

# Lindfield *Life*

Inc. Scaynes Hill & Walstead

Local village talk,  
by the village

January 2014 Issue #58

Free



Lindfield Parish Council newsletter

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Scout group expands

**page 15**

Get one single goal for 2014

**page 8**

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## EDITORIAL

By David Tingley, editor

I am going to try to avoid all clichés that we frequently share at this post-Christmas time of year. 2014 will soon be upon us and I personally am going to simply look forward to what may be in store.

After the frantic busyness of all manner of Christmas events that many of us have been involved in, perhaps we may be able to take a breather this month? Certainly there seems to be less going on - see **What's On** on page 38.

What there does appear to be in the village is a need for volunteers. On page 6 there is an appeal for a **new governor** at Lindfield Primary School and on page 15 **Zoë Richardson** tells us what's involved in being a **Group Scout Leader** - and I bet it's not what you think it is!

Before we say goodbye completely to Christmas for another year, we must say "thank you" to **Iain McLean** of the Parish Council for organising the Lindfield Festival Night at the beginning of December. There were a number of different stalls and food offerings this year I thought, which was good to see.

Many congratulations to the staff and students at **Oathall Community College** who have recently had a sweep of success. Here at Lindfield Life we love good news, so read about the school's Ofsted report, recent production and BrightFM New Business of the Year award on page 10.

On page 24 **Cuckfield & Lindfield Rotary Club** says well done to the winning students of its annual 'Youth Speaks' competition.

I'm very grateful to **Phil Candy** for acting on my request for him to put together a short piece about his trip to the **Phillipines** at the time of the horrific typhoon. You can read about it on page 36.

As a **community** we are made up of many individuals and characters and I, for one, enjoy hearing what we all get up to. It's what makes me want to read the magazine, so I hope some of you feel the same. **Happy New Year!**

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# NEWS

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



## A true family business at BSW

Staff at Scaynes Hill based heating specialist BSW Building Services can enjoy a family Christmas long before they head home for the holiday period – because so many of their relatives are with them at work!

BSWs 'festive family' includes executive chairman John Bellière who is joined by his sons, operations director Troy and business manager Charlie.

Contracts director Roger Pysden works alongside his son Mark Chandler, who is contracts manager. Sales director Clive Searle is joined by carpenter son Thomas. Kitchen surveyor Alan Kent works with son Leigh, a senior electrical engineer. Administrator Dan Hopkins is joined by mum Louise, who is company secretary, while kitchens and bathroom manager Sally Hamilton works alongside administrator daughter Rebecca.

## New investment support

Lindfield residents and business owners are set to benefit from a new financial and investment advice service.

Launched by former private banker and village resident James Powell and his business partner, investment manager Nick Parker, RiverPeak Wealth offers 'joined up' financial thinking.

The firm provides a friendly, personalised, private banking style service with bespoke portfolio management, investment analysis and financial planning strategies. Its advisory board features leading lights from the worlds of business and finance, ensuring clients have best in practice insight on today's markets.

James Powell said: "We all want peace of mind when it comes to our finances. RiverPeak is here to make it easier for you to enjoy the things in life that are really important to you. And because we're experts at joining up all the different strands of your financial life so they work more efficiently together, we'll help you reach your goals more quickly."



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## 650 shingles signed

All Saints Church held a very successful event in the village during November when they offered the chance for anyone to write on one of the new wooden tiles (or 'shingles') which are being replaced on the church spire.

The 'sign a shingle' event was an initiative by the Church Development Project Group – known as ASPIRE – who were not only raising funds for the building project at All Saints but also raising awareness of the plans and reasons for wanting to undertake it.

Shingle tiles were available to sign on Sundays at the church but there was also a village event held in the former Parish Council offices on Denmans Lane. Clare Nibloe, event organiser, commented: "We're really pleased it captured people's imagination as they wanted to write their name in village history."

Nearly 650 tiles were signed by church members, friends and residents and over £3,000 was collected for the ASPIRE project fund. The installation of the shingles is likely to be completed during January, when the scaffolding is expected to be removed.



## Are you ready for a 2014 challenge?

Last year nearly 400 runners took part in the Lindfield Village Run and Fun Run – now that the Christmas dinner is over, is it a good time for you to consider signing up for the 2014 event?

Both runs are traditional cross country events with some roads, some fields and some muddy sections. One runner last year commented: "There aren't many true cross country events left – this is the 'real deal' and I love it!"

The Fun Run is 5k and was won last year by Ian Donougher, although times varied from 21 minutes to just over an hour. The 10k is also popular with 177 runners taking part in 2013, the fastest of whom was Neil Giles with a time of 42.12mins.

This year's event takes place on Bank Holiday Monday 26th May 2014 and the organisers are encouraging all participants to enter as a group, as there will be additional prizes available. Groups may be family, your company or school and you don't need to run or enter together – just include the reference on your booking form.

Online booking is open now or see the organisers' website for more information:  
[www.kingedwardhall.org.uk/village-run](http://www.kingedwardhall.org.uk/village-run)

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# School Governor vacancy to be filled

By Karen Crockford

Lindfield Primary School has a governor vacancy and is seeking to recruit a candidate from the local community.

It has never been a more interesting and challenging time to be a school governor. It's a changing educational landscape both from central government policy changes to local government funding reductions. In response schools are increasingly working more closely together looking at ways to continue to provide the services they need. The school's planned expansion from 420 pupils to 630 is well underway. The challenge is to have a strategic plan during such times of change whilst not taking our eye off the most important activity of ensuring that the school continues to deliver the very best education. If this sounds like an interesting challenge then we would love to hear from you. Ideally you will already have some knowledge or experience of the educational sector and possibly a marketing/PR background although this is not essential.

For more information contact Louise Downey by email: [louise\\_downey@btinternet.com](mailto:louise_downey@btinternet.com)

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# Scaynes Hill shop donates to school library

SPAR Scaynes Hill has donated £300 to St Augustine's Primary School to buy books for their new school library.

The store's £150 donation was match funded by the Blakemore Foundation Independent Retailer scheme, which recognises the wide range of community activity undertaken by independent SPAR stores across the Meridian & Welsh Guild.

