

# Lindfield Life

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Local village talk,  
by the village

April 2017 Issue #99

Free



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Meet Kate Mactear in Village People

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## EDITORIAL

By David Tingley, Editor

Welcome to the April issue of Lindfield Life – number 99 – but more of those milestone celebrations next month!

As ever we have a mixed bag of goodies for you.

First up, **Claire Cooper** met GB Triathlete **Kate Mactear** in our Village People feature on **page 14** – where we meet and find out more about someone in Lindfield. Kate has achieved some great success at her relatively young age, and it's a pleasure to tell her story to her 'home crowd' of Lindfield.

On **page 26** you can see **Lisa Desbruslais** clutching her copy of Lindfield Life while posing next to Paddington Bear in Peru. I'm so chuffed that Lisa has sent this in, and it reminded me to prompt for some more holiday snaps of the magazine going on holiday with you now the weather is warming up a little. Thanks Lisa – good work!

Residents **Chris Lee** and **Peter Desmond** are championing the village to become Fairtrade accredited – read the plans on **page 27**. What a great idea!

With Easter coming up at the end of April, **four local churches** take the centre spread to promote all that's going on this month.

**Lindsey Jones** serves up some sage advice on **page 37** for students as they prepare for exam season. And, talking of students, **Umarah Ahmed** & **Seren Billson** from **Oathall** have both taken the time to contribute a book review on **page 38**, where you can also find **Cavan Wood**'s review of A Boy Made of Blocks. Thank you all.

**Richard Bryant**, from the **Lindfield History Project Group**, has kick-started a new series of articles in the magazine on **page 40** by looking at the fascinating story of engineer **Julius Guy**; a Lindfield resident in the 1880s.

On **page 46** **Joe Wayte** gets talking to Lindfield landlord **Peter Brown** about life behind the bar and living above the pub.

And there's plenty of local news throughout too.

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## Good news for bus users

A small group of bus users from the village have been talking to local bus operator Compass Travel about services which have been reduced in the area.

But they have recently had great news for Lindfield residents. From 24th April, the Compass number 30 service will resume with an off peak service along Backwoods Lane and Appledore Gardens.

The company has also stated that the number 31 service will be operating via West Common and both services will continue to go to Sainsbury's supermarket.

## Lindfield Garden Trail coming

In 2016 more than 300 people visited the garden at 47 Denmans Lane and over £2,200 was raised in aid of St Peter and St James' Hospice.

For 2017 several other gardens have joined in this community event and so far six garden owners have agreed to open their gardens during the afternoon of Sunday 11th June. The gardens vary and reflect the interests of the owners and range from a small garden with a design inspired by a snail shell, an exotic garden and a garden with an emphasis on leaf shapes and colours to more formal gardens. In addition to seeing these contrasting gardens, visitors will be able to buy plants, enjoy tea/home-made cake and seek advice from the gardeners! There will also be demonstrations of composting, beekeeping and rainwater harvesting.

More about the trail can be found at: <http://lindfield-gardens.co.uk> but the date for your diary is Sunday afternoon 11th June.

The organisers would love to include more gardens, especially small gardens. We're also looking for volunteers to help on the day, donate plants or cakes. Please contact us at [info@lindfield-gardens.co.uk](mailto:info@lindfield-gardens.co.uk) or phone 01444 459363.



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## Bonfire Society hosts events in April

Easter egg hunters will be scouring the gardens of the Red Lion pub on Saturday 15th April.

The pub is hosting the second egg hunt to be organised by members of the Lindfield Bonfire Society.

Following the success of last year's event, egg hunters are invited to search for clues in the garden from 1pm to 4pm. Clue sheets can then be exchanged for chocolate eggs, donated by a Bonfire Society supporter.

There's also a chance to name and win a cuddly Easter bunny and to pick up bonfire society badges and merchandise.

The society will also be holding its annual Vintage Coffee Morning on 29th April from 10am to 1pm.

It's a chance to step back in time with vintage cups, saucers, mugs and plates and tables laid with traditional tablecloths.

Home-made cakes will be served and can also be wrapped to take away.

The event also includes a 'three for £1' second-hand book stall and a merchandise stall selling 2017 badges. Bonfire Society members can also buy or order the hand knitted smuggler's jumpers that are worn on bonfire night.

# Oathall College Farm Open Day

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## Bowlers get set for spring

Members of Lindfield Bowling Club are celebrating the arrival of spring and looking forward to getting out on to the greens for the start of a new season.

But the bowlers haven't been hibernating over winter!

"We've had a dinner dance in October, a Carols Quiz evening in December and have been busy arranging matches and planning captains' charity days, special evenings and other events ready for the new season," said secretary Sue Willmott.

She added that last year members raised around £2,000 for charity and are hoping to raise a similar amount this year.

The Lindfield bowling green is looked after by the council with members responsible for painting and repairing the pavilion, looking after the benches and weeding the brick paving.

"We have new chairs for the pavilion this year and have donated the old ones to a local scout group," said Sue. "We've also ordered our hanging baskets ready for the summer."

Last year the club enjoyed a successful season with men winning the county pairs and men's county triples, the mixed fours and double mixed rinks going to Leamington for the national competitions and a 'fairy tale' ending when members won the national Tony Allcock double mixed rinks.

"The secretary, treasurer, chairman and captains are all working towards a great summer of bowling," added Sue.

Members will get the ball rolling with a coffee morning on 15th April at 10am.

"New bowlers are always very welcome and we can provide bowls and coaching to help newcomers get started," said Sue.

Bowls is great fun for all members of the family and the club runs a Juniors Club, for youngsters aged seven and over, on Saturday mornings from 10am to 11.30am.

Open days are being planned for 3rd June (an all-day 'come and try' event) and 1st July at 5.30pm.

To find out more, contact Sue Willmott on 01444 452883.



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# Donate handbags for refugees

By Jacqui Smith

We need your handbags! Well, not your actual handbag but a handbag which you could fill with useful things and give away to a refugee who no longer has one.

Refugees are people like you and me, who may find themselves without one now and, more importantly, without all the things which we rummage for in our own and probably take for granted. As a result we are collecting handbags, filled with all things useful such as tissues, brush, lipsalve, tampax, wipes, hand gel, plasters, handcream and a scrunchie. I would also add to that things like a spare pair of knickers (new) and perhaps some reading glasses (you can get these from Poundland). Note: medications, food and sharp objects are off limits but you can include anything you think would be of practical use.

The bags don't have to be designer – they can be nearly new, picked up from a charity shop or purchased inexpensively from a supermarket. I would suggest that pockets would be good and one that is easy to carry.

Filled bags can be dropped at 26 The Platt or with Jade and Louise at Swalk on the High Street. We are collecting until the end of April.

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## Mid-Sussex hockey title stays in the village

By James Smyth

Both of Lindfield's Primary schools tasted success at the recent Mid-Sussex hockey finals at East Grinstead Hockey Club. Having successfully qualified from the Haywards Heath/Burgess Hill event in February, both Lindfield and Blackthorn's Years 5 and 6 went into the tournament with high hopes of victory and a place in the county final.

Blackthorns - who won last year's competition - managed to win three of their five matches, including impressive wins over Halsford Park (East Grinstead), and finished the event as bronze medalists. Lindfield, however, completed the tournament with a 100% record, including a 2-1 win in the 'Lindfield Derby' and a

very tight 1-0 win over local rivals Harlands. They now go through to represent Mid-Sussex at the Sussex School Games in July. This is the third time this year that one of Lindfield's sports teams has qualified for this prestigious event, after the indoor athletics and gymnastics teams won their Mid-Sussex Finals earlier this year. Mr Smyth, a Year 6 teacher at Lindfield Primary Academy, was extremely proud of the children's accomplishments: "What an incredible achievement for the children of Lindfield! For both the schools in the village to return home with medals is fantastic and a testament to the brilliant sport provision we both have. We will certainly have a busy summer at Lindfield Primary Academy with so many County Finals coming up!"

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# Lindfield's voiceover girl

For the past five years 11 year old local resident Tasha Lawrence has played the voice of Sarah in 'Sarah and Duck', a popular cartoon series on the BBC children's channel CBeebies. Tasha spends an afternoon every few weeks at a recording studio in London, helping to bring Sarah to life. It's generally a three-hour session recording three different episodes, and then the drawing is done to fit the character to her voice and the way she speaks her lines. (For those of you interested, sometimes with cartoons the process is the other way around.) The character of Sarah is only seven years old so, as she's got older, Tasha has had to remember to keep to the same, younger voice as her own changes slightly! She has now almost finished recording the third series, which will bring the total number of episodes to 120. The cartoon is now seen by children all over the world, including the USA, Canada and Australia, winning a BAFTA for Best Pre-school Animation in 2014.

Excitingly, the cartoon characters, featuring voices from the series, are about to be seen on stage in a brand new production, by Polka Theatre in Wimbledon, called 'Sarah and Duck's Big Top Birthday!'. The production will use puppetry, storytelling and music to take the audience on a fun, new adventure. So, if you have any big



'Sarah and Duck' fans in your house, the play is on at the Polka Theatre from 6th April to 14th May and can then be seen on tour throughout the country between the 29th May and 9th July. Tour dates can be found at [www.sarahandduck.com](http://www.sarahandduck.com).

  
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# The triathlete taking on Europe

## VILLAGE PEOPLE

Kate Mactear took up sailing at six years old, and when she eventually raced at the Cowes Week Regatta she felt she had accomplished her dream.

But there were much bigger successes in store for Kate when she swapped her boat for a bike and began triathlon training.

Last year, Kate represented Great Britain in the European Triathlon Championships, winning a surprise silver medal.

Now with her sights set firmly on this year's championships, and a possible entry into the World Championships Kate explains how she came to take up one of the most gruelling sporting challenges and how coming back home to Lindfield is vital to her training regime.

### By Claire Cooper

Kate Mactear was born in Canada but moved to England when she was five years old. "My dad's job brought us back to England," Kate explained. "We needed to live near to Gatwick and my parents were considering Haywards Heath but discovered Lindfield and fell in love with the village.

"We moved into Dukes Road and my parents are still there!"

Kate and her younger sister attended Lindfield Primary School before moving on to Burgess Hill School for Girls. "I loved school," said Kate. "I was always sporty and was a good runner but was never particularly good at team sports."

The first sport Kate fell in love with was sailing. "My dad was a keen sailor, and my sister and I would go sailing with him from a very early age. It wasn't long before I caught the sailing bug!"

Kate learned to sail at Ardingly Reservoir when she was around six years old. "I started sailing on Optimists - tiny little boats which look rather like bath tubs!" Kate recalled.

"I got my first boat, a Topper, when I was 11." Kate

went on to join Sussex Yacht Club based at Shoreham and began to sail competitively, racing small keel boats.

"When I was 13 I really started getting into it," said Kate. "I was a fairly average sailor, coming in the middle of the pack most of the time, but I just loved it!"

But Kate's passion and commitment to sailing were rewarded when she was selected for the 1st Youth Team to compete at the Cowes Week Regatta.

"We sailed as a team of five, and I was at the helm steering the boat," said Kate. "It sounds important but it's really just a matter of doing as you are told!"

"It was great fun and I was really happy to fulfil my dad's dream!" said Kate, who also qualified as a sailing instructor, teaching at Ardingly.

Kate stopped racing when she was 17, devoting her time to her A level studies. "When I reached the sixth form, driving back and forth to Shoreham to sail while trying to study for my A levels just wasn't practical, so the sailing had to take a back seat."

However, needing a new outlet, Kate had already begun to get interested in triathlons after her sailing coach encouraged her to give it a go.

