

# Cuckfield Life

Inc. Brook St, Ansty, Staplefield & Bolnore Village

Local village talk,  
by the village

Issue #53 : March 2017

Free

Parish Council newsletter

page 29

New group to support your heart

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Walking Race - back in time

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## EDITORIAL

By David Tingley, Editor

March is here, and so is the sun (on the cover at least, thanks to **Michael Chandler**).

The Independent State of Cuckfield's Walking Race takes place next month and, to celebrate it, we have some classic photos of the early events back in the 30s and 50s. See if you can spot where these shots were taken on **page 36**.

On **page 12** we have news and fun from Bolnore Village and on **page 29** we feature the quarterly newsletter from Cuckfield Parish Council – both containing vital info for residents of those areas.

**Andrew Thurgood** takes the spotlight in our Village People feature on **page 24**, as **Claire Cooper** discusses life as a classical musician and his passion for Cuckfield.

Cuckfield European Association keeps us up to date with its own goings-on on **page 6** – thanks to **Andrew Symonds**. Plus we have lots of little bits of news over the page from **page 4**.

On **page 20 Claire** goes along to a new support group which meets in the Baptist Church building, specifically started for those in recovery from various health conditions – find out what goes on just down the road, if you didn't already know!

If you have students in your house who are stressed out by impending exams, **Lindsey Jones** has some sage advice on **page 16**. It would be worth a read!

The mayor – **Wilf Knighton** – gives us the low-down on his past month on **page 34** and on **page 35 Fiona Evans** shares a few design inspirations from her recent trip to the Caribbean. On **page 42 Margaret Tyzak-More** is writing about spring air in this part of the world with a few tips about how to make the air we breathe cleaner. Thank you all for your contributions

Finally, on **page 38, Chris Bunning** enlightens us on the success of past players at Cuckfield Cricket Club – which is quite an insight.

Keep your feedback and content coming. Thank you.

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### Cuckfield Life

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**Cuckfield Life** Published  
by Kipper



**Michael Chandler**  
South Street in the sun

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Chez  
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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](mailto:editor@cuckfieldlife.co.uk)

## April Fools' Day Family Concert

By **Hannah Carter**

Come and hear Ensemble Reza perform a lively April Fools' Concert (for strings and typewriter!) and then 'have a go' on a wide selection of instruments including wind, brass and strings with West Sussex Music. Come and also meet the brilliant Kindermusik team.

Ensemble Reza was set up over three years ago with the aim of taking first class music to audiences in Sussex and across the South East. The combination of virtuoso musicians, who are close friends performing together, results in breathtaking performances which have become the unique sound of Ensemble Reza.

This will be Ensemble Reza's fourth Family Concert. These events are always hugely popular, so remember to tell all your friends and book early! Saturday 1st April 2-4pm at The King's Church in Burgess Hill.

Tickets: £10 for adults and children 5-18 years £5

Family tickets: 2 adults and 2 children: £28, and 2 adults and 3 children: £32. Tickets are available online from the website: [www.ensemblereza.com](http://www.ensemblereza.com)

For more information contact: [Hannah.carter@ensemblereza.com](mailto:Hannah.carter@ensemblereza.com)



## Book a talk about the Air Ambulance

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

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

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

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# Car parks retain awards

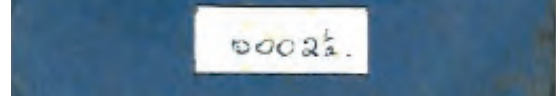
Local people and visitors can feel safe and secure when parking in Mid Sussex after 17 Council run car parks retained the prestigious Police 'Park Mark' award for crime prevention and safety.

The car parks, which include Broad Street in Cuckfield and three facilities in Haywards Heath, have been recognised by the British Parking Association as examples of excellent parking design and will proudly display the Park Mark sign of quality for the next 12 months.

Park Mark car parks have clear directional signage and use traffic flow techniques like one-way circulation so drivers are not confused about which way to go. Pedestrian access and exit points are clearly indicated and painted paths highlight the safest places to walk.

Park Mark car parks have lower levels of crime and reduce the fear of crime because they have measures in place to deter offenders, such as perimeter fencing, surveillance and bright lighting. They are also clean and well-kept to reassure drivers they are in a safer environment. Litter and graffiti are quickly removed in order to deter further vandalism and criminal damage.

The 'Park Mark' is part of the UK Police flagship initiative 'Secured by Design' that promotes crime reduction through effective design and security standards in public buildings, roadways, footpaths and car parks as well as private houses.



# Passport search still on

The search for the holder of the oldest Independent State of Cuckfield passport took an unusual twist this month.

Tim Newnham of Whitemans Close emailed us a copy of his parents' Independent State of Cuckfield passport, numbered 0002½ and dated 11th January 1979.

"The passport was issued to my parents Vic and Lesley who used to run the Victory Inn in Staplefield," said Tim. "But I've no idea why it was numbered 2.5."

Enquiries at the museum failed also to shed any light on the strange numbering, although, as the passport was issued in 1979 (13 years later than the original passports, issued in 1966), it would appear that a new batch was produced and numbered starting from 1.

Sadly this, and the fact that the passport is not in Tim's name, rules out his chances of winning the bottle of champagne donated by Cuckfield Mayor Wilf Knighton, who launched the quest to find the oldest passport, and has clarified the rules. "The passport should still be in the possession of the original named person, dated 1966/7, numbered and signed by the first mayor, Joe Mitchell," said Wilf.

He added that the front runner is still Passport 368.

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Mar. 2017



## CUCKFIELD EUROPEAN ASSOCIATION NEWSLETTER

# 25th year Anniversary: All chairpersons past and present with President



President of the Cuckfield European Association, Sir Clive Whitmore, centre, with all the chairpersons  
Back row from left: David Mortimer, Keith Wylie, Stephen Holroyd  
Front row: Brian Chasser, Andrew Symonds, Liz Woods, John Butterworth

## Future Events

### Official trip to Aumale

26th–30th May. Plan is to go as foot passengers via Newhaven/Dieppe and be picked up by minibus or coach. Cost £24 return. Please indicate if you wish to join this celebratory event in Aumale by 31st March to [andrew.ajims@gmail.com](mailto:andrew.ajims@gmail.com)

### Annual General Meeting

Saturday 3rd June at Village Hall in London Lane, 7.30pm.

### Official visit to Karlstadt

21st–25th September. Flights from Heathrow to Frankfurt. Commitment required by date of the AGM above.

### Boules competition

Saturday 14th October at 11am, ploughman's lunch and cash bar at Marshalls in High Street.

### Christmas event

Saturday 16th December at Baptist Chapel, 7.30pm.

## Sounds like fun? Join CEA today....

If you like the sound of what we get up to, why not join us? We'd love to hear from you. Membership is just £10 per year. Contact Janine Watts by email at [janine.watts@gmail.com](mailto:janine.watts@gmail.com) or visit the website: [www.cuckfield.org](http://www.cuckfield.org)



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# How to create your own meadow garden

An interactive talk from **Evan Giles** (award-winning horticulturist, Head of Parks & Countryside for Horsham District Council, and designer of the CBC garden) at Cuckfield Baptist Church. Followed by a short Christian reflection on the joys and challenges of gardening.

**Tuesday 4th April.**  
**7:30-8:30pm**

This event is free of charge, and all are welcome.  
[www.cuckfieldbaptistchurch.co.uk](http://www.cuckfieldbaptistchurch.co.uk) Tel: 01444 473531



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# Take a leap of faith for vulnerable local children

Local family support charity Home-Start CHAMS (Crawley, Horsham and Mid Sussex) is offering people the chance to join an experience of a lifetime by taking on a 10,000ft tandem skydive this July. It's the perfect opportunity to mark a significant celebration or even just for thrill seekers looking to take on an exciting challenge.

"We've had some great celebrations marked in previous years with our Skydive challenge," said Aneliese Whittaker, the charity's community fundraiser. "People have jumped to mark their 40th, 60th and even 70th birthdays! Although the Skydive really is open to anyone willing to take a leap of faith."