Jay Patel, who owns the store with his brother Gunvant, handed over the funds to the school's junior librarians. Jay said: "Books are so very important for children, and being able to assist with the development of the school library and its content is something we are delighted to do."

Evidence suggests that children who read for enjoyment every day perform better in reading tests than those who don't and also develop a broader vocabulary, increased general knowledge and a better understanding of other cultures.

St Augustine's Primary School has just 86 pupils and five teachers but recently raised funds to build a new library. The shop's donation will allow the school



to buy new books and learning resources to give pupils just some of the opportunities that larger schools can provide.

Jay said: "It's wonderful to have the opportunity to help the local school in such a way, along with AF Blakemore's match funding." Business Development Manager Russ Madden commented: "Jay and Gunvant run two SPAR stores in Sussex and regularly raise funds for local sports teams and community causes. Their annual 'free carwash' event, in which customers pay a sum of their choice with all proceeds donated to Cancer Research, is always well attended."

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# Give yourself a goal for 2014

By Maxine Hayes

If you're like most people it's time to wipe the slate clean and accomplish some of those dreams you've held on to for years.

Maybe your goal this year is to FINALLY get in shape... maybe it's to boost your income... or spend more time with those you love. Whatever your goal may be, chances are very good that you might be committing one of the biggest goal-setting mistakes ever...

Researchers have looked at how setting and planning to achieve a single goal compares to doing the same for multiple goals. The key to making sure you have an AMAZING 2014? Focus! On one single achievable goal.

In today's world, many of us have lost our focus. In fact, too many people can't even hold a single thought in their minds for more than a split second. And who can blame them? There's the Internet, Twitter, Facebook, texting, SmartPhones, television and more – all trying to get our attention. PLUS, far too many of us are trying to do a million things at once, bouncing around from task to task and thought to thought like a pinball. This is totally counterproductive to achieving the things you want in life. That's because what you put your attention on expands. And if you're not steadily putting your attention on the things you want, then is it any surprise why so many people fail to achieve their resolutions?

According to studies, trying to plan out the

accomplishment of many goals at once reminds you of all the obstacles and challenges that stand in your way to achieving those goals. As a result, you're more likely to get discouraged, not commit and abandon ship!

Unfortunately, this is the BIG mistake most people make when they set their New Year's resolutions. They set out to change every area of their life. And then they find themselves at the end of the year not being any closer to accomplishing any of them. This only results in a feeling of failure, so what do we do? We retreat to our old habits and the following New Year set the exact same, unachievable goals.

Don't let this happen to you this year. Before you burst out of the gate sprinting to achieve every single one of those New Year's resolutions you set, take some time and figure out which one of them is your top priority. Then, put the others on the back burner until you achieve your most important resolution.

Yes, this isn't as sexy as the thought of completely transforming every last area of your life in just a few month's time. But it is a tried and tested way to guarantee you change at least one big part of your life.

Follow this tip and success will spill out into other areas of your life. I challenge you to take control of that thing between your ears - your mind.

Here's to an incredible 2014!



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## Oathall Farm Shop wins prestigious award

The Farm Shop at Oathall Community College has been voted Best New Business in the 2013 Bright FM Awards.

The shop, which opened last year, was praised for its fresh, local and ever expanding selection of quality foods and its excellent customer service, as well as the educational experience it offers the school's students.

The award was presented to Mr Howard Wood, Head of Farm, and Mrs Ree Woodward, Farm Shop Supervisor, at a special ceremony.

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# Nearly 100 students perform Christmas production



The ghost of Christmas past haunted the stage at Oathall Community College as part of the school's festive production of *A Christmas Carol* by Charles Dickens.

The cast and crew of nearly one hundred students showed off their talents during four shows.

They included a performance to more than 250 pupils from Northlands Wood, Blackthorns and Lindfield Primary Schools, who enjoyed the dance numbers and use of marionette puppets in the production.

Carole MacTaggart, Head of Performance faculty from Oathall, said: "We put together an ambitious play which featured lots professional touches such as a snow

machine, light projections and hand-made puppets. Our students both on and off stage worked incredibly hard on this production, which was a truly magical Christmas performance."

The play told the story of Ebenezer Scrooge, a man who hates Christmas and is devoid of all joy. On Christmas Eve, several years after his business partner Jacob Marley died, Marley's spirit visits Scrooge in the hope of showing him the error of his ways. The ghosts of Christmases past, present and future visit Scrooge and accompany him to various scenes in hope of transforming his ways.

## Oathall is good!

Staff and students at Oathall Community College are celebrating after being officially rated as good in all areas following a recent Ofsted inspection.

The school was visited by a team of five inspectors who observed 52 lessons, met with students, teachers, senior leaders, the governing body and representatives from the local authority over two days.

The final report praised teaching standards, pupil behaviour and the school's leadership and management.

"The headteacher, the senior leadership team and the governing body have a clear vision for the direction of the school. Their actions have brought about improvements to standards of teaching and students' achievement and they have the ambition to take them to the very highest levels," said Ofsted.

The inspection team reported that students typically have good, and in some cases exemplary, attitudes to learning, that the quality of teaching, like examination results, is good and improving and noted that the proportion of Year 11 students who remain in education, training or work on leaving school is significantly above average.

Analysis of the 96 responses to parental and carers' questionnaires showed that the school is regarded highly, with many saying they would recommend Oathall Community College to others. The inspection team also recognised that the school has an experienced governing body who know the school well and who are not afraid to ask challenging questions.

Headteacher Mr Eddie Rodriguez said: "We are happy that Ofsted has recognised the huge progress Oathall has made in recent months, which is reinforced by our best exam results to date in the summer. We are proud of what we have achieved and I know staff, students, parents and governors are absolutely committed to continuing to improve and being recognised as an outstanding school in the future."

To see a copy of the full report please visit [www.ofsted.gov.uk](http://www.ofsted.gov.uk)

To find out more about Oathall Community College see their website at [www.oathall.org](http://www.oathall.org)

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## FACIAL ACUPUNCTURE

Channel 4's recent series 'How Not To Get Old' presented what they claimed to be 'the ultimate consumer guide on how to keep looking younger for longer'.

