

Lindfield *Life*

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Local village talk,
by the village

Sept 2015 Issue #78

Free



All the Lindfield news you need

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Mark Revill & Co

By David Tingley, Editor

I think we have our largest ever bumper crop of news stories in this month's issue of Lindfield Life! Turn over to get started. There are events which have already taken place and those which will take place in the coming weeks. There are folk who have done amazing things and those who are set to do amazing things later this month. As ever, I am pleasantly surprised at just what a fab bunch of people the residents of Lindfield are!

On **page 22** we have the report back after Lindfield Horticultural Society's Summer Show, which took place last month. There was a terrific range of produce and creatively made arrangements.

Newly married golf pro **James Verrall** passes some useful tips to the golfers on **page 40**, interior design queen **Jacqui Smith** briefs us on changes to her Lindfield-based practice on **page 26** and **Cavan Wood** brings us another read – this time by Nick Robinson – see **page 34**.

Something we must mention is **Lindfield Arts Festival**, which starts on Friday 18th September. You can read a little about this year's weekend on **page 9**, plus there's advert on **page 23** with a listing of the various events.

There is one thing I would like your help with please. I was recently asked whether we would consider a classified section in the magazine. After some thought, it occurred to me that this may be useful for those in the community to buy/sell goods to others locally, plus it could work as a kind of 'freecycle' where people are just looking to give away something for free to be used by someone else. If you have anything which fits any of these categories – do send us an email to classified@lindfieldlife.co.uk. Send a title, description and a photo of the item, and of course your phone number, before the next copydate (8th Sept) and we'll see if it takes off!

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Lindfield Life

The Barn, Hurstwood Grange,
Hurstwood Lane, Haywards
Heath, West Sussex, RH17 7QX
Telephone 01444 884115
www.lindfieldlife.co.uk

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

Advertising: Matthew Buss
<ads@lindfieldlife.co.uk>

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Elaine Higgins
View down the High Street from above.

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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

Local life-saver

Local hero and football physio Jerry Gurr is making a habit of being in the right place at the right time.

The quick thinking Lindfield resident has now saved the lives of two young football players – the most recent at Ardingly College last month.

Jerry, who lives in The Welkin and is physiotherapist for Haywards Heath Football Club, recalled how a chance trip to watch a rival football team play turned into a real life drama.

"A few of us had gone to Ardingly to watch the game as the following week we were drawn against one of the teams," he said. "During the match, one of the players was accidentally hit by the elbow of another player and knocked unconscious. I saw him bounce like a rubber ball and I knew immediately it was serious."

Jerry immediately ran to treat the stricken player. "He started to turn blue and when I opened his mouth I saw that his tongue was in the back of his throat, I managed to pull that out and then he started to move. It was lucky I was there when the guy needed me. He was lifeless for about a minute. The paramedics who arrived on the scene told me I had saved his life."

The drama brought back memories of a previous

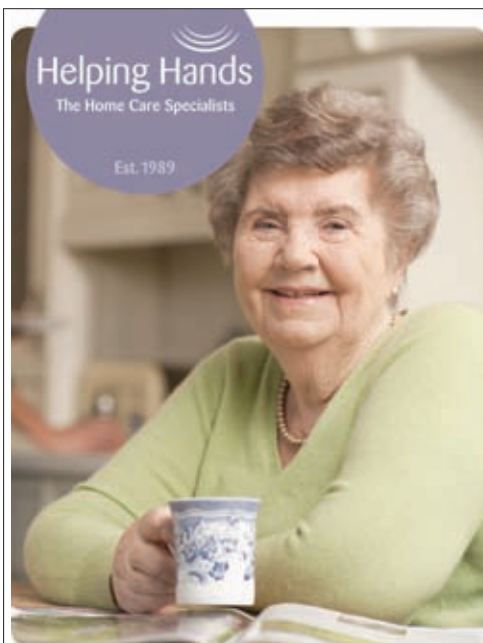


incident in 2008 when Jerry was called to the changing rooms of a Crowborough football player who had collapsed with anaphylactic shock.

"The player was lifeless, lying on the floor and turning blue," said Jerry. "I grabbed smelling salts from my bag and managed to bring him round. It turned out he had taken steroids along with a high glucose drink – it very nearly killed him."

Following the incident Jerry was awarded a Queen's Jubilee medal, after being nominated by MP Charles Hendry.

"People tell me I should be very proud of myself but for me it's about being in the right place at the right time and knowing what to do," said Jerry. "It's part of my job as team physio – it's what I'm there for."



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Lindfield retailer scoops South East award

A Lindfield wine merchant has recently been the recipient of an industry award.


South Downs Cellars, on the High Street, picked up the award for Regional Merchant of the Year for the South & South East at a glamorous black tie ceremony at London's Hilton On Park Lane hotel over the summer.

Lindfield store manager James Halliday (pictured with Lucy) attended the dinner with business owners Lucy and Russell Driver, which also saw a raft of large and small retailers and producers from all over the country celebrating their success too.

Lucy commented: "The judges were looking at all aspects of a shop's business, including what we were doing that was new. We have massively increased our range of craft beers this year, due to customer demand, and we've also introduced a loyalty card which creates your own online 'cellar' of all the products you have purchased either online or in store. Customers can make their own notes on these via the website for their future reference."

South Downs Cellars has been open in Lindfield for nearly five years now. Later this month the Autumn tastings programme will begin again – see in-store or online for details.




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'Badge Night' for Lindfield Bonfire Society

Members of Lindfield Bonfire Society are reviving the tradition of 'Badge Night'.

This social occasion is part of the Society's efforts to raise funds to keep alive the bonfire tradition, which includes a free firework display on the Common on the 5th November.

Bonfire Society secretary Mark Tampion Lacey explained the story behind the badge night tradition.

"Bonfire Societies traditionally produce a different commemorative badge each year. These are collected by members as they attend each other's celebrations during the bonfire season," he said.

"Lindfield Bonfire Society hasn't held a badge night for some years but the Committee has decided to revive this Sussex Bonfire tradition on Tuesday 1st September from 6.30-10.30pm at The Stand Up Inn."

The badges will cost £1 and money raised will go towards the village bonfire celebrations on 5th November.

Car stickers, mugs and 2016 calendars will also be on sale and villagers will have the chance to find out how they can join the society and get involved with the hugely popular bonfire night celebrations.

Benefits of joining include being able to carry a flaming torch in the procession.

Each year bonfire members have to raise around £10,000 to stage the annual bonfire celebrations. Business sponsors include The Bent Arms, Glyn Thomas Butchers and the Comber Trust but the majority of funds come from membership standing orders and money raised by holding events such as the Village Day stall and the Christmas Craft Fair.

The society will also be holding a Marshalls' Meeting on Thursday 15th October at 7pm to finalise details of the 5th, allocate jobs to volunteers and sign up people willing to be charity collectors. All volunteers will be made very welcome!

