

Lindfield Life

Inc. Scaynes Hill & Walstead

Local village talk,
by the village

May 2016 Issue #86

Free



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EDITORIAL

By David Tingley, Editor

Welcome to another packed issue. We have had items of news and interest coming in thick and fast, right up to the last minute!

Whether it's residents being part of a **band** (p.42) or being voted for in a **business competition** (p.29), it's all here.

Lifelong resident (and a great friend of my family) **Betty Billins** kindly agreed to take to the stage in our **Village People** feature on page 24. As ever, this item just keeps on giving us amazing insights into the rich make up of our local population.

Another resident with lots of knowledge of Lindfield is **Eric Dawes**, and he returns with another of his historical articles as, this month, he looks back at the **village fire brigade**. See page 38 for the story and some fascinating photos.

Regular contributor **Caroline Young** focuses on fish in her **Simply Good Food** recipe feature on page 36 - thanks Caroline for keeping us sustained!

We shouldn't forget that the annual **Lindfield Village Run** is coming up later this month - being held on Bank Holiday Monday 30th May. Read the article on page 10 about this and the **Village Day** which is later in the same week.

Someone asked me the other day: "Can anyone send in **photos for the front cover?**" and the answer is a resounding YES! We welcome photos from all - the more varied or unusual the better. It's also fun to have people in them too - something that doesn't always happen. There are guidelines on the website, but if it's portrait and a reasonable quality it's probably okay. Email any such possibilities into photos@lindfieldlife.co.uk - thank you!

In the meantime, enjoy May, and get creative for the **Village Day Grand Competition Tent!** Entry forms from The Toll House.

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David Tingley
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NEWS

We 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

Pupils get suited for World Book Day



Photo: Beth Mercer Photography

By Lucy Duncalfe

Children from Lindfield Primary Academy celebrated World Book Day in style last month with a whole week full of exciting events including: dressing up, drama sessions, illustration workshops, book swaps and story time afternoons organised by a team of willing parents from the PTA!

The whole school also took part in a live story writing event which began in Early Years and was given a fabulous finish by Year 6.

A very big well done to the enthusiastic winners and runners up of our first 'Video Book Review' competition: Oliver Becker, Tess Marshall, Will Marshall, Tom Grey and Edward Carter. The week's events really helped to inspire the children and instil a love of reading.

Huge thanks go to illustrators Brett Hudson and Georgina Moir, who spent a morning in Early Years sharing their expertise and supporting the children to design their own story characters, Photographer Beth Mercer, Ayesha Gilani and the PTA and all others who helped make the week a great success.



Secluded Holiday home with pool to rent in rural France.

Situated in the green rolling hills of Poitou-Charentes on the edge of the village of Luchapt, Le Rocher is to be found at the end of a lane, providing a secluded and peaceful spot with beautiful and uninterrupted views. This old farmhouse (sleeps up to 8 people) has been lovingly converted into a welcoming and well-equipped holiday home. Website - www.lerocher.co.uk Please contact Hilary on hilsmaclean@gmail.com for further information.

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Lindfield Bowling Club receives national quality mark

Lindfield Bowling Club joined a select group of bowls clubs to be awarded Clubmark accreditation in Sussex.

The club was reconised by County Sports Partnership, Active Sussex, as continuously providing high quality opportunities to new and potential bowlers, for outdoor flat green bowls and the chance to try indoor bowls during winter months.

Mick O'Donnell, the club's Clubmark Coordinator, said: 'We're delighted to be in the first group of bowls clubs in Sussex to get this status. This achievement recognises the fantastic work by our coaches and volunteers who make this a club to be proud of.'

Active Sussex is licensed by Sport England to award Clubmark status to sports clubs. Anthony Statham, Sport Development Manager said: 'They have demonstrated a real commitment to developing their club and delivering high quality opportunities for people in their community.'

Anthony presented the certificate to the club at a special ceremony last month. Will Blunden, Chairman of Lindfield Parish Council, spoke at the event congratulating the club on their enthusiasm for the sport and that there is clearly a strong youth section coming through.

www.lindfieldbowlsclub.co.uk

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Dramatic Club open day planned

By Rex Cooper

Lindfield Dramatic Club, the oldest amateur theatrical group in Mid Sussex, is celebrating its 80th anniversary this year and will be presenting a number of alternatives to its normal offerings.

There will be no spring production in May but, instead, an open day and exhibition on the afternoon of Saturday 28th May in the Jubilee Room, King Edward Hall. This will not only chart the club's history but tell visitors about current and future activities and present an opportunity to talk to members.

At the end of October, in the place of the usual autumn production, a major show is planned that will inform and entertain as it charts the history of the Dramatic Club.

'Acting Our Age' will start with the audience following the progress of the 'semi-fictional' Lindfield Dramatic Club as it puts together an 80th anniversary show and, in the second-half of the evening, the finished show, remembering a handful of the club's 200-plus productions, is presented to the audience.

The production dates are Thursday, Friday and Saturday, 27th-29th October.

Chairman Rex Cooper said: "Eighty years is a long time for any organisation, let alone an amateur dramatic club and we hope that the people of Lindfield will support and enjoy what we are doing to celebrate this landmark."



Picture shows, from left: Sally Cooper, Tim Bishop and Richard Knapp in the 2009 production of Alan Bennett's *The Lady in the Van*

SPANISH IN 3 MONTHS

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Richard Talman

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This is the inspiration of a woman who took her nine year old son to India for a month to find a cure for the chronic illness, polyarticular juvenile idiopathic arthritis, that had crippled him affecting 27 joints throughout his body.

After returning to Sussex and continuing treatment with an Ayurvedic doctor in London for a further three months, Louie's numerous swollen and painful joints had completely disappeared. To this day, three years later, he remains 100% healthy, participating in many active sports such as football, kick-boxing and kung fu.

Melissa Toleman put her faith in Ayurveda, an all-encompassing holistic healthcare system from India. Ayurveda can be viewed as an umbrella discipline of many other modern day alternative therapies.

Melissa did everything possible to recreate the experience they had in India, understanding that it isn't achievable for people to visit India to heal from diseases, and wanted to bring this invaluable information over to the UK, and so The Alternative Healthcare was born. A 2,700 sq ft centre at 70 Oathall Road in Haywards Heath, it incorporates everything that helped Louie to heal in India and is simply beautiful, within stunning surroundings and is a true testament to her faith in the system.

The centre's seven treatment and consulting rooms offer many different natural therapies, including acupuncture, osteopathy, EFT (Emotional Freedom Technique), hypnotherapy, thai massage, nutrition, holistic massage, reflexology, astrological counselling, reiki and many more. These treatments complement Ayurveda, giving people many different options to find the root cause of their health issues.

The modern facilities also include a serene and peaceful yoga studio, where a whole host of instructors teach many different forms of yoga, tai chi, pilates, qigong and meditation. Baby massage and baby yoga are also on offer, together with children's classes in yoga and kung fu.

At the heart of the centre is a delicious and nutritious health food café that serves its clients. As Hippocrates said, 'Let food be thy medicine, and medicine be thy food'. This is the inspiration behind the café, with a menu designed to create health. The café is run by the wonderful Merry, who previously had the Frootie Juices stand in The Orchards in Haywards Heath. It is also Haywards Heath's first Happy Café, joining the Action for Happiness movement in providing a hub of happiness in the heart of Mid Sussex.

"I believe that disease is an imbalance in the body, but in conventional Western medicine it is encased in a scary word, for which doctors then prescribe drugs. Symptoms need to be listened to and not swept under the carpet with medication."

Melissa's mission now is to introduce people to another way of looking at their health, whilst taking responsibility for it to enable them to heal.

"The NHS is an amazing system, but it is struggling. I believe it perhaps may not deal with disease in the right way though. We need to change the way people consider their health and, in my experience, Ayurveda's recommendations and advice for healthy living are as relevant today as they ever were, if not more so."

The Alternative Healthcare provides a very friendly approach, so you feel you are really looked after the minute you walk through the doors. The relaxing feel to the café leaves you wanting to while away the hours in this truly healing environment.

The centre is hosting an Open Day on Saturday 14th May from 10am - 5pm to welcome everyone to the centre. It will provide taster sessions in all the treatments and classes, together with inspirational talks on Ayurveda and other therapies throughout the day, as well as samples of all the delicious food and drinks on offer.

For further information or to book an appointment call The Alternative Healthcare on 01444 474447 or visit www.thealternativehealthcare.com





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Line up for Lindfield summer fun

Photo: Claire Goldsmith Photography



Runners across Sussex and beyond are invited to book their place for the renowned Lindfield Village Run, which takes place on Bank Holiday Monday 30th May and is sponsored by Lindfield businesses Potential Personal Training and Six Physio.

