

Cuckfield Life

Inc. Brook St, Ansty, Staplefield & Bolnore Village

Local village talk,
by the village

Issue #42 : Apr/May '16

Free



Plenty of Cuckfield news...

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Walking Race in pictures

page 10

100 year old Harold Salmon

page 14



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EDITORIAL

By David Tingley, Editor

So, after months of planning, the **Cuckoo Fayre** returns to the social calendar on the first May Bank Holiday. May I publicly say thank you to the loyal band of volunteers from **The Independent State of Cuckfield** who have been working on making this annual event come to pass again in 2016. We are promised a special show of former mayors in the arena - which will be really interesting. As you know, we have featured a good number of them in our pages both this year and in previous years; they all have a few stories to tell! Book the date - Monday 2nd May. See **page 8** for details.

Last month, when out with family and friends, we chanced upon an Easter Egg Hunt at **Holmsted Manor** in Staplefield. I was pleased to discover they are opening their grounds for a few days during the summer months. See **page 9** for more information.

On **page 14** Claire Cooper writes of her meeting with Cuckfield centenarian **Harold Salmon**. It is simply a delight to print his story within our pages.

Who do you know who could be our **'Village People'** guest next month? Your neighbour, best mate from school or your child's teacher - if they are from, or associated with, Cuckfield we'd love a tip off! Do email in your suggestions to editor@cuckfieldlife.co.uk - thanks.

Close neighbour, and fellow distribution area, Bolnore Village has some big changes coming up in the field of their property management - and this is highlighted on the **Bolnore News** page on **page 25**.

On **page 7** we wave goodbye to craft legends **Philip Turner and Sebastien Labeyrie** as they have now handed over the High Street shop to its new owner. More of new owner Sarah's plans shortly we hope!

Oh, and we have the full round up of the annual **Walking Race**, with thanks especially to **Kate Fleming**. Read the report and find your mates' pictures on **page 10**.

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by Kipper



 Debra Perrin
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down Whitemans Green

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We love to hear from groups, organisations and individuals about what's happening locally. Include a photo if you can. Email your stories to editor@cuckfieldlife.co.uk

Charity Open Garden

The Worrall family are kindly opening their garden in aid of St Catherine's Hospice. The event takes place on Sunday 8th May between 2-5.30pm at Birchanger Gardens in Handcross. This is a beautiful seven acre garden with magnificent displays of azaleas, rhododendrons, camellias and magnolias. There is a grassy avenue, lake, lily pond, pergola, Etruscan-style temple and much more. This lovely garden is only open to the public for a few weekends each year, so make sure you don't miss it.

Entrance will be just £5, children free, and dogs are welcome on leads. There is free car parking and home-made cakes available too!

Birchanger is two miles east of A23 at Handcross on the B2110, 2 miles north of Balcombe, and will be signposted on the day. For Satnav follow RH17 9JY.

Further details from Marian Erritt on 01444 413391.

See www.stch.org.uk for details of more gardens open to raise funds for the hospice.

NSPCC Plant Sale

The Cuckfield branch of the NSPCC will be holding its very popular annual plant sale on Saturday 7th May between 10am-1pm at Brinkley Lodge, London Road, Cuckfield.

There will be a wide variety of good value plants, including perennials, patio plants and veggies along with coffee, home-made cakes and an attractive garden to wander around. Entrance is free.

If anyone has spare plants they would like to donate to this good cause they would be very welcome. For further information please ring 01444 459579.

Museum talk on non-confirmity

'The History of Baptist Churches in Sussex' is the title of a talk being given by Andrew Symonds next month.

It will look at the foundation and establishment of the Baptist Church in Sussex and, specifically, in Cuckfield. Andrew will look at how non-conformity in general, and Baptist churches in particular, flourished in West Sussex.

The talk will be held at Cuckfield Baptist Church, Polestub Lane, on 12th May at 8pm.

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Our sale shelves have now been revamped and are ready to 'spring' into action! As we enter into, hopefully, spring like weather do not forget to get your eyes ready for the sun! 😊

We tend our gardens, change our clothes, purchase the sun cream but do we think of our eyes in quite the same way? They too need protecting so hopefully to encourage you, we have all our sunglasses available to you at 50% discount!!

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Billy Elliot stars from Gielgud

It's a Billy Elliot double whammy for the Gielgud Academy (GAPA) because not one but two of their pupils, Lucy Summers and Olivia Floyd, have been given places in the cast of the ensemble as 'ballet girls' on the new tour.

Sussex girls Olivia (12) and Lucy (11) were delighted when, after a long process of initial auditions, recall auditions and then a final audition, they both landed the job. The girls, who are best friends, have been training hard together at GAPA for the last four years in ballet, modern, tap, drama and musical theatre, and are now thrilled that they are getting the opportunity to work together professionally in the smash hit musical Billy Elliot. The renowned show, which has been running in the West End for ten years, is now off on a UK and Ireland tour for 18 months.

"It's going to be such a thrilling experience for the girls, and I can't wait to see them performing in the show!" said their ballet teacher, local resident and GAPA Principal Suzanne Gielgud. "They both deserve the success and we send them our huge congratulations."

