

# Lindfield Life

Inc. Scaynes Hill & Walsstead

Local village talk,  
by the village

Aug 2015 Issue #77

Free

A photograph of two young children running happily on a grassy field. The boy on the left is wearing a green zip-up jacket and light-colored shorts. The girl on the right is wearing a blue and white jacket and a blue skirt. In the background, there are trees and a brick building.

Country Market turns 50

**page 22**

Memories of Lindfield Junior School

**page 20**

New curate at All Saints

**page 4**

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## EDITORIAL

By David Tingley, Editor

Welcome to the summer in Lindfield – and our cover shot this month (courtesy of Paula Clark) illustrates this very nicely indeed! In this month's issue we have plenty to read about. Various organisations from the village managed to scoop awards at the **South of England Show** this year – see **page 16**.

We join Lindfield resident and former teacher **Eric Dawes** as he tells his stories from the original Junior School. His memories, together with some fascinating photos (thanks to Richard Bryant for supplying), make for a welcome step back in time to a school that many, including myself, will remember fondly. **Page 20** if you are intrigued.

Next up there's a group of amazing mums who have all recently taken part in the **London 10k** run following their own direct and indirect brushes with cancer. See **page 12** to read the story. On **page 10** **Cilla de Lande Long** gives us a guided tour through **Scaynes Hill's Wildflower Meadow**. Thank you Cilla for bringing this important project to our attention.

Next month we look forward to Lindfield Arts Festival, and we have plenty to tease you here before that. The ladies at The **Toll House** are holding a **tea cosy competition** for you creative types, the entries for which they will display over the LAF weekend - see **page 6**. **Esther Featherstone** talks about a new fitness class she's launching at LAF on **page 7**. And, on **page 30**, we give you a generic round-up of what's to come for **LAF** so that you can get excited in advance!

On **page 15** we congratulate a Lindfield mum's charity on obtaining a patronage from recently re-elected MP Nicholas Soames. **Jane Plumb** tells us why she's so happy to have Soames on board. And finally, before my space runs out, we also celebrated recently with stallholders at **Lindfield's Country Market** for their 50th Anniversary. Claire Cooper went along and heard all about it. Read the full story on **page 22**.

Read on, enjoy the summer and keep in touch!

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Lindfield Life Published  
by Kipper



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Summer on the common

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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)

## New curate at All Saints

All Saints Church has recently appointed a new curate to join the staff team.

Hugh Bourne moved to Lindfield with his wife Ali and two boys, Harry and Isaac, last month and officially started work at the church on 27th June.

Hugh met his wife when he was studying Computer Science at Sussex University in 2005. Ali has always lived in Hove and she went to the church which Hugh started attending as a student. Hugh originally comes from Riseley, a small village just outside Bedford.

Hugh explained: "All Saints is a very busy church so my job as curate is very much a supporting role for the vicar and associate vicar – James Clarke and Stuart Silk. We've already received a great welcome and the boys are loving the duck pond and park by the Common!"



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## Summer activities at St Augustine's School

Pupils, parents and staff at St Augustine's CEP School have been making the most of the recent sunny weather with a range of outdoor activities.

Last month parents and friends were treated to a display of country dancing, including a traditional maypole. "The children had worked so hard and showed us a wonderful display of their dancing skills," said school administrator Sarah Goodenough. This was followed by a Golf Parc Experience Day run by Cuckfield Golf Centre teacher Neil Plimmer. "The children had a wonderful day practising their golf skills during the day," Sarah added.

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# Make a Tea Cosy competition



Staff at The Toll House Store & Café are preparing for the Lindfield Arts Festival by holding their very own craft competition.

Mary Collins, co-owner of the shop, explained: "We wanted to do something to encourage the natural creativity that exists in Lindfield." The competition is to create a tea cosy, with the winner receiving tea for two at The Toll House and a hamper of Prince & Sons' teas. "They don't even have to function," Mary continued. "They could be crafted from fine cut paper or seaweed!"

All entries will be displayed at The Toll House during the Lindfield Arts Festival weekend (18-20th Sept). The closing date for entries is 11th September and costs £1, with all proceeds being donated to Chestnut Tree House Hospice for Children.

Please submit your entry with your fee to The Toll House shop with your name and contact details. For further information please contact Mary on 07769 670516.

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## Do you Swoove?

On 28th December last year Esther Featherstone, aka the Pink Lady, was doing an especially cheesy Christmas track in her Zumba class, Ricky Martin's 'Ay, Ay, Ay it's Christmas'. After singing the whole number she realised how much more fun and harder the workout had been. Fast forward six months and Swoove Fitness® has been born.

Esther created the word Swoove® which means to sing, whoop and move, which is the concept of the class. The warm up will concentrate on breathing exercises & warming up the voice. The class will then consist of at least one 80s and 90s anthem, a Michael Jackson track, a jive, a charleston, a hand jive, a disco number and current chart hits. The hook song will be 'I Like to Move It' by Reel 2 Real, with the lyrics being changed to 'I like to sing it, sing it, I like to whoop it, whoop it, I like to move it, move it... we like to SWOOVE it!'

Esther says she has taken on five years of feedback about her classes and feels there is a real niche in the market for an easier to follow dance fitness class that burns more calories. Twelve of her current regulars wore heart rate monitors to several classes and sang and whooped throughout one class and stayed quiet throughout the next. The results were between 60 - 240 more calories burnt.

"Now when I say sing... I don't expect everyone to be in tune," Esther says. "My tag line is calories don't have ears and don't mind if you're out of tune, they just care that you're swooving!"

"I am so unbelievably passionate about Swoove® that I am making my first fitness DVD, with profits going to the fantastic local charity Kangaroos."

