

Lindfield Life

Inc. Scaynes Hill & Walstead

Local village talk,
by the village

Feb. 2017 Issue #97

Free

The Denmans Lane Dash winner

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EDITORIAL

By David Tingley, Editor

One thing that the new year invariably brings with it is change. At Lindfield Life we have some changes of our own to share, and it's about dates.

We have decided to move our **publishing schedule** around a little, which means that our copy deadlines and publication dates aren't always the same date each month. Our copy date, for example, always used to be on 8th of the preceding month - now, however, it will be the **second Tuesday** of each month. Likewise for the time of publication, we previously worked on the basis of distributing the new issue on 25th of the month (or the closest working day as we could get), but now Lindfield Life will be dropping through doors on the **fourth Tuesday** of the month.

If you are a regular contributor, please make a note of these changes in your diary. All dates for the year are listed here: <http://bit.ly/2jh646G>

I hope that readers and contributors alike will get into a new groove of 'Tuesdays' being a key time in each month. Thank you for bearing with us as we make this change.

Elsewhere in this February issue we have plenty of news throughout, but starting right over the page as we welcome new retailer **Foxy Feet** to the High Street (page 5).

Oathall Community College Farm have managed to secure some funding, thanks to **Cuckfield & Lindfield Rotary Club** (page 6), Ray Gower's now annual **Denmans Lane Dash** on Boxing Day is featured on page 14 and, on page 21, there is news of **Lindfield Arts Festival** early plans for this year's event in September.

Caroline Young cooks on page 28, **Cavan Wood** reads on page 37, **Lindfield Primary Academy** celebrates on page 38 and **Grace Thompson** even plays the harp on page 35!

We are always on the lookout for more stories, events to promote and residents' personal stories to tell - so do please **get in touch** by 14th February.

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Lindfield Life

The Barn, Hurstwood Grange,
Haywards Heath RH17 7QX

Telephone 01444 884115
www.lindfieldlife.co.uk

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

Advertising: Emily Billson
<ads@lindfieldlife.co.uk>

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Lindfield Life
Published by Kipper



David Tingley
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on the High Street

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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

Charity car wash in Scaynes Hill – 13th Feb

The garage/shop in Scaynes Hill will be running its annual charity car cleaning event on Monday 13th February to raise money for Cancer Research.

Motorists can have their cars cleaned in return for a donation to charity.

Manager Jay Patel and his staff have run the event every year since 2009, always on 13th February. The first event raised £345. Last year's event raised a record £2,500. "We love running the event," Jay commented, "and we're hoping to break another record again in 2017!"



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Foxy Feet store hits the High Street

Last month saw the opening of a new ladies footwear boutique on Lindfield High Street, owned and run by Andrea Duly, a familiar face to many with an exciting new offering. Foxy Feet, which has been trading at Trading Boundaries until last month, was set up by Andrea in 2015 and offers a wide variety of fashionable and affordable ladies shoes, boots and accessories.

"Having outgrown our shop in Trading Boundaries we decided to move the business to Lindfield as we realised a real need for quality ladies footwear within the area," Andrea commented. "My husband and I live, and have grown up, locally raising our three children here too and have always loved and known the High Street. As soon as we heard that a shop was becoming available we jumped at it!

"Foxy Feet Boutique focuses on selling stylish, high-quality footwear at affordable prices. We stock many favourite brands such as Tamaris, Moda in Pelle, United Nude and Lunar plus many more that you can't always get on the high street. We also stock lovely bags, hosiery, shoe care products and accessories.

"Foxy Feet looks forward to welcoming all customers, old and new, to visit our new shop at 68 High Street very soon."



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School farm benefits from Rotary Club

Plans to improve the farm at Oathall Community College with new fencing and improved animal housing have been given a boost – thanks to the Cuckfield and Lindfield Rotary Club.

Members of the club have raised £2,000 toward the improvements.

Last month 50 Oathall students, who attend the Young Farmers Club, along with Headteacher, Edward Rodriguez and Chair of Governors, Rowena Chalk were presented with a cheque from Rotary Club president, Jaime Wallden and vice-president, Karen Looker. Also present from the Rotary Club were Chris Jupp, chairman of youth activities and past president, John Davey. The Rotary Club is a long-standing supporter of the school and the farm.

Speaking at the presentation, John Davey told students: "The farm at Oathall is a very special resource and as students at this school you are given an exceptional opportunity to get involved with the farm and its activities. You will find that when you leave Oathall this gives you a unique experience which you can use in your future studies and careers."

Head of farm John Blackholly, said: "We are so grateful to the Rotary Club for this donation. The money will be used to improve the natural environment for our animals with better outdoor housing and fencing. Every



year we have visits from a wide range of community groups and this donation will also be used to improve the accessibility and environment for our visitors and so benefit the wider community."


There has been a farm at Oathall for more than 70 years. Students are involved in the day-to-day running of the farm which is also regularly used as a teaching resource. There is a thriving young Farmers' Club with over 100 members. The farm welcomes visitors and groups from the community and each year holds an open day in early spring. This year's event is on Sunday 30th April.

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Designers recognised

Staff from Lindfield's interior design practice, HomeSmiths were thrilled to be among the finalists in the 2016 SBID (Society of British and International Design) awards.

The SBID design awards recognise excellence in design in a variety of categories including private residential, restaurants and hotels.

The family run business was shortlisted in the healthcare category of the annual competition which culminated in a special awards ceremony at The Dorchester in London.

Whilst they did not win, members of the team felt honoured to have made the shortlist.

"Seeing our brand up there on the big screen against some incredible projects, including a medical centre in Chicago, was quite surreal," said Jacqui.

