

Cuckfield Life

Inc. Brook St, Ansty, Staplefield & Bolnore Village

Local village talk,
by the village

Issue #49 | Nov/Dec '16

Free

An aerial photograph of a village street, likely Cuckfield, showing a large crowd of people gathered for a celebration. The street is lined with traditional houses, and a church with a tall spire is visible in the background. The scene is set in a rural area with green fields and trees.

Village celebrations round-up

page 14

Cuckfield & Bolnore news inside

page 4

The recipe page returns!

page 18

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EDITORIAL

By David Tingley, Editor

Welcome to the mid November issue of the magazine after the clocks have changed and we've begun experiencing some colder temperatures in the village!

On our pages this month is the usual range of features and news - which kicks off over the page with information on both the **Christmas Tree Festival** and the **Street Festival** - both on 9th December and both great fun. There is also another key date for your diary - Weds 23rd November - when a number of High Street retailers will be holding a **late night shopping event** - see **page 8** for details.

If you are after other **Christmas gift ideas** then it would be worth getting along to a special skincare event at **Ockenden Manor** - see **page 6**, and we also feature a local business creating special **personalised gifts** on **page 29**.

The big story of last month was the election of the **new Mayor** of the Independent State of Cuckfield - and, as usual, we feature full coverage of the weekend's events on **page 14-15**.

In nearby **Bolnore village**, residents are approaching the date when the Community Interest Company will be coming into effect - which is a huge step forward for this community. Read more about it on **page 13**.

On **page 18** we reintroduce a previously popular feature as local fishmonger **Sebastian Candelon** shares some of his **favourite recipes** on a monthly basis. Let us know how you get on in the kitchen!

Margaret Tyzak-More and **Fiona Evans** keep us up to date with their regular features on the village **environment** and **interior design** respectively (**pages 38 and 39**). Thank you ladies.

If you fancy winning a trip to **Holiday On Ice** in Brighton in early January - read about it on **page 36**.

As ever, **do get in touch** with your story ideas or comments about what we do. We'd love to hear from you by email to: editor@cuckfieldlife.co.uk.

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Cuckfield Life
Published by Kipper



 Michelle Miller
Looking down on the High Street on Mayor's weekend

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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



Tree Festival opens on 9th Dec

Plans are well underway for this year's Christmas Tree Festival at Holy Trinity Church from Friday 9th to Sunday 11th December.

This popular annual event will see the church filled with 80 real Christmas trees, beautifully decorated by local groups, including schools, shops and businesses.

Visitors can also enjoy a full programme of live music and refreshments which will be available in the Old School.

Entry costs £5, and children under 16 are free. This year's event will raise money for the Mid Sussex Branch of Parkinson's UK.

The festival is open on Friday 9th December from 11.30am to 7.30pm, Saturday 10th from 11.30am to 6.30pm and Sunday 11th from 11.30am to 5pm, followed by a Carol Service at 6pm.

Crafty tree in store

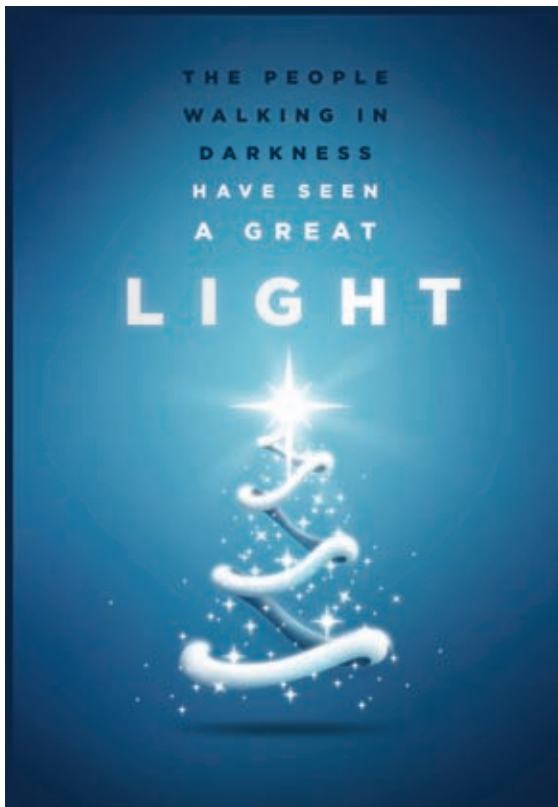
Sarah Freeman, the new owner of Sussex Crafts, is carrying on the tradition of sponsoring a tree at the annual Christmas Tree Festival. She intends to use this year's festival to showcase, in miniature, the items available in her shop. Visitors to the festival will be able to get a sneak preview of her plans to move the business forward in light of the closure of Baldwins in Haywards Heath.

Sarah commented: "Many trees in the past have had a crafty feel; crochet snowflakes, beautiful beading and hand turned wooden Christmas ornaments to



name a few. This year's festival is the fourteenth to be held in Holy Trinity Church where the full-sized trees create a forest like feel in the Grade 1 listed building."

Sussex Crafts is one of 80 businesses and organisations that decorate a tree for the event.



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Festive Festival

Christmas comes to Cuckfield High Street on 9th December as the village celebrates the annual street festival.

The event, organised by Cuckfield Parish Council, runs from 6pm to 8pm.

The High Street will be closed to traffic, giving residents chance to enjoy the many charity tabletop stalls, festive food and entertainment, which includes the preview Christmas Tree Festival at Holy Trinity Church.

For children there's a Fancy Dress Competition with a theme of Christmas Fun and the ever popular Father Christmas Grotto.

The judging will be at 6.15pm in front of the Mid Downs Radio trailer.

Pumpkin fun



Cuckfield resident Matt Wynne shared with us his Halloween pumpkin creations from last month's fun celebrations.

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A treat night for ladies

What is your skin concern? Do you suffer with acne or rosacea? Or maybe you just want healthy, glowing skin that gets noticed?

If any of these problems resonate with you, then help is at hand and there's a perfect opportunity to find out more at an event at Ockenden Manor, Cuckfield in the next few weeks.

Winslow Skincare, started by Cuckfield resident Maria Winslow in 2012, has an ethos that seeks to educate clients about their skin, treating it from the inside out.

One client put it like this: "I went to have a facial and ended up with so much more. The advice you have given me and my two daughters these past few months has been just fantastic and will set them up for their future years."