The launch class for Swoove Fitness® is on Sunday 20th September at 2pm at the Sports Hall at Lindfield Primary School as part of Lindfield Arts Festival.

Don't miss out, be there at the start and go get your Swoove on!

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# Wildflower Meadow Morning

## SCAYNES HILL

**By Cilla de Lande Long**

Our first ever Scaynes Hill Wildflower Meadow Morning was blessed with a beautiful sunny day. On Saturday 27th June, villagers were invited to join members of the Scaynes Hill Sustainability Group to take a fresh look at the south end of the village Common and to hear more about its potential as a wildflower meadow. Visitors explored the Common with a careful eye, seeing how many flowers and grasses they could spot. A few plants were already marked to give people a head start and identification sheets were available to help find others. Margaret Pilkington, a wildflower meadow expert well known to many Lindfield residents, generously gave us her time and expertise to support the event.

Aware of the dramatic loss of 97% of wildflower meadowland in the UK over the last few decades and the grave decline in the bee population, the Sustainability Group had for some time been looking for suitable sites that could be developed for beneficial native wildflowers and grasses. Lindfield Rural Parish Council, which had not agreed to our initial proposal near the Millennium Centre, suggested the Common as an alternative site. As the Common was already a Site of Importance for Nature Conservation, a survey to assess its suitability was arranged with the County Ecologist Ben Rainbow. However, when Ben sent the disturbing news that his post had just been axed and he would no longer be available for the survey we were very grateful to Margaret Pilkington for stepping into the breach.

The survey results revealed that this area, the more degraded section of the Common, already had at least 15 of the species indicative of a wildflower meadow. Quite probably an ancient hay meadow with its attendant variety of wildflowers and grasses, it has become dominated by more invasive species of grasses. These have reduced its value not only for bees but also for the insects and caterpillars which provide a food source for birds and small mammals. A new mowing regime has

now been agreed to encourage the more ecologically beneficial grasses and wild flowers by adjusting the timing of cuts and always removing the cuttings which otherwise nourish too rich a soil for the wild flowers. We are hopeful that, over time, this will support a greater abundance and range of meadow plants.

The evocative names of some of these flowers and grasses, such as sweet vernal grass, Yorkshire fog, cocks-foot grass, catsear and lesser stitchwort (once used as a remedy for a stitch in the side), remind us of how deeply embedded our forebears were in the natural and animal world and that, as common land, this area would have offered not only an important contribution to the livelihood of local people but also a sense of communal 'ownership' of land that we may have lost in the modern age.

A desire to be more connected with the natural world most close at hand, and to facilitate this for others too, was one impetus in setting up the Sustainability Group and behind our Fungus Foray, Dawn Chorus Walk, Anchor Pond event, and guided tour of the nearby woodland. Formed nearly four years ago from small beginnings, the group quickly realised the need for a better way of sharing ideas and information within the village and from this was born the Scaynes Hill Village website, now accessed by some 500 people a month. Sharing resources locally is another support to a strong, sustainable community and symbolic of this has been our popular weekly fruit and veg stall, where surplus summer produce is shared for free.

As the impacts of climate change increasingly demand a new vision for our world, and perhaps a new view of ancient ways, the great news is that they can also offer us the chance to be part of a local community more closely in touch not only with nature but with each other.

For more information about the Scaynes Hill Sustainability Group and its other projects visit <http://scayneshill.webplus.net/sustainability.html>





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## Lindfield ladies run for charity

Back in April 2015 Lindfield resident Jill Sayers took a group of school mums out on to the nature reserve for their first run. Jill runs Firefly Fitness locally but most of the group had never run at all since leaving school (several years ago!) but slowly, after pounding the streets three times a week for three months, they were fit and ready to run the Vitality British 10K together on 12th July.

The girls decided to try and raise some money for charity and chose Cancer Research because two of them (Catherine and Nikki) had been diagnosed with breast cancer last autumn. The end of last year was a difficult period for both but after surgery (and in Catherine's case



a tough few months of chemotherapy and radiotherapy) they are carrying on with life.

The support and help received from friends and family in the village was overwhelming and both girls are incredibly grateful. Meeting up every week and running together has also been an important part of recovery.

At the time of going to print the group has raised an incredible £6,772.86. If you would like to sponsor the girls please go to [www.justgiving.com/teams/mumscanrun](http://www.justgiving.com/teams/mumscanrun)

The group included Jill Sayers, Catherine Cole, Karen Hastings, Heather Martin, Helen Robinson, Nikki Smith, Sophie Hazeu, Katie McNeill and Judith White.

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James has been training with us for just over a month now and in a short space of time has really seen quite a dramatic improvement in his health and his fitness. I had the pleasure of training James on his first session; it was High Intensity Interval Training, which was somewhat of a baptism of fire for him!

Since this session, the changes in James' fitness levels and attitude towards training have changed substantially... for the good, obviously! James regularly attends Nemesis sessions, which are an hour of high intensity strength and conditioning, and gives 110% every single time, and because of this he is making clear improvements every session.

Not only has James made clear gains in the fitness department, he has completely changed his physique. Since being with us, James has lost over 6kg of body fat and lost 13cm off his waist and you can clearly see the changes in his body shape! The strong results achieved by James are accolades of how hard he has been working, not only in sessions but with his nutrition as well.

We at Potential are looking forward to seeing how much more James can achieve as he has already done so well in such a short space of time. Well done James; keep smashing it!

#### What made you come to PPT in the beginning?

I just got to a point in my life where I wanted to live more healthily. I was fed up with looking like I did and not really having any 'get up and go'. There's too much in life that can't be controlled, and this was something I could control, yet I had let it escape me for so many years. PPT grabbed me from the tagline of 'No Egos'. It just struck a chord I very much liked.