For those not familiar with the show, one presenter (Anna Richardson) sampled cosmetic/medical treatments and the other (Louise Redknapp) tried several 'natural' remedies, then each rated their personal results. Of all her experiences, the only one Louise Redknapp said she will continue with regularly is facial acupuncture.



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Please visit [www.reedacupuncture.co.uk](http://www.reedacupuncture.co.uk) for more information.



## Scout group expands

By Zoë Richardson

The 1st Lindfield Scout Group has been providing activities, adventure and fun for the young people of the village for over 100 years! We are expanding at a great rate in order to continue to offer places to those who would like to join in the fun. We have opened up a second Beaver Colony, for children aged 6 to 8, and have a new Cub Pack, for those aged 8 to 10½, starting later in the year to cope with the demand! We already have two Scout Troops, aged 10½ to 14.

At Lindfield Village Day last summer we launched our 'Raise our Roof' fundraising campaign to raise the £50,000 needed to refurbish the Scout Hut in the village. We have been fundraising for this purpose ever since; providing the official Lindfield refreshment stop for BHF London to Brighton Bike Ride, running a quiz night and selling burgers on a very muddy Bonfire Night are just some places you may have seen us!

As part of our expansion, we are looking for someone to fill a very important role within the group – Group Scout Leader. We are looking for a volunteer with management experience who wants to do more in their community, with good interpersonal skills and the ability to motivate and inspire others.

**Do I need to have been a Scout myself to do the role?**

No, an understanding of the principles of Scouting would be an advantage but you will soon learn this. We have an Executive Committee who have never been involved in Scouting before, they just wanted to help out the group!

**What would my responsibilities be?**

Working with all the Leaders across the group to motivate and continue to provide excellent Scouting in our community.

**Will I be given training?**

Yes, there is a training programme that all Leaders undertake. The training is great fun and ensures that the Group can continue to develop and ensure that a challenging, exciting and balanced programme is offered to young people in the Scout Group.

**Will I have to run Beaver, Cub or Scout evenings?**

No! The Leadership Team run all the activities and evenings for the young people in the Group. You would be free to drop in any time to lend a hand but you are not expected to be there every week!

**What are the key skills I need?**

The ability to manage adults effectively and excellent communication skills.

**What's in it for me... why should I volunteer?**

You will make a real difference to the young people of Lindfield. Scouting already has some amazing people, ordinary people with jobs and families, who in their spare time make extraordinary things happen for Beavers, Cubs and Scouts. You can be a part of that and support these Leaders by giving your backing and management skills. Plus, we know that Scouting skills look good on a CV!

**Who should I speak to if I would like more information?**

Email [robin.springer@gmail.com](mailto:robin.springer@gmail.com) or text 07850 296013 for more information. You would be welcome to visit us at the hut to see what we do and meet the team!





## It's good to talk

### OPEN FOR BUSINESS

Did you have a Merry Christmas, or did you spend the festive season gritting your teeth and wishing it was over?

If you did, then you're not alone. Christmas can be a massively stressful time when bringing people together can be a recipe for disaster, highlighting issues and difficulties normally kept at bay.

When the festive season is over it's natural to want to pack difficulties away with the Christmas decorations and hope next year will be different.

But with each New Year comes a chance to discover new ways to resolve problems and explore opportunities to make positive changes which will have far-reaching effects.

Counsellor and psychotherapist Ania Tylunas explains: "Post-Christmas blues are extremely common. Family gatherings can be very stressful, highlighting difficulties that are usually in the background.

"Spending time together can also bring out problems in relationships with partners, parents, in-laws and siblings. For some people there's an overwhelming pressure to create the perfect Christmas, while for others it's a time of loneliness, reflection, looking back over their lives or feeling inadequate.

"However, the New Year presents us with a wonderful opportunity to find a way forward so that next Christmas doesn't bring up the same issues."

Through her business Talk for Change, Ania provides professional, tailor-made psychological help and therapy for a wide range of problems, enabling clients to make positive and lasting changes to their lives.

An experienced senior clinician with more than 13 years in practice, including ten years within the NHS, Ania has helped hundreds of people to turn their lives around.

Now based in the High Street, Ania offers clients help as and when they need it and, with her extensive experience and training in a range of therapies, can spend time finding the perfect treatment.

"It's vital that when a client makes the decision to seek help and picks up the phone, they are quickly seen," said Ania. "This ensures that the problems don't escalate or the opportunity is missed.

"We can have a tendency to play things down, take our place at the end of the queue and while the stiff upper lip can be a great strength, it can also be a weakness."

Ania has successfully helped clients with:

- low mood and depression
- worry and anxiety
- relationship difficulties
- adverse life events and trauma, including Post Traumatic Stress Disorder

"What I find truly inspirational is that we are never fully formed," she says. "We are constantly evolving and changing and have the ability to overcome difficulties and change the course of our lives. With the right tools, I have seen how people can take control of their behaviours, overcome difficulties and find solutions to solve their problems."

Ania feels the key to success is building a good and supportive relationship which fosters positive change. Clients will never be put into any given "therapy box" but offered individually tailored treatment using clinically proven methods. For some, change can come quickly, others need longer term support.

"I will help clients recognise all they have achieved in life, and strengthen and celebrate all they are good at. By recognising and harnessing these inner qualities, people can overcome present difficulties. We can't change others but we can change ourselves and, with that, how people respond to us."

Recent statistics have shown that 75% of people will suffer from depression or anxiety sometime in their lives. Globally it is the second biggest cause of disability and absence from work.

"Luckily the media, government and public opinion are reflecting this new understanding and we are beginning to appreciate how important psychological wellbeing is for our overall health," says Ania. "We are becoming more aware that our emotional wellbeing affects our physical self – there's no health without emotional health.

"We make sure our cars are maintained and running smoothly but don't pay the same attention to our emotional wellbeing. At times we all need fine tuning, and postponing seeking help could result in a major crisis.

Reaching out for help is a brave thing to do. It shows you have courage, hope that things could be different and that you believe your wellbeing matters. All these positive attitudes will assist you in finding a way forward."

To find out more visit [www.talkforchange.co.uk](http://www.talkforchange.co.uk) or phone 01444 617 226.