For more information about the Society and events contact Mark Tampion-Lacey, Hon Secretary, on 01444 487470 or lindfieldbonfiresoc@gmail.com or visit the website www.lindfieldbonfiresociety.co.uk





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Concert Band plays again

The Adur Concert Band will be entertaining the good folk of Lindfield later this month, in a return visit to the King Edward Hall (KEH).

The band organised a charity event to support the work of St Peter & St James Hospice for the first time last year. That evening was so well received that the group decided to do the same again this year. Tickets are currently on sale from Tufnells Home on Lindfield High Street and cost £10 each.

The Adur Concert Band is a community band which rehearses in Southwick and includes members from keen amateurs to semi-professional musicians, all playing either a wind instrument or percussion.

The concert is on Saturday 26th September and starts at 7.30pm.

'Long to reign over us'

By Canon James Clarke

Wednesday 9th September 2015 represents an extraordinary milestone in our island story. It is the day on which Elizabeth II becomes the longest-reigning monarch in British history, the day on which she breaks the record held by her great-great-grandmother Queen Victoria. The 9th September is the day that casts in a new light the National Anthem's prayer about a Queen who is 'long to reign over us'.

On the Sunday following (13th September) there will be a special service to mark this historic occasion at 11.15am. The service, entitled 'Long to reign over us', will be an hour long and all members of the community are warmly invited to attend.

The following week, 20th September, is also special in that we welcome members of the Parish Council to our annual Civic Service, where we take the opportunity to pray for our civic representatives and celebrate their work. This year it coincides with Lindfield Arts Festival which has become such an uplifting part of our village life in recent years. Again, the service will last for an hour and all members of the community are most warmly invited to attend.



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Fundraising art sale

LINDFIELD ARTS FESTIVAL

By Claire Cooper

Fans of abstract art can pick up an original painting and help raise money for Dementia UK at a unique exhibition at this year's Lindfield Arts Festival.

Laura Morgan, from Haywards Heath, will be exhibiting and selling the work of her late father, Alex Wilson, who died earlier this year. It will be a fitting tribute to the Eastbourne artist, from the daughter he lost contact with for many years.

Laura explained that the family became estranged following her parents' divorce. "It was only many years later, when I moved to Sussex, that we got back in touch," Laura recalled.

"We rebuilt our relationship as adults and found we had much in common, including a shared love of art. I remember as a child he used to sketch a lot but I don't think he got into art seriously until he reached his sixties."

On moving to Eastbourne, Alex set up his own art studio and began to exhibit his work. He also ran a jewellery shop with his wife and became an expert on coins, publishing a well respected coin guide.

"Alex was an intelligent man; a former chess champion who also enjoyed tennis, cricket and yoga," said Laura. "He was fit, enthusiastic and full of character, always telling awful jokes!"

A prolific painter, creating abstract works in acrylic, oil and pastel as well as sketches and collages, Alex was also very knowledgeable and appreciative of other artists' work, particularly early 20th century modern art.

After being diagnosed with Dementia with Lewy Bodies in 2008, Alex continued to paint but as his condition deteriorated it brought his painting career to an end.

"He was at home, confined to a chair and tragically no longer had the motivation or inspiration to paint, let alone hold a brush," said Laura. "But he still talked a lot about his art and selling and exhibiting his paintings."

Following the death of his wife in 2013, Alex moved to a nursing home where he died in April, aged 82.

"After the private family funeral, I felt I wanted to have some sort of memorial for him and started thinking about how I could ensure his work would live on," said Laura.

"I've always enjoyed visiting the Lindfield Arts Festival and been impressed by the range of art exhibited, so I was delighted when my friend Lyn Tulip arranged for me to exhibit and sell Alex's work."

Laura and her brothers and sisters will be selling the paintings to raise funds for Dementia UK, which provides Admiral Nurses to support dementia patients and their families.

"Not many people have heard of Admiral Nurses, I certainly hadn't, but they do a wonderful job supporting families of people living with dementia," Laura explained.

"It's a traumatic time for families, who often find it very difficult to navigate the system and deal with the various agencies involved. Admiral Nurses can provide essential information, help with access to care and be a point of contact for the family."

The exhibition will include over 50 original paintings, with prices ranging from £30 to £250. "It's often a luxury to own an original artwork, so we've kept the prices really affordable," said Laura. "People interpret Alex's paintings in many different ways. Some just like the colours, others see images and movement. I think there's an emotion in his pictures that I appreciate the more I see them."

In the weeks leading up to the exhibition, various paintings will go on display in some High Street shops. "I've tried to match the paintings to the business - for example Peter Voigt will be displaying a piece called 'Melody'," Laura added.

Laura is aiming to raise at least £2,500, and payments for paintings can be made as donations to Alex's Just Giving page.

"Alex would have been absolutely over the moon to know his work was being exhibited and sold at the Lindfield Arts Festival," said Laura. "It will be lovely to know that his paintings will be safe, appreciated and loved. After all, he put a lot of love into them."

The exhibition will be held at The Stable, All Saints Church, from 10am-4pm on Saturday 19th September.

To view the online gallery visit the website: www.lauramorganphotogallery.co.uk/Alex-wilson

Lindfield Arts Festival

18th-20th September

By Lynn Tulip

Come and join us for Lindfield Arts Festival and enjoy the many music, dance and drama highlights of this year's weekend-long event.

Music features as one of the core themes with buskers along the High Street and some amazing concerts and performances, including local favourites Ensemble Reza and Inchoir who are joining us again for 2015 as well as Mid Sussex Sinfonia for a concert on Saturday evening.

There's a Comedy Night in the Bent Arms to set the ball rolling on the Friday.

Why not join in with one of our dance fitness workshops and get a taster of Fitsteps, Popsteps and Swoove or even Burlesque.

Two of the drama highlights of the Festival will be the return of Barefoot Players with Little Women on Sunday evening in the new Community Hall at Lindfield Primary School and Community Plays along the High Street throughout the day on Saturday.

The Lindfield Plays, written and directed by Robin Belfield and Jonathan Goodwin were commissioned especially for the Arts Festival.

Inspired by the village High Street, the four plays will be performed at various locations and can be enjoyed as stand alone pieces of theatre or as part of a series.

"The Ballad of Friar Tuck," performed by Sussex Actors Studio at All Saints Church seeks the truth behind the legendary Tuck - friendly fat friar or simply a ruthless rogue?

"Perfect Shadows," performed by Stuart Angel outside Osborne Cottage, is set in 1592 when the theatres of London were on the cusp of a golden age.



Disaster strikes when Philip Henslowe is forced to close his playhouse because of the plague, and he returns home.

"Look away," performed by members of Lindfield Dramatic Club, outside the Toll House, captures the night when villagers were asked to turn a blind eye as smugglers passed through the village in the dead of night.

