local residents.

PLANNING AND TRAFFIC COMMITTEE

(Chairman: Councillor Alan Gomme)

The Planning Committee has met every three weeks during the last year when we have considered 155 applications, including the applications for the Buxshalls and Wates sites which are both within Lindfield Rural Parish. Of these 29 were tree related, and we are always grateful for the comments on these that we receive from our tree wardens, and for the remainder the Parish Council raised objections in respect of 15 and offered comments on a further 23 others.

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 1pm to 4pm, Thursdays and Fridays 10am to 1pm – when members of the public are welcome to come along to look at planning applications for Lindfield, buy concessionary 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 Kollien

We considered sensitive applications in respect of the Blackthorns Nursing Home site, the Witch Public House garden appeal and the enlargement of Lindfield Primary School.

The major application for new housing was the Wates application for development in Gravelye Lane and for this the Council retained the services of Richard Walker, a planning consultant, to advise ourselves and Lindfield Rural Parish Council on how we should respond to the application, which was later approved by Mid Sussex District Council in May of this year.

Neighbourhood Plan Steering Group

The Steering Group consists of Councillors from both Lindfield parish councils and has been progressing the development of our own neighbourhood plan as quickly as possible during the year. In September a questionnaire was distributed to every household in the two parishes to gather information from our residents and in support of this we held exhibitions in the King Edward Hall in Lindfield and the Millennium Centre in Scaynes Hill. We had a very good return rate for the questionnaires and we commissioned Action in Rural Sussex (AirS) to analyse the responses.

We subsequently retained the services of AirS to support the further development of our neighbourhood plan to the draft plan stage. We were very fortunate that more than 30 local residents responded to our appeals for volunteers for our four Focus Groups. These groups had the challenge of researching a wide range of current and possible future issues within our area and to gather evidence to support our eventual draft plan. They started their tasks in February and that phase of the project has now been completed.

For more information about the progress of our plan, please visit our website:
www.lindfieldparishcouncil.gov.uk

ENVIRONMENT AND AMENITIES COMMITTEE

(Chairman: Councillor Will Blunden)

The Environment and Amenities Committee is responsible for providing and maintaining the Denmans Lane Allotment Site, the public toilets, some of the Village street lighting, litter bins, bus shelters and other items of street furniture. The committee also liaises with MSDC regarding management of the Common, the Pond and Hickmans Lane Playing Field and with WSSC on various highway matters. This has been a busy year for this committee and a great deal has been achieved.

Having published our Winter Management Plan in 2010, which we update each year, we considered how this could be improved on and have now purchased an additional grit spreader, snow shovels and extra grit bins.

On our behalf, Haywards Heath Town Council's ground staff team have continued to cut the High Street verges to a high standard. We have now also instructed them to maintain the triangle garden area at the top of Sunte Avenue.

The wrought iron bus stop poles have been refurbished and other street furniture maintenance has been carried out. In partnership with MSDC, new wooden posts and chain link fencing has been installed alongside the footpath by the pond and two new pond aerators have been installed to improve the water quality.

Following an unauthorised incursion at Hickmans Lane playing field in September, the Parish Council discussed with MSDC how this could be avoided in the future and we contributed 50% towards the wooden posts around the field which were considered to be the best solution for this location.

Direct Technical Services have continued to look after our 45 street lamps and have been busy upgrading the lanterns to comply with current standards and enable savings on energy consumption.

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**

Paul Frost, employed by the Parish Council as the Village Orderly, is doing an excellent job providing an extra service to complement the street sweeping arrangements carried out by SERCO on behalf of MSDC.

There is still a huge demand for allotments and we have implemented a policy of subdividing larger plots as they become vacant to give more people the opportunity to have an allotment. Another new policy being implemented is that in future only residents of the Parish of Lindfield will be able to rent an allotment.

The Parish Council, through the Environment and Amenities Committee, was pleased to provide the main financial support to the committee organising the Queen's Diamond Jubilee celebrations in the Village.