Home-Start supports hundreds of local children each year with its team of trained Home Visiting volunteers. It works with families across Crawley, Horsham and Mid Sussex, helping parents who are struggling to cope for a variety of reasons, including isolation, disability and poverty, as well as multiple births.



"Community support with fundraising events like this is vital for us to be able to continue offering our services to the local families that need us," added Aneliese. "We would welcome any individuals or groups interested in joining our Skydive team to get in touch today. They could all make a real difference in our work with local families."

The Home-Start Skydive takes place on Saturday 15th July at GoSkydive. To register your interest and to find out more visit [www.homestartchams.org.uk/events](http://www.homestartchams.org.uk/events) or call 01293 416327.



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# Eggciting Easter activities

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

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

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

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

Two men in golf attire are shaking hands on a golf course at sunset. The sun is low on the horizon, creating a warm glow and long shadows. A red flag is visible on a pole in the background.

  
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# News from Bolnore Village



## Bolnore Village Preschool do a 'Ground Force'!

The preschool which is based at Bolnore's Woodside has enjoyed a much-needed boost of amazing community spirit.

"We know that outside space is important for our children," commented leader Holly Armstrong, "so we had plans to refurbish the garden – which had become very muddy and difficult to use."

The preschool had begun fundraising for the project and had already secured a grant from Haywards Heath Town Council to help.

However, one parent put a note on Facebook some weeks ago, asking for support and/or donations. Ross Conquest, who runs Conquest Hard Landscaping, replied to this post offering his services for free! What's more he also managed to obtain support from other local businesses – in true BBC Ground Force style!

Morris Leslie supplied a digger, dumper and

compactor. Parkers Building Supplies arrived with eight tonnes of sand, cement and timber. Aggregates firm Hanson supplied 18 tonnes of limestone and a local café, Boo Boo's, offered free breakfast to the volunteers on Saturday morning, with the Bolnore Co-op also stepping up and providing lunch and drinks for the workers on the Saturday too.

"Ross worked for 15 hours at the weekend with some help from his friends, employees and some preschool staff, to complete the job. What a man! He has restored my faith in people," Holly commented.

"The overall savings to the preschool are in excess of £2,500 which, to a small business with limited funds, is a HUGE amount of money and has made such a difference. We are continuing to fundraise for equipment and resources but this has been made so much easier by the generosity of Ross and his friends."

## Kids club opened in Bolnore

Impact is the name of a weekly club which has been started by a team from Grace Church. The club, which meets between 6-6.50pm on Mondays in term time, is open for all children in Key Stage 2 (Years 3-6) and is packed with games, craft activities and general fun!

All are welcome to Impact, cost is just £1 per session, which meets at Bolnore Village School. No booking necessary – just turn up!

## Early Easter mention

Grace Church meets every Sunday at Woodside at 4pm for a family service. However, with Easter coming up it's good to note that Grace Church will be holding a united service with Cuckfield Baptist Church at their new building on Polstub Lane at 10.30am on Good Friday. Then, on Easter Day (Sunday 16th April) there is a special all-age Easter service at Woodside at 10.30am, followed by an Easter Egg Hunt.

## Forthcoming Quiz Nights...

The popular Woodside Quiz Nights continue monthly with the next two events taking place on 25th March and 29th April. Doors open at 7.30pm. Teams of up to six can enter at a cost of just £2 per person. There's a bar and prizes for the winning team. Book by email: [events@bolnore.org.uk](mailto:events@bolnore.org.uk)





## Fashion Show raises over £800 for school



On Saturday 4th March, The Friends of Bolnore Village Primary School hosted a fantastic fundraising fashion show run by Travelling Trends. Over 55 ladies came to the event and enjoyed an evening of fun, fashion and shopping. On arrival the guests received a complementary mini bottle of prosecco to enjoy, then took their seats to watch the show and cheer on some of the school mums who did a wonderful job modelling the latest high street trends. The guests were then able to shop and buy from a wide range of clothing at bargain prices whilst enjoying a drink or two from the popular Prosecco & Wine Bar. The event was a great success raising £887 for the school. The Friends would like to thank everyone who supported the event.

## Residents get behind the Spring Clean

Bolnore residents turned out to take part in the Great British Spring Clean on a sunny Saturday morning earlier this month. Over 30 bags of rubbish were collected, planters were painted and trees planted. The village looks a lot smarter for it, although there is always more that could be done with more volunteers.

Everyone enjoyed coming together as a community to improve our surroundings. It's hoped that this will become a bi-annual event with clear-ups in October and March every year.



## School disco for adults!

A Bolnore resident is organising a Disco Night at the Woodside next month in order to raise funds for the Preschool and have a lot of fun at the same time!

Elaine Goodwin has enlisted the help of Swoove creator Esther Featherstone to book a DJ and create an amazing night of dancing for Saturday 8th April from 7.30pm.

Elaine commented: "A lot of parents have been asking for a disco for grown-ups - this our club night on the doorstep."

The event is brought to you by Swoove Aid, fundraising for Bolnore Village Preschool, in partnership with Bolnore Village Community Partnership Group.

Tickets (adults only) can be bought for £8 each from Esther Featherstone [info@swoovefitness.com](mailto:info@swoovefitness.com) or Elaine Goodwin [elainegoodwin@live.co.uk](mailto:elainegoodwin@live.co.uk)



## Woodside car park resurfacing

Following a decision to resurface the whole of the Woodside car park, it will be closed to any vehicles for six weeks from 27th March.

# Texting, tablets and teens

## MANAGING PAIN

By Sophia Barlow, Registered Osteopath

Since becoming an osteopath I have found that every so often something will come out of the blue that just doesn't seem to make sense. This often comes back to something that needs investigating further from a patient's case-history. A habit, an old injury, a physical trauma not yet fully divulged, aches and pains ignored for months, sometimes years.

Exactly this happened about two years after I graduated. Just as I was getting used to the ebb and flow of symptoms, treatment and resolution, a teenager presented to me with pain in his right elbow and significant neck tension. He had very tight muscles from one side of his neck down through his shoulder girdle, through his upper arm and into his forearm. His posture was such that it seemed he must have been leaning over a desk a lot, as his shoulders were starting to protract forwards, into a hunching outline. As well as teens deep in revision-mode, I often see younger patients whose specific sporting prowess has meant that some muscle groups have become stronger, tighter and bulkier than they would otherwise have been. Often this has no detrimental effect and doesn't lead to painful symptoms. Occasionally it does, but, as with most paediatric treatment, less is more, and usually children's bodies very easily adapt back to healthy habits.

In the case of this teen however, he did not respond as I had expected, and after two treatments I found myself pondering over his chronic muscle tension, something that I would usually expect to see in someone ten years his senior who had a stressful desk based job. I returned to my case history and spent some extra time during his third visit to question again his habits. No stressful exams, no tennis competitions or the like, no teeth grinding nor jaw clenching... then, on deeper questioning, it came to light that he was spending about four hours a day gaming. It is sometimes hard for teens to admit how they are spending their time. However, from a musculoskeletal perspective, this communication is essential. Gaming and texting for hours on end can have a significant effect on associated soft tissues and joints and in time can lead to common presentations such as RSI (repetitive strain injury), which can be very hard to resolve, certainly quickly.

A few years on and I am a parent of three, and I know how difficult it can be to balance children's wants and needs. With my teenage patients I accept that their habits may not change, but I advise them, and their parents who attend their treatments, best postures to adopt, optimum amounts of time to spend in one position and stretches and advice to overcome the quite specific toll that screens are taking on the health of teens. This particular presentation no longer surprises me, and I am learning how to support my patients better on how to live comfortably with the increasing use of screens, phones and tablets.

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

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

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

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

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

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

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

As a parent or teacher there are things to consider:

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

Lindsey at the NineDot Partnership commented: "Students often need help to see the 'wood for the trees'. Giving them the tools and techniques to manage their anxiety will greatly facilitate their resilience in the classroom and enable their revision and preparation. "Working with several schools in Surrey, Sussex and Kent, I remind the students that revision by its definition is 're' meaning again and 'vise' from the verb to see... 'see it again'; that the information is already stored in the brain, the hard work is done; the knack is how to sort and retrieve it efficiently, when needed. It's an anxious time for everyone involved but it can be improved with some simple steps."