#### What has improved for you since joining PPT?

My recovery time was the first thing that I noticed that had improved. I went from what felt like a coronary after the first couple of sessions to being back in breath after just a few minutes (4 weeks later) and having a much happier outlook on future sessions. I dropped some weight but more importantly was the decrease in waist size. I'm very happy with how it's started, now I just need to keep it going for the long term.

Also, nutrition - I eat almost entirely differently now to how I ate prior to joining PPT, and actually love it. It's made me see things very differently and try new things. Edwina Currie would be proud of the amount of eggs I get through these days!

#### What do you love about PPT?

I love the varied routines (although boxing is now a personal favourite - it's just awesome!). I love the people (both trainers and clients), and the whole ethos of the place. No-one knocks anyone else or sees other clients as any different to themselves. You're there for yourself but you're not alone in your training.

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Photo taken by Mike Webster

# New patron for charity

The Rt Hon Sir Nicholas Soames, MP for Mid Sussex, is the new Patron of Lindfield based baby charity Group B Strep Support.

He joins the campaign for the NHS to provide reliable antenatal tests for group B Strep carriage to prevent avoidable deaths in newborn babies.

Lindfield mum Jane Plumb founded the charity in 1996 following the death of her middle child, Theo, from group B Strep infection.

Group B Strep is the UK's most common cause of life-threatening infection in newborn babies – causing septicaemia, pneumonia and meningitis.

On average, one newborn baby a day in the UK develops group B Strep infection. One baby a week dies from group B Strep infection; and one baby a fortnight who survives the infection suffers long-term mental or physical disabilities. Yet most of these infections in newborn babies are preventable.

Sir Nicholas said: "I am honoured to become a Patron for Group B Strep Support. The charity offers information all over the UK to pregnant women, new parents and their health professionals. I join them in calling for every pregnant woman to be informed about group B Strep and offered the GBS-specific ECM test on



the NHS as a routine part of antenatal care."

Jane added: "The charity is thrilled Sir Nicholas has become a patron. His support is invaluable. He has already been holding the Government to account for its failures in preventing the rise of deadly group B Strep infections in newborn babies."

## Parenting course open to all

By Antonia Easley

Parenting is often a delight but with so many people I talk to conversation turns to the latest parenting upset or challenge! At All Saints we want to meet people where their need is. So after the successful launch of the Parenting Teenagers Course in the Spring Term, All Saints Church will be offering the Parenting Children Course in the Autumn Term.

This course has been produced by Holy Trinity Church Brompton and is suitable for those parenting 0 to 10 year olds. The course uses a DVD followed by small group discussions and covers issues such as building strong foundations, meeting our children's needs, setting boundaries and teaching healthy relationships. The final session will be a chance to hear and discuss more faith related topics such as the difference having a relationship with God makes to parenting, how church helps and how we pass on our values and our faith to our children.

I did my first parenting course 16 years ago when my son was a baby. I've done a few since then and have always found something encouraging, positive and helpful. Often it's a reminder of something that is common sense but is lost in that emotional heat of the moment!

We are offering the course at two times because we really want to enable anyone to do it, whether you work or not, and we particularly want to encourage mums and dads to both be able to come where possible.

The course will run in the Tiger Lounge at All Saints Church at the following times:

On a Monday morning from 9.30-11.30 with a crèche for pre-school children. The dates will be the 14th, 21st and 28th September and the 5th, 12th and 19th of October.

On the Tuesday evenings of 15th, 22nd and 29th of September and the 6th, 13th and 20th of October from 7.30-9.30pm.

Light refreshments will be available and the cost of the course is just £1.50 for the accompanying manual. To sign up please phone the church office on 482405.

# Winners at the show

**SOUTH OF ENGLAND SHOW**

## Scaynes Hill WI

A recycled 'Tree of Life' rug made from hessian, scraps of fabric, old clothes and even plastic carrier bags was a hit with judges at this year's South of England Show.

The rug, created by members of Scaynes Hill WI, won first place and a coveted red rosette in the closely contested craft competition.

"We were absolutely elated to find we had won," said Fiona O'Leary, who now has the rug on her bedroom floor. "We've entered before but never done this well."

The idea to recreate the WI Tree of Life in a rug came from member Amanda Ridley. "Half way through we decided to modify it, which meant unpicking a large section and working extremely hard to meet the deadline but we were determined to finish and it was well worth it," said Fiona. "It was a real labour of love!"

She added that the creation of the rug was very much a team effort with members pitching in with donations of fabric, old clothes and rags. "Sue Minter and I did most of the cutting and ragging, while Jo Britton finished the edges." Fiona explained that the rags are cut into small strips, sorted into colours and pulled through the hessian to create the design. "It's very thick and heavy but a delight to walk on and will last for many years," she added.

Members also scored highly in several other classes in the competition which attracts entries from WI's all over Sussex, with June Ridley winning praise for her cake, hat and Aran pullover, which was awarded 18.5 out of 20 marks.

Izzy Webster also scored highly for her rag doll.



## Post-surgery cushions

Members of Scaynes Hill WI are also currently supporting the 'Keeping Abreast' charity by making heart shaped cushions for women recovering after breast surgery.

Patients leaving the Queen Victoria Hospital in East Grinstead are given the cushions which tuck neatly under their arms to keep them more comfortable during their recovery. Demand for the cushions is high and the WI members are always on the lookout for donations of fabric. Anyone who can help by donating washable cotton fabric or another soft material, can contact Fiona O'Leary on [fjo500@aol.com](mailto:fjo500@aol.com)







## Lindfield WI

Talented members of Lindfield Evening WI produced eye-catching exhibits in many of the South of England Show competitions, gaining high scores and glowing comments from the judges. Entries included Lorelei Hilson's Aran cardigan, a floral arrangement by Rebecca Patman and 'Emily', a rag doll made by Sue Landauer, and named after her granddaughter.