"Most of us," Maria comments, "would like to have young looking skin, giving off that luminous and 'blooming' look and feel. What we do is help clients understand how to look after one of their body's most precious, and noticed, organs."

One of the core reasons why a treatment at Winslow Skincare is different from your usual spa day treat is down to the expertise of the team.

Maria is joined by Clare White and her daughter Elle. Maria and Clare are two of only 200 Dermalogica Skincare Experts in the UK. Maria is an absolute expert in her field and Clare has over 15 years experience in the industry and joined the clinic, which operates from The Perrymount Natural Health Clinic in Haywards Heath, earlier this year. Elle Winslow is a specialist in CACI (a non-surgical face lift treatment, pronounced kay-see) which can be used to target lines and wrinkles to revitalise and tone facial contours.



Mary said: "After just three weekly CACI sessions with Elle, I noticed the difference when getting ready to go out for the night. The skin above my eyes was much firmer and more taut than usual. Everyone at the party commented on how well I was looking too."

Winslow Skincare is holding another of its popular Showcase events at Ockenden Manor on Thursday 1st December, starting at 6.30pm. "The evening is not only a ladies night out but will provide an opportunity for you to learn more about your skin too," Maria said. "Plus in this pre-Christmas event we have an amazing florist who will be showing us how to make our own Christmas floral arrangement in a special demonstration too."

Spaces at Winslow Skincare's Winter Showcase are extremely limited. Tickets cost just £20 and include canapes and a glass of Prosecco on arrival at the exclusive hotel. All guests will also take away a goody bag with more than £60 worth of Dermalogica products, offers and discounts inside it.

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School's biggest fundraising event of the year all wrapped up

Get your festive shopping all wrapped up at Warden Park Academy's Christmas Fair on Saturday 19th November.

Shoppers can browse at more than 25 stalls offering a wide range of gift ideas, from handcrafted jewellery and beauty and bath products to children's clothes and toys, gardening gifts and Christmas decorations.

For the 'foodies' there are cakes, chocolates, sweets, chutneys and preserves, along with local and international wine, beers and cider. There's even a chance to win a present for yourself in the Christmas raffle and a café offering hot and cold food and drinks.

The Fair is the Academy's biggest fundraising event and is expected to attract around 300 visitors.

All money raised goes to the Friends of Warden Park Academy to buy new equipment for the school.

Last year, funds went towards a new lighting and sound desk system for the drama and music departments.

Christmas is coming early to Cuckfield !

Following the success of last year's event, traders are delighted to announce a special evening of shopping in the village on Wednesday 23rd November.

Described as a 'perfect seasonal evening to whet the appetite and inspire you for Christmas' the event will see many village shops staying open until late.

This inspiring shopping experience will include bubbly and nibbles and wonderful ideas for Christmas.

A relaxed and atmospheric way to shop for interiors, homewares, crafts, lighting, gifts, clothes, candy, haircare, flowers and much more.

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For further information please contact: Trudy Cox at Ensor Interior Design on 01444 417000 or cuckfield@ensorinteriordesign.co.uk

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Rugby star opens new sports pitch



By Claire Cooper

Rugby World Cup winner Lawrence Dallaglio officially opened Warden Park Academy's new 3G sports facility last month.

The former England captain, and member of the 2003 World Cup winning team, cut the ribbon to officially open the all-weather pitch - named the Chisholm Stoneley Sports Pitch to recognise many years of service from Deputy Heads Pete Chisholm and Rob Stoneley.

He also enjoyed watching students try out the new facility with a 'skills and mini games' demonstration.

It was the second visit to the school by the rugby star who in July cut the first turf for work to begin on the £500,000 project.

"I can't believe how quickly it's gone up," said Dallaglio. "The contractors have done an amazing job in such a short time. It's a wonderful facility which will make young people more enthusiastic about getting out and playing sport."

Dallaglio spoke of his 'amazing and colourful' career with Wasps and with the England rugby squad and told the students 'anything is possible'. "When I was at school I never made the first team, but if you work hard and enjoy your sport anything is possible," he said. "Sport changes lives – it certainly changed mine. It gives kids something to aspire to and creates opportunities for them."

Dallaglio was also impressed to hear that the pitch is available for community groups to hire and has already been booked by local sports clubs, including Cuckfield FC, Cuckfield Cosmos, AFC Haywards, Pink Flamingoes FC and Lindfield Juniors FC.

Pro Direct Soccer Academy will also be based at Warden Park, while Sussex County FA is planning to use the facility for coach development courses.

Dallaglio was invited to perform the opening ceremony by his friend and former Warden Park student Jon Ball, whose company Fairfax Properties supported the project with a £60,000 donation.

"I am delighted to be able to help my old school provide a world-class sports facility for both students and the local community," said Jon. "My nephew and daughter both attend the school, the third generation of my family to do so. It's nice to know that they will be among those benefiting along with their fellow students."

Warden Park Academy CEO Jonathan Morris added: "The academy has an amazing sporting tradition and this new facility, which gives us the opportunity to train outside all year round, will be hugely beneficial not just to our PE department but to the wider community.

"I am confident that the legacy of this project will bring joy to every student at Warden Park as well as the local community for generations to come."

The pitch was built by O'Brien Sports in collaboration with Notts Sports. Steve Hillman, General Manager at O'Brien Sports, said: "The new pitch will provide students and the local community with the opportunity to participate in frequent sports activities, building confidence, self-esteem, academic excellence and character. It will also give them a platform to realise their sporting goals and ambitions."



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New tree planting at The Woodside

Bolnore residents were joined by local councillors Alastair McPherson and Matthew Jeffers as they planted trees in the Tim Farmer Recreation Ground, next to community building The Woodside last month.

Tree planting started early, with the cubs and scouts out in force and specialist knowledge and extra shovels kindly provided by community group Friends of Ashenground and Bolnore Woods. Everyone got stuck in, some more than others with the typical Mid Sussex clay to deal with, and a really productive community morning was shared by all. The trees have been supplied with funds from the Bolnore Village Community Partnership, and Crest Nicholson helped dig the holes on the Friday before.