"Mr Dickens" performed by Laura Schofield, outside The Stand Up Inn, sees village resident Mary welcoming her famous house guest. Are the motives of the housekeeper turned bodyguard as innocent as they seem?

Don't forget to visit the Arts and Crafts Show, including exhibitions from the WI and Lindfield Preservation Society, which is open all weekend in the King Edward Hall along with a special Memorial Art Exhibition on the Saturday in the Stable Rooms, All Saints Church.

Most events are FREE – however, due to venue limitations, tickets are allocated on seating capacity or workshop number restrictions. Tickets are available from SWALK, High Street Lindfield.

Please visit www.lindfieldartsfestival.com for all the latest news and more information.

If you have any queries please contact enquiries@lindfieldartsfestival.com

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Half marathon for Rockinghorse

A children's nurse from Lindfield has dusted off her running shoes to train for a half marathon in memory of her little sister.

Polly Knell, from By Sunte, will line up for the Birmingham Great Run in October to raise money for Rockinghorse Children's Charity, which supports The Royal Alex Children's Hospital in Brighton, and for the Trevor Mann Baby Unit.

She'll be remembering her sister Amy, who died from a meningitis related illness at the Royal Alex, aged just 3.

"I was 13 and still at school when Amy died," said Polly. "As I grew older I became passionate about helping young children and Amy became my inspiration to become a community children's nurse. After Amy died, I did some fundraising while I was at school but now I'm nearing 40 I thought it would be good to do something positive to raise money again.

"I haven't run since I was much younger but I'm beginning to enjoy it again!"

Daughter Aimee, 18, will travel to Birmingham to support Polly on the big day.

Polly would be delighted to hear from anyone who would like to sponsor her through her Just Giving page www.justgiving.com/Polly-Knell



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Lindfield Bowling Club Ladies raise over £1k

On a gloriously sunny Saturday 1st August, the ladies of Lindfield bowling club, hosted by captain Vera Stevens, held a charity Ladies Captain's Day in aid of Breast Cancer Now.

Twelve teams from all over Sussex attended, dressed in pink for the charity. Following a light lunch, they played in five different challenges with the overall winner being the ladies of St Francis bowling club. Over the course of the day players had the opportunity to buy tickets for the raffle, lucky dip, plant pot auction, jewellery sale and a chance to win a bottle of champagne.

Following the game, they sat down to a superb meal prepared by a team of ladies from the club. Following speeches and prizes, they also had the opportunity to bid for homemade cakes provided by club members. These actions gave the club a grand total of over £1k for the Breast Cancer Now charity.

On Sunday morning, 2nd August, the club hosted the annual fun event with The Lindfield Club. This raised £265 for St Peter's and St James Hospice. Earlier in the season Men's Captain's Day raised £651 for their charity.

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Gielgud show and prize-giving

'Motion Pictures' was the theme of this year's end of year show performed by students from The Gielgud Academy of Performing Arts (GAPA) based in Haywards Heath.

The show featured all 250 pupils, ranging from ages 5 to 18, with all the dance and musical theatre numbers reflecting the theme of film. The finale was a specially commissioned ballet called The Silver Screen which was inspired by Woody Allen's film The Purple Rose of Cairo. The piece was a multimedia presentation combining ballet, live jazz played by the GAPA Band and film which was directed by award winning filmmaker and GAPA principal Suzanne Gielgud.

Dame Beryl Grey, British ballet legend and GAPA Patron, presented the ballet prizes to the pupils, with the senior ballet medal going to 16 year old Isabel Summers.

Also presenting medals and awards was Eastenders TV star John Partridge, recently seen playing the lead role of Zach in A Chorus Line in the West End (and previously Rum Tum Tugger in Cats – The Motion Picture and the West End show).

Saffron, lead singer of Republica presented the Gielgudian award to the GAPA graduating students, including GAPA head boy James Furnell from Lindfield who goes to Bird College of Performing Arts, London.

St Augustine's prayer week

By Revd Lisa Barnett

According to a 2007 survey by Tearfund, 42% of the UK admit that they pray sometimes. Whether it's a flippant prayer when we're looking for a parking space, or a heartfelt cry to a God that we're not sure if we believe in in the face of a terminal diagnosis, prayer can sometimes surprise us. As a Vicar, there's a sense in which I'm 'paid to pray', and perceived as something of a 'professional pray-er', but prayer isn't always easy for any of us, and most of us feel like we still have our L-plates on when it comes to prayer.

St Augustine's Church is holding a week of prayer from 13th-20th September and, as well as special services on the two Sundays, the church will be open from 9am-7pm during the week. There will be different prayer stations inspired by the life of St Augustine and inviting us to think about praying in different ways about the needs of the world, as well as our own needs and concerns. There will also be special events each day, when we can think about different ways of praying. More information about these can be found on our church website: www.sash.org.uk.

All are welcome to come and visit the church during the week, to see the special displays and to join us on the adventure that prayer is!

Good neighbours

By Frank Nickson

We are a group of 'good neighbours' working diligently to enhance the lives of those less able than ourselves.

Now in its 30th year, the charity remains a 100% voluntary organisation, with services provided at no cost to clients.

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Upcoming events include a display in Haywards Heath Library in October and our Tree at the Cuckfield Christmas Tree Festival in early December.

To find out more about CARE, call 01444 455955 or visit: CAREinhaywardsheath.co.uk (charity no. 291646)

Community footpath work

The Lindfield Primary Academy Road Safety Committee, led by teacher and resident Rachel Anscombe, has successfully made an application to West Sussex County Council for funding to build a new footpath outside the school.

The 'Quick Fix' fund will be used to pay for a link footpath between School Lane and Backwoods Lane, round the outer edge of the bowling green. This grass route is a common cut-through for many parents at the school but becomes muddy and slippery when wet.

However, this has been set up as a community project and therefore requires residents to volunteer to help as labourers. WSCC will provide all materials and tools and a project leader for the works.

Work is scheduled to take place between Sat 19th – Weds 23rd September. Anyone who is able to join the current working party to build the footpath should email Amanda Harries (harries196@btinternet.com).

