

Cuckfield Life

Inc. Brook St, Ansty, Staplefield & Bolnore Village

Local village talk,
by the village

Issue #59 : Sept. 2017

Free



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EDITORIAL

By David Tingley, Editor

Now that school's back after the summer, it seems like the perfect time to tell the story of **Holy Trinity's** expansion, which has been taking place over the last year or so. On **page 16** I've written a piece after meeting headteacher **Ann MacGregor** and getting a grand tour of the site. It's a story of natural progress as school places become more sought-after in the area. This village is now the proud beneficiary of state-of-the-art facilities and some amazing spaces to learn in too.

Cuckfield's **Bookfest** is coming up next month and **Simon Yeend** has been to talk to founders **Sheila Mortimer** and **Sheila Chasser**. If you'd like to know how it all started, flick to **page 11** where the pair reveal all.

Part of the 'beating heart of community' here is **Cuckfield Dramatic Club** and we're pleased give their forthcoming play **Uncle Vanya** a plug on **page 7**. Plus, on **page 35**, there's a review of their recent touring production of **Bridge to Farce** while it was playing at the theatre in Hurstpierpoint. Simon and I had a great evening; it was quite a hoot!

Page 27 holds all the news from Bolnore. At this time of year there's plenty going on, and don't forget the disco for adults coming up later next month!

Award-winning author **Sally Symes** talks to Simon on **page 24**, as she shares how she came to live here and when she knew she wanted to do what she now loves.

Our **Village People** features are such a pleasure to write (and read hopefully!), so if you know anyone who has an interesting story to tell from their own life, we'd love to hear about it. Mention it to the person in question, and then email us at editor@cuckfieldlife.co.uk please, so we can talk about the next steps with them direct.

This is your last call for **CL holiday snaps** from your summer too! I always appreciate seeing these! Email them to photos@cuckfieldlife.co.uk please.

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Cuckfield Life

The Barn, Hurstwood Grange,
Hurstwood Lane, RH17 7QX

Telephone 01444 884115
www.cuckfieldlife.co.uk

Editor: David Tingley

Assistant: Simon Yeend
<editor@cuckfieldlife.co.uk>

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

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Cuckfield welcomes a leading Master of Wine

With the complexities of the wine harvest imminent, a man who has made his passion for wine, and most especially Burgundy, his life is visiting Cuckfield.

Richard Lashbrook will be at Ockenden Manor to share his knowledge during an exclusive Burgundy Masterclass, courtesy of local wine merchants South Downs Cellars and Ockenden Manor.

Richard soon saw the error of a career in banking and made a swift exit to join the wine trade in 1987, developing both his passion for and knowledge of Burgundy to become a Master of Wine in 1995.

James Halliday, manager of South Downs Cellars in Lindfield, said: "Richard is the foremost expert in Burgundy and his passion is infectious. We are delighted to be working with Ockenden Manor to bring this exclusive Burgundy Masterclass to Cuckfield, matching their delicious canapés with some exquisite wines."

The event will take place on Thursday 5th October at 8pm where guests will taste eight red and white Burgundies, including a 2013 bottle of Chambolle-Musigny 1er Cru les Sentieres.



Tickets cost £50 and are available online or by calling 01444 484025 or in either of their Lindfield and Hurstpierpoint stores.

Sounds of New Orleans at Holy Trinity

The Friends of Holy Trinity Church Cuckfield are holding a fundraising concert at the church on Sunday 15th October at 2.30pm. The Institute Jazz Band has developed a style of trad jazz appealing to all ages and taking inspiration from top jazz musicians such as Ken Colyer, Chris Barber, Acker Bilk and Kenny Ball. Their programme will be a blend of jazz numbers from New Orleans, spirituals and popular dance music of the 1920s and 30s and features the vocals of Grace Gardner.

Tickets, £12 (£6), are available by email: FOHTCC@btinternet.com, or from Wealden Stores and Pepperbox in Cuckfield.



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Great turn out for Cuckfield Golf Society

By Ken Gregory

After the wind and rain last month at Hillbarn, we were blessed this month with lovely sunshine for our penultimate golf day at Cowdray Park, sponsored by David Ericson, who we thank for his continued support.

The best turnout this year with 19 golfers, including three guests who found this hard course in great condition with the greens fast and undulating which reflected in the scores.

Tony Bean won the day with 33pts, playing off a handicap of eight from Simon Higgins with 32pts who also won the longest drive. Gerry Honeysett won the nearest the pin in three shots.

The Society will be holding its AGM at the Rose and Crown on 4th October at 8.30pm. New members are more than welcome to attend. Captain's Day is on Friday 6th October at Royal Ashdown. Let's hope for another good turnout for Jimmy Stakim's last Golf Day as Captain!

Charity walk for Angus

The annual Forget-Me-Not walk is held in memory of Angus Rowland. Angus, from Staplefield, was diagnosed with acute myeloid leukaemia in October 2010. Despite three courses of chemotherapy his leukaemia would not go into remission and we came home at the end of February with nothing more to be done and he sadly passed away.

This year's walk, which starts at Staplefield Village Hall, is on Sunday 1st October at 9am.

The walk is open to all and there will be a choice of two local walks, a 6½ mile walk on muddy rural footpaths or a 1 mile walk mainly on roads. The routes are signed and follow public footpaths. Dogs are welcome, but must be under control as livestock may be present along the walk.

Register online here: <http://bit.ly/2eAwiiE>

History talk on Chailey Heritage

Grace Kimmins, founder of Chailey Heritage, was a pioneer in the field of care and craft training for disabled youngsters, but there is so much more to her incredible story as local author, Ros Black, has discovered and will relay in this enlightening illustrated talk on 5th October at 8pm in the Queen's Hall.

To reserve a place, call Mike Nicholson on 01444 457448 or email events@cuckfieldmuseum.org

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From Russia with Love

Cuckfield Dramatic Society spent a few moments basking in the glow of the superb reviews of last month's production of *Bridge to Farce*, before swiftly turning their attention to their next performance.

Auditions for October's production of Anton Chekhov's play *Uncle Vanya* have already taken place, as well as an acting workshop led by director Emma Gosling.

Enthusiasm and spirits were high following the feedback for *Bridge to Farce*.

Written by CDS member Paul Ruse together with friend Richard Willis, this original new comedy proved a hit with the audience. Producer Sophie Bradshaw and director Emma Gosling turned the play into a three-act comedy farce with a cast of 16 playing 21 roles.

The society's newsletter revealed reviews that called the play 'Utterly brilliant! Incredibly well cast'. and 'A cleverly written very funny new original play'. Other feedback included 'fantastic', and 'would have paid much more to have seen the show'. And in an overheard conversation (in the pub) 'I could see that play going to the West End stage!'

Gosling will now turn her hand to the more serious work of Chekhov.

Uncle Vanya explores regret at wasted lives and unrequited love. A timeless classic, it was ahead of its time in commenting on deforestation and land use and humanity's effect on environment.

With themes that would not be out of place in a modern soap like *East Enders*, Chekhov is full of emotion, and the play was brought vividly to life by Constantin Stanislavski, the Russian stage actor, who developed what became known as 'method' acting where actors use techniques to help them recall emotions used in portrayal of their characters and their interaction with the others on stage.

Expect laughter and tears as well as frustration and anger as CDS and director Emma Gosling lay bare a play where emotions build and explode from the stage.

Gosling explained why Chekhov, and *Uncle Vanya* in particular, means so much to her...