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West Sussex  
RH16 3AS



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

### CHRISTMAS FESTIVAL NIGHT

The High Street was packed with people enjoying the lively atmosphere and festive cheer at our Christmas Festival Night on 3rd December and we were lucky that the weather was calm, dry and not too cold.

A lot of the local shops were open during the evening and a great deal of effort was put into dressing shop windows, which all looked fantastic. We're so lucky in Lindfield to have such a wide range of shops and a variety of places to eat at the heart of our community. Congratulations to Lindfield Eyecare for winning the prize for the Best Dressed Window; to Runner Up - Mathilda Rose and to Bliss who were Highly Commended. The judges were mindful that this is not an even playing field in terms of available window space and the particular items people have to work with if they want to make their display appropriate to their own business. It is never an easy decision and there will have been disappointment but it is the taking part that matters and every dressed window made its own special contribution to the overall effect.

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

Lindfield Parish Council wishes to thank the many people on whom the success of this event depends. In particular, our thanks go to: the United Reformed Church for making this vital indoor venue available and for the warm welcome, the entertainment and the activities organised by members of the Church. The evening could not go ahead without the co-operation

of the Police, Event Medic Services and members of CERT - we are very grateful to them and to Siamax who provided a set of two way radios; to Haywards Heath Town Council for the loan of road closure barriers; to the people who helped get ready for Father Christmas and Ian Masters for delivering Father Christmas to his grotto in style. Henry, in this picture with Santa, was the last in a very long queue of children who waited patiently with their grown-ups to have a chat with Father Christmas and get a small present (thank you to his Dad for the photo and allowing it to be published).



As always we are indebted to the people who kindly allow us to plug in the High Street Christmas lights at their properties.

Thank you also to Goddenwick Farm for donating a Christmas tree and to Glyn Thomas and Son for letting us put it on their roof.

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

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

Members of Lindfield Parish Council:

They can all be contacted, in the first instance, via the Parish

**Cllr. William Blunden**  
(Chairman)

**Cllr. Valerie Upton**  
(Vice Chairman)

**Cllr. Mike Allen**

**Cllr. Michael Amor**

**Cllr. Jane Chatfield**

**Cllr. Alan Gomme**

Lindfield Parish Council Office is open on Tuesdays 1.00pm to 4.00pm, Thursdays and Fridays 10.00am to 1.00pm – when members of the public are welcome to come along to look at planning applications for Lindfield, 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

## NEIGHBOURHOOD PLAN PROGRESS REPORT

The members of the Steering Group are very grateful to everyone who responded to the publication, on 1st November, of our Pre-Submission (or draft) Plan for a consultation period of six weeks that ended on Friday 13th December.

As part of the public consultation we were required to undertake at that stage in the preparation of the Plan, we held two "Pop-In Sessions" at the King Edward Hall on Tuesday evening the 19th November and then on Saturday morning the 23rd November at the Millennium Centre in Scaynes Hill. We had 53 visitors on the Tuesday evening and 24 on the Saturday morning. We would like to thank everyone who came out to meet us and took the opportunity to discuss aspects of the Plan with us.

Now that the consultation period has ended we are going through the process of studying all the comments we have received and will be discussing these with our consultants from Action in rural Sussex. There will clearly be merit in at least some of the suggestions that we have received and we will be amending the draft Plan accordingly. It is also our intention to publish on our website, during the month of January, all the comments and input received during the consultation period. This is in advance of a meeting of the Steering Group, which will then be held on Monday 3rd February at 8pm in the Jubilee Room, King Edward Hall. You are of course very welcome to attend this meeting.

Then during March both Lindfield & Lindfield Rural Parish Councils will meet to discuss and agree the changes to the Plan in order that we can formally submit the revised Plan to Mid Sussex District Council, who will then carry out the final consultation, examination and referendum stages.

Cllr Alan Gomme,  
Chairman of Lindfield & Lindfield Rural Parishes  
Neighbourhood Plan Steering Group

## DIARIES

We were delighted to be able to deliver the Lindfield diaries in good time this year. After last year's disappointment with the late arrival and poorer quality of the diaries, we went to a new printer and we hope you will agree that the diaries are now back to the standard we were used to until recently. We also hope that most of our residents are still finding their diaries useful now that modern technology has changed how many of us organise our appointments.

## BUDGET

The Council's committees have been looking at their budgets for next year, with a view to keeping the precept at its current level but still undertaking projects that will improve our village. We are in discussion with WSCC about re-paving the pedestrian area from the Post Office to the crossing, which has badly deteriorated, and with MSDC we hope to be able to update the play equipment in the Hickmans Lane playground. The Planning and Traffic Committee is proposing a traffic study to enable an assessment of the impact of recent and approved future development. We will be seeking funding for projects from other sources where appropriate, particularly from developer contributions.

## WATER MAIN UPGRADE BY SOUTH EAST WATER

You will probably all be aware by now of the work to take place from 20 January on installing a new water main between All Saints Church and Park Lane. This will mean a road closure in this section of the road for approximately 13 weeks. The Parish Council shares the concerns of all who will be affected during this long period of road closure and we are doing all we can to minimise inconvenience to residents and facilitate good communication throughout the process.

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

## WINTER WEATHER

West Sussex County Council is taking a different approach this winter with regard to supplying salt to parishes. They have filled the bins pre-winter but have stated that they will not refill them during the course of the winter, so if parish councils want to be able to refill their bins they have to find a way of storing reserves of salt locally. We have done our best within our limitations to make sure we are prepared. We are very thankful that we have joined a cluster partnership with Haywards Heath Town Council as their team will refill our bins from the reserve. WSSC has also supplied some extra bins for which we will be paying a contribution. The Parish Council has also purchased a snow brush as an addition to the plough for clearing snow from pavements, which should work better on the more compacted snow and we have plenty of shovels for people willing to help.

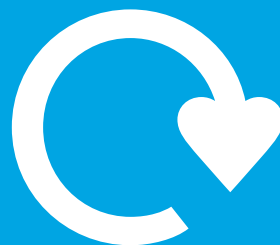
Having equipment is one thing but we need a team of volunteers to use it. Clearing snow and salting the pedestrian routes around the village centre makes such a difference to the safety of pedestrians but it cannot be denied that it is exhausting work for the very few people who normally do it. With enough volunteers signed up, the job can be organised into shifts so that no one person has to work for too long. Please contact the Parish Office or one of the Councillors if you feel you can make a commitment to this worthwhile community effort.