The Christmas Lights which had been a thorny issue for the last few years was finally resolved by the purchase of new festive lighting. Fixed around the trees and with garlands lighting from tree to tree this, completely transformed the High Street and gave many a real 'feel good factor'. A lighting scheme for the pond islands was purchased and installed and has been used during the Christmas period and other special occasions throughout the year.

One other project, running over into next year, is the provision of street maps in the two main village car parks.

The Committee continues to organise the Annual Village Spring Clean and Christmas Festival Night; to provide six visits a year by the refuse freighter to the Tollgate car park; and to carry out regular and occasional maintenance of flower beds and footpaths.

Building on the relationship with Haywards Heath Town Council that started with grass cutting in the High Street, this Council, along with Ardingly and Lindfield Rural Parish Councils, has entered into a clustering arrangement whereby the Town Council, by agreement with West Sussex County Council, will undertake devolved minor highway works on behalf of the partner parishes. This work will include weed spraying, temporary and permanent cold fill pot hole repairs, highway sign cleaning, vegetation removal, gully inspection and clearance, graffiti removal, fly tipping removal, management of highway defects, flood warnings, damage to highways, loose slabs, street furniture and chevrons.

Problems can be reported to the Parish Office or direct to Haywards Heath Town Community Interest Company c/o the Town Hall, 40 Boltro Road, Haywards Heath, RH16 1BA tel: 01444 455694, email: hhtowncic@gmail.com. Highway problems can also be reported to: <http://love.westsussex.gov.uk/Help>.

FINANCE AND GENERAL PURPOSES COMMITTEE

(Chairman: Councillor Stephen Henton)

The Finance and General Purposes Committee is responsible for overseeing and reviewing the day to day financial matters of Lindfield Parish Council and to recommend to the Council the annual budget and the precept to be levied for the Parish. Staffing and the Parish Office accommodation also come under the remit of this Committee, as well as governance, insurance, risk assessment, production of the Lindfield Parish Directory and Year Book and any matters of policy which do not fall clearly within the responsibilities of the other Committees, or where there is conflict between them.

Putting together the annual budget is a major task. As Lindfield Parish Council has very little income from other sources, most of its funds have to come from the annual precept (£152,000 for 2012/13). If the Committee underestimates the amount required it is unable to obtain any further sums from other sources, other than loans for particular capital projects, so it is essential that reserves are held. The Council has several designated reserves 'earmarked' for specific purposes, as well as a general reserve which is a safeguard in case of unexpected but necessary expenditure. A breakdown of the budget for 2013/14 is enclosed with this report, together with an abbreviated version of the receipts and payments for 2012/13. Full copies of the accounts are available from the Parish Office. After careful consideration of the budget for 2013/14, notwithstanding rising costs and our new premises, we were pleased to be able to keep the precept at £152,000 for the second year running.

The ongoing work of the Committee includes reviewing monthly income & expenditure against the budget, carrying out periodic checks on the financial records and reporting to Council annually on the effectiveness of the internal audit and internal control procedures. The finances of the Council are subject to both external and internal audit – to date no significant problems have been identified and some helpful suggestions have been followed up.

The main task during the year was the purchase of Clock Tower House, with the help of a loan from the Public Works Loan Board, and setting it up as the new Parish Office. Acquiring additional or alternative accommodation has been one of the Council's objectives for several years and the new premises provide better facilities for the staff, Councillors and visiting members of the public.

A working group is looking into the feasibility of reinstating public toilets on the Common and we have engaged the services of a company of chartered surveyors to draw up plans for public consultation.

Each year the Council sets aside an amount of money in the F&GP Committee's budget for grants/donations, either to local village-based groups or to organisations

whose activities benefit residents of Lindfield. In 2012/13 a total of £1,450 was paid in grants to the following organisations: 4Sight (£100); West Sussex Mediation Service (£100); Victim Support (£50); Lindfield Arts Festival (£500); Haywards Heath Food Bank (£500); West Downs Neighbourhood Watch Search Team (£100) and Outset Youth Action (£100).