She completed her first triathlon, a beginners super sprint race, when she was just 16. "I did it in a very amateurish way, riding my mountain bike and wearing a T-shirt and cycling shorts," said Kate. "I just wanted to complete it, but I was the only girl competing in the under 16 category, so I won!" It was a great way for Kate to start her triathlon career!

"Triathlon tends to be a sport for older athletes," explained Kate. "You don't find many teenagers doing it - particularly girls!"

After passing her A levels Kate took a gap year, travelling to Nepal with her friend Joanna Storer.

"I also volunteered at the 2012 Olympic sailing events at Weymouth, which suited me perfectly!" said Kate. "I was lucky enough to be there watching from the shore on the day Ben Ainslie won his medal!"

Kate also worked a ski season before going to Bristol



University to study engineering.

And it wasn't long before Kate had joined the University's Triathlon Club. "In the aftermath of the Olympics, cycling was becoming extremely popular and there was increasing interest in triathlons.

"People had seen the Brownlee brothers in action and the sport just took off."

Kate, who had also joined Mid Sussex Triathlon Club along with her dad, swapped her mountain bike for a proper triathlete's road bike and embarked on a new training regime.

"The Mid Sussex Club is brilliant and caters for everyone from complete beginners to world class athletes," said Kate. "Every time I come home to Lindfield I love going back to the club."

Kate explained that triathlons are split into four distances: the Sprint – a 750m swim, 25km cycle ride and 5km run; Olympic – 1,500m swim, 40km cycle ride and 10km run; Middle – 1,900m swim, 90km cycle ride and 21km run; and Iron Man – 3.8km swim, 180km cycle ride and 42km run.

Kate competed in her first 'proper' race last summer – the European middle distance championships in Walchsee in Austria. "I had qualified the previous summer and this was my first and only international race," said Kate.

"I was only going for the experience and hoping to finish somewhere in the middle of the pack."

Kate finished just seconds under five hours, but with competitors starting at five second intervals there's no way of immediately knowing where they have finished.

Pleased with her time, Kate got showered, changed and returned for the medal ceremony but was surprised and delighted to find she had finished second in her age group (under 25) and had won a silver medal!

"It was wonderful to represent my country and be part of the Great Britain team and actually come home with a medal," said Kate. "My parents had travelled to Austria to watch me and were shocked, surprised and very proud!"

Fellow members of the Mid Sussex Club were also delighted and are excited about Kate's future.

"This will be my last year competing in the under 25 age group, so I'd like to give the Olympic distance a try," said Kate. "When I move up to the next age group it will get much more competitive. I'll be up against much stronger athletes as triathletes tend to get better as they get older."

Her next race - this year's European Championships - takes place in Kitzbuhel in Austria in June.

"I'm also hoping to qualify for the World Championships," Kate added. "There's a qualifying event in Arundel in July and I'll need to finish in the top four in my age group."

Kate is currently living in Bristol and working for BAE Systems, as part of a two year Graduate Scheme, but still finds time to train six days a week. "It's often difficult to fit in the training but I train in the morning before work, swim at lunchtime and go for a run in the evening,"



she said. "I also cycle to work and go for longer bike rides at the weekends.

"Bristol is a very sporty city with lots of cyclists and I'm lucky that the council has a scheme for international athletes where we are given free gym membership and swimming.

"When I come home to Lindfield I keep up my training with the Mid Sussex Club. I also find Sussex very calming and relaxing which also helps me to focus."

Kate's training regime also includes marathon running. She completed the Brighton Marathon last year in 3.22 hours but describes it as 'the most painful thing I've ever done!'.

Kate will be on the starting line for the London Marathon on 23rd April when she hopes to improve her time.

As an amateur athlete, Kate has to cover the cost of training and competing herself. "My bike cost £2,000 and I need a new pair of £100 running shoes at least every six months. Then there's travel and accommodation costs and entry fees," said Kate.

"It's more expensive than I thought but it's still cheaper than sailing!"

Last year she was sponsored by Enterprise Learning in Haywards Heath and she'd be delighted to hear from any local businesses who would be willing to help her progress to her second European championships and beyond.

"Triathlons are very addictive," said Kate. "So many people start by aiming to complete one event but end up wanting to improve their time and challenge themselves with longer races.

"I haven't ruled out moving to the elite (Olympic) race but it's a totally different way of racing," Kate explained. "It's very tactical as you're racing as part of a team and all working together. Not many people realise that the Brownlee brothers have a third team member, who blocks the opposition and paves the way for the other two runners.

"I'd also love to do an Iron Man race at some point."

Kate has one piece of advice for potential triathletes - join a club. "There's no way I would have got as far as I have if I hadn't joined the Mid Sussex Triathlon Club," said Kate. "The moral support I have had from such a lovely group of people has made all the difference."





## Book a talk about the Air Ambulance

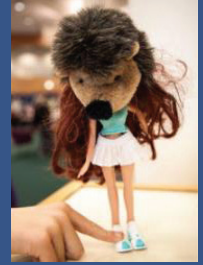
The Kent, Surrey & Sussex Air Ambulance is inviting local groups, clubs, societies and other organisations to book a talk (free of charge) to find out more about the work of the charity.

By inviting a volunteer speaker to your group, you will be helping to raise awareness of the work of the Air Ambulance and help ensure it can be there for those in need, now and in the future.

For more information or to book a talk, please contact the team on 01622 833 833 or via email: [talks@kssairambulance.org.uk](mailto:talks@kssairambulance.org.uk)

## Mutant toys or just a bit of hacking?

Have you ever watched Toy Story and thought that mutant toys were awesome? Lindfield Arts Festival 2017 will give you the opportunity to bring an old toy to a Toy Hacking Workshop on 9th September and make it new.



Everything will be supplied but you are encouraged to start saving your old toys to transform them into hybrids. Children can turn abandoned, tired and unloved toys into downright bonkers and truly unique creations. Lindfield Arts Festival will have a stand on Village Day where there will be a collection point for old toys to be hacked during the Festival!

Special sponsorship packages are available if your business would like to contribute to the local community Festival.

Email [enquires@lindfieldartsfestival.com](mailto:enquires@lindfieldartsfestival.com) or call Stix on 07868 879084 for more information.

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# Women show the love

By Kate Bennell

Members of Lindfield Evening WI were proud to take up the challenge to show the love this month.

At our meeting, we carried out an activity to sew pretty green fabric hearts and decorate paper hearts with wording and symbols to signify what matters most to us that we could lose if climate change is not reversed (to make this an inclusive activity for members who are visually impaired or have limited needle skills).

Our hearts were displayed on the silver birch tree planted by members of Lindfield WI in Tollgate Car Park in 1972. This was our contribution towards the WI's work as a founder member of the Climate Change Coalition, which is the UK's largest group of people committed to take action to limit the threat of climate change.

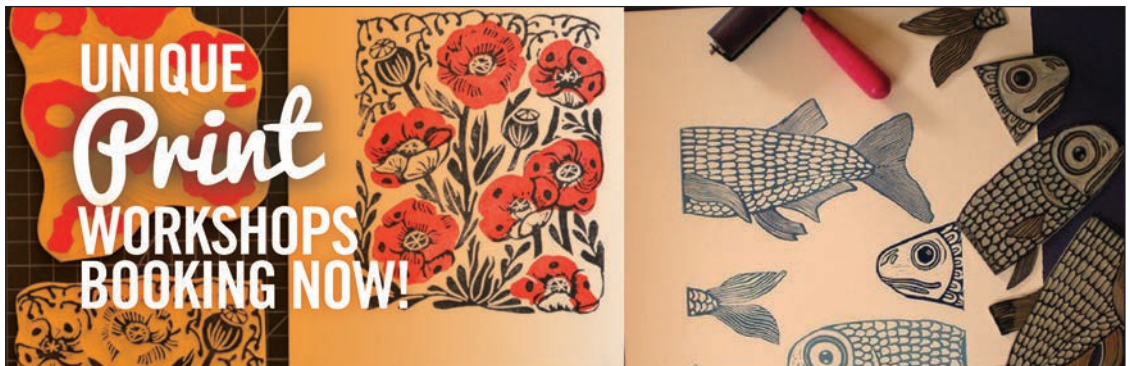
Why does climate change matter?

Climate change is a reality in our world today and we are set to lose a lot if we cannot turn the tide. Already we see the impact with places being prone to drought and to flood. By gradual degrees our bee population is being impacted and this will in turn destroy some plants and flowers as pollination is important for both the food we eat and our feed for the livestock we depend on for meat.



If flowers continue to bloom early due to rising temperatures, bees have limited nectar available and competition for nectar becomes more intense.

Lindfield Evening WI are committed to show the government that we want this issue to be prioritised. We want to make sure climate change is high on the political agenda so that everyone will benefit.



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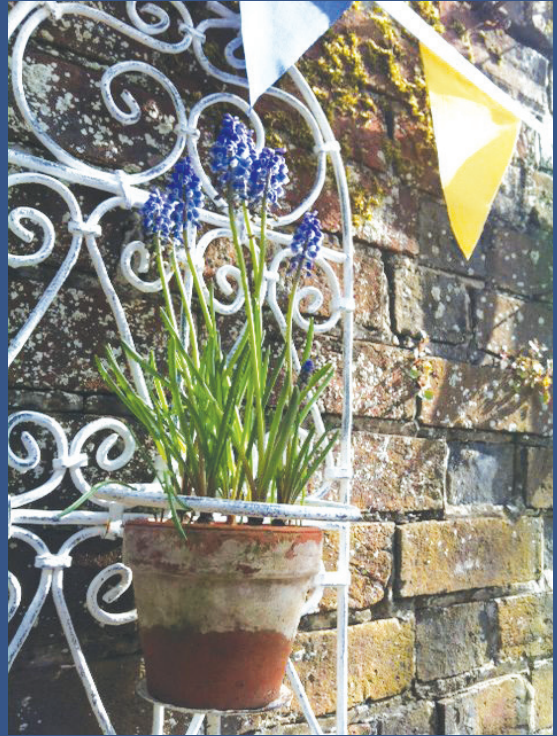
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# The Toll House & Café celebrates springtime

The Toll House Store & Café has embraced spring with the opening of its re-vamped walled garden and the launch of its new menu, which now includes wine, beer and Prosecco, following the granting of an alcohol licence.

The popular eating and shopping destination is also celebrating its new look café and a wide range of new stock, including summer essentials, home wares, women's wear, jewellery and even flowers. The shop has also recently welcomed new traders selling a wide range of ceramics, glassware, baby wear and gifts.

Co-owner Mary Collins said: "What better way to pass the day than a spot of shopping and a leisurely and delicious lunch in the garden with a chilled glass or two? Or perhaps a piece of homemade cake and a glass of chilled Prosecco? Our garden is a wonderful little oasis in the centre of the village and, with shopping over two floors of our quirky 17th Century building, we are delighted to offer customers a great shopping and eating experience all in one fabulous space."



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## Bonfire Society helps disabled charity

Visitors to last year's Lindfield Bonfire have helped keep youngsters in the saddle by supporting a local Riding for the Disabled Group.

Every year Bonfire Society members work hard to collect donations from those who attend the annual celebrations. All the money collected on the night is donated to local charities.

Members of the Court Meadow RDA were delighted to be among the beneficiaries this year, particularly as the group is celebrating its 40th anniversary.

Founded in 1977, Court Meadow RDA provides weekly riding lessons for children with learning difficulties who attend Woodland Mead School (previously Court Meadow School in Cuckfield and Newick House School in Burgess Hill).

The group also works with pupils from the LVS Hassocks school in Sayers Common and with pupils with special needs from mainstream schools in the area.

Sessions are run by a dedicated team of volunteers, whose roles range from getting the ponies ready, putting out equipment and leading and side walking during lessons to organising fundraising events and activities, including a visit from the Easter Bunny!