"Thank you to everyone who voted for us – we shall be back next year!"

Jacqui explained that businesses are invited to enter the awards in July and are advised in September whether they have made the short list.

Voting then opens for two weeks when people can vote for their favourites on line via the SBID website.

This year HomeSmiths plans to enter two projects for the awards – one in the private residential category and another in healthcare.



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"I was really pleased with the work that Tony did. He was on time, quick, tidy, efficient. I have recommended Tony to my daughter and will definitely use Blue's services again."
Carole Armstrong

Trusted local handymen

OPEN FOR BUSINESS

Retired police officers in West Sussex are pioneers in an ambitious national network of highly vetted handymen launched by 'Blue Handymen'.

Helping to combat the endemic ongoing problem of cowboy builders and dodgy tradespeople, local retired police officers with a passion for home maintenance and gardening are taking up tools to provide peace of mind to the residents and businesses of Haywards Heath, Burgess Hill and surrounding areas.

Typically police officers retire after 30 years' service and most are still eager to continue playing an active and productive role in their communities.

All Blue Handymen are subjected to various checks to assess their suitability to the work prior to joining. Handymen are required to provide References to verify their skills, evidence of their Public Liability Insurance cover and are criminal record checked via an Enhanced DBS Check. Once up and running the company checks client feedback after every job to ensure that the highest levels of service are being delivered ongoing.

Managing Director, Nick Orde-Powlett, hopes that the company's rigorous selection process will bring security and peace of mind to people in Sussex:

"Our vetting process is second to none. All of our handymen are friendly retired police officers with many years working in the community under their belt – they understand peoples' concerns and fears better than anyone else and they genuinely care.

Whilst there are an enormous number of very capable, hard-working and honest tradespeople, sadly the unregulated and fragmented nature of the handyman market allows for too many immoral rogues to operate under-the-radar which has regrettably eroded trust from the British public."

Local Sussex Handyman Brian told us: "Since working with Blue Handymen, I have met a variety of customers,

helping them solve all sorts of problems, from adjusting bolts on side gates, building fruit cages and general gardening maintenance, to decorating inside and out of their houses. I have found the problem solving to be similar to my experience with working for Sussex Police, being both challenging at times but always rewarding, giving me an opportunity to meet and engage with my local community."

Using this unique pool of talented and trustworthy individuals, the Blue Handymen network is hoping to ensure total trust through a careful selection process and a rigorous ongoing feedback and improvement programme.

Tony has been a Blue Handyman for over two years now and finds that it allows him to continue to help people within his local community: "I started my Police service in Mid Sussex and assisting the residents was part of my life for 30 years until I retired. Working as a Blue Handyman, providing a range of skills with the security of using a retired Police Officer is giving me the opportunity of giving something back to the residents of Mid Sussex once again."

Blue Handymen is a National organisation which now has over 30 branches across England and Wales. Due to high demand Blue Handymen are welcoming applications from further retired police officers in the Sussex area.

Local resident Roy Bishop has used the service: "The service I received was extremely good. The handyman was very punctual, fast working and polite. I would recommend him to anyone."

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Probus members enjoy the club

Members of Cuckfield & Lindfield Probus Club and their partners enjoyed a range of social events last year.

Some of the events included an invitation to members who find it difficult to attend the monthly get-togethers and widows of past members. They included the Yuletide Lunch in December which attracted 84 guests who enjoyed dining in the festively decorated Lindfield Golf Club. "The event and the quality and quantity of our three course lunch was superbly managed by Murat and his team," said member Richard Mason.

"The seasonal gathering was made extra special by the newly formed Barber singing group, the Chord Wranglers, led by our very own Hugh Parkyns.

"The group of four led the communal singing and delighted us with their own versions of musical magic. Their quality entertainment made a fitting finale to our festive lunch.

"We are now looking forward to the opportunities and challenges of 2017 sure in the knowledge that whatever life brings our comradeship and friendships will ensure that the good life goes on."

Cuckfield & Lindfield Probus Club draws its membership from retired business men. Its aim is to provide a lunchtime venue with good food and the opportunity to enjoy the company of the like-minded.

For more information contact Richard Mason on 01444 453672.



Get connected with a little help from college students

Students at nearby Ardingly College are offering free help and support to those who would like to use various online services but don't know how to.

The drop in IT sessions are being promoted by Mid Sussex Older Peoples Council - a local charity in the area.

Whether its assistance ordering shopping online, speaking to family via Skype or even getting onto Facebook - students at the college are happy to help with computers, tablets or mobile devices.

The free sessions take place on Mondays between 4.30-5.30pm at Ardingly College. Note that there won't be a sessions on Monday 20th February.

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Thank you for your feedback

By David Tingley, editor

In last month's magazine we asked readers to respond to a short survey which we had compiled to try to understand not only behaviour of readers but also what you all like/dislike.

We had a fantastic response - so, thank you to all who took the time to complete the questions. We are still working through the data in detail - but I can say that the team and I have been most humbled to see that ALL responses were positive about what we are doing.

We shall try and report back on the results in a future issue if space allows. In the meantime Mollie Edwards was the lucky respondent picked at random to receive £50 worth of Lindfield shopping vouchers.

Hot chocolate served at Christmas

Jolly Rotarians dispensed hot drinks to the crowd at the Lindfield Christmas Festival Evening on 6th December. Along with hot chocolate from a gazebo in the High Street, free bags of sweets were placed in the outstretched hands of eager children. For grown-ups Penny Black Barber's Shop was the place to go for delicious mulled wine.

Together with three Saturday collections, the Rotary Club of Cuckfield & Lindfield raised over £1,000 which will be used for local charitable needs.