A number of large silver birch and cherry trees were planted, which should give the area some real colour in years to come, and another 200 or so small whips, donated by the Woodland Trust, will be planted over coming weeks on the bank between the Woodside and Cattswood Lane. Keep an eye out in local press if you would like to be involved in the continuing tree planting scheme in Bolnore Village.

Drinks at Woodies

Woodies Bar will be open as usual every Friday and Saturday evenings, 7-11pm.

The next Quiz Night will be held on 26th November and 17th December (bar open at 7pm, quiz from 8pm).

To reserve your table please email events@bolnore.org.uk

MSDC approves resurfacing of The Woodside car park

If you've had enough of the mud in the Woodside Car Park or children insisting on splashing in every puddle in their clean shoes on the way out of Pre-School or Beavers, you'll be pleased to hear that Mid-Sussex District Council has approved the expenditure of £105,000 to cover the cost of resurfacing the car park. We're certain that this will greatly improve the experience of visitors.... and reduce our cleaning bills!

1st Dec: D-Day!

By Chris Belton, Chair BVCIC

It would appear, at this time anyway, that all is on track for a successful handover to Pembroke Property Management on Thursday 1st December!

It seemed an appropriate time to remind everyone about the Community Interest Company, particularly what it is and is not responsible for.

The BVCIC (Bolnore Village Community Interest Company) is responsible, through its appointed estate manager, for all communal areas of Bolnore as well as the blocks of flats and communal areas within them including: Middle Village Square car park, some landscaped areas including the large meadow near the Barn, small wooded areas and has also inherited responsibility for the upkeep of the Community Garden on Updown Hill.

Legally speaking the village is split into two. Our CIC will only be legally responsible for the 'Old Bolnore' (Phase 1-3). 'New Bolnore' which is still under construction is managed by Crest Nicholson's appointed management company for the time being.

Here are some of the issues for which the CIC is not responsible: Maintenance of the public highways - the adopted roads and pavements (speed limit signs, painting white lines and potholes), parking issues, most of the woodland, The Woodside Pavilion and its grounds and the Housing Association properties in the village.

Although we're not responsible for any of the above, wherever possible we will work with the relevant authority or group to maintain, improve and protect our village amenities.

We will keep you updated as part of our commitment to engage with the community.



Wilf dons the robes!

MAYOR'S ELECTION

By Kate Fleming

The 50th Anniversary of The Independent State of Cuckfield was celebrated in glorious autumnal weather over the three days of the penultimate weekend in October.

Firstly, the election of the new Mayor took place in The Hayloft at The Talbot. The fifty candidates were gradually eliminated during the evening according to the amount of money they had raised, with tension and excitement building up towards the final ten.

Right up until the last moment the result was in the balance, but as the bell chimed and the money counters completed their marathon task it was Wilf Knighton with £8,705.59 who managed to beat the favourite Leanne Knapman (with the tidy sum of £7,748.08) to become Mayor of the Independent State of Cuckfield in this record-breaking 50th year. It made a 2016 overall total of £23,058 raised for local organisations and charities.

Mayor Knighton will play a major role in the distribution of these freshly raised funds, his track record in local affairs is highly impressive.

He has lived with his family in Cuckfield for 53 years, and, as soon as he was able to release himself from the demands of commuting from Haywards Heath to London Bridge, he could focus on improving the community facilities for our area.

Saturday morning welcomed blue skies and bright sunshine in readiness for the procession of floats through the village to introduce the new Mayor and to represent the range of activities, organisations and events that enrich our community.

Twenty floats left Warden Park Academy after the staff of the host pub The Talbot had put Orchard House's colourful float, in celebration of their project on the rainforest, in first position.

The talented Singing Allsorts were awarded second place for their Steam Train to commemorate the coming of the railway to Haywards Heath 175 years ago.

The third place went to Holy Trinity PTA which reminded us about the importance of stories in children's lives and the inspirational nature of books.

Sunday's Cool received a special award while advertising their up and coming production of Joseph and the Amazing Technicolor Dreamcoat – a date in the diary for you.

Burgess Hill Marching Youth Band led the procession, and Surrey and Sussex Drum and Bugle Band preceded Mayor Wilf Knighton, grandly seated in the 1966 Cardinal Red Sunbeam Alpine owned and driven by David Horne.

The traditional ceremony of 'Handing over of the keys of Cuckfield' with a pint of much needed beer to the Mayor, took place in the High Street outside The Talbot. While the floats paused so they could be admired and photographed, Brillo the clown entertained the children before the procession slowly returned to Warden Park Academy to conclude the spectacular afternoon.

Rev Michael Maine, too late on Friday evening to submit his mayoral application, was 'spot on time' to start the Village Service on Sunday morning by welcoming the new Mayor and the members of The Independent State of Cuckfield committee supporting Wilf Knighton in their various costumes.

The service focused on our Cuckfield community - a sense of belonging and that organisations supported by the Independent State were the building blocks of our society. The church bells rang, the organ played and the congregation sang, all in celebration and with thankfulness for the great weekend and in appreciation of the richness and diversity of Cuckfield that we are privileged to enjoy.

As Rev Michael Maine so rightly said: "We are all in this together." So clearly reflected in and reinforced by this splendid three day event.





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By Sebastian Candelon

Sebastian Candelon has owned the well-established Fresh Fish Shop on Commercial Square, Haywards Heath, for nearly ten years now. His passion for food and seafood can be seen with his broad selection of quality fish in the shop and also his carefully selected and locally sourced range of products to complement fish! His recipes are mainly inspired by the cooking demonstrations held at the shop regularly.

Here he explains how to get the best out of bream...



Baked Bream with Fennel and Orange

Serves 2

Things to grab:

- 2 sea bream fillets scored on the skin
- 2 small oranges
- 1 large garlic clove chopped
- 1 large fennel bulb shredded
- 2 tbsp fresh coriander chopped
- 50ml olive oil

Zest and segment the orange then squeeze out the remainder of the juice and place in a bowl with the garlic, fennel, oil and coriander.

Place the mix on a baking sheet and lay the bream fillets, skin side up, on top of the mixture then drizzle with olive oil and season.

Place the dish in a preheated oven at 200C for 12 minutes until the skin is crisp and the flesh is cooked.

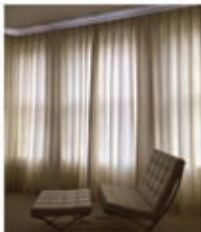
Serve the fish on top of the fennel in the centre of your plate.