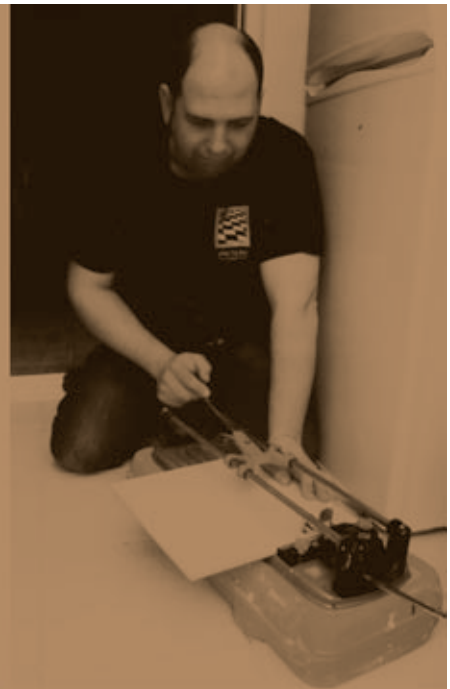


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Cook 1 large thinly sliced onion and some garlic in 1tbs oil until just golden brown. Stir in 1tsp cinnamon and 1tbs cumin, 115g bulgar wheat, 300ml chicken or vegetable stock, some chopped sundried tomatoes and a handful each of frozen peas, edame (soya) beans and sweetcorn. Bring just to the boil and simmer 8 min until the stock is absorbed. Stir in a good splash of either balsamic or wine vinegar and seasoning to taste.

Warm potato salad

Serves 4

Serve as a side dish or toss with fingers of chicken breast lightly fried in butter and oil until golden brown. Serve at room temperature.

Whisk together the juice of 1 lemon, 3tbs tahini (sesame seed paste), 2tbs runny honey, 3tbs oil, a little garlic and salt and pepper. Cook 450g baby new potatoes (no need to peel) until just fork tender. Drain well, tip into a serving bowl and add the dressing, gently tossing just to combine. If wished, stir in some cooked peas, chopped spring onions or chives and/or the chicken.



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By Caroline Young

This summer is whizzing past so fast but hopefully the sun is still shining when you read this. At my cookery classes the emphasis now is on easy quick recipes, often made with ingredients you have in the kitchen – perfect for summer days and no shopping needed. Here are a few of them.

Carrot cake

This is carrot cake with a difference, made with carrot puree and ground almonds. Serve freshly baked as dessert with crème fraiche or ice cream, or, cooled, as a cake. Or leave in the tin, cool slightly then pour over a syrup of the juice of 1 large orange gently brought just to the boil with 2tbs runny honey. Leave to cool completely before removing from the baking tin.

Preheat oven 170°. Lightly grease a 20cm tin and line the base. Cook 2-3 large carrots until tender then buzz in the processor to a smooth puree. Weigh 175g puree into a large bowl and beat in 3 large egg yolks, 225g soft brown sugar, 1tbs finely grated orange zest and 2tbs juice. Stir in 175g ground almonds. Whip 3 large egg whites to stiff peaks and gently fold in. Spoon into the tin and bake for 50 min or until golden brown and tests cooked in the centre.

Fruit cookie bars

Fill with any flavour of jam, the favourite in our house is raspberry but this is also excellent using fruit mincemeat or lemon curd.

Heat the oven to 160°. Line a 23cm square pan with baking paper so that the edges hang over the sides of the pan.

Beat together 225g soft butter and 50g caster sugar until light and creamy (or use a processor) then stir in 1tsp vanilla and 250g plain flour, mixing to a smooth dough. Press 2/3rd of the dough evenly into the base of the pan. Evenly spread with 350g of your chosen filling. Mix 150g porridge oats or muesli cereal into the remaining dough and roughly crumble over the filling. Sprinkle with some flaked almonds. Bake for 40-45 min until firm and lightly browned. Cool completely then, using the overhanging paper, lift from the tin and cut into bars.



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The fruits of the show

LINDFIELD HORTICULTURAL SOCIETY

Photos: Carolyn Nurse

By Martin Higgins, LHS chairman

The 200 visitors to our Summer Show found a King Edward Hall full of wonderful flowers, vegetables and soft fruit. They were amazed at the height of Neal McNamara's deep blue delphinium spikes, and the size of the pitchers on George Adams's pitcher plant (pictured). But to prove that size is not everything there were eleven teacups with delightful arrangements of garden flowers in them, with the visitors being invited to vote for their favourite one, which was not an easy decision to make. In the end Jane Harding's entry gained the most votes. Heather Martin's large architectural looking allium head could not be missed and duly impressed the judge.

In the Flower Arranging classes there were some stunning entries, which truly were like works of art. Claire Wilson's interpretation of 'Wimbledon' was much admired and unsurprisingly gained her a first prize, although it needed much self control not to sample some of her 'Wimbledon' strawberries. On a completely different scale Jeff Essen triumphed with his 'Flowers in a Flowerpot', a petite exhibit which combined wit and artistry. Combining flowers, fruit and vegetables were the garden trugs filled with all three, which were not only a visual delight but also stimulated your appetite. The entries in this class from Andrew Harding and Andrea Fall were superb.

Ian Cooper's twelve pea pods accomplished the difficult feat of being truly identical, and Tim Richardson showed some superb potatoes. Joyce Gladwell had a monster cabbage, which unusually managed to combine size with edibility. Alison and Michael Elliott gained a first with two fine aubergines, as did Andrea Fall for her well named small tomatoes - 'Jelly Bean Hybrid'. Helen Dunlop won that visitors' favourite, 'The most

misshapen or humorous vegetable', with an entry which looked like a mouse on steroids!

In the junior classes two new entrants, Sarah and Ruth Bewick, both won awards which was particularly pleasing. The 'best handicraft award' went to Jacqui Essen's lovely pin cushion.

One of the cookery classes was to decorate a cake to celebrate the 70th anniversary of the LHS. Gill Jones and Glenise Buck each entered such magnificent cakes that the judge could not decide between them, so rightly jointly awarded them the first prize as well the best entry in the cookery classes. Margaret Carter showed some fine gooseberry jam, and Debbie Anscombe some perfect scotch eggs. Then there was Lorelei Hilson's dish of chocolate truffles, which looked as if they would melt in your mouth but regrettably I was not invited to try.

If you have never been to one of our shows, try to get to the Autumn Show on Saturday 12th September from 2-4.45pm in the King Edward Hall.





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- 🎵 Preview night - Alex Wilson Memorial Exhibition
- 🍺 Ale Festival at The Stand Up Inn

SATURDAY 19TH

- ✂️ Arts & Crafts, WI & Lindfield Preservation Society Exhibitions at King Edwards Hall
- 📖 Literary events at Tiger Rooms and The Limes Restaurant
- 🖼️ Alex Wilson Memorial Art Exhibition at The Stables
- 🧱 Lego Exhibition at All Saints Church
- 👧 Kalli Kids activities in the Tiger Rooms
- 🎵 Concerts inc. Ensemble Reza
- 🎭 Lindfield Promenade Plays on the High Street
- 💃 Dance show by Popsteps
- 🎵 Mid Sussex Sinfonia at All Saints Church
- 🎤 The Dalek!
- 🎵 Buskers in the High Street

SUNDAY 20TH

- ✂️ Arts & Crafts
- 👣 Barefoot Players at Lindfield Primary School
- 🎭 Puppet Show at Lindfield Primary School
- 🎵 Newick Folk at The Stand Up Inn
- 🍺 Pub Quiz at the Bent Arms

WORKSHOPS & ACTIVITIES

- 💃 Dance workshops inc. Swoove & Burlesque
- 🎨 Design for children at Heathwood Park
- 🎵 African Drumming
- 🗣️ Inspirational speaking for children at Lindfield Primary School
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New Netball Club to start

Following the success of a Netball Club held at Lindfield Primary School last academic year for Years 3 and 4, Lindfield resident and mum Amanda Harries has been asked to set up a new club.