The route goes cross country around the village and runners see some beautiful Sussex views on the way, while raising money for Lindfield's King Edward Hall, a registered charity.

Runners can pre-book online onto the 10k run (£8 per entry), or there is a 5k option for families and 'fun' runners (£4 per entry). Refreshments will be available for both runners and supporters. See website to book: www.kingedwardhall.org.uk

Everyone who finishes gets a medal and the times are recorded and published on the Hall's website.

Photo: Clare New Photography



The following Saturday, why not go along to Lindfield's annual Village Day? A fun day out for all the family, the event takes place on Lindfield Common on Saturday 4th June, starting at 12.45pm with the transport-themed procession down the High Street led by Mid Sussex street dance group BPM Dance Academy; it finishes with the Grand Raffle Draw between 4pm and 4.30pm.

Set to raise at least £7,000 for the King Edward Hall, the Day will play host to over 100 stalls on the Common selling everything from crafts to cuddly toys, books to barbecue food - and the much-loved cake and plant stalls are always popular. Alternatively, get baking and crafting for the return of the Grand Competition Tent (see right), or get grooming for the Children's Pet Show!

Visitors can also join in other activities including the mini railway, fun fair, plus a loads of fun and games for both the young and young at heart including a pantomime horse race in the arena!



There's still time to get involved!

As Village Day approaches, The Toll House Store & Café is calling all crafters, growers and bakers of Lindfield to enter the Grand Competition. Forming a major part of the day, the competition offers a chance to show off local talents in a wide range of categories, with special competitions for children. Guest judges will decide who receives rosettes in Home Baking & Preserves, Horticulture and Arts & Craft, and the winner of 'The Best In Show' entry will receive afternoon tea for four at The Toll House. Register your entry soon at The Toll House Store & Café, Lindfield High Street - closing date for entries is Wednesday 1st June.

HOME BAKING AND PRESERVES

- A Carrot Cake - your favourite recipe for this delicious popular classic
- Six Butterfly Cakes - another family favourite, marks will be awarded for presentation and taste!
- Cheese Straws - Yum!
- A Jar of Jam or Chutney
- A Bottle of Homemade Wine, Beer or Liqueur

Children's Competition:

- Rocky Road - go traditional or invent your own version of this delicious treat

HORTICULTURAL

- Any Homegrown Vegetable or Fruit
- A Single Rose in a Vase
- My First Potatoes of 2016
- Flower Arrangement - a table decoration for afternoon tea.

Children's Competition:

- A miniature garden on a plate.

ART AND CRAFT

- Handmade Jewellery - any medium, from buttons and paper, to fabric or gold!
- A Hat - knitted, crocheted, recycled, the choice is yours
- Sunset Over Lindfield - a piece of artwork using any medium
- Recycled Flip Flop - using one or both of a pair and any medium to create a sculpture, picture or artwork

Children's Competition:

- Lego Model - an original piece of construction



Bard in the Barn returns to Cockhaise

Players in the Park have yet again joined forces with St Peter & St James Hospice to put on a series of performances at Cockhaise Farm in Lindfield next month.

Much Ado About Nothing will play from 8th-17th June in one of the farm barns which will be transformed into a theatre with allocated seating ranging from £6.75-£24 per ticket. Please note there are no performances on 12th and 13th June. Theatregoers may arrive early and picnic in the farmhouse cottage gardens.

Tickets are available from the website: www.ticketsource.co.uk/playersinthepark

Farm Open Day next month

Cockhaise Farm is an organic dairy farm situated between Lindfield and Horsted Keynes which is home to more than 240 cows. It has been farmed by the Burdett family for 30 years.

Cockhaise will once again be taking part in the national initiative Open Farm Sunday on 5th June - when farmers are encouraged to open their doors and showcase British farming and food.

Dan Burdett commented: "We will be doing tractor and trailer rides, farm walks and talks plus demonstrations of milking and sheep shearing. You can also sample locally made wine, beer and cheese and, of course, our fantastic Cockhaise burgers!"

The farm will be open between 11am and 4pm - Cockhaise Farm, Lindfield RH16 2QP. You can also follow Dan on Twitter @farmerdanb



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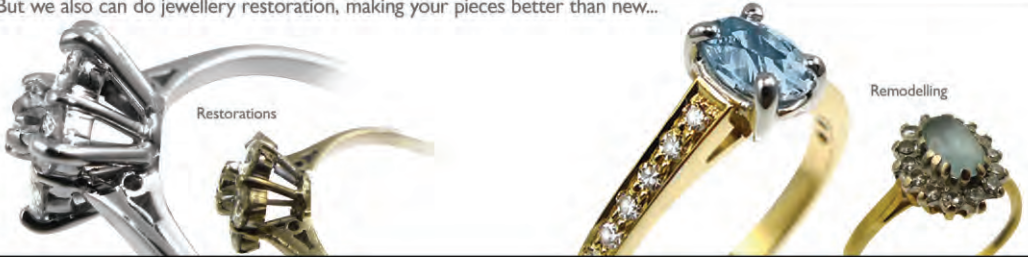
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RECRUITMENT

Have you ever dreamt of a job where you could set your hours to fit around your life? Sound too good to be true? Well – it's not! We met with Lindfield resident Tim Robinson, CEO of Doddle, who is offering those living in and around the village the chance to do just that....

Firstly Tim, for those who haven't come across the shop in Commercial Square, tell us a bit about Doddle...

It's a really simple concept. We believe – as our name suggests – that sending, receiving and returning parcels should be quick and easy.

We promise that you'll always be in and out of one of our 45 shops within two minutes, so there's no more wasting time in queues. You can collect your online shopping from us (no more missed parcels!), return parcels for free with many of our retail partners and also send parcels within the UK and internationally. We know that people's lives are hectic, so we're open early until late to fit around their schedules.

So why are you setting up Doddle Neighbour?

Since we set up Doddle two years ago, we've discovered that people's lives are so busy that convenience really does come down to that final 100 metres. We also know that friendly service is everything, so we want to bring simple, friendly, efficient parcel services to the doorsteps of every local community.

For decades people, especially in close-knit villages like Lindfield, have taken in parcels for their neighbours. We love that sense of community and want to encourage it. So now, if you're one of those people, we want to pay you to do it!

UK shoppers received a staggering billion parcels last year, and that figure is growing every year. We're excited to be giving local people a chance to earn their share of this thriving market.

Who would make the ideal Doddle Neighbour?

It could be anyone. So far, in other areas, we've had stay at home parents, retired people, working from home freelancers, childminders and even local vicars apply! All that matters to us is that they're a people person – smiling, helpful and ready to go the extra mile for customers.

We're also looking for people who can commit to being in at least four days a week for three hours a day and who are confident using tablet technology.



If anyone's reading this and interested but unsure, what would you say to them?

I'd say leap right in! This is an opportunity to grow a thriving business with flexible hours all from your own home.

And there's no hard sell involved. This is a service that people use all year round. When you become a Doddle Neighbour you're offering your local community a service they'll always need.

What if people are interested but haven't owned their own business before?

Don't worry! We've done all the hard work for you. We have a national network, top tier retail partnerships (with the likes of ASOS, Amazon, New Look and Net-a-Porter) and the slick infrastructure. All our Doddle Neighbours need to do is make themselves available at convenient times and provide a smiling, efficient parcel drop off and collection point from their home or business.

We provide all the training, technical tools and ongoing support you need.

And let's talk cold hard cash. What could you earn as a Doddle Neighbour?

The beauty is that it's really up to you. As you get paid per parcel you handle, the more parcels you send and receive for your neighbours the more you'll earn.

Being a Doddle Neighbour can provide you with top-up spending money or has the potential to earn you a double figure salary.

Where can people find out more?

Anyone who is interested can check out our website: www.doddle.com/lindfieldlife or pop into the local Haywards Heath store to find out more. But hurry. In our trial area in Bromley, we had over 20 applications per Doddle Neighbour position!

Lindfield schools unite for charity

By Nathan Weekes (Year 6)

On 22nd March Lindfield Primary Academy and Blackthorns Primary Academy took part in a Sport Relief run. The students were asked to complete as many laps as they could in a time limit of 15 minutes. On the same day, they brought in a £1 donation to give to Sport Relief.

The morning started with Year 5 running, and after that the Year 6 and Early Years children took part. For the first lap, the Year 6 children cheered the younger boys and girls on, as that was their only lap. An Early Years child from one of the schools had to be at the very front but once they had finished that lap, Year 6 were free to run at their own pace. Year 6 were also given a target amount of 4 to 5 laps in the time given.