## PROPOSED PUBLIC TOILETS ON THE COMMON

Over the last year the Parish Council has been working with a firm of chartered surveyors to draw up a proposal for reinstating public toilets on the Common. Keep an eye on our website and noticeboard for news of a public consultation early in the New Year, as we want your views before we go forward with submitting applications for planning permission and approval from the Secretary of State under the Commons Act.

## SENIOR RAIL CARDS

Please remember to bring your National Insurance Number with you when you come to buy your concessionary Senior Rail Card. This is a new requirement and applies to both new applications and renewals.



## HOUSEHOLD WASTE RECYCLING

Cllr Mrs Pru Moore, the District Council Cabinet Member for Leisure and Sustainability, is asking residents across the District to continue to recycle as much household waste as possible but to be as careful as possible to avoid including items that have an adverse effect.

## POLICE COMMUNITY SUPPORT OFFICER

PCSO Nicola Green can be contacted direct on her mobile number 07789 168791, or by email - Nicola.Green.01@sussex.pnn.police.uk. However this is not monitored on her days off, so members of the public reporting a crime should contact 101 in a non emergency incident or 999 if appropriate.

## MOBILE CIVIC AMENITY COLLECTIONS

The refuse freighters will be in the Tollgate car park on Sundays 19th January and 9th March 2014, between the hours of 10am and 12noon, for the collection of household and garden waste. Please note that due to current legislation they cannot accept items such as televisions, computer monitors and fluorescent tubes. These can still be taken to a civic amenity centre. Please do not leave rubbish in the absence of the refuse freighter.



**What can be put in our blue-topped bins:**

PAPER AND CARDBOARD such as: \*Junk mail  
\* Telephone directories \* Cereal & egg boxes  
\*Newspapers \*Catalogues & magazines  
TIN FOIL such as: \*clean foil takeaway  
containers \*Tin foil  
GLASS BOTTLES AND JARS such as: \*Wine  
bottles \*Beer bottles \*Jam jars \*Sauce jars  
FOOD AND DRINK CANS  
AEROSOLS such as: hairspray & deodorant  
aerosols  
FOOD AND DRINK CARTONS such as: \*Fruit  
juice cartons \*Soup cartons \*Milk cartons  
PLASTIC BOTTLES such as \*Drink bottles \*Milk  
bottles \*Shampoo bottles \*Detergent liquid  
bottles \*Washing up liquid bottles

All items should be CLEAN, DRY AND LOOSE.



**No thank you :**

\*Shredded paper \*Paper towels \*Pet food  
pouches \*Crisp packets \*Pyrex \*Drinking  
glasses and crockery \*Batteries \*Electrical  
items \*Plastic bags \*Plastic bottle tops  
\*Plastic containers.

Recycling from all households in West Sussex is delivered to Ford Materials Recycling Facility (MRF) via a network of transfer stations. In Mid Sussex these are at Burgess Hill and East Grinstead. At the transfer stations the recycling is bulked up onto bigger vehicles before being transported to the MRF to reduce the number of vehicles on the road. At the MRF the mixed recycling is mechanically sorted and separated into individual material types, baled up, then transported to reprocessors for manufacturing into new goods and products.

A range of technology is employed at the MRF to sort and separate recycling into high quality products ready for reprocessing. To help the MRF perform to its full potential, it is vital that only the correct items are put in our recycling bins and not tied in bags, which the reprocessors cannot open. If the wrong items are put in our recycling bins, they risk damaging the MRF and could ruin the quality of the correct items for recycling. That can lead to loads of otherwise suitable recycling material having to be taken to a landfill site.

Further information can be found on the following webpage: [www.midsussex.gov.uk/recycling](http://www.midsussex.gov.uk/recycling)

## Parish Council meetings

### January – March 2014

Thursday	9th January	Finance and General Purposes Committee	8pm
Tuesday	14th January	Planning and Traffic Committee (plans only)	8pm
Thursday	16th January	Full Council	7.30pm
Tuesday	4th February	Planning and Traffic Committee (plans only)	8pm
Thursday	6th February	Environment and Amenities Committee	8pm
Tuesday	25th February	Planning and Traffic Committee (full)	8pm
Thursday	6th March	Finance and General Purposes Committee	8pm
Thursday	13th March	Full Council	7.30pm
Tuesday	18th March	Planning and Traffic Committee (plans only)	8pm

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

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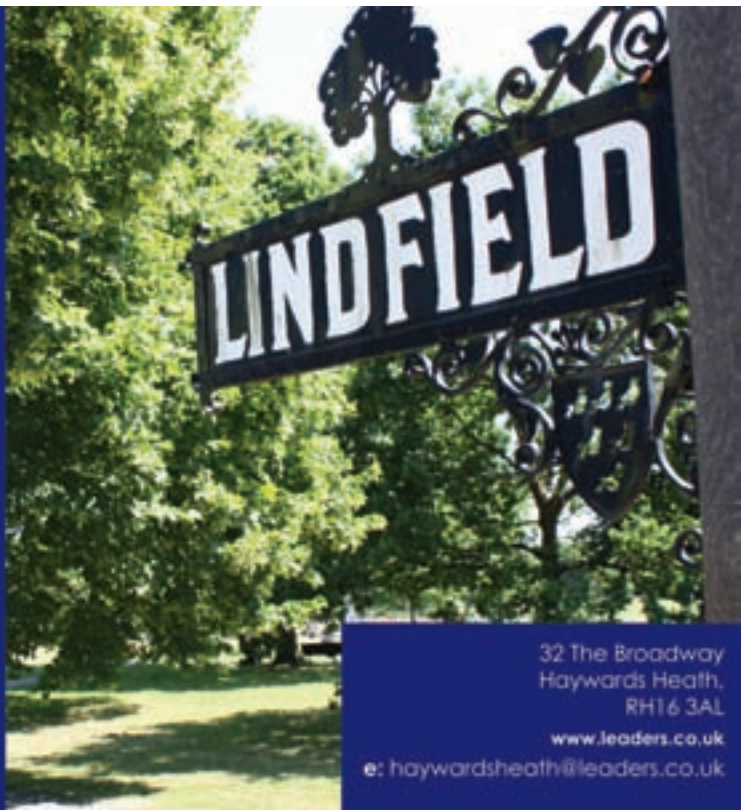
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## Rotary Speaks winners

Ardingly College students took the honours in the first round of "Youth Speaks", the public speaking competition for schools organised annually by the Rotary Club of Cuckfield and Lindfield. Awards also went to students from Great Walstead and Oathall Community College.

