

Lindfield *Life*

Inc. Scaynes Hill & Walstead

Local village talk,
by the village

July 2014 Issue #64

Free



Village Day round-up

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Mr White retires from school

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EDITORIAL

By David Tingley, Editor

As children in the village break up for summer later this month **Bob White** will leave Lindfield Primary School for good as he steps into his retirement, having been at the school for over 20 years. Claire Cooper caught up with him about his memories and future plans – read about it on [page 14](#).

In our more recent memories we are delighted to highlight all the fun of last month's **Village Day** on [page 24](#). It was an event that saw a packed High Street/Common of carnival-goers in all sorts of costumes and colours. And it made a terrific amount of money for the local resource and registered charity that is the King Edward Hall. **Joe Goodchild** was our roving reporter taking part in the procession and his first-hand account is written up on [page 25](#).

We have regular reports featured in this issue from **Lindfield Preservation Society** on [page 40](#) and **Lindfield Parish Council** on [page 32](#), so make sure that you catch up with all that's going on there.

We are very grateful to **Richard Bryant** for providing an article on the **Mid Sussex Laundry** that used to stand in the area where the Meadow Drive development now is. There's a fascinating photo looking back over Gravelley Lane to West View on [page 17](#).

Going back slightly further in time, Claire Cooper worked alongside Sue Masters to find out more about Hereward Chune Dollman, who was born in 1888 and whose grave lies in **Walstead Cemetery**. The story they unfold is a fascinating tale of a scientist with a wonderful skill for art. Read more of what they uncover on [page 38](#).

As ever **Caroline Young** supplies this month's **recipes**, which come with a super summer twist inspired by authentic Portuguese family restaurants on [page 28](#).

Lastly, and sadly, many in the village will have heard of the sudden passing of **John Roberts, owner of Bookstop** for the past 12 years. On [page 20](#) we have the privilege to tell some of his personal story.

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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



Boys receive awards

Wesley Heyward and Tom Hewitt were presented with the Boys' Brigade's highest award, the Queen's Badge, at the annual awards ceremony at Lindfield United Reformed Church. Wesley also received the Ernest Beal VC Watch, presented each year to the non-commissioned officer or young leader in West Sussex who demonstrates outstanding qualities of leadership. The award is named in memory of a Brighton member of The Boys' Brigade who did military service in the First World War and was killed after heroic action in rescuing wounded comrades in France. Hayden Alexander was presented with a trophy for best uniform. Nearly 30 Boys received awards, the presentations being made by Rev. Adam Pymble of All Saints Parish Church.



Join the Sleep Walk

Don your PJs for this year's Sleep Walk and help raise the £50,000 to provide one week of care for St Peter & St James Hospice.

The 7th St Peter & St James Hospice Sleep Walk takes place on Saturday 12th July, sponsored by Gray Hooper Holt Solicitors, Haywards Heath. Walkers in the popular 10k annual event will set off from The Dolphin Leisure Centre on Pasture Hill Road, Haywards Heath, winding their way through Haywards Heath and Lindfield, returning to The Dolphin for breakfast!

You can download an entry form or enter directly online through the Hospice website www.stpeter-stjames.org.uk or pick up a form from a Hospice shop, including Haywards Heath and Lindfield.

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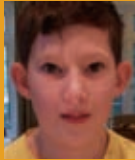
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Harry develops new Boho Gelato flavour

Ten year old Harry Pulham of Blackthorns Primary School has been selected as the winner of an ice cream competition run by The Toll House on the High Street. The café asked the village back in May for their favourite flavour combinations and announced the winner at Lindfield Village Day. Harry's flavour – Lemonade & Blueberry – will be available from The Toll House this month.



Girl Guides needs help!

By Natasha Hannah & Mandy Fisk

September will bring a new Guide unit and Rainbows unit to Lindfield, both meeting on a Wednesday at Lindfield Primary School. We also have a Monday night Guide unit and two Brownie units meeting on a Wednesday and a Thursday.

We would love some more adult volunteers to keep these going and your commitment can be from as little as one hour a month to a couple of hours a week! (All volunteers need to complete a DBS check.)

Rainbows, Brownies, Guides and Rangers provide girls with a space where they can be themselves, have fun, build brilliant friendships, gain valuable life skills and make a positive difference to their lives and their communities. Activities are fun and varied ranging from camping, to cooking, crafts and hikes.

Volunteers and girls can register their interest at www.girlguiding.org.uk/interested or call 0800 169 5901.

 <p>BabyCalm <i>calmer babies & happier parents</i></p> <p>The BabyCalm Sleep Workshop Sunday 27th July 10am-1pm</p> <p>The BabyCalm Mother and Baby class (four weeks) Fridays 10-12am <i>beginning 19th September in The King Edward Hall</i></p>	 <p>ToddlerCalm <i>calmer toddlers & happier parents</i></p> <p>Toddler Calming Workshop Sunday 3rd August 10am - 1pm</p> <p>The ToddlerCalm Parenting Course Mondays & Thursdays 7.30-9.30pm <i>(four classes) beginning 7th July</i></p>	<p>For more information and to book contact: annaashley@babycalm.co.uk 07932 005735</p>
<p>www.babycalm.co.uk/teachers/anna-ashley</p>		

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Local business wins national award

Local financial and investment firm, RiverPeak Wealth, has been awarded Industry Newcomer of the Year for 2014 at the prestigious Citywealth Awards.

The awards recognise excellence in wealth management and financial services nationwide.

RiverPeak Wealth was co-launched by former private banker and village resident James Powell in December. The firm was praised for its holistic approach and private banking style service by judges.

James Powell said: "We're thrilled to receive this accolade. We work really hard to help people join up all the different strands of their financial life as efficiently as possible. So it's fantastic that our service has been recognised as best practice across the industry."

Above: Nick Parker (left) and James Powell with the trophy

Lost & found



By Roger & Jill Walkinton

Some issues ago, you carried a piece about Lindfield's own Rainbow Pottery. We have just rediscovered our one single piece of it, a bowl, in our loft! Not sure of its provenance but we will have bought it in a junk shop somewhere! Perhaps there is more of this than we realise?

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Scaynes Hill Open Gardens

Green fingered Scaynes Hill residents, including Jos and Geoff Kingston (pictured), will be opening their gardens on Saturday 5th July from 1.30pm to 5.30pm to raise money for St Augustine's School.

Organised by Jenny Cattermole, the event is now in its third year. "It started when we were trying to raise the money to pay for our church annexe," said Jenny.

"The gardens have increased in number and the owners have changed but it has always been a good

community event.

"This year I felt it was important for the church to do something for the community, even though our annexe is not quite paid for," she added.

"St Augustine's School has close links with the church and was the clear choice."

Tickets to visit the eight village gardens cost £5 and are available at each garden or from the church. Teas will be available at the church.

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Fun runners aim high



By Claire Cooper

There are many reasons why Lindfield villagers sign up for the annual fun run. For many, it's a chance to get out in the fresh air and run with family and friends, others are hoping to better last year's time or beat their rivals to the finishing line.

But for two runners, this year's event was part of a training programme for much bigger challenges which they hope will raise much needed funds for charity.

John Alway and Kate Taylor are both in training for life changing events.

Former gymnast Kate will be running in her first marathon next year, while John is preparing for a gruelling night-time trek to the summit of Mount Snowdon.

John is raising funds for the NSPCC and Make-A-Wish Foundation UK.

His preparations are already well underway as he attempts run 101 kilometres over eight local events – all whilst carrying a life size teddy bear on his back!

His first event (the Lewes 10k) made it clear how difficult the challenge was going to be. "There were 675 runners and I came 630, demonstrating how difficult it is to run with the bear," he said, "but I'm determined to raise as much as I can.

"I was cheered on the whole way round by 'Go bear' and 'hey, you have a bear chasing you'. Although, what with the dogs chasing me and the kids hanging off his legs and arms, the bear was the least of my worries."

Since then he has taken part in the Mid-Sussex Marathon weekend, the Lindfield 10k and the Ashdown Weekend Fun Run.

John has three more events to complete before trekking to the summit of Mount Snowdon on 6th September and is being cheered every step of the way by his biggest supporters, wife Claire and children Heidi and Toby.