Sebastian's serving suggestion:

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Cuckfield fights for Play Meadow

By Claire Cooper

The campaign to save Cuckfield's Play Meadow has suffered a serious setback as Mid Sussex District Council has put the land on the market for development.

Villagers who have been fighting to save the popular play meadow were devastated to find local estate agent Marcus Grimes is currently marketing the site, along with proposed designs for a five bedroom house.

The land is owned by Mid Sussex District Council, which has rejected a community bid to secure its future for local people. It is expected to fetch up to £2 million.

But the campaigners, led by Flis Irving and Janet Beales, have vowed to fight on to keep the meadow as a community space.

"I will continue to fight this to the bitter end," said Flis. "I think it is morally wrong. The council should not be developing the land with one enormous house at the expense of the community."

It's been a roller coaster ride for Flis whose hopes were raised in June this year with news that the High Court had quashed the Council's granting of planning permission.

At the time, leading planning judge Mr Justice Gilbert found that the council had acted unlawfully as the planning consent breached planning policy. He focused on the harm to the Cuckfield Conservation Area and highlighted the importance of preserving The Play Meadow for the benefit of local people.

"People seem to be flummoxed as to how MSDC can get away with sidestepping a judgment in the High Court," said Flis.

"But the council is activating its 'reserved matters' planning permission: the 2015 update on the outline planning permission that it granted itself at the start of the process and which was about to expire.

"This way it can claim that the ruling of the High Court is not relevant, as the plans, despite resulting in a similarly massive house with the same consequences to access and loss of views that the judge took exception to, are different and preceded the judgment."

Mid Sussex District Council Leader Garry Wall defended the council's proposals, saying the money generated from the project could be used to deliver additional social housing for local people. "We have over 1,600 applicants waiting on our housing register and building one house in Cuckfield could generate enough income to deliver an extra 15 affordable rent homes for local families in the District," he said.

But Flis commented: "If the council is claiming that the profit made on building a luxury home is going to be used to construct council houses or flats, perhaps it could spare a thought for those in the village living in such accommodation who, alongside many in the community, will be deprived of the recreation and relaxation that The Play Meadow has provided for generations. There is also no guarantee that this money would be ring-fenced and used for the purposes that Councillor Wall suggests."

She added: "Mr Justice Gilbert made it clear in his High Court ruling last June that preservation of this special

"I think it is morally wrong for the council to be developing the land at the expense of the community."

place, set within a conservation area, took precedence over development."

Janet Beales, owner of Next Step Nursery School, said the meadow has been regularly used by the children and by other local groups including the Brownies and a village youth club.

But the council has suggested that community groups could use land nearby, known as the Observer Field, as an alternative community space.

Councillor Wall said: "The Parish Council owns a larger area of open space immediately adjacent to this site which is held for the enjoyment of the public as an open space. Our landscape experts advise that this land is suitable for use by local groups which will complement the large amount of open space already available in the village."

But Janet said it was misleading for the council to suggest that the Observer Field is a viable alternative to the Play Meadow. The piece of land is a rough field and not suitable for children to run around on: the risk of injury is too high. Therefore planned physical activities would be very difficult, if not impossible. The Youth Club would not be able to use it for football and ball games for the same reason.

She added that the Observer Field contains equipment for meteorological observations as well as a Cold War nuclear bunker and is a regular place for nesting bees.

Mr James Pavey, partner in law firm Irwin Mitchell who was involved in the High Court litigation, commented: "The High Court's decision will have to be taken into account in any application to vary the planning permission for the 'off-plan' house or for any subsequent planning permission in relation to it."

Flis added: "This is not the end of the story. The Play Meadow will remain a registered Asset of Community Value after sale. Any subsequent sale with vacant possession will need to be notified to the Council and any community interest group will be given the opportunity to be treated as a potential bidder. I imagine that this would be an unwelcome piece of information to any buyer, once it becomes clear."



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So now along comes a Winter Exhibition!

"We started exhibiting contemporary silver at our Summer Exhibition in 2008 in Lindfield," says John Higgins, the gallery's owner, "and in each subsequent year the event has become more and more popular.

"Three years ago we were asked to include contemporary jewellery in our Summer Exhibition, which has proved extremely popular. Now our customers have asked us to put on a Winter Exhibition – which we have decided to run over four successive weekends in November and December."

As usual John has commissioned some unique contemporary pieces in both silver and enamel and contemporary jewellery specifically for this Winter Exhibition. He also has assembled a fantastic group of work from the very best silversmiths and jewellers working in the UK, including new pieces from Rod Kelly, Phil Barnes, Jane Short, Ros Conway, Michael Lloyd, Kayo Saito, Hiroshi Suzuki, Lucy Martin and Daphne Krinos – and many other exciting young designers.

"We are very privileged to have so many top silversmiths and jewellery designers who want to exhibit their work through us, and we are fortunate to have an excellent following of customers and collectors who take real delight in these exceptional contemporary pieces.

The Contemporary Silver Gallery Winter Exhibition takes place across weekends in November and December this year (see opposite page).



Clockwise from top:
Geometric Oxidised Silver and Gold brooch by Daphne Krinos,
Yellow Gold/Andean Opal Slice Earrings by Catherine Mannheim, Silver/Gilded Pod Necklace by Alice Robson Silver and Enamel Brooch by Jane Short, Silver 'Square' Necklace by Rhona McCallum, and Silver/semi precious stone Contemporary Earring Range by Lucy Martin



To obtain your personal invitation to the event on the day of your choice call John Higgins today on 01444 483782 or see the website for more information at www.thecontemporarysilvergallery.co.uk

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Saturday 3rd and Sunday 4th December

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Friday 16th, Saturday 17th and Sunday 18th December

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Living together – growing together*

It was a unique experience being involved in the election for our new mayor, and, arriving late as I did, finding myself eliminated from the race before I had even started! However, it was a great evening and we celebrated with the wonderful procession the next day before welcoming Wilf our Mayor, together with members of the Independent State, to our worship on the Sunday.

This bringing together of people for a common cause - particularly in this case for our village – is a sign of community. The word 'community' has many different meanings, but the election and all that flowed from it exemplified a building up of the sense of the common bonds we share, living as we do in Cuckfield and the locality. There was a real sense of joy throughout the whole weekend.