Karate club get next belts



Cuckfield members of Seishin Karate enjoyed success at their first grading of the year.

The event also marked the 40th anniversary of Seishin Karate's sister club in Crawley. Leader Jason Cunningham commented: "With students, both children and adult alike, all achieving their next belts the event was a huge success. They all demonstrated the true spirit of Karate and have progressed to the next level after tireless hard work, dedication and a drive to achieve their goal. Well done everybody!"

He added that the Seishin family welcomes new members from those looking to learn a martial art, improve self-discipline or to make new friends! Please visit the clubs website for further information.

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RECRUITMENT

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

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

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

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

So why are you setting up Doddle Neighbour?

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

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

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

Who would make the ideal Doddle Neighbour?

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

We're also looking for people who can commit to

being in at least four days a week for three hours a day and who are confident using tablet technology.

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

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

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

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

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

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

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

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

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

Where can people find out more?

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





Philip and Sebastien say au revoir

Popular shopkeepers Philip Turner and Sebastien Labeyrie are preparing to say 'Au revoir' to the village this month as they head for a new life in France.

For more than a decade Sussex Crafts has been more than just a village shop as Philip and Seb have created a community hub for dozens of people from Cuckfield and beyond – a place to get together to share their love of crafts and catch up on the village news over a cup of tea and biscuits.

Over the years Philip and Sebastien have taught many people to knit and crochet, and have also enjoyed opening the shop to other crafts people for workshops and courses. It's not surprising that they have made many friends.

"It's been great fun," said Philip. "We've had some good times and have lots of really good friends here.

"We'll be sad to go and will really miss everyone, but we need to have an adventure while we still can!"

During their last week, Philip and Seb welcomed a stream of customers calling in to wish them well, many bringing cards, gifts and bottles of wine.

The couple's last official day behind the shop counter was on Easter Saturday, but Philip and Seb spent the following week stocktaking and handing over the reins to new owner Sarah Freeman.

Although Sarah will be putting her own stamp on the business, it will remain a craft shop. "It's been a craft shop for more than 30 years, so it was important to us to find someone to keep the tradition going," said Philip.

Former teacher Sarah, who has been a family friend for many years, will be able to call on Philip and Sebastien's expertise for the next few weeks.

"We have yet to sell our house in Brighton, so will be around for a little while longer," said Philip.

"But we aim to be in France by the summer."

The pair will be moving into Sebastien's family house, and will be converting part of the property into bed and breakfast accommodation. "We've already had customers asking if they can book rooms, so I'm sure lots of people will come and hunt us out," he said. The couple also plan to keep in touch with their Cuckfield friends through Skype. "Don't ever think that skype is just for youngsters," said Philip. "We have customers who are in their 80s who have said they will Skype us. We might even skype the knitting groups!"

And the pair intend to visit the village when they return for holidays. "My mum lives in Burgess Hill, so we will be back for regular visits," said Philip. "So it's not goodbye – just au revoir!"



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CuckSoc seeks new committee members following AGM

By Jill Butler

The Cuckfield Society AGM took place last month and the members were presented with annual updates from the Chairman and Treasurer, Heritage and membership committee members.

This was rounded off by an interesting update from the New England Wood Trust, which was well received. More details from the AGM will be provided to members via an email and a printed newsletter (coming soon).

Anyone who would like to join the Cuckfield Society or any member wanting email updates (has not previously provided their email address) should send their details to cuckfield.society@gmail.com

The Cuckfield Society also urgently needs new committee members, so if you want to contribute to the village and join our small friendly team one evening a month, please email the above email address.

Cuckoo Fayre 2nd May

The annual Independent State of Cuckfield Cuckoo Fayre takes place on May Day Bank Holiday Monday, 2nd May, in the Recreation Ground, from 12pm. The event will be officially opened by the current Mayor, Ken Gregory, at 1pm.

Entertainment includes music from The Village Band, and 'Magic & Sillyness' from children's entertainer Tomfoolery. There is also the ever popular Dog Show, open to all, with many wide ranging classes. And if you don't win a bottle on the Wheel of Wine, then there is a licensed bar available. Members of BPM Dance Academy will be showing off their style in the arena, plus there will be an opportunity to meet previous Cuckfield Mayors as they parade in the arena too!

The Cuckoo Fayre is an opportunity for all local organisations and charities to raise much needed funds - pitches are still available at £25 each, with all money raised being retained by the organising group. Stalls can be set up from 9.30am. If you would like to book a stall, or need more information, then please contact Jim Ayling at the White Harte, or phone: 01444 413454, or email: independent_state_of_cuckfield@hotmail.com.

The Mayor is looking forward to seeing you at this year's Cuckoo Fayre!



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Easter Egg Hunt successful day at Holmsted Manor

By Lucy Burrows

Christian charity Youth With A Mission moved into Holmsted Manor in 1975. We have a lovely 17 acre site, between Cuckfield and Staplefield, which we want our local community to be able to enjoy too.

On Good Friday we ran our second Easter Egg Hunt. After running around hunting for Easter eggs, making Easter crafts and having their faces painted, our younger visitors enjoyed some well earned chocolate. It was a beautiful day with a lovely, family atmosphere and a chance to enjoy a home-made hot cross bun and cuppa.