The highly successful club now has 46 members, both men and women. Go to www.rotarysussex.org to find out more or call Jaime on 07866 535 277.

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Denmans Lane Dash is back

Boxing Day, beer and a battle to the boozier sums up Lindfield newest Christmas tradition which saw 20 competitors gather at the starting line for the Denmans Lane Dash.

Organised by Lindfield's Ray Gower, the event invites runners of all ages and abilities to bush off the Christmas Day excess and compete in a village race.

The first Dash was held on Boxing Day 2015, and last month's event saw the number of entrants swell as the word spread and runners arrived to limber up and take on the challenge.

Competitors are invited to run from the Stand Up, along Denmans Lane to the gate and back, while carrying half a pint of beer. The runner finishing in the top six with the most beer left in the glass is announced the winner!

A delighted Ray said: "Our second Denmans Lane Dash didn't disappoint. After last year's great success, the number of competitors increased to 20 this year and we attracted people from outside the village.

"The sun was shining and a few runners got well into the spirit with Santa outfits and Christmas jumpers! After a couple of tweaks to the rules, the race was underway at just under 1pm and with a great performance by all. The winner of the prestigious Denmans Lane Trophy and bottle of champagne was Dan O'Hare."

Enjoying a fresh pint at the end of the race to celebrate his victory, Dan described his win as 'my finest ever athletic performance!'

Ray added: "Thanks to all who came, took part and supported us, including Andi Frost from the Stand Up who sponsored us with the beer, to her fabulous staff for looking after us, Chief Judge Lisa Vince, Jodie Gower for videoing and Dan Gower for marshalling.

"Here's to next year!"





Haywards Heath Lions Club Jumble Sale

11th March 2017

12pm – 2pm

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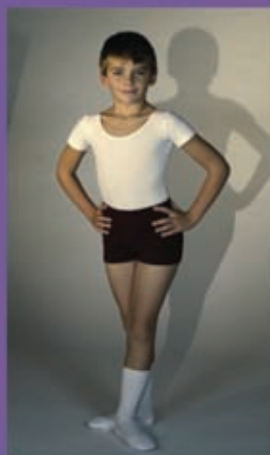
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Winter Ball adds to Swoove Aid's charity total

The first Swoove Winter Ball, organised by Lindfield's Esther Featherstone held in December at the Scaynes Hill Millennium Centre raised £2,000 for St Peter & St James Hospice.

Esther was among the 75 'suited and booted' party goers who danced the night away with the help of the local band Wild Honey. "There was a posh buffet and a drink included in the ticket price and a cash bar that was never empty!" she said. "The selfie booth was a hit with many photos taken on the night making lasting memories."

She added that the raffle raised £1,000 and the top prize was a four day stay at the five star hotel L'Avenida in Soller, Majorca.

Esther was thrilled with the feedback after the event. "Everyone said how much they enjoyed it and many have asked for it to be an annual event - so how can I refuse?" she said. "I think they all loved putting on their posh frocks and black ties and dancing the night away, knowing they were raising much needed money for a wonderful hospice."

Esther has already set a date for this year's ball - Saturday 16th December. More details will be available nearer the time (www.swooveaid.com).

This amount raised has now boosted Esther's Swoove Aid running total to £22,200 which has seen money donated to 13 different local charities since Swoove launched in September 2015.



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Arts Festival tunes up for 2017

By Lynn Tulip

Plans for the 2017 Lindfield Arts Festival are coming along well.

Being led by Mike Steer, Stix to his friends, an innovative programme is planned for 8-10th September 2017 with forward planning for the next few years' events as well.

The Trustees are delighted that Stix has a mix of new and long-standing team members committed to bringing the eighth Festival to fruition.

This year, the weekend coincides with the BBC's Last Night of the Proms on Saturday 9th September. With this in mind, Stix is wanting to encourage members of the local community to embrace this wonderful event and watch it on Lindfield Common, in a local public venue (to be announced in due course) OR in the comfort of their or someone else's living room as part of an Open Living Proms Event. So how will this work?

Team LAF is looking for 'hosts' who will be happy to welcome guests to their home to listen and watch the performance together.

If you think you will be at home that night and you have one, two or more armchairs free in front of the TV and would like to open your door to guests to share the Proms experience, then let us know. Email enquires@lindfieldartsfestival.com and the LAF Team will give you more information.

Lindfield Arts Festival continues to be committed to supporting emerging artists and young people who are developing their artistic talents or aspire to a career in the arts. So if you have, or know of a budding artist, actor, dancer, writer or musician the Festival team will be happy to consider how to showcase their talent. For more information or to make suggestions please call Stix on 07868 879084.



Photo: amandabhstater

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There's nothing quite like getting out in the fresh air for a walk in the stunning Sussex countryside – it's the perfect way to help banish any winter blues.

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The Mid Sussex Ramblers always welcomes new members to enjoy its varied programme of walks.

Whether you're an experienced walker looking for new routes to explore, or a beginner keen to get started, then the Ramblers has something to offer.

Formed in 1973 the group is part of the national Ramblers, Britain's leading walking charity, and currently has more than 480 members.

Walks are arranged every Saturday, Sunday, and Tuesday throughout the year, on Bank Holidays, and occasionally other days in the week.

There are leisurely half day walks of 3 to 6 miles and, for the more energetic, all day walks of 9 to 11 miles. During the summer months there are also Wednesday evening walks (3 to 4 miles) and weekend walking breaks and coach outings with walks.

During the winter months the group holds indoor meetings in King Edward Hall, with illustrated talks, and social evenings in local pubs in the Mid Sussex area.

Why walk?