In the intermediate section for 11 to 13 year-olds, Ardingly Prep fielded a strong team who captured the audience's attention with their topic 'Poohpower', or the adaptation of human waste for reducing energy shortfalls. Speaker Tom Cunningham did well to keep a straight face while the audience fell around laughing and he was ably supported by Ben Belcher (Chair) and Sophie Crooks (Vote of Thanks). Tom was voted Best Speaker in this section, while Sophie was Best Vote of Thanks. The Best Chair award went to Isla Tuttle from Great Walstead.

The senior section drew on some controversial issues, discussing whether we should pay for our education and taking a look at drug-taking in sport. The Ardingly College team was placed first, with an exposé of various Indian myths such as Bollywood and Chicken Tikka Masala, said to be more British than Indian. And on the question of traditional British foods which would find favour in India, Dhriti Oza (Speaker) came straight

out with "Chocolate". Chair of the winning Ardingly College team was Isaac Segal and Sophia Fossali was their Vote of Thanks. Dhriti and Isaac also took the top individual awards for their respective roles and Best Vote of Thanks went to Samuel Mitchell from Oathall Community College.

Awards to the teams were presented by Councillor Gordon Marples, Chairman of Mid-Sussex District Council, who said that the inspiring results on the evening were a tribute to the hard work put in by all of the teams and their teachers.

Nigel Page, who took time off from his duties as Chairman of Cuckfield Parish Council to act as an adjudicator, said: "All of the teams did really well. I was tremendously impressed by their skills at such a young age. It will help them so much in their future careers."

Barry Reed, President of Cuckfield & Lindfield Rotary Club, said: "Once again it shows what a wealth of young talent there is in our schools when it comes to public speaking. We are delighted we can help develop their confidence and skills in this way."

Details about opportunities for young people can be obtained from Bill Cormie, Youth Activities, Cuckfield and Lindfield Rotary Club. Telephone 01444 482780. Email [cormie-b@black-hill.freeserve.co.uk](mailto:cormie-b@black-hill.freeserve.co.uk)

Photo above: INTERMEDIATE SECTION WINNERS – Ardingly Prep – Cllr Gordon Marples with (l to r) Ben Belcher (Chairman), Tom Cunningham (Speaker), Sophie Crooks (Vote of thanks)

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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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Measure 175g wholewheat flour, 50g coarse porridge oats, 1½ tsp baking powder, 175g soft brown sugar and 50g chopped dates (or dried cranberries) into a large bowl.

Mash two large ripe bananas and combine with 142ml plain yogurt, 125g melted butter and two large eggs. Add to the bowl and gently stir together. Spoon into the cake tin and level the top.

Bake for 1 hour or until it tests cooked. Cool for 10 min before turning out on to a wire rack to cool completely.



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By Caroline Young

January is traditionally the time for new resolutions, many of them with the word 'diet' featuring in them! Surely on cold, wet, dark days the last thing you want to be eating is a bowl of salad, no matter how good it is for your waistline. How about this for a different resolution that may well help your purse as well as your waistline. Resolve to try a new food you haven't cooked before, such as all the varieties of grains. Many are rich in protein, vitamins and minerals and come in a variety of forms easily found in wholefood shops and your supermarket. Wheat can be wheatberries, wheatgerm, wheat flakes and cracked wheat. Try using pearl barley, cooked in stock, instead of rice for pilaffs and risottos or in place of potatoes. Porridge oats are delicious added to crumble toppings, to all kinds of breads, muffins and cakes. Look for the organic jumbo oats in the supermarket. Quinoa was cultivated by the Incas high in the Andes and now is said to be 'the supergrain of the future'. Especially good for gluten-free diets, quinoa is highly nutritious and well worth trying. Grains such as wheatberries, pearly barley and spelt can be cooked, cooled and then frozen, ready to be added to quick cooking recipes. Be adventurous; perhaps try my recipes as a start.

## Instant 'Risotto'

Serves 2

Gently fry 50g cubed pancetta or streaky bacon until just golden. Remove from the pan. To the fat in the pan add a generous handful of chopped vegetables – leek, onion, celery, fennel, grated carrot, diced peppers or spring onions or a combination of any of them. Cook, stirring, until just soft. Return the pancetta to the pan and tip in 2 portions of pre-cooked chilled (or frozen) pearl barley or wheatberries. Add a splash of white vermouth or stock, cover and cook over low heat until bubbling hot. Stir in a knob of butter, season to taste and serve immediately topped with shaved or grated Parmesan cheese.

## Creamy Green Lentils

Serves 2

Gently cook 4 sliced spring onions in a little oil until softened. Stir in some crushed garlic, 1tbs Dijon mustard, the zest and juice of 1 unwaxed lemon, 4 chopped and deseeded tomatoes and a drained 400g can green lentils. Poach 2 eggs. Stir 4tbs crème fraiche into the lentils, gently heat to serving temperature, season and served topped with the poached eggs.

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## Lindfield's businesses remain open during water work

On the 20th January South East Water will begin installing a new water main in Lindfield.

This 2.2 kilometre pipeline will ensure the water company's current customers in the village will continue to receive top quality water in the future while also securing supplies.

The first phase of work will take place in High Street, Lindfield between Church Lane and Park Lane from 20th January and take 13 weeks to complete. Following this, construction will move into phase two and start on 21st April and last approximately seven weeks. The third phase will be in private land alongside Ardingly and will take 10 weeks to complete.

Chris Love, Delivery Manager at South East Water, said: "The pipeline we are installing is large, 400mm in diameter, and each section of pipe will need specialist equipment to lift it into place.

"Due to the pipe's large size, the high number of other utility services within the High Street which we need to avoid, as well as ensuring the safety of the public and our contractor, we have spent a long time considering the best installation method.