"I was first introduced to this play whilst studying Theatre Arts at South Downs College. Although I auditioned for the part of Yelena, I was cast as Sonya, who is described in the text as being 'Plain'. This did not go down well with my egotistic 17-year-old self, but I was quickly won over by the complexity of the character I was learning to portray. So, when CDS were looking for a 'serious' play to perform in October, I suggested *Uncle Vanya*. It is often described as a tragi-comedy although it is neither conventionally comic or tragic. The genius of this play comes from the multilayered characters, who are neither good or bad but reflect human nature."

Uncle Vanya: w/c 23rd October. Queen's Hall, Cuckfield. Dates of ticket sales TBC.

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Bookfest

By Simon Yeend

From self-confessed book festival groupies to running one of their own, it's been quite a year for four Cuckfield women.

Sheila Chasser, Sue Laing, Angela Magness and Sheila Mortimer make up the quartet which has organised Cuckfield's first Book Festival. It takes place between 6th and 8th October.

Cuckfield Life met up with the two Sheilas, a formidable double act, to find out how Bookfest came about.

"It all started with a chat over a glass of wine in the Talbot," said Sheila Mortimer. "We talked about how much we love going to festivals and this led us on to thinking it would be great for the village to have its own book festival.

"So, we said 'let's have a go'. The next morning we were still enthused and by serendipity, we have some connections with literary festivals, so we started to talk to people and were encouraged enough to go ahead."

A bold move?

"We are bold," said Sheila Chasser in a flash. "We thought Cuckfield could cope with one."

And so began the hunt for authors. The first one to say yes proved particularly painless, as Sheila Mortimer explains.

"My son, Gavin, who writes about the SAS, was the first, so that was quite easy," she said. "I knew he could do it because I've seen him at other festivals." Then the work to find other authors began.

"It was nerve-wracking," said Sheila Chasser. "But the reality is whoever we've contacted has been delighted to be part of it. We've had no rejections, other than people being at another festival – we are on at the same time as Cheltenham, a big festival, or if they are unavailable."

"We did buttonhole a few people when we were at other festivals," said Sheila Chasser. "When I was at a talk in London, I asked Harry Mount (who wrote *Summer Madness: How Brexit split the Tories*) if he would consider coming to Cuckfield and he said yes, straightaway."

"The writers get a modest fee for appearing," added Sheila Mortimer. "I think they like the whole idea of being in a festival. Andrew Crofts, who lives near Cowfold, is a renowned ghostwriter. We had a slot to fill and he was recommended, so I sent him a message late on a Saturday night and he replied within half an hour saying 'yes, great'.

"We have one literary agent, Andrew Lownie, who has been incredibly helpful. He put us in touch with writers and moderators whom he knows speak well, and he's been more than happy to share thoughts and ideas."

The search was fruitful. More than a dozen authors will appear at the festival and there will be two workshops on how to get published by Andrew Lownie, and how to write a memoir by award-winning author Damian Barr.

For the children, Nicky Dee and Rebecca Skimming will be talking about dinosaurs and the audience can explore the fossils and replicas in Cuckfield Museum. Sally Symes



Sheila Chasser (left) and Sheila Mortimer (right)

and Jill Lewis (who is actually two people) will be hosting lively sessions for under-fives, featuring their books and lots of dressing up.

The festival begins with supper on Friday 6th October at Ockenden Manor, with Lord Saatchi as guest of honour. All 60 seats sold out quickly, so another 30 were allocated and they have also been snapped up, which is hugely encouraging for the organisers.

"The ticket sales so far have been very encouraging," said Sheila Chasser, "but I'm not going to think about how successful Bookfest has been until 9th October and we can breathe a sigh of relief!"

Sheila Mortimer agrees. "We have taken a risk and until 9th October we won't be absolutely certain that it has worked."

"For sponsorship we all did our bit," said Sheila Chasser. "We all have connections that we can tap into. That was a nerve-wracking thing, approaching people for sponsorship, but no one turned us down."

"At these kind of events Cuckfield comes together and everybody will come out and support and offer help," said Sheila Mortimer.

Will there be a second festival?

"We hope so, if we can keep up our energy levels," said Sheila Mortimer. "We knew it was going to be a big job and, my goodness, it has been! The hardest part has been finding dates when we can all get together and meeting all the necessary deadlines. The best bit was the enthusiasm we have had from people. So many people have volunteered to help which is just what we need."



Maximising effective communication

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The art of effective communication is a complex mix of words and tone, speed of speech, eye contact, body language, smiles, depth and rate of breathing, rapport and so much more. For just now, let's keep it simple and only consider some of the words we choose to use; we could be so much more effective in communicating if we understood what we do with certain words in our heads.

To illustrate my point...let's consider some sports coaches I've been working with recently; as a starting point, I sat in and watched (and more importantly listened to) their sessions. They used a lot of what they thought was positive and encouraging language: 'oh don't worry...I know it's hard', 'don't put your head down', 'don't forget to straighten your legs', 'keep trying...don't give up'... you see the coaches were really good at reinforcing the unwanted negative, behaviours.

Imagine you have a long to-do list at work and it's stressing you out. If a well-meaning colleague says 'oh don't worry about it, relax!...' what's your immediate reaction, without realising it? You start to think about the to-do list. Maybe you make a picture of it in your head, look at all of the things on the list, maybe it looks huge, you can't see what needs to be done, you don't have time, it's a big list and now you're really worrying!

What happens is this: in order to process the negative (the 'don't' part of the sentence) the brain first has to 'rehearse' the rest; so if the coach says 'ok...don't miss it'...the brain first has to picture or rehearse, what a 'miss' looks like, sounds like and what it feels like to miss and then it has to say to itself 'ok I don't want to do that'. Sadly, what has happened in a nano-second, is that the brain has rehearsed 'missing' (or worrying). This results in a neural pathway being made in the brain and, simply put, the stronger the neural pathway and the more automatic the response becomes, we worry and we miss, really easily! And the more times we rehearse something (even in our heads) the better we get at it (ever watched the pilot of a bobsleigh team rehearsing the turns before the run itself?). This is great if we're rehearsing something positive but not so good if we're

instructed to rehearse a negative such as 'don't miss' or 'don't worry'.

Working with the coaches, we devised lots of new ways of giving the same instruction but using positive and specific language instead, so that the brain just rehearsed the positive behaviour and made strong neural connections to the preferred outcome. The coaches used phrases like: 'remember...straighten your legs', 'stand tall, head up high', 'spot the catch'; while 'don't worry' became 'ok, take a breath, now relax'. Focusing on the word 'try' for a moment... say 'I tried' to yourself, now say 'I did'. How do they feel, how do they feel different? Generally, there's a sense of failure with 'I tried'. Recognising this, we basically removed the word 'try' from the coaching vocabulary... we started using phrases like 'when you do it next time', 'let's just do it', 'ok, better... now do it like this...'. Understanding what we've talked about...imagine the impact of replacing the phrase 'don't worry...keep trying' (your brain processes this as 'worry and keep failing') with 'ok, take a breath... now, let's do it this way'. What a transformation!

The impact of just framing language in the positive and replacing the word 'try' was huge! I used many different techniques with the coaching staff, mixing and blending strategies, giving them tactics to allow them to maximise their effectiveness and refine their coaching 'style' and the results were impressive...even the coaches were far more confident.

Effective communication and affecting positive changes in behaviour are unwritten fundamentals in parenting, education, successful selling, people management, business meetings, team effectiveness... the list is endless. If nothing else, use the phrase 'have a cup of tea and relax' as it's immensely more powerful than 'don't worry, try and relax'.