Lindfield Juniors Netball Club will be for all children aged over 7 years old.

Amanda asked: "I would like to hear from anyone interested in either joining the club or perhaps helping to coach the children or run the club itself."

Contact Amanda by email on harries196@btinternet.com

The Mid-Sussex Franco-British Society

By Barbara H Stevens

The first meeting of the new season of meetings of the Mid-Sussex Franco-British Society will be held on Wednesday 30th September 2015 in the Function Suite of Clair Hall in Haywards Heath.

Sussex residents may be surprised and interested to know that at its heart in Haywards Heath there is the opportunity to enjoy hearing and speaking French at informal meetings of the Mid-Sussex Franco-British Society. These meetings are held once a month between September and June on a Wednesday evening starting at 8pm.

Meetings are designed to be informal and welcoming at all levels of French, as the main object of the evenings is to provide the opportunity for participants to practise the language and to learn more of France and its culture.

For further details of the Mid-Sussex Franco-British Society please contact me, the secretary and a Lindfield resident, on 01444 452385. Do come and join us at Retrouvailles for a glass of wine and tombola on 30th September.

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WI celebrates 100 years

In September WIs throughout England and Wales celebrate the centenary of the formation of the Women's Institute in Britain. Although originally started in Canada in 1897, it was during the first world war that Canadian Madge Watt was appointed to set up WIs in the UK to encourage countrywomen to get involved in growing and preserving food.

On 16th September 1915 the first WI was formed at Llanfair PG on Anglesey, North Wales.

The WI is the largest women's voluntary organisation in the UK, with around 212,000 members in 6,600 WIs in England and Wales. A resolution in 1954 led to the formation of the Keep Britain Tidy group. WIs have also campaigned over the years for many issues, including equal pay for women and breast cancer screening. Back in 2007 the WI launched the Great Milk Debate to raise awareness of the plight of dairy farmers – a very topical issue still!

Here in Lindfield there are two flourishing WIs, Lindfield Morning meeting on 2nd Wednesday of the month and Lindfield Evening on 2nd Thursday. As both these WIs are currently at maximum capacity there is scope for a new WI to be formed, possibly in the afternoon. The WI is open to all women over the age of 18, is non-sectarian and non-party political. If you are looking for an opportunity to meet new people, learn new skills, enjoy other activities and have fun, call Yvonne on 01444 483682. We can start a new WI!



The Big Road Ride

Cyclists from across Sussex and Surrey went the extra mile for hospice care as part of St Catherine's Hospice annual cycling challenge, The Big Road Ride.

Riders set off from East Grinstead's Imberhorne School to tackle one of The Big Road Ride's three routes and raise funds for the hospice.

The family friendly 10 mile route which boasted a nature trail was popular with cyclists of all ages, while seasoned cycling enthusiasts enjoyed the challenge of pedalling 40 or 60 miles through the countryside.

All the money raised from The Big Road Ride helps St Catherine's to continue to provide free care for local people with a terminal illness, as well as ongoing support for their family and friends.

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HOME FRONT

By Jacqui Smith, interior designer

Well the past month or so has seen some changes at HomeSmiths. After three years with us our Assistant Designer, Katy May, has moved from Haywards Heath and moved on to an exciting new role with BHS to head up the Visual Merchandising team for their home store in Chichester. We are excited to have a new designer on board who completed her work experience with us some years ago whilst studying Interior Design at University. We have kept in touch with Nichola over the years and involved her in a number of show home installs and that does not seem to have put her off at all!

A rather special member of the team who has been with us for YEARS has also moved on. Nikki is one of my closest friends and has been part of the team since early 2009. Starting off with 2-3 hours admin in our tiny garden shed in Luxford Road, Nikki has seen us move house, the business grow, the team expand and many projects come and go. Nikki was there for David when I was rushed into hospital with my eye trauma in 2012, playing the Mrs Smith at the Platt role; our boys think of her as part of the family. Nikki has also ferried me around to various appointments, seen me close to tears on a couple of occasions, sat at her desk non-judgementally whilst I am mid Xbox debate with the boys and made us laugh every day she has been here. We shall miss her at HomeSmiths and would like to thank her for all of her support and hard work over the past six years.

One of Nikki's last jobs for us was to complete the ordering for and help out with the install of a show flat for Barratt David Wilson. Installs always come with a good dose of adrenalin. You specify, you place orders but ultimately you are relying on the goods arriving on time and as you specified. Corner group sofas always

keep me up at night. If you get the handing wrong then you are in trouble. For this reason we order, we check, we check again, I ask for it to be checked again, I worry, we check again and no matter how many times we check I am never happy until I see the piece in situ looking as I designed it. Colour is another source of insomnia for me. It does not matter how many times I check the order I always breathe a sigh of relief when I see the finished piece in the fabric I specified. We have one particular sofa supplier delivery driver who almost saw me pass out some years ago when he arrived on site with a left arm facing corner group sofa in teal for a Lindfield client with the words (as a joke), "One right arm corner group sofa in pink velvet?". The poor man seeing me blanch had no idea quite how close to my worst nightmare that was! Anyway, we had a bright green corner group coming from a high street supplier for this show flat. Liking to keep our help on-site local we had Adrian Alcock helping David with the moving and shifting, so they set about assembling the sofa in the main living area. I was trying to concentrate on unpacking the kitchen bits as they did this but this was impossible until I had SEEN THE SOFA! So when David came to me with 'that look' on his face, assembly instructions in hand, I felt my heart sink. For some reason, despite the constant checks, we had been sent the wrong handing! What I love about my husband is that he rarely panics and always sees a way through challenges. My adrenalin rush was short-lived as thankfully the space was large enough to accommodate the sofa the other way round and, actually, we all agreed that it looked better that way. The install was completed; the launch a roaring success with 20 out of 22 units sold! www.homesmiths.co.uk 01444 440880

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Becky Stevens

VILLAGE PEOPLE

By Claire Cooper

Lindfield dance teacher Becky Stevens will be bringing a touch of Disney magic to the Arts Festival next month.

Becky, who has worked as a dancer in the Paris theme park, will be introducing her new Popsteps classes to the village over the Festival Weekend.

Events will include a performance outside the Red Lion on Saturday 19th Sept at 2pm and an open class on Sunday 20th Sept at 1pm.

The class is open to people of all ages. "Popsteps is for everyone, so we would love to see boys, girls, parents and grandparents!" said Becky.