Later on, the other year groups ran, doing their bit. Everybody gave it their all and it was definitely a thoroughly successful day. Mr Ireland – Lindfield Primary Academy's P.E. coordinator - was impressed by the effort put in to run the laps. He said: "Thank you to everyone who took part in the run. Everyone did an amazing job!"



You could still help! Many children have to work all day to get one meal for their family. This means they have no time to go to school or play outside with their friends. Many people also share the same toilet and get their water from a water pump. A small donation could make a huge difference to the lives of young people. Visit www.sportrelief.com

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Double success for Lindfield footballers

By James Smyth

Lindfield Primary Academy's footballers celebrated double success last month as both the boys' and girls' teams were crowned Haywards Heath champions! Whilst the school has won both trophies in the past, this was the first time that Lindfield has achieved the double in the same year.

The girls' team, who had won the title in 2014 and 2015, kicked off their defence in fine style with group wins over Northlands Wood (7-0), St. Wilfrid's (5-0) and Holy Trinity (3-0) and whilst top scorer Hazel Cotton scored freely throughout, it was all round team effort with goals coming from all over the park. A tough semi-final against Bolnore followed. However, the girls' in white came through a tight encounter 2-0. This set up a final against Harlands. This was an extremely close encounter, and the girls had to recover from the setback of conceding a rare goal early in the second half. However, a cracking equaliser from midfielder Zoe Downey calmed the nerves before the captain, Hannah Taylor, popped up at the back post in the last minute to score the winner and secure a third straight title. Special mention must go to Hazel Cotton, who is the only player to play in all three title winning sides and has scored over 100 goals for the school in the last three years. Her efforts will be sorely missed next year.

The Lindfield boys, who had fared extremely well getting to the Mid-Sussex semi-finals earlier in the

year, had high expectations as they took part in their competition the following day. Buoyed on by the success of the girls, they managed to qualify from their group with wins over Harlands, Northlands Wood and Bolnore. With just one group in the boys' competition the top two teams went straight to a final, with Lindfield once again taking on Harlands for the title. The match was an even closer affair than the girls, with neither team able to take a stranglehold on the game. It ended 2-2 at the end of the game, and not even extra time could separate the teams so penalties ensued. After both teams had scored four out of their five penalties, it went to sudden death. Each member of the team had taken a penalty when goalkeeper Barnaby Grout made the vital save to win the trophy. The boys were delighted, and the school was able to celebrate the double success before the Easter break.



Back Row: Mr. Smyth, Ella Greenslade, Alice Gibson, Sophie Hammans, Hannah Taylor, Zoe Downey, Jack Pierpoint, Monty Brown, Mr. Ireland
Front Row: Asha Hinley, Amy Taylor, Jaime Morgan, Hazel Cotton, Nathan Weekes, Rory Dalgliesh, Oscar Cleeve, Barnaby Grout



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Graffiti competition for LAF

By Lynn Tulip

"Graffiti in the High Street?" I hear you say! Yes, for Lindfield Arts Festival we are delighted to welcome back Tom Goulden, Can Control Team to run a competition and workshops on Saturday 17th September 2016.

The competition is for local community groups to graffiti spray and decorate a panel. The panels will then be used to adorn the low-loader which will accompany the procession from Haywards Heath Railway Station on Sunday 18th September celebrating 175 years of the railway coming to the area. The competition will be judged by the High Sheriff of West Sussex, Mark Spofforth.

The workshops will be available for young artists aged ten and over. Anyone wishing to take part must register in advance and there will be a charge for materials.

Lindfield Arts Festival Team is inviting local groups to enter the graffiti competition, however, if you are a member of a special group and would like to take part please email jenny@lindfieldartsfestival.com

On Saturday night you may be spoilt for choice. Booked and confirmed at the moment is burlesque dancing in the Bent Arms pub, a sophisticated concert in the URC with Mid Sussex Sinfonia and Lucy Ellie and the Hophead Band performing in the Stand Up Inn. Which will you chose?



Lindfield Arts Festival is a registered charity and run by volunteers to deliver a varied, exciting arts event for the local community that nurtures creativity, broadens the mind, provokes imagination and provides unique experiences for contributors and visitors alike. The Festival is committed to providing opportunities for the whole community in Mid Sussex, from young to old, with the emphasis on inclusive activities for all, particularly those with special needs.

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Beer made right here

OPEN FOR BUSINESS

One of the defining qualities of a craft brewer is the connection and involvement with the local community – and a local Sussex brewery is no exception as it prepares for Lindfield Village Day next month.

360 Degree Brewing Co. was started in 2013 by old friends John Shepherd and Mark Grady. The discussion started as a pipe dream with a large group of friends, as John explains: “A number of us went on a brewery tour and were quite taken with the idea of running one ourselves. Mark and I kept thinking about it and eventually took the plunge!”

The pair were both running other businesses already, and had both been amateur brewers but nothing more serious before starting the company. “After going on brewing training courses, we rented premises, bought some equipment and began experimenting and testing,” John commented. After six months they had developed the beers that they were happy to sell.

360 Degree Brewing Co. is based in the delightfully rural location of Sheffield Park, Bluebell Business Estate just 10 minutes from Lindfield. The brewery always wanted to have a community at its heart. “For me,” John explains, “it was about connecting with our customers and asking what they wanted to drink. By meeting people we are able to get immediate feedback – something I love.” In fact, the company name came from the concept of 360 degree feedback – where others contribute and comment on how you are doing.

The brewery returns to Lindfield Village Day for the third year running, this year with a bigger and better beer tent open from midday. “It’s a great opportunity for us to get out there, but also for us to support the King Edward Hall and the team who organise the event.”

When John and Mark started they were selling just two different cask beers, now they have eight (four in bottles) and three keg beers (also available in cans). They are clearly doing something right as they have sold to more

than 200 pubs and have also won three awards from the Society of Independent Brewers (SIBA).

As part of the expansion of the business they are very pleased to announce that their brewery shop (in Sheffield Park) will now be open all day on Saturdays. As well as picking up beer, visitors can taste test and also see the brewery that made it if they wish. “We know our customers love the fact that it’s been brewed just down the road. With us you can see it all,” John continues. “The team is always busy working on new styles of beer in the quest to have a product range to suit all tastes.”

For those with a keen interest in beer, you can also join the 360 Owners Club – which has a number of benefits, such as discounts, merchandise, events and the opportunity to own shares in the brewery sometime in the future.

From May, 360 Degree Brewery’s factory shop is open between 9am and 5pm Monday – Saturday at Unit 24b, Bluebell Business Estate, Sheffield Park TN22 3HQ, located near Sheffield Park Gardens, Bluebell Railway and the WoWo campsite. The beer tent on Village Day will be open for business on Saturday 4th June too. Drop in and say ‘Hi’ to Mark, John and the team.

www.360degreebrewing.com



First scholarships awarded by golf club



Lindfield's Haywards Heath Golf Club's first ever scholarships have been awarded to three talented young golfers. The scholarships, which will become an annual award, are for young people from local schools who have proved to have a talent for golf in lessons provided by HHGC Head Professional James Verrall. The scholarships include free membership of the Club, a range card and an individually designed programme of lessons. The first three scholarships were awarded last month at the clubhouse to Ollie Hendrikse, Jamie Ward and Madison Millar.

Demise of a Victorian giant

By Margaret Nicolle

Old Place, adjacent to All Saints Church, had adjoining gardens, the outlying parts of which were known as The Wilderness. This area was planted out in the Victorian period with shrubs and specialist trees, many of which suffered in the hurricane of 1987. The latest victim of that hurricane, a giant *taxodium distichum* (Mississippi swamp cypress), has now had to be felled.



Decay and further root disturbance after the storm last month meant that it was no longer safe.

At one time a bridge linked The Wilderness with Old Place. On village fete days access to The Wilderness was permitted on payment of a small fee. The metal stanchions of the bridge still remain. King Edward VII visited Old Place more than 100 years ago. This tree would already have been a striking specimen as he walked across the bridge adjacent to it. Another link with Lindfield's heritage has gone.

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Heber Opera returns with a new production

The new production is the famous Pearl Fishers opera by Bizet. With a cast of four principals and 20 chorus, it will be performed in the round and sung in English. The show runs during the last two weeks of May. It is in Lindfield at the King Edward Hall on Saturday 21st May at 7.30pm.

Heber has been performing in Lindfield since its inception, and The Pearl Fishers is the continuation of this longstanding link with the village.

The new director, Dorothy Withers, has been a soloist for Heber Opera from the start and is now teamed with husband Michael as musical director. The aim is to provide singing of the highest quality combined with drama.

"Unusual among opera performances, the Pearl Fishers is in the round and fully delivers 'Opera that is close enough to touch' - a unique experience in Sussex. Changing from acting to directing is a steep learning curve but I'm loving every minute," said Dorothy.