"The reason why I'm doing all of this is simple," says John. "Every single day, thousands of children experience terrible abuse and often they suffer in silence but with our help, we can put a stop to it.

"Although I'm ex-military, I don't have the strength to work for the NSPCC but I am capable of helping by raising funds. This help is vital because the NSPCC relies on public donations for around 90 per cent of their

funds. That means almost all of their children's services, consultancy, campaigning and advice is funded by people like you and me."

You can support John's NSPCC fundraising campaign by visiting <http://justgiving.com/JohnAlway> or The Make a Wish Foundation by visiting <http://bit.ly/1hHy10>

The Foundation helps to grant magical wishes to children and young people fighting life-threatening conditions. "Your donation doesn't just help grant a wish to a seriously ill child," said John. "It gives the whole family precious time together, creating magical memories to cherish."

For Kate, who grew up in Lindfield, running the marathon is a way of saying thank you to the staff who care for her aunt who has Downs Syndrome. Kate is running to raise funds for Action on Hearing Loss, the charity that runs the home in Epsom where her aunt will be celebrating her 50th birthday this year.

"Over the years my Aunt Eva has been in their care she has thrived," said Kate. "I have seen her transform from a nervous and needy Aunt to a competent and surprisingly strong-willed Aunt.

"I vividly remember the first time I visited her at her Home and she independently made me a cup of tea. I have never delighted in being offered a cup of tea by anyone in quite the way I am when my Aunt Eva makes me one! This might seem strange because she is fifty years old but to me it is a breakthrough."

As a former gymnast, Kate competed alongside future Olympic medal winner Beth Tweddle in the British Championships.

But marathon running is well out of Kate's comfort zone. "I'm built for lean strength and short bursts of endurance rather than long-term stamina," said Kate. "I don't even particularly like running!"

But she was pleased to complete the Lindfield run – the first challenge in her journey towards the marathon.

Kate, whose parents still live in Lindfield, is also running a raffle in the village to raise funds and has already gained the support of several local traders who have offered prizes. Tickets will go on sale in SWALK later this month.

To support and sponsor Kate, visit her giving page: <http://bit.ly/1nx4Ccj>

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Bob White

VILLAGE PEOPLE

Lindfield Primary School reaches another milestone in its history next month as pupils and staff say farewell to headteacher Bob White. Bob, or 'Mr White' as he is known to generations of children, has spent the past 24 years at Lindfield Primary School, the last 12 as headteacher. During his time in Lindfield Bob has seen huge changes as the school has evolved from separate infant and junior schools, to an all-through primary school. He is currently overseeing the expansion project which will equip the school for the next generation of youngsters. Claire Cooper caught up with Bob as he prepares to leave a job he describes as 'the dream ticket'.

by Claire Cooper

As a schoolboy in South London, Bob White always knew he wanted to be a teacher, unless, of course, he became a professional footballer, which in Bob's case very nearly happened!

"I've always been sporty and while I was growing up played for Crystal Palace youth team," Bob recalled. "I certainly had aspirations to become a professional footballer but after a serious injury and doubts over whether I was really good enough, I decided to focus on my studies. Fortunately my parents had always encouraged me to work hard, so I went off to University in Southampton with the aim of becoming a teacher."

Football remained a passion for Bob and while at university he captained the Winchester Football team, also gaining his coaching badges.

After leaving university Bob took up his first teaching post at a primary school in Croydon. "Working in South London was challenging but I thoroughly enjoyed it," said Bob, who also took up a coaching position at Crystal Palace working evenings, weekends and during school holidays.

He stayed at the Croydon school for 10 years until a surprise phone call from Steve Coppell took him in a new direction. "Out of the blue I was offered the job of coaching director at Crystal Palace," he said.

Bob jumped at the chance and stayed at the club for three years, coaching many young talented players including Gareth Southgate who went on to play for England.

"But I always knew I wanted to return to teaching," said Bob, who had moved to Staplefield and was playing an active part in village life. "When I saw that Lindfield Primary School was looking for a deputy head I knew that was the job for me."

That was in 1990. Bob joined long-standing and popular head teacher Bernard Jarvis and together they built on the school's reputation as one of the leading primary schools in Mid Sussex.

At that time deputy heads were also class teachers and Bob taught a range of students, focusing in later years on Year 6. He was also appointed as the school's maths specialist. "While working in Croydon I had been a local authority maths inspector, going into schools assessing and supporting teachers," said Bob.

Bob is also a fully trained Ofsted inspector. "I found going into other schools gave me a much broader perspective," he says.

In September 2000, Lindfield Infant and Primary Schools merged to become one school on the Beckworth site and Bob was appointed deputy head at

the new school. "Bringing the two schools together was exciting but also challenging," said Bob. "It was a difficult time in lots of ways but it was important to focus on the children and their education and the new school had the potential to offer so much more."

When head teacher Lynda Hunter retired through ill health, Bob took up the baton.

"Being appointed as head was an incredible high for me," said Bob. "I've always been passionate about teaching but I was also ambitious and always wanted to get to the top and be a head teacher. I always had that drive in me.

"But becoming head at Lindfield, a school that I loved, was the dream ticket."

Since becoming head, Bob has played an influential role in the lives of hundreds of pupils as they made their way through the school, preparing them for secondary school and the next stage of their education. Soon he will bid farewell to his last group of Year 6 pupils.

"Leavers assemblies are always special for me," said Bob. "When I look at our Year 6 pupils I feel incredibly proud of them having seen them safely through the school for seven years, developing and reaching their potential."

Many of the youngsters have shared Bob's passion for sport and thrived under his leadership. "It's very satisfying when I see secondary school sport teams with lots of Lindfield faces," he said. Bob added that he is particularly proud of the school's cricket teams, which have won the County Championship for four out of the past five years.

"Sport touches the lives of children and can bring tremendous rewards for those who are not so academic," said Bob. "It also teaches team work, discipline and raises self-esteem. Winning is nice but we have always focused on our teams being inclusive and giving everyone a chance to take part."

Bob says he has had '24 years of happy memories', but particular highlights include the Year 6 Isle of Wight trips. He has recently returned from his 20th visit! "We never get bored of going to the Isle of Wight, as every year brings something new with each set of pupils," said Bob.

Another highlight has been winning an International School Award for the fourth time. The award recognises the school's commitment to increasing cultural awareness. "I'm incredibly proud of this Award," said Bob.

"Village schools can often be little islands but we strive to be an outward looking school, with staff and pupils aware of their place in the wider community."

Bob is always pleased when former pupils come back and visit, and his staff now includes one former pupil, Lucy Duncalfe, who Bob taught in Year 6. "We also have children here whose parents I taught," said Bob. "I find myself reminding the parents of what they were like at school!"

The job of a headteacher is very different from when Bob took the helm at Lindfield. "There are new government initiatives coming through all the time and it can be overwhelming, particularly when you have

"Out of the blue I was offered the job of coaching director at Crystal Palace!"

to implement a policy you may think is not in the best interest of pupils," he said, "but I just try to focus on the things that really matter – like spending as much time as I can with the pupils, from greeting them at the school gate in the morning to working with the sports clubs after school."

And he has never lost sight of the school as an integral part of the village community.

"I've always had a passion for this community," he says. "I could see this was a special place and deserved the very best school. I've been committed to making the school the very best I could for the local community.

"This school has heart and soul and I hope that I have maintained that and that people can see that we care for the community."

As the school begins a new chapter this autumn, with the building work on new classrooms and facilities complete and with a larger intake of pupils, Bob feels it is the right time to step down. But he is confident that the ethos of the school will continue under the new acting head Marcus Still.

"When we increased in size the first time we didn't lose that community feeling and I'm sure we won't lose it when we grow again this autumn," he says.

"This is an exciting time for the school and I'm sure there is a great future ahead for staff, pupils and parents. I'm incredibly proud of the staff here and I like to think I'm leaving the school in good shape."

As Bob makes plans for his retirement, starting with a well-earned break in the Carribean, he looks back with nothing but fondness for the years spent in Lindfield.

"I came here loving the place and enjoying teaching, and 24 years later I'm still loving it just as much. Not many people can say that!" he said.

Lindfield Primary School PTA presents...