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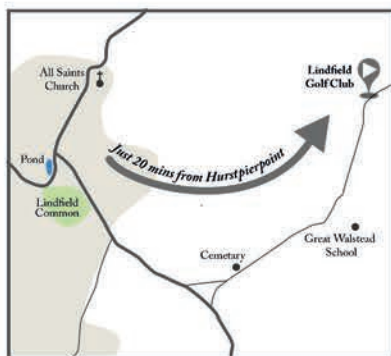
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With so much in the news today about cutbacks to education it's easy to forget the leadership teams that have fought hard to secure funding to expand and improve school facilities on a local level. Holy Trinity CE (Aided) Primary School, on Glebe Road, has done just that and David Tingley has been to look round the newly opened building.

By David Tingley

I'm sure many will have been curious about what's been going on at Holy Trinity School over the last couple of years. Even if you don't have children at the school, occasional visitors to the Doctors Surgery won't have failed to notice significant changes on the school site as they passed the tall green fence.

Whilst the first evidence of work on-site started in June 2015, when temporary classrooms were installed, the planning of this huge project goes back much further. Headteacher Ann MacGregor only started at the school in September last year, so has had what she describes as a 'baptism of fire'!

"In many ways," Ann explains, "I have seen the fruits of someone else's vision for this school's expansion." Former headteacher Jo Munn had been at the school for five years and worked with the school governors, the Church of England and the Local Education Authority to come up with a plan for creating more places at Holy Trinity School to keep up with rising demand.

"I had about two days between when I was let into the building and when pupils walked through the door for their first day of term, so, yes, it was certainly a challenging start," Ann admitted.

It was a staged handover back in September and, whilst the new Junior School building was finished, the contractor still had work to do in other areas, so Reception pupils were actually the first to try out the new space.

Under the terms of the planning permission the architect had to ensure that the footprint of the new

building was no greater than the previous single-storey building, so whilst they've increased their capacity the school hasn't lost any recreational space. In fact I discovered the school enjoys a staggering six acres of land!

The main changes are: eight new classrooms, a new music room, offices for teachers to use for planning, refurbished toilets and an expanded staff room and main hall. Also in the new building is 'The Nest', a sensory room (equipped by the PTA) to help children who need to take time out during the school day.

On the warm day in the summer term when I was being shown round, various children were making use of the outside balconies in the upper classrooms – which looked a lovely place to be working.

"I'm so pleased with the new space for Juniors; it's an amazing learning environment for them," Ann explains. "With refurbishments elsewhere and new smart technology being used in Reception classrooms it represents a significant improvement for Holy Trinity pupils." The school has also had a terrific climbing wall installed in the playground, which was kindly donated by Cuckfield Bonfire Society. "The support of parents and the generous spirit of the village is astounding. I feel so privileged to work here, leading a team of such enthusiastic and dedicated staff."

At the opening and blessing of the new school building last month, Ann MacGregor was joined on stage by Jo Munn, Rev Michael Maine and the Bishop of Horsham who officially cut the ribbon.

Holy Trinity School has enjoyed 'outstanding' SATS results from its Year 6 pupils and can now take up to 60 children in each new year. So, what's on the cards from September? Ann answers: "We look forward to making more of our outdoor space with Forest School sessions beginning in the new term, plus I am looking forward to finding more ways of opening up our facilities to the community – so watch this space!"



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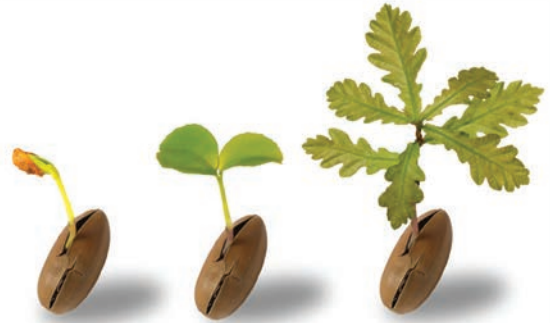
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Big band flies in to Cuckfield

The internationally acclaimed Royal Air Force 'Shades of Blue' Big Band is giving a concert in Cuckfield. The RAF 'Big Band' sound returns to Mid Sussex on Saturday 23rd September for a charity concert in aid of the RAF Association Wings Appeal. The concert with the full 18 piece ensemble will be at Holy Trinity Church at 7.30pm, performing the music of all the great bandleaders including Glenn Miller, Count Basie and Ted Heath to name just a few.

Tickets are £12 each, and a supper ticket will also be available at £30 (details to be announced). Tickets are available from the main event sponsors P & S Gallagher Funeral Directors, with offices in Haywards Heath and Burgess Hill. Also from Holy Trinity Cuckfield church office and Wealden Stores in Whiteman's Green.

For further information please contact Matthew Gallagher on 01444 239869.

Staplefield charity hosts Will Writing Week

Making a Will is one of the most important things we can do. One third of people in this country who die each year do so without a Will.

We have once again teamed up with Kreston Reeves Private Client LLP in Horsham who have very generously offered a limited number of appointments to help you make or update your existing Will. Instead of their usual fees they will be offering reduced rates during our Will Writing Week (9th-13th October) which will be donated to Dame Vera Lynn Children's Charity.

SINGLE WILL £180 (no VAT), JOINT WILL £280 (no VAT), CODICIL £120 (no VAT) and JOINT CODICIL £200 (no VAT).

If your needs are of a more complex nature than that of a standard document, they will need to charge an appropriate fee in addition to the donation and in your case this will be discussed at the meeting.

If you would like to take advantage of this service and help support our Charity contact Carole Whorwood on 01444 473274 or email: carole.whorwood@dvcc.org.uk

Dame Vera Lynn Children's Charity based in Cuckfield supports under fives with cerebral palsy and other motor learning disabilities.

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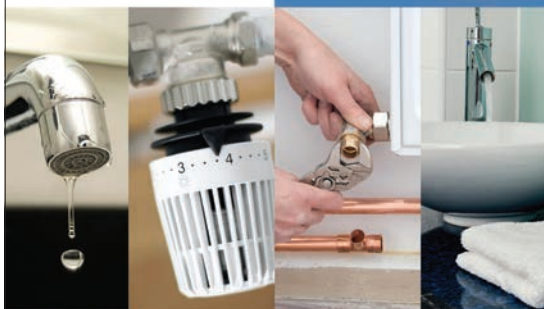
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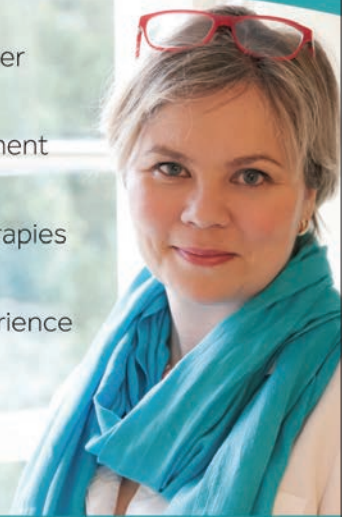
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Radiator magic

DESIGN AT HOME

By Fiona Evans, interior designer

Keeping warm and snug in winter can mean compromising on style if an unattractive radiator is occupying valuable wall space. Cold winter months inspire cosy interiors, but gone are the days when a roaring fire would provide a focal point to the interior. A glowing log fire or log burner nowadays is secondary only to a central heating system which springs into action in the autumn with the first chill in the air, its string of radiators gurgling heat obligingly throughout the home.

Radiators don't have to be boring and unattractive as there are some amazing designs out there to complement any interior, built in a fantastic range of metals e.g cast iron, aluminium or stainless steel and befitting many styles. From standing ornate Victorian to sleek aluminium panels, or how about an elegant, vertical, tall radiator to add character to your wall and keep you warm?