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

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



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# Wonderful Woodlands

All images © RBG Kew / Jeff Eder / Jim Hoggitt

Imagine taking a unique journey through the peaceful and tranquil woodlands of the world – you have space to breathe - you feel relaxed – worries seem a million miles away.

Beyond Wakehurst's world famous botanic gardens and Millennium Seed Bank lies an enchanted world of woodlands – in fact more than 500 acres of both native and managed woods, including the Loder Valley nature reserve – just waiting for you to discover.

In the year of the 30th anniversary of The Great Storm, Wakehurst is celebrating a year of wonderful woodlands. More than 20,000 trees were lost during the storm which seemed devastating at the time but after rigorous replanting the landscape has been completely rejuvenated.

In the managed arboreta, trees are planted out according to the country they are native to. This careful arrangement means you can go on an adventure through the temperate woodlands of the world without having to dust off your passport.

Closer to home, a new woodland trail will wind through one of Wakehurst's

most beautiful oak woodlands. From charcoal burning and bodging to coppicing and dormice, the trail will help to unlock the woodland's secrets and reveal its hidden charms. Combining elements of sculpture, play, art, music and science.

Wakehurst's woodland highlights\*

**Woodland secrets Easter egg trail**, 8 – 17 April.

**Stunning bluebell displays** from late April to mid-May.

**Guided woodland walks**, 26 and 29 April.

**Friends of Wakehurst evening opening** with exclusive access to behind the scenes woodland activities, 28 April.

**Wild Wood festival.** An action packed bank holiday weekend for all the family, 27 – 29 May.

**Summer holiday woodland fun.** Weekly activities including: bush craft, wild cooking, tree climbing and mini beast hunts.

Adult day tickets: £12.50.  
Children: FREE (16 and under).

Friends of Wakehurst annual membership from £25.



\*some activities incur extra cost

# Wakehurst

Wakehurst is located between Ardingly and Turners Hill on the B2028  
For details visit [kew.org/wakehurst](http://kew.org/wakehurst)

Royal Botanic Gardens  
**Kew**



## Help for heart patients

Heart patients are bouncing back to health after enrolling on a new exercise class and support group at Cuckfield Baptist Church Hall.

Designed to help patients gain fitness, strength and confidence and return to a normal life following major illness, the Bounceback classes are an extension to the six week GP referral scheme.

Although initially for heart patients, the classes have evolved and are now suitable for people with many different health problems. Members also include partners of patients and those at risk of heart problems wanting to take preventative action.

"We have members with Parkinsons, with diabetes, arthritis and other health problems," said instructor Freddie Jones. "The beauty of this class is that everyone has their own programme, specifically designed for them, and works at their own level. There are massive differences in members' abilities but everyone can workout together and motivate each other."

For Cuckfield's Steve Jennings, the classes have played an important part in his recovery after a brush with death in 2008.

"I suffered major heart failure and was given just days to live," Steve recalled. "I went home to die, but refused to give up!" Nine years later Steve enjoys attending the weekly classes, safe in the knowledge that the instructors are aware of his medical history and are qualified to devise an exercise programme tailored to his needs. "I feel so much better for it," said Steve. "The support from the instructors and other members is wonderful."

Sue Barnes joined the classes to give her husband moral support after he suffered a heart attack but has ended up losing over a stone in weight and making many new friends! "I now workout three times a week," said Sue. "It's become a big part of my life."

June Denyer joined the classes to improve her bone density. "I was treated for lymphoedema," she said.

"My exercise programme is designed to improve my bone density and keep the lymph flowing. I also really enjoy the social side of the group and how we all support one other."

All the instructors are rehabilitation specialists who work closely with local hospitals and cardiac rehab teams. Bounceback Fitness is also affiliated to the British Heart Foundation, and is a recognised support group.

Following the class most members stay to enjoy an informal support group, providing a chance to socialise with fellow members and also to ask questions and discuss any issues with the instructor.

"Having a place to sit and relax with other people who have had heart problems is a great way to help you find your feet while you start getting back to a normal life," said Freddie.

"Members talk about everything from medication, healthy heart diets and best heart exercise to who won on Strictly!"

Members can also find out about getting involved in fundraising events for local and national heart charities, from coffee mornings and group walks to fun runs and marathons.

"There's no limit to what people can achieve," said Freddie. "Some of our members have gone on to run marathons and complete the Three Peaks Challenge."

"The best thing about our heart support group is that you can join in a little or a lot!" he added.

"If you're not sure the support group is for you, please call to chat to one of our team and arrange to give the group a try."

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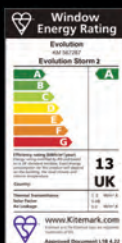
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## Arundel to Brighton Walk

Now in its fifth year, the Arundel to Brighton Walk is one of the largest events organised by the Staplefield-based Dame Vera Lynn Children's Charity. The charity, established in 2001, has supported over 600 families with its early intervention service for very young children with cerebral palsy and other motor learning difficulties.

The walk starts on the morning of Saturday 16th September from the beautiful Arundel Castle and spans across the magnificent landscape of the South Downs before finishing at Devil's Dyke on the outskirts of Brighton. The Charity has teamed up with Pied A Terre Adventure to help organise this event and is pleased to be able to offer two distances for those wishing to take part – 12km (2-3 hours walk) or 35km (8-9 hours walk). Rest assured there will be regular refreshment stops and plenty of encouragement and support throughout!

Entry to participate is £36 per adult and £11 per

child or a team of three adults for £100. Fundraising is highly encouraged with individual walkers asked to raise a minimum of £100 and teams of three asked to raise £400. Walkers who reach their individual/team targets will be entered into a draw to win a special prize.

Could you take on the challenge of the Arundel to Brighton Walk and make a difference to local families?

To book your place, please visit the website [www.patadventures.com/our-shop](http://www.patadventures.com/our-shop) and select 'Charity Challenges'. Once signed up, all walkers will receive an information pack with hints and tips on preparing for the walk, kit list and fundraising advice.

For more information on the A2B walk, contact Nikki Cannon, Challenge Events Manager and Community Fundraiser, on [nikki.cannon@dvfcc.org.uk](mailto:nikki.cannon@dvfcc.org.uk), visit [www.dvfcc.org.uk](http://www.dvfcc.org.uk) or call 01444 473274.

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# Royal British Legion to hold talk and exhibition

The Lindfield Branch of the Royal British Legion is holding a Tea & Talk meeting at the King Edward Hall later this month.

The talk, by Matt Taylor and Linda Grace from Mid Sussex RED (Remembrance, Education & Development), will be entitled: 'Passchendaele 100 & El Alamein 75, Lindfield Remembers'.

Doors open at 2pm, with the talk starting at 2.30pm, on Saturday 25th March. A tea of sandwiches, cakes and hot/cold drinks will be provided between 3.30-5pm, with all guests invited to view a topic related mini exhibition.

All profits donated to local, county and national Royal British Legion fundraising/charity initiatives.

Tickets (£8) are available from Jane (01444 454846), Pauline (01444 482672) or Kath (01444 483171).



## Golf society gets out

**By Ken Gregory**

As spring approaches it is time to get those golf clubs out again and get a bit of practice for the year ahead. Our second society day was held last month at Hollingbury Golf Club overlooking Brighton.

Twelve keen golfers enjoyed a full hearty English breakfast before going out to play in what turned out to be a warm day for the time of year, then back to the 19th for a little refreshment and to hear some of the stories of 'putts that got away' and presentation of prizes.

Captain Jimmy Stakim (pictured) won the day with 35pts on countback from David Ericson also with 35pts. The longest drive went to David and nearest the pin in three went to John Winter.

This year's fixtures include some very nice courses, such as Mid Sussex, Singing Hills, Cowdray Park and Royal Ashdown Forest.

Search for Cuckfield Golf Society on Facebook.

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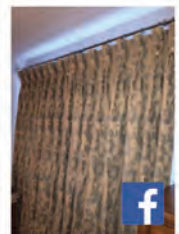
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# Andrew Thurgood

## VILLAGE PEOPLE

When seven year old Andrew Thurgood was told he was too young to start trumpet lessons as he had no front teeth, he was undeterred.