RECEIPTS AND PAYMENTS ACCOUNT YEAR ENDED 31 MARCH 2013

2011/12			2012/13	
£			£	
RECEIPTS				
158,000.00		Precept	152,000.00	
105.24		Interest Received	113.41	
634.32		Allotments: Rents and Licence Fee	707.60	
3,910.00		Village Directory: Advertising	3,970.00	
887.40		Village Directory: Donations	6.00	
330.00		Christmas Festival Night	217.50	
208.50		Grants and Donations	1,512.75	
		Public Works Loan Board	299,895.00	
		Rent: Clock Tower House	1,275.47	
2,804.67		Other Income	1,035.57	
8,319.57	175,199.70	VAT re-imburements	7,976.49	468,709.79
PAYMENTS				
67,755.02		Administration:	69,933.85	
479.44		Capital - purchase of Clock Tower House and associated costs	319,277.64	
8,415.44		Other Expenditure on Parish Office	7,015.00	
11,125.96		Finance and General Purposes Committee	9,701.83	
50,919.20		Environment and Amenities Committee	55,142.55	
		Planning and Traffic Committee	1,590.29	
9,543.99		VAT on Payments	15,293.02	
	148,239.05			477,954.18
	26,960.65			9,244.39
SUMMARY				
Opening Balance		179,988.78	Payments	477,954.18
Receipts		468,709.79	Closing Balance	170,744.39
		<u>648,698.57</u>		<u>648,698.57</u>
BANK RECONCILIATION				
Current Account	-	8,824.40		
Business Saver Account		179,457.37		
		<u>170,632.97</u>		
Petty Cash in Hand		111.42		
Total:	£	170,744.39		

BUDGET 2013 / 14**(Precept £148,600 + Council Tax Support Grant of £3,400)**

	BUDGET 2013/2014
Finance and General Purposes Committee	
A Administration	104,675.00
B Chairman's Fund	500.00
C Grants/Donations	1,500.00
D Annual Memberships/Subscriptions	2,500.00
E Village Directory	6,000.00
F Newsletter/Annual Report	2,000.00
G Members' Allowances	2,500.00
Sub-Total	119,675.00
Capital Projects	
H Repairs and remedial work to Clock Tower House	18,000.00
I Toilets on Lindfield Common	20,000.00
	38,000.00
Environment and Amenities Committee	
1a Street Lighting - Energy/maintenance costs	3,500.00
1b - Upgrading Street lights	6,000.00
1c - Christmas lights	6,000.00
2 Maintenance	5,000.00
3 Allotments	3,500.00
4 Gardening	500.00
5 Christmas Festival Night	1,000.00
6 Village Archives	300.00
7 Mobile Civic Amenity Freighter	2,000.00
8 Denmans Lane toilets - running costs	12,000.00
9 Street map of Lindfield	5,000.00
10 Replacement of litter bins	2,000.00
11 Digital mapping	250.00
12 Joint Project with MSDC/WSCC - Post and rail fencing - Pond and Common	2,000.00
13 Tree Pollarding	2,500.00
14 Removal of epicormic growth	600.00
15 Grass cutting (High Street)	2,000.00
16 Emergency Equipment	1,500.00
17 Joint Project with MSDC: Posts around MSDC open spaces	5,000.00
18 Joint Project with WSCC: Dropped kerbs	2,500.00
19 Joint project with MSDC: Replacement of floating islands on Pond	1,000.00
Sub total	64,150.00
Planning and Traffic Committee	
(i) Miscellaneous	200.00
(ii) Professional Fees/Neighbourhood Plan	20,000.00
Sub total	20,200.00
Budget Total spent to date	£ 242,025.00
Outstanding Projects - To be confirmed	
Street map of Lindfield	3,816.25
Bus Stop Poles refurbishment	2,500.00
Total:	6,316.25
Reserves	
General Reserve	50,000.00
Designated Reserves - To be confirmed	
Sinking Fund - Denmans Lane	3,600.00
New Premises	20,000.00
Election	3,121.00
Street Lighting	7,404.88
Allotments	500.00
Denmans Lane toilets - maintenance sinking fund	5,000.00
Capital Project: Toilets on Common	30,000.00
Public Toilets on Common: Sinking Fund	20,000.00
Repair/maintenance of community assets - sinking fund	3,000.00
Maintenance of King Edward Hall clock	900.00
Christmas Lights	2,100.00
Replacement of Litter Bins	2,831.00
Tree Pollarding	2,500.00
Professional Fees/Neighbourhood Plan	28,603.71
Total	129,560.59
Total: Outstanding Projects and Reserves	185,876.84