If an ugly old fashioned radiator is dominating a wall or removing the wow factor from an interior, the easiest and cheapest remedy to hide it is to paint it the same colour as the wall behind by using a paint suitable for metal. Leaving it painted shiny white will only make the offending radiator a feature especially against a dark background or bold colour. If painting it isn't the solution and nor is replacing it with a snazzy new model, then how about going down the radiator cabinet route to hide the offending radiator? They are available in many styles, some elegant, some quirky and others downright ingenious, with ideas for every room. There are options on size and shape, 'off the peg' or bespoke, choices of material such as mdf, wood or glass as well as grille design. For extra wow factor how about a mirrored radiator cover? Children are not left out and have their fair share of styles such as butterflies or stars adding fun to their bedrooms. The top of the cabinet could be used as a shelf for books or toys. Alternatively a storage cupboard could be attached to the top or, if the radiator is under a window, the shelf could be used as the base for a window seat.

Have a look on www.diydoctor.org.uk for information about air circulation within the radiator cabinet and choosing the right size.

If radiator cabinets are not your choice and you are considering replacing dated, shabby radiators with another form of heating and would like a complete change of style, how about sleek, shiny state of the art electric glass radiators and towel rails? Clean, clear and minimal to maximise space, a glass radiator will vanish against a wall. You can be as creative as you like to match your décor as it's possible to design your own glass radiator by adding personalised screen prints to the glass, a fabulous unique focal point. These clever radiators are also available as mirrors.

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Sally Symes

VILLAGE PEOPLE

By Simon Yeend

Sally Symes wouldn't be here if it wasn't for Fungus the Bogeyman.

The award-winning children's author and illustrator, who has lived in Cuckfield for more than 20 years, only came south from Newcastle in a search for Raymond Briggs, creator of the famous Bogeyman.

Sally spent a great deal of her childhood either drawing or writing and knew her future lay in becoming an illustrator and an author. She chose to leave her native North-East to come 350 miles to the South Coast in the hope of being taught by Briggs at what was then Brighton Polytechnic.

"Fungus the Bogeyman made me laugh so much, he was just so different and funny and Briggs was a hero of mine," she said. "My tutor in Newcastle said you should try to go to Brighton, so I did.

"I sort of expected Briggs to ooze green slime, but when I did find him, he was actually rather ordinary-looking. Even more disappointingly, he left at the end of my first year – I'm sure this wasn't anything to do with me stalking him. Luckily, the designer, illustrator and hugely clever George Hardie was my tutor, and he oozed brains which was probably a bit healthier than slime.

"At my interview to get on the course I really wanted to do illustration, but the tutors asked if I would consider graphic design. I thought 'No! My dad's a graphic designer, I don't want to do fish packets and pizza boxes, like him. I want to do book illustrations.' But they said if you say yes we'll give you a place now. So, I agreed, thinking that when the course starts I can just jump over and do illustration anyway. But I loved design and ending up doing the course and specialising in typography because I love words."

After graduating Sally did an MA in Narrative Illustration & Editorial Design and quickly found work as a designer for a publisher. But the writing itch never left her.

"I started writing stories from around the age of

seven – normally about my teddy bears," she said. "I had a toy and I could never decide whether it was a penguin or an owl so I called it a pengowl, and I used to write adventures about him. I'd also draw all the time – and my dad taught me how to make them into little books."

"Years later when I was working as a designer for a publisher in Hickstead, I had a go at writing some of my own books which I presented to my boss. My first one was called Debra the Zebra – a pop-up, mechanism book. Roly-Poly Pig, Harry's Coin, and Who's Been Walking on My Floor followed shortly after and my writing career was up and running."

Sally has gone on to write dozens more, including some in collaboration with the esteemed illustrator and writer Nick Sharratt.

"Nick has taught me loads," she said. "And he's a delight to work with, he's brilliant. I wrote one story, 'Whose Tail and Toes and Nose are Those?' and it had loads of text and Nick said let's simplify it. So we threw my text out of the window and a whole page of words became Whose tail? Whose toes? Whose twitchy nose? I said to him 'No-one is going to know what I've done', but he told me not to worry and it was absolutely the right decision to do it.

"Mostly, we sit at his kitchen table and kick ideas around, but the idea for 'Yawn' was born in his car as we travelled to a publishing meeting together!

"I've always got on with illustrators because I wanted to be one. I'm probably deeply envious. But really I'm in awe of them – they add so much to the text."

At home Sally does her creative work out in a shed, hand built by axe-wielding (he's a tree surgeon) husband Trevor. They met in Brighton, married young and have two grown-up children.

Trevor was born and bred in Bolney and moving back to Newcastle was never really an option for Sally once she'd tasted Sussex life.

After living in Bolney for a while, the couple decided to buy a tiny two-up two-down in Cuckfield in 1995.



"I wanted to come here because I liked the community. There's not a single day when I've regretted the decision to move here.

"The house has changed a bit since then when it had a little lean-to kitchen and a shed at the back. We've had extensions, so it's gone out sideways, up and further back. Trevor put the conservatory up himself.

"I love it here and I'd be really reluctant to move away because I have such fantastic friends. I'm in the Singing Allsorts, I was chair of Cuckfield Playgroup (I designed and drew their current logo), I'm a member of a local running club and I go to a book club in the village with ladies who enjoy wine as much as words. I like the pubs here, you name it, it's great."

And now a book festival in the village?

"Sheila Mortimer approached me, I used to work with her years ago, and I said yes immediately. I do school visits and it's always great to meet the children. It's a wonderful idea to have a festival."

Sally currently spends four days a week working as a senior editor at Macmillan Children's Books. She trained as a designer and was persuaded that she has all the attributes to be a successful editor and it's a challenge that she loves.

She writes on a freelance basis in her free time and ideas come to her all the time.

"I have a notebook next to my bed, just in case," she said. "Sometimes I get an idea from looking at books or a toy.

"I've always loved novelty books. There's something nice about books that you can play with or rattle, the novelty inspires the idea. I have always been passionate about books that are more than just a reading book, like flaps, or if it pops up. But there has to be a reason for the novelty, it has to be part of the narrative, not just novelty for the sake of it. I also don't like doing things that have been done before."

So how long does it take to write one of her children's books?

"Some of them take only a day. But the idea is bubbling along for a lot longer than that. Sometimes I'm lying in bed thinking that's a nice rhythm and I'll write whatever the words are, filling in with rubbish words so I remember the rhythm, and then the next day I rewrite it like:

Shaun gave a yawn while sitting on his mat,

Guess who he gave it to?

A scruffy fluffy ...

"I don't do it on purpose it's just the way I work – 'Fair hair, Bear hair, Hardly any there hair.' It just happens – I come from a musical family so maybe that's why I like rhythm!

"There'll be a lot of amendments after that, you're refining all the time. Sometimes the editors will come back to you and say something like the word nappy doesn't translate in America, so I have to rewrite that sentence."

Sally admits she is terrified of heights but once a year she forces herself to climb something high to take herself out of her comfort zone. She likes to push herself and make a mark, something that began in childhood.

"When I was little in Newcastle there was tons and tons of snow," she said. "I'd make myself, no matter how hard it was, walk in all the snow that hadn't been walked in, I didn't want to walk in anybody's else's snow. I'm going to make a footprint, I thought, and that's my philosophy in life."

Sally will be appearing at Bookfest on 8th October 10.30-11.15am, upstairs at the Queen's Hall, Cuckfield.