The members have also recently planted roses outside the King Edward Hall, where the meetings take place, to commemorate 100 years of the WI.



Relaxing with the cows in the cattle barn are: Kirsty Miller-Hudson, Elizabeth Shortiss, Megan Shortiss and Emilia Eade.

## Oathall Community College

Young Farmers from Oathall Community College once again proved they have what it takes to breed award-winning stock, scooping several prizes at this year's South of England Show.

The youngsters, aged from 12 to 15, brought a collection of certificates and rosettes back to the school farm, including first prize for Ayrshire cow Oathall Rusty 7 and third prize for home-bred pedigree large white pig Dainty Lady. The cows are loaned to the farm by local farmers Mr and Mrs Heasman, while the pigs are bred by the school's Young Farmers.

The young farmers also played a key role in the daily Parade of Champions, carrying signs for each breed on show as they were led around the main arena in front of huge crowds. It's a job the farmers have carried out for many years.

# Changes being made to school farm shop

Oathall Community College has announced that it will change the way it uses and opens the renowned farm shop in the new academic year.

According to a statement on the college website: 'The Oathall Farm exists as an educational facility for students at Oathall and other schools in the wider community. It is with this in mind that the operation has been examined closely to ensure that it has a sustainable future and can serve its purpose in the College.'

The farm provides a resource for delivering; vocational courses for students aged 14 to 16, a vocational experience for younger students, a farm tour for primary school pupils and a very well attended Young Farmers Club. Moreover, it provides enriching experiences for studies in a wide range of curriculum areas. To meet these requirements in the most effective and efficient manner stock levels will be rationalised to more manageable levels so that the vast majority of the animals can be kept on the Oathall site. Students will continue to visit other agricultural establishments to learn about farming practices that are not sufficiently demonstrated on the Oathall Farm.

The result of keeping less livestock on site will be less meat being produced to sell. With less volume the school says there will no longer be a need to open

the shop on a regular weekly basis. The shop will still be used to provide an educational experience of meat preparation and commerce for students and to retail meat when the need arises. Full details of any opening isn't yet clear.

Headteacher Edward Rodriguez confirmed to Lindfield Life: "The farm shop is not closing but we are looking to operate it in a different way from the new academic year."

The school also wanted to gratefully acknowledge the invaluable contributions made by all staff, students and stakeholders in the development of the retail aspects of the farm. "We are very grateful for the support that our local farming community has given us over the past year in working with us to find a realistic and viable plan for the future of the farm at Oathall."



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## Lindfield's village school eighty years ago

### LOCAL HISTORY

By Eric Dawes

I was born in Lindfield in 1926 and attended the Village Council School from 1932 to 1938.

The old school on the Common was a good well-built Victorian building for children from 5 to around 14 years old. There were five or six classrooms, those for the older children were 'stepped' with several levels, like a lecture room.

There were no corridors and windows were set high up – no doubt to avoid any distraction during lesson time. Heating was basic in the form of a 'tortoise' stove near the front of the classroom. The caretaker would fire these up early in the morning and then the teacher would keep them going with coke all day in the winter. The cloakrooms were simple - cramped, cold and not well appointed. A few crude sinks provided cold water and a drinking tap. They were not heated and very wet coats were sometimes hung on the large fire-guard round the stove. Toilets were outside in the playgrounds – one for girls and Infants and one for boys.

Classroom desks were long, seating four to six children with a little shelf underneath for books and papers. Dual desks came later. All desks had holes for the little china ink wells. There were great tall store cupboards, a blackboard and easel and a tall stand-up teacher's desk (near the stove!) There were some very uninteresting pictures on the walls, alphabet letters for the lower classes, times tables for Juniors and maps and diagrams for the Seniors.

Punishments were handed out in school and there was little reference to parents over this. Discipline was strict but always fair. The cane was used frequently – boys on the hands or backside, girls on the hands, always administered by the Head. Teachers had a favourite ruler that was used on knuckles to 'correct' bad writing, talking in class and poor work. Playtime could be stopped and younger children made to 'stand in the corner' for long periods. Keeping children 'in' after school was common.

The salary paid to the Head depended on attendance, so it was important that children attended every day! Many questions were asked if you missed a day. There

was a man employed by The Board of Education to chase up absentees and it was a disgrace if the School Board Man was seen at your home! I remember Mr Newman held this position while I was young. He lived in the cottages facing the Common near the Pond and his son 'Chic' was a great friend of mine. Older children were often kept off to help at home in times of need.

Lessons were very formal. There was a lot of repetition and learning to read meant reading round the class and woe betide you if you missed the place in the set book. This must have been agony for those who found reading difficult. Arithmetic came straight from a text book with sums to copy. Writing was copy work from the blackboard on to specially lined paper. There were history and geography lessons and drawing but very little painting.

I remember competitions arranged for collecting and displaying wild flowers, leaves and twigs. I remember my parents helping to mount my collections on sheets of brown paper.

Learning the times tables was essential (the dreaded Inspector always tested each class) and these were learnt by daily chanting. Writing was fairly easy for the lower classes with pencils but pens presented a nightmare for many with the scratchy metal nibs that would spurt ink over your page without warning. Great glory for you if you were chosen to be the 'ink monitor' to go round filling up those little ink wells on the desks with a little copper watering can!

My Headmaster was Mr Porter (pictured above), who lived next to the school in the playground. It was rather a shame as he was often called 'Piggy' behind his back, due to his initials – Mr P G Porter! He was well respected in the village and had two sons, Colin, my age, and a friend, and Ken, the same age as my brother, who, like my brother, was killed in action during the Second World War. He had no easy job controlling and dealing with the older boys – some as big as himself and many desperate to leave school so not caring too much about what they got up to!