We will all have viewed different aspects of the American presidential election with some rising disbelief – particularly the rancour and unkindness displayed by candidates and supporters alike. Indeed, in our own nation there is a similar sense of disconnect on many fronts in so many aspects of our national life.

Yet we all have a responsibility to help the building up of the common good, and this takes place at many levels. The worst thing people can do is to withdraw from debate and action in seeking to improve the sense of connection with those amongst whom we live. This is not always easy when life seems to change at such a rapid pace, and yet in seeking this interaction which helps bind community and nation together we help to transform not only the community but also ourselves.

With all good wishes,

Michael

*a quote from a Burt Bacharach song!

REMINDERS FOR THE DIARY

Short Service of Light for Advent

(followed by full English breakfast)
Saturday 26th November at 8.30am
(Breakfast tickets available from church office:
Adults £5, under 12s free)

Free Concert by Students from Ardingly College

Thursday 1st December at 7.30pm

The Christmas Tree Festival

Thursday 9th – Sunday 12th December

The Cuckfield Nativity

Friday 16th December at 6pm

Crib and Stable Services

Christmas Eve 2.30/4.30pm
(tickets from church office)

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Should I exercise?

MANAGING PAIN

By Sophia Barlow, registered osteopath

Most patients who present to me at the clinic are in pain and have a recent, and often recurrent, injury. Exercise in one way or another is bound to come up during consultation, and I am often asked, should I exercise? Actually on an injury the answer is usually no, but there are caveats, certainly for ongoing conditions.

Osteopathically the answer is, it depends, and more importantly, listen to your body and consider your own health needs, including your mental health. With experience I have become a lot less grudging in strapping up knees for skiing, shoulders for golf and basically everything for marathon training and running, knowing that I am sending my patients out, on their wishes and fully informed, into a sporting activity that may certainly in the short term aggravate their symptoms. But I would hope that these patients, rather than having the 'I just went for it' mentality that they often espouse on entering the clinic with acutely painful injuries has hopefully been replaced with a more balanced view of their own health, expectations and current capacity. Most importantly they are exercising, and over the years I have become a bit of a convert.

I find that most patients' expectations, and in some cases long held dreams, of what they may be able to achieve regards exercise and sport are perfectly reasonable. In my experience injuries happen when these targets are rushed, not planned, and planning includes the basics of enough sleep, good nutrition, good hydration and a planned and graded exercise and fitness plan. Also patients may have become out of touch with their bodies, seeing their bodies as a resource to use and not listening to when their bodies are tired or injured and changing their behaviour accordingly.

More generally, if we are not in the midst of an acute injury, we all know the clear benefits of regular exercise, but all the media nagging and stats and apps can become rather like white noise to many. In fact, I hadn't really done any regular exercise for about ten years despite discussing its benefits with my patients every day. But last year I undertook the NHS couch to 5k running plan, partly because I felt a bit of a fraud when nagging my patients, partly because I was looking to increase my energy levels and partly because in the clinic I see the significant benefits to patients in their older years who have undertaken regular exercise throughout their whole lives.

It really is astounding how a few half hours a week of exercise adds up over the years, whether in general tissue health, cardiovascular health, overall joint health or mental health; well certainly enough to get me off the couch anyway!

So yes, please do exercise, it's never too late to start, just start gently.

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Christmas gift ideas

OPEN FOR BUSINESS

Every family has stories to tell – from ancestors and family history to weddings, babies, landmark birthdays and those memorable holidays.

All too often these stories are hidden away in dusty albums, boxes in lofts or, more recently, locked away in the memory of a home computer.

But one local business is bringing these stories and memories back to life, producing unique books that can be picked up, shared and enjoyed every day.

Book-a-Gift, run by Maral French from her home in Warninglid, creates individually designed memory books, capturing family stories.

Maral set up her business in 2007, after selling her share in a document binding company. "I was looking for an opportunity to work locally and spend more time with my daughter," she said. "I realised that I could use my experience and develop my ideas for the consumer market."

Maral's research showed that, although there were opportunities for people to create photo books online, there was a gap in the market for those who didn't want to do it themselves.

"Many people don't want to risk sending precious photos through the post," said Maral. "But they can bring them here knowing they will never leave the office."

Initially Maral opened a shop in Billingshurst, which was an instant success. "But I ended up being there seven days a week which was taking me away from my daughter again, so I decided to move the business to my garden studio."

Since then Maral and her assistant Sarah have been kept busy with requests for wedding albums and ancestry books.

"For the wedding books, couples bring in CDs or memory sticks of photos and we design their photobook to tell their story," said Maral. "We're not trying to compete with the traditional photo album but provide a 'coffee table' book that can be picked up, flicked through and enjoyed whenever someone wants to remember the day."

With ancestry books, customers bring their old printed photos, slides or even negatives. "The first thing we do is scan all the pictures so the originals are handled as little as possible and kept safe," said Maral. Very precious photographs can be scanned while the customer waits.

The condition of the photos isn't a problem. "Old sepia photographs reproduce really well. The worst ones are those taken in the 1970s!"

All the photos are scanned on to a CD which is given to the customer with the completed book.

"These aren't just books of photographs – they are family stories and we design the book to tell the story," said Maral. "Seeing customers' faces when they come back to collect their books can be very emotional."

One recent book tells the story, through pictures, of a motoring enthusiast who built his own car to race at Goodwood. Another follows the training of a young pilot. "We've also covered gap year travels, produced a 'pull out' family tree, and reproduced grandmother's old recipe books!" said Maral.

"The younger generation particularly like them. In this world of mobile phones and computer screens it means a lot to hold their memories in a book."

Book-a-Gift also produces canvas pictures from photographs and a range of calendars - popular Christmas gifts. They also provide a photo scanning service and general photo printing.

One of the newest products is a school photo book. "Most parents buy school photos which often end up in boxes still in their little card frames," said Maral. "Our books, available in various school colours, tell the story of the child's journey through school and can be added to over the years."

There are also binders for children's artwork – with a choice of having the work scanned on to pages or inserted using special tabs.

These binders have proved popular with businesses which need to add or take out pages. "We've produced binders for marquee companies, holiday home owners and even a horse breeder!" said Maral.