GAME, AT CHEQUERS



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What's on in August

AT KING EDWARD HALL

AND ELSEWHERE

- 1st **The Adventurers Art Club – Annual Exhibition**
-3rd (Mrs Valerie Harvey 01444 444704)
- 1st **Country Market** – 10am to 11.15am
(Sheila Hobbs 01444 483396)
- 8th **Country Market** – 10am to 11.15am
- 15th **Country Market** – 10am to 11.15am
- 22nd **Country Market** – 10am to 11.15am
- 28th **An evening of Salsa Dancing**
(Julia Cooper 01444 417781)
- 29th **Country Market** – 10am to 11.15am
- 31st **Finders Keepers Dress Agency** –
Preloved Mobile Clothes Sale
(Sian 01444 412764 or Sue 01444 451402)
- 31st **Sale of Teak Garden Furniture**
(David Orchard 0800 0776 374)

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

Honorary Bookings Secretary 01444 483266 or email on bookings@kingedwardhall.org.uk

- 5th- **Cricket Week** fixtures on Lindfield Common,
9th Lindfield Cricket Club. See page 23 for details.
- 6th **Mid Sussex Healthy Walks** - Lindfield LEVEL 2
Meet at 10am Lindfield Common Car Park (by notice board), Backwoods Lane, Lindfield, RH16 2EB Map Ref: TQ 346 252
www.midsussex.gov.uk/healthywalks
- 7th **Mid Sussex Healthy Walks** - Lindfield LEVEL 5
Meet at 10am Hickmans Lane Recreation Ground, Hickmans Lane, Lindfield, RH16 2PX
- 14th **Tiger Arts Lunchtime Concert**
All Saints Church
Katharine Collett (Soprano) & Philip Sear (piano)
- 26th **Mammoth Rotary Charity Car Boot Sale**
by Burgess Hill Rotary Club 9am - 1pm
Oakmeeds College, Station Road, Burgess Hill
Car pitches £10, van pitches from £12
Pre-booked pitches (01273 8443140) must be set up by 8am. Adequate local parking. Proceeds to Local and International Rotary Projects
- 26th **Garden Open for Charity** Sussex Prairies at Morlands Farm, Wheatsheaf Road, Henfield 11am – 5pm. Entry £6, children free
- 26th **Teddy Bears Picnic at Borde Hill Garden**
An opportunity for children to dress up their teddy bear and enter the 'Best Dressed' teddy bear competition. Pack your picnic, bring Ted and come and join in the fun! www.bordehill.co.uk
- 30th **Les Miserablés** (Cert 12A)
Movies showing at Wakehurst
Doors open 6.30pm. Film starts 8pm
Tickets from Wakehurst or thelunacinema.com
- 31st **Raiders of the Lost Ark** (Cert PG)
Movies showing at Wakehurst
Doors open 6.30pm. Film starts 8pm
Tickets from Wakehurst or thelunacinema.com

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Got an event on in September?

Let us know about it. Email details to us at editor@lindfieldlife.co.uk before 8th August.

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