Photos from Lindfield Parish Council Village Archive

Other teachers were all ladies. Mrs Driver was my first teacher - her husband kept a fish shop next to Alma Road in the High Street. Next came Mrs Cheeseman, a very severe rather strange lady who came to school in a large black chauffeur-driven car. Then Mrs Bacon with the younger Juniors and then Miss Anscombe. This amazing lady taught at the school for many years and was still on the staff when I went back to teach there in 1955! I shall always remember her large charts of times tables high up on the wall of her classroom. Frequently she would start testing us on the tables just at home time and would not let you go until you gave a correct answer. Thank goodness I was good at arithmetic! She played the piano and I well remember the great speed she used to get through the hymn, All Things Bright and Beautiful, going on from verse to chorus with no time to take breath! Next in line was Miss Berry, and Mr Porter had the older children before they left school.

The only outside activity was in the large school garden. It was divided up into plots for a group of boys to cultivate. I enjoyed these afternoon sessions out of the classroom. Mr Porter stored the seed potatoes on top of his schoolroom cupboard

Hygiene was basic but I remember teachers asking to see our hands and nails or to display our handkerchief! The dreaded Nurse would come to check for head-lice - a most embarrassing time when victims were noted publicly in class and sent home with a note! Even more dreaded was the school dentist. He would set up his chair in a spare area and treatment would often be immediate with that awful foot-driven tooth drill! This was no doubt welcomed by many poor families but certainly not by the victims! Empire Day was 24th May and there would be a parade and flag flying in the playground.

There's a village in Australia named Lindfield and flags were exchanged, patriotic songs sung and we would salute the flag in honour of our great Empire (always large bits of red on the world map). It was a sort of Town Twinning affair!

The Oxford and Cambridge Boat Race Day was a time to declare your colour - light blue or dark blue - and there were small ribbons or 'favours' to wear. This inevitably created opposing gangs in the playground and mock battles would take place - such a strange national outburst for such a remote event that few children even understood and fewer had ever seen.

There were seasonal games like 'conkers' in the autumn when the horse chestnuts were plentiful. Carefully selected specimens were run through with a metal meat skewer - a dangerous operation! Threaded on some good, strong string they were ready for the many playground battles. Each partaker would have three tries at whacking the opponent's conker. Great debates and shouting if he moved his conker or there was 'stringsy' - when the conker strings got tangled up. Care would be taken to keep them hidden in class or they would be confiscated!

Marbles had their day too, with a simple throwing down or 'dropsie' and then trying to hit your opponent's marble which you claimed if successful. Serious players kept their treasured marbles, many lovely coloured 'allies', in a little drawstring bag.

Roller skating was great on the playground surface and in the winter great long 'slides' were made. I used to play after school with my friend Colin (Mr Porter's son), who would get a kettle of water on very cold evenings and prepare a really superior slide the whole length of the playground ready for the next day.

At 11 I was entered for a Grammar School Scholarship, together with other high-fliers and offered a place at Hove Grammar School for Boys. I was not keen as I wanted to be a gardener and I remember Mr Porter talking to me reminding me of the great opportunity I had for the future. The commitment was made and in July 1938 I left Lindfield Village School with many memories but with great apprehension for what was to follow.



## Country Market celebrates 50 years

**By Claire Cooper**

Visitors to Lindfield's Country Market got more than they bargained for last month when they were welcomed with Bucks Fizz and birthday cake!

The shoppers were invited to join in the anniversary celebrations of Lindfield's oldest market.

For the last 50 years the market, held in King Edward Hall, has been a popular place to buy plants, preserves, produce and crafts locally sourced and competitively priced.

The market was originally set up in 1965 as the local WI market, trading from the garage of Ryecroft, the house next door to Lindfield United Reformed Church. Over the years it moved to the King Edward Hall - first in the corridor next to the main hall, then moving into what is now the Newcombe Hall.

Market manager Alison Falconer took over running the market two years ago, after becoming a stallholder in 2010. "A friend recommended the market to me as I was recovering from illness and looking for a new interest. "I already had a food hygiene certificate, so I started making marmalade in my kitchen."

Before long Alison was known as the 'Marmalade Lady!' "It progressed from there and I now grow vegetables, bake all day long on Wednesdays and when the former market manager retired, I volunteered for the job!"

Alison's role involves inspecting and checking produce on sale. "We can't sell anything that looks burnt or not properly labelled," she said. She's also the first point of call for new stallholders.

The Lindfield market is well known for the quality of plants which 'fly out of the door' particularly at Springtime. It's also a popular place to buy Christmas gifts, with many shoppers make a bee-line for their favourite cooks and placing orders for cakes and pastries.

The market is one of 12 Country Markets running in this area. County chairman Roland Gough, who attended the celebrations, explained how the markets started after the end of the war when soldiers were given land to

grow fruit and vegetables. "The markets were set up to sell their surplus but then evolved to include a range of produce and crafts. Lindfield has been one of the most popular markets, with customers often queuing outside the doors!"

He added that the markets are happy to take orders for hampers, which can be delivered anywhere in the country.

New stallholders are always welcome.



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# The Girl on the Train by Paula Hawkins

## BOOK REVIEW

By Cavan Wood

Paula Hawkins' debut thriller novel has attracted praise from Stephen King and S.J. Watson, who know a thing or two about writing suspenseful narrative. Rachel is a commuter who catches the same train and who observes on her daily journey the activities of a couple she names Jason and Jess. When her imagined life for these two and their real life collide, there follows a plot which uses three different narrators – all female – to tell a shocking and gripping story. The fact that one of the narrators is an alcoholic locked into an obsession with her former husband, and his new wife unnerves us. Can we trust what we are being told? This enables the writer to lay false trails and wrong suppositions that are the basis of a good thriller. The characters retain a warmth and sympathy, despite the fact that they are all flawed in many ways. The best thrillers are not just clever in their plotting but have carefully developed characters, which Paula Hawkins demonstrates in abundance. This is a thrill ride worth taking to the beach with you!