Bob's Big Band Night

Friday 18th July - 5-8pm

see page 12

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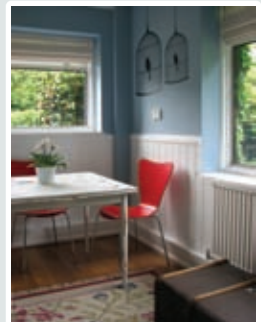
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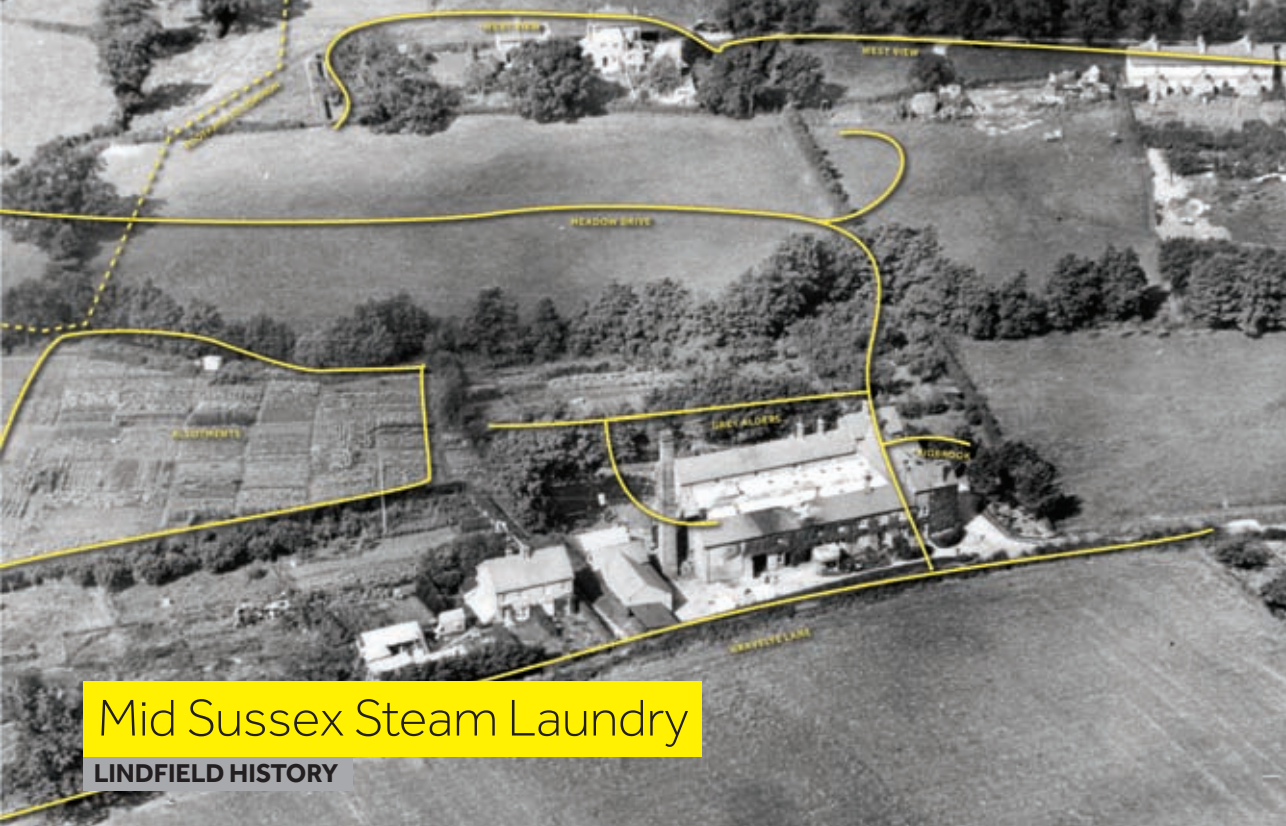


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Mid Sussex Steam Laundry

LINDFIELD HISTORY

By Richard Bryant,
Lindfield History
Project Group

Throughout her long life the Dowager Countess of Tankerville was engaged in charitable works. Born Lady Olivia Montagu, daughter of the 6th Duke of Manchester, she married the 6th Earl of Tankerville in 1850.

One charitable venture was the establishment of laundries to provide work and a home for women in difficult circumstances, including unmarried mothers. She opened a number of laundries across the country.

The Countess of Tankerville, while living at The Welkin, Lindfield, built such a laundry on land adjoining Gravelly Lane. The laundry opened in 1902 and was run on charitable lines by a local committee. It was taken over by the Salvation Army in 1912. Their aim remained to provide help to women struggling to regain their character by means of honest labour. The laundry home called 'Quinta' provided accommodation for thirty female workers.

The Salvation Army ended its connection with the laundry in 1922. It became a business and continued trading as the Mid Sussex Steam Laundry.

After WWII the business was taken over by Mr J Carter, a Quaker, who ran it until closure in 1972. After closure the buildings were demolished and the land used for the Grey Alders and Kidbrook housing development.



Lindfield History Project Group are holding an exhibition 'Lindfield and the Great War' in King Edward Hall on 9th & 10th of August. The exhibition describes life in Lindfield during the war years and focuses on the men and women who served their Country. See article in August Lindfield Life

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Obituary: John Roberts

By Claire Cooper

Customers of The Bookstop on the High Street were shocked to hear of the death of owner John Roberts last month.

John, who lived in Shenstone with his wife Elisabet, died suddenly after collapsing at home, aged just 70. He had run The Bookstop for the past 12 years with his son Kristoffer, sharing his passion for learning with many of his customers.

John was born in Liverpool on 11th September 1943, the only child of David and Annie Jane Roberts.

His parents were Welsh and John was very proud of his Welsh heritage. John's father worked as a joiner and cabinet maker on, among other ships, the Royal Naval ship HMS Arc Royal at the Cammell Laird shipyard in Liverpool.

His mother suffered from heart problems that led to John spending much of his childhood with relatives, including his grandmother who lived in Wales and was a big part of his life until he was 7 years old.

After his grandmother died John spent several happy years living with his aunt in the Shropshire countryside.

Academic success came easily to John. He was awarded a special scholarship to Liverpool Institute, where school friends included George Harrison and Paul McCartney of the Beatles. "He used to tell us how he played cards with George in the boiler room!" said daughter Johanna.

John's academic success continued when he went to Cambridge University. "He had applied to Oxford but, at 17 years old, was told he was too young and to wait another year," said Elisabet, "but Cambridge accepted him and John attended Gonville and Caius at Cambridge University where his subjects were the Natural Sciences. He completed his university studies with a Ph. D at Warwick University."

John loved life at Cambridge, often recalling tales of climbing over walls to get in and out of college, riding his bike around the city and breaking the rules by having his gown stuffed in his bag. "You were supposed to wear the gowns at all times," explained Johanna.

While at Cambridge John found lodgings with landlady 'Mrs P' – he also found the love of his life Elisabet! "I had stayed with Mrs P when I was a language student and working as an au pair," said Swedish born Elisabet. "She invited me back for a visit to meet 'her boys' – one of them was John! That was in 1964."

John enjoyed his time in Higher Education, in between studies he played football. "Sport, and football in particular, were his main interests, in later years mainly through watching on the television," said Elisabet. "He was a passionate supporter of Liverpool Football club throughout his life."

After finishing his Ph.D John went to Canada to do research with Atomic Energy of Canada. He spent his time near Winnipeg in Manitoba. "He loved Canada and the Canadian life, the open spaces and Canadian sports," Elisabet added.

"He was enjoying research as much as he enjoyed academic studies and returned to England early in 1970, mainly to be closer to his mother who lived in Shrewsbury."

Back in England he turned his back on research and went into publishing, specialising in scientific, educational and academic books. He was as successful in publishing as in his academic and research fields.

Starting as an editor at Edward Arnolds Publishers in London, John rose to Department Head in four years and Associate Director after eight years. When he left employment with Blackwells in Oxford, he was a Director.

By this time John and Elisabet were married, living in Haywards Heath and had two children, Johanna and Kristoffer.

"John loved his family and was loath to spend time away from them on business, so in 1980's he and a friend set up a publishing company, Tiny Publishing," said Elisabet. "The company produced some of the first ever books for home computers until they sold the rights to Prentice-Hall for the American market."