He picked up the violin instead, unwittingly making a decision that would shape his life.

Andrew turned out to be a natural violinist, excelling through the grades and eventually travelling the world as part of the prestigious London Philharmonic Orchestra.

Now teaching at local schools and at his home in Cuckfield, Andrew looks back on his career as a professional musician, his roles in television, film and on stage and how joining local classical music group Ensemble Reza provided a lifeline following a family tragedy.



Photo: David Waterstone

### By Claire Cooper

Born in Ongar, Essex, Andrew was introduced to music from a very early age. "I was born into a musical family," he said. "Both my parents were amateur singers and mum played the piano."

When his seven year old sister started piano lessons, Andrew insisted on joining her, even though he was only four. "I was lucky - my parents humoured me and let me start too!"

Three years later, and keen to play the trumpet, Andrew joined a Saturday morning music school in Colchester, run Dr WH Swinburne - a very respected figure in the music world.

"He told me I was too young to play the trumpet as I had lost my front teeth, which you need to be able to blow!" Andrew recalled. "But he said I had a really good ear for music and suggested the violin."

Learning the violin came naturally. "In just a few months I was as good on the violin as I had ever been on the piano. Every Saturday morning I was learning the violin and music theory and then playing in the orchestra."

Andrew progressed through the grades with ease and soon began performing. "I was lucky as there was a fantastic youth orchestra system in Essex," he said. "There was the main orchestra, a training orchestra and a junior string orchestra."

"It was very good grounding for a classical career. We went on foreign tours to Germany and then Italy, which was really exciting." By the time he reached 16 it was clear that Andrew had the ability to pursue music as

a career. However, his dreams were almost shattered when his hands suddenly started to swell.

"I was tested for arthritis, which was ruled out," said Andrew. "I was a bit of a mystery. The eventual diagnosis was that I had put too much strain on my joints while my hands were growing."

Although still determined to pursue music as a career, Andrew realised he needed a back-up plan. "I knew I shouldn't put all my eggs in one basket, so decided to go to university."

Andrew studied for a music degree at the University of Surrey. "It was a practical course, geared towards more modern music," Andrew recalled. "I had a brilliant and lively three years. There were lots of concerts and performing opportunities (with as little studying as I could get away with!)."

Andrew also began to get professional work with the Guildford Philharmonic Orchestra, after being recommended by the orchestra's conductor, Vernon Handley, who had heard him play at university.

"I also got the odd job in London, did the usual round of auditions and was offered work with the BBC Philharmonic in Manchester (formerly the BBC Northern Symphony Orchestra).

"After a year in Manchester, I decided to bite the bullet and move to London. I'd been commuting back and forth but realised I needed to be where most of the work was."

Andrew went on to work as a freelance musician, performing with ballets and West End shows. "One of my favourite shows was 'Me and My Girl', with Robert



Lindsay and Emma Thompson, as I got to perform on stage during a party scene. I also enjoyed Chess and Phantom of the Opera, although orchestra pits can be extremely cramped and very noisy!"

Andrew has also played on television commercials and a 90s pop record '9am on the New York Subway'. "No one ever remembers the song, even though it got into the top 40 at the time," said Andrew. "But it remains the one of the most lucrative jobs I've ever done as I kept getting royalties for years afterwards!"

Other 'claims to fame', include working on the Lord of the Rings film scores and a chance meeting with a Beatle! "I remember arriving at Abbey Road studios, struggling to carry all my things along the corridor, and relieved to see someone standing holding the door open for me. When I looked up it was Paul McCartney!"

Andrew has also worked on dozens of Library Music recordings. "It's a bit like a photo library but for music, where people can download and pay to use it," he said. His work took him all over the country, including performing at the Edinburgh Festival. "I'm lucky that the violin is an easy instrument to carry. I just make sure I have extra strings and a spare bow!"

He also began to establish himself with prestigious London Orchestras. "I was getting regular work with both the London Philharmonic and the Philharmonia Orchestras," said Andrew. "I went for auditions and trials to join full-time and was offered jobs with both."

"I chose the London Philharmonic Orchestra as it had Glyndebourne in its schedule. I'd married my wife Catherine and we later moved to Haywards Heath, so working at Glyndebourne was perfect."

Although a full-time member of the orchestra, Andrew was still self-employed. "Most London orchestras are limited companies as well as registered charities, and all the musicians are freelance," Andrew explained. "It wouldn't be financially viable to employ everyone. However, this means there are no rules around starting and finishing work, which can make it challenging for family life. For the hours you put in, the pay is terrible; if you didn't love it, you wouldn't do it!"

"I was fortunate that Catherine had been an amateur musician and was very understanding."

Andrew continued to travel around the world, performing in nearly every country in Europe and many cities in North America. "I've toured Australia and in the Far East – Japan, South Korea, Hong Kong, China and Singapore, where we opened the newly built concert hall."

"We also travelled to South Africa to perform the first concerts after apartheid was lifted. I remember being met by TV news crews at the airport and receiving a wonderful reception."

Andrew's favourite concert halls include the Carnegie Hall in New York, the Berliner Philharmonie, Boston Symphony Hall and Lucerne's Hall perched spectacularly on the edge of the Swiss lake.

Andrew and Catherine moved to Cuckfield in 2002 after son Daniel was born. "We wanted to bring our son up in a village and Cuckfield had such a lovely community feel," said Andrew.

The pair were thrilled when Catherine became



Andrew and colleague Marie-Anne Mairesse with Howard Shore's Oscar for the first Lord of the Rings film, in studio 1, Abbey Road, London, during the recordings for "The Two Towers" in 2002.

pregnant with second son Jeremy but, tragically, Catherine became unwell toward the end of the pregnancy and was diagnosed with breast cancer. "Catherine started treatment before Jeremy was born," said Andrew. "After five years she was given the all clear, but just days afterwards found a lump under her arm."

Sadly this was an unrelated and more aggressive cancer and Catherine died the following year.

"When Catherine died, the support from my colleagues in the orchestra was incredible," said Andrew. "But I felt I couldn't stay. The boys needed me and I needed them. Being in an international orchestra is not conducive to being a single parent."

Andrew started teaching the violin at Cumnor House School, and later at Brambletye. He also started teaching privately from home and began performing with Ensemble Reza.

"Joining Ensemble Reza was such a godsend," said Andrew. "Being part of a chamber group was a new outlet for me and a chance to be more creative."

"In an orchestral violin section there are 14 of you, all playing exactly the same thing so it sounds as one. Chamber music is fun, exciting and rewarding. I can interpret my part my own way, which is absolutely amazing. It feels like I am making music for fun with friends and I love it!"

Andrew is passionate about introducing young people to classical music and is looking forward to Ensemble Reza's family concert next month. "Our family concerts are an important part of what we do and provide an opportunity for children to try different instruments," he said.

"Today's children can be reluctant to spend years learning an instrument when they can get good at computer games very quickly. But the satisfaction of learning an instrument, and the experience of making music with others, is one of the best feelings in the world!"

For more information about the Ensemble Reza family concert see page 4.



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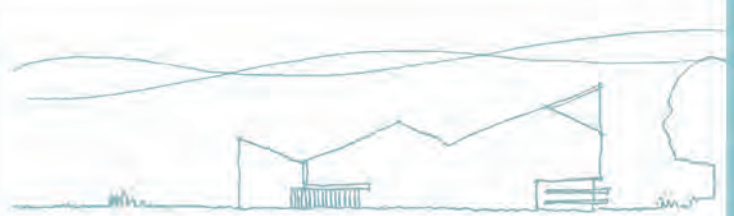
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## Cuckfield Parish Councillors – What Do We Do?