Famous for the Sacred Temple duet 'Au Fond Du Temple Saint', Pearl Fishers is set around the dangerous occupation of pearl diving in the Far East. Bizet's beautiful melodies underpin the plot, which revolves around a love triangle of forbidden passion and betrayal. Religious superstition and self-sacrifice ultimately bring about fatal consequences.

Tickets are now available for 21st May at King Edward Hall. More information from www.heberopera.co.uk



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Salon of Excellence here in Lindfield

La Touche Beauty, on Lindfield High Street, has been awarded the new prestigious 'Salon of Excellence' 2016 Award. This coveted title celebrates having been chosen as the most outstanding business from 1500 Guinot Crown Salons throughout the UK and Ireland. This is the top accolade ever presented in Guinot's history. La Touche Beauty also retains Crown Status for the third year running because of its success, dedication and loyalty to the brand. As mentioned previously in Lindfield Life, a third award was presented to Senior Therapist, Francesca McEvoy, who gained runner up in the National Therapist of the Year category, having successfully won regional winner for the South East of England.

La Touche Beauty was given this industry honour at the Guinot Conference and Awards Ceremony held at The Brewery in London at the beginning of the year. The evening gala was hosted by celebrity Joanna Lumley, who gave a speech and presented individual salon awards. Touchell Thaddeus, Salon Owner from La Touche Beauty, commented: "To receive recognition within the industry at this standard having traded for only two years is something I am incredibly proud of. The client journey we offer is unique. The team's knowledge, experience and commitment is outstanding, and with the support of a first class brand we have a winning recipe."

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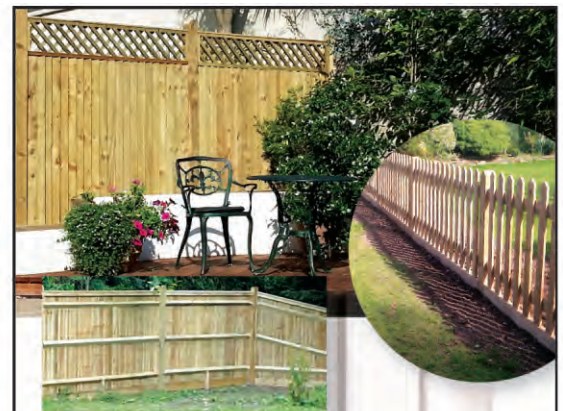
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Put a spring in your step for Big Haywards Heath Walk

Step into spring and join the Big Haywards Heath Walk in aid of Canine Partners on Sunday 29th May at 10am.

Gather your friends, family, colleagues and community groups and take a stroll around the beautiful countryside in Haywards Heath. The walk sets off from Ab Fab Dogs Day Care off Slugwash Lane.

The money raised will enable Canine Partners to continue its work in training assistance dogs to help people with physical disabilities, such as opening and closing doors, undressing, pressing buttons, retrieving items, unloading washing machines, taking card and cash from ATMs and other everyday tasks that disabled people find difficult, painful or impossible to do for themselves.

Julie Brewer, organiser of the walk, said: "Come along and enjoy our family friendly Big Haywards Heath Walk and support a charity which really is life changing. It does not receive any government funding and rely solely on donations, so the money you raise will help create more canine partnerships, transforming the lives of disabled people."

All funds raised from this walk will help the charity to train more assistance dogs and transform the lives of people with disabilities, including wounded servicemen and women in conjunction with Help for Heroes.

Tickets are £5 for adults and children under 16 go free. Tickets include refreshments and home-made cakes. For more information, contact Julie on 07811165273 or julie@abfabdogs.co.uk.

To find out how you can organise your own walk in aid of Canine Partners, call 01730 716013 or visit the website: www.caninepartners.org.uk



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A unique home in the village

LITTLE COMPTON

Little Compton is a large post-war house which has been converted to provide nine bed-sitting rooms which are arranged over two floors, with a stair lift. Outside, Little Compton enjoys its own attractive gardens. There is also parking for up to five cars. It is situated in the heart of Lindfield, parallel to the High Street and so within walking distance of the three churches and all of the many local amenities, including pharmacies, post office, opticians, newsagents, hairdressers, three pubs as well as a very large village hall which has regular activities and entertainments on offer.

Little Compton is a unique home for nine elderly people who wish to live independently but as part of a small community. Little Compton has a welcoming atmosphere which reflects its Christian ethos and values. The rooms vary in size and facilities but all have an en suite. There is a small kitchenette for communal use on the ground floor and one soon to be on the first floor too. The rooms are unfurnished but can accommodate small pieces of furniture and personal belongings to reflect each person's style preference and individuality. There is a communal conservatory and dining room, where lunch and supper are served for all residents. There is a choice of menu that is set on a four week rolling programme. Residents are responsible for providing their own breakfast and any additional foods, drinks and snacks.

The communal areas are cleaned regularly and there are laundry facilities for all residents, however there is a laundry and cleaning service available for a small nominal charge. Little Compton is owned by Lindfield Christian Care Home, who also own Compton House which is adjacent to Little Compton. LCCH is a non-profit making charity with a Christian ethos. It is open to all and the aim is to provide a safe, homely environment for those who wish to live independently but no longer wish to live alone. Some of our residents still drive and most remain part of Lindfield life, with many of our residents regular visitors to the Tiger, coffee shops, tea rooms and the three churches.


If you are contemplating downsizing and would like to be part of a small community, then why don't you come and have a look at what Little Compton offers. Please contact Paula Craen, Susan Jones or Pennie Burton on 01444 482662 for more information or to arrange a visit.





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Betty Billins

VILLAGE PEOPLE

By Claire Cooper

If you thought only Mary had a little lamb, then you'd be mistaken!

Lindfield's Betty Billins (nee Willis) clearly remembers taking her pet lamb to school as she enjoyed an idyllic childhood growing up on a village farm.

Now living in Meadow Drive, Betty has a lifetime of Lindfield memories. From her first marriage and bringing up three children to marching down the Mall carrying the Lindfield Royal British Legion Women's Section Standard, and later falling in love with her very own 'Captain Birds Eye', life has never been dull!

Betty was born at Tythe Cottage on Walstead Grange Farm where her father was the tenant farmer. "It was a wonderful place to grow up and I had so much freedom," she recalled.

"It was an arable and dairy farm, although we also had two carthorses (Violet and Dobbin) and a pet sheep! My father also had his own milk round. My mum would walk me to school and our little lamb would come with us!"

The family's house had no indoor toilet or electricity. "We went to bed with candles and paraffin lamps. Once, when we had so many visitors, my mum slept in the bath!" said Betty. "During the war we took in evacuees, mostly boys. I remember their parents coming to visit and remaining friends long after they went back home.

"I was a great climber, always at the top of a tree where I built my camps. We would pick primroses, tying them into bunches and taking them to elderly people in the village, and would walk in the streams, going as deep as we could before the water reached the top of our wellies!"

"I once took my dolly to the pond for a swim. Unfortunately she was made of papier mache and I took her home in pieces."

Away from the farm Betty was a keen dancer. "I enjoyed all types of dancing – ballet, tap and Scottish dancing," said Betty, who is a keen member of a local country dancing group.

"I also went to Sunday school at the Congregational Church (now the Lindfield United Reformed Church)."

Betty's involvement with the Royal British Legion started at a very early age. "My mum was a Poppy Appeal collector but was often too busy to complete her rounds,

so I would go instead.

"I was only about nine years old, but would collect from the houses in Walstead. When I was older I would go on my bike to all the farms."

Sadly Betty's idyllic life on the farm came to an abrupt end when she was 14. The farm owner decided to sell the farmland, some for housing, and the family moved to Jubilee Cottages in Walstead. "It was a terrible time for us," said Betty, who was badly affected by the upheaval. She suffered nightmares and was unable to concentrate at school. "Leaving my farm was a huge wrench and I was utterly devastated.

"The irony is that the land was never built on, despite several attempts over the years, and is currently the subject of a major planning application."

Betty left school when she was 15 and went to work for Peter Dominic Wine Shop. "I was always good with figures and got a job doing the accounts for 15 shillings a week."

Nine months later she left to work at Walder McCreadie Garage in Lindfield (now Lindfield Enterprise Park on Lewes Road). "I loved my job there and was very fond of the Walder family," said Betty.

"The location was perfect. It meant I could get home in time to go to my stoolball matches," said Betty, who was a member of the village team. "We were known as the Lindfield Laundry as we travelled to away matches in the back of a laundry van!"

Betty also became more involved with the church youth clubs, becoming a leader, and continued dancing, meeting her husband Roger Fuller at a dance in Scaynes Hill.