In 1992 they bought out another company, which promoted concerts in the Albert Hall in London. "They

started 'The Really Big Chorus' concerts from scratch, often conducted by Sir David Willcocks," Elisabet recalled. "They also added a travel business, specialising in cruises and short breaks to cities with musical connections, and established links with various charities, including The British Heart Foundation. The concert side of the business raised a lot of money for the charities."

John loved music as much as sport. "At home he was never without music in the background, particularly folk music and Bob Dylan," said Elisabet.

Family holidays were always spent in Sweden at the seaside home of Elisabet's large family. A world apart from his own upbringing, John relished being part of a family. "He was welcomed as a son in law, brother, uncle and great uncle and immediately felt at home," said Elisabet.

When grandchildren Caitlin and Thomas came along, John couldn't have been happier. "He was an extremely proud 'morfar' (which means mother's father in Swedish) to his grandchildren and loved spending time with them.

"I remember him calling the maternity ward on the emergency line soon after the birth of Caitlin, to tell me that he loved the name and he would help Elisabet pronounce it correctly!" said Johanna.

The family moved to Lindfield 30 years ago and for the last 12 years John and his son Kristoffer have run The Bookstop.

"This became a very important and happy time for John, as he now felt a sense of belonging to a place more than he ever felt before," said Elisabet.



Easily recognisable in his jeans and black clogs, John could be in found in the shop most days. He built up good relationships with his regular customers. "He would happily deliver books to customers in the village who couldn't get to the shop," said Elisabet. "Customers would also call on him to help out with other small jobs or problems."

Elisabet and the family would like to say a sincere thank you to all those who have helped them through the last month. "We have been overwhelmed by the messages of support and offers of help," said Elisabet. "There are too many people to mention but they know who they are."

Donations in memory of John can be made through funeral directors P & S Gallagher to the British Heart Foundation, Age UK, SANDS or ME Research or online at www.memorygiving.com/johnroberts



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Lindfield Village Day

Lindfield may have a history going back over a thousand years but Village Day 2014 proved a happy mix of new and old with global and local!

The village's first ever carnival-themed samba procession and a fantastic array of entertainment on the Common combined with traditions such as firing the anvil and the Glyn Thomas (butcher's) hog roast to make Village Day 2014 an event to remember.

The sun shone on well over a hundred stalls, the village's pets took centre stage in the arena and everyone's craft, horticulture and baking expertise was on show in the competition tent – another recent revival of a much-loved tradition. Plenty of people picnicked as they crowded round the arena to enjoy the afternoon's

music – from choir to opera – as well as some lively Zumba and, later on, the display of local muscle in the tug-of-war!

The result was £8,000 for the King Edward Hall to keep this much-loved local facility running – it's one of the few village halls across the country which is run as a charity.

Huge thanks must go to all those involved, especially the committee of volunteers who organise the day each year. If you can spare a couple of hours to sell programmes next year, or would like to know more about how you can help with Village Day 2015, then please get in touch with the committee by email villageday@kingedwardhall.org.uk



photos by Clare New Photography

Village Day Procession

Lindfield Village Day took place on Saturday 31st May. It was an excellent day, mirroring previous years. I was part of the procession, and write up my insider's view for Lindfield Life.

By Joe Goodchild

The theme of the procession was Rio Carnival. This created a colourful scene that represented the upcoming World Cup in Brazil. David Tingley, steward at the event and editor of Lindfield Life, said: "It's amazing to see so many people. Also, the event is great because of the Brazil Carnival theme, which is very different from previous years."

There were many different societies represented, including Brighton School of Samba's dancers and drummers, Blackthorns Primary School, who reflected six nationalities, Lindfield Scouts and Brownies as well as Lindfield Bonfire Society, who were dressed as historical characters.

The float that I was a part of belonged to my home church, Lindfield United Reformed Church, and had a football theme.

As I raced ahead of the procession, I felt the same excitement as many of the watchers when I heard the beating of the drums and saw the bright blue samba dancers and drummers leading the procession.

As in previous years, a number of prizes were awarded in various categories. The winners are as follows. In the float category, third place went to Lindfield United



Photo by Joe Goodchild

Reformed Church, second went to Acorns Nursery and first prize went to Lindfield Primary School.

In the walking group category, third place went to Lindfield Brownies as they celebrated their centenary, second place went to the Tiger Cub Pre-School for their impressive striped display and Blackthorns Primary School won first place for their vibrant Rio theme including homemade version of the Christ the Redeemer statue.

A member of the Lindfield Bonfire society said: "It's Lindfield Bonfire Society's 120th anniversary. We love the village, we love the 5th of November. We consider ourselves part of the community and we enjoy coming out and helping this event."

The Brighton School of Samba said: "We are very pleased to be here. This is our first time in the village, we are looking forward to the parade. Lindfield looks like a nice village."

The entire procession made a brilliant display of colours and noise that us Lindfielders have grown to know and love, and I for one cannot wait until next year.

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Holiday food

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Serves 2

Finely slice 1 large skinned onion and a red or yellow pepper (stem and seeds removed). Put into a wok or frypan (NO oil) together with 2 peeled and cubed medium baking potatoes. Mix together 200ml fish stock, 100ml dry white wine, 2-3 tbs tomato purée, a little garlic and a pinch of chilli flakes. Add to the pan, bring just to the boil, cover and cook over a low heat until the potatoes are just soft. Meanwhile cut about 400g firm fish into cubes (I have tried cod, haddock, salmon and pollock successfully). When the potatoes are just cooked add the fish on top of the vegetables, cover and cook for a few minutes until the fish is cooked. Season and serve.

Mushroom Brioche

A very attractive and simple starter or light meal. Preheat the oven 180°. For each person cut a thick slice from a brioche loaf and place on a baking sheet. Peel and remove the stem from large flat or Portobello mushrooms. Blend soft butter with lots of crushed garlic and chopped herbs such as chives, oregano, thyme or basil and some finely grated lemon peel. Spread a generous layer on each slice of brioche, place a mushroom on top and add a knob of the butter in each. Bake for about 10 min or until the mushrooms are soft. Top each with a thick slice of goats cheese (from a log) and return to the oven until bubbling and browned. Serve immediately.



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By Caroline Young

On holiday in the Algarve it is well worth exploring a little inland from the large coastal resorts to find both stunning scenery and also authentic Portuguese cooking. Small off-the-beaten track family run restaurants make you very welcome and serve excellent food. This is often simple dishes using ingredients very often home-grown or fresh from the sea. My fish recipe can be adapted many different ways and is very healthy. The name is that of the domed copper cooking vessel used and dates back to the 6th century. Actual amounts depend on the number of eaters, double up or more. Use just one fish, traditionally white, or a mixture plus add mussels, prawns and squid if you like them.

Apricots and Oranges with Saffron Honey Sauce

Serves 4-6

The day before serving: measure 275ml water, 75ml orange juice, the juice and finely grated rind of 1 lemon, 75ml honey or agave syrup and 6 crushed cardamom pods into a pan and add 225g dried apricots. Bring just to the boil, cover and cook over a very low heat until they are plump and the liquid syrupy. Cool then refrigerate overnight. Also combine 2tbs boiling water with a good pinch of saffron threads, crushing them with a spoon. Stir into 100ml clear honey, cool, cover and set to one side. Before serving, add the segments cut from 2 large oranges to the apricots. To serve, spoon on to plates adding a spoonful of thick natural yogurt or a scoop of vanilla ice cream, then a drizzle of the saffron syrup.

Green Salad Leaves with Herb Dressing

Into a blender or processor measure 3tbs fresh lemon juice, 1-2 crushed garlic cloves, 1tsp Dijon mustard, 2tsp caster sugar, 75ml extra virgin olive oil and 75 ml rapeseed oil. Buzz until well combined, then season to taste. Pour into a screw-topped jar and add a generous handful of fresh chopped herbs. Store in the refrigerator. Just before serving drizzle over crisp green salad leaves and lightly toss together.