Cuckfield Parish Council is made up of a team of ten hardworking, committed, non-political individuals who give their time and resources as part of voluntary service to the community. It forms the first level of local government and operates six committees to run the necessary work and business for the Council. Full details can be found on our website at [www.cuckfield.gov.uk](http://www.cuckfield.gov.uk)

We work to achieve the best for the community of Cuckfield, ranging from introducing traffic calming measures, such as the planned future work on London Lane, and pioneering the first Neighbourhood Plan in the District, to 'behind the scenes' work like the upkeep of the churchyard, allotments and maintaining hanging baskets on the High Street. Recent work includes securing the repairs to the pavement outside Cuckfield House, including the installation of bollards along the kerb line, and working with MSDC to secure the transfer of the open green space at Horsefield Green from Martin Grant Developers. This was part of negotiations by the Parish Council to offset the development of 14 new homes with a new and maintained public open space.

The Parish Council was also pleased to run the recent Christmas Street Festival which attracted over 2,000 people and is part of the work of our Environment Committee. We are always looking at ways to improve the health and well-being of the village.

As the Parish Council we operate as the first tier of local government, playing the important role of promoting the village and representing the interests of its groups and communities. The second tier is Mid Sussex Council, responsible for services including housing, environment and planning applications. The third and highest tier is West Sussex County Council, who are responsible for education, highways, health & social services, public rights of way, land registry, fire services and libraries. All take guidance and funding from Central Government to define the legality and regulations which we operate under and raise funds from Council Tax.

The Parish Council is a precept raising parish (collected through council tax), which means we collect a small percentage from each household for us to operate the finances for our Committee projects and village assets. Other sources of income include S106 Developer contributions for certain projects, and income from burials, weddings and the hire of our two community buildings.

Finally, we would like to welcome our new councillor, Jo Notaras, who was co-opted on to the council last week. We'd like to thank her for her application and extend a warm welcome to the team.

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## Community Buildings: Improvements and the Future

It is a keen interest and responsibility of the Parish Council to keep our community buildings preserved and ready for the great amount of use they see. The Village Hall on London Lane has been recently refurbished, with the latest addition being a brand new kitchen courtesy of grant funding supplied by the Big Lottery Fund. This valuable asset to the community has seen an increase in bookings since the refurbishment work, which took place last summer, and can be hired for the very reasonable price of £12 an hour!

Looking forward, there are planned improvements to the Queen's Hall. Over the Easter period the main hall's wooden floors are being renovated and some external improvements are being made, such as repairing some of the old windows and repainting gutters, as well as removing the plant growth from the roof and a spruce up of the back garden. Another valuable community asset, the Queen's Hall is also available for hire and is particularly popular for weddings.

## Public Spaces

As aforementioned, at the Parish Council we are in the process of acquiring the open space at Horsefield Green in order to safeguard and preserve it on behalf of the community in a cost-effective way. Unfortunately, the Buttinghill Drive drainage pond remains a sticking point (as some may remember from the last newsletter Winter 2016). This is beyond the remit of the Parish Council and moves into Mid Sussex District Council's responsibility to enforce Taylor Wimpey to complete the initial plans for the drainage area. When the plan has been carried out, the drainage area can then be handed over to the Parish Council under the S106 agreement. We are, however, trying to work with Taylor Wimpey, MSDC and the Buttinghill Residents Association to secure the changes necessary to the drainage system.

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## Allotments

We operate two allotments sites. These are at Whiteman's Green and Courtmead Road. If you'd like to work the land and eat home-grown fruit and veg, it is worth noting that there are currently several vacant plots available at the Whiteman's Green allotments. Please contact the Parish Office if you would like to be considered for a plot.

Tesco has teamed up with Groundwork to launch its Bags of Help initiative, across England and Wales with the scheme choosing three community groups being awarded £5,000, £2,000 and £1,000. Bags of help offer this money from revenue generated from the 5p bag charge on single use carrier bags. As a Parish Council we have applied and been successfully shortlisted for a prize. Our intention is to use the money for the Whiteman's Green Allotment Site and the drainage work that is needed there to stop flooding issues. We need your help to achieve this by voting in-store. To vote you will need to make a purchase within the store of any value. You will receive one token per transaction and it is not necessary to purchase a carrier bag in order to receive a token.

The following stores are taking part in the voting:  
Burgess Hill (Jane Murray Way RH15 9QT)  
Billingshurst Express (RH14 9SX)  
Haywards Heath (Northlands Avenue RH16 3TG)  
Burgess Hill Express Gatehouse Lane (RH15 9XB)  
Haywards Heath Express Orchards Shopping Centre (RH16 3TH)

Please vote for us to win the top prize in store when you next shop at Tesco's during March and April.

## Employment Vacancies at Cuckfield Parish Council

Another way to be involved with the Parish Council is by working to upkeep village facilities. There are now three vacancies on our newly restructured caretaking team working at our fantastic community buildings: the newly refurbished Village Hall on London Lane and the Queen's Hall on the High Street. We are reintroducing the role of Village Orderly, who will be responsible for helping to keep Cuckfield clean and tidy, as well as bringing back in-house a full time Grounds Person who will be based at the churchyard.

If you are interested in any of these vacancies please contact Sam Heynes, Parish Clerk, on 01444 451610 or [clerk@cuckfield.gov.uk](mailto:clerk@cuckfield.gov.uk). More details of each role are available to see on our website.

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## Speed Indicator Device (SID)

Cuckfield Parish Council is pleased to introduce a new piece of equipment into the village as part of our traffic calming measures. We have recently purchased a portable Speed Indicator Device (SID), which will be located throughout the village and moved around on a regular basis to record traffic speeds. By capturing statistics relating to the speed of cars travelling through the village, we will be able to highlight specific areas which may need further traffic calming measures introduced.

A study by the Transport Research Laboratory has shown that in 30mph areas SID is effective at reducing the speed of traffic at the point of installation and for up to 200 metres downstream of the sign, and shows that the proportion of drivers exceeding the speed limit was significantly reduced. A recent trial of SID in London Lane recorded an average speed of 37mph and 68.25% of vehicles recorded violated the speed limit. This information will be used as evidence to show that traffic calming measures are needed in London Lane.





## Date for your diary...

### **ANNUAL PARISH COUNCIL MEETING**

Thursday 27th April  
Queen's Hall, Cuckfield  
7pm

All residents are welcome to attend the Annual Parish Meeting. There will be wine and nibbles available, and an opportunity to meet your Cuckfield Parish Councillors and listen to the Chair's report for the past year. There will be display boards showing the work that has been completed in Cuckfield over the past year, with details of upcoming projects for 2017-18. We will also hear a presentation from Katy Bourne, the Police & Crime Commissioner, and you will have an opportunity to ask questions of her at the end.

## Parish Council meetings

### **APR - JUN 2017**

20th April	Planning and Estates
27th April	Annual Parish Meeting
4th May	Council Annual Meeting
11th May	Planning
	Environment
25th May	Planning
	Roads & Traffic
15th June	Planning
	Finance
29th June	Planning
	Community Buildings



## YOUR PARISH COUNCIL

### **Chairman**

Nigel Page: 474720  
nigel.page@nlp-one.com

### **Vice-Chairman**

Martin Sambrook: 458999  
mr.sambrook@btopenworld.com

### **Other Council members**

Sue Burgess: 454104  
sueburgess@freezingbreeze.com

Andy Burton: 443306  
andy@burtworld.co.uk

Marie Dormer: 441889  
marie.c.dormer@gmail.com

Andrea King: 413172  
kingmytten@btinternet.com

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flaing@gmail.com

Paul Mantripp: 07977 539759  
paul.mantripp@talk21.com

Colin Mercer: 414995  
colin.mercer1@gmail.com

Jo Notaras: 07815 830 768  
josephine.notaras@me.com

Sean Ryan: 417216  
seanryan7216@gmail.com

### **Parish Clerk**

Samantha Heynes: 451610  
clerk@cuckfield.gov.uk

www.cuckfield.gov.uk  
www.thequeenshall.co.uk

Parish Council Office opening hours:  
Monday – Thursday 10am – 4pm  
Friday 10am – 3pm

Written and edited on behalf of the Cuckfield Parish Council by Luke Mitchell, aspiring journalist and village resident of 19 years.

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## How is your Lent?

