

Cuckfield Life

Inc. Brook St, Ansty, Staplefield & Bolnore Village

Local village talk,
by the village

Issue #65 : March 2018

Free

Walking Race coming up

page 5

5 mins with Hannah Carter

page 8

Quiz king Nick Flindall

page 24



Including...

Bolnore
VILLAGE

6 PAGE SECTION

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EDITORIAL

By David Tingley, Editor

It's time to get your walking boots on! Cuckfield's annual **Walking Race** takes place on Easter Monday – so do try and get along to join in the fun. Find out more on **page 5**.



Bolnere's **Cub Scouts** share their latest news on **page 10**. Plus I also should give a shout-out for the **Comedy Night** taking place at The Woodside on **17th March**. **Page 11** gives you more information – it looks set to be a great evening.

On **page 16** you can read about a **new art exhibition** at The Green Tree Gallery, situated just down the road. **Jill Housby** and **Sam Phillips** give us the low-down on the event, which has children at its heart as well as fantastic local artists.

Thanks to **Kate Fleming** for updating us all on the plans which are being made to commemorate the 100 years since the end of the **First World War** later in the year. **Page 20** gives a preview and also asks for your help and suggestions.

Simon Yeend has been out and about with his reporter's notebook again this month talking to local quiz genius **Nick Flindall** in our Village People feature on **page 24**, and also to **Pavlos Carvalho** about his work with classical group **Ensemble Reza** – before this month's cello concerto at Holy Trinity Church (**page 38**).

New to our pages this month is Cuckfield GP **Sarah Steely's Doctor, Doctor** column on **page 34**. If there are questions you've always wanted to ask your GP, but were too afraid to ask in person, get in touch with us and we'll pass them on! Thanks Sarah.

Lastly, **Sheila Sayer** has been to Jersey and – like the loyal reader she is – she took her copy of Cuckfield Life with her (**page 35**). Thanks Sheila, and more of the same please if you're away anywhere! #HolidaySnaps

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Cuckfield Life
Published by Kipper



Nicola Brewerton
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Laines Farm last year

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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



JoJo relocates across the road

Independent women's fashion and footwear store JoJo Boutique has now moved to its new home in Cuckfield.

The shop moved into what used to be Sussex Crafts at 45 High Street when it opened earlier this month, with an official launch day taking place on 22nd March.

Owner, and village resident, Jo Dennis is very happy with the move. "The team and I are very excited to be in the new premises – which provides a staggering four times as much space as our previous shop!"

Commemorative sculpture to come at cemetery

During the last century more than 500 stillborn babies or those who died within 24 hours of birth were buried in a large unmarked communal grave area in Cuckfield churchyard.

In the past, hospitals were responsible for the burial of stillborn babies, and in this case it was Cuckfield District Hospital.

Cuckfield Parish Council decided the communal graveyard of these babies should be recognised, and is working towards commissioning a commemorative installation to reflect this.

Sam Heynes, from the council, said: "We hope a commemorative bench, positioned in the unmarked babies graveyard, will provide a place to sit and reflect within this peaceful setting."

The Parish Council has submitted a grant application for £3,000 to cover the cost and installation of a commemorative bench. This project has touched the hearts of the community of Mid Sussex, and for some this might be the first time they have become aware of the plans to recognise the babies through the commemorative installation.

For further information and updates please contact Sam Heynes, Cuckfield Parish Clerk, on 01444 451610 or sam.heynes@cuckfield.gov.uk.

Peter Rabbit™ goes wild

Enjoy garden games and wild adventures this Easter holiday
30 March – 15 April 2018

Wakehurst
For details visit kew.org/wakehurst

Kew Royal Botanic Gardens
BEATRIX POTTER © Frederick Warne & Co., ©2018



Ready, set, walk...

The Independent State of Cuckfield's annual Walking Race & Children's Easter Egg Hunt takes place on Easter Monday 2nd April.

IMPORTANT: The venue is changed from the Recreation Ground to HAYWARDS HEATH RUGBY CLUB at WHITEMANS GREEN.

The Walking Race starts and finishes by the rugby club's clubhouse. The course is unchanged, going for approximately five miles via London Road, High Street, Ansty, Deaks Lane and back to the rugby club.

There is an entry fee of £2 per person, and you must be at least 16 years old to take part. Please register at the Rugby Club from 9.30am, and the first walker leaves

at 10am. There are trophies and medals to be won for the men's and women's handicap race, the fastest man and woman, and the fastest senior walker which is open to those over 60 years of age. Plus there are the men's and women's team trophies awarded to the fastest combined time achieved by a team of three walkers.

Walkers are also invited to wear fancy dress, and there are special prizes for the best outfits. While the walkers are out on the course, all the kids are invited to join the annual Easter Egg Hunt, which starts around 10.30am.

For more information, please contact Jim at the White Harte, or phone: 01444 413454, or email: independent_state_of_cuckfield@hotmail.com. The current Mayor, Evelyn Stenning, is looking forward to seeing you AT THE RUGBY CLUB on Easter Monday.



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New exhibit donated by ex-Copper

By David Tingley

Cuckfield Museum reopened its door last month to its current exhibition entitled Law and Order. Patrons and donors were invited to the preview night, which is where I met Dilwyn Thomas.

Dilwyn lives in Haywards Heath and was a policeman between 1956 and 1987. He recently got in touch with the museum in order to donate an original 'reward' poster from 1850.

He was given the poster, neatly folded and perfectly flat, by a former headteacher who was a neighbour of his. "One day, out of the blue," Dilwyn explained, "he told me that he had something for me, and proceeded to present me with the fascinating poster. But I have no idea where he obtained it from! It's now time for me to put it in the hands of a museum team who can look after this amazing piece of local history."