"As a result we will need to close this section of High Street, Lindfield while we install the pipeline within the road. When we are working in Park Lane, this road will also be closed due to its narrow nature.

"All businesses will be open as normal while our work takes place and customers wishing to use Lindfield's shopping area will be able to do so by driving from the southern end of the High Street. Parking will be unaffected.

"I would like to reassure the local community that we do not impose road closures lightly and our contractor will be working hard to complete this work quickly by



south east water

"All businesses will be open as normal while our work takes place and local parking will be unaffected."

Chris Love, Delivery Manager, South East Water

working extended hours and progressing on multiple work fronts."

For those living or working within the sections of road which will be closed the Company will maintain access to those properties for residents, customers, emergency services and refuse collection.

Construction will be carried out in stages, so not all of the sections of road being worked in will be affected at any one time. As soon as work completes in one stage, it will be returned to its original state and the construction area will move along to the next stage.

Diversion routes for when the High Street and Park Lane will be closed will be clearly sign posted.

This work forms part of a wider £1.6 million programme of work that South East Water is undertaking in the Lindfield and Haywards Heath area.

In total six kilometres of water main will be installed or upgraded between now and Spring 2015.

Further information regarding this work can be found at [www.southeastwater.co.uk/lindfieldandhaywardsheath](http://www.southeastwater.co.uk/lindfieldandhaywardsheath)

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## Winter Masquerade Ball

A Winter Masquerade Ball held at the Scaynes Hill Millennium Centre has raised more than £350 for next year's Lindfield Arts Festival.

Originally the four friends, Sandra Thomas, Marian Cameron, Lorna Falkner and Esther Featherstone organised the event just as an excuse to dress up in posh frocks! But with three of the girls directing the arts festival next year they quickly decided to promote the festival at the party and raise a bit of cash.

"The ball gowns, suits and masks adorned were fabulous and the historical dancing (otherwise known as hysterical dancing!) provided some fun entertainment!" said Esther. Local businesses supported the event by supplying prizes for a raffle. The girls want to thank everyone for dressing up and helping make the event successful. Be sure to keep your eyes peeled for plenty more arts festival events...there's lots planned!

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## New-look for LDC club evenings

Lindfield Dramatic Club welcomes 2014 with a new-style monthly club evening aimed at attracting more people interested in theatre, with a view to increasing membership.

Non-members will be welcomed on the second Monday each month, when a concentrated look will be taken at well-known plays – anything from Ayckbourn to Pinter, Stoppard to Shakespeare.

The new format involves reading a scene (probably more than once, with different people) from a chosen play, discussing, watching a filmed professional version, then following up with rehearsals with a view to performing at a later date.

Said chairman Rex Cooper: "What we are aiming to do is provide something continual that will involve members and, hopefully, newcomers too, on a regular basis, like being in a forthcoming production."

Anyone interested in taking part in the LDC monthly club evenings can call Rex Cooper on 01444 831512.

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# Looking back, and ahead

## HOME FRONT

**By Jacqui Smith, interior designer**

As I write this article I find myself amid the festive chaos that is the run up to Christmas. We have last minute curtain jobs to squeeze in, a care home install plus a show home fit out, a pitch to work on for a new care home project for 2014, as well as keeping a close eye on our refurbishment projects and maintaining the pressure on trades to ensure that critical dates are not allowed to slip. Oh and we decided to redecorate our own dining room in time for Christmas, deciding that by giving ourselves a deadline we would finally get round to making choices on paint colour and blind fabric. I am my own worst client!

It has been a year of challenge and opportunity for HomeSmiths. I have got more and more accustomed to life with one working eye and as a team we have grown in size and the roles and responsibilities of the team have developed to enable me to focus more on the design work and less on the screen which I tire of more easily these days. The silver linings that this time last year I was so determined to find, have manifested themselves in an expanding team and a new business opportunity. In August Jenna Gale joined the team as estimator. Jenna costs jobs for us and keeps a close eye on schedules and suppliers. Our recently added 'meet the team' page on our website plays stage to mug shots and bios if you fancy a nose. Jeanette Seabrook also works for us on a freelance basis, helping us out with both residential projects and show home installs. The business opportunity stemmed from the talk I gave at the Care Show in Bournemouth in March. It was there that I met a lady from The Thomas Pocklington Trust (a charity that provides housing support for blind and partially sighted people). They have all this wonderful research material from various collaborative projects with Stirling and Kingston Universities, yet have had little success in translating this into accessible guidelines for interior designers and architects. As someone who

loves networking in all forms and has a heartfelt need for more people in the construction and interior design world to consider the needs of the visually impaired when designing, I am really excited about working on this project and spreading the word via blogs and forums.

This year we have taken on some exciting refurbishment projects, one in the village and another in Bolney. We have continued to work with Barratt Southern Counties, starting 2013 with show homes in Bexhill, Worthing, Horsham and Crawley and finishing with a further site in Worthing and one in Heathfield. Our care home work has continued with an Extra Care project in West Kent. Extra Care sites are large developments of one and two bed apartments with access to communal lounge and dining facilities with IT suites, hair salons and activities rooms. Creating schemes that sit between a home and an elegant hotel has been our aim, whilst at the same time ensuring that the designs remain practical. The Lewes House of Friendship, a drop-in centre for the elderly, contacted us during 2013 for help with their refurbishment plans and by the time you read this article work will be starting on site.

And in other news, and much to the delight of Piers (pictured here bottom left), HomeSmiths are the proud sponsors of Lindfield Juniors U9s football team! On a final note thank you to all of our readers for reading the column and for your lovely comments. A prosperous 2014 to all of you from the HomeSmiths team!

[www.homesmiths.co.uk](http://www.homesmiths.co.uk) 01444 440880

# A local perspective on crisis

As the people of the Philippines still come to terms with the devastating consequences of Typhoon Haiyan we asked Lindfield resident Phil Candy to tell us about his recent experiences in the country

By Phil Candy

I arrived in Manila, the capital of the Philippines, in November to conduct a week's security workshop for a German charity, something that had been planned for months. I work for RedR UK, a humanitarian charity which trains and supports aid workers around the world. My area of expertise is security; how aid workers can stay safe in warzones and other dangerous places.