Popsteps was created by Becky, who began dancing when she was just 3 years old. She went on to train at the Laban Centre, London where she gained a BA (HONS) Dance Theatre degree and, on leaving, danced professionally for 14 years.

"I jumped straight into my first dance contract abroad in Tenerife," Becky recalled. "I stayed there for about two years, dancing for many professional dance troupes, and then left to work in UK holiday parks as dance captain and choreographer."

One of the highlights of Becky's dance career was an open-ended contract with Disneyland Paris!

"I danced in the parade and enjoyed working in the park as many characters, including Pluto and Eeyore! It was great fun!"

But life as a Disney dancer could be challenging. "I remember dancing in the parade in the middle of February in the snow and it was so cold that my jaw froze in a smile position!" said Becky. "Not only did it really hurt, I also looked very silly for about 15 minutes until I could move my jaw again - much to my work colleagues' amusement!"

After her amazing Disney experience, Becky decided to form her own professional showgirl dance troupe called Dancesation, working in Tenerife. "We danced in

many hotels and casinos around Tenerife but after three years I decided to bring the troupe back to the UK and started working in the South West. While we were there we had the great opportunity to dance in a circus and also joined a tribute act called Rogue Minogue."

Life changed again when Becky became a mum. "I moved back from Torquay to Lindfield to start a new career as a zumba and Fitsteps instructor, teaching adults and children.

"Three years later, after a lot of preparation and planning, I designed and launched my own dance fitness programme Popsteps!"

Launched in January this year, Popsteps is designed to make dance as much fun as possible with no pressure to get it right.

"I have some wonderful Popsteps instructors and as a team we offer professional, energetic and inspirational dance fitness programmes all over Sussex and are already expanding," said Becky.

Popsteps is designed to appeal to all children, giving them the opportunity to learn commercial dance to their favourite Pop songs in a fun environment. "Finding a fun fitness activity for children is so important!" said Becky. "One of my aims was to get boys more involved, I am so happy that this is working!"

Becky has recently run several charity Popsteps events, where children taking part raised more than £500 for Great Ormond Street Hospital.

"I'm so happy to be back in Lindfield where I grew up - I particularly enjoy taking my little boy to school here," said Becky.

"I have loved all the travelling and dance work over the years but it feels great to be back home in Lindfield, still doing my passion but also helping to inspire others!"

For more information about Popsteps and the Lindfield Arts Festival events visit: www.popsteps.com

All Saints Church youth lay foundations

Following the news in July's magazine that young people from a Lindfield church were going to Romania to build the base for a family home out there, here is what happened.

The group of twenty 16-18 year olds from All Saints Church were working for the Romanian charity Caminul Felix – who seek to improve the lives of local orphans. The house, which will be completed by another group from the church in October, will be sold at cost with a zero-interest mortgage to a family who have grown up in the Caminul Felix 'village' in Oradea.

While the team were there, not only did they perform the practical work of creating the concrete base for the house but they also saw some of the realities of a poverty-stricken life in that part of the world. Below are the thoughts from some of the group:

Tim & Noah: "On the way to a nearby state orphanage we took a trip to the shopping mall to buy food and toys for the children. We arrived to a crowd of children playing outside the orphanage and greeting us with the biggest smiles. We were treated to a tour of the orphanage where we saw the contrasting conditions in which the children live, a shocking reminder of Romania's horrific past. Possibly one of the most upsetting things was the knowledge that despite each room having its own bathroom, due to a lack of funds they were completely unusable."

Emma: "Having become experts at concreting in the 24 hours since we arrived on site, we made good and speedy progress even in the escalating temperatures! It was exciting to see the base of the house taking shape as we were able to begin to lay the big base blocks and concrete them in. Having worked so hard to complete the jobs this morning, we were able to have this afternoon off. We took a tour of the projects on site including the sewing and carpentry workshops and the farm."

Dan: "Another long bus ride demonstrated the quality of both Romanian roads and overtaking techniques! We were rewarded with a delicious BBQ provided by Dan, our foreman and house parent in the original Caminul Felix site. Once again a football game ensued, this time we were victorious!"





Zoe: "After a short ride in the minibuses we reached the 'field' (a former rubbish pile) that the gypsies live on. There was a lot of shock and sadness in the group when we realised the extent of the poverty that the families were in, especially the children – many covered in scratches and bites – some of whom didn't even have any clothes. However, we did the little that we could by giving them the clothes and the food that we had bought, and I think some of us felt slightly better after that."

You can read the group full blog at: <http://bit.ly/1MkCUhC>. If you would like to be part of this year's team in October, do please get in touch with Phil Hale (phil@phale.fsnet.co.uk 07968 585114).




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Six Physio

OPEN FOR BUSINESS

By Claire Cooper

It's been an eventful four years for Lindfield physiotherapist Alex Keogh.

Since moving to the village in 2011, she has set up and run a successful physiotherapy clinic, become a mother to two little boys and in May celebrated the opening of a new treatment room and pilates studio.

"When I opened Six Physio I never imaged that I'd be expanding quite so soon, but I've been struggling to keep up with the demand," said Alex.

Since opening the Lindfield branch of Six Physio, Alex has helped hundreds of patients with back, knee and neck problems and a range of sports injuries get back to an active and pain free life, working from her treatment room in the High Street behind the Limes.

While treating patients, Alex discovered a growing need for a specialist women's health service and Pilates sessions, and began to look around new bigger premises suitable to convert into a studio.

The search led her to the former bookshop tucked away behind Paul's greengrocers in the High Street. Since taking the keys last July, Alex has completely transformed the building to offer a fully equipped pilates and rehabilitation studio and separate treatment room, which opened in May.

As well as general physiotherapy, the new clinic includes specialist Women's Health Physiotherapy covering all areas of pregnancy and gynaecology.

Alex has not only expanded her business but has added to her team of health professionals and the Six Physio team now includes Jasmine Lewis, who specialises in women's health, in particular pre and postnatal and post surgical physiotherapy; sports massage and remedial massage therapist Caroline Telfer and 3:1 Pilates instructor Anaya Grover.

It's a dream come true for the mum of two who always wanted to become a physiotherapist.

"My mum was a physio and I've never really wanted to do anything else," said Alex. "As a child I was always sporty, playing netball, hockey, tennis and running but I was never good enough to do it professionally.

"As I got older I became more interested in sports injuries," she added. "I'd be useless with a desk job as I've got 'ants in my pants!'"

In 2009 Alex joined Six Physio working in the Fleet Street clinic in London. "Six Physio has 11 clinics but the Lindfield branch is the first outside London, so I'm very proud of that," she said.

"The ethos of the business is – 'Don't treat, cure'. which sums up my approach perfectly."

In 2011 Alex moved from Wimbledon to Lindfield to be near to her dad after her mum passed away. Since arriving in the village she has had two sons, Jack, who has just started school, and Finn who is 2.