Ancestry and wedding books cost from £55 including design fee and generally take about three days to produce. Calendars (from £9.99) and canvases (from £12.99) can be made in hours. "People appreciate the quick turnaround," said Maral. "We've even done a canvas on Christmas Eve for a VERY last minute gift!"

To view the products produced by Maral you can check out the website at: www.bookagift.co.uk or call 01444 672847 or email shop@bookagift.co.uk to discuss your own project with her.



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Village Fashion Show raises over £2000 for charity

Volunteers from the West Sussex North branch of the Motor Neurone Disease Association organised a highly successful Fashion Show at the Queen's Hall in Cuckfield in October, raising £2,244 to help support local people living with this debilitating and often rapidly progressing neurological disease.

The evening was a sell-out with over 150 guests attending, and was very well supported by many local businesses. The Fashion Show itself was run by Jo Jo Dennis of JoJo Boutique along with her team. The five glamorous models are all supporters of the branch. Hairstyling was made available by Deborah Day of Hairworks, Ruth Corke of Profiles Health & Beauty in Hassocks provided make-up services and Cuckfield i Wear supplied eyewear for the models.

Lighting, sound and music services were generously offered by David Tingley of Cuckfield Life magazine, while professional photographer Stephan Burn made the trip from London to offer his expertise.

Guests enjoyed a glass of prosecco on arrival and canapés during the interval. They were able to view an incredible array of donated prizes for the raffle, which also proved a sell-out. Branch secretary Liz Carter movingly described the pernicious effects of MND, before describing the support which the local branch and its band of volunteers provide to those individuals and families affected by it.

For recently appointed branch chair Julie Unsted this was the first fundraising event in which she had been directly involved. "I had sleepless nights in the run-up to the event," she admitted, "but I need not have worried as all of the local businesses, individual supporters and volunteers involved were so generous with their time, expertise and donations. It was such a success that everyone wants to know when the next one will be! The branch is so pleased to have pulled it off and raised this incredible amount of money which will make a big difference to the lives of local people living with MND."

Photos by Stephan Burn Photography



Wakehurst Place in golden glow

Don't miss Wakehurst's Glow Wild magical after-dark trail
School children will be delighted to see the fruits of their labour at Wakehurst's iconic winter lantern festival, Glow Wild.

The event, which has been a sell-out for the past two years, sees the nocturnal landscape come alive with thousands of twinkling paper lanterns, lighting up the gardens and the Elizabethan mansion.

Visitors will be able to join the trail through fiery celestial meadows, experience flotillas of fire and star lit ponds, and walk through the beautiful lantern laden midnight gardens.

The majority of the lanterns have been made by school children and teenagers at local colleges, including those with special educational needs. Creative workshops have been held by Samesky, a community arts charity that has helped the children explore their artistic ideas.

The UK's tallest living Christmas tree will be festooned with lights and there will be a chance to enjoy toasting marshmallows over giant fire bowls. Hot chocolate and mulled wine will also be served to put pay to winter chills.

Wakehurst's Visitor Centre shop is stocked with an array of gifts to suit every pocket and will be open for Glow Wild. It's a good idea to arrive early or stay late so you can get your Christmas shopping all wrapped under one roof.

Dates: Fridays to Sundays: 2nd-4th, 9th-11th and 16th-18th December with time slots at 4pm, 5pm, 6.30pm and 7.30pm.

Book tickets online at: www.kew.org/glowwild



Don't miss Ensemble Reza's Cuckfield concert

Back by popular demand, Ensemble Reza will be returning to Holy Trinity Church, Cuckfield on Saturday 26th November, 7.30pm for a concert celebrating music by the Masters of Romantic Piano Trios.

Featuring Schubert's Piano Trio No. 1 and Mendelssohn's Trio in D minor performed by Nancy Cooley (piano), Andrew Thurgood (violin) and Sarah Carvalho-Dubost (cello) this concert promises to be a superb evening of beautiful music.

Ensemble Reza was formed in 2013. The combination of virtuoso musicians, who are close friends performing together, results in breathtaking performances which have become the unique sound of the group.

Tickets cost £13 for adults and £3 for students and children and are available from Carousel Music, Pepperbox and online at www.ensemblereza.com

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Residents get community award

Three local 'unsung heroes' who regularly give up their time to support their communities have been presented with awards.

Eileen MacDougall, Benedict White and Angela Holroyd have all received Community Service Awards from Mid Sussex District Council.

The awards for volunteers whose work 'enriches the lives of others while making Mid Sussex a great place to live' were presented by Council Chairman Peter Reed and the High Sheriff of West Sussex Mark Spofforth at a garden party in September.

Nominated by Councillor Robert Salisbury, Eileen has for many years supported musical life at Cuckfield's Holy Trinity Church. From helping brides to choose their music to arranging the rotas for organists, Eileen is also full-time secretary to the choir, which Robert describes as a 'vitaly important function of any community with music at its heart'.

Nominated by Councillor Pete Bradbury, Benedict is chairman of the Cuckfield Society, and campaigns tirelessly to help 'preserve and enhance the essential atmosphere' of the village and surrounding countryside and to improve the appearance and amenities of the village. Benedict has also campaigned for better public services in Mid Sussex and has raised funds for military charities.

Nominated by her fellow Ansty and Staplefield parish councillors, Angela is described as an 'active and energetic' community member who represented Brook Street on the neighbourhood plan committee. She is also chair of Brook Street Apple Society which organises the annual cider making and party for Brook Street residents.



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Lotte's cake sale success

We previously featured an article on Cuckfield school girl Lotte North, who had an idea to raise money for Trina Mahon in Spain, who rescues stray dogs there.

Her mum, Ruth, commented: "Thank you to everyone who supported Lotte's cake sale. We raised 120 euros and had a lovely day meeting neighbours and chatting to people. Lotte will now be able to apply for her silver Blue Peter badge too!"

Trina said: "Lotte is a little star, thank you! I'm going to give 100 euros to the shelter I work with - SOS Animals - as they need every cent they get, and I'm going to get loads of treats for my lot, thank you so much."



Captain's Day fun

By Ken Gregory

Members of the Cuckfield Golf Society held their last event of the golf year last month – Captain's Day at Sweetwoods Park Golf Club.

This year's captain, David, welcomed 18 members who enjoyed coffee and bacon rolls before taking on the lovely parkland course, which they all found in very good condition. This was followed by a two course meal and presentation of prizes.