Bring your little people to join in with some lively fun and a spot of dressing up, as she reads three of her children's books. Perfect for ages 2-5.

Make a Will fortnight: 11th-22nd September

Do you need to write or update your Will?

Chailey Heritage Foundation is partnering up with five local solicitors' firms who are waiving their usual fees for Will writing from 11th to 22nd September.

Participating solicitors are all donating their time and services free of charge and simply ask that you make a donation to Chailey Heritage Foundation in lieu of their fee.

Suggested donation amounts are £120 for a single Will or £180 for a joint Will. All funds raised during this year's Will Writing Fortnight will be put towards the charity's Dream Centre Appeal to build a modern, accessible indoor activity space where children and young people with complex disabilities and health needs can participate in a mixture of arts, sports and physical activities.

Participating solicitors include: Adams & Remers (Lewes), Rohan (Haywards Heath), Griffith Smith Farrington Webb (Hassocks), Dean Wilson (Brighton) and Griffith Smith Conway (Hove).

For contact details and to find out how to book your appointment visit: www.chf.org.uk/makeawillfortnight or contact Jennifer Hanraads on 01825 724752 or by email to jhanraads@chf.org.uk

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AFC Bolnore flying the flag for the village

By Simon Yeend

AFC Bolnore are again setting their sights high for the new season.

The club has been promoted three seasons on the trot and this year has been moved up two divisions to Mid Sussex Division Five. The standard will be higher but AFC Bolnore manager Lewis Claxton is relishing the challenge.

"There is a healthy dose of optimism and expectation in the squad for the season ahead," he said. "We are absolutely gunning for promotion. Last season we had our first taste of silverware winning both the league and a cup and we are hungry to do that again."

Two players from that double-winning side moved on in the summer, but Claxton has been able to bring in quality replacements. One of those is Joe Miller, who has spent much of his career playing at a higher level.

"Joe is exactly the kind of experienced player we were looking for," said Claxton. "We have seven players aged 21 and under and they can all play. Alongside them we've got some players in their late 20s and early 30s who offer the experience and who will help the youngsters develop.

"We have also got Aaron Stimson, who scored 30 plus goals for us last season and at any level that is what you dream of from your strikers."

Claxton has long-term ambitions for the club he helped to set up four years ago when he lived in Bolnore and who play their home games on the Tim Farmer

Recreation Ground.

"The vision for the club is two-fold," said Claxton. "Firstly, it's for us to become a well-respected Sussex sporting club in the same way that say Lindfield or Cuckfield are. And secondly, I'd like us to get to semi-pro status. That will involve a lot of challenges but we are up for it."

Claxton is proud of the club's roots in Bolnore Village.

"We used to have a lot of players from Bolnore when we first started, myself included, and we still have two lads who live in the village. But I want to develop a team that the village can be proud of and a team for the village to get behind.

"We already have great facilities for a club at our level. We have new changing rooms, a club house at the Woodside, the pitch is getting better each year as it beds down and is a good size. All the foundations for success are there."

The club is also delighted to have secured sponsorship from Kemp Thai – a local takeaway specialising, as the name suggests, in Thai cuisine. Kemp Thai are sponsoring the club's home kit which proudly bears their logo.



Bolnore's Great Spreading Oak tree has been given its own plaque to celebrate its longevity and importance.

The Oak, situated at the bottom of Renfields, is believed to be at least 350 years old and could well have been living when Oliver Cromwell ruled.

It is a fine example of a veteran tree, with a huge trunk and an enormous spreading canopy. Ancient trees often have rotting stems and dead limbs, which result in a diversity of micro-habitats suitable for many organisms. An old oak may shelter many rare and threatened species, as well as hundreds of other plants and insects. Great care went into making sure that the tree still receives the same amount of run-off water as it did from the fields before the development of the newer parts of the village and that its roots were protected during the building works.

Network Rail Infrastructure Limited has applied for planning permission to divert a water waste pipe from the railway tracks south of Haywards Heath station into an existing water course in Ashenground Woods, creating a new stream in the woods in wet weather.

The Hub, before and after school childcare for pupils at Bolnore Village Primary School, is now officially Ofsted registered and taking bookings.

For more information email Hanna and Gemma at info@thehubkidsclub.co.uk

There's still time to grab a ticket for Disco Night at the Woodside on Saturday 14th October.

Local DJ Emma Warner will be playing tunes from the 80s, 90s and more recent stuff.

Tickets are £8 (adults only) and all proceeds will go to Bolnore Village Primary School.

Turning gardens wild in the village



By Simon Yeend

A Cuckfield resident is aiming to turn the village into a wildflower haven.

Mike Jourdain has given over a section of his garden to wildflowers and would love others to do the same.

It all started with a talk on how to create a wildflower garden from horticulturist Evan Giles at Cuckfield Baptist Church back in April.

Mike was so impressed he planted the seeds bought from the company recommended at that talk in his front garden in Hatchgate Lane.

The outcome has been impressive with a medley of colourful plants that, as well as looking beautiful, provide a haven for pollinators, including bees.

Mike is optimistic the idea will catch on: "I'm not an expert gardener or anything so if I can do it, anyone can do it," he said. "I cleared out a patch of about 12 square metres, put some top soil on it, planted the seeds, watered regularly and waited.

"The seeds came from the same company that provided the gold-themed wild flowers for the Olympic Park in London in 2012 and, fortunately, the birds don't eat them!

"Every day there's something new, some plants come out when the sun's shining and then close back up again, and we get new flowers all the time.

"The results have been really pleasing and I have received so many positive comments from neighbours, dog walkers, commuters, pupils from Warden Park and people going through Blunts Wood to Haywards Heath.

"The great thing about the flowers is they are wonderful for bees, insects, butterflies and bloom from May to September. You also do not need a large area to make a big difference.

"It is something everyone can do - elderly people may need help - but we could have a drive to create

wildflower gardens all over Cuckfield. I would happily spearhead a campaign for next April and facilitate another evening to show how it can be done.

"There has been an enormous loss of meadowland over the last few years, so if people turned over a section of their gardens for wild flowers that would help to make up for those areas that have been lost.

"We have amazing daffodils in the village - now let's add wildflowers."

Anyone interested in turning some of their garden into a wildflower meadow can email Mike at: mikejourdain@hotmail.co.uk or by phone on 07768 738624.



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New staffing at the churchyard and village orderly

We would like to extend a warm welcome to our two new members of staff, Alex Bull and Neil Atmore.

Alex is working as a full-time grounds person at the Cemetery alongside Brian Smith, our long-standing employee, to ensure the Cemetery remains well maintained all year round. We would like to acknowledge that there was a gap in the maintenance between Alex starting and our previous contractors finishing, however both Alex and Brian have worked very hard to bring the Cemetery back up to its usual standards.

We also have a new Village Orderly, Neil, who you may have noticed out and about around the village. So far, he has given the white railings on South Street a good clean, and has also been carefully looking after our beautiful village flowers. Neil will continue all year-round to keep Cuckfield looking clean and tidy, as well as providing a helping hand at the Cemetery when needed.



Cuckfield's grass verges

Cuckfield village is fortunate to have such a beautiful green local environment of trees and large grass verges. The Parish Council has organised the verges to be cut eight times a year whilst many residents maintain them in between times to keep them looking neat. It is also thanks to the residents that many verges have colourful displays of daffodils and crocuses in spring. To preserve and protect these local green spaces it is everyone's responsibility not to park on the verges, which damages both the grass and kerbs. At present the gas company has taken up residence for a short time on Barrowfield whilst carrying out essential gas works throughout the village. The Gas company has said it will reinstate the land to its original condition once work has been completed.