Law and Order is currently on display, and the museum is open at limited times Wednesday-Saturday.

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5 MINUTES WITH...

Hannah Carter

Hannah Carter runs the professional string group Ensemble Reza. She loves to cook and she enjoys a bowl of porridge in the morning!

How long have you lived in Bolnore?
15 years

What's the best thing about being here?
The community

Favourite ice cream flavour?
Honeycomb

How many houses have you lived in?
2 (since getting married)

What would you like to see in Bolnore that isn't here?
Coffee shop

Favourite holiday destination?
Italy

Song you play the most?
Mr Blue Sky - Electric Light Orchestra

What would you do if you won £1million?
Set up a programme to run more live music concerts and workshops in our schools and workplaces, to help relax, de-stress, motivate and empower!

What was the last present you gave someone?
Bunch of flowers!

Strangest thing you've ever eaten?
Cold, slimy noodles in a beef sauce

What would you rather give up for a month – TV or music? TV easily!

Which App on your phone do you use the most?
Apple Music

What's your proudest moment?
Seeing the Ensemble Reza Community Orchestra of over 85 musicians of all ages and abilities perform

Your advice for life?
Never give up. If you keep believing and trying, anything can happen.

If you would like to provide your own answers for 5 Minutes With, simply email them to editor@cuckfieldlife.co.uk along with a photo of yourself, or do please encourage a friend to send their answers in!

Is everything sorted?



Easter Bunny



Eggs



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Tell us what you want!

Friends of Bolnore Village Primary School have had to cancel this month's planned Race Night after poor ticket sales.

The event was due to take place on Saturday 17th March, which as well as being St Patrick's Day also clashes with a Comedy Night at The Woodside.

FBVPS said everyone who purchased tickets has been refunded.

A spokesperson added: "Sadly, this will have a big impact on the amount we had hoped to raise for the school this term.

"We are not sure if the low sales are due to lack of interest in the actual event or it just wasn't a good date (we appreciate it unfortunately clashed with a Woodside event).

"We are hoping to run a similar event in the first half of the Summer Term. However, we would really appreciate any feedback you have about the race night or other events you would like us to consider running, via email (friendsofbvps@gmail.com) or our Facebook page."

Sitting pretty

Ashenground and Bolnore Woods and the Tim Farmer Recreation Ground are set to benefit from an interesting 'recycling' scheme in Mid Sussex.

Lindfield village has recently benefited from the arrival of new benches, and rather than the old ones being destroyed, they are being refurbished and heading to Bolnore.

Ten recycled benches are expected to arrive in the coming weeks and will be placed around the woods and the playing field on the Rec.

Save the date

Woodside is hosting a Street Party on 19th May to coincide and celebrate the Royal Wedding. In addition to the party during the day, there will be disco for adults in the evening. Watch this space for more information in the coming months.



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Boxing clever for Cubs

Bolnore Cub Pack will host a new event in the box kart circuit on Saturday 28th April. The West Sussex Masters (open) is a box kart race open to cub packs in the area. The race is limited to the first 16 Packs that apply, and the race will take place on a figure-of-eight track.

The venue is Warden Park Academy in Cuckfield, and the event is sponsored by The Haywards Heath Lions and Dragon Events Services.

To enter please contact Loz Blay at boxkart@bolnorescouts.org.uk or download an entry form from <https://bolnorescouts.org.uk/wp-content/uploads/2018/02/entryform.odt>

What is a box cart?

A typical soap-box cart is made of a wooden chassis and has four wheels, arranged as a fixed rear axle and a steerable front beam axle – usually with a very simple single central pivot. A seat is arranged at the back, and perhaps the seat area is enclosed, as in the original soap-box design. More sophisticated designs might employ a fully enclosed wooden body. The types of wheels employed vary according to what can be obtained easily – wheels from pushchairs, prams and discarded bicycles being common. Ready-made wheels are also available from hardware suppliers. Steering is typically actuated using a rope connected to the ends of the steerable beam.



Pic of the month

Thanks to Alex King for sending in this photo showing spider webs across Bolnore recreation ground.



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NIGHT AT

THE WOODSIDE



17th MARCH

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Tel: 0333 3442 100

Email:
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Need something done?

If you would like to raise any maintenance issues with regards the communal areas, please send an email to support@pembrokepm.co.uk

Introduction

Spring is here and the bulbs are coming up in the lawns and flower beds around the Village. Heyworth Ride should have lots of flowers this spring. The landscape contractors cleared the overgrown brambles in Foundry Brook, the woodland between Lower Village and Brooklands. Daffodils have begun to appear in areas where brambles once grew two metres high. We are hoping some bluebells will also flourish in the same area.



Bulletin Board

The bulletin board for Bolnore is available at www.pembrokepm.co.uk/bolnore. Here you will find the latest management news from Pembroke. We will update this weekly on a Tuesday. It will include information on landscape maintenance and a list of ongoing repairs.

Major Decorations project in 2018

The surveyors have completed the tendering process for the major works. There are 30 blocks of flats to be decorated this summer. We are in consultation with all Leaseholders who are affected by the works. For most blocks, reserve funds are in place to cover the cost of these works.

The works will start in May/June and they will take around four months to complete. The plan is for contractors to work on two or three blocks at the same time. They cannot move on to other blocks until they have the works signed off by the surveyors. This will reduce the disruption and assist with monitoring the project progress.

All the lamp posts, seats and bollards around the Co-Op shop will also