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## Alan and Wendy retire

Villagers and traders were determined to make Alan and Wendy Stamford's last day in Lindfield a real Red Letter Day!

Customers, friends and fellow traders gathered outside the village post office to give the popular couple a special send off, presenting them with cards, flowers and gifts.

The gifts included two hampers packed with goodies, membership of the National Trust, rose bushes and a cheque for almost £900 to help pay for the couple's trip to Australia in September to visit their daughter.

"It's been a long time coming," said Alan. "It's been a week of so many different emotions as people have been calling in to say goodbye. We've had cards, presents and enough plants to fill our little garden which is lovely!"

Wendy added: "We've been totally overwhelmed by the generosity of our customers and fellow traders, and are so thankful for everything they have done for us. It's lovely to know how much they care."

Making the presentation, parish councillor Christopher Snowling said Alan and Wendy had been a huge asset to the local community.

"This is a very sad day for a lot of people in the village and Alan and Wendy will be greatly missed but we are so delighted that they are able to retire and to visit their

daughter in Australia," he said.

Alan and Wendy's retirement also coincides with the decision to move the post office from the corner of the High Street and Lewes Road into Martin's Newsagents.

"Without doubt this is the end of an era for the village, as the post office has been on the corner of the High Street for as long as I can remember," added Cllr Snowling. "It's going to take a bit of getting used to."

As we went to press we received the following message from Alan and Wendy:

**"A GREAT BIG ENORMOUS thank you to everyone who contributed to our retirement send off. Thank you to those who organised it and to everyone who worked to make it happen. Thanks to all the traders who gave their time and contributions, and to all who gave so generously to the massive amount collected. Thank you for all your cards, chocolates, flowers, drinks and gifts. It was totally overwhelming for us both, but another great memory to add to the happy times we have had in Lindfield.**

**Thank you all so much for all your good wishes and loving kindness."**

Alan and Wendy xx

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# Marvellous mezze

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## Crunchy Broccoli & Feta Cheese Salad

Using a large salad bowl, combine 4tbs mayonnaise, 2tbs lemon juice, some crushed garlic and seasoning to taste. Add 225g finely chopped raw broccoli florets, 100g crumbled feta cheese, some finely sliced spring onions and red peppers (I like the bottled red peppers – look for them on the same shelf as olives and gherkins). Gently toss to coat with the dressing and serve at room temperature.

## Spiced Bean Salad

Measure 100ml olive oil, 6tbs red wine vinegar, 1-2 crushed garlic cloves, 2-3tbs mild curry paste and 2tbs clear honey into a salad bowl and whisk to combine. Tip a 400g can each of chickpeas and cannellini beans (or other beans) into a sieve and rinse under cold water. Tip into a pan, add a little cold water and bring to the boil. Drain well and add to the dressing. Stir to combine and season to taste. Cool slightly, then stir in some finely chopped red or spring onions. Allow to sit for an hour or two to develop the flavours. Extra good served at room temperature topped with a spoonful of natural yogurt and a sprinkling of fresh mint.

## Lemony Lentils

In a salad bowl whisk together the finely grated rind and juice of 1 unwaxed lemon, 50ml olive or rapeseed oil, 2tbs honey, 1tbs wholegrain mustard and 1-2 crushed garlic cloves. Tip a 400g can lentils into a pan and bring just to the boil. Drain well and stir into the dressing. Drain a 400g can artichoke hearts, quarter each and add to the bowl with a finely chopped red onion. Season well and allow to cool.

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By Caroline Young

I am writing this on what could possibly be the hottest day on record so far and producing a hot meal is the last thing I want to do. The idea of a 'mezze' appeals to me – this is a selection of small dishes served as appetisers before a main course or extended to be the meal. Popular in hot countries it is easily put together here with the wide variety of dips, salads and appetisers now available in our stores. Or why not try making some yourself – they will keep in the refrigerator for several days. These are some of my favourites.

## Portuguese Carrot Salad

In Portugal this delicious carrot salad is offered along with olives, sardine pate, fantastic goats cheese, Serrano ham, maybe a garlicky cream cheese and warm bread. My friend, Chris Wilson, has worked out how they make it so we can enjoy it at home.

Peel and cook whole carrots until just tender, allow them to cool then cut into thin slices. Whisk together a fruity Portuguese olive oil, crushed garlic, a pinch of cumin and coriander, a few drops of Piri-Piri sauce and seasoning to taste. Pour over the carrots, using just enough to cover them, then leave to marinate for several hours or overnight.

## Couscous Salad with Apricots and Pinenuts

Tip 150g wholegrain large couscous into a pan with a handful of chopped dried apricots and 450ml hot vegetable stock. Cook to package directions then leave to stand for about 10 min until liquid is absorbed. In a salad bowl whisk together 50ml olive or rapeseed oil (or walnut or hazelnut oil), 3tbs white wine vinegar, 2tsp mild mustard and 3tsp sugar. Tip in the hot fruited couscous, a handful of finely chopped spring onions, some toasted pinenuts and seasoning. Allow to cool.

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## Music, dance, drama and fun!

### LINDFIELD ARTS FESTIVAL

By Lynn Tulip

With Lindfield Arts Festival now only a month away the excitement is growing, so we thought we would give you a sneak peek at some of the music, dance and drama highlights of this year's festival.