"People often ask if I find it difficult working in the village where I'm likely to bump into my patients. But I think it's lovely," said Alex. "It really makes me feel part of the community."

Alex has also enjoyed support from the local business community. "I was really touched by the letters of support when I put in my planning application," she said. "The butcher even suggested a special offer for pilates and chipolatas called 'chipilates!'"

Alex has reciprocated by supporting village events, including sponsoring the village fun run and providing free massages for runners crossing the finishing line.

Alex and her team treat a range of conditions and among the most common problem are back, knee and neck pain, along with 'tennis elbow'.

Treatments are tailored to each patient and Alex is passionate about giving a thorough explanation of her findings and how the treatment will work to tackle the problem.

This includes a unique way of helping clients understand the correct techniques for core exercises – by using an ultrasound scan, usually used to scan babies in the womb. "With real time ultrasound scans, clients can see exactly how their core muscles are working and what happens when they exercise them.

"I really believe in the gold standard treatment – going the extra mile to make sure patients get better," said Alex. "We have a 'hands on' approach to reduce pain, restore movement and stay symptom free. Our aim is to stop everything from starting up again, as well as improve movement, stability and strength."

To find out more about physiotherapy, Women's Health, massage or Pilates, visit the Six Physio website at www.sixphysio.com or call 01444 587587.

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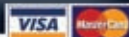
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Matt runs for funds

There's no stopping Lindfield runner Matt Floyd!

After successfully completing local runs, including the Lindfield 10K and the Mid-Sussex Marathon Weekend, and completing facebook challenges of 100, 150 and 200 miles in a month, Matt will travel further afield this autumn to take part in the Great North and Great South runs.

The two events will complete a successful year for Matt, 41, who started his running career as a young boy entering the Lindfield Fun Run.

Matt is running to raise funds for 'The Campaign Against Living Miserably' (CALM) which exists to prevent male suicide in the UK. In 2013, male suicide accounted for 78% of all suicides and is the single biggest cause of death in men aged 20 – 45 in the UK.

To sponsor Matt visit www.justgiving.com/matt2

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Art Exhibition

Lindfield's King Edward Hall played host to the Adventurers Art Club annual exhibition last month, where over 260 pieces were on display and for sale. The nine day event was well attended and appreciated by the visitors. Featured artists Joanne Butt, Jane Dwight, Carole-Lynn Duffy and Marie Claire Elvinia are pictured here.

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Election Notebook by Nick Robinson

BOOK REVIEW

By Cavan Wood

This reviewer is about to write something that goes against his nature. It is this shocking phrase: 'The Mail on Sunday' was right when in their summary of this book it called it 'the must-read book of the year'.

An election year can be an exciting time of drama for any political journalist or candidate. The 2015 election was one of the most extraordinary and unpredictable. What happened to Nick Robinson just before the writ was moved was to compound the national drama with a personal one, as the BBC's political correspondent had to deal with a cancer diagnosis. The humanity of some of our politicians is revealed by their reaction to a man whom in a professional sense they might often regard as an enemy at worst or a complication to their careers at best. There is a humour as Robinson faces his troubles as well as a genuine concern to see what is important and what isn't in his life. For some readers, the final result of the election was a major source of depression on entering a new, very different political landscape. The wisdom and insight of Nick Robinson will help all of us to understand that politicians are not the venial creatures many think they are but are genuinely concerned to build a better world.




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Rowland Emett inventions: special display

I wonder how many of you have heard of the whimsical and wonderful inventions of Rowland Emett? I bet you also didn't know they were all built locally in and around Ditchling.

Lindfield resident Merv Huggett (pictured right) and friend Peter Browne, who displayed some of their own contraptions at last year's Lindfield Arts Festival, are both big fans of Rowland Emett's work.

Eight of Emett's machines have been taken out of storage for a special exhibition being staged at the Brighton and Ditchling Museums until 6th September. Merv said he was delighted when the The Rowland Emett Society (www.rowlandemett.com) asked him and Peter to maintain these 40 year old wonderful magical machines during their stay in Sussex.

Machines such as the Humbug Major, the Little Dragon Carpet Cleaner, the Visivision Machine, the Hot Air Rocking Chair and the Clockwork Lullaby appeared in the film Chitty Chitty Bang Bang.

Also on display are the Featherstone Kite Gentleman's Flying Machine MKII, The Exploratory Lunacycle, which Patrick Moore rode when man first landed on the Moon, and The Fairway Birdie MKII playing golf.




They are all part of an exhibition trail at the Brighton Museum, Hove Museum, Booth Museum and the Ditchling Museum of Art+Craft running until 6th September. Details at: <http://bit.ly/1z0nB8t>



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Time for change

Are you a local business owner and interested in hearing some great speakers, taking part in inspirational workshops and networking with other like-minded people? If you are, then you might be interested to hear that Haywards Heath District and Business Association is holding its second conference on 30th September at Clair Hall in Haywards Heath. Lindfield residents Adam Bain, Peter Desmond (both pictured) and Jacqui Smith are part of the conference team who having been pulling together an exciting programme with the title 'Time for Change'. For more details visit hhdba.com.

Cuckfield and Lindfield Probus Club

By Richard Mason

Somewhat depleted by holiday arrangements, just 45 of the membership enjoyed a filling and well-prepared two course meal plus coffee at Lindfield Golf Club, both to enjoy each other's company and to listen to the excellent after lunch talk given by Ian Everest on 'A Farm in the 1950s', a nostalgic look at arable farming at Bishopstone near Seaford made even more interesting by a thirty or so minute talk over archival film in almost glorious technicolor screen-scape.

The Club draws its membership from the professional or business-orientated retired and, exceptionally, is currently able to consider new member applications. Cuckfield and Lindfield Probus Club exists to provide a lunchtime meeting point for those who enjoy good company, good food and an active and voluntary social programme. It meets on the third Thursday of each month.

Full details of how to join can be obtained by contracting Richard Mason 01444 453672.