Dear Friends,

By the time you read this, the Christian Church will be well into the 'season' of Lent – a period in which Christians try to deepen their knowledge of living their lives through faith in Jesus Christ. As a period of about 40 days (Sundays are not included), it mirrors the Gospel accounts of Jesus preparing in the desert for his ministry of proclaiming God's Kingdom of Love.

The word 'Lent' comes from an Old English word meaning 'spring season', perhaps a useful way of thinking of such a period – a season when people regardless of what background they come from can engage in looking at life in general and, through action, touching the world in different ways. Traditional Lenten disciplines for Christians are prayer (justice towards God), fasting (justice towards self) and almsgiving (justice towards neighbour). Those might sound rather 'churchy', but can be transformative.

May I suggest a practical way in which you can give during this season and beyond? We continue to support **Samara's Aid** – a local charity which has benefited the huge refugee camps both in and surrounding Syria. Although the Syrian conflict has slipped from the news, the humanitarian crisis of a magnitude beyond our comprehension still exists. Our aim is to send out as much **new children's clothing** as we can – to show our love for those who have nothing. The actual transportation will be made in the autumn. Please consider giving. There is a box in the tower of the church awaiting your gifts over the next few months – and there are still sales in the shops at the present! Please note that the clothing (and it can be anything for children) must have the sales tags on whatever you are giving.

Your gifts will transform the lives of those children who receive them.  
With all best wishes, Michael (Vicar)



## VICAR'S CAKE AND COFFEE

Enjoy fresh coffee and cake every Wednesday at about 11.00am in the Old School foyer (following the 10.30 Communion Service in church)

## HOLY WEEK AND EASTER 2017

Keep an eye on the parish website for details of all our Easter services – they will also appear in the next edition of Cuckfield Life. We are delighted to announce that The Right Reverend Mark Sowerby (Bishop of Horsham) will be joining us from Maundy Thursday to Easter Day.

### SUNDAYS

(Modern Language unless stated BCP = Book of Common Prayer 1662)

- 8am Holy Communion (BCP 2nd and 4th)
- 9.45am Parish Eucharist (1st Sunday of the month: Family Service - sometimes a Eucharist)
- 11am Sung Holy Communion (BCP – 1st Sunday of the month only)
- 6pm Sung Evensong (BCP) (2nd Sunday only – Holy Communion with discussion)

### WEEKDAYS

- Monday, 9am Morning Prayer
- Wednesday, 10.30am Holy Communion – followed by Vicar's Coffee and Cake in the Old School
- Thursday, 9am Holy Communion – Celtic inspired form of worship, with short discussion
- Friday, 11am Holy Communion – BCP



# THE ALTERNATIVE HEALTHCARE



## If you choose health, we can help...

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

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



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

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

*Melissa Toleman - Founder of the Centre*

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

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

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

# Cuckfield at work and play

## FROM THE MAYOR'S TABLE

By Wilf Knighton

There is much good news already in Cuckfield since my election, highlighted by the Cuckfield Tennis Club succeeding in raising sufficient funds to place the order for resurfacing the tennis courts, which will take place in March 2017 and be ready for the Cuckoo Fayre on May 1st when there will be a formal reopening of the facilities.

I view this as a good example of the community at work. In the beginning, it needed an enthusiastic committee of dedicated volunteers to take over the courts after they had been left to fall into disrepair by the Local Authority in an austerity programme. An all too familiar story these days when they are trying to balance their books with reduced funding available.

The committee set about the no small task of raising the money to resurface the courts. An expensive operation, made more difficult by the fact that all three courts needed to be done at the same time. They formed a limited company with charity status (no easy task).

The next stage was the grant from the Independent State of Cuckfield, followed by generous contributions from other sources.

This activity, representing the power of the community working together, means that the Club has preserved a valuable amenity for all the village, with non-members also being able to book and play on the Club's courts. Now we can look forward to all sections of the village participating in a healthy outdoor activity. It may be early days but could we hope to see a future champion sprouting from Cuckfield in the same way as the rugby club has done?

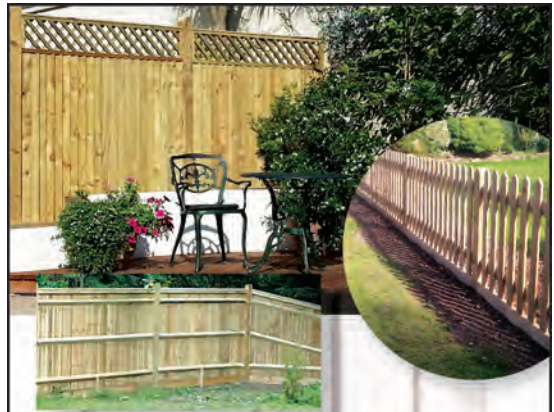
This project brings back many memories of long ago, when as Chairman and founder, along with others, I was responsible for the Haywards Heath Swimming Club which became the largest youth club in Haywards Heath and has been the platform for many swimming champions past and present.

The Cuckfield Tennis Club should emulate that success, and potential members should go to the website at [www.cuckfieldtennisclub.org.uk](http://www.cuckfieldtennisclub.org.uk) to view details of how to join, the fees and benefits of joining as well as a direct link to book court time.

If you see me walking around the village with a walking stick, it is because I am recovering from a full knee replacement so I don't think I will be taking advantage of the new courts.

We should all be grateful for the many volunteers who give their time so freely to many different causes and charities. More about them later.

PS: It's Cuckoo Fayre on 1st May – if you would like a stall do get in touch ([independent\\_state\\_of\\_cuckfield@hotmail.com](mailto:independent_state_of_cuckfield@hotmail.com)).



**Richard Allan**

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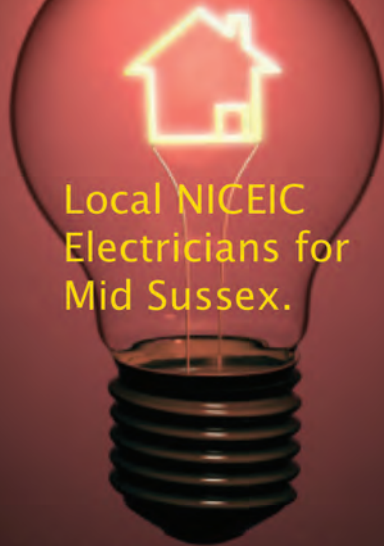
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## Cuban Casa

### DESIGN AT HOME

By Fiona Evans, interior designer

Let's go somewhere a bit different for our holiday this year we thought and so, following a popular trend, we plumped for Cuba and prepared for an adventure. The plan was a tour, starting in Havana and travelling around western Cuba, staying in family run guest houses. The tour started in Old Havana where the streets are colourful and atmospheric in the bright tropical daylight.

Today architecture in Havana is an eclectic mix, partly resulting from 400 years of Spanish colonial rule. The mix includes Baroque cathedrals, Neoclassical arcades and courtyards with Moorish and Art Deco effects.

Overall, the back streets were a little bit shabby but set to improve judging by the number of renovation projects in progress. The first night we stayed in a modern hotel, possibly originally a tool factory considering the various wrought iron sculptures depicting tools. The second day we took a cycle taxi, with our luggage balanced a little precariously in front of us, to meet up with the rest of our group who were to share our forthcoming travels. The rendezvous was a large terraced colonial house, a guest house, where we were due to stay that night. The exterior was a bit unwelcoming, with a slightly uncared for and battered exterior. However, the second the door was opened by the friendly and welcoming owner I forgot about the tatty exterior because in front of us lay the most beautiful house. Many marble steps led up to the first floor which stretched up to incredibly high ceilings. The floor was laid in striking floral patterned tiles that extended back revealing the depth of the house. Tall botanical potted plants sat beside the foot of a magnificent wrought iron spiral staircase leading up to the roof terrace, an amazing location for breakfast, and a bar area boasted views over Havana. The massive sitting room had yellow walls and truly beautiful semicircular stained glass windows in blue and yellow above shuttered French doors. The doors opened on to a terrace overlooking the bustling road, made all the more exciting by colourful creaking and crawling American vintage cars. A narrow door hinged vertically to make two doors opened into our bedroom, the high stained glass windows letting in streaks of colour.