"Roger was in the Forces, and after we were married we were posted to an army cadet training camp in North Wales," said Betty. "I had never been away from home before and came back to Lindfield at every opportunity."

The couple's first child, Keith, was born in 1962, followed by Sarah in 1965.

Shortly after Sarah was born Roger was posted to Singapore. "I have always had a problem coping with the heat but despite three doctors advising me not to go, the army was insistent that Roger went even though I couldn't go with him," said Betty, who returned to



Lindfield to live with her parents.

It wasn't easy for us all living in a very small cottage, but my father was the local milkman and very well liked in the village. He was given the opportunity to buy a house in Luxford Road which he offered to us.

"It was spotless but out of the ark and I didn't know how we were going to afford the £ 2,500 asking price! However, as my husband was in the army we were given a mortgage."

Betty, Roger and the children moved in August 1966 and it remained her home for more than 40 years. "Roger left the army in 1969 but found it very difficult to settle into civilian life," said Betty. "Our third child, Nigel, was born in 1973 but two years later my marriage broke up. It was a very difficult time."

Life as a single parent wasn't easy, but Betty made ends meet by working part-time in Durrant's tea rooms. "It was great fun and I loved every minute of it," she said. "We were very hard up, but I only worked while my children were at school and never during the school holidays. They were growing up without a father and I felt very strongly that I needed to be there for them."

Betty was also thankful for the support of the Lindfield community, in particular the United Reformed Church and the Royal British Legion.

"I had joined the Lindfield Royal British Legion Women's Section in 1962 and, when I moved back to the village, I was asked to become their Standard Bearer.

"For me it was an act of thankfulness for my uncle, Robert Pattenden, who had returned home safely from the war. I felt I was giving something back."

It was the start of a long and proud association with the Legion. "I became chairman several times and was standard bearer for 50 years until the branch closed last year," said Betty, now a member of the Horsted Keynes Branch.

"I feel so blessed through my work with the Legion and am extremely proud to have been presented with several awards, including Sussex Certificate Appreciation Award, National Merit Award and life membership of the Royal British Legion Women's Section.

"I have carried the standard with pride at many places in Sussex, at the Royal Albert Hall and St Paul's cathedral."

In 1977 Betty took the standard to the Queen's Silver Jubilee celebrations - to Horseguard's Parade where Prince Charles took the Salute and then to Windsor

Castle for a huge parade of 2,500 standard bearers, where the salute was taken by the Queen and Prince Philip.

"Marching up the Mall representing my village and carrying the standard was incredibly moving. I can still feel that pride today," said Betty. "It felt so special to be representing the village I grew up in and have known all my life."

A poppy collector for 65 years, Betty also attended the opening of the Royal British Legion Garden of Remembrance in 2001. "I remember seeing the Queen Mother sitting in a buggy chatting to everyone. It turned out to be her last official function before she died."

After her husband left, Betty remained in contact with friends in Wales, exchanging Christmas cards and the occasional letter. This included former colleague of Roger's, Roy Billins.

"In 1990 Roy, now a widower, phoned out of the blue to say he was in Hounslow visiting his mother and we decided to meet and catch up," said Betty. "He said I would hardly recognise him as he looked like Captain Bird's Eye, complete with shaggy beard!

"It was lovely to see him. We hit it off straight away and arranged to meet again."

And on one visit, while walking on a rugged path from Beachy Head to Eastbourne, it became clear that the pair were falling in love. "I slipped and fell, he caught me and that was it!" said Betty.

"I remember thinking 'this can't be happening'!

"We travelled to Wales, Roy's former home, and as we crossed the border a huge rainbow appeared linking England and Wales. I felt it was another sign."

The pair were married at Lindfield United Reformed Church in August 1991.

"We enjoyed 23 years of wonderful marriage," said Betty. Roy became a Lindfield man and adored the village."

Sadly Roy died in January last year, aged 90.

Today Betty is still immersed in village life, enjoys dancing and is a keen flower arranger. She's also a member of Lindfield Horticultural Society, sings in the United Reformed Church Singers, and has nine grandchildren and four great-grandchildren to keep her busy!

Throughout her life, Betty has retained her strong faith which has helped her cope with adversity. "God has been with me through all the difficult years," she said. "I have coped because I knew He was walking beside me."

Squeezing in a show home

HOME FRONT



By Jacqui Smith, interior designer

Wherever possible I like to plan. I thought I had March planned.... well as much as you can when you are self-employed. We had a lovely new residential client to work with, a show home to design and a care home to work on. Our new intern was joining us after Easter and everything was resourced. All good.

Our residential work comes in when it does - sometimes all at once and then nothing for a month or so. There has never been any real pattern to it. Our commercial projects can be equally tricky to plan, apart from our regular clients such as Barratt David Wilson. Typically, we will know six to nine months ahead which sites we will be working on and the plot number of the show home.

All careful planning went out of the window last month when as we were leaving Barratts HQ in Guildford having presented our latest scheme, we were handed plans for a completely different site. Great! We are always up for the next project, only it turned out that this was due for install only a few weeks after the one we had just presented on. Oh. The sofa lead time sets the pace for the whole project. Smiling, and genuinely appreciative of the project of course, my mind is already whirring, flicking through a mental catalogue of corner group models that we can have made within the timeframe. During the car journey home I started to develop the scheme in my head. This is a coastal development and I hit upon a gorgeous Cole & Son wallpaper which I had spied a few months ago on a sourcing trip and kept in my 'want to use' pile. This, I decided, would be the lynchpin of the scheme. As we hit the M23 I have the palette clear in my head and by the time we reach the office we have the layout sorted. A call to our supplier was then made to earmark production space for said sofa; no, we could not confirm fabric yet, or could we officially place the order since we had not yet designed

nor presented the scheme, but, yes, could we please earmark the production space. Our assistant designer, Nichola, is straight on to the finer details of the scheme, pulling together curtain and cushion fabric and nailing the finishes. We pick lighting, scour our suppliers for accessories and select art work. We are where we need to be. Again, all good.

Around the same time an invitation to tender for a housing association new build care home lands in our lap. This was the first time we had been asked to respond to a tender, so the whole process was very new to me but nonetheless exciting. Timescales were tight in that the shortlist was to be announced on the Friday for a presentation on the following Tuesday. My challenge was that I was away from the Friday to the Sunday, then off to London on the Monday for a conference with an overnight stay. Realising that we would have no time at all to work on a presentation, we put together some boards that week. We were prepared and if we did not make the shortlist then the boards would do well for another time, so nothing lost. Again, all good. As I arrived in Edinburgh on the Friday afternoon comforted by the fact that, whatever the outcome of the tender, we were covered, Jenna called from the office to say that we had made the shortlist and would we prepare a twenty minute PowerPoint presentation on the importance of interior design in the context of Extra Care and how can design provide a building with an identity and sense of community! I had not planned for this. After some presentation writing on the train home, practising my spiel to the wall of my hotel room on the Monday night, I was ready for the Tuesday morning.

Where my planning is never wasted is our existing projects; meeting deadlines for our clients is vital. What we cannot plan for are the new opportunities, so when these arrive we just have to... squeeze them in.

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Urgent appeal from 1st Lindfield Scout Group

By Alan Dyke

There has been a Scout Group in Lindfield for more than 100 years, but it depends upon the support of parents and other volunteer adults to keep the Group going, with an ever changing and fresh group of helpers.

The Group is currently at its largest with two Beaver Colonies, two Cub Scout Packs and two Scout Troops, numbering around 130 young people.

In order for the Group to continue to provide Scouting fun and adventure for these young people, we need more volunteers. With some of our present leaders moving on, as their children come of age, we are now in urgent need of new adult leaders or assistants.

If you want to give something back to the community

you live in and enjoy working with young people from age 6 to 14, then these are extremely rewarding roles, whether or not you have had experience in the past.

The leaders each run one session a week, during term time. We also run occasional weekend events such as camps or competition events. All of the leaders are volunteers and give their time as they can. No leader is expected to be there for every meeting or event, hence the need for more leaders to ensure that we can always run a safe and enjoyable meeting.

This is your chance to help and make a difference in the development of Scouting and the young people of Lindfield. Please contact Alan Dyke our Group Scout Leader, gsl@lindfieldscouts.org

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Peek at gardens for charity

The Worrall family are opening their garden in aid of St Catherine's Hospice. This is a beautiful seven acre garden with magnificent displays of azaleas, rhododendrons, camellias and magnolias. There is a grassy avenue, lake, lily pond, pergola, Etruscan-style temple and much more. This lovely garden, in Handcross, is only open to the public for a few weekends each year, so make sure you don't miss it.

Birchanger Gardens (two miles north of Balcombe) will be open on Sunday 8th May between 2-5.30pm. If you are using satnav to find it, enter the postcode RH17 6JY.