SGN gas works

The works currently being carried out by Southern Gas form part of a 30 year programme of investment by SGN to carry out the replacement of old iron gas mains with modern polyethylene plastic pipe throughout the network area. On occasion the work to replace the gas mains can be inconvenient and cause some disruption. However, it is important that the work is carried out to ensure the gas supply is safe and reliable for the future.

By the time you read this update the work at Whitemans Green should be complete and the works on London Road side of Whitemans Green will be completed by the 18th September. The contractors will then leave Cuckfield and the compound in Barrowfields will be removed and the area will be reseeded as required.

The Contractors will return in January 2018 to start work on Brook Street and around Tollgate Lane, however the compound will not return to Barrowfields. Following completion of Brook Street some works will be carried out in Broad Street. Works in London Lane should be carried out during the summer holiday term in 2018 followed by the open cut works for a large diameter pipe in London Road in 2019.

Cuckfield Golf Club remodelling

There has been a recent scoping request made by Cuckfield Golf Club to remodel their course using landfill. A scoping review has been requested by WSCC, which will lead to a public consultation on the proposals. Once this is completed, WSCC will consider whether the plans are appropriate, and at this point a planning application would be submitted. Until the consultation has occurred there is little to update. Cuckfield Parish Council will be involved during the consultation, as will any potentially impacted residents. Highways would be a critical consultee in this matter, due to the volume of traffic expected.

Cuckfield is hoping to hold a public meeting in collaboration with Ansty and Staplefield Parish Council, to which all interested members of the public will be invited to attend, in order to receive an update on the plans submitted by Cuckfield Golf Club from its planning agent. The date is yet to be arranged, but will be publicised on Cuckfield.gov.uk and our Facebook page as soon as it has been scheduled.

Bus service

We are aware that the demise of the hourly No. 40 bus service has caused inconvenience and upset for some residents within the village. Whilst there are other bus services still available, they are not as frequent and do not serve the people living within the Longacre area.

We have had several discussions with Compass regarding the No. 40 route, but unfortunately they have advised they cannot increase the services offered as the route makes a loss, hence the withdrawal of the hourly service.

Replacement bus service

Following the withdrawal of the No. 40 bus service, some residents have asked whether the Parish Council could arrange a replacement minibus service even if it was at a lesser frequency than before. Any replacement would, by necessity, be a fully paid service, meaning existing bus passes would not be valid for use.

However, although there is no guarantee that a replacement can be arranged, if you are interested in such a bus service please contact the Clerk on sam.heynes@cuckfield.gov.uk to express your interest.



YOUR PARISH COUNCIL

We also extend a warm welcome to our new Councillor, Steve Oversby-Powell. Steven's recent appointment brings the Parish Council back to full strength.

Chairman

Nigel Page: 474720
nigel.page@cuckfield.gov.uk

Vice-Chairman

Martin Sambrook: 458999
martin.sambrook@cuckfield.gov.uk

Other Council members

Andy Burton: 443306
andy.burton@cuckfield.gov.uk

Marie Dormer: 441889
marie.dormer@cuckfield.gov.uk

Andrea King: 413172
andrea.king@cuckfield.gov.uk

Frances Laing: 443337
frances.laing@cuckfield.gov.uk

Paul Mantripp: 07977 539759
paul.mantripp@cuckfield.gov.uk

Colin Mercer: 414995
colin.mercer@cuckfield.gov.uk

Jo Notaras: 07815 830 768
jo.notaras@cuckfield.gov.uk

Steve Oversby-Powell 07930 116504
steve.oversby-powell@cuckfield.gov.uk

Parish Clerk

Samantha Heynes: 451610
sam.heynes@cuckfield.gov.uk

Assistant Clerk

Vacancy

Admin Assistant (Bookings/Allotments)

Jane Forester: 454276
jane.forester@cuckfield.gov.uk

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

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

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

This newsletter is published independently by Kipper Creative Ltd for Cuckfield Parish Council. The Parish Council does not guarantee or endorse any of the services or products advertised in this publication.

Cuckfield allotments

Cuckfield Parish Council runs two allotment sites, one at Whitemans Green and the other at Courtmead Road and they are a showpiece of the 'green fingered' talent that we have in Cuckfield. The amount of effort, patience and dedication from the Allotment holders is seen throughout both sites, where they have produced an astonishing array of vegetables and fruit. Anyone who lives within the boundaries of Cuckfield can apply for an allotment, but it will require your time and effort to cultivate, so maybe think of starting with a small plot. However, the allotment community are on hand to give advice to any new allotment holder. For further information, please contact Jane at jane.forester@cuckfield.gov.uk or call 01444 454376.



Commemorative sculpture

Many long-time residents will be aware that a section of the churchyard was, for many years, used for the interment of stillborn babies. No memorials exist to remember these children and the Parish Council is looking to provide a commemorative sculpture at the churchyard in memory of the children.

If you have any ideas as to what kind of commemorative sculpture could be appropriate, please send your suggestions to the Clerk on sam.heynes@cuckfield.gov.uk

Speed Watch

The Parish Council is aiming to set up a Speed Watch group within the village and we need a minimum of six volunteers. A very big thank you to the residents that have already registered their interest. We still need more and if you are interested in supporting your community and joining the group please contact the Parish Clerk. Sussex Police will provide us with a speed gun and all necessary training. Volunteers do not attempt to stop any motorist breaking the speed limit, they simply record the registration numbers which will be sent to the Police for them to deal with.

Christmas street festival

The Environment and Wellbeing committee has started planning for this year's Christmas Street Festival on the evening of Friday December 8th between 6-8pm, and we are looking for volunteers to help us with this enormous task, especially on the day. Anyone who has some free time to help us, either before the event with tasks such as planning and setting up road signs, or on the day of the event with items such as setting up/removing the street signs, would be of great help to us. For further information please contact Marie by email: marie.dormer@cuckfield.gov.uk

Assistant Clerk

Salary Scale LC1 SCP24 currently £11.19 per hour
25 hours per week, including evening meetings
Working in the Parish Council office

Cuckfield Parish Council wishes to appoint an Assistant Clerk to undertake an interesting and demanding workload, working closely with the Clerk and Council to secure its aims and objectives and oversee community projects.

You will need to demonstrate drive, determination, administrative experience, strong IT, organisational and inter-personal skills, and have knowledge in local government or be willing to learn.

It is anticipated that the 25 hours per week will be spread over 5 days a week, actual hours worked to be agreed.

To download an application pack for the post above including a Person Specification, Job Description and Application Form please visit the job vacancies page at www.sussexalc.org.uk

Please note that CVs alone will not be accepted, applicants must complete and return an application form to apply.

Closing date for all applications: 15th September 2017

Interviews are expected to take place: week commencing 18th September 2017

Cuckfield Parish Council

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Home grown talent on display

PLAYERS THEATRE



By David Tingley

Somewhat ironically my first time watching anything at the Players Theatre was a performance by Cuckfield Dramatic Society (CDS). Thanks to an excellent bit of collaboration on both sides, the committee agreed to work with the production team at CDS to facilitate a rerun of the play *Bridge to Farce*, which played to full houses in Cuckfield back in June this year.

I wasn't the only one who had been unable to get to The Queen's Hall 'world premiere', as the lady next to us had made the 11 minute voyage from CDS's home turf to this amazing little hidden theatre on Hurstpierpoint's High Street.

This play, written by the Society's own Richard Willis and Paul Ruse, was just as I had imagined (and hoped) it would be. Full of laughs as the madcap story panned out, and top to toe with an insatiable use of innuendo throughout, almost none of which I can repeat here! Suffice it to say that there was certainly a reference to a four-legged feline friend and numerous gardening references!