The group provides jodhpurs, boots, polo shirts, sweatshirts, fleeces and riding hats for all the children.

In the summer pupils can take part in Activity Days, when they learn how to groom and tack up the ponies before enjoying hacks on nearby bridleways, playing games based on horsemanship and a picnic lunch!

Each year the group needs to raise £12,000 to keep the Club alive. In addition to the cost of hiring a venue and ponies, equipment needs to be updated regularly and RDA fees paid.

The next fundraising event is a Golf Day to be held at Mid Sussex Golf Club, Spatham Lane, Ditchling on 2nd June. For more information, and to book your place, call 01444 471165.

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# Five walks around Lindfield – let's walk them

Now that spring is here the people of Lindfield, their guests and their dogs will be keen to don their walking boots and get out into the fresh air. But where can they go without having to leap into a car?

Help is on hand, thanks to a little book featuring five walks in the vicinity of the village. Walks range from three to approximately six miles (10 for the extension to the Ouse Valley viaduct) and take from one and a half to three hours, giving ample justification afterwards for a restoring drink in one of Lindfield's fine pubs!

The walks take in areas around Paxhill and East Mascalls; Walstead and Lyoth Lane; Ardingly Reservoir; Scaynes Hill and Slugwash Lane as well as the Ouse Valley.

In the past year Colin and Jacky Tyler and their four footed friend Tosca have tried and tested all the walks, and the new booklet has maps, directions and information about access and parking.

Five Walks around Lindfield is available for £1 from the Lindfield Preservation Society which will benefit from the proceeds. The books will be on sale at the Society's talks programme (see Village diary page 35), the Society's stand at Village Day in June and from Catherine Cross (catherinecross@tiscali.co.uk).



## FIVE WALKS AROUND LINDFIELD




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## Tiny Tekkers and Time 4 Children make for a winning combination!

Haywards Heath based charity Time 4 Children is delighted to announce that its family fundraiser, hosted by local business Tiny Tekkers last month at Great Walstead School, raised a whopping £857.73!

Victoria Keen, volunteer practitioner for the charity, joined forces with Jordan Badger, head coach and owner of Tiny Tekkers, and put on a couple of hours of fun sports activities for all ages, face-painting, a tombola which included some fabulous prizes donated by local businesses and a cakes and refreshments stall offering a range of delicious delights, including a showpiece from

Tory's Café in the Park in Haywards Heath.

Jordan has already said that he would like to work with Time 4 Children again on a fundraising event in the summer! Victoria said how wonderful it is to have such amazing support from Tiny Tekkers.

Time 4 Children and Tiny Tekkers would like to say a big thank you to everyone who attended on the day, to all those generous local businesses who contributed their time and prizes and to all those lovely people who volunteered to help on the day. Without all these people it wouldn't have been the huge success it was!

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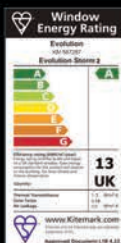
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## Mag goes to Peru

Lindfield resident Lisa Desbruslais took a copy of Lindfield Life with her on a recent work trip to Lima, Peru. We love the effort that Lisa has gone to – thank you! Why not slip a copy of the magazine into your suitcase on your next trip and send us in the evidence to editor@lindfieldlife.co.uk? It's just a bit of fun to see how the magazine can travel!

# Spinettes return gig

The Spinettes rock and roll band is making a welcome return to the King Edward Hall on Easter Sunday, 16th April.

The group will be performing its new show 'At the Hop' featuring favourite rock and roll songs and giving residents a chance to grab their dancing shoes, let down their hair and jive the night away!

The event will also raise funds for the Alzheimer's Society.

Members of the group, who have all performed in West End shows, will be joined by Matthew Goodgame. The event starts at 5pm.

For tickets, costing £10 for adults and £5 for children, telephone 07515 552491 or email thespinettes@hotmail.com



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# Lindfield to become a Fairtrade Village

Lindfield residents and members of All Saints Church, Chris Lee and Peter Desmond, are looking to have Lindfield accredited as a 'Fairtrade Village'. This will recognise that Lindfield is a community which thinks globally as well as locally. Support has been given by Lindfield Parish Council and the process of applying to the Fairtrade Foundation for accreditation has begun.

The Fairtrade mark means that producers of goods in developing countries are guaranteed a price to cover the costs of sustainable production. An additional premium is built into the price we pay, which allows the producer communities to invest in local infrastructure such as education and health. Fairtrade also ensures safer and ethical working conditions.

One question continues to be asked: "Should I buy local produce to support farmers in the surrounding area or Fairtrade goods to support producers in developing countries?" In fact, it is possible to do both as most Fairtrade products don't have a local equivalent. Also, it is no longer the case that Fairtrade products are inferior quality at a more expensive price.

Several shops and cafes in Lindfield are already selling a range of Fairtrade foodstuffs and a number of organisations are using Fairtrade goods. Other nearby towns and villages are also Fairtrade accredited, including Burgess Hill, East Grinstead, and Horsham.

A stall is being organised at Village Day on Saturday 3rd June when visitors will be able to sample a range of Fairtrade products. Visit the stall and try some of the range for yourself.

"Our everyday buying decisions can make a real difference to the lives of the poorest people in the world," said Peter.

More information is available from the Fairtrade Foundation website: [www.fairtrade.org.uk](http://www.fairtrade.org.uk)



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# 50th Ardingly Show celebrates in style

The South of England Show reaches its 50th birthday this year and is inviting everyone to join the celebrations at Ardingly on 8th, 9th and 10th June.

For three days the South of England Agricultural Society will throw the spotlight on the charity's achievements over the past 50 years, since it was established in 1967, with stunning displays of the best of British agriculture, equestrianism, countryside learning, horticulture and forestry; as well as great music, delicious food and drink and superb shopping.

Take a ride in the 'Ardingly Eye', a spectacular 32 metre high giant wheel and get a unique bird's eye view of the entire 150-acre showground which will be alive with hundreds of competitions and entertainment for all ages.

Hundreds of students from schools and colleges from across the region will be taking part in competitions, exhibits and demonstrations including the prestigious Young Craftsman of the Year exhibition. A wild flower meadow has also been planted to mark the 50th

anniversary and a permanent record of the Society's achievements will be unveiled in the Norfolk Pavilion.

The National Farmers Union will be exploring how farming has changed over the last 50 years as well as what the future holds and, in the main ring, visitors will be treated to a special display of farm machinery led by Society mascot 'Bill the Tractor' - the first tractor that was purchased 50 years ago and still in use today on the showground.

Entertainment includes The Devil's Horsemen, Britain's top equestrian stunt and trick team, performing breathtaking displays to music, dressed as Cossacks. More than 1,500 horses and ponies will take part in the equestrian

showcase in dozens of classes from impressive heavy horse turnouts to spectacular showjumping.

There's also music, crafts, shopping and one of the most impressive food halls in the South East featuring local and regional foods.

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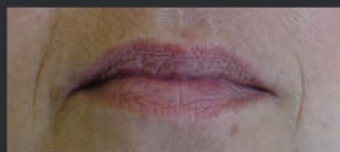
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# Ever fancied weaving a willow?

The Lindfield Horticultural Society is putting on a willow weaving workshop, with instruction by Jackie Sweet, an experienced willow weaver.

The event will be held at the Scout hut on Eastern road on the 25th April. Two sessions are available – 10am to 1pm or 2pm to 5pm.

Participants will create a beautiful obelisk, ready to plant up with summer climbers.

Tickets cost £45 for LHS members and £50 for non-members and include all materials plus a refreshment!

Places are limited. For more details contact Jenny Samuels (jennyalxndr@aol.com).



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## Easter Holiday fun at National Cat Centre

The Easter Bunny will be hopping his way to Cats Protection's National Cat Centre to set up a springtime egg hunt next month.

The charity will be hosting its annual Easter Egg Hunt at its centre in Lewes Road, Chelwood Gate, every day from 10th to 21st April from 10am to 3pm.

For children aged from four to 12, the youngsters can follow clues and work their way around the scenic nature trail. Admission is £2.50 per child which includes a prize.

Children will need adult supervision and should wear suitable outdoor clothing and wellies as the trail can become muddy.

Visitor Centre Manager Dee McDonald said: "Our nature trail is particularly beautiful in the springtime, and children will have great fun finding our secret fairy

ring and spotting an abundance of wildlife and creepy-crawlies. If you're lucky you may even catch a glimpse of the deer that roam the surrounding Ashdown Forest.

"We also have three lovely donkeys living on our site, and, of course, no visit would be complete without popping in to say hello to the cats currently in our care while they wait to find new homes.

"The great outdoors, chocolate, cats and donkeys – what better way to spend a day out in the Easter Holidays!"

Cats Protection's National Cat Centre is the perfect day out for all the family all year round and is open every day from 10am-4pm.

As well as the nature trail, there is also a café, children's play area and shop.



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# "Christmas is significant, Easter is decisive."

...so said Arsenal manager Arsene Wenger, referring to the race to win the Premier League (which matters little since we know that Arsenal always finish fourth). In his philosophic way, Arsene spoke better than he knew because the same is true for Christians. Christmas is significant, trees and turkey aside, because it tells us the most incredible truth, that the God who created the universe became like you and me!

But what about Easter? It certainly makes for a nice four-day weekend, and the chocolate eggs and roast lamb add to the occasion, but decisive? For Christians Easter is the decisive victory - on Good Friday we remember Jesus dying on a Roman cross, paying the price for human sin and opening the way for us to be friends with God. Then on Easter Sunday we remember the true historic event, recalling the words of eyewitnesses as the tomb is found empty, Jesus is risen, death itself has been defeated! In fact the Apostle Paul writes that if the Resurrection of Jesus didn't really happen, then the whole Christian faith is a complete nonsense and waste of time!

Easter is a wonderful time as we greet the spring flowers and enjoy time together, but more seriously than that it's either decisive or deluded. The events surrounding the death and resurrection of Jesus of Nazareth are just a delusion, or they are decisive. If they are decisive - that changes everything for everyone! Come along to one of our services and decide for yourself...