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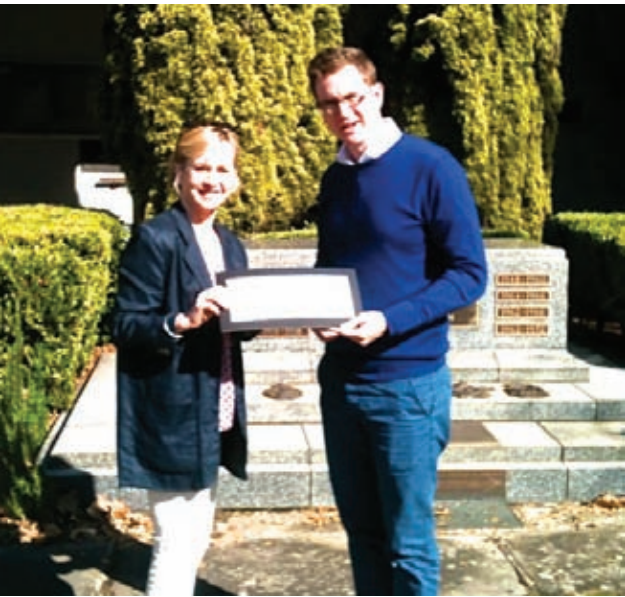
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LAF reaches out to the 'other' Lindfield

By Esther Featherstone, LAF

Lindfield Arts Festival has gone global! One of our committee members, Maggie Lloyd, recently went to meet the people behind the Lindfield Arts Festival held annually in Lindfield, Australia. She met with Andrew Sweeney, Support Lindfield Co-ordinator, and Nick Van Peer who is the Community Engagement and Research Planner for Ku-ring-gai Council, and spent a sunny afternoon swapping stories and ideas for both Arts Festivals. She also presented them with a picture drawn by local artist Louise Mulgrew who has produced the designs for this year's Lindfield Arts Festival. We hope to build on this relationship by running an art competition – and perhaps a music competition as well - between the two local primary schools and hopefully twinning the two Arts Festivals.

Closer to home, tickets for this year's Arts Festival will be going on sale via our website www.lindfieldartsfestival.com and through SWALK, who will be acting as our Box Office from the 19th July. As promised, we have kept the prices of the tickets to many of the workshops and performances to between £1 and £5 per person. We will also be providing the opportunity to buy tickets on the door of the events, as long as there are still tickets available. The programme of activities, workshops and performances has something for everyone this year, so we hope you enjoy browsing through the events to make the weekend special for you.

Our next fundraiser will be a band night at the United Services Club in Haywards Heath, featuring the fantastic 'Yeah Groove' on Saturday 26th July. Tickets are on sale through the festival website or on the door for £7.50 per person. Come and join us for a night of dancing you won't forget!



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Neighbourhood plan

By Cllr Arnie Gomme, Chair Lindfield & Lindfield Rural Neighbourhood Plan Steering Group (June 2014)

The Neighbourhood Plan Steering Group met on the 8th May in the King Edward Hall when, in addition to Neil Homer, one of our consultants from Action in Rural Sussex, we had two guest speakers from Mid Sussex District Council, Claire Tester and Councillor Norman Webster. They had been invited to update the members of the Steering Group and the members of the public present on the progress with the delayed new District Plan, recent developments both nationally and locally with Neighbourhood Planning and any other planning matters that could influence the progress of our own plan to examination and referendum.

As well as outlining the discussions with other authorities that MSDC was again endeavouring to hold as part of the need to co-operate during the preparation of the new District Plan, Claire and Norman were pleased to be able to tell us that Cuckfield's Neighbourhood Plan had just passed its examination and could now proceed to referendum. After the failure of Slaughman's plan to pass examination, this was good news for all local groups like ours that are trying to progress plans.

There was then a presentation by Neil Homer about the remaining small changes to the plan that he and the Steering Group propose as a result of last autumn's public consultation. The main changes being to the 'Windfall' Housing policy, an increase from 6 to 10 in the number of units permitted in order to enable some affordable housing provision to be possible and to meet local demand for small starter/retirement homes, removal of the 50 total limit during the 20 year life span of the plan, as we had been advised that this did not conform to the new planning framework, and strengthening of the condition that such developments should be within the existing built up boundaries of Lindfield and Scaynes Hill.

Another part of the plan that we have enhanced as a result of the feedback we received from residents is the policy on Transport & Traffic. Among the new items

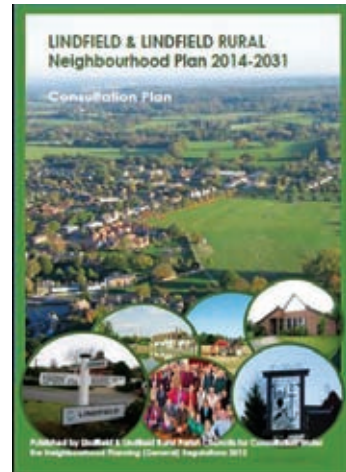
we have included are a Lindfield traffic survey once the Haywards Heath ring road is completed and a review, with the assistance of West Sussex Highways, into continued congestion and pedestrian safety at the junction of the Lewes Road and the High Street.

The Steering Group was aware that one of the reasons Slaughman's plan had failed examination was that they had failed to consult the public

correctly after amending their housing policy after their public consultation period. However, we have been advised that the change we are making and the reasons for it are such that we do not ourselves have to undertake a further six week consultation on that issue. There will however be another chance to make comments on the plan when MSDC receive our formal submission, as it will then go out for a six week period of consultation under their control.

In order to progress the plan, the Steering Group now has to complete a number of documents, in addition to the amended plan itself, relating to the Basic Conditions compliance and the Consultation Statement. It was agreed that these would be completed before the end of July and submitted to both MSDC and the charity Planning Aid, in order to avail us of their checking services so as to ensure that all our processes and documentation are in order. This should enable the plan to formally be submitted by August, with a public consultation period spanning parts of August and September, which should make examination either towards the end of this year or early next year possible.

If we can achieve this timetable, much of which is outside of our control, then the referendum could be held before the General Election in May 2015.



Members of Lindfield Parish Council:

Cllr. William Blunden
(Chairman)

Cllr. Valerie Upton
(Vice Chairman)

Cllr. Mike Allen

Cllr. Michael Amor

Cllr. Jane Chatfield

Cllr. Alan Gomme

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

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 Kollen

WSCC-owned street lights: out with the old and in with the new!

Later this year SSE Contracting, under contract to WSCC, will be carrying out a major upgrade of WSCC-owned street lights in Lindfield - you may have noticed that this is already happening in other towns and villages in West Sussex. Lights that are over 15 years old and all concrete columns regardless of age are to be replaced. The new scheme has been designed to meet the relevant standards with latest technologies that will also reduce energy consumption. The standard replacement is a straight painted steel column, as pictured, with a modern style lantern which will direct light downwards. Residential roads will be part-night lit and traffic routes will be all-night dimmed.

It should be mentioned that not all the lights in the village come under the WSCC contract. The Parish Council is responsible for 45 street lights and MSDC own the lights in their car parks and these lights will not be part of this scheme. However, the Parish Council's contractors have recently upgraded our street lighting equipment to comply with current regulations.

Special consideration is to be given to areas with 'heritage' lighting equipment. The replacement for the traditional cast iron column with a swan neck bracket and old style lantern is similar to the light outside Selby's Chemist in the High Street, which is made up of the standard plain steel column with the addition of an 'embellishment kit' to the column, plus a swan neck bracket and lantern.

The Parish Council is working with WSCC and SSEC to try to achieve the best possible outcome for Lindfield. WSCC have listed 82 heritage columns to be replaced with heritage style equipment within the PFI budget. There is some flexibility for 'give and take' within the scheme to replace heritage lights on that list with plain columns or part-heritage columns (i.e. plain columns



plus swan necks with modern lanterns or swan necks with old style lanterns) and to upgrade plain lights to full or part heritage if appropriate. Any extra heritage style equipment that exceeds the contract budget would have to be paid for by the Parish Council or residents' associations. We have made some provision in our budget to contribute if the Parish Council puts forward proposals that are beyond the scope of the scheme. However, the extra cost is not insignificant (a full heritage upgrade is estimated at £850 and a swan neck bracket on its own is £220) so priorities will have to be established. The first priority, of course, has to be the village centre and, in particular, the Conservation Area.

Nearer the time, SSEC will be contacting residents with street lights outside their houses and requests can be considered to move a column to another position.