From May to September we will open up our grounds one Sunday per month for the community to explore the variety of spaces in this peaceful country garden. The gardens will be open from 1-5pm. Wear good walking shoes, and if you'd like to bring your well behaved dog make sure it's on a lead and you clean up after it. The first open gardens date is on Sunday 22nd May.

There are lots of spots to picnic and there will be cream teas available too for a minimum donation.

For more information call us on 01444 440229 or like Holmsted Manor on Facebook.



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Walking Race Winners

RACE DAY REPORT



By Kate Fleming

It takes more than Storm Katie to scare the walkers of Cuckfield, so despite delayed flights at Gatwick, trees down at Ansty, trains 'up the creek' at Haywards Heath and challenging weather conditions around twenty brave hearts set off from the Recreation Ground for the Independent State of Cuckfield's Easter Monday Walking Race. This annual event, which goes back to the 1920s, requires the participants to circumnavigate the five miles of road which enclose a section of the village. Not exactly 'beating the bounds' but reminiscent of that tradition. Running is forbidden and marshals line the route to report those who break this rule. The route this year, however, was muddy, cluttered with twigs and branches from the previous night's storm and had plenty of puddles lying in wait for the unsuspecting walker; indeed more of an obstacle than a walking race. In spite of all these setbacks, originality and determination prevailed.

Gareth Knapman walked with his dog Gizzy and his six year old nephew Zack, both crossing the finishing line in first position. Rob Helliwell, landlord of The Wheatsheaf and previous Mayor of Cuckfield, walked with his four month old baby Alfred strapped to his chest, who managed to drop off to sleep in Deakes Lane only to wake up with triumphant smiles on their return. Jennie Meadows walked to victory in a Hawaiian grass skirt complete with hula lei, followed by Jane Swain as the appropriate Easter bunny. Peter Chandler, however, decided to participate in his motorised wheelchair and although a 'malfunction' occurred in Deakes Lane, which required community rescue, he did manage to complete the circuit in just over an hour, which in the circumstances can be considered a respectable time.

Meanwhile 'back at the Rec' the children searched for Easter eggs, played football and enjoyed the freedom of simply running around. For every silver token found hidden in the grass, under bushes and among the greenery, they were rewarded with an Easter egg wrapped in glittering gold, silver, pink or blue foil. So much pleasure from so little; rare moments!

Contrary to expectations, the sun broke through and shone for the presentation of the Walking Race trophies and medals by the Mayor of Cuckfield, Ken Gregory. Gareth Knapman and Jennie Meadows won the Mens and Ladies Challenge Cups awarded for the first to finish in this handicap race. James Mark, having completed the walk in 56:55 won the Swain Cup for the Fastest Man and Sarah Fry, not far behind him, the Bowring Cup for the Fastest Lady. The Frank Woods trophy, known as the Veteran's Cup as the walkers have to be 60 years old, was won by Charles Dunnett. The White Harte managed to 'walk away' with both team cups, which must stir cup competition from our other local hostelries for next year's race.

This is a unique village event in the Independent State of Cuckfield's calendar. Next month it hosts the Cuckoo Fayre on 2nd May (Bank Holiday Monday) in the Recreation Ground, and as part of the 50 year anniversary celebrations Mayors past and present will gather together in the main arena to join Mayor Ken Gregory in the opening ceremony. Do join us if you can. The Independent State of Cuckfield supports many local charities and organisations which are a part of your community and contribute to our lives and the formulation of future generations of this village society.



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Air Ambulance talks



Kent, Surrey & Sussex Air Ambulance is appealing for local groups, clubs, societies and other organisations to book a free talk about the life-saving work of the charity as it takes delivery of a new helicopter.

The air ambulance has launched a new presentation, which includes information about how the helicopters are tasked, the aircraft, types of missions, the crew, blood transfusions and night flying.

If you would like to book a talk, please call Fundraising Support Assistant Lucy Waterson on 01622 833 833.

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A new way for health

OPEN FOR BUSINESS

Imagine a healthcare centre which incorporates a holistic view and gives everyone the time, understanding, guidance and treatments specific to them in order to help them heal.

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

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

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

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

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

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

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

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

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

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

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

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

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





100 not out!

VILLAGE PEOPLE

By Claire Cooper

Cricket fan Harold Salmon scored a memorable century last month, marked by messages from two very special citizens – The Queen and Sir Geoffrey Boycott!

Harold, who originates from Rotherham but now lives in Tower House Close, celebrated his 100th birthday on 12th March, with a party for family and close friends at the South Lodge Hotel.

The arrival of a telegram from the Queen had already made Harold's day but he was completely bowled over to receive a video message from his idol, Yorkshire cricketing legend Sir Geoffrey Boycott.

"My grandson Simon, without me knowing, produced a video depicting my childhood and working life," said Harold. "Knowing that I was a keen cricketer, he had contacted Sir Geoffrey Boycott, who was working as a commentator in South Africa and was kind enough to personally wish me a happy 100th Birthday!"

Harold was born on 12th March 1916 in Whiston, a small village near Rotherham in South Yorkshire. "I had a happy childhood roaming the country lanes and fields with my pals, damming the stream which ran past our garden and catching the rainbow trout, by tickling their bellies, which made us a very tasty meal!" he recalled.