Music features again as one of the core themes, with fabulous buskers along the High Street and some amazing concerts and performances within venues in the village. Local bands will bring the village pubs alive in the evenings, while local school children performing with Blackthorn's school choir and/or Ensemble Reza, followed by InChoir, hope to fill the United Reformed Church with music all day Saturday. On Saturday evening the highlight is anticipated to be Mid Sussex Sinfonia performing Baroque works in All Saints Church.

This year's dance highlights are anticipated to be local schoolchildren, led by Becky Stevens from Dance2Tone, doing Popsteps on the High Street during Saturday. She will also be running Fitsteps and Popsteps workshops on the Sunday to give adults and children a taste of her dance fitness classes. In addition, Esther Featherstone will be introducing her new fitness class on the Sunday (see p.7).

Alongside the Lindfield Plays performing periodically in the High Street, there will also be drama workshops for children, run by Point4, on the Saturday and Becky

Robinson, who will focus on experimenting with voice skills and techniques on the Sunday. One of the highlights of the Festival will be the return of Barefoot Players with Little Women on Sunday evening in the Community Hall at Lindfield Primary School.

There's a Comedy Night at the Bent Arms to set the ball rolling on the Friday evening. Don't forget the Arts and Crafts Show, including exhibitions from the WI and Lindfield Preservation Society, all weekend in the King Edward Hall, along with a special Memorial Art Exhibition in the Stable Rooms, All Saints Church.

Lindfield Arts Festival is particularly grateful to local sponsors Barratt Homes, MSDC, Lindfield Parish Council, Lindfield Preservation Society, The Comber Trust and Friends of the Festival, without whom it would not be possible to offer this programme of events to the local community. Most of the programme is free and we thank the workshop leaders for offering their time and expertise to share the experience and fun with you all.

With so much to look forward to, we hope you can join us for the weekend 18th-20th September. The programme and tickets will be available middle of August. If you would like more information on any aspect of the festival, either visit [www.lindfieldartsfestival.com](http://www.lindfieldartsfestival.com) or email us at [enquiries@lindfieldartsfestival.com](mailto:enquiries@lindfieldartsfestival.com)

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## A contrasting approach

### HOME FRONT

By Jacqui Smith, interior designer

A few months ago I talked here about colour and how it affects us psychologically. Second only to the weather, colour influences our state of mind so, whether we are working with a client on a new bedroom scheme or designing communal spaces for a care home, the impact of colour on the psyche of the people using the space is an important consideration. Colour can impact an interior in a number of other ways. Colour choices can greatly alter the perception of room size. The proportions of the same room in identical houses will look staggeringly different if painted in different colours. We have seen this with show homes where we have decorated in a certain palette and then visited a private client living in exactly the same house type but painted very differently. I am in the industry yet it still amazes me how colour can change spaces so radically.

Colours and how they contrast plays a particularly important role in healthcare design. As we get older we need more light to see properly and as our lens yellows with age our perception of colour will change. Lighter colours become harder to discern; pale blues and greens can look grey, yet more highly saturated (deeper) colours will be easier to see. By ensuring that care homes and hospitals are decorated so that there is contrast between surfaces such as flooring and skirting, door surrounds and walls you make an environment easier for people with a visual impairment to navigate. I have seen this done badly, really badly, where somebody has been let loose with a paint chart with the instruction to make sure the door frame is "a different colour from the wall". The resulting pale blue and bottle green corridor in a hospital setting was utterly hideous. The key thing here though is that it's not about 'colour' it's about the contrast of colour. The Oxford English Dictionary describes colour as 'The property possessed by an object of producing different sensations on the eye as

a result of the way it reflects or emits light.' It's the way that light behaves with a surface which is important and its Light Reflectance Value. LRV is a measurement that tells us how much light a colour reflects and, conversely, how much it absorbs. LRV runs on a scale from 0% to 100%. Zero assumed to be an absolute black and 100% being an assumed perfectly reflective white. You would never go into this much detail in a domestic setting but regulations for healthcare design stipulate that there should be a minimum of 30 degrees difference between skirting and floor, and similarly for door frame and wall. So whilst the blue and the green looked to me like they were indeed 30 degrees apart in LRV, they looked dreadful and the same colour contrast could have been achieved by using much more tasteful tones. And this is the design challenge which I particularly enjoy; ensuring that the finishes contrast yet remain at all times tasteful, and most importantly, inclusive, i.e. not look so different as to set it apart from a normal domestic setting. Residents of care homes do not want to live somewhere that looks like Balamory nor do they want beige. Colour is important and contrast is king. The LRV rule comes into play with flooring too, but conversely the contrast needs to be minimal here. How many times have you been into a hotel foyer where the wood flooring of the main thoroughfare contrasts with the carpet of the seating area? From an aesthetic perspective it looks great and clearly defines the zones of a large communal space. However, for someone with poor vision and lacking in depth perception the change in flooring can appear like a step. At a recent Olympia exhibition I was finishing a conversation with an exhibitor whilst casually sliding my foot over the line between the black flooring of their stand and the pale grey of the walkway to check for a step. Tripping over non-existent steps is something I have become quite used to these days!

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## Anniversary ramble

Explore the great outdoors and celebrate the 25th anniversary of St Catherine's Hospice's Balcombe Walk; a family-friendly 12 mile ramble through stunning woodland in Sussex on 13th September.

There are plenty of reasons to walk for hospice care, including free entry for the whole family, a nature trail for children under 12, home-made cakes and refreshments to welcome you back and shorter routes available, with free transport back to the finish.

Those walking to remember someone special can have the name of their loved one handwritten on to a sunflower sign. The sunflowers will be displayed at the Balcombe Walk, and are then available to keep as a permanent memento.

There is no minimum donation required.

Supporters are asked to give a donation of whatever they can afford to St Catherine's and all money raised will go directly towards providing personal care services at the hospice and in the local community.

Start points are either Victory Hall, Balcombe or Ardingly College Preparatory School.