Hazelle Woodhurst played the straight-laced local councillor, Margaret, wonderfully, and her henpecked husband Norman was brought to life by Philip Robinson – who clearly enjoyed his character's various foibles! Without giving the game away too much, I can safely say that the plot is one of mix-ups at every step of the way. In the audience you can see it coming, but in a brilliant way!

When Paul Ruse's character Barry and Angie (Estella Balicki), turned up at the home of Margaret and Norman

thinking it was a Swingers' party – the scripted confusion and misunderstanding was in almost every line.

In that respect, I felt it had the feel of a Morecambe and Wise sketch at times. During the second act there was a clever piece of visual comedy as two identical envelopes (containing VERY different contents!) are mixed up. Edward (Laurence Leng) and George (David Corbett) were then seen describing architectural plans in as rude a way as I have ever heard, much to the shock of Edward's wife Charlotte, played fantastically by Emma Gosling, who believed them to be looking at something else entirely! Classic.

For me though, the standout performer was the part of PC Lilley in the Police Station scenes in the third act. Jaba Bowman played the role of the straight young copper in a way that makes you think nothing of it. The nervous rookie feared unwanted advances from locked-up Zoe Collins (played by Kirsty Bishopp) but after succumbing, his manner changes and he demonstrated a dead-pan 'wink of the eye' which Eric Morecombe would certainly have been proud of.

I'm not ashamed to admit that I love local theatre – and this production from a very enthusiastic and capable cast of Sussex residents did nothing to dampen my ardour (ooh, err, missus!). Come on, I had to get one in!

Players Theatre will be in heavy use during Hurst Festival later this month. Anyone wishing to contribute to the theatre refurbishment fund can do so via the website: www.hurstplayers.org.uk



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Holy Trinity Church Cuckfield, West Sussex RH17 5JZ Tel: 01444 456461
Vicar: Rev Michael Maine More information: www.holytrinitycuckfield.org

Musa Dag

Dear Friends,

I have recently read a remarkable novel - 'The Forty Days of Musa Dag' by Franz Werfel, perhaps his finest work. Based on a true story set in 1915, the inhabitants of five Armenian villages in a province of what is now southern Turkey, flee to Musa Dag (The Mountain of Moses) on the coast of the Mediterranean as it becomes clear that the first modern genocide is taking place. There, organising themselves, they remarkably hold out against repeated attacks from the Turkish army until 4,500 of them are rescued by French naval ships.

Those in charge of Turkey during the collapse of the Ottoman Empire systematically rounded up the minority Christian Armenian population and marched men, women and children to death in the Syrian desert from 1915 onwards. Up to one and a half million died, something which modern Turkey has never acknowledged. Werfel was moved to write the book when he came across starving refugees in the Middle East, and the book was responsible for drawing the attention of Europe to the plight of Armenians. Yet published in 1933, just as the Nazis came to power, it was not long before Werfel's book was being burnt in public along with other works which didn't fit in with Nazi ideology. Apart from the powerful account of resistance in the face of tyranny, the book also presages the terrors of the Holocaust perpetrated against the Jewish people of occupied Europe.

Such accounts should remind us that we too have a responsibility to speak out against injustice and oppression wherever we encounter it, understanding the common bond we hold with the whole of humanity. The Prophet Amos said, 'Let justice roll like a river and righteousness like a never ending stream.' (Amos 5: 24) - not a bad maxim for all people.

With all best wishes, Michael (Vicar)



What can I do to help the homeless?

Holy Trinity Church Cuckfield is supporting Stonepillow, a Chichester-based charity which offers shelter, information and support to empower homeless and vulnerable people in West Sussex to make positive changes in their lives.

We would like to offer Stonepillow donations of household items such as crockery, cutlery, cooking implements, garden tools, ornaments, pictures, mirrors, books, CDs and DVDs. Donations can be brought to the church tower on Saturday 7th October from 10am to 4pm and also on Sunday afternoon 8th October from 2pm to 4pm.

We've a busy month at Holy Trinity. You missed Fluffy the Sheep at one of our services but here are some other events we would love to see you at!

17th Sunday at all services We will be considering our response to God's love within our lives as we think about our giving, both money and talents. Bacon butties for all after the 9.45!

24th Sunday September 9.45am. As we resume parish giving to those in need our help, we will be hearing about some of those projects we support.

30th Saturday September from 5pm. Harvest Barn Dance in the church, with a live band and caller. Bring and share supper and bar. Tickets £6 (£5 concessions) £20 family from Gill in the Church Office (01444 456461)

Sunday 1st October Harvest Festival Celebration at all services.

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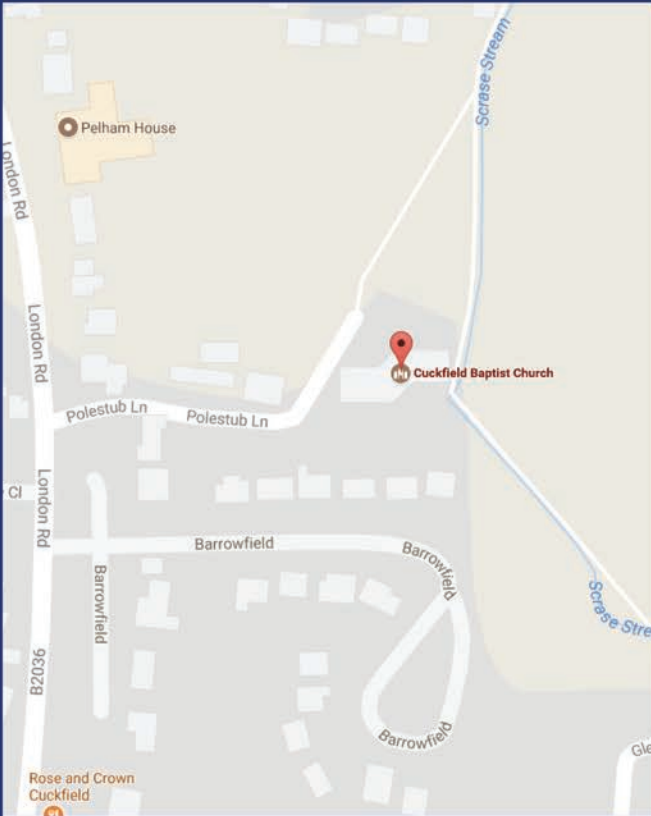
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Seared Fillet of Mackerel on a watercress salad with a pear chutney

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The brilliant Samson Tsoy, winner of the 9th Campillos Intl. Piano Competition in Spain and the Milstein Medal 2015 (Royal College of Music), returns to the Society to delight us with a programme that will include 5 *Preludes* by Rachmaninov and Schumann's *Kreisleriana*.

Forthcoming Season:

21st Oct 2017	Julia Pusker (violin) and Renata Konyicska (piano)
18 th Nov 2017	Andrey Lebedev (guitar)
24th Feb 2018	*Ensemble Reza (starts 7.00pm)
17 th Mar 2018	Young Musicians' Showcase
24 th Mar 2018	Caroline Tyler (piano)
28 th Apr 2018	National Youth Jazz Ambassadors

Concerts will be held in St Wilfrid's Church or *Methodist Church, Haywards Heath, at 7.45 pm

Tickets: £12 for members; £15 non-members
Season tickets, including membership, only £60 pa.
Family rate: 2 adults half price with under-18 (£3)

For further information, telephone 01444-456227, or visit: www.haywardsheathmusicsociety.org.uk

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.