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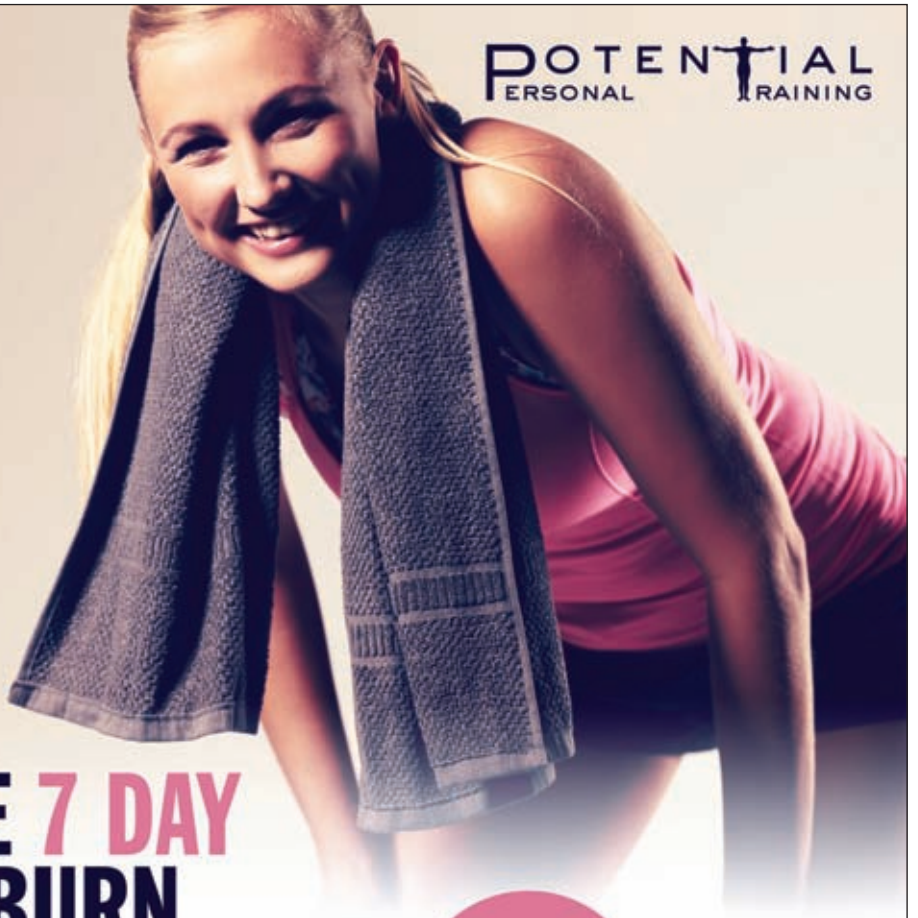
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The chip and run

TEEING OFF

By James Verrall, Head Golf Professional

This month's golf tip looks back at a shot we have covered before but one that is so important... the chip and run. As you may well tell by its name, the chip and run is used to chip the ball slightly in the air and then run along the ground to its intended target. Chipping is a more consistent and safer shot than pitching. Only try and hit a high pitch shot when you really have to or you need to get over an obstacle.

My first piece of advice would be to play this shot with a 9 iron. This club will give you control and allow the ball to lift slightly before running.

Position the ball just inside the back foot with 70% of your weight on the front leg and your hands ahead of the ball causing the shaft of the club to lean forward. Doing all this will give you a good contact with the ball.

A gentle acceleration is required during the shot, so make sure your follow through is just as long as your backswing.

During the swing there should be very little body movement and no weight transfer. That means you need to keep that 70% of weight on the left side for the entire shot.

The biggest danger is flicking the hands with this shot. Try to imagine you are wearing a watch on your top hand and you want the watch face to finish pointing at the target.

If you have been reading these golf tips and you have wanted to play more golf or even start golf for the first time, then our academy at Haywards Heath Golf Club is the best place for you. Our academy membership is £299 and includes 10 lessons, 1000 practice balls, rounds of golf and much more.

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What's on in September

AT KING EDWARD HALL

- 3rd **Country Market:** 10–11.15am
(Sheila Hobbs 01444 483396)
- 9th **Lindfield Preservation Society:** 7pm. Illustrated talk on 'The Palace of Westminster' by Kevin Gordon. This popular illustrated talk gives a history of Parliament and the buildings which make up the Palace of Westminster. It mentions the art and architecture of the building, as well as information as to the traditions and workings of our parliament. All welcome, entry free (meeting and membership information from John Chapman 484470)
- 10th **Country Market:** 10–11.15am
- 12th **Lindfield Horticultural Society:** 2-4.45pm. Annual Autumn Show of flowers and produce. Home-made cakes, coffee and plants for sale. Entry £1, children free. All welcome(456509)
- 16th **Mid-Sussex Death & Living Now Café**
(Joanna Warrington 07769 674347)
- 17th **Country Market:** 10–11.15am
- 19th-
20th **Lindfield Arts Festival:** 11am to 5pm.
Arts & Crafts, Lindfield WI Commemorates 100 years, David Hill's Photographic Exhibition (www.lindfieldartsfestival.com/ / enquiries@lindfieldartsfestival.com)
- 22nd **Lindfield Flower Club:** 2.30pm. 'Ancient and Modern' by Gaenor Circus (Norma Smith 01444 414562 or normasmith1@btinternet.com)
- 24th **Country Market:** 10–11.15am
- 24th **Film Show 'Woman in Gold 12A':** 7.30pm
Tickets £6 and include interval refreshments
(Jennie Powell 01444 483431)
- 25th **NSPCC Lindfield:** 9.30am–12.30pm. Fundraising sale of pre-loved clothes, handbags, jewellery and shoes (Mrs Lawson 01444 482000)
- 25th **Country Market:** 10–11.15am
- 26th **Adur Concert Band Charity Event** (Jo Stevens 01444 235311 or 07711 422433). See page 7

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

AND ELSEWHERE

- 1st **NHS Retirement Fellowship Mid-Sussex Branch:** Franklands Village Hall 10.15am. 'History of the Adur Valley' by Peter Lovett
- 10th **Mid Sussex Association of the National Trust:** Clair Hall, Haywards Heath 2.30pm. Wild Life of Devon, Dorset and Yorkshire by Patrick Coulcher
- 13th **All Saints Church:** 11.15am. Special service to mark Queen Elizabeth II becoming the longest-reigning monarch in British history. The service, entitled 'Long to reign over us', will be an hour long and all members of the community are warmly invited to attend
- 13th-
20th **St Augustine's Church:** week of prayer.
Special services on the two Sundays and the church will be open from 9am–7pm during the week. See page 16
- 18th-
20th **Lindfield Arts Festival:** various events
(www.lindfieldartsfestival.com)
- The logo for the Lindfield Arts Festival features the word 'LINDFIELD' in a bold, black, sans-serif font. Below it, the word 'Arts' is written in a pink, cursive script, and 'FESTIVAL' is in a bold, black, sans-serif font. The entire logo is set against a white background with a pink horizontal bar above it.
- 19th **Ensemble Reza lunchtime concert:** United Reformed Church 1–2pm (part of Lindfield Arts Festival). Join Ensemble Reza for a lunchtime concert featuring music from around the world (www.ensemblereza.com)
- 20th **Annual Civic Service:** All Saints Church 11.15am
- 22nd **Mid Sussex Local History Group:** Franklands Village Hall 10am. Lecture on 'Lindfield's First Murder - 1499'. New members welcome, we meet on 4th Tuesday of each month (Joan Corless on 01444 470108)
- 30th **Mid-Sussex Franco-British Society:** Function Suite, Clair Hall, Haywards Heath (01444 452385). See page 24

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