Entrance £5, children are free, dogs are welcome on leads, there is free car parking and home-made cakes available on the day.

Further details from Marian Erritt on 01444 413391.

Esther needs your votes

Esther Featherstone, Lindfield lass and creator of Swoove Fitness, has entered into Voom 2016, Pitch to Rich - a competition to get the chance to pitch to Richard Branson and win prizes that will benefit the business.

Swoove Fitness (sing, whoop and move) is a singalong exercise class that Esther launched at the Lindfield Arts Festival last September. There are currently 20 instructors who have been trained in various Swoove classes, there are also 26 different types of class. Since it launched, Swoove Aid - the sister charity - has raised more than £11,000 for local charities. Esther is passionate about supporting small charities and aims to raise one million pounds in her lifetime. All Swoove instructors are asked to run at least one charity event a year.

"Winning VOOM 2016 would help create awareness of Swoove and will make my ambition of raising that one million pounds a reality," said Esther.

You can vote by visiting www.vmbvooom.com, going to 'Browse Pitches' and voting for Swoove Fitness in the Grow category. Every vote counts as you can only vote once. Once voting closes on 23rd May, the shortlisted pitch as part of a Guinness World Record 'Pitchathon'; the top six businesses then pitch to Richard Branson himself in a live streaming event; the winner is announced live on 28th June.



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By James Verrall, Head Golf Professional

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To make sure you make good contact with the ball and not hit the ground first, move the ball slightly back in your stance. Then lean more weight on to your front foot. This will give you a steeper angle of attack so you don't hit the ground first.

Swing the club back more with the arms and less body, as this will also help you swing a little steeper. Keep more weight on the front foot even during the backswing.

Because of there being more ground than usual behind the ball because of the lie, it would be wise not to use a fairway wood. A fairway wood requires a shallow angle of attack to the ball, something which you will not get because of the downhill lie.

Put these points into action and watch the downhill lie shot become much easier.

It's a busy time of year now the golf season is in full swing, but if you would like to chat about any aspect of your game please pop into our new professional shop at Haywards Heath Golf Club or ring me on 01444 414866.

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Lindfield man launches global network of 'Happy Cafés'

By Stan Rosenthal

I have been a resident of Lindfield for some 40 years and have spent most of that time as a civil servant commuting up to London. This involved quite a bit of stress, which focused my mind on what we really need to be happy. So when the charity Action for Happiness (AfH) was formed five years ago I jumped at the opportunity of becoming part of a non-commercial, non-religious, non-political movement which had spreading happiness as its goal, particularly as this mission was based on scientific research into what makes us truly contented.

It was the Dalai Lama (AfH's Patron) who launched its latest venture last September, the eight week Exploring What Matters course, modelled on the evangelistic Alpha Courses run by Christian denominations. One of these courses has recently been completed in Lindfield.

What prompted me to create the Happy Café Network was the thought that although information on how to live more contented lives was reaching more people online and through staged events, self-help books and newspaper articles, it was still not getting through to ordinary people in the mainstream on a day to day, face to face basis.

The idea behind Happy Cafes is to provide places where people can come together, share their experiences, and hone their happiness skills in a convivial café setting, making that face to face connection that is so vital for our mental health. People have described their Happy Café conversations as some of the most meaningful in their lives. Anyone wishing to talk to others at the café can identify themselves by wearing Action for Happiness badges available at the café.

Also available at such cafes, in addition to the usual menu, is a menu of advice on how to enhance your mental well-being based on the scientifically researched Ten Keys to happier living drawn up by the Action for Happiness movement. These keys include relating to others, trying out new things, adopting a positive



approach to life, and being comfortable with who you are.

The first Happy Café was set up at Emporium in Brighton 18 months ago. There are now two more in Brighton, another twenty or so throughout the UK and several abroad. I am the Action for Happiness National Coordinator for the Happy Café Network.

Following the AfH course in Lindfield, the stunning café at The Alternative Healthcare in Oathall Road, Haywards Heath, became part of the network, joining The Cuckfield Pantry & Tearoom in the neighbouring village. Melissa Toleman, the founder of The Alternative Healthcare, says: "It feels like a perfect match for The Alternative Healthcare and the Happy Café to come together combining happiness and healthcare, which is the very essence of the centre." There is an Open Day at the café on 14th May.

The grand vision is to have a Happy Café in every village, town and city, helping to change the culture of the country and the world from an emphasis of just getting and spending to one of developing our all-round well-being, in the same way that the coffee shops of the 17th/18th century helped to bring about the Enlightenment in that period.

Stan can be contacted at stan.rosenthal@actionforhappiness.org

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Helena Hall: A remarkable woman

Last year we were delighted to feature the story of former Lindfield resident Helena Hall, whose fascinating journals capturing life in the village, were researched and published by two current residents Linda Grace and Margaret Nicolle.

Following the publication of their book, Linda and Margaret have received some interesting feedback - from those who did not know who Helena Hall was to others with very clear memories. This has led to new and interesting information about Helena's life in and around the village coming to light. Here Margaret and Linda bring us up to date with what they have unearthed.



By Linda Grace and Margaret Nicolle

Born in Shoreham in 1873, Miss Hall moved to live in Lindfield in 1920. She became active in the local community, and was involved with many village groups and societies, including the Lindfield Players and the Bonfire Society. She belonged to the Horticultural Society, indeed the Society has a cup named after her, and was Chairman of the WI in the 1930s. She was also a Governor of Lindfield School.

The Halls were a Sussex family. Her father was a director of Shoreham Harbour. In 1873, the Shoreham Harbour trustees sent him to Parliament to request funds to improve the harbour. He was successful and named his daughter Helena Invicta Hall to celebrate his victory. Helena hated her middle name and having to explain it to people.

In about 1888, Helena's parents went to live in Canada. However, she decided not to go, but as she had chosen to remain in England she had to support herself financially. She helped look after her brother's children until he and his family emigrated to Australia in 1892. She then went to live with her grandparents and great-aunts and nursed them in turn until they passed away leaving Aunt Emma. Helena stayed with Aunt Emma and managed a tiny stationer's shop in Bond Street, London and later a fashionable hotel at Hyde Park Gate. When Aunt Emma passed away, Helena bought her house in Lindfield.

Miss Hall had a distinctive personality, formed in part

by her childhood experiences no doubt. She was one of eleven children. From one year old, all the children had daily cold baths, with a hot bath every Saturday night. The maid felt sorry for them and emptied water from mother's foot warmer into their bath water to make them feel it helped. Her father was a great stickler for punctuality – he did not tolerate being late for a meal. This preciseness appears to have been inherited by Helena!

She could be quite abrupt and efficient, and appeared a little eccentric. She was smartly dressed but old-fashioned. Apparently she always rode a bicycle and pegged her flowing skirt to the top of the handlebars. She was interested in everything around her and liked to sit at her window observing.

Miss Hall regularly attended All Saints Church and designed the altar rail in the Church. She was responsible for the All Saints Church Guide. She was a prolific artist and was fascinated by the work of the blacksmith as an artist. When younger, she cycled to every church in Sussex to sketch all the church ironwork she could find. Sadly her drawings have been lost. We have discovered a diary in which she records in meticulous detail her cycling and camping holiday to Norfolk in 1937, where she visited many churches. She cycled back from Norfolk, quite an achievement for a woman of sixty four! She was a talented needlewoman who had studied Heraldry. A significant piece of her work was a cross-stitch curtain

measuring about 10 feet by 5 feet containing over one million stitches. It depicts the heraldic arms of the noble families of England and is displayed at Michelham Priory.

Miss Hall was very interested in local history and wrote several books, including the definitive Lindfield Past and Present. She was the Village Librarian for many years. She died in 1967.

When the Second World War started, Miss Hall became an Air Raid Warden. She also helped at the local WRVS Canteen. She kept a detailed journal throughout the war, in which she described her everyday activities alongside momentous national and international events. It provides a vivid insight into how people experienced the war. We have produced a book of extracts taken from the journal – *A Woman Living in the Shadow of the Second World War: Helena Hall's Journal from the Home Front*. It is published by Pen and Sword Books.

We would love to hear your stories of Miss Hall. Please contact us on: margaretnicolle@btinternet.com or lagrace15@hotmail.com if you would like to order a signed copy of the book, or if you have a story about her which you would like to share with us. We are also available to give talks to local groups about Helena Hall and our book.