The day was won by Stan Longhurst with a very good score of 38pts playing off a handicap of 20. Other prizes were won by Steve Mabey, Tony Bean and Jimmy Stakim.

The golfers are now looking forward to next year which will be the 20th anniversary of the Society.



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New High Street shop

Cuckfield resident Nicky Willis has just opened her own shop, after years of planning.

Nicky moved into the village, with her husband David and son Finlay, three years ago - having bought the house she fell in love with some two years before that.

"The property is ideal," Nicky said, "as we'd been looking for something with character and a shop, and coming back to Cuckfield has been amazing."

Nicky grew up in the area and went to school at Warden Park and also worked in the former Kings Head pub for a time too.

Her career has been in textiles where she has spent most of her working life in London in the fashion/design industry. Willis & Co is her dream job though, as she brings together all manner of different products into one store. Nicky describes the shop as an emporium, full of old and new items; collectables, artwork and home ware.

Willis & Co opened earlier this month with an official handshake from newly elected mayor Wilf Knighton. The shop - next to Beauty Within - is open from 10am-4pm Monday to Friday, and Saturdays 10am-1pm.



Cuckfield Life

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Win Holiday on Ice tickets for new show: BELIEVE



The world-renowned show, Holiday on Ice, which has been running for more than 72 years, will be returning to The Brighton Centre in January 2017 with new spectacular show – BELIEVE.

Directed and choreographed by Olympic and four time world champion Christopher Dean, BELIEVE will open at The Brighton Centre on Wednesday 4th January and run until Sunday 8th January 2017.

The show is an incredibly exciting and fast paced production that tells the modern day story of the traditional Shakespeare classic about desire, jealousy and true love – Romeo and Juliet. With Olympic level choreographies combined with the best live music, beautiful décor, glamorous costumes and hi-tech special effects, BELIEVE is destined to become a show that will truly conquer hearts.

Tickets for Holiday on Ice BELIEVE at The Brighton Centre are on sale now and are available from www.brightoncentre.co.uk or by contacting the box office on 0844 847 1538. Family and group discounts available.

Cuckfield Life has one family ticket to give away! To be in with a chance to grab this family ticket simply email your name and address to this email address: competition@cuckfieldlife.co.uk before 28th Nov 2016.

TERMS & CONDITIONS

Tickets are valid to see Holiday on Ice BELIEVE at The Brighton Centre on Wednesday 4th January 2017 at 8pm only. Family ticket can be used by any combination of a total of four adults and children. At least one adult must be present. No purchase necessary. Tickets are non-exchangeable. Closing date for entries is 28th November, entries received after this date will not be counted. Winners will be required to collect their tickets from the box office on the night of the show. Any travel and accommodation is not included in the prize.



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The golden leaves

VILLAGE GREEN

By Margaret Tyzack More, Cuckfield Local

How breathtakingly beautiful this autumn has been. The yellow, orange and burgundy of the turning leaves inviting the camera of the mind's eye to catch and store the memories of loveliness for the winter days to come. Driving up the Balcombe Road from Haywards Heath one day the wind blew a shower of golden leaves over me like rose petals on a bride. Precious moments to be treasured. How blessed we are to have the joy of trees all around our towns and villages.

In the gloom and doom of war and confrontation on the world stage and general uncertainty in the air I was much uplifted recently. THE GREEN FUTURE IS HERE event was hosted by our local Green Party; GREEN referring to green shoots of hope for the future by businesses and people who are already operating in ways that are creating a sustainable future that will survive and thrive. Dr Tony Whitbread, CEO of the Sussex Wildlife Trust, spoke on the importance of Natural Capital. This is about what nature does for us and how we can recognise and work with the natural world. There was plenty of time to talk with some of the speakers who came to share what they are doing. The Woodland Flora and Fauna Group is based in Hurstierpoint and supported by the Hurstpierpoint Society. After a huge biodiversity study to identify areas of officially designated ancient woodland, Mid Sussex District Council has now agreed to designate all woodland in and around Hurstpierpoint as semi natural ancient woodland. Let's hope this will halt the onward march of the concrete housing carpet. At The Crossing in Forest Row, the land is stewarded to maximise fertility, biodiversity and food production. They operate Community Supported Agriculture, an example being The Coop Co-op where a number of families come together to care for hens and share the eggs. Businesses from The Green Growth Platform at Brighton University were at the event too.

Regenerative Agriculture went mainstream with an article in The Guardian: 'Our best shot at cooling the atmosphere might be right under our feet'. They report studies suggesting that regenerating the soil by turning our backs on industrial farming holds the key to tackling climate change. Talking of climate change, for those of you who take an interest in these things, a new film has been released. BEFORE THE FLOOD has some big names on its team. Free on The National Geographic Channel, Leonardo DiCaprio meets with scientists, activists and world leaders to discuss the problem and possible solutions. War with the planet as well as on it could be a way of looking at what we are doing to our blue island home.

Don't forget the Cuckfield Local Christmas Food Market on 10th December 9.30am-12.30pm. It's shaping up to be a great market with all kinds of Christmas goodies. Not to be missed!

All the very best for a Season of Goodwill.



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Mid century modern

DESIGN AT HOME

By Fiona Evans, Cuckfield Interiors

An open plan interior embracing clean lines with sliding doors opening out on to an outside living space is not such the new idea as you might think but swings right back to 1950s America. Seamlessly merging indoor/outdoor spaces with the inside spilling out to wide patios embracing nature and its organic forms was a philosophy sprung from Mid Century Modern, a design movement from the 1930s to early 1960s. Architects Frank Lloyd Wright and Walter Gropius amongst others created such spaces hoping to achieve a fresh look for a new lifestyle. Floor plans composed of light, airy, wide open spaces, forging a brighter future in home design for post-war America. Architecture turned its back on austerity and made the most of its massive post-war economic boom, creating homes with flat roofs, expanses of glass walls and clean lines. Such modern light and airy spaces called for new trends in furniture design and decoration and manufacturers could fortunately make the most of post-war mass production techniques. Furniture and appliances took on new affordable exciting styles which were stripped down to their basic forms and described as contemporary.