"I went to the local village school where we played rugby, not on grass, but on a very hard rocky surface. There were no playing fields - we had to make our own amusements.

"I went to Sunday School and joined the Church choir, singing the Hallelujah chorus in the Sheffield City Hall." Keen sportsman Harold also played in the choir's football and cricket teams.

Harold's father and grandfather were both coal miners. "In those days there was very little choice of work – either mining or farming," he said.

"My father worked down the pit for 35 years and his average wage was £2.50 which, of course, in those days

would be considered quite adequate!

"He walked two and a half miles to work, and when he arrived at the pit head he got on the 'paddy' train which travelled underground, ending near to his home where his journey started. If only he could have drilled through the earth he could have saved a lot of time and energy walking to and from work!"

The miners worked in a 'seam' no higher than three feet, half lying on their backs and chipping away at the coal. "I recall many tales he told me especially when the miners used to sit and have their break from a 'snap' tin and suddenly the rats would appear and join them for lunch.

"His back was black and blue from the flying coal as it was chopped away. When he was on the night shift I would lie awake fearing a knock at the door as there were many fatalities."

Harold vividly remembers the 'slag heaps' of poor quality coal, which could not be sold. "During the miners' strike in 1925 I used to go with my dad to the slag heaps with a bucket and collect pieces of coal sufficient enough for us to have a fire and heat the oven," Harold recalled. "We had to do this undercover as the police constantly patrolled the area."

Harold's father died just two days before the outbreak of the Second World War - September 3rd 1939. "He died from the miner's disease pneumonicosis aged 56, leaving my mother a widow for 29 years," said Harold.

"My mother was a very caring person and lived to be three days short of her 80th birthday and was born and died in the same cottage. Two of her sisters lived in adjoining cottages and never moved during their lifetimes. One of my mother's sisters married my dad's brother!

"Another sister, Gladys, and one of her two brothers Harold, emigrated to Australia in the 1920s when you could go for just £10!



HAROLD



DOROTHY 1942

Harold's mother never went out to work. "It was unheard of in those days," said Harold. "I never really appreciated how hard it was for my parents, as there was always a good meal on the table."

Harold left school on his birthday, 12th March, with the words of his mother ringing in his ears: "You are not going down the pit. Try and get a job at the Co-op or Liptons where you will be made for life."

Harold was offered an interview at a local waterworks engineering company which produced water taps and meters, and larger products, including sluice valves for the Thames Barrier. "I was interviewed by the commercial manager who was of French origin and asked just one question – 'When was the Battle of Hastings?'. I promptly replied '1066' and got the job of office boy!

"My salary was 10 shillings a week (50p), which included working Saturdays."

Every day Harold was dispatched to the Post Office on his bike with a satchel full of mail, sometimes as late as 8.30pm. "I was very naïve in those days," said Harold. "All the other staff finished at 6pm, apart from the commercial manager and the head typist who would disappear for about an hour in one of the factory enclosures (maybe for a game of snakes and ladders!).

"I had to wait for the manager to return and sign the letters, and by the time I had sealed and stamped them it was very late and I couldn't attend the evening classes I had hoped to join."

Despite having no formal qualifications, Harold gained steady promotion to the engineering department, then the drawing office, the factory floor as assistant foreman, assistant works manager and works manager.

"During the second World War I was called up and duly passed my entrance exam, carrying out training at Bramall Lane (Sheffield United Football Ground). However, due to the fact that I was already a foreman in the engineering department, my firm's directors applied to the Ministry for a deferment. The letter was typed by my future wife who was the director's secretary."

The deferment was agreed, and Harold was drafted to Barnsley to a factory which had been vacated and changed over to munitions.

"I was entirely in charge, along with a secretary, two male labourers and 400 women! These women had never seen a lathe before but within four weeks were operating the machines as good as any man."

He married Dorothy at Whiston in 1942. "It was during the war when things were still rationed and I remember people saving their butter and sugar rations to help make our wedding cake.

"We went to Blackpool for our honeymoon and it rained every day!" said Harold. "We also had our £50 savings stolen from us by some singers staying in the same lodgings."

After the war Harold returned to the Rotherham factory as works manager of a 500 strong workforce.

The couple lived with Harold's mother before moving to Coulsdon when he was promoted to London sales manager. "I was based in offices near Piccadilly Circus and commuted into London every day for 25 years, first from Coulsdon, then Edenbridge," said Harold, who retired in 1982.

"After 55 years of marriage Dorothy died 18 years ago from a lung disease called bronchiectasis. She had lived for 15 years with her left lung completely removed and only two thirds of her right lung remaining."

Harold moved to Tower House Close 10 years ago to be near his daughter Jean who lives in Haywards Heath with her husband Roger. "After I lost my wife I had few interests but since moving to Cuckfield I have met so many friendly people. Especially another Jean with whom I have spent many happy years and above all joining the U3A, visiting gardens, monthly luncheons and trips abroad. I have found there is new life at the end of the tunnel," said Harold. "Soon after moving to Cuckfield I travelled to Barbados with the U3A!"