Sign up today by visiting [www.stch.org.uk](http://www.stch.org.uk)

Once registered, you will receive a welcome pack which will include a sponsorship form and fundraising hints and tips to help get you started.



## Tea and cake at Home

A care home in Walstead celebrated National Care Home Open Day in June with an English Tea Party.

Walstead Place, run by Caring Homes Group, was host to many families of residents including Thea (pictured above), granddaughter of Sydney Drury, who very much enjoyed the cakes.

The event proved an ideal opportunity to highlight the skills of a new chef at the home, with tasters provided throughout the day.



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## Find your golf rhythm

### TEERING OFF

By James Verrall, Head Golf Professional

How many times as golfers have we heard someone say "you were swinging too fast" or "slow down on your next shot"? I'm sure it is something I have said numerous times to people. The most challenging thing about trying to get the right tempo is that there is no right answer for all players.

Having a good rhythm and tempo is one of the most important elements of a good golf swing. Maintaining an even tempo during your round will lead to many more consistent shots.

If you think of the golfers you see on TV, some have a slow and smooth rhythm and some are fast and aggressive. But what matters is their rhythm is even throughout the swing and stays the same from shot to shot.

The best place to work on your tempo and find your perfect rhythm is on the driving range. There are too many things to think about when you are on the course to try and start changing your swing.


The best way to describe good tempo is having a rhythm in your swing that feels natural. You should not try and force a slower or quicker rhythm. Your ideal tempo will be the speed you normally swing the club if you were not thinking about anything at all. Often the tempo of someone's swing reflects their personality. The more laid-back person who strolls around the course normally has a slower tempo. The person who walks around fast is normally more suited to a quick tempo. Don't fight the natural tendencies you have or your swing won't feel like your own.

Maintaining your ideal rhythm under pressure is tough. Emotions such as frustration, excitement and nervousness cause your rhythm to change, but the more you put yourself under pressure the better you will become.

A good practice drill to help with your rhythm is hitting balls with your feet together. You will have to swing with a smooth tempo otherwise you will lose balance.

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# What's on in August

## AT KING EDWARD HALL

- 1st– **The Adventurers Art Club – Annual Exhibition**  
2nd (Mrs Valerie Harvey 01444 455704)
- 6th **Country Market: 10–11.15am**  
(Sheila Hobbs 01444 483396)
- 13th **Country Market: 10–11.15am**
- 20th **Country Market: 10–11.15am**
- 27th **Country Market: 10–11.15am**

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 email on [bookings@kingedwardhall.org.uk](mailto:bookings@kingedwardhall.org.uk)

## ADVANCE NOTICE:

The King Edward Hall Film Show for next month will be *Woman in Gold* (12A), starring Helen Mirren.

The date is Thursday 24th September with doors opening at 7.30pm. Tickets still £6.00 including refreshments.

Tickets will go on sale at Tufnells in the High Street on 1st September.

## Scaynes Hill firm helps local charity event

BSW Building Services, the leading Scaynes Hill-based heating firm, recently took part in a charity day in memory of Joel Davenda, a police constable who died in a motorcycle accident earlier this year. In total nearly £2,000 was raised for Kent, Surrey & Sussex Air Ambulance Trust.

Held in Bolnore Village in June, the day featured activities for the whole family including a children's art competition, a flyover by Kent, Surrey & Sussex Air Ambulance Trust, not to mention a performance from the Red Arrows, bouncy castle, lucky prize draw and various stalls.

BSW Building Services supplied its maintenance vans for the strongman competition, which entrants tried to pull with their bare hands in a test of strength!

John Belliere, BSW Building Services CEO, said: "BSW Building Services is active in its local community and supports local fundraising events whenever possible. Pulling our maintenance van by hand looked like hard work though!"

## AND ELSEWHERE

- 6th **Haywards Heath and District U3A** – Enrolment & Information Afternoon: Clair Hall, Perrymount Road, Haywards Heath 2–4.30 pm (annual subscription is £14)
- 8th **ROC on Saturday:** 3–4.30pm. Fortnightly over 55s event; tea, cakes, plus activities (01444 482428)
- 11th **The Group**, a club for single men and women, aged 45+, meets in Burgess Hill on the 2nd Tuesday evening of every month. Theatre, golf, dinners, walks, arts & music, holidays. Not a dating agency ([www.thegroup.org.uk](http://www.thegroup.org.uk))
- 22nd **ROC on Saturday:** 3–4.30pm. Fortnightly over 55s event; tea, cakes, plus activities (01444 482428)
- 30th **Last Wave on Broadway** – The Broadway, Haywards Heath 11am–10pm. Tickets: Adult £8 (£12 on the day)/Child: 11 & Under FREE from [www.itsmagic.org.uk](http://www.itsmagic.org.uk) or 01444 800045, or in person from Idle Wild, Savannah & Orange Square in Haywards Heath

## September

- 10th **Mid Sussex Association of the National Trust:** 2.30pm. 'Wild Life of Devon, Dorset and Yorkshire' by Patrick Coulcher

## Last Wave on Broadway

For the last nine years Tim French has been welcoming music enthusiasts to The Broadway for the twice yearly It's Magic street music festival. Last Wave on Broadway brings that amazing run of musical festivals to an end – so don't miss out. On Sunday 30th August The Broadway, Haywards Heath will be closed for a day of music. Come along and experience the Bank Holiday Sunday atmosphere. Two stages at each end of The Broadway will provide non-stop musical performances for all ages over the course of 11 hours. Visitors to and residents of Haywards Heath will be able to listen to a variety of music from outstanding musical talent playing a variety of jazz, classical, pop, country and blues. Haywards Heath is full of life, come and join in; you will be compelled to dance in the street and it will be an fabulous finale.

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