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**

Changes to the Concessionary Travelscheme

Further to our article in the April edition of our newsletter, still available on our website, here is a short summary of the new procedure for bus passes and Senior Rail Cards:

Bus passes

To be eligible you must be permanently resident in West Sussex and meet the age qualification which is on a sliding scale, tied to changes in the State Pension Age for women.

Application forms for bus passes can be downloaded from <http://www.westsussex.gov.uk/buses> or paper copies can be obtained from the Parish Office. Send the completed form, together with a recent passport photograph and copies of your proof of age and residency, to the address on the back of the form. Your pass will be posted to your home address. You will be contacted when the card is due for renewal in 5 years. West Sussex Bus Pass Information Line: 0845 075 1018 (local rate)

Paid-for Senior Railcards

Eligible residents (aged 60 or over and permanently resident in Mid Sussex) can obtain Senior Railcards at the concessionary price of £24. For new applications:

- Visit the Parish Office with proof of age (passport or driving licence) and proof of residency (Council Tax or utility bill showing your name and current address, or driving licence).
- You will be given a unique promotional code and the details for completing the transaction either online <http://www.senior-railcard.co.uk> or by telephone 08448 714036. You will be asked for your unique promotional code and you may also be asked for your passport or driving licence number.
- Payment by card direct to ATOC (Association of Train Operating Companies) will be required over the phone or online.
- Your railcard will then be sent by post to your home address.

If you have previously presented your eligibility documents at the Parish Office, you can obtain your code to renew your card by phoning the Parish Office (484115) and then completing the process as above.

Free Senior Railcards

If you are eligible for a bus pass but do not require one, you may opt instead for a free Senior Rail Card. The form is available at the Parish Office or it can be downloaded from: <http://www.westsussex.gov.uk/buses>.

To renew a free Senior Rail Card, telephone the West Sussex Bus Pass Information Line: 0845 075 1018 (local rate) for a promotional code which will be sent in the post. Then either go to <http://www.senior-railcard.co.uk> or telephone 08448 714036 to complete the transaction.

WSSCC Adults' Services: changes to model of service delivery

We have been asked to draw attention to the changes to WSSCC Adults' Services which came into effect on 2nd June. These changes are to improve their customer experience; to help them be ready for both the Care Act 2014 and further integration with their partners; and to prepare the department for increasing demands on their service within a limited budget.

Adults' CarePoint (located at: Second Floor, The Grange, County Hall, Chichester, West Sussex, PO19 1RG) is a new centralised first point of contact and is made up of two dedicated teams that will support all initial and general social care enquiries. Open Monday to Friday 9am to 5pm. Telephone: 01243 642121. Email: socialcare@westsussex.gov.uk

Team 1 is the first point of contact, staffed by a specialist team of advisers who will help with information and forward enquiries on as appropriate. Team 2 – the new Adults' CarePoint – includes social care workers, occupational therapists and sensory teams who carry out assessments, identify those who may be eligible for funded social care and respond to urgent enquiries, including safeguarding reports.

Their new website will help residents find information and advice about services and activities in their local area to help them live independently. It includes the option to buy care directly from a provider, products and services in an online marketplace open to all residents of West Sussex. It also provides information about accessing funded social care support. The website is: www.westsussexconnecttosupport.org

Mobile Civic Amenity Collections

The refuse freighters will be in the Tollgate car park on Sundays 13th July and 14th September 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.

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.

Village Spring Clean: Saturday 26th April 2014

The Parish Council would like to thank the twenty four people who turned out for our annual Spring Clean, including some new volunteers, for giving up your Saturday morning on 26 April to do litter picking, cutting back overgrown vegetation and cleaning street furniture. Your time and effort is very much appreciated.

Parish Council meetings

July – September 2014

Tuesday	1st July	Planning and Traffic Committee (full)	8pm
Thursday	10th July	Full Council	7.30pm
Thursday	17th July	Finance and General Purposes Committee	8pm
Tuesday	22nd July	Planning and Traffic Committee (plans only)	8pm
Thursday	7th August	Environment and Amenities Committee	8pm
Tuesday	12th August	Planning and Traffic Committee (plans only)	8pm
Monday	1st September	Planning and Traffic Committee (full)	8pm
Thursday	11th September	Full Council	7.30pm
Tuesday	23rd September	Planning and Traffic Committee (plans only)	8pm
Thursday	25th September	Finance and General Purposes Committee	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.

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John Blake receives Award of Honour

Last month 86 year old Lindfield resident John Blake received a special award at the South of England Show held at Ardingly Showground.

He was presented with the 2014 Award of Honour by HRH Princess Anne for his contribution to promoting the traditional craft of hedgelaying. "I don't believe it! was my first reaction," John said, "but it was certainly an honour to have been given the award."

John has always lived in Sussex, being brought up on his father's farm in Sayers Common. "It was wartime and my dad wanted me to help out, so I left school at 14 and did various jobs on the farm straight away." One of the farm workers first showed him hedgelaying (which is a process of splitting the stem of an existing hedge, laying it forward at angles and inserting hazel stakes to create a natural barrier to keep small stock in fields) while he was a teenager.

John moved to Lindfield in 1981 when he bought and ran Compton House Nursing Home with his wife Anne, after moving from Hurstpierpoint where he had a greengrocer's shop on the High Street for ten years.

He returned to his hobby of hedgelaying during the 1980s when he founded the South East Hedgelaying Society with a friend, talked and demonstrated the craft at Plumpton College and went on to become chairman of the National Hedgelaying Society in 1992.



John described the day when he was presented with the award as 'magical'. "It was marvelous to have all the family there sharing the experience with me. Princess Anne was very easy to talk to; I hardly knew I was talking to royalty."

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Early 20th Century entomologist buried here

STORIES FROM THE GRAVES

Nestled on the outskirts of the village off East Mascalls Lane is Walstead cemetery. Owned by Lindfield Rural Parish Council, the picturesque cemetery has been the chosen final resting place for generations of villagers, but taking a stroll through the grounds and stopping to read some of the headstone inscriptions reveals that Walstead has many hidden secrets. With the help of Sue Masters, who has been Cemetery Registrar for over 12 years, we have been delving into the history of Walstead burial ground. In a series of features, we will be bringing you the stories behind some of the influential, interesting and colourful characters who have chosen to be buried deep in the Sussex countryside. We start with entomologist Hereward Dollman.

By Claire Cooper

Hereward Chune Dollman was born on 10th March 1888 to John Charles and Mary Jane Dollman of Bedford Park, Acton, Middlesex.

His interest in nature started at an early age and Hereward began collecting butterflies with his brother and father aged just five.

Hereward attended St Paul's School in Barnes, London, where he developed his artistic talents and love of natural sciences, and his interests turned towards British beetles.

While at school Hereward won awards including the John Watson prize for Proficiency in Drawing and Painting and in 1906, at just 16 years old, he was elected Fellow of the Entomological Society, London.

Hereward won a scholarship to St John's College Cambridge to study natural sciences. He enjoyed playing tennis and lacrosse for his college, as well as developing his collection and studying beetles. Two of his rare specimens were donated to the Natural History Museum in 2010.

His British field notebooks show he collected many beetles in Sussex, including in Ditchling, Tilgate Forest and Horsham.

In 1912 he discovered and described a new beetle to science – *Longitarsus plantago-maritimus*.

In 1913, Hereward travelled to northern Rhodesia as an entomologist to the British Sleeping Sickness Survey of the British South Africa Company. His role was to research the tsetse fly *Glossina morsitans*. (Tsetse flies caused trypanosomiasis in animals and sleeping sickness in humans which was often fatal in the early twentieth century.)

Hereward was paired with fellow entomologist Robert A.F. Eminson to look at seasonal variations, breeding habits and distribution of the tsetse fly.

One of Hereward's specific areas of research was to look for parasites of the tsetse fly. His work resulted in the discovery of a parasite, a species of *Mutilla* (a parasitic wasp).

In wonderfully detailed notebooks, held in the Natural History Museum's Library and Archives, Hereward gives an insight into the African environment he was living in and why it was often difficult to pinpoint where a specimen was collected. 'I was encamped some miles away from any native village and away from the river, kopje (small hill) or other noticeable geographical feature.'