The next night we stayed at a small farm at Samoa in the mountains, more modern than the colonial house but rustic in furnishings. Then on to Vinales, a friendly town composed of endearing coloured houses. Our tour took us to a tobacco plantation and an organic farm, which was beautiful with magnificent terraces against a backdrop of curved mountains, like a painting. Our final night was spent in another colonial house in Havana. Like a page from a magazine or a scene from a film set, the house was colourful, with a wealth of vintage light fittings, wrought iron, beautiful patterned floor tiles, stained glass windows and those high, high ceilings.

For those who like colour, Cuba is inspirational.

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# Memories of a village tradition

## WALKING RACE



Residents are limbering up to take part in one of Cuckfield's oldest village traditions – the Easter Monday Walking Race.

Organised by the Independent State of Cuckfield, the event started 90 years ago in 1927 as a 'challenge' between E. Jard and F. Hoadley who walked from the village to Bolney and back.

To celebrate 90 years of the event, the ISOC (Independent State of Cuckfield) has delved into the archives to find pictures of walking races in the 1930s and 1950s.

Over the years the event has evolved to appeal to residents and non-residents of all ages and abilities, with starting times staggered and based on previous completion times.

Cups are awarded to the first lady and first man to finish, while other awards are presented to the fastest resident man and woman, fastest non-resident man and woman, fastest veterans and women's and men's teams.

Three of the competitions are named after people who made significant contributions to the history of the walking race - Frank Woods (fastest veteran), Phyl Bowring (fastest resident lady), Jim Swain (fastest resident man).

Frank entered the race on numerous occasions and was still taking part in his 70s. Phyl also entered the race



many times and continued to take part when in her 70s, while Jim won the fastest resident man competition several times and still holds the record for the fastest ever time.

This year's event takes place on Easter Monday 17th April, starting and finishing from a new venue - the Rugby Club at Whitemans Green.

There are no changes to the five mile route, which takes in the High Street, Ansty, Deaks Lane, and back to Whitemans Green. The reporting time for competitors is 9.15am, with the Kid's (under10) Egg Hunt starting at around 10.30am.





# MOTHER'S DAY

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## International players hone their skills at Cuckfield

**CUCKFIELD CRICKET CLUB**

**By Chris Bunning, Secretary, Cuckfield Cricket Club**

The present Cuckfield Cricket Club ground was constructed ready for the 1895 season by C.W. Sergison, owner of Cuckfield Park, and is regarded as one of the most picturesque grounds in the county. The Club continues to flourish and maintains four league teams, a senior team, a social team and a successful academy. The 2016 season was the most successful in the club's history, due to the fact that the 1st XI finished second in the Sussex Premier League.

Teams playing in the Sussex Premier league are encouraged to engage the support of overseas players, and Cuckfield Cricket Club has proved to be a springboard for success for several first class players.

One of the most notable overseas players was Saeed Ajmal from Pakistan. Saeed played for Cuckfield for both the 2006 and 2007 seasons. Saeed was a prolific wicket taker for Cuckfield, and on his return to Pakistan he was selected to play for his country in a One Day International in July 2008 at the age of 30, and a year later played his first Test Match for Pakistan. Saeed was the fastest Pakistani bowler to reach 100 wickets in Tests, taking 19 matches to accomplish the feat. Saeed went on to take 169 wickets for his country in Test Matches.

Another notable Cuckfield overseas player was Keshav Maharaj, or Kesh, as he was known to his teammates. Kesh, from South Africa, played for Cuckfield in the 2013 season. Kesh made a significant contribution to Cuckfield's season, and after returning to South Africa he was subsequently named in South Africa's Test squad for their 2016/2017 series against Australia. He made his Test debut against the Australians in November 2016 and was very instrumental in the collapse of Australian batting in the first innings by picking up three crucial wickets. It is highly likely that

Kesh will be returning to the UK this summer as a member of the South African test side, and no doubt will prove challenging to the England batsmen.

The first West Indian overseas player to play for Cuckfield was a young man named Roston Chase. Roston played for Cuckfield for the 2015 season, and on his return to his country he was named in the West Indies squad for their 2016 Test series against India. He made his Test debut for the West Indies on 21st July 2016. In his second Test Match, Roston picked up his maiden five-wicket haul and scored a century to stave off a strong Indian bowling attack. This was a remarkable achievement, because 1966 was the last time a West Indies player scored a century and took a five-wicket haul in the same Test Match before Roston did, and that player was none other than Garry Sobers who made 174 and took five for 41 against England at Headingley in August 1966.

Jordan Silk from Australia was the 2016 overseas player for Cuckfield. Jordan made a significant contribution to the success of the club during the season and scored over 900 runs in 15 league appearances averaging 69.32. Since returning to Australia Jordan was selected to play for the Sydney Sixers in the Australian Big Bash, along with Will Somerville who was the Cuckfield overseas player in 2009. Jordan and Will were part of the Sixers team that reached the final of the Big Bash. Jordan is currently playing for Tasmania and Will is currently playing for New South Wales.

For the 2017 season, Cuckfield Cricket Club is delighted to confirm that Jeet Raval from New Zealand will be joining the 1st XI. In June 2016, Jeet was named in New Zealand's Test squad for their tours to Zimbabwe and South Africa, which took place in July and August. Jeet made his Test debut in November 2016 in a home





series against Pakistan at Christchurch and opened the innings for New Zealand. He had a splendid debut on a testing surface as he made 55 in the first innings and followed it with 36 in the second and helped his side to win by eight wickets. He also took four catches in that match.

Whilst the club is pleased to welcome overseas players, who provide example and inspiration to all the club members of all ages, no cricket club can maintain a strong membership and success on the field without a steady supply of young players pushing the club forward. Cuckfield Cricket Club maintains a large and strong Academy with boys and girls from six to sixteen helping to produce sides from Under 9 to Under 16. In the 2016

season, our Under 11 team won the North & Mid Sussex league for their age group and the Under 12 side not only won the South Area League Division 1, but also the prestigious Sussex Junior Cricket Festival Bowl.

This all bodes well for an exciting season in 2017 and the Club welcomes Cuckfield residents to support the club. The Club and its facilities are run entirely by volunteers, who include coaches, grounds people and support staff, and the club is always looking for additional volunteer support to preserve what is considered to be the leading cricket club in Mid Sussex.

Please contact Chris Bunning, Club Secretary, [chris.bunning@btclick.com](mailto:chris.bunning@btclick.com), if you would like more information on supporting your local cricket club.

---

## Tackling elder exploitation in our communities

Katy Bourne, the Police & Crime Commissioner for Sussex, has made tackling elder exploitation one of her top priorities in a bid to protect older people in the county from financial abuse.

She says: "We know that fraud against our older and more vulnerable residents is a growing issue as our population ages and criminals see that fraud is more profitable and less risky than other crimes. In Sussex, fraud has robbed some older people of their entire life savings and left others destitute.

"I have been lobbying the Government to take account of demographics when calculating the amount of funding that is allocated to each police force and to acknowledge the rise in crimes against our elderly.

"The operational response from Sussex Police has also been excellent. They have developed Operation Signature to help protect and support those most at risk of fraud, and the model has been nationally recognised and is being adopted by other police forces.

"The problem is that many people don't realise that they've been a victim of fraud – they think it's just a

scam, or they feel foolish and don't want to tell anyone. But scams are fraud and fraud is a crime, so I really would urge anyone who's affected by doorstep crime, postal fraud or nuisance calls to report it."

You can call the police on 101 or report fraud by speaking directly to the advisers at Action Fraud, the national fraud reporting centre, by phoning 0300 123 2040. They will also be able to give you help and advice about fraud and you can remain anonymous if you prefer.

UK-wide charity Action on Elder Abuse operates a confidential helpline on 080 8808 8141 which offers advice and support on all aspects of elder abuse.

Trading Standards also want to know about online fraud or mobile phone scams; any information you share may help them shut down fraudsters before others fall victim to them. You can report incidents, whether you're a victim or have just been targeted, via the Citizen's Advice Consumer Helpline on 0345 404 05 06.