Header photo of wardens taken on Dec 3rd 1944. Miss Hall is believed to be seated on the front row 5th from the right. Right: Helena Hall on her 87th birthday



(Photo: Dana Sykes)

HELENA HALL ON HER 87th BIRTHDAY

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New ideas for cooking trout

SIMPLY GOOD FOOD

Grilled Trout with Mustard Butter

Serves 4

With a very sharp knife cut through the thickest part of 4 whole (with or without heads) prepared trout on both sides. Mix together 45ml wholegrain mustard with 100g soft butter (add, if liked, a pinch of dry English mustard for an extra kick) plus salt and pepper. Preheat the grill and line the pan with foil. Arrange the fish on the grill rack and coat generously with the butter. Grill 5 min until brown and crisp. Carefully turn the fish over and top with remaining butter. Grill again until golden brown and crisp. Serve immediately on hot plates with any melted butter in the pan poured over the top plus generous wedges of lemon.

Baked Trout

Serves 2

Preheat oven 200°. Cut a piece of foil large enough to loosely wrap 2 large prepared trout and place on a baking tray. Slash the fish as in the previous recipe and place on the foil. Finely chop 4 spring onions and combine with 1tbs grated fresh ginger and 3tbs chopped coriander. Spoon half inside the fish and the remainder on top. Drizzle with 1tbs soy or tamari sauce and 1tsp sesame oil. Season well, then fold and seal the foil into a loose parcel. Bake for 20-25 min or until fish is cooked (see introduction). Serve immediately.

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By Caroline Young

Were you tempted by the information in last month's magazine to try your hand at trout fishing? Do you now need to know what to do with your catch? Here are some very simple, quick and tasty ideas. Fish only needs the lightest of cooking methods and quite short cooking time – it is ready when the flesh loses that translucent look and becomes opaque and just firm.

Have you tried any of these recipes? If so, why not let us know on Facebook, Twitter or send an email with a photo to editor@lindfieldlife.co.uk

Grilled Trout with a Spiced Coating

Serves 2

At least 1 hour before cooking; Whisk together 2tbs natural yogurt, 1tsp paprika, pinch cinnamon, 1 crushed garlic clove, 1tsp olive oil and seasoning. Slash the flesh of 2 prepared trout as in the first recipe and rub the yogurt mixture thoroughly into both sides of the fish. Loosely cover and chill for 1-2 hours.

Either grill or cook the fish on a very hot griddle pan, spraying lightly with oil first. Cook for 5-6 min on each side, or until the skin is a rich golden brown and crisp (see introduction). Serve with lemon wedges.

Crunchy Coated Trout Fillets

Serves 2

Remove the skin from 4 trout fillets and pull out any tiny bones. Measure 50g medium oatmeal or polenta on to a sheet of greaseproof paper and generously season. Generously coat both sides of the fillets with the mixture. Using a large frypan cook 4 rashers of streaky bacon until crisp. Remove from the pan with a fork and melt a knob of butter in the bacon fat. Add the fish and fry for 4-5 minutes, carefully turning once. Serve fish and bacon on top of hot buttered toast, adding lemon wedges.

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The Village Fire Brigade

MY LINDFIELD HISTORY

By Eric Dawes

In the early part of the 20th century many communities had a fire appliance of some kind. Some of these developed from private brigades and appliances set up by one of the many rich folk in their mansions and 'big houses' who had large estates to protect from fire. Others received some kind of support from the Council.

Lindfield had its own fire appliance, manned by local men who were paid some kind of 'retainer' for their services. My father, Thomas Dawes, was one of the firemen of the village during the 1920s and early 30s. I was born in 1926 and the Fire Brigade was a memorable part of my early days because of his involvement.

The village appliance consisted of a good old-fashioned but efficient water pump, powered by steam generated by its own boiler and fire. When fired up, the pump could suck up water from a pond, river or hydrant and send it with some power to the hoses used for fire fighting. The whole thing was mounted on a four-wheeled trailer, pulled around in early years by horses and later by a large truck or van. It was kept in the Fire Station in Lewes Road. The Station can still be seen today at the back of the King Edward Hall property, with its double doors opening on to the road. I remember spending time there with my father on practice and cleaning nights.

Like all vintage pieces of engineering there was much brass work on the pump, including the chimney and all the taps and valves. When cleaned and polished it was sight to behold and it was the fire crew's pride and joy to be seen out and about with their gleaming pump!

I certainly remember helping to polish the brass as a very junior member of the brigade!

My father had a smart uniform, plus the extra safety equipment kept at the station for actual fire fighting. The most memorable piece of the gear was the wonderful brass helmet worn when fighting a fire. My father took great pride in that shining emblem of his position as a fireman! It was kept in a special felt drawstring bag. There were great high boots to wear for protection of the legs

and feet. It was all this equipment and, of course, the pump that made my visits so exciting.

There was a practice night most weeks, which often took place on the common where little boys like me delighted in the water being squirted from the hoses. As today the crew had to know exactly what to do when there was an emergency call and practice nights were vital for any chance of this simple pump to have any effect at a fire.

When a fire call was made there were no devices to alert the crew, who were all out and about at their work during the day. There was a 'call boy' – a young man with a good bicycle who would be alerted (I know not how!) and he would pedal round the village knocking-up the crew who would also mount their bicycles or run to the station. The very first job for those who got to the station ahead of the others was to get the fire alight under the boiler, which would be previously primed and ready, in order to get some steam up to work the pump! Each man would know his duty and then, having hitched-up the pump, away they would go with bell clanging and crew getting their equipment on while clinging on to the pump - perhaps picking up a latecomer on the way!

I remember several farm fires that they attended usually in a hay barn. There was also a cottage at the beginning of Snowdrop Lane that was burnt down in spite of efforts by our gallant crew. A fire at the Bent Arms Hotel made one fireman famous for his bravery in tackling the blaze by climbing into the roof with a hose and thus saving the rest of the building.

His name was Fred Nye and he lived in a cottage in Lewes Road. He was a big man and always wore his fireman's cap on the back of his head. As expected there was a good, comradely feeling amongst crew members, and his family and ours were good friends, going on outings and parties together. His son Derek was a special friend of mine at school. Another crew member, Bert Turner, was a neighbour of ours living at 2 Pelham Place.



I recall Sam Welfare, Jack Lacey, Archie Fox as firemen and John Sharman who was the fire crew captain. He was also the village blacksmith, well known to everyone for many years, working in his Denmans Lane forge. The firemen were held in great regard in the village, and they appeared at various parades, garden parties and fetes.

Every year there was Grand Fire Brigade Competition Day when local brigades would meet up at a large park, perhaps in Brighton or Eastbourne, for various competitions, set drills and hose running races. This was to keep up the high standards and was taken very seriously by the partaking brigades. I have fond memories of those wonderful days out, when families and supporters would follow the engine in a good old charabanc. There would be picnic teas and games for children. There would be much squirting of water from the hoses and a grand parade of all the various appliances. There was always a trophy or prize for the best turned-out appliance, and you can imagine the shining brass on display! Great stuff for little boys! Certificates and trophies won during the afternoon would be prized and celebratory drinks enjoyed on the obligatory pub stop on the way home.

I definitely planned to be a fireman when I grew up!

In 1934 the village brigade was disbanded, and more sophisticated appliances were stationed in Haywards Heath with proper funding from Government and Councils. The much-loved fire station became a Scout Hut so I continued to visit as a Cub Scout!

It was not quite the end of the story. In 1939, as the war started, an Auxiliary Fire Service was formed, and Lindfield had a truck and two trailer pumps to deal with small local fires during the war. It was manned by volunteers.



Photos: Left page: Lindfield Fire Brigade parading for a photograph outside Crossways, Sunte Avenue. Above top left: A practice drill beside Lewes Road in the area that today is the car park opposite Flowercraft. Above left: The old Fire Station in Lewes Road, today used by the Lindfield Dramatic Club as a store. Above: A child enjoys playing at the Fire Station.

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Gabrielle launches new creative festival

The month of May will always have special significance for Lindfield's Gabrielle Rafello.

Three years ago Gabrielle was putting the finishing touches to her Lindfield Arts Festival programme, bringing together artists, performers and businesses, and putting her own unique stamp on the popular village event.

And in just a few days' time Gabrielle will be launching her newest venture – A Festival of Creativity at the Koorana Centre in Ardingly over the weekend of 14th/15th May.



Like the Arts Festival, Gabrielle's Creativity Festival will bring together and showcase the work of artists, makers and photographers in a unique setting.

"When I directed the Lindfield Arts Festival three years ago my aim was to 'bring the inner child out to play' and this is something that is still very much at the heart of what I do today," explained Gabrielle, who is a creative teacher and mentor and provides a variety of workshops and retreats from her centre in Ardingly.

"In 2012 when Robin Belfield brought the wonderful Luminarium to the common, I was incredibly moved to see how people responded to the light, colour and space," Gabrielle recalled. "It illustrated how, when given the right tools, people are able to relax and heal themselves and this is something I have been developing at the Koorana Centre over the last few years.