In this month's recipe he's cooking mackerel and prepares a spicy chutney to go alongside it on the plate.



Ingredients:

- 1 tbsp vegetable oil
- ½ tsp mustard seeds
- 2 pears peeled and finely sliced
- 1 green chilli, chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- 2 tbsp caster sugar
- 1 lime, juice and zest
- ½ pkt finely chopped fresh mint
- 4 mackerel, cleaned and filleted and each fillet cut into 3
- 1 bag watercress
- 1 bag rocket
- 2 tbsp extra virgin olive oil
- Salt and freshly ground black pepper

Method:

Make the chutney by heating the oil in a pan and adding the mustard seeds until they start to pop and then add the pear, chilli, cumin, coriander and caster sugar, stirring well to combine. Cook for 2-3 minutes, then add the lime juice and zest and cook for a further 2-3 minutes, or until the pear is softened. Stir in the mint leaves, then remove the pan from the heat and set aside to cool.

For the mackerel, preheat the grill or the oven to high.

Place the mackerel fillets skin side up on a greased tray and for 4-5 minutes, or until the skin is crisp and the fish cooked through.

To serve, place the watercress and rocket into a bowl and toss with a little oil and season with salt and freshly ground black pepper. Divide the salad equally among four serving plates, then arrange three dollops of chutney around plate with the three small fillets on top of each one, lastly dress the plate with a little balsamic syrup and serve.

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Sudoku #15

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

Find the solution to #15 in next month's magazine

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

#14 Solution

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

Cuckfield Medical Practice & The Vale Surgery

Cuckfield & Haywards Heath



Call: 01444 458738 or 458739
Cuckfield.Reception@nhs.net

Flu Clinic Dates 2017

Cuckfield Medical Practice & The Vale Surgery will be operating walk-in Flu Clinics on the following dates and times:

Saturday 7th October	8:30am to 11:30am	Cuckfield Medical Practice
Saturday 14th October	8:30am to 10:30am	Cuckfield Medical Practice
Saturday 21st October	8:30am to 11:30am	The Vale Surgery

Please be aware of the following:

- ✓ Flu vaccinations are being offered to:
Over 65's and those with chronic health conditions
- ✓ We do not operate a booking system. Please take note of the dates above and come to one of these walk in clinics.
- ✓ We are also offering children aged 2 & 3 year's old a nasal spray. These appointments will need to be pre-booked and are available from 10th October

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, especially during the summer – when some events don't take place. Please note contact details for all regular classes/activities are available on the Notice Board at the Queen's Hall.

September

- 21st **Council Meetings** – 7.30pm
Planning 8.15pm Finance

29th Sept – 1st Oct

The Attic Art Club Exhibition and Sale – 12 noon – 8pm. Refreshments served 6pm-8pm. Sat and Sun, 10am-5pm. Admission Free but voluntary contributions to Dame Vera Lynn's Children's Charity.

October

- 5th **Chailey Heritage talk** – 8pm
Illustrated history talk by Ros Black
- 6th **Cuckfield Bookfest** – various events taking place
-8th over the weekend (www.cuckfieldbookfest.co.uk)
- 25th-28th
Uncle Vanya – 8pm
Cuckfield Dramatic Society's latest production.
Watch this space for more info

AND ELSEWHERE

September

- 16th **Band of Dads (BOD)** – 6.30pm
The Old School, Cuckfield (£7 tickets from Wealden Stores) Bar available. In aid of Evelyn Stenning's Mayoral fund
- 16th **Beauty and the Beast Film Show** – 6pm
Ashenground Community Centre (Adults £5, children £2.50)
- 17th **Annual exclusive Friends of Ensemble Reza concert** – Holmsted Manor, Cuckfield
- 19th **Cuckfield Evening WI** – 7.30pm
Cuckfield Baptist Church, Polestub Lane.
'Sussex Air Ambulance'
- 20th **The Arts Society Mid Sussex** – 10.15am
Clair Hall, Haywards Heath. Lecture by Leslie Primo on Joseph Wright of Derby
- 23rd **RAF Shades of Blue Concert** – 7.30pm
Holy Trinity Church. Charity concert to raise money for the Wings Appeal (£12)
- 27th **Royal British Legion Women's Section** – 2.30pm
Old School, Cuckfield
'British Orchards' talk by Peter Lovett
- 28th **Macmillan Coffee morning** – 10am-12pm
The Old School, Cuckfield
- 30th **Harvest Barn Dance** – 7pm
Cuckfield Baptist Church (see page 8)

October

- 1st **Car Boot Sale** – 10am-1pm
Chailey Heritage Foundation car park (BN8 4EF)
- 3rd **NHS Retirement Fellowship** – 10.15am
Franklands Village Hall, Haywards Heath
'History of food, drink and table manners' talk
- 6th **Lunchtime Concert** – 1pm
Holy Trinity Church. Dominic Ferris, piano recital
Tea/coffee from 12.30pm. Free concert
- 7th **Food Market** – 9.30am-12.30pm
Cuckfield High Street
- 13th **The Roots of Jazz** – 7.30pm
Cuckfield Baptist Church (see page 40)
- 14th **Disco Night** – 7.30pm
The Woodside, Bolnore Village
(tickets £8, info@swooveaid.com)
- 15th **Jazz Band** – 2.30pm
Holy Trinity Church. The Institute Jazz Band holding a fundraising concert (tickets £12 from Pepperbox & Wealden Stores)

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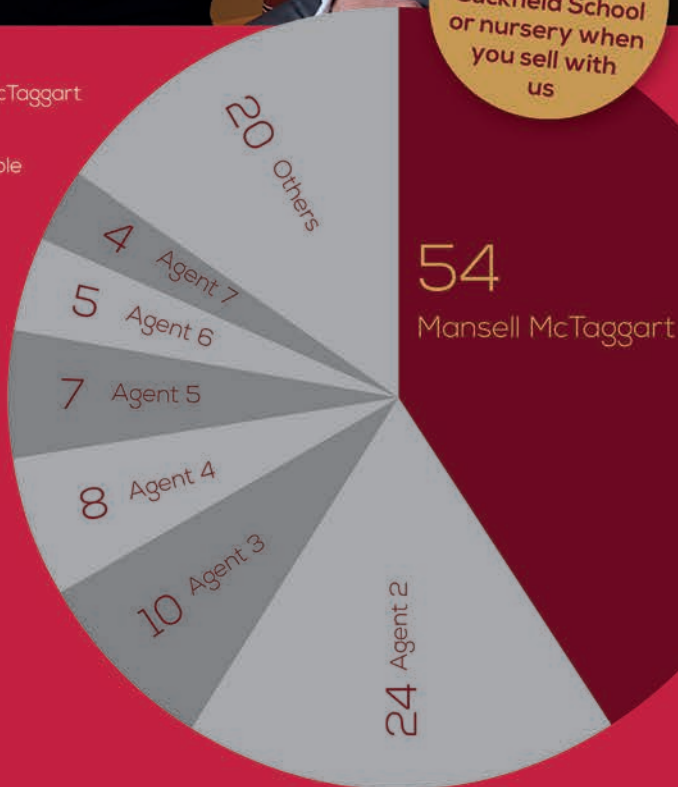
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Richard, Mike and Sharon

*Source: rightmove.co.uk, all residential sales agreed in RH17_5 in the year to 28 Feb 2017



☎ 01444 417600

✉ cf@mansellmctaggart.co.uk

🏠 The Nook, High St, Cuckfield RH17 5JX

🌐 mansellmctaggart.co.uk

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