In Europe designers Ray and Charles Eames contributed to the modern styling by designing mass produced furniture with clean lines and curved angles. Experiments with aluminium, polyester resin, plywood and fibreglass resulted in their iconic plastic chairs which for comfort followed body contours and their sleek, moulded plywood chairs voted The Best Design of the 20th Century by Time Magazine. Being affordable and mass produced was an important feature to them quoting: 'Getting the most of the best to the greatest number of people for the least'.

The familiar teak furniture from the period, and sold in many shops today for followers of the vintage trend, was designed by Finn Juhl, leader of the Danish Modern Design movement and a master of organic design in the 1940s.

Decor took on graphic patterns and geometric forms, and with renewed popularity in recent years the designs have taken Britain by storm in fabrics and wallpaper using the dark neutrals and strong accent colours of the day. Interiors adopting the look are trimmed down to their bare bones and any 'fussiness' removed to take on a new depth encouraged by scenes from the TV series Madmen, set in the 1950s. Furnishings are made from teak, walnut or oak with plain textured fabrics. There are clever designs like storage in the form of sleek shelving units with cupboards stretching up the wall. Low coffee tables, some with glass tops like the Noguchi table with elegant curvy organic form and sideboards with drawers and cupboards with sliding or hinged doors.

Mid Century Modern is enormously popular and original authentic furniture can sometimes be found on ebay, in charity and specialist shops. Graphic and geometric fabrics and wallpapers following the trend by Orla Kiely can be found online and there are plentiful furniture reproductions online also.

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Co-op Community Fund

Something very exciting is happening alongside the new branding of our local Co-op. In addition to the 5% bonus you earn for yourself, the Co-op will now give 1% of what you spend on its products to community projects selected by Co-op stores near your home. You can choose which cause your own 1% goes to. If you don't, it's shared out between the causes of your nearest Co-op.

At the moment Lindfield Arts Festival and Time 4 Children are the two local charities of choice.

Lindfield Arts Festival aims to deliver an annual arts event in September that adapts year on year to the cultural diversity of an ever changing community.

Time 4 Children is a charity which aims to increase the emotional well-being, self-confidence & self-esteem of emotionally vulnerable children between the ages of 4 and 12 in the Mid Sussex area .

To ensure that the charities benefit from your regular shopping at the Co-op, please register your new blue Co-op card online at the website: www.membership.coop.co.uk/dashboard and click which charity you wish to support.

New causes will be chosen every six months.

Sudoku #5

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

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

<< #4 Solution

Find the solution to #5 in next month's magazine

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

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What's on this month

AT QUEEN'S HALL

Monday

- 9.30am **Pilates** (intermediate)
10.30am **Pilates** (beginners)
11am **Diet & Fitness Class**
7.30pm **Dog Training** (ring craft)

Tuesday

- 9.15am **Pre-School Football**
9.30am **Music Class for Children**
1.30pm **Yoga**
3.45pm **Dance Classes for Children**
6.30pm **Dog Training** (obedience)
7pm **Pregnancy Relaxation Class**

Wednesday

- 9.30am **Music Class for Children**
10am **Stroke Support Activities**
12.30pm **Zumba Dance Class**
1.30pm **Line Dancing Class**
4pm **Dance Classes for Children**
8pm **Ballroom Dance Club**

Thursday

- 9.30am **Balance Class for Children**
7pm **Dance Class**

Friday

- 9.30am **Music Class for Children**
7pm **Evening Flower Club** (2nd Friday/month)
7.30pm **Historic Vehicle Trust** (1st Friday/month)

Changes may occur to the above details. Please note contact details for all regular classes/activities are available on the Notice Board at the Queen's Hall.

November

- 25th- **The Attic Club Original Art Fair**
27th The Queen's Hall, Cuckfield
Fri 12noon-8pm, Sat/Sun 10am-5pm

December

- 4th **Cuckfield Flower Club** – 7pm
Christmas by Julie Brownlee
(open evening, all welcome)
- 20th Rain or Shine Theatre present
The Hound of the Baskervilles – 7.30pm
A performance at Queen's Hall
(Box Office: 01444 451610)

AND ELSEWHERE

November

- 16th **Mid Sussex Decorative & Fine Arts Soc.** – 10.15am
Clair Hall, HH: 'Double Dutch- paintings in the town houses of 17th century Dutch merchants' lecture by Lynne Gibson (£7)
- 17th **Mid Sussex Association National Trust** – 2.30pm
Clair Hall, Haywards Heath: AGM followed by short talks by speakers from local NT properties
- 19th **Warden Park Christmas Fair** – 10am-3pm
Warden Park Academy
- 19th **Sussex Chorus Concert** – 7.30pm
The King's Church, Burgess Hill
(www.sussexchorus.org or 01444 412579)
- 22nd **Cuckfield Evening WI** – 7.30pm
Baptist Church, Polestub Lane: Life and Times of Edith Cavelle by Melanie Gibson-Barton
- 23rd **Royal British Legion Women's Section** – 2.30pm
Old School, Cuckfield: Travels on a Wide Beam Narrow Boat by Sally Williams
- 23rd **Cuckfield High Street Late Night Shopping**

December

- 2nd **Charity Christmas Fayre** – 2.30-4.30pm
Wivelsfield Village Hall, RH17 7QH
Stalls with festive refreshments in aid of Action Medical Research for Children (01444 482362)
- 2nd **Jazz Evening** – 8pm
Ditchling Village Hall: The Mike Lavelle Quintet in a bistro setting (Tickets £15, 01444 831475)
- 3rd **Bolnore Village School Christmas Fair** – 12-3pm
- 6th **Lindfield Afternoon WI** – 2.15pm
King Edward Hall, Lindfield
- 9th **Annual Christmas Street Festival** – 6-8pm
Organised by Cuckfield Parish Council
Please come and join us celebrate Christmas in Cuckfield. The High Street will be closed and turned into a Christmas Street Festival with charity table top stalls, food, festive entertainment in conjunction with the preview Christmas Tree Festival at Holy Trinity Church. Also, there is Children's Fancy Dress Competition and Father Christmas Grotto. The fancy dress theme is Christmas Fun. The judging will be at 6.15pm in front of Mid Downs Radio.
- 9th-11th **Cuckfield Christmas Tree Festival**
Holy Trinity Church
- 14th **Royal British Legion Women's Section** – 2.30pm
Old School, Cuckfield: Christmas Party

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