"The Arts Festivals have shown how art can bring people together, and how creating art is not just about the finished product but about what you learn about yourself along the way."

Gabrielle's free Creativity Festival promises a colourful and inspiring weekend, with exhibitions of mixed media art, craft and photography along with a chance to participate in creative learning experiences.

The Festival will also see the launch of the Koorana Foundation, a new charity dedicated to empowering young people and helping them cope with modern day life. It provides programmes for parents, carers and teachers of sensitive children and young people, and will promote the importance of creative subjects within the curriculum.

"It saddens me that creative subjects are slowly being taken out of education," Gabrielle explained. "So many of today's young people are stressed, overstimulated, overwhelmed with social media, technology and peer pressure, and have lost touch with who they are. These activities provide wonderful tools for self development and help young people maintain a state of balance. Creative skills are needed in every area of life and encourage individuals to seek positive solutions and make informed choices. The UK must maintain its influence in the world of arts and the media. Other countries look to our artists and designers, musicians,



writers and other creative professionals for their inspiration. We really do lead the way.

"I believe all children and young people deserve to experience happiness and a sense of personal fulfilment during their time in education but current practices focus too heavily on academic achievement and they are becoming overwhelmed by the pressure to 'perform' and unrealistic expectations placed upon them."

Through a team of trained facilitators, (who have completed the accredited Transforming Lives programme) the Foundation aims to offer holistic and creative tools that young people can use to overcome anxiety and stress and develop personal confidence and self-esteem. "These tools will enable them to move forward, build strong relationships and enjoy greater happiness and personal fulfilment," said Gabrielle. "It's something I'm really passionate about."



The facilitators will also work with families and teachers, offering guidance and support to create environments in which children and young people can thrive.

To find out more about the Foundation and the Creativity Weekend visit: www.thekooranacentre.com

Amanda adds bass to the band

Last year Lindfield mum Amanda Harries fulfilled a long-term dream. Inspired by female bassists Gail Ann Dorsey (David Bowie), Kim Deal (Pixies) and Tina Weymouth (Talking Heads), Amanda began bass lessons with Hereward Kaye at local music school Rok Skool, and having learnt a number of songs, among them Keane's Somewhere Only We Know, she played at last November's Ladies Pink Ribbon Night with Brighton based band Watts Up.

Several lessons and bass scales later, Hereward began to talk about playing with a band and started to teach Amanda a few songs by local songwriter and fellow Rok Skool student Roy Rad. Roy, who also plays guitar, has been writing and recording songs at Rok Skool. The first of these recordings was released as a 10 track album 'Radical' on bandcamp.com. Roy wanted to play his songs live and originally performed at Rok Skool concerts accompanied by backing tracks, but he wanted to perform them live with a full band. So in September 2015 Hereward brought together fellow musicians Steve Henshaw (guitar), Tommy Handley (keyboard), Ruud Oosterbaan (drums) and, of course, Amanda, to form The Roy Rad Band!

Amanda commented: "It's amazing! I just wanted to be able to play along to some of my favourite songs, but joining a band and practicing with them has really improved my bass playing." Having played a couple of songs at Rok Skool's Christmas concert in December, Amanda and the rest of the band will play their first full set at a showcase gig at Danehill and Chelwood Gate Social Club on Saturday 7th May. Also performing will be covers band Crisis and acapella groups La Luna and Sister Sister, both of which feature other Lindfield mums. The evening begins at 7pm.





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The life changing magic of tidying by Marie Kondo

BOOK REVIEW

By Cavan Wood

This Japanese book has sold three million copies worldwide. It is easy to see why. Modern homes are places of clutter and we do not always find it easy to give up this habit. Marie Kondo is a Japanese cleaner and de-clutterer who feels that her approach has an underlying philosophy that will help us escape from this problem. If a thing that you own gives you joy, then you should keep it. (Hmm – first flaw in the argument – does the Hoover give us joy?) She rightly addresses that we need to cherish what we have and not be swamped. There is a good deal of common sense about how to remove unnecessary clutter.

However, at root, there is still a feeling that possessions can give us joy and personal fulfilment to an extent which I don't find wholly likeable. There is a great deal about discarding the type of items that we need to – such as instruction booklets for machines that we never use. This is good common sense, but there is nothing about the fact that we often store in our houses things that could be given away, which if sold by a charity store or given to another person could transform their lives.

This book is essentially a higher class of feng-shui, rearranging to gain energy not the radical call to consider the excesses of materialism in a world where there is much poverty. Real transformation is to learn to let go of some of our possessions. Or as one thinker put it: 'We must live more simply so that others might simply live.'

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What's on in May

AT KING EDWARD HALL

AND ELSEWHERE

- 3rd **Lindfield Afternoon WI** – 2.15pm
- 5th **Lindfield Country Market** – 10-11.15am
(Sheila Hobbs 01444 483396)
- 5th **Polling Station** in support of Election for Police and Crime Commissioner
- 11th **Lindfield Horticultural Society Talk** – 8pm
'A Sussex Farm during the 1950s'. Our speaker Ian Everest shares a year in the life of a down land farm recorded in colour on 16mm cine film. The film shows an age when over twenty men were employed on the 1,000 acre farm – and forty at harvest time. The film, narrated by the speaker, is preceded by an illustrated introductory talk. Members £1, Visitors £2. All welcome. Membership enquiries: 01444 456509 www.lindfieldhorts.org.uk
- 12th **Lindfield Country Market** – 10-11.15am
- 14th **Coffee Morning & Plants Sale** – 10am
Lindfield Horticultural Society invite you to join them for a coffee morning and sale of plants from 10am. All welcome. Entry £1. Membership enquiries: 456409 www.lindfieldhorts.org.uk
- 19th **Lindfield Country Market** – 10-11.15am
- 19th **Film Show: Bridge of Spies** 12A – 7.45pm
Last film of season. (Tickets from Tufnells)
- 21st **Heber Opera performance** – 7.30pm
The Pearl Fishers by Georges Bizet, performed in the round in English (www.heberopera.co.uk)
- 24th **Lindfield Flower Club** – 2.30pm
Christina Payne will demonstrate and her talk is called 'WHISKETS' (Norma Smith 01444 483550 or email normasmith1@btinternet.com)
- 26th **Lindfield Country Market** – 10-11.15am
- 28th **Lindfield Dramatic Club** – 80th Anniversary Exhibition (Ron Skinner 01444 484474)

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

- 6th **Sussex Mineral and Lapidary Society** – 7.30pm
Redwood Centre, Perrymount Road, HH
Illustrated talk: 'THE CETINE MINE' by Marco Marchesini (01444 483041 www.smls.org.uk)
- 7th **Dinner Dance** – The Inn on the Green, Scaynes Hill. Live music from the 20s, 30s & 40s with a delicious special three course menu £25. (01444 831899 for more details)
- 7th **'Vivace' Choir Concert** – 7.30pm
St Wilfrid's Church, Church Road, HH
A concert to raise funds for The Yews Centre. The concert will be an eclectic mix of music, both ancient and modern, from classical to comical - something to suit all tastes! (Tickets are £8 and £10 on the door 01444 412367)
- 8th **Birchanger Open Gardens** – 2-5.30pm
Charity fundraising event. (Further details from Marian Erritt on 01444 413391)
- 12th **Haywards Heath Ceramics Group** – 9.45am
Clair Hall, Haywards Heath. "The Josiah Spodes: Pottery Pioneers" by Pam Woolliscroft (Tickets £8 call 01444 483372/414477)
- 18th **Mid Sussex Decorative and Fine Arts Society**
10.15am, Clair Hall, Haywards Heath. 'Murder and Modernism: Walter Richard Sickert and the Camden Town Group' Talk by Nicola Moorby
Visitors Welcome (£7 on the door)
- 22nd **Oathall PTA Car Boot Sale** – 10-2pm
Oathall Community College
- 22nd **Oathall Farm & Lambing Day** – 11am-3pm
Oathall Community College
- 20th-22nd **The Attic Art Club Original Art Fair**
Times vary, The Village Hall, Ditchling
- 24th **Mid Sussex Local History Group** – 9.45am
Franklands Village Hall. Lecture entitled "Collecting Postcards" New members and visitors welcome (Contact Joan Corless on 01444 470108)
- 30th **Lindfield Village Run** – registration from 9am
Traditional cross country 5k and 10k run which starts and finishes at Hickmans Lane Playing Fields. (Enter at www.kingedwardhall.org.uk)

June

- 4th **Lindfield Village Day** – from midday
A procession down the High Street, stalls, entertainment and fun & games on the common (see page 10)

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