However, as we all saw on our TV screens, the day before I arrived Typhoon Haiyan, the strongest typhoon on record to hit the Philippines, cut a path through the central islands with winds of 195 mph and very high storm surges. By the time it was over more than 4 million people had been displaced from their homes, with 1.2 million houses damaged or destroyed, crops and farms flattened and more than 26,000 people injured. The final death toll is still not known but is likely to be over 7,000.

The humanitarian community reacted swiftly and, despite the massive infrastructure challenges due to the damage, life saving operations started within hours of the disaster, providing health care, clean water, food and emergency shelter. As the scale of the disaster became known, I was asked by RedR to stay on to conduct a training needs assessment to see how RedR could best help train and support aid workers and the local community in responding to the many needs.

Over several days in Manila and Cebu, the logistical hub of the response, I met with government departments, United Nations agencies and several non-governmental organisations (NGOs) already on the

"I spoke to one taxi driver whose parents-in-law had abandoned their destroyed house and also to a tourist who had lost everything and was trying to repatriate the body of his 13 year old son"

ground. I heard what they were already doing and what they planned to do. The scale of the disaster is incredible and many Filipinos can share stories of the impact. I spoke to one taxi driver whose parents-in-law had abandoned their destroyed house and also to a South African tourist who had lost everything and was trying to repatriate the body of his 13 year old son.

Nearly a month after the typhoon the main needs remain food, shelter, the recovery of livelihoods and restoration of basic services, such as sanitation, to prevent disease outbreaks. While aid agencies and local government bodies are still busy with life-saving work for now, rebuilding what was lost will take a long time. The Philippines is hit by several typhoons each year and so this is an ongoing battle. Some aid agencies are planning on a two year response and RedR UK, alongside our partners RedR Australia and RedR India, have launched an appeal. Initial funds have already been received and we will help provide Philippine nationals and international aid workers with training in providing clean water for sanitation and drinking, and in providing shelter for victims.

I'm sure many of us have given towards the relief effort and I would encourage you to continue to do so. Our money really does make a difference to the aid agencies saving lives and giving hope.

Donate at: <http://bit.ly/1bTAWfU>

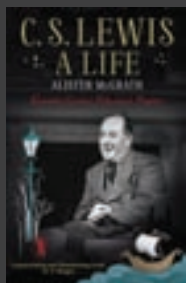
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## C.S. Lewis – A life by Alister McGrath

### BOOK REVIEW

By Cavan Wood

Fifty years after his death (a stone to commemorate him was unveiled in Poets' Corner last November) C.S. Lewis remains one of the most significant authors of the last hundred years.

His children's books like 'The Lion, the Witch and the Wardrobe' have recently received the Hollywood treatment, partly benefitting from the interest in fantasy tales since the success of the 'Lord of the Rings' films. Yet Lewis is also a writer of religious themes who is still hugely influential in shaping the way many think about the Christian faith. This well researched and thoughtful biography succeeds in showing the complexity of Lewis without undermining our sympathy.

The effects of two deaths – of his mother and his wife Joy - were to shape his attitudes and his faith. McGrath is not out to debunk as A.N. Wilson's biography of the 90s or to eulogise as many of Lewis' friends have done. This makes it all the stronger, as we get "a warts and all" portrait and not a plaster saint view of the man.

Lindfield Life readers will also be glad to know that former resident of the village, and leading Lewis expert, Michael Ward's theories about the Narnian chronicles are seen as giving insight.

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## AT KING EDWARD HALL

- 5th **Ruwach Christian Church** – Morning Service (Ruth Hollis 01444 459025)
- 6th Commencement of **Drawing and Art Class Course** – (Sue Ebrahim 01444 482342 or sueebrahim@hotmail.com)
- 8th **Lindfield Horticultural Society** – Evening with Guest Speaker (Mrs Alison Elliott 01444 483039) A talk by Peter Lovett - 'The Natural Year in Focus (January to June)' Peter has a degree in biology and a passion for natural history and the Sussex countryside. For a preview take a look at his blog [www.sussexrambler.blogspot.com](http://www.sussexrambler.blogspot.com) Members £1, visitors £2 – All welcome [www.lindfieldhorts.org.uk](http://www.lindfieldhorts.org.uk)
- 12th **Ruwach Christian Church** – Morning Service
- 15th **Star Dance School** - New regular weekly Ballroom Dance Classes re-commence (Ray Smith 01273 719500)
- 16th **Country Market** – 10am-11am (Sheila Hobbs 01444 483396)
- 23rd **Country Market** – 10am-11am
- 23rd **Film Show Evening - PHILOMENA** (12A)  
Doors open 7.30pm – Tickets £6 from Tufnells (Jennie Powell 01444 483431)



- 25th **Finders Keepers Dress Agency** –  
Preloved Mobile Clothes Sale
- 30th **Country Market** – 10am-11am

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

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

## AND ELSEWHERE

- 7th **NHS Retirement Fellowship Mid-Sussex Branch**  
10.15am Franklands Village Hall, Haywards Heath  
"The Isles of Scilly" Patrick Coulcher  
Members come from everywhere but worked at Cuckfield Hospital.
- 15th **Mid-Sussex Decorative and Fine Arts Society Lecture** - 'Discovering Women Artists 1600-1900' by Bernard Allan. 10.15 for 10.45am at Clair Hall, Haywards Heath
- 15th **Mid-Sussex Franco-British Society**  
8pm in the Function Suite, Clair Hall,  
Illustrated talk in French by Michael Rider  
ancien Professeur de Français à l'Université de Brighton entitled Champollion et la Pierre de Rosette  
All members and visitors are most welcome  
For further information, please contact the Secretary, Mrs. Barbara Stevens, on 01444 452385. The annual Society membership fee is £25, payable in September. Visitor's fee is £4 per evening, payable at meetings.
- 16th **The National Trust Mid Sussex Association Winter Lecture** 2.30pm Clair Hall  
"Historic Greenwich" by Ian Bevan  
Telephone Membership Secretary for more details 01444 457648
- 16th **'How To Make 2014 Your Best Year Ever'**  
Health & Fitness Seminar To Raise Funds For Chestnut Tree House Childrens Hospice  
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