Harold has seen many dramatic changes during his lifetime, but two events stand out – the arrival of his first television set and being among the crowds at Wimbledon when Roger Taylor won the men's final. "I remember our relatives coming round to watch the news on our television. We all thought it was marvellous," Harold recalled.

A lifetime Sheffield United fan, Harold now ranks among the oldest supporters. "As far as I know there are two ladies older than me," he says.

Harold enjoys good health and does all his own washing.

He stopped smoking 40 years ago and only drinks alcohol occasionally, preferring a Diet Coke. The secret to living a long life, he says, is getting a good night's sleep. "I go to bed at 10 o'clock every night and get up at 7am – like clockwork," he said.

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Richard Butler MNAEA, Director,
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Amy Packer, owner, The Style Lounge,
Bolnore Village



Cuckfield Life is delivered to 2,500 homes plus another 1,000 are picked up from local shops, including Sainsburys in Haywards Heath.

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Call Emily today on 01444 884115 or email your name, address and phone number to ads@cuckfieldlife.co.uk



Flower Club celebrates 35 years in Cuckfield



There were celebrations at Cuckfield Evening Flower Club last month when members gathered for the club's 35th anniversary.

The Club was launched in 1981 by well known local florist Shirley Martin, along with Anne Lee and several residents. Its first patron was the late Mrs Kleinwort.

Starting in Holy Trinity Church Hall, the club quickly blossomed, moving to the Queen's Hall where meetings are still held.

From the start it has been a very active club, holding internal annual competitions along with a number of inter-club competitions.

In 1984, members held an open demonstration to raise funds for the Intensive Care Unit at Cuckfield Hospital in memory of a founder member and, for several years afterwards, continued to hold flower festivals at Cuckfield Hospital Church until it closed in 1991. Other events have included coffee mornings, lunches and afternoon teas in support of local charities and the Sussex Kidney Trust.

The varied programme is based on demonstrations from talented flower arrangers, supplemented by workshops, slide shows and visits by staff from local plant nurseries willing to share techniques.

Several members have become Area and National demonstrators, and when Sue Flight entered the World Flower Show in Japan in 2005 she brought back a first prize.

Members have also enjoyed visits to RHS Wisley, to the delightful garden of Beth Chatto and to flower

festivals held at the Cathedrals of Westminster, Ely and Salisbury as well as Westminster Abbey and Chichester Cathedral.

"We have always enjoyed the reputation of being a friendly club, a tradition we intend to continue, providing a platform for enabling new members and visitors to experience the wonderful art of flower arranging," said President Anne Lee.

"We are proud of our heritage and welcome new members.

"You don't have to be a flower arranger to join our club," added Chairman Sue Spooner. "Many of our members come just to watch the demonstrations and meet friends. Apart from inspirational evenings full of beautiful flowers (which you can win in our raffle), we have social events like our summer and autumn suppers, tea in private gardens and a range of wonderful talks by some very entertaining people."

The club meets on the 2nd Friday of the month at 7.30pm at Queen's Hall. For more information, please phone Sue on 01444 831602.

The photo shows four founder members – Margery Parker, Mary Steadman, Bob Tunks and Anne Lee.

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Will Cuckfield help again?

Dear friends,



As I mentioned last month, we had a remarkable response to our aid appeal in the autumn. Samara's Aid is a local Brighton charity which provides aid to the huge refugee camps in and around Syria. We asked for winter clothing etc, with the hope of sending 100 banana boxes from Cuckfield. In the end we sent 240 boxes and over £1,000 in donations towards the cost of transport! It was a remarkable achievement, and Samara's Aid were able to clothe over 100,000 refugees – and our contribution was part of this incredibly important work.

This time we are hoping to supply Pregnant and Post Natal Care Packs and Family Care Packs. Many thousands of children are being born in appalling conditions in the camps and we can improve their lives through our gifts. You will find leaflets and details of what we are hoping to send in the church. If you want to pack your own box, please check the church website (www.holytrinitycuckfield.org) where you will also find the requirements.

Please don't be daunted by the list, but if you are able to supply any items, that would be great. You may also make a donation towards transport (marked 'transport' and left in the church office in the Old School). Donations may also be made online at www.samarasaidappeal.org/giving

Bring any items to the church from Sunday 17th April and leave inside the tower area. Packing will be carried out on Saturday/Sunday 23/24th April.

Please help us to transform people's lives. (see note below)

With all best wishes,
Michael (Vicar)

Just some of the items required for the care packs.
Please see the website or leaflets for further details.

Large towels	Toothpaste for children
Medium towels	Bibs
Sponges	Maternity sanitary pads
Soap bars x 4 (no liquids)	Loose fitting track suit bottoms,
Soap bars x 4 (baby)	Long sleeved tee shirts
Toothbrushes	Hair bands/ties
Toothbrushes (toddlers)	Baby vests (newborn & others)
Toothpaste for adults	

PLEASE NOTE – NO CLOTHING COLOURED BLUE
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For a full list of items needed see:
www.holytrinitycuckfield.org

A date for the diary at Holy Trinity

FLOWERS FOR THE QUEEN 1926-2016

A floral journey to celebrate 90 years of
the life of Her Majesty.