You can sign up for Katy Bourne's weekly newsletter at [www.sussex-pcc.gov.uk/spcc-newsletter/](http://www.sussex-pcc.gov.uk/spcc-newsletter/)



# Cajun Blackened Stone Bass Fillets with Creole Sauce

FISH OF THE DAY

Serves 2  
2 x 6oz Stone Bass fillets

## Blackened Seasoning

1 tablespoon paprika  
2 teaspoons salt  
1 garlic clove chopped  
1 tblsp chopped onion  
½ teaspoon ground cayenne pepper  
1 teaspoons black pepper  
½ dried thyme  
½ dried oregano

Mix the blackened seasoning ingredients together well and place on plate and place the Stone bass fillets and roll all over to cover fish. Place, skin side down, in pan and drizzle a little more butter over each fillet. Cook for about four minutes, until blackened; turn fillets carefully and drizzle with another small amount of butter. Cook for another 2 to 3 minutes. Serve with Creole sauce...

## Creole Sauce

1 tablespoon butter  
1 tablespoon olive oil  
1 large clove garlic, minced  
½ small chopped onion  
½ chopped green pepper  
½ chopped yellow pepper  
1 chopped celery stick  
½ teaspoon paprika

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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.

Have you ever cooked Stone Bass? If not, why not have a go, Sebastian explains how...



### Creole seasoning

- ½ teaspoon dried thyme
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- 1 teaspoon Worcestershire sauce
- ½ teaspoon sweet chilli sauce
- 1 can diced tomatoes
- 150ml chicken stock
- 1 bunch spring onions, sliced, with most of green
- 1 heaping tablespoon tomato paste
- 2 tablespoons butter

Heat butter and oil over medium low heat in a medium saucepan. Add chopped garlic, onions, peppers, and celery. Sauté vegetables for about two minutes, until just tender. Meanwhile, combine the paprika, Creole seasoning, thyme, oregano, basil, Worcestershire sauce, hot sauce, and ground pepper in a small cup. Stir tomatoes into the vegetables then add the seasoning mixture. Sauté for one minute longer. Add chicken stock and bring to a boil. Stir in the sliced green onions. Continue boiling, uncovered, for ten minutes. Most of the liquid will cook away. Stir in the tomato paste until blended in. Remove from heat and stir in the two tablespoons butter.

### Sebastian's Serving Suggestions

Fantastic served with little roasted new potatoes in their skins and sweetcorn.....Yummy

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## Enjoy the spring air

### VILLAGE GREEN

By Margaret J Tyzack More

'Spring time is the land awakening. The March winds are the morning yawn.' Inspiring words by Lewis Grizzard. The Spring Equinox is on 21st March, day and night finely balanced, when one can almost hear the year holding its breath, the momentary pause before the great unfolding of sound, scent and colour that is the first season of the year.

As the winds blow and the fresh green begins to unfurl, we feel enlivened after the dull days of winter. The fresh air charges our blood and spirit. All fine as far as it goes but what an almighty mess we have made of the air we breath. Toxic this, noxious that, funny fumes and particular particulates all hiding unseen, seeping into bodies and brains causing terrible damage to health. "No problems in the countryside!" Don't be too sure. It is not just the great cities and manufacturing areas where the air is damaged. Not so far from Cuckfield is Stonepound Crossroads where low air quality from queuing cars is cited as a reason not to build more houses close by. The roundabout at Cowfold is another spot, and Nick Herbert MP, writing in the CPRE's Sussex Review, states 'Storrington's high traffic levels give it some of the worst air pollution in the country'.

When Friends Of The Earth were offering a free air monitoring kit I sent off for mine to find out about the pollution, or not, in Cuckfield High Street. There were strict instructions as to what to do, how long to leave it in position and a specialist laboratory analysis of the tube when returned. The results are added to a map of air pollution created with experts at King's College London to help build a better picture of air pollution in the UK. Assisted by a Cuckfield neighbour, up went the small 7cm tube in the center of the village to be returned to the lab two weeks later. Sadly, within twenty four hours, it had disappeared. We shall never know now unless we try again.

Green leaves are important to mitigate air pollution indoors. NASA has done much research on the way certain plants can absorb nasties like benzene, trichlorethelene and formaldehyde from our houses and work places. If you fancy a new house plant, now's your chance. There are several small palms that are easy to grow and are good cleaners, as are the lovely peace lilies with their white sails. That old standby the rubber plant is on the list, together with Scindapsus and English ivy. Allow plenty of air around the soil. Spider plant roots assimilate formaldehyde for instance. Top of the list is the Gerbera daisy.

No bright Gerberas at the next Cuckfield Monthly Food Market but plenty of good bread, delicious cakes, fish, Sussex cheeses and poultry. Saturday 11th March in the courtyard of The Talbot 9.30am-12.30pm.



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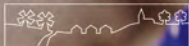
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## Sussex group aims to get kids outside

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

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

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

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

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

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

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

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

Swing Out Sister Golf

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# Sudoku #9

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

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

## #8 Solution

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

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

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# What's on this month

## AT QUEEN'S HALL

### Monday

- 9.30am **Pilates** (intermediate)  
10.30am **Pilates** (beginners)  
1.30pm **Dance Classes for Children**  
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**  
7.30pm **Dog Training** (obedience)

### 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

- 9am **Balance Class for Children**  
7.30pm **Wedding Dance Class**  
7.30pm **Yoga**

### 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.

### March

- 17th **Silent Film Night** – 7.00pm for 7.40pm  
The Rotary Club of Cuckfield and Lindfield is hosting a silent film night and meal in Queen's Hall, £20 with profits raised going to Gillian Fabb Memorial Fund. Tickets and more info from Andy Harrison, 415719

## AND ELSEWHERE

### March

- 15th **Mid-Sussex Decorative & Fine Arts Society** – 10.15am 'Easter Presents from Faberge' Lecture by Clare Phillips to celebrate the work of the goldsmiths and the skilled designers. Non members welcome: £7 on the door
- 16th **Mid Sussex Association National Trust** – 2.30pm Clair Hall, Haywards Heath
- 21st **Cuckfield Evening WI** – 7.30pm Cuckfield Baptist Church: 'California Dreaming' by Neil Sadler
- 22nd **RBL Women's Section** – 2.30pm The Old School Cuckfield: 'The Kleinwort Family' by Maureen Rea & Carol Andrews
- 25th **Spring Sale** – 10am-12noon Haywards Heath United Reformed Church: Gifts, cake stall, toiletries, raffle, bargain books & lots more. Tea, coffee & hot cross buns served. Proceeds in aid of Church Funds.

### April

- 1st **Cuckfield Spring Craft Fair** – 10.30am-2.30pm The Old School, Cuckfield: There will be over 40 stalls spread over four halls, selling a wide variety of hand crafted products including handbags, scarves, jewellery, candles, greetings cards, homeware, knitted and crocheted items, 'photo prints, books, soaps and gift items.
- 2nd **The Greater HH Bike Ride** – 73, 48, 20 & 12 mile community bike ride ([www.hhbikeride.co.uk](http://www.hhbikeride.co.uk))
- 4th **Lindfield Afternoon WI** – 2.15-4.15pm King Edward Hall, Lindfield (01444 454816)
- 4th **NHS Retirement Fellowship Mid Sussex** – 10.15am Franklands Village Hall: 'Harry the Wheelbarrow Man' by Harry Townsend
- 5th **Museum Talk** – 2.30pm The Old School: Cuckfield Museum's next talk will be by Dr. David Rudling of the Sussex School of Archaeology: 'The Romans in the Ouse Valley'. Tickets £5 or £3 for members. To book a place, phone Mike Nicholson on 01444 457448 or mail [events@cuckfieldmuseum.org](mailto:events@cuckfieldmuseum.org). More information at [www.cuckfieldmuseum.org](http://www.cuckfieldmuseum.org)
- 6th **Mid Sussex Association National Trust** – 7.30pm Clair Hall, Haywards Heath. 'Tea and the English' talk by Dr Sally White
- 8th **Disco Night** – 7.30pm The Woodside, Bolnore Village (see p.13)
- 17th **ISOC Walking Race** – check-in from 9.15am Whitemans Green



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