Former Ramblers' Chief Executive Tom Franklin writes: "Imagine if a pharmaceutical company invented a new 'wonder drug' which, if taken by the whole population, would cut coronary heart disease by over a third. People would be clamouring for it to be provided free on the NHS.

"But imagine if that drug could also reduce cases of osteoarthritis; dramatically cut rates of obesity, diabetes and cardiovascular disease; halve the rates of colon cancer among those most at risk; reduce levels of breast cancer and aid recovery among cancer sufferers; reduce high blood pressure and cholesterol; cut by two-thirds the risk of strokes among highest-risk middle-aged men;

and cut by a quarter the risk of dying of a heart attack among those who've already survived one attack.

"That drug already exists - it's called walking. If everyone did it, frequently and fast enough, people would live longer and happier lives."

One in four people in the UK now experiences mental health problems in the course of a year. But regular walking can reduce depression, stress and anxiety, and aid sleep.



Walks organised for February include an eight mile walk exploring Slaugham, Bolney and Warninglid including a pub lunch on the 7th, Newick to Isfield Circular (10 miles) on the 12th, a four mile 'Barcombe Spectacular Views' walk on the 25th and the eight mile Plumpton Circular walk on the 28th February.

For further details and contacts for all these walks, and for more information about Mid Sussex Ramblers visit: www.midsussexramblers.co.uk

Christmas at All Saints – thanks for joining us!

By Chris Steynor

Christmas is a joyful and busy season for churches up and down the country – not least for All Saints Church here in Lindfield. At the top of the High Street around 3,000 people attended ten services in just three days - approximately half the people who will be reading this edition of Lindfield Life! If you are one of those who joined us, it was great to see you!

The service on the morning of 18th December was an all-age affair, featuring for the first time a mum's choir, for those from the community who attend some of the daytime groups at All Saints. In the afternoon and evening a large choir led two packed houses for our carol services.

For the first time, we gathered a children's orchestra to lead the carols at the three Christingle services on Christmas Eve. It was a bumper turnout with around 1,400 people from around the village coming to enjoy what was a truly atmospheric and memorable occasion. The midnight communion service to see in Christmas Day was followed by a joyful and rousing celebration for all the family on Christmas morning.

We were also delighted to raise £3,640 in our collections over the period, which has gone straight to Tearfund for their work with refugees in the Middle East. Thank you.



Looking to book a party with a difference? Kid's Birthday Parties, Ladies Cork & Canvas Night, Teen Creative Gathering, or just a Grown Up Art Party!

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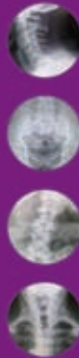
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Back to business

HOME FRONT

By Jacqui Smith, interior designer

As we finished 2016 already busy with a flurry of new enquiries for early New Year meetings, I knew that our first week back was going to be a busy one.

In addition to that, we had presented design proposals to Young Epilepsy on the morning of our last day in the office back in December and by the afternoon Catherine had received the call to say that they wanted to go ahead and quickly; and quickly meant by the end of January.

We have some fantastic suppliers so a call to a couple of our contacts that afternoon secured us some production time in early January enabling us to fully meet our client's deadline. We have also been working on a healthcare design project for Berkeley Homes which kept us on our toes right up and until we closed the office for Christmas and resumed at similar intensity on 3rd January.

Berkeley Homes is building an Extra Care scheme as part of a whole new village which it is constructing and it combines our show home experience with healthcare design. It's all brilliant work; exciting projects and great client teams and it certainly threw us straight back into it for 2017.

The early weeks of the New Year can often be quite slow. Historically for us, the January enquiries start coming in later in the month, but not this year. In our first week back we heard from five potential clients and what made these enquiries most heart warming is that four of them were from past clients.

The first enquiry was from one of our healthcare clients. He has asked us to help him and his wife with the refurbishment of his newly purchased second home in London. It will be interesting working with them; we have designed a dementia home for him as well as helped with the re-design of one of his pubs but designing his private space will be quite different and something I am really looking forward to.

The second call was from a couple for whom David made wardrobes almost ten years ago. Hearing from

them took me straight back to a time when Piers was a baby, Cameron had just started school, we had our workshop out at the Bluebell Business Estate and the business was being run from a corner of our bedroom!

Back then the juggle of a rather hand-to-mouth business and small children was extremely hard. In a quest to boost our business pipeline I remember one bleak and wet February Sunday afternoon where we spent a couple of ours driving around the village and parts of Haywards Heath with grizzling boys in tow, David stopping at various houses as I leapt up and out into the rain to deliver flyers!

The third client, a lady whose bathroom David designed and fitted about five years ago, has come back to us with three new rooms to design.

Our last call was from a lady we worked for when the boys and the business were very much in their infancy. I think most business owners would agree that there are certain jobs or contacts you make in the early days of your business which open up doors which you might not have otherwise walked through and this lady was one of those people.

She introduced us to our first healthcare client, the owner of a chain of residential homes for young adults with learning disabilities and it was working with him which led us to work with Young Epilepsy. With opportunity came some hard learning. This particular client was quite terrifying which helped us toughen up in some ways and enhance the processes we had in place during the early years. I love the Richard Branson quote: "You don't learn to walk by following rules. You learn by doing and by falling over". It would fair to say we have had our fair share of falling over during our years in business and this client certainly took us there!

For me a New Year is always a time for reflection and hearing from past clients really emphasised that this year. www.homesmiths.co.uk 01444 440880



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Leek and Rice Soup (Serves 4)

Using a large pan, gently fry 150g diced chorizo or bacon until golden brown. Remove with a slotted spoon. Add a small knob of butter to the pan with 3 thinly sliced leeks. Cook, stirring until just soft. Add 25g long grain rice (white or brown) and 850ml strong chicken or vegetable stock. Bring to the boil, cover and cook over low heat until the rice is tender – about 15 min. Add the juice of 1 large lemon, the diced chorizo/bacon and season to taste.