Hereward was collecting tsetse pupae from under, or close by, fallen trees close to herds of big game such as waterbuck and other antelope.

Hereward returned to England in 1916, and three months later married Norah Alice Sydney Holloway. It was a joint wedding with Hereward's brother Guy marrying Norah's sister Ethel.

Two weeks later Hereward and Norah left England to return to the heart of Africa.

Sadly, after five months trekking across Africa, Norah became ill and died at Kasempa Northern Rhodesia Administration. One source says she died of exhaustion, another that she passed away in her sleep.

Hereward threw himself into his research, moving north to Solwezi and collecting and studying beetles, sending some back to the Museum.

While in Africa he produced 157 watercolour drawings of caterpillars, along with data recording his breeding and collecting of northwest Rhodesian butterflies and moths. Specimens can be found in the Natural History Museum's scientific collections.

His illustrations have been described as 'extremely vivid and incredibly accurate'. As he bred them in the field, his illustrations and scientific notes are the only record of their journey from pupae to adult butterfly or moth.

During this period Hereward began to suffer from the symptoms of sleeping sickness with bouts of fever. Aware that the disease was taking hold, he returned to England in 1918 and used the time he had left to arrange his specimens and notes.

He died at the family home in Bedford Park on 3rd January 1919.

Following his death, Hereward's father wrote to the Natural History Museum offering his collection of specimens, artwork and notebooks. Plans were also made to publish Hereward's artwork. In preparation, Willie Horace Thomas Tans produced a paper, New Rhodesian lepidoptera heterocera, describing the moths in Hereward's collection and naming and describing new moth specimens including *Odontocheilopteryx dollmani* and a new genus *Dollmania*, including *Dollmania plinthochroa*. Sadly, the work was never published.

Hereward's father John and brother Guy are also buried at Walstead and we will bring you their stories in a future edition.

Hereward Dollman
Entomologist
1888–1919



Many thanks to Hellen Pethers, Reader Services Librarian from the Natural History Museums for providing much of the information contained in this article.



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Planning Report

By Gil Kennedy, Chairman

Mid Sussex District Council's draft District Plan for housing is in disarray, delayed possibly for two years. The Lindfield Parishes' Neighbourhood Plan, as it moves towards a draft submission, is hampered by this uncertainty. The government's planning legislation, combined with the policy vacuum at local level, has unfortunately produced a favourable environment for speculative developers. The Society will continue to campaign against inappropriate development and to at least mitigate its effects when planning permission is granted against the will of the community.

Opposite: Lindfield Preservation Society stand at Village Day



Planning Activities

By John Jesson

The Society has played a major role in highlighting the significance of soil import to regrade land around the Cattle Roundhouse at Fullingmill Farm and in getting a tighter set of conditions imposed, which now includes keeping records of the deliveries and limit the amount of soil to be imported, as well as wheel cleaning. Although fully supporting a vibrant rural economy, the Society felt obliged to recognise that recent soil imports to other local sites were not driven by agricultural need but by the considerable income that can accrue to farmers simply for accepting lorry loads of surplus material.

As it is, the operation will last for four weeks, working five days, with a maximum of 23 deliveries (46 movements) per working day from 8am to 6pm, all of which will pass along Spring Lane, with a majority arriving via Ardingly Road and the balance along the High Street. Our concerns are hazards in the High Street, damage to its buildings and hazards to walkers along the public footpath to the farm.

Most of the Society's representations relating to Lindfield Parish Applications continue to be made via the Lindfield Parish Council's Planning & Traffic Committee.

High Street Bus Shelters

Private enquiries to the Parish Council indicate that a combination of 'reduced sight-lines for traffic exiting Lewes Road' (WSCC) and potential obstruction of retail premises (LPC) means that this idea has little council support.

Post Office York Stone Paved Area

This unstrengthened surface has been damaged by vehicle parking. Our suggestion that a raised planting bed or large planters be installed to prevent vehicular use is unwelcome for similar reasons as the bus shelters above.

WSCC PFI Contract to Upgrade Highway Lighting

While WSCC are committed to replacing their street lighting on a like-for-like basis, this seems an opportunity to achieve a more uniform approach and reduce the wide array of lighting units around the village. The Society has been invited to offer an opinion as part of the Parish Council's decision-making process and response to WSCC. The majority of street lighting is maintained by WSCC but there are also units owned and maintained by Mid Sussex DC and Lindfield PC and it is hoped that they will also standardize their lamp posts in due course.

Village Pond

Some villagers have suggested that some greater use should be made of this iconic feature of the village - more than ducks, islands and oxygenating sprays! With this in mind we are liaising with the Parish Council and Wildlife experts to identify environmentally acceptable ideas.



Lindfield couple set up lifestyle business together

Husband and wife Dominic Simpson and Vicky Ruffle are in the middle of a very exciting year. They moved into the village a year ago into their 'house for life', then in April Dominic left his job to work alongside Vicky in developing her occupational therapy business and, if that wasn't enough, their first baby is due next month!

Vicky began working for herself as a private therapist back in 2010, mainly focusing on providing services to a number of schools in the area. Two years ago she brought in an additional therapist as the demand grew. Then the couple began to look for opportunities to create a fully equipped centre locally to help facilitate some of the assessment and therapy needs in the area. A 300 year old barn just outside Ansty came up and they opened in May.

Dominic worked in the City in the financial services sector and, after they moved to the village, the pair began to consider what they wanted out of life and where their priorities should lie. As Vicky's work began to get busier, they developed a plan to bring together their work and home lives as they got closer to having a family of their own. "We mainly wanted more flexibility in our time. We know we will be working long hours running our own business but we are really excited that it will be our family business," said Dominic.

Jigsaw OT is the only centre in Sussex that boasts a Sensory Integration Therapy Room – and one of only a handful in the country. Vicky and all the therapists at Jigsaw are specialist trained in this area. The pair are planning drop-in days for later in the year, when concerned parents can simply turn up and ask questions of the team at the centre. More information at the website www.jigsaw-ot.co.uk



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TEEING OFF



By James Verrall, Head Golf Professional

As golfers we all strive to take less putts, it's the part of the game that can really lower your scores. Imagine how frustrating it would be to take two shots 400 yards to the green and then 3 putts from 10 feet to get the ball in the hole. Think of these points to stop the frustrations.

The left hand is the direction hand and the right hand is simply to steady the putt. Try practising a few putts with just your left hand; the back of the left hand should finish pointing at your target.

Think of rolling the ball and not hitting it. A smooth acceleration is needed during the stroke. To make sure you do not de-accelerate make sure your backswing is slightly shorter than your follow through.

As putting is very personal, you should try out many different grips to find out which one suits you. Your chosen grip should not hinder the left hand's role in the stroke and be gripped in the fingers. It is difficult to achieve the right feel in putting if you are holding the club in your palms.

Everything should remain still during the stroke, apart from the shoulders. Be sure to rock your shoulders and not twist as this will start the putt off-line. Keep the weight on the balls of your feet as you swing. Try practising putts with your eyes closed to feel if you are moving.

Finally, put the ball slightly forward in your stance as this will help hit the ball on the upswing. Hitting on the upswing will help give the ball a better roll rather than bobbling and skidding on the putt.

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Dementia-friendly design

HOME FRONT

By Jacqui Smith, interior designer

As well as residential interiors, we have worked with clients in the care sector for some years now. Our projects have ranged from refurbishing a day centre for the elderly and care home design for adults with learning disabilities to working with a housing association designing and specifying for a 64 bed extra care scheme. One of the most important questions to ask any client, of course, is the function and the purpose of a space and who we are designing for. Up until recently the brief has not involved catering for the needs of those with dementia, an area about which I know relatively little. Our job is a continuous learning experience and therein lies part of the appeal for me. So, when one of our newer clients asked us to work with them on a new build dementia home, I embraced the opportunity for study and research in this specialist field. At the Alzheimer's show at Olympia in May I went from stand to stand asking questions, soaking it all up. Stirling University, a leading light in dementia research, had a stand at the show and within minutes I had determined that I would sign up for their three day design course. I came away with the bit properly between my teeth. The draw for me is that it's all about making people's living experiences easier and more enjoyable and, as I have said before, this to me is what good interior design is all about. It's also a challenging arena, in that you have to work with often a more limited range of materials, and approach schemes with a different set of criteria, but I love that. I also love that by choosing the right colours, layouts and getting the lighting right, you can promote independence for people with dementia which I think all of us would wish to preserve in our later years.