Keith Morrison (*Lindfield United Reformed Church*)

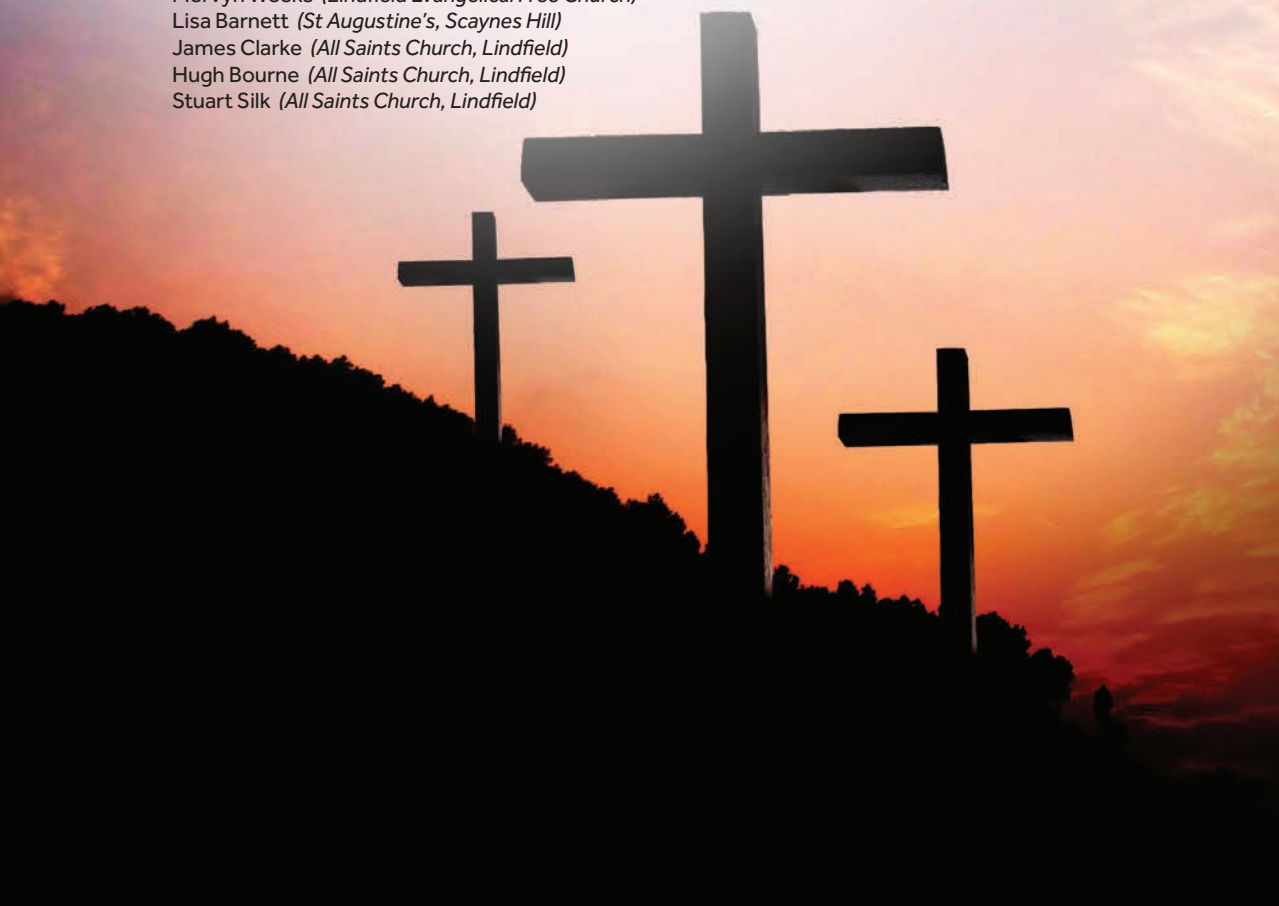
Mervyn Weeks (*Lindfield Evangelical Free Church*)

Lisa Barnett (*St Augustine's, Scaynes Hill*)

James Clarke (*All Saints Church, Lindfield*)

Hugh Bourne (*All Saints Church, Lindfield*)

Stuart Silk (*All Saints Church, Lindfield*)





## Easter Church Services in Lindfield & Scaynes Hill

### All Saints Church - [www.allsaintslindfield.org](http://www.allsaintslindfield.org) - ([allsaints@lindfield.info](mailto:allsaints@lindfield.info), 01444 482405)

- 5th April 9.30-11am in the church – **Daytime Tiger at Easter**  
A relaxed and informal meeting of parents, carers, their babies & toddlers from the community to enjoy toys, craft and time together at Easter time
- 13th April 8pm – A joint service of Holy Communion for **Maundy Thursday** at the URC
- 14th April 10am – All age service for **Good Friday** (preceded by a Walk of Witness - meet at the common car park near the primary school at 9.15am)  
Followed by coffee/tea and hot cross buns in the Tiger Lounge  
12noon – **'It is finished'** A service of music, readings and meditation on the cross  
7.30pm – **Stainer's Crucifixion** - Tiger Arts concert by The New Sussex Singers and All Saints Orchestra. For tickets please contact: All Saints church office or online at: [www.goodfridaylindfield.eventbrite.co.uk](http://www.goodfridaylindfield.eventbrite.co.uk)
- 15th April 7.30pm – **Darkness Falls** is the remarkable reimagining of the gospel of John, by the acclaimed Saltmine Theatre Company. Tickets (£10) from the church office or online at <http://darknessfallsasl.eventbrite.co.uk>
- 16th April 8am – Book of Common Prayer (BCP) **Holy Communion**  
9.30am – **Easter Sunday celebration**  
11.15am – **Easter Sunday Holy Communion**  
6pm for 6.30pm – **Evening Easter Celebration**  
Take part in the joy of Easter Day with this special celebration, where a large band and team of singers will help us celebrate in style! Cakes and refreshments served from 6pm

### United Reformed Church

- 13th April 7.30pm – A joint **Maundy Thursday** service including The Lord's Supper
- 14th April 9.15am – **Good Friday Walk of Witness** (from the common car park)
- 16th April 5.45am – A **Sunrise Gathering**; we return to the common car park to see a new day begin  
10am – **Easter Sunday Family Service**, all are welcome  
6.30pm – **Evening Service**

### Lindfield Evangelical Free Church

- 13th April 7.30pm – Joint **Maundy Thursday** Service at URC
- 14th April 10am – Combined **Good Friday** Service at All Saints Church
- 16th April 10.30am – **Easter Celebration Service**  
4.30pm – **Easter Praise**

### St Augustine's, Scaynes Hill Revd Lisa Barnett – 01444 831827

- 12th April **Holiday Club morning** (more info from Emily Ludgate 07825 235907)
- 13th April 7pm – **Maundy Thursday Supper and Communion**
- 14th April **Good Friday**  
10am – A quiet hour around the cross in the church  
10am – A chance for children to make an Easter Garden in the annex
- 16th April **Easter Sunday**  
8am – Quiet Holy Communion  
10am – All Age Easter Celebration

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# Advance notice to vehicle drivers

## Lindfield High Street B2028 temporary closure

**We are making the final connections to a new £1m water main we've laid in Lindfield.**

This involves closing the B2028 at the northern end of Lindfield High Street near All Saints Church which means there will be **no through route** from Monday 24 April for a month.

So if Lindfield is on your route, whether approaching from the north or from the south, you'll be directed to follow a B road diversion to avoid the village High Street.

All the shops and businesses in Lindfield High Street are open as normal and you can still easily get to them via the southern end which remains open. Parking in the village is unaffected.

We plan to complete this work and re-open the road by early June.

Find out more about the work at:  
[southeastwater.co.uk/Lindfield](https://southeastwater.co.uk/Lindfield)



# Swimmers celebrate Club's 40 years

Swimmers from the Dolphin Ladies Swimming Club will be making a splash to celebrate the group's 40th anniversary.

Members will be performing 40 water skills of their choice during their lessons in the pool at the Dolphin Leisure Centre on Tuesday 25th April from 9am to midday.

A celebration cake, made by Margaret Carter, will be cut on poolside by one of the club's longest serving teachers, Wendy Dumbleton, who has taught for 31 years, before being taken to the foyer and served, along with over 100 cup cakes, to club members and guests from the Leisure Centre.

A display board showing the club's history from April 1977 to the current day will also be on show.

The Dolphin Ladies Swimming Club runs lessons for swimmers of all ages and abilities at The Dolphin Leisure Centre on Tuesday mornings and Ardingly College on Friday mornings. New members are always welcome.

For more information contact Margaret Carter at [dolphinladies@gmail.com](mailto:dolphinladies@gmail.com)

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# Easing the stress for students

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The mental health of students has featured in the press recently and with the exam season approaching many students are feeling the pressure to perform well... not only for their ongoing studies, university entrance requirements and other future prospects but also to live up to their parents' expectations and those of their teachers, peers and friends.

The pressure to achieve and do well in exams can result in significant and prolonged stress for all students, whether they excel in the classroom or are more challenged academically. The physiology and neuroscience associated with this exam-related pressure is the same as the stress response we see in adults, which if left unchecked, results in symptoms of exhaustion and burnout.

The brain handles stress by flooding the body with the 'Flight-Fright-Freeze' hormones. This hormone mix, or 'brain juice', gets the body ready to react to the threat, with heart-rate, breathing, blood pressure all increasing, heightened awareness with muscles readied for combat or avoidance tactics. Oxygen-rich blood is also diverted from the prefrontal cortex, the area of the brain concerned with concentration, focus and thinking, to the rear brain which looks after the breathing, heart rate, blinking etc.

This is a normal stress response and a little bit of stress can be a great motivator, but the effects of prolonged periods of mental and emotional stress have been well proven to negatively impact health and mental well-being. Students may suffer an inability to sleep, may feel isolated and lonely, be irritable and short-tempered, overeat or not eat enough, and all are classic signs of a student suffering stress. In its worst-case scenario, a student may withdraw completely, self-harm, suffer depression or even suicidal thoughts.

It's important that students understand a bit of the science behind their symptoms, this 'normalises' their experience. As an example, knowing that the prefrontal cortex is impacted during the body's stress response

and that this impacts their ability to focus, concentrate and think clearly. This has a major impact on their ability to plan, revise, study and remember information with any degree of efficiency.

Being able to help the student to rebalance the hormones in their brains and create better 'brain juice', will reduce the negative impact of the stress response. This in turn will facilitate their ability to study.

As a parent or teacher there are things to consider:

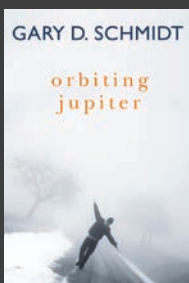
- Let them understand the neuroscience...it'll make sense of a distressing situation
- Encourage them to relax and do something fun...it'll help rebalance their 'brain juice'
- Ensure they are hydrated and sleeping...it'll help their brain function
- Keep things in perspective for them...don't add to the pressure

Lindsey at the NineDot Partnership commented: "Students often need help to see the 'wood for the trees'. Giving them the tools and techniques to manage their anxiety will greatly facilitate their resilience in the classroom and enable their revision and preparation.

"Working with several schools in Surrey, Sussex and Kent, I remind the students that revision by its definition is 're' meaning again and 'vise' from the verb to see... 'see it again'; that the information is already stored in the brain, the hard work is done; the knack is how to sort and retrieve it efficiently when needed. It's an anxious time for everyone involved but it can be improved with some simple steps."

**For further help including overcoming the 'I can't' syndrome, relaxation techniques, managing nerves and anxiety, revision, planning and goal-getting, contact Lindsey at The NineDot Partnership Ltd on 07704 681 332, by email: [info@ninedotpartnership.com](mailto:info@ninedotpartnership.com) or see the website: [www.ninedotpartnership.com](http://www.ninedotpartnership.com)**

References: BBC News: Children as young as six 'stressed' about exams and tests (4th April 2016), The Guardian: Six tactics to help your students deal with stress (16th February 2017).



## Orbiting Jupiter by Gary D. Schmidt

### BOOK REVIEW

By Umarah Ahmed, Oathall Community College

This book is about a boy called Joseph, who is a father at thirteen years old and has never seen his daughter Jupiter. Jack, 12, tells the gripping story of Joseph, 14, who joins his family as a foster child. Damaged in prison, Joseph wants nothing more than to find his baby daughter, Jupiter, whom he has never seen. When Joseph has begun to believe he'll have a future, he is confronted by demons from his past that force a tragic sacrifice.

I picked up this book because the front cover looked really interesting, the name too. When I read the super short blurb it got me really curious because Joseph was saying I need to find her, but who's her? I just had to know, so I bought the book instantly.

The first few pages were kind of confusing and I didn't understand what was going on, but afterwards I understood everything. Jack and Joseph find milking the cows calming, and if the cows do certain actions they can tell it means different things. One thing I'm curious about is why Joseph backs up to the wall and puts his hands up in some parts of the book. For example, when his father phoned his foster parents he did that. The ending was a big shock for me, I really did not expect it.