Saturday 21st May (10am-4pm) &
Sunday 22nd May (11.30pm-5.30pm)

Tea/Coffee & Cake (£3) served in
The Old School
Saturday: 10-12am & 2-4pm
Donations towards church funds

Meeting great people

FROM THE MAYOR'S TABLE



By Ken Gregory

Last month I was delighted to attend the 100th birthday of Harold Salmon at the South Lodge Hotel in Lower Beeding and present him with a small gift and card from the Independent State of Cuckfield.

Harold has lived in the village for 11 years, still drives his car and has a great sense of humour! He enjoyed a lunch with all his family around him and is looking forward to many more birthdays. (You can read Harold's story on page 14.)

The Cuckoo Fayre is fast approaching. If you haven't booked your pitch yet and would like to have a stall on the day, please contact Jim Ayling on 01444 413454.

I am sure everyone will now be aware that the ISOC was born on the Cuckoo Fayre day 50 years ago. To celebrate this milestone we are hoping to get as many past Mayors as possible into the main ring for the official opening at 1pm.

We also have a few Cuckfield passports available. If you haven't got one, or need an up-to-date one, I will be pleased to sell you one at the Fayre, they cost just £2.

Nuclear Bunker opening

Cuckfield's own Royal Observer Corp nuclear bunker will once again be open to the public on various weekends over the summer months.

The first of these will be Saturday and Sunday 4th and 5th June.

More details in next month's magazine, see www.rocremembered.com or call Phillipa Malins on 01444 452307.

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Calling all local charities

VILLAGE GREEN

By Margaret Tyzack More, Cuckfield Local

Cuckfield Local are offering one table a month at the Monthly Food Market to local charitable organisations. The aim is to support worthy causes in raising funds and widening awareness of their Charity. The table will be free of charge, and you may even find a tea or coffee arriving for you during the morning. To book your place contact cuckfieldlocal@gmail.com

Regular shoppers at the Market visit their favourite stalls for bread, fish, jams, Sussex cheeses, poultry, game and so on. Many of you come to say hello to us on the Cuckfield Local table when dropping off your red, blue and green milk bottle tops. What some of you may not know is that we have packs of wild flower seeds, which are yours for a small donation. Wild flowers and appropriate garden plants, whose blooms support bees, butterflies, moths and all the pollinating insects, are becoming more and more important. As the built environment marches ever onward across our land, we can do our bit for the natural environment. Would you believe that a window box or plant pot in the right place at the right time would be of any consequence? Well it can, so you can join in, too, even if you have no garden of your own. Supporting the insects then supports the birds and bats that feed on them. A wildlife pond, even a small one, provides habitat for this food source too.

Wild flowers do well on quite rough ground, but put plenty of good compost on flower beds to hold water and give a good, friable consistency. I love to see the little pink worms at work in my compost bin, eating away at the green waste to give lovely, sweet smelling compost. Perfect recycling.

One warm, sunny, still day back in March I was looking for signs of growth in my bee bar, a narrow border in front of a brick wall dedicated to flowers for our small winged friends. Enjoying the warmth on my back, I noticed a patch of colour moving from plant to plant. My first butterfly of the year, a small tortoiseshell. A faint buzz? Yes! A honey bee sensing around the wallflowers reflecting the sun's golden beams. To top it all a ladybird was enjoying a sunbath too. Delight stirred my heart and the day unfolded joyfully around me. I have to confess here that, having learned the names of certain butterflies last year for the Great British Butterfly Count, I had forgotten every one! The revision course has begun.

STOP PRESS: Frogspawn on my pond! This is good news because a couple of years ago the frogs died from the prevalent virus killing amphibians.

Our next Cuckfield Local Food Market will be in the courtyard of The Talbot on 9th May from 9.30am to 12.30pm.

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Mirror, Mirror...

DESIGN AT HOME

By Fiona Evans, Cuckfield Interiors

Isn't it amazing that some household items that we take for granted have existed in one form or another for thousands of years? Mirrors are one such example. The first mirrors were probably fortuitous, humble pools of water or streams. The earliest mirrors to be discovered were made of black volcanic glass called obsidian or polished stone, created around 6000 BC and found in Anatolia (modern-day Turkey). Later in history, civilisations such as the ancient Egyptians made mirrors from polished metal such as copper and the very first glass mirrors were made by the Romans in the first century AD*.

These days we have a wealth of mirrors to choose from in terms of style, shape and size which share a multitude of uses and will generate impact and sparkle. Antique, shabby antique where some of the silvering is damaged, vintage, industrial or classic, whatever your style there is a mirror to suit as being simply decorative or fulfilling a function in your home.

Mirrors are often used to make an interior look bigger and lighter by bouncing light and reflections around a space. Large frameless mirrors placed on adjacent walls will magnify a small room, as will mirrors placed in halls and narrow spaces, working particularly well if placed opposite windows. Mirror balls for parties hanging on the ceiling

cast a myriad of reflected light across the space. A pair of mirrors can also add to the symmetry of an interior.

Bring spring into your home if you have a colourful garden by placing a mirror opposite a window to create a 'mirror window', producing a shimmering melting pot of spring flowers and green textures for impact.