The other aspect of working within this field, which can make it more challenging, is catering for the

sometimes conflicting needs of clients and residents. With a residential project or a show home, we respond to a brief from our client; our job is to listen and transform their vision into a finished home. With care home work, the client will have a certain aesthetic in their mind, for example asking for the reception area to have a 4/5 star hotel vibe, but for a person with dementia this could be extremely disconcerting. The hotel associations may not allow them to settle, feeling that they are only staying for a week or so or make them feel that they need to pay someone at each meal. As a designer my role is to listen to my clients and advise, and this ability to listen and deliver is of paramount importance in the client/designer relationship. The additional challenge in dementia friendly design is to ensure that all the specific needs of the residents are catered for, that we work with appropriate fabrics, colours, lighting and layouts, yet at the same time provide the client with the look and feel which they want and also feel that families of their residents would wish to see. Creating schemes that tick all of these boxes is hugely exciting to me.

Through working with the Thomas Pocklington Trust, which provides housing support for blind and partially sighted people, I have once again crossed paths with the amazing team at Stirling University. They have been working with TPT to produce best practice guidelines for people suffering with dementia and a severe visual impairment. Unsurprisingly, there is a great deal of common ground but there is also a degree of divergence and it is this that the study seeks to clarify and advise on. This is the beginning of my journey in this field of design and an area which fascinates me so I may well be writing about it again later in the year!

www.homesmiths.co.uk 01444 440880

Magical Meadows – celebrate summer

Celebrate the beauty and importance of meadows, the plants that make them special, and the traditions and wildlife that depend on them, at the Magical Meadows Summer Festival at Wakehurst Place in Ardingly.

Visitors will be able to discover Wakehurst’s beautiful wildflower meadows and enjoy a range of special events taking place during July and August at the 500 acre country estate of the Royal Botanic Gardens, Kew.

Step back in time and see magnificent heavy horses chain harrowing Bloomers Valley meadows; enjoy a glass of local cider watching experts keep traditional skills alive in a Scything and Cider weekend; see how hay was traditionally harvested in a Bringing in the Hay weekend; and see barn owls, hawks, falcons and other birds of prey

at close range and learn why meadows and pastures are so important to their survival.

The meadows of Wakehurst’s Bloomers Valley will provide the backdrop to many of the special events. These have been created in the past few years by sowing locally harvested wildflower seed and planting thousands of wildflower plant plugs to create a quintessential English meadow teeming with wildlife.

Magic Meadows Summer Festival events include: Birds of Prey and the Scything and Cider Festival on 19th & 20th July.

Entry to all events is included in admission to Wakehurst, accompanied under 17s are admitted free.



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The Examined Life by Stephen Grosz

BOOK REVIEW

By Cavan Wood

The subtitle of this book is 'How We Lose and Find Ourselves'. A friend of mine called Mike Parker, who was a teacher and poet, wrote a poem called 'The mystery of me', where he came to the conclusion that we were not always able to understand ourselves. Stephen Grosz is a psychoanalyst whose practice is designed to help people to come to the truth about themselves and the people they love. Yet there is a great mystery about the way we behave. Why does one woman not see the adultery of her husband when everyone else can? How do you get people to understand their own motivations, when they have often been the victim of abusive relationships where their way of coping with this has often been to disguise or deny what has happened to them? Grosz gives a number of cases based on his practice and, as we gradually see in each case, the individuals are complex. His desire is to get people to tell the story that they would rather deny and when they do so, then and only then do they discover the freedom that they are seeking. Can Psychoanalysis be seen as detective work? Indeed - but we need to realise that it is not just the damaged that have an essential mystery about themselves. However much self knowledge you think you have, it is most likely less than your ego is telling you - so we need to consider the need for a humility about who we are and how we live.

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What's on in July

AT KING EDWARD HALL

AND ELSEWHERE

- 3rd **Country Market** – 10am to 11.15am
(Sheila Hobbs 01444 483396)
- 7th **Autumn Club Meeting** – Social Afternoon
(Sally Dew 01444 414456)
- 9th **Mid-Sussex Death & Living Now Café**
(Joanna Warrington 07769 674347)
- 10th **Country Market** – 10am to 11.15am
- 12th **Lindfield Horticultural Society** Summer Show of Flowers and Produce – 2-4.45pm. There two new classes: 155 House or conservatory plant – A Fern in a pot and 160 Fuschia blooms floating in a bowl. Plus all the usual flower arranging, cookery, handicrafts and children's classes. Tea, homemade cakes and plant stall. Admission £1, children free. (Alison Elliott 01444 483039 or www.lindfieldhorts.org.uk)
- 17th **Country Market** – 10am to 11.15am
- 24th **Country Market** – 10am to 11.15am
- 26th **The Adventurers' Art Club Annual Exhibition**
–3rd 10am – 7pm except Sunday 3rd August 10am–3.30pm. The club is a mixture of professional, semi-professional and amateur artists from all over Sussex, using many different mediums to express their work. They meet every Thursday evening at the school hall in Cuckfield with professional demonstrations throughout the year. The annual exhibition is always in Lindfield. Friendly club that is aimed at all adult ages and keen to welcome new members whether they wish to exhibit or not. Admission 50p (Valerie Harvey 01444 444704)
- 31st **Country Market** – 10am to 11.15am

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

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

- 1st **NHS Fellowship** – Franklands Village Hall
10.15am, talk by John Davey 'Old Inns of Lewes'
- 5th **Scaynes Hill Open Gardens** – 1.30pm to 5.30pm
Raising money for St Augustine's School. Tickets to visit the eight village gardens cost £5 and are available at each garden or from the church. Teas available at the church.
- 9th **Haywards Heath and District U3A**
Clair Hall, Perrymount Road, Haywards Heath
2–4.30pm. Open Meeting 'The Weird and Wonderful World of the Law' by David Allen. Great fun and plenty of laughs. Admission £1 includes refreshments, all welcome
- 12th **ROC on Saturday** – Lindfield URC Lounge
3-4.30pm. Over 55s fortnightly event
- 12th **St Peter & St James 10k Sleep Walk** – starting from The Dolphin Leisure Centre, HH at midnight (Enter online - before 4th July - www.stpeter-stjames.org.uk/event/sleep-walk-3)
- 12th **Brighton Festival Chorus** – All Saints Church Hove 8pm. The massed voices of Brighton Festival Chorus will be joined by the Orpheus Sinfonia and Benjamin Baker (violin) and conducted by James Morgan (www.bfc.org.uk)
- 16th **Ensemble Reza schools concert** – Oathall Community College 7pm. Music composed by students from Oathall Community College and Blackthorns Primary School based on the story of Romeo and Juliet following workshops with Pavlos Carvalho, Jane Houghton and partners West Sussex Music (funded by the Arts Council England). Tickets: Adult £5 and Student/Child £3 (hannah.carter@ensemblereza.com / www.ensemblereza.com)
- 18th **Bob's Big Band Night** – Lindfield Primary School Playing Field 5-8pm. Bands and Picnic on the grass
- 19th **Soul of the City concert** – Holy Trinity Church, Hurstpierpoint 7.30pm (www.soulofthecitychoir.com)
- 19th & 20th **Wakehurst Place Scything and Cider festival**
10am to 5pm
- 26th **ROC on Saturday** – Lindfield URC Lounge
3-4.30pm. Over 55s fortnightly event
- 26th **Quilting Exhibition** – The United Reform Church, Junction Road, Burgess Hill RH15 0JS 10.30am to 4.30pm . £1 admission charge, refreshments available, fabric sale £4 per metre and proceeds to charity (Dorita on 01444 241722 or doritas@tiscali.co.uk)

The Big Road Ride

Sunday 13th July

Starts and finishes from Imberhorne School, East Grinstead, RH19 1QY

Take one of four exciting new routes and cycle through Sussex, Tandridge and Surrey to help raise funds for St Catherine's Hospice (www.stch.org.uk/bikeride)

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