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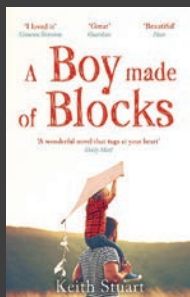
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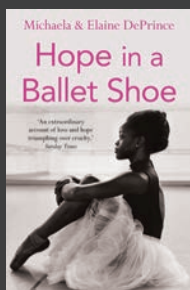


## A boy made of blocks by Keith Stuart

### BOOK REVIEW

By Cavan Wood

First novels are often difficult to like. This tale isn't but is a compulsive page turner which tackles two issues that are known to me: the game Minecraft and autism. Keith Stuart is the games editor at the Guardian and has used his expert knowledge of this and the fact that he is the father of an autistic boy to develop a story which is moving and compassionate about his characters. His narrator is an estate agent struggling to balance work, marriage and the needs of his son. There are a variety of other characters who add to the drama as well as a couple of plot points that give this story a rich texture. There is much here to admire and I hope that Keith Stuart is able to develop his talent even further.



## Hope in a Ballet Shoe by Michaela DePrince

### BOOK REVIEW

By Seren Billson (age 13)

This book is a true story about a girl called Michaela DePrince who was adopted from Sierra Leone. In the book, she takes you on a journey through her experiences of war, living in an orphanage and being rescued. It is a sad and raw beginning, but then she finds a magazine with a picture of a ballerina on pointe, on the front cover. From that moment on, her life begins to change. Holding on to her dream of being a ballerina, at age four she is adopted into a family of eleven children and goes to live in America. Now, years later at 22, after years of dedicated support from her adoptive mother, Michaela is a world famous ballerina.

This is a great book, I really enjoyed it. It is a great example of how, if you want it badly enough, you can achieve anything. She also writes about racism in the world of ballet, how she overcame the traditional ballet stereotypes and, against all the odds, became a professional ballerina. The beginning of the book was devastating, but despite everything Michaela went through, she was still full of hope, and I found this really inspiring. I finished it within a day, and I read it over and over again after that, I was so drawn in.

Michaela's purpose for writing the book was to inspire, and I think that this book has definitely achieved that. I would rate it five stars!

# Exploring the history of Lindfield

The Lindfield History Project Group has kindly agreed to provide Lindfield Life with a monthly local history article.

Formed in 2004, Lindfield History Project Group is a small friendly group focused solely on uncovering the rich history of the village, its people and events. The aim is to share the findings through exhibitions, walks for adults and school children, articles, booklets and the occasional talk.

Exhibitions in the King Edward Hall have included 'Lindfield in World War II', 'Lindfield - a Sense of Place', '1911 Centenary of King Edward Hall' and 'Lindfield and the Great War'. A major piece of work has been to record and photograph every grave in All

Saints churchyard. Additionally a wide range of topics have been researched. A recently completed study is The Life and Time of Reverend Francis Sewell, who did much to save the parish church and introduce gas lighting to Lindfield in the mid nineteenth century. The Group's current project is researching the commercial life of the village.

Members meet, from September to June, for monthly evening meetings in the King Edward Hall. Membership is open to anyone interested in actively researching local history. For further details about Lindfield History Project Group please contact Richard Bryant, 01444 482136.



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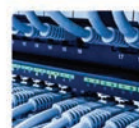
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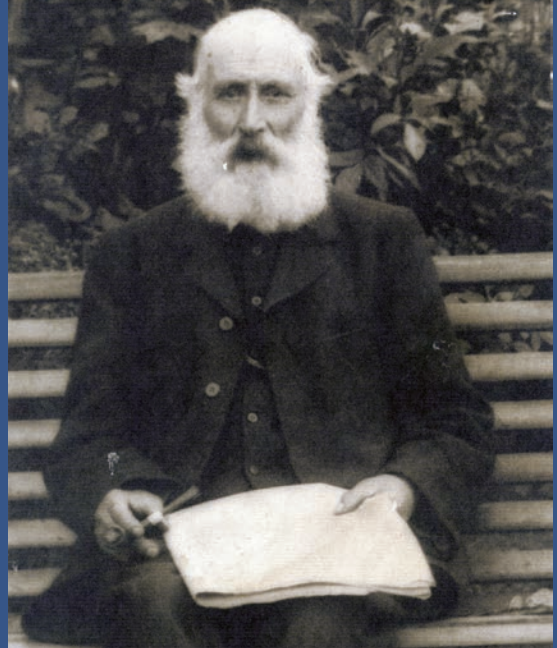


# Julius Guy, inventor and local activist

## LINDFIELD HISTORY

### INDIA-RUBBER CUSHION BLOCKS & ATTACHMENTS

For Springs and Axles of Carriages. Also applied to RAILS, THE PRINCE OF WALES.



## By Richard Bryant, Lindfield History Project Group

Today our cars with their independent suspension on all four wheels give a smooth ride, despite the occasional pothole and bumps in the roads. Likewise all roads have smooth hard surfaces. It was not always that way. Pity the traveller in the nineteenth century, when the roads at best were of variable quality and horse-drawn carriages gave their occupants a bumpy ride.

Elliptical springs that had traditionally been fitted to carriages in the 1800s did little to improve the ride for passengers. Julius Guy, a Lindfield carriage builder, set about finding a way to improve this crude form of suspension. In 1885, after trying various possible improvements, Julius Guy discovered that the attachment of India rubber cushion blocks to the springs considerably enhanced their performance. He patented his invention as the Climax Combination Spring.

This simple but effective device received great acclaim. His invention was exhibited at the Anglo-Danish Exhibition of 1888, where it was awarded a gold medal and diploma of honour. The Exhibitors Journal described Mr Guy's invention as 'One of the best and greatest improvements' to carriage suspension, saying 'the unpleasant jarring is considerably reduced'. It further explained 'Another advantage is that the liability of breaking either springs or axles, and the wear of the carriage is very considerably reduced; the oscillation and extra strain on other parts of the carriage is also obviated'.

Julius Guy was enrolled a Member of the Institute of British Carriage Manufacturers and his patent was taken up by very many carriage builders. It was also applied to the carriages belonging to the British Royal Family and the King of Belgium. A testimonial written by Lord Suffield, relating to the rubber blocks fitted to the carriages of Queen Victoria and the Prince of Wales, said they were 'found to very much enhance the comfort'. Praise indeed for a village coachbuilder.

Who was Julius Guy? He was born in 1831 at Chiddingfold and after being apprenticed to his father, went to London and gained coach-building experience at some of the leading workshops before opening his own business. His wife's health was affected by the foul London air and he decided to move to Lindfield in 1859, acquiring the business of Mr H Packham. Julius Guy's home, workshop and yard were at the northern end of the Bent Arms, adjacent to Brushes Lane.

His business thrived, and with the introduction of the motorcar he transferred his skills from carriage building to being a motor body builder and repairer. Julius Guy was also one of the first agents for the Car and General Insurance Corporation, the insurance company that pioneered the comprehensive motor policy.

In addition to his business, Julius Guy played an active role in the life of the village, holding several roles, such as Parish Constable, Churchwarden and member of the School Board. He held a keen interest in national and local politics, and with regard to the latter was a staunch opponent of the old Lindfield Local Board (the parish council). The Board comprised eleven members and their monthly meetings were held behind closed doors, with the boast that business was completed in quarter of an hour. Every year they nominated and re-elected themselves.

Julius Guy led a group of residents in revolt against these practices and demanded open public elections. To pacify him, the Board members offered to elect him onto the Board... he declined, but which prompted him to take legal action against the Board for not conducting the elections according to the law. This resulted in the Local Lindfield Board being dissolved. As a consequence, Lindfield, for a time, lost the right of self-government and came under the jurisdiction of the Rural Authority.

Julius Guy died on 28th April 1913, aged 82.


  
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## Help for anxious teens

The Koorana Foundation in Ardingly is developing a new programme for 14-18 year olds that are affected by anxiety and stress. It begins with a one-day experience for teenagers on Wednesday 12th April from 10am to 4pm, which will provide helpful tools to support them, particularly during the run-up to exams.

"There is huge pressure on young people today and it comes from a variety of sources," says Lindfield's Gabrielle Anya Raffello, founder of the popular centre for well-being in Ardingly.

"We live in a highly stimulating world with so much pressure to perform," Gabrielle continued. "One of the fundamental things we teach these young people is how to relax and let go of anxiety and stress. These skills are simple to learn and will stay with them for life, so they are better equipped to deal with all sorts of situations that could prove challenging now and in the future."

For further information, please telephone the centre on 01444 810295, email [info@thekooranacentre.com](mailto:info@thekooranacentre.com) or visit its website [www.thekooranacentre.com](http://www.thekooranacentre.com).

## Local mens club enjoys meetings

By Richard Mason

The weather was warm and sunny, the company brilliant and our after lunch speaker supremely eloquent. Such were just some of the benefits of attending the February meeting of Cuckfield and Lindfield Probus Club.

Additionally, we were able to celebrate the 97th birthday of our oldest but young at heart member Eric Youlton.

Our speaker, Roger Martin, a fellow Probus member, albeit at the Mid-Sussex Club, captured the flavour of the moment by giving us a talk on the brewery business. We left our gathering better informed but with no free sample. But then you rarely get everything.

Cuckfield and Lindfield Probus Club draws its membership from men who made their career in business or the professions and are now retired. We meet on the third Thursday of each month at Lindfield Golf Club there to enjoy a two course lunch plus coffee and later a forty-five minute post meal talk. And all for just £15. So, if you enjoy good food and the opportunity to enjoy the company of the like-minded, give us a try.

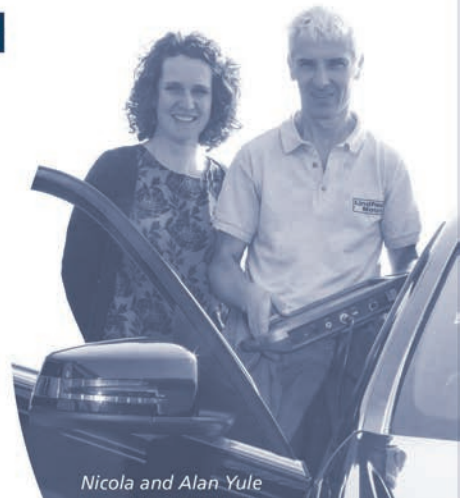
Full details of membership and how to join can be obtained from Richard Mason on 01444 453672.

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# Eggciting Easter activities

From 8th-23rd April nearby Borde Hill Garden will be offering a FREE programme of Easter events, games, performances and tasks for children from 3-11 years old, included in the price of an entrance ticket. In addition to a daily trail around the Garden (where clues need to be solved before meeting the Easter Bunny and being given a chocolate egg) there are a variety of additional activities on offer on selected days.

On Sunday 9th April, there will be Easter and spring themed face-painting alongside the usual popular requests, and on Tuesday 11th April there will be an interactive theatrically-based Mad Hatter's Easter tea party featuring 'Alice' who will be involving her audience in games and songs.

There will be two 'Toms' coming to Borde Hill over the fortnight – both back by popular demand – but unlike Tweedledum and Tweedledee they are very unlike each other and offer very different forms of entertainment. Tom from Tomfoolery, who will be appearing on 14th and 21st April with his jokes, magic and slapstick, says: "At Easter I will be bringing my usual magic and silliness with a little extra sparkle... I will be proudly displaying my new Easter Bonnet." Whilst Tom from Tom's Talking Reptiles will be bringing a selection of his beautiful creatures for the children to meet, marvel, hold and learn about on Wednesday 19th April.

Performance times run between 11am-3pm daily, and in addition to the above there will be young lambs and the garden itself will be full of spring delights.