Some mirrors come in disguise, such as TVs pretending to be mirrors hanging on the wall, and are particularly clever when at the flick of a switch they reveal their true identity.

Whatever your style, decorative mirrors can work effectively in your home, i.e. used as a focal point, by adding drama to the room or to reflect objects directly in front of the mirror such as lit candles or glass items which add depth and can look sensational. Well-lit mirrors assigned a task, such as to watch yourself brushing your teeth, applying make-up or checking your hairdo, can add to the creativity of the interior. Some bathroom mirrors have magnifying properties (which you may or may not want!). Mirror tiles can look great.

To some people mirrors are steeped in superstition, such as breaking a mirror means seven years bad luck. This myth goes back to Ancient Rome when people seeing their reflections thought that they were looking at their soul and to break a mirror meant it would take that length of time for the living soul to be renewed. The only way to remove the seven years bad luck was to bury the broken pieces*.

All in all, mirrors add sparkle and life to an interior.

* Reference: www.mirrorhistory.com



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For market updates follow us on Twitter @Cuckfield Local www.cuckfieldlocal.wordpress.com



Important changes to Bolnore homes property management

After a nearly two year process and meetings with eight different property management companies, including First Port, the newly formed group of volunteers have chosen Pembroke Property Management to assist us in creating a new Residents Management Company (RMC) which will replace First Port and HML Andertons (Lower Village) on our behalf.

A lot of work has gone on behind the scenes but the main benefits of the new RMC will be:

- The voluntary directors of the residents' management company BVRA (Bolnore Village Residents Association) Ltd are residents of Bolnore Village and known in the community.
- Pembroke PM will be accountable to the directors of BVRA Ltd.
- 20% savings on the management fee.
- An estimated 20% saving on insurance.
- BVRA Ltd can choose which contractors to appoint. All existing contracts will be renegotiated to source better value for residents.
- Weekly attendance of cleaning/maintenance contractors to the blocks of flats, with no increase in costs. Smarter management of resources.
- Costs related to sales of property are significantly lower. Sales pack for properties are turned around in 5 days.

It is a long process but with the help of as many owners of properties in Bolnore Village as possible the process can be completed by August 2016.

Voting documents for the transfer should be posted to residents before the end of April (First Port can delay this process, but hopefully won't). Residents need to sign the voting form and return in the pre-paid envelope provided – look out for this dropping through your letterbox!

Phases 4 and 5 of Bolnore will continue to be managed by Gordon's (Crest's chosen estate management company for this area) and property owners here will not be able to undertake a similar process until 'five years after the completion of the last dwelling', which effectively is likely to be sometime in 2023 or 2024. For more information or if you think you might be interested in becoming a director of our new RMC or a representative for your street or block, please email estate@bolnore.org.uk

Monthly Quiz Night Dates

Our next monthly quiz nights at the Woodside are on 30th April and 28th May from 7.30pm. Teams of between 3 and 6, £2 per head. Email: events@bolnore.org.uk to reserve a table.

Flip burgers and street food are now a regular at the Woodside one night, every weekend. Check our Facebook page (Woodside) for dates and menus.

Also save the date for the Bolnore Village Summer Fete which will be on Saturday 9th July. Plans are well under way to make this year's our best ever!

Relaxed for 100 years

This month sees Bowen Therapy Week running until 18th April. This year the event is being held to raise awareness and understanding of Bowen Therapy as it marks the 100th anniversary of Tom Bowen's birth.

The technique is an alternative therapy which promotes relaxation and rest by using a very light touch on the body.

Bolnore resident and practitioner Ye Ping Tsim commented: "As part of the celebration, I am offering free talks to organisations/clubs in Haywards Heath/Cuckfield area who may be interested to find out more about Bowen Therapy."

Ye Ping is also running drop-in wellbeing sessions at Woodside Community Centre in Bolnore Village on Monday and Friday afternoons in April. Dates are as follows: Monday 18th April 1-2pm, Friday 22nd April 12.30-1.30pm, Monday 25th April 1-2pm and Friday 29th April 12.30-1.30pm. Sessions cost £5 on the door.

Please contact Ye Ping Tsim for more information on 07507 288882.

The Woodside Ballroom!

If you fancy a spot of dancing in Bolnore, get yourself down to the Featherstep Dance Club Ballroom and Latin Social Afternoon Tea Dance at Woodside Community Centre.

The event takes place every third Friday of the month, 2-4pm, with the next one being held on the day of this magazine's distribution (15th April), followed by Friday 20th May.

Dancers can simply drop in. Cost is £4.50 on the door.

What's on this month

AT QUEEN'S HALL

AND ELSEWHERE

Regular weekly classes (many are drop-in classes):

Monday

- 9.30am **Fluid Physio** (Pilates)
10.30am **Fluid Physio** for Injured/Beginners/Improvers
11am **Weigh In – Work Out**
7.30pm **Haywards Heath & District Canine Society** – Ring Craft

Tuesday

- 9am **Tiny Soccerstars**
9.30am **Tinkerbells** - music classes for children
1.30pm **Yoga with Annie**
3pm **Codanza**
6.30pm **Haywards Heath & District Canine Society** – Obedience Class

Wednesday

- 9.30am **Tinkerbells**
10am **Stroke Communications Group**
12.30pm **Zumba Dance Fitness**
1.30pm **Modern Line Dancing**
4pm **Codanza**
8pm **Best of Ballroom Cuckfield Dance Club**

Thursday

- 9.30am **Tumbletots**
9.30am **Tinkerbells**
7.30pm **Social Ballroom and Latin American Dance**

Friday

- 7.30pm **Historic Vehicle Trust** (1st Friday/month)
7.30pm **Evening Flower Club** (2nd Friday/month)

There is now a list of regular activities and classes on the Notice Board that includes contact details.