Vegetable Chowmein (Serves 2)

For a main dish, add 225g cooked prawns or some diced cooked chicken with the soy sauce.

Cut 4 young carrots into matchsticks, slice 50g green beans and 6 spring onions. Drain 227g can bamboo shoots. Heat 2tbs oil in a wok, toss in 1tbs sesame seeds and cook, stirring constantly, until just beginning to brown. Stir in the vegetables and cook, stirring constantly, until just soft. Add 4bsp soy or tamari sauce and 150g "straight to the wok" noodles. Cook until piping hot then serve immediately.

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By Caroline Young

Why do we make new year resolutions – to stop eating chocolates, lose weight, exercise more etc etc? Why be so hard on yourself when it is cold and grey outside and post Christmas bills are landing on the door mat. Let's make a new resolution to be kind to ourselves and everyone else, just curl up with a good book and eat some very comforting food. We can worry about our waistlines when we shed the woolly jumpers!

Sausage Hotpot (Serves 4)

Gently fry 8 sausages in a deep fry pan (with a lid) until golden brown. Remove from the pan, leaving just a little fat. Stir in 2 thinly sliced onions, some crushed garlic and a diced red pepper. Cook, stirring, until just beginning to brown. Return the sausages to the pan plus a 400g can baked beans. Cover and cook over low heat for about 15 min, stirring once or twice. Add seasoning and serve with hot garlic bread.

Crunchy Celery & Apple Salad (Serves 4)

Whisk together 3tbs mayonnaise, 3tbs thick natural yogurt, 1tbs creamed horseradish and a little milk to make a creamy dressing. Thinly slice a head of celery and tip into a salad bowl, add 4 small red-skinned apples, cored and diced, a handful of walnut halves and a generous handful of watercress sprigs. Add the dressing and toss to combine. To make a main meal add diced Cheddar cheese and serve with hot crusty rolls

Butterscotch Pears (Serves 2)

Put 2tbs soft brown sugar, a good knob of butter and 2tbs golden syrup, honey or maple syrup into a shallow dish. Microwave HIGH for 1 min. Stir in 2tbs lemon juice and a handful of chopped walnuts or pecans. Cut 2 just-ripe dessert pears in half lengthwise, scoop out the core and peel. Arrange, cut side down, in the dish and spoon the sauce over the top. Cook on HIGH for 3-4 min, turning the fruit over once, or until the pears are soft. Serve piping hot with cream or yogurt.



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Extension to local artists exhibition

Thousands of shoppers have enjoyed visiting the Art for Headway gallery in The Orchards, Haywards Heath, over the last few months, to view and buy the work of local artists.

But if you haven't got around to visiting yet, don't worry. The Gallery is staying open for several more weeks!

The Gallery, which opened last August, brings together some of the area's most talented artists, who have each given a donation, together with commission from sales of their work to raise much needed funds for the Newick based charity.

Several of the exhibiting artists are from Lindfield, including Maureen Welfare, a keen supporter of Headway and organiser of the exhibition which is held each year in one of The Orchards empty shops.

"We were expecting the exhibition to run for about a month but we have recently been asked to continue well into the New Year," said Maureen.

She added that the exhibition has attracted more than 3,000 people and 96 pieces have been sold, including a stunning horse head, made from ivy and drift wood.

"Our window now features a life-size Unicorn head created by the same artist," said Maureen, who has been supporting Headway for more than 30 years.

Headway offers rehabilitation and support services for people with acquired brain injuries, their families and carers. A brain injury can result from many different causes including stroke, accident, tumour, sporting injury or assault. The charity provides a full range of day services, offering tailored rehabilitation programmes, as well as a variety of advice and support services.

Money raised from the exhibition will be used to help buy specially adapted garden furniture made for the Headway clients.



"We are all very excited about this opportunity to be able to help Headway with much-needed funds and are delighted to have already raised more than £1,700," added Maureen. "Many people now visit us regularly to see what new work we have on show."

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We received this lovely article from Hilary, a reader and resident who felt compelled to use Lindfield Life to reach out to his 'knight in shining armour' - a true example of community spirit right here in Lindfield in 2017!

A good Samaritan

By Hilary Shepherd

On Sunday morning, New Year's Day, I took the car to the small car park by the mini roundabout, parked and walked very slowly to my seat at the end of the path across the top of the common, then sat on a plastic bag while I got my breath back. As I sat there a man walked slowly past looking at me and went on a few steps before turning and coming back to me. "My name is Mark," he said "and I am not happy seeing you there. Are you alright?" I said that I was fine but just getting my breath back. "Are you sure?" he asked, and, on confirmation, he walked on.

After crossing the road he turned back and came to me. "I am very concerned about you," he said, "and don't think you should be here like that on a day like today." I explained I was fine again. "Well, I do not like it. I am very concerned about you. Where is your car?" I pointed it out to him and he said: "Right, I am going to help you back to it." Mark helped me up, took my elbow and walked me to the car. As I was doing the seat belt up he said: "I am not happy about you. Are you sure you can drive? Where do you live?" Upon being told how close it was, he said: "Right. You drive off then and I will watch you go," so off I went. A few minutes later I was standing in my hallway, taken off my bobble hat and my coat was half off when there was a knock at the door, and there was Mark. He had followed me to ensure I had got home and that there was someone else in the house!

If you are reading this, Mark, I want to thank you profusely for your consideration, concern and care. This is not behaviour you see these days, and you were a true GOOD SAMARITAN. Thank you so much.

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Work starts at Wakehurst to help restore views

Wakehurst's gardeners have started work to thin out the trees and shrubs in Westwood Valley - the steep ravine running from the Water Gardens to Westwood Lake.

The three month project will see both the selective removal of trees and the heavy pruning of other trees and shrubs. Westwood Valley is part of the Asian Garden and houses a valuable collection of trees and plants that grow well in the wet, moist conditions of the Sussex Weald.

The initiative is part of a 15-year plan for Wakehurst that will see each area of the 558 acre estate edited, as in Westwood Valley, or intensified by more planting or created afresh with a completely new design.

Over the years Westwood Valley's vegetation has become extremely dense and there are now more than 3,500 trees in the area. The mature oaks lost their tops in the 1987 Great Storm and grew new branches lower down the trunks. The canopy tops have now regrown and it is the perfect time to remove the low branches, so the young trees and vegetation below can become healthier and grow into their natural shapes.

Cutting back will also open up the stunning views towards Westwood Lake that haven't been seen for 80 years.



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Holiday on Ice tickets made for a special night

Dear Team

Thank you so much, we had a fabulous evening at Holiday on Ice recently, which we won in your reader competition. Here's us on the night!

Kind regards,
Karen, Keith, Karlo & Rachael



New test available for pregnant women

National charity Group B Strep Support – started by Lindfield resident Jane Plumb – is delighted to announce a partnership with healthcare company HiberGene Diagnostics to help pregnant women to test for group B Strep – the most common cause of life-threatening infection in newborn babies.

One in four pregnant women is unknowingly carrying group B Strep bacteria, which causes meningitis, sepsis or pneumonia in more than 500 newborn babies a year.

On average, one newborn baby a week dies from group B Strep infection.

Testing for Group B Streptococcus (Group B Strep or GBS) is not routinely available through the NHS, unlike countries such as the USA, France and many others.

"We are delighted to be working with HiberGene Diagnostics who are supporting our helplines and information services for new and expectant parents," says Jane Plumb MBE, Chief Executive of Group B Strep Support. "Pregnant women are rarely offered testing in the NHS, and if they are, a 'gold-standard' test like Strepelle is seldom available. With their help, and their test, we are confident that more babies will be protected from preventable Group B Strep infection."

Strepelle costs £39.99 and is available from selected independent pharmacies and online from their website www.strepelle.com.

Strepelle is an easy to use home-to-laboratory test recommended from 35 weeks gestation. Once the laboratory has received the completed test, the results are sent via text within three working days and, for positive results, a hard-copy of the results is also sent.

Harp & Cream Tea

Grace Thompson, a local school student and member of All Saints Church, is holding a fundraiser in Lindfield this month for two charities close to her heart.

Grace, who plays the harp, has organised a Harp & Cream Tea event being held in The Tiger Lounge (next to All Saints Church) on Saturday 11th February.

"Come and bring your friends," Grace said, "for cheerful chat and tasty treats interspersed with magical music."

She has chosen to support Caminul Felix, a Romanian charity which supports orphaned children in the country, and Hypermobility Syndromes Association (HMSA).

Grace went on: "My family does respite fostering so I am passionate about every child being happy and safe, which is why I love the work of Caminul Felix. HMSA is the only charity offering both practical support and information to those affected by any of the hypermobility syndromes. I personally suffer from Joint Hypermobility Syndrome, so I know the help that they have been to me."

Tickets for the event cost just £1 and can be purchased from the All Saints Church Office (01444 482405). The event starts at 4pm on 11th February.



Maximise your driver distance

TEeing OFF



By James Verrall, Head Golf Professional

Getting the maximum distance out of the driver is something everyone wants to achieve. Sometimes in the hope of doing this you might try to hit the ball too hard or swing back too far, but this doesn't actually always maximise your driver distance.

Maximum distance comes from hitting the ball out of the middle of the club and at the right angle of attack. Hitting the middle of the club requires a good set up first of all. You need to stand feet slightly wider than shoulder width to create a solid base and allow your arms to hang naturally when gripping the club. Being too tense will make it harder for you to swing correctly.

The angle of attack refers to the degree that the club head approaches the ball. For the driver you need a shallow angle of attack which promotes you hitting on the upswing. This will make the ball carry further and have less spin on it so it will also roll further. To create this shallow angle you need to position the ball forward in the stance and feel like you stay behind the ball when you hit.

Another important feature to maximising your driver distance is having a slight pause at the top of the backswing, this will help to allow you to complete a full backswing. It will also help you to keep a smooth tempo rather than try and swing too quick which will normally lead to the body swinging out of sequence.

Try this out next time you tee the ball up and see what results you get.

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The Age of Bowie by Paul Morley

BOOK REVIEW

By Cavan Wood

Paul Morley is a journalist and music writer who knew the career and the influence of David Bowie inside out.

This book is part biography, part meditation on the life of the rock star who died in 2016.

Some passages seem to be written in blank verse, echoing the style of David Peace's *Red or Dead*, by repeating the name 'David Bowie' with a thought connected to him, such as 'David Bowie - is never doing anything out of the blue'.

It is not a conventional 'start at birth and go onto death' style of writing, but an impressionistic combination of facts, memories and reflection.

He does miss some of the cultural impact of Bowie in the two key series of the last fifteen years, namely *Life on Mars* and *Ashes to Ashes*. This seems a strange omission. Yet this is a small fault in a major book, which does help us understand the sense of loss and still celebrates what remains of this extraordinary talent.

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Hard work pays off for school athletes

By James Smyth

Members of Lindfield Primary Academy's athletics squad were rewarded for all their hard work and effort last month when they were crowned Mid Sussex Sports Hall Athletics Champions.

In recent years the school has celebrated success in this event by reaching the final and finishing as runners-up on more than one occasion; however this is first time that they have managed to win the trophy and they now move onto the County Final later this term.

The Year 5 and 6 students have spent their recent lunchtimes practising their events and went into the final, held at Sackville College, with confidence. However, the standard of competition this year, was extremely high. Harlands, Halsford Park and St Peters had all also performed extremely well in their heats and each event was hotly contested.

Lindfield dominated the track events, whilst Harlands were on top form in the field events with the East Grinstead schools also chipping in with victories throughout. It all came down to the final boys and girls 4 x 1 lap relays. After the girls had narrowly won their race, all eyes turned to the boys. With just one lap to go, Lindfield were trailing Halsford Park by 2 metres, knowing they needed to win to have a chance of claiming the trophy. A fantastic changeover between Louis Keane and Stanley Flower followed, with Stanley extending the lead in the final straight.

There was relief and elation from the Lindfield students, teachers and parents when it was confirmed that they had won by just two points from reigning champions Harlands. All the children performed admirably, reflecting the school values, particularly respect, enthusiasm and teamwork.

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Lindfield Life is still on holiday!

READER'S PHOTOS

Following a plea to readers back last summer to take your copy of Lindfield Life on holiday with you - these dedicated residents have both independently sent in the following photos and therefore kept the feature going even in the winter months!



Resident Mark Plass proposed to Camilla Thomas in St Lucia in December. What proposition of marriage would be complete without a copy of the Lindfield Life in the mix? Not sure if we can take any credit for her saying 'yes'!



Lindfield resident Jennie Carter is pictured here on a camel at the reconstructed Fort at Zubarah in north west Qatar - of course clutching her copy of the magazine at all times!

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This spring, Entertainment One's Peppa Pig is teaming up with the world's leading children's charity, Save the Children, to launch a fundraiser like no other.

Between 8th and 14th May 2017, nurseries, early years groups, families and children up and down the country are being encouraged to take part in a Peppa Pig's Muddy Puddle Walk for Save the Children.

Organising a Muddy Puddle Walk is a great way for your little ones to explore the world around them and jump in muddy puddles, like Peppa Pig, for a worthy cause. However you fundraise – you'll help Save the Children make life better for children around the world.

There are lots of easy ways to raise money on your

Muddy Puddle Walk for Save the Children. The free fundraising pack is full of great activities and fundraising ideas, so you can choose which option will work best for you and your children. Your little ones can get sponsored to walk or splash in puddles at the park, or they can simply donate to join your muddy puddle walk. You can even top up your total by baking and selling Muddy Puddle cupcakes!

Sign up your nursery or family now at www.MuddyPuddleWalk.org to get your free Muddy Puddle Fundraising Pack, full of fundraising ideas and tips for great walks and activities indoors and out – including free Peppa stickers and Save the Children balloons too!



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Could you offer a cat the purr-fect home this Valentine's Day?



Cats Protection's National Cat Adoption Centre will be playing matchmaker over the Valentine's weekend in a bid to find homes for some of its loneliest cats.

The centre, in Lewes Road, Chelwood Gate, will be hosting its Lonely Hearts event on Saturday 11th February from 10am until 4pm.

Staff and volunteers will be on hand to help visitors find their perfect pet from the 150 unwanted cats and kittens currently in the charity's care.

Visitors will also be able to enjoy pink lemonade, chocolate hearts and the chance to win a Valentine's Hamper during the free family-friendly event.

Cats Protection's National Cat Adoption Centre Deputy Manager Jonathan Ramsden said the centre was hosting the event to raise the profile of some of its longest-staying cats.

He said: "With so much love in the air, we're hoping Valentine's weekend will encourage more people to open their heart to adopting a cat from Cats Protection.

"February is a really great time to adopt a cat, once the excitement of Christmas and New Year is over. Because it's also quite chilly, a new cat would rather stay indoors, giving you the perfect time to bond and get to know each other.

"We have some really lovely cats in our care which haven't yet found an owner, and we're really hoping now will be the time they catch someone's eye. While we work very hard to give each cat plenty of love and attention, there really is no substitute for a home of their own. So we'd ask anyone considering adopting a cat to come along to our Lonely Hearts day and welcome a new cat into their heart and home."

Some of the lonely cats currently in the care of Cats Protection's National Cat Adoption Centre are:

Sally – Ten-year-old Sally has been at the centre since October. She's a laid-back cat who would love a home where she can curl up on a cosy sofa and enjoy some home creature comforts.

Maverick – Seven-year-old Maverick has been waiting for a new owner since October and would now desperately like a home without other pets or young children, where he can be the centre of attention.

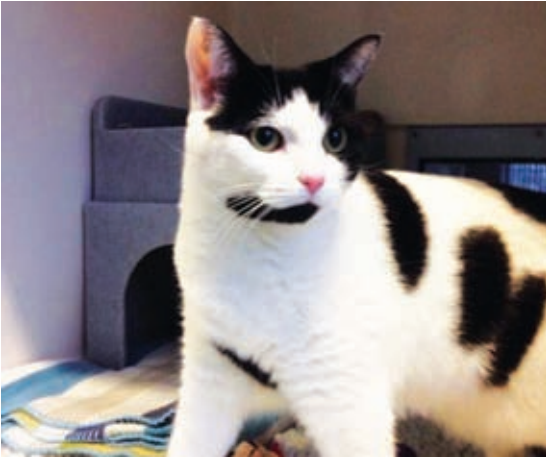
Margot – Chatterbox Margot loves to interact with people and would love a home where she can get plenty of attention. At twelve-years-old, she is still very adventurous and curious and loves to be at the heart of the action. She needs a home without young children or other cats.

Jazz – Four-year-old Jazz came to the centre in December and is a sociable puss looking for a home without other cats.

Deefor – A gentle natured cat who loves to be pampered. She really enjoys being in the company of people and loves to have a few strokes and cuddles. Her perfect home would be a calm household with a garden to explore.

If you can offer a home to one of Cats Protection's Lonely Hearts cats or to find out more about the event, please call the National Cat Adoption Centre on 01825 741 330.

For more information visit: www.cats.org.uk



Jazz



Margot

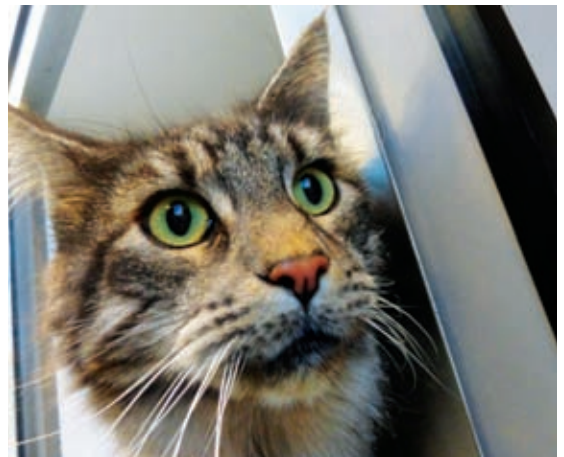


Sally

Sally is a laid-back cat who would love a home where she can curl up on a cosy sofa and enjoy some home creature comforts!



Deefor



Maverick



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Sudoku #7

Courtesy of <http://andrews-sudoku.blogspot.co.uk>

Find the solution to #7
in next month's magazine

	5		7					
9	1					8		
6				3	1	2		
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#6 Solution

7	1	2	3	4	6	9	5	8
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3	5	9	8	2	7	1	4	6
8	3	1	4	6	2	5	9	7
2	9	4	7	8	5	6	3	1
5	7	6	9	1	3	2	8	4
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1	4	7	5	9	8	3	6	2



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What's on in February

AT KING EDWARD HALL

- 2nd **Lindfield Country Market** – 10-11am
(Sheila Hobbs 01444 483396)
- 4th **Lindfield Horticultural Society Coffee Morning**
10am-12noon - SEED SWAP and COFFEE MORNING. Bring along your own seeds to exchange and take home a new selection to try in your garden this summer. A selection of plants will also be on sale. All welcome. Membership enquiries: 01444 456409 www.lindfieldhorts.org.uk
- 7th **Lindfield Afternoon WI** – 2.15-4.15pm
(la16wi@gmail.com or Jacqui 01444 454816)
- 8th **Lindfield Horticultural Society** – 8pm
TALK: Garden Sage Garden Centre
Lindfield Horticultural Society is delighted to welcome Ed Nugent who will tell us all about Garden Sage Nursery in Hassocks and the process by which they came about. With some discussion about nurseries in general and their day to day workings, Ed will also talk about plant varieties and growing in general.
Entry £1 members, £2 visitors, all welcome
- 9th **Lindfield Country Market** – 10-11am
- 14th **Lindfield Preservation Society** – 2.30pm
River Ouse: Source to the Sea by Geoffrey Mead. Rivers are fundamental to creating the shapes of our landscapes; even a relatively minor river such as the Ouse has given us the rich Sussex variety of landform which characterise our county views. This talk on the Ouse will look at the geology and geography of the river basin and how that influences the social and economic history, its agriculture and settlement patterns.
All welcome, entry free (John Chapman 484470)
- 16th **Lindfield Country Market** – 10-11am
- 23rd **Lindfield Country Market** – 10-11am
- 23rd **Film Show Evening** ('Sully' 12A) – 7.30pm
(Tickets from Tufnells, High Street)
- 25th **Sale of Teak Garden Furniture**
- 25th **Barn Dance with Supper**
Lindfield Folk Dance Club
(Mike Fairweather 01444 482741)
- 28th **Lindfield Flower Club** – 2.30pm
Ben Cross will give a talk entitled: British Astroemeria and the UK Cut Flower Industry

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

AND ELSEWHERE

- 8th **Duo Illumina Tiger Arts Concert** – 1pm
All Saints Church, Lindfield
- 8th **The Mid Sussex Franco-British Society** – 8pm
Clair Hall, Haywards Heath
Illustrated talk in French by Barbara Stevens entitled 'Depuis Saint-Malo jusqu'à Cognac - un voyage de découvertes'
All members and visitors are most welcome
(For further info 01444 452385)
- 11th **Harp & Cream Tea** – 4-5.30pm
The Tiger Lounge, Lindfield
Charity fundraiser by Grace Thompson - an opportunity to eat, chat and hear beautiful music
- 15th **Mid Sussex Decorative & Fine Arts Society**
10.15am, Clair Hall
'Gallery on the Street - Public Art in the City of London' lecture by Alexandra Epps. Discover the wealth of modern and contemporary art in the streets of London. Non members welcome: £7 on the door
- 16th **Mid Sussex National Trust Association** – 2.30pm
Clair Hall, HH: 'Trust to Nature - the development of landscape painting' by Jackie Parry
- 16th **Head Gardener's Walk** – 11am
Nymans Gardens, Handcross
Booking essential for this tour (01444 405250)
- 25th **Lancing College Tiger Arts Concert** – TBC
All Saints Church, Lindfield - An evening of music through the ages presented by talented students from Lancing College music department

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