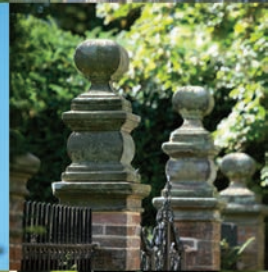
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# In Pride of Place

BEHIND THE COUNTER



## By Joe Wayte

If you've ever been on safari, you'll have heard the term 'the big five'. It refers to the five must-see animals, including the infamous African lion. While Lindfield isn't as exotic as the plains of Africa, it does have five must-see pubs, and The Red Lion, which takes pride of place in the middle of the High Street, is one of them.

Having originally been a coaching inn in 1720, this historical building has changed somewhat over the years, including a recent makeover in 2016 by its current managers, Peter and Elaine Brown.

When I first moved to Lindfield from Derbyshire, I brought my Mum down to visit the house I wanted to buy and asked for her opinion. We were both drawn to The Red Lion as our preferred place to dine and discuss the best course of action and now I know why: Peter and Elaine are originally from Leicestershire – fellow 'Midlanders'!

Once I'd heard this, I was most interested in finding out why they moved and how they met, hoping for a love story involving Peter 'pulling' Elaine over a pint. In reality their story is much cuter.

"We were childhood sweethearts," explained Peter. "We met each other at school and have been inseparable since. We didn't get married until we moved to Lindfield. Our ceremony took place in Haywards Heath, followed by a reception at Borde Hill, which in those days you could rent the entire property and grounds."

Peter continued: "Before relocating to Sussex we lived in Croydon, and then we worked at a pub in Bromley,

but following the arrival of our first child we wanted to move somewhere that was more suitable to families, and Lindfield was the perfect spot."

Peter and Elaine have three children and have run The Red Lion for over 20 years. Their eldest has now stepped up as Assistant Manager. While the idea of being able to hand everything over to a trusted family member sounds appealing to me, the downside is that the family can't go on holiday together as there's no one left to manage the pub.

"This year Elaine is celebrating a 'big' birthday," Peter told me, "and I'd like all of us to be able to go away together. She's a nervous flyer, so it won't be anywhere you need to catch a plane to get to, but somewhere all five of us can relax."

Due to the busyness of The Red Lion on the day of my interview, Elaine couldn't join us, so I asked Peter questions a man can only answer honestly once he's escaped the presence of a wife or partner. Questions such as: 'who really wears the trousers?' and 'tell me honestly, who should take the glory for successfully running a pub for over 20 years?'

"Honestly? It's all Elaine. She dots the i's crosses the t's. She's the business lady. I'm the people person that gets 'hands on' out front while she keeps everything in order behind the scenes. I'd be nothing without her by my side," he replied.

I took my own wife along with me, who is currently five months pregnant, and our conversation soon turned to babies. Peter talked about the rarity of managing the





same establishment for such a long period of time and reminisced about seeing the children of his friends now become regulars.

"Most of all, I'm looking forward to grandchildren," he remarked. "My boys are at the age where they're independent of me, and my daughter is quickly growing into a young lady. It all goes too fast. There's so much you want to do and achieve but, before you know it, that chance has past. I have no regrets, but I can't wait to experience having young family around me again."

"I've always been a family man," Peter added. "We work till the early evening on Christmas Day, but I still always host a party for close friends and relatives so we can spend some quality time together."

As I sat across the table in what used to be the stable block, which is now a stylish and well converted dining room that still gives you a good sense of what it used to be, I was interested to find out more about the history of the place. Peter explained that behind The Stand Up Inn there used to be a brewery, of which elements were powered by horses. In an effort to preserve part of this, some local historical societies got together and The Red Lion donated some land in their beer garden to reconstruct the horse gin house. In case you were wondering (I was), a horse gin house is actually to do with water, not the spirit.

Whilst talking of history, I asked Peter about his career and ambitions.

"I've always worked in the hospitality sector," explained Peter, "having originally wanted to join the Navy when I was sixteen. Though between my birthday and enrolling I discovered pubs and going out and my social life became too important to leave behind. The

Falkland's War hit soon after and the thought of actually fighting became very daunting, I just wanted to travel and see the world, so it wouldn't have been the right choice."

Peter loves events and being part of the community. The team are currently getting ready for summer, with hopes of hosting a party in their aforementioned beer garden as soon as the weather allows. It's often said when it comes to great ideas for events, that the best are stolen, and Peter agreed. "I can't face a wall when we go to a different venue," he said. "I drive my wife insane otherwise as I just want to see what they're doing, how they work, what they've got on display, and try to picture the things I like at my own place."

When Peter's not running a pub or thinking of ideas for events, he likes to play golf, is an avid supporter of Leicester City and manages the football club Sporting Lindfield FC.

My last question for Peter was: "If you were to give any advice to an aspiring pub owner, what would it be?"

"Think really carefully about it," he said. "Running a place like this is a lifestyle choice, it's not a job. I live upstairs, people are always getting hold of you, and there's no separation between life at home and life at the pub. While Elaine and I love it, and we make our relationship work, it wouldn't be something for everyone."

Finally he remarked: "The most important thing for me is to treat everyone the same and with respect. If you respect people, they respect you back. It's that philosophy that brings people back time and time again."



# Colour Therapy

HOMEFRONT

**By Jacqui Smith, interior designer**

*'When so much is in turbulence beyond our front doors, there is a sense that only here, at home, can we effect change on our own terms.'*

When I read these words, written by Michelle Ogundehin, Editor-in-Chief for Elle Decoration, I instantly identified with what she was saying. In my twenties, after a failed relationship, I recall rearranging the furniture in my flat and repainting the walls; that was me, effecting change on my own terms. If, when all else around us feels uncertain and redecorating makes us feel more in control, I wonder what the colours we gravitate towards say about us and our need for comfort? I wonder whether it brings out our true colour preferences. What I mean by this is that we all relate to colour in different ways and love or loathe a certain hue for varied reasons, some at a conscious level, others subconsciously. In addition we can all be classified in terms of seasons. Most of us are a combination of two, the primary dictating the colours that suit us most, complement our natural colouring and the secondary season reflecting our style and key personality traits. In the world of personal colour consulting you will engage the services of an expert who will drape you in various coloured scarves to ascertain which season you are most allied to. People working in this field will describe clients who will tell them that they definitely suit black. Interestingly only a true winter personality suits black. Someone who is pure winter will suit cool hues such as pistachio green and ice blue. Magenta will not overpower them and they will suit the very dark and cold end of the spectrum and, at its extreme, black. The archetypal power dressed look is winter; it means business, it's dramatic and luxurious. Victoria Beckham is a good example of a true winter with her angular features and natural affinity with black. The reality is that very few of us Brits are a true winter. Many non winter women dress themselves in winter colours, subconsciously channelling the persona they would like the world to see them as.

The same principle can apply to interiors. We all feel happier in living environments which resonate with our seasonal personality. I can ask a client many questions, encourage them to curate a library of images from Houzz or Pinterest, ask them to show me favoured pieces of art and so forth, all in the quest to nail this. Interestingly there have been occasions when a client will explain that they like a certain look but then on closer probing I will establish a lack of congruence between this and what their answers to other questions tell me. Some (and definitely not all) will compromise their innate style for the aesthetic they feel they should have or to please a partner. I then wonder whether the true season comes out in all of us when it comes to decorating our homes in times of change or uncertainty. Even if unconscious, is the need during turbulent times to be true to our interior style more acute? I am an autumn primary and a summer secondary which means that the colours I am naturally drawn to sit in the autumn palette but I prefer elegance in interiors which is very much a summer trait. My sitting room is completely autumn in colour - warm aubergines and F&B Archive on the walls. My dining room used to be similarly toned, yet on a mission for change I opted for greys. It's never worked for me and still grates. To be fair, our dining room serves a multitude of purposes, including HomeSmiths goods in and design board production, so it's a way from my perfect dinner party setting, yet the main issue is probably down to the fact that grey is not an autumn hue. Most greys sit in the summer palette so of course it's never going to feel right to me. Recently this has been bugging me more than usual, so I wonder whether, with all that's going on in the world, I am even more driven to decorate my home in a way that resonates most with me.

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# THE ALTERNATIVE HEALTHCARE



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"I had never tried yoga before, and couldn't understand what all the fuss was about. I was uncoordinated, with zero flexibility and the thought of attending a class with a room full of people who looked like they knew what they were doing was very unappealing. Then I went to India. I was out there to help my son get better from his arthritis. I had Sciatica myself and could barely walk, the last thing I wanted to do was a 'fitness class'. But Louie needed to attend yoga sessions as part of his healing programme, so I thought I would try this yoga thing too and join him in class.

Shine Babu was the yoga instructor at the Ayurvedic hospital we were at. His yoga truly is a therapy in itself! Within days both myself and my son were feeling much better, we were in less pain and within just a couple of weeks we were both able to walk properly again. Shine's understanding of each and every person and their limitations, in his studio is incredible. He doesn't just 'run' a class, he keeps a watchful eye, he tutors, he ensures



accurate postures to minimise injury, and adapts postures to encourage healing of old injuries to every single participant, all whilst keeping a natural flow to the class.

People choose to practice yoga for so many reasons from getting fit, toning up, gaining mental clarity, attaining flexibility, healing physical disorders to achieving a sense of peace. Every person has a different goal, and that is why yoga is for everyone."

*Melissa Toleman - Founder of the Centre*

Shine is also a Naturopathic Doctor, an Acupuncturist, a Physiotherapist, and an Ayurvedic Therapist. His knowledge of the human body is astounding combined with his kind, gentle heart makes him a true healer. He runs several classes at The Alternative Healthcare in Haywards Heath, of all levels each day at the centre from Beginners Hatha, Traditional Hatha, Restorative Hatha, Dynamic Hatha and even a Hatha Backcare class to focus on the back if there are back issues.

Shine also runs **1-2-1 Yoga Therapy** sessions for those who would benefit from more concentrated guidance and support. For those who have a specific goal, who feel a class is too daunting or perhaps think they would feel out of place in a class. His sessions run for 60 or 90 minutes.

**The Alternative Healthcare**  
70, Oathall Road, Haywards Heath, RH16 3EN  
[www.thealternativehealthcare.com](http://www.thealternativehealthcare.com) 01444 474447



# Lindfield Parish Council

**APRIL 2017**

Parish Office: Clock Tower House, Lindfield Enterprise Park, Lewes Road, Lindfield, RH16 2LH  
Telephone: 01444 484115 Email: [clerks@lindfieldparishcouncil.gov.uk](mailto:clerks@lindfieldparishcouncil.gov.uk)  
Web site: [www.lindfieldparishcouncil.gov.uk](http://www.lindfieldparishcouncil.gov.uk)

## PARISH MEETING – THURSDAY 27th APRIL 2017

The Parish Meeting (which, it must be stressed, is NOT a meeting of the Parish Council) is a forum for local government electors to discuss parish affairs and to pass resolutions on them, although such resolutions are not binding on the Parish Council. As this Parish has a Parish Council, it is the Council's Chairman who must convene the meeting and, if present, chair it.

This year's Parish Meeting will be held on Thursday 27th April at 8pm in the King Edward Hall. The Agenda will be on the Parish Council's notice board in Denmans Lane nearer the time, as well as on the website ([www.lindfieldparishcouncil.gov.uk](http://www.lindfieldparishcouncil.gov.uk)).

## VILLAGE SPRING CLEAN - SATURDAY 8th APRIL 2017

Why not come and join us for our annual Spring Clean around the village in the morning of Saturday 8th April? The Parish Council has organised a Spring Clean every year since 1999, when it started as an initiative of the Tidy Britain Group, and helps find it to be a rewarding and worthwhile few hours. Volunteers meet in the King Edward Hall and are given tasks such as collecting litter from the areas in the village not covered by the normal street cleaning agencies. Street furniture, such as the posts around the pond and the common, always benefits from a wash down after the winter, and cutting back vegetation in the footpaths is another job that can be tackled.

The Spring Clean will take place between 9.30am and 1pm. Any children taking part must be supervised by parents, or adult group leaders if they are in groups from schools or youth organisations. Suggestions for areas in the village that might benefit from a little 'TLC' are always appreciated, particularly if you could let us know in advance to help with the planning. If there is a task you particularly want to tackle, please let us

know beforehand and we'll save that job for you. Litter pickers and bags, buckets, detergent and cloths will be provided, but you are asked to bring your own gloves - and wheelbarrows can be very useful for bringing back sacks full of litter. If you are aware of an area that needs sweeping and would like to take that on, please come with brushes and shovels as we don't have a supply of these.

## MOBILE CIVIC AMENITY COLLECTIONS

The refuse freighters will next be in the Tollgate car park on Sunday 14th May 2017, between the hours of 10am and 12noon, for the collection of household and garden waste. Please do not leave rubbish in the absence of the refuse freighter.

Dates of the collections from April are as follows – Sundays: 14th May, 9th July, 10th September and 19th November 2017 and 14th January and 11th March 2018.

Please note that a number of items cannot be disposed of through the Mobile Waste Collection: electrical items, tyres, rubble and hardcore (eg paving stones, gravel, concrete, bricks and tiles), items such as ceramic baths and shower trays, toilet pans and sinks, gas canisters and paint pots with any contents. These need to be taken to the Waste and Recycling Site and charges apply to certain items. There is a list of the chargeable items on [www.recycleforwestsussex.org/recycling-sites](http://www.recycleforwestsussex.org/recycling-sites)

## BUDGET AND PRECEPT 2017 / 18

The Parish Council has agreed a budget of £197,080 for the financial year 2017/18 and a precept of £162,000, which is approximately 3.2% more than the precept for 2016/17. In real terms this adds just £1.57 to the Band D equivalent.

Members of Lindfield Parish Council:

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

**Cllr. William  
Blunden  
(Chairman)**

**Cllr. Valerie  
Upton  
(Vice Chairman)**

**Cllr. Mike  
Allen**

**Cllr. Judith  
Durrant**

**Cllr. Stephen  
Henton**

**Cllr. Margaret  
Hersey**



Lindfield Parish Council Office is open on Tuesdays 1pm to 4pm, Thursdays and Fridays 10am to 1pm – when members of the public are welcome to come along to look at planning applications for Lindfield, buy concessionary railcard vouchers or simply seek advice on issues of concern. However, if you do need to speak with someone outside our normal opening hours, then please contact the Clerk who will be happy to make alternative arrangements with you.

Parish Clerk:  
Mrs Christine Irwin

Deputy Parish Clerk:  
Mr Iain McLean

Responsible Financial  
Officer: Mrs Tracy Ely

## CIVIC SERVICE – SUNDAY 21st MAY 2017

Our annual Civic Service this year will be held on Sunday 21st May at 11.15 am at All Saints Church. As well as the invited representatives of neighbouring councils and local organisations, all our residents who would like to attend will be made very welcome.

## VACANCY FOR A PARISH COUNCILLOR

A casual vacancy has arisen for a Councillor to serve on Lindfield Parish Council, following the resignation of Councillor Alan Gomme. As required, the vacancy is being advertised for fourteen days (not including weekends) on the Denmans Lane noticeboard and on the Parish Council's website until 7th April. A by-election to fill the vacancy will be held if, within this notice period, ten electors give notice in writing claiming such an election to the Returning Officer at Mid Sussex District Council. If no such notice is given the Parish Council will fill the vacancy by co-option.

The Parish Council owes a huge debt of gratitude to Mr Gomme for the amount of time and expertise he has contributed to the work of the Council for the benefit of the community, particularly in his five years as Chairman of the Planning and Traffic Committee and for the countless hours he devoted to preparing the Lindfield and Lindfield Rural Neighbourhood Plan as Chairman of the Steering Group. We wish him well for the future.

## Parish Council meetings

APR - JUN 2017

Monday	3rd April	Planning and Traffic Committee (full)	8pm
Thursday	6th April	Environment and Amenities Committee	8pm
Tuesday	25th April	Planning and Traffic Committee (plans only)	8pm
Thursday	27th April	Parish Meeting (not a Council meeting)	8pm
Thursday	4th May	Finance and General Purposes Committee	8pm
Thursday	11th May	Annual Meeting of Council	8pm
Tuesday	16th May	Planning and Traffic Committee (plans only)	8pm
Tuesday	6th June	Planning and Traffic Committee (full)	8pm
Thursday	8th June	Environment and Amenities Committee	8pm
Tuesday	27th June	Planning and Traffic Committee (plans only)	8pm

All meetings are held in the King Edward Hall, unless shown otherwise. Please check our website or the noticeboard in Denmans Lane for any additional meetings that may be called. All meetings are open to the public and there is a period set aside at the beginning of each meeting for public questions/comments, except at 'plans only' Planning and Traffic Committee meetings. At all meetings of the Planning and Traffic Committee, up to two people for and two against each planning application are allowed to speak, for a maximum of two minutes each, at the invitation of the Chairman.

Parish Office, or by reference to the Lindfield Village Directory and Year Book, which contains details of individual contact numbers.

Cllr. Simon  
Hodgson

Cllr. Roger  
Pickett

Cllr. Ron  
Plass

Cllr. Stewart  
Shortland

Cllr. Christopher  
Snowling

Vacant  
Position

# An Easter feast

**SIMPLY GOOD FOOD**



## Salmon au Gratin (Serves 6)

Thickly slice 8-12 very slender leeks (amount depends on thickness of leeks) and cook in a knob of butter until just soft but not browned. Add the finely grated rind of two large unwaxed lemons and spoon into a shallow baking dish. Place six salmon fillets on top and sprinkle with a generous handful of small prawns. (Cover and refrigerate if making ahead)

Preheat the oven 160°. Stir 100g finely grated Gruyere cheese into 450ml double cream or crème fraiche (or add to 300ml white sauce) and spoon over the fish. Cover with a generous layer of buttered fresh breadcrumbs and bake for 30 min or until golden brown.

## New Seasons Asparagus (Serves 6)

Trim and cut 450g English asparagus into 2.5cm pieces, putting the tips to one side. Tip stem pieces into a large shallow dish and add 150ml vegetable stock. Cover and microwave HIGH for about four minutes until almost tender. Stir in the tips, recover and cook one minute. Just before serving toss with 150g crumbled Feta cheese and season to taste. Serve immediately topped with toasted pine nuts.

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By Caroline Young

Easter is often the first time families get together since the Christmas festivities, so we need menu suggestions suitable for all age groups and that don't require hours in the kitchen and lots of last minute fiddling. See if my suggestions fit the bill. The fish dish can be assembled ahead and if not suitable for the whole family slip some bread-crumbed fish portions or fish fingers in the oven at the same time. I have omitted a starter and instead finish the meal with a leisurely course of cheese, biscuits, fruit and Easter eggs!

Menu: Salmon au Gratin Triple Strawberry Whip  
New Seasons Asparagus Berries in Citrus Syrup  
Oven Roasted Baby Potatoes  
Creamy Broad Beans

## Oven Roasted Baby Potatoes (Serves 6)

Tip 900g washed and dried new season's potatoes into a shallow baking tin large enough to hold them in a single layer. Add 1-2tbs olive oil and shake to coat the potatoes. Sprinkle with coarse seasalt and roast until just tender – about 40 min.

## Creamy Broad Beans (Serves 6)

Cook 450g (or more if wished) new season's broad beans with a little water until JUST tender. Drain and return to the pan. Stir in 4tbs double cream, salt and pepper and a good handful of chopped chives. Heat until just bubbling.

## Triple Strawberry Whip (Serves 6)

Dissolve a strawberry jelly tablet in 450ml water and chill until just setting. Whisk two eggwhites with 3tbs caster sugar until smooth and glossy. Whisk the jelly until frothy then fold into the eggwhites with 150ml carton strawberry yogurt. Crush 150g ripe strawberries and lightly fold in. Spoon into individual glasses and chill. Top with whole strawberries.

## Fruits in Citrus Syrup (Serves 6)

Pile 675g prepared strawberries and raspberries into a shallow glass bowl. Sprinkle with 4tbs fresh lemon or orange juice and 4tbs caster sugar. Let stand for about 30 min by which time a tangy light syrup will have formed. Serve with scoops of vanilla icecream or fruit sorbet.

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## Sussex group aims to get kids outside

What's your favourite memory of playing outside as a child? Chances are (depending on your age!) you might remember climbing trees, building dens, making mud pies, daisy chains or perfume from flowers and playing outdoors for hours at a time.

Children's play today is very different - increased traffic, fears about safety, parents having to work longer hours and advances in technology have all led to children spending far less time outside playing than they did in previous generations.

But local group Nature Nurture Sussex aims to change all that. The group is working to encourage children and their families to get outside more. "Our aim is to get more children playing and learning outside all year round, enjoying the countryside, seeing and feeling the changes in the seasons and developing a love of nature," says founder Suzanne Mark

Nature Nurture Sussex was set up with some initial grant funding by West Sussex County Council and the West Sussex Social Enterprise Network. The group currently works with preschool and primary aged children in Mid Sussex and has been running sessions for the last 18 months but is now looking for a site to establish an outdoor preschool or 'Forest Kindergarten'.

Inspired by the Scandinavian way of doing things, where young children spend the majority of their time outside, as well as the growth of outdoor nurseries and Forest Schools across the UK, Nature Nurture Sussex wants to find a site with lots of open space for children to run around in and explore, and nearby woodland for them to climb, dig, hunt for bugs, jump in puddles, make shelters, play with sticks & mud, learn about plants and wildlife and develop their skills and confidence. "As long as the children are wearing enough layers and the right clothes to stay warm and dry, they can stay active and have fun outdoors," says Suzanne.

Though a building would be a bonus, it's not essential. "We can put up a yurt or bell tent to provide a cosy shelter for children. The main thing is lots of outdoor

space with some woodland nearby and good access," Suzanne added.

Suzanne is now appealing to the local community to help find the perfect spot and to help get involved. If you know of a site locally or have some land that they could use, please contact Suzanne at [naturenurturecs@gmail.com](mailto:naturenurturecs@gmail.com) or via their Facebook/Twitter pages or telephone 07792 726017.

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# Alpha

## What is Alpha?

Alpha is a series of interactive sessions that freely explore the basics of the Christian faith.

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Think you might want to try Alpha? The sessions will run on Wednesday evenings. Why not come along to our first evening in The Tiger Lounge, High Street, Lindfield on Wednesday 19<sup>th</sup> April at 7.30pm. The evening will include a free light supper and a short introduction to Alpha. For more info or to book your place please call All Saints Lindfield Church Office on 01444 482405 or email [allsaints@lindfield.info](mailto:allsaints@lindfield.info)

(Please let us know if you have any dietary requirements)

Lindfield and Hickory Montessori nurseries are changing! We are offering FREE PLACES to all 3 year olds at our outstanding Lindfield Montessori nursery.

The Hickory first steps welcome children 1-3 years old

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## **Part of the Tudor House Montessori Nursery Group**

Please telephone Carole-Anne on 01444 241491 Hickory 01444 473311  
Lindfield Montessori 01444 484262

# Getting the village spic and span

If you are free on the morning of Saturday 8th April – could you join the dozens of residents who get together to tidy up Lindfield?

Organised by Lindfield Parish Council, this annual spring clean sees volunteers of all ages getting together to make the place they live just a little bit nicer. Cleaning street furniture and fence posts around the common and pond are some tasks for the morning. The Parish Council is also always on the lookout for areas that residents feel could do with a bit of 'TLC' – do let them know beforehand (clerks@lindfieldparishcouncil.gov.uk).

The event takes place between 9.30am-1pm and everyone is supplied with most of the necessary tools for the job (litter pickers, bags, buckets etc) but volunteers are asked to bring their own gloves. Children are welcome to take part, but they must be supervised by adults.

If you can make it, simply turn up at King Edward Hall on the day at 9.30am.



# Dog bins fail makes village mess

In the last month or two there have been a number of instances where the dog litter bins on the common have failed to be emptied. The photo here shows the rather poor state of one of the bins recently - making Lindfield common look very unsightly.

Lindfield Parish Council commented: "We've had quite a few complaints about this matter, which have duly been reported on to Mid Sussex District Council."

MSDC own and manage the common and are responsible for any ongoing maintenance – but the Parish Council do try and hold them to account where necessary.

In an email to MSDC, Lindfield Parish Council said: 'Is there any way MSDC could consider increasing the collection rates of these bins? As you may know, the bins on the common are heavily used, and the situation also reflects, in my view, the increase in population (and dog owners) thanks to the ever increasing number of housing developments nearby! Perhaps MSDC planners should try and seek substantial s.106 contributions to help cover the costs of this.'

Dog owners are asked to assist by not adding to the pile on the floor when the bins are full.







**Richard Allan**

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# Making the right connection with the turf

## TEeing OFF



**By James Verrall, Head PGA Professional**

There are plenty of times on the golf course when you want to hit the ground as well as the ball, so what do you need to do to make sure you make the right contact with the ground?

Well firstly we need to understand the different ball positions for each club. Put the ball too far back and you will get steep, whereas putting the ball too far forward means you will get shallow.

A 7/8 iron is played from the middle of the stance with woods and hybrid more forward to the driver (this should have no divot) which should be in line with your front foot's heel. Shorter irons can be played from just back of middle.

This has a big impact on the angle your club approaches the ball. If you approach the ball from a very steep angle then you will get a very deep and short divot. If you approach the ball from a very shallow angle then your divot will be too long and thin. The ideal divot should be around the size of a business card.

A big divot could also be caused by you decelerating at impact. Your club will not have enough speed to travel through the ground and likely get stuck.

Don't be afraid to take a divot, it won't hurt. Modern clubs absorb the shock at impact, meaning all you will feel is the nice contact of the ball with the club. Try taking a divot next time you are out and see what results you get.

As ever, if there is anything I can do to help your golf please pop in and see me at Haywards Heath Golf Club.





# Spring: our garden's wakeup call

## IN THE GARDEN

**By Heather Martin, garden designer**

Spring has finally arrived and the garden continues to wake from its winter slumber. A little work now will save you lots of work in the long run. My top tip for this time of year is to keep on top of any perennial weeds that have reared their heads. If you can prevent them from flowering you'll be ahead of the game in trying to stop their spread. Some weeds have a life cycle as short as six weeks, so if they manage to flower and run to seed you'll be playing catch up!

With the weeds tackled, my second tip is to look at your soil before it dries out over the summer. If you have heavy clay soil you may benefit from digging a 5cm layer of washed pea shingle into the top 40cm of soil, together with a similar amount of organic matter (well rotted manure or spent mushroom compost are ideal) which will restore nutrients that the winter rains may have washed away while adding much needed drainage to prevent heavy rain from water-logging your plants. Once this is done, or if you're lucky enough to have soil that's been worked by previous gardeners, then you need not do it again in the future. Next I'd recommend adding a yearly mulch. A mulch is simply a layer on top of the soil, about 5cm deep, that is intended to keep weeds at bay by preventing sunlight from reaching them and it helps to keep the soil from drying out completely in the summer months, reducing the need to water so

often. A mulch might be a layer of organic matter or something more decorative, such as bark or coloured gravel. Organic options will be taken down into the soil by our friendly earthworms and continue to improve the nutrients in the soil for some time to come. With the soil sorted out, your plants will benefit from improved vigour and less competition from weeds.

My favourite tulip bulbs come into flower at the end of this month. I'm spoilt for choice between 'Survivor' with its upright stem and mid-pink flower head, 'Ballerina' with its orange, fragrant, fluted petals and 'Black Parrot' with its moody dark purple-plum wavy-edged petals. If you missed planting bulbs in the autumn you'll be able to find some ready-potted at the local garden centre, but do put a note in your diary to buy some more in the autumn for a fabulous display next year. I'd love to hear about your favourite bulbs - please write to me via Lindfield Life if you'd like to share your favourites and if you have photos of your spring garden we'd all love to see them!

### **Lindfield in Bloom**

A few weeks ago I went along to the first meeting of the Lindfield In Bloom group, and we had a great turnout. Since then we've had a visit from the South & South East in Bloom organisers and even had a gentle walk through the village to see some of the wonderful voluntary work



that is quietly happening within our community. As a new group we're going to take things slowly and won't be entering into the regional competition just yet, but would love to hear more about the different horticultural, environmental and community events that are happening around the village. If you are part of a group - or would like to be - who look after any outside spaces in Lindfield, please get in touch and let us know what you're up to. Perhaps some of the residents in your road maintain a communal area? Do you and your neighbours have wonderful displays of hanging baskets or pots? Maybe your group undertakes occasional planting or maintenance of some of the borders around the village? Or are you a volunteer helping with one of our nature reserves? We'd love to hear from you and support you. If you're not already involved in a project but would like to be, get in touch and we can point you in the right direction. No experience is needed, just enthusiasm.

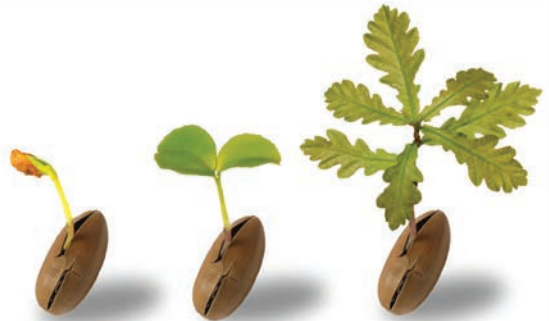
You may have spotted the wrought-iron wall planters at various locations along the High Street. These old waste bins were rescued in recent times by the Lindfield Preservation Society and converted to planters, which are now planted and maintained by several of our local shopkeepers and publicans, enhancing the street scene with floral displays. Maybe there is an area local to you that would also benefit from a floral makeover? If you would like to join the Lindfield in Bloom group, please feel free to come along to any one of our meetings. These are currently held downstairs in the Bent Arms pub and

our next meeting is on Monday 24th April at 7.30pm.

For more information we have set up a Facebook page, so do 'like' us to continue hearing the latest news: [www.facebook.com/LindfieldInBloom](http://www.facebook.com/LindfieldInBloom)



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BEFORE AFTER BEFORE AFTER



# Sudoku #9

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



Find the solution to #9  
in next month's magazine

#8 Solution

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

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


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# What's on in April

## AT KING EDWARD HALL

## AND ELSEWHERE

### April

- 1st **Spring Show of Flowers & Produce** – 2–4.45pm  
Join the Lindfield Horticultural Society to celebrate the horticultural achievements of our fellow gardeners. There will also be a sale of plants, coffee and home-made cake. Entry £1, all welcome. Membership enquiries: 01444-456409 [www.lindfieldhorts.org.uk](http://www.lindfieldhorts.org.uk)
- 6th **Lindfield Country Market** – 10am–11.15am  
(Sheila Hobbs 01444 483396)
- 12th **Lindfield Horticultural Talk** – 8pm  
'Alstroemeria': Lindfield Horticultural Society is delighted to welcome Ben Cross, a 4th generation grower, based in Walberton, near Arundel, Ben's family roots started way back in 1936 when his Great-Grandad worked on the Land Settlement Association down in Siddlesham near Chichester. Ben now grows and harvests over 40 varieties of British Alstroemeria all year round and will tell us all about it. Entry £1 members, £2 visitors. All welcome. Membership enquiries: 01444-456409 [www.lindfieldhorts.org.uk](http://www.lindfieldhorts.org.uk)
- 13th **Lindfield Country Market** – 10–11.15am
- 16th **The Spinnettes: At The Hop** – 5pm  
(Tickets: 07515 552491)
- 19th **Lindfield Preservation Society** – AGM followed by a talk on 'Snippets from Sussex Archives' by Margaret Nicolle. Interesting and amusing anecdotes gathered over the years from various Sussex archives. All welcome, entry free (Information from John Chapman 01444 484470)
- 20th **Lindfield Country Market** – 10–11.15am
- 20th **Lion (PG) Film Show** – 7.45pm  
(Tickets from Tufnells, High Street)
- 21st **Comber's Trust** – Afternoon Tea Party for Elderly Residents of Lindfield Village  
(Caroline Brann 01444 471443)
- 25th **Lindfield Flower Club** – 2.30pm  
Angela Merryfield will demonstrate and her talk is called 'FLORAL SYMPHONY'
- 27th **Lindfield Country Market** – 10–11.15am
- 29th **Sale of Teak Garden Furniture**
- 29th **Lindfield Bonfire Society** – Vintage Coffee Morning with book stall, opportunity to purchase LBS merchandise and Grand Summer Prize Draw tickets (Sarah Tampion-Lacey 01444 487470)

### April

- 2nd **Ardingly Choral Society Centenary Concert** – 7.30pm, Flecker Hall, Ardingly College  
Mid Sussex Sinfonia conducted by Robert Hammersley: Verdi Requiem  
(Book at [www.ardinglychoralsociety.org.uk](http://www.ardinglychoralsociety.org.uk))
- 2nd **The Greater HH Bike Ride** – 73, 48, 20 & 12 mile community bike ride ([www.hhbikeride.co.uk](http://www.hhbikeride.co.uk))
- 5th **Mid-Sussex Franco-British Society** – 8–10pm  
Function Suite, Clair Hall, Haywards Heath  
A French film by Anne Fontaine: GEMMA BOVERY starring Gemma Arterton and Fabrice Luchini (English subtitles - Certificate 15)  
(Barbara Stevens 01444 452385)
- 7th **Haywards Heath Battle of the Bands** – 7.45pm,  
All Saints Church, Lindfield
- 8th **Annual Village Spring Clean** – 9.30am–1pm  
Organised by Lindfield Parish Council: see p.56  
(Christine Irwin 01444 484115)
- 15th **Easter Egg Hunt** – 1pm–4pm,  
The Red Lion  
Following last year's hugely successful event Peter and Elaine have once again agreed to let us have an Easter Egg Hunt in the garden of the pub. We have a huge number of Easter eggs to be won that have been donated by one of our kind supporters. Suggested donation of £1 for each clue sheet. We also hope to run a 'name the bunny' game and have LBS merchandise for sale. (Sarah Tampion-Lacey [lindfieldbonfiresoc@gmail.com](mailto:lindfieldbonfiresoc@gmail.com) 01444 487470)
- 19th **Mid-Sussex Decorative & Fine Arts Society** – 10.15am for 10.45am  
Clair Hall, Haywards Heath  
'Faber and Faber - its Designs and History'  
Lecture by Toby Faber, grandson of the founder.  
Non members welcome: £7 on the door
- 29th **Vintage Coffee Morning** – 10am–1pm  
The King Edward Hall, Lindfield  
We will be serving coffee, tea, squash and home-made cake in our vintage tea room. Opportunity to browse the book stall and purchase LBS merchandise and Grand Summer Prize Draw tickets. Children and dogs are welcome! (Sarah Tampion-Lacey [lindfieldbonfiresoc@gmail.com](mailto:lindfieldbonfiresoc@gmail.com) 01444 487470)
- May**
- 6th **Plant Sale** – 10.30am–12.30pm  
Ansty Village Hall (01444 413 061)



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