April

- 15th **Cuckfield Evening Flower Club** – 7.30pm
Demonstration by Gillian Sadler 'Sussex Life'

May

- 13th **Cuckfield Evening Flower Club** – 7.30pm
Demonstration by Angie Hyde entitled 'Songs from the Wood'
19th **Cuckfield Parish Council Annual Parish Meeting**
7.30pm

April

- 19th **Cuckfield Evening WI** – 8pm, The Old School
20th **Mid-Sussex Decorative and Fine Arts Society**
10.15am, Clair Hall
27th **Royal British Legion Women's Section** – 2.30pm
The Old School – Cuckfield Dramatic Society
30th **Bolnore Quiz Night** – 7.30pm, Woodside

May

- 2nd **Cuckoo Fayre** – from 12noon, Cuckfield Rec
All the fun of the fayre at the annual Independent State of Cuckfield event with stalls, procession and loads more!
3rd **NHS Retirement Fellowship AGM** – 10.15am
Franklands Village Hall, Haywards Heath
6th **Royal British Legion Branch** – 11am, The White Harte
6th **Sussex Mineral and Lapidary Society** – 7.30pm
Redwood Centre, Perrymount Road, HH
Meeting with illustrated talk (www.smls.org.uk)
7th **NSPCC Plant Sale** (Cuckfield Branch) – 10am-1pm, Brinkley Lodge, London Road, Cuckfield. (For further information please ring 01444 459579)
7th **'Vivace' Concert** – 7.30pm
St Wilfrid's Church, Church Road, HH
Fundraiser for The Yews Centre, HH (Tickets are £8 in advance or £10 on the door 01444 412367)
8th **Open Gardens** – 2-5.30pm
Birchanger Gardens, Handcross (01444 413391)
9th **Cuckfield Local Food Market**
9.30am-12.30pm, Courtyard of The Talbot
12th **The History of Baptist Churches in Sussex** – 8pm, Cuckfield Baptist Church. A talk by Andrew Symonds (to book a place contact Mike Nicholson on 01444 457448 or by email to events@cuckfieldmuseum.org)
18th **Mid-Sussex Decorative and Fine Arts Society**
10.15am, Clair Hall 'Murder and Modernism'
19th **The Garden and Local Produce Fair** – 10.30am-3.30pm, Cuckfield Park. New Horizons Appeal on behalf of St Catherine's Hospice.
20th **The Attic Art Club Original Art Fair**
22nd (opening times vary) at The Village Hall, Ditchling

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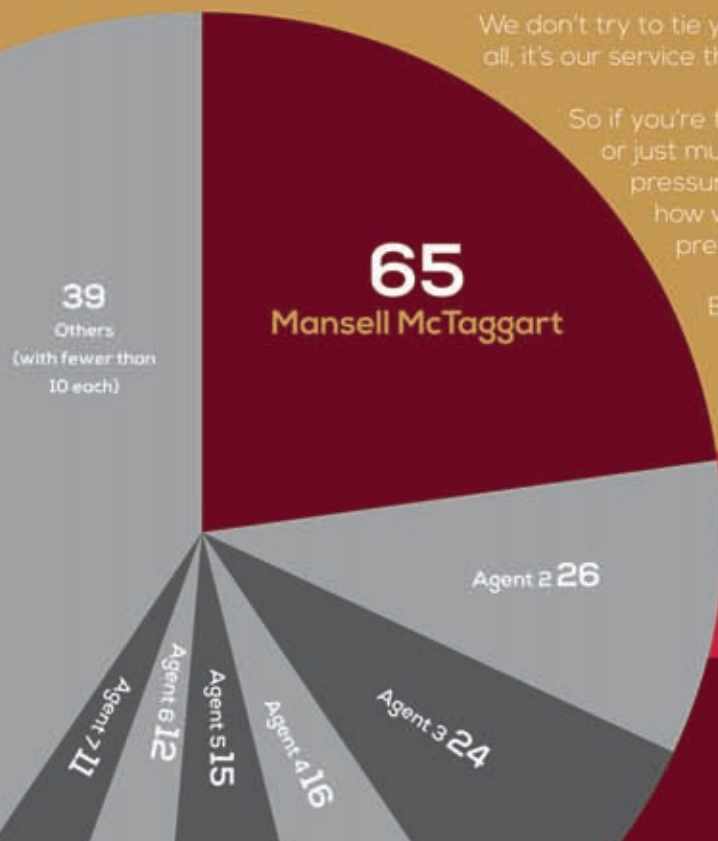
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*Source: rightmove.co.uk, all residential sales agreed in R67 in the year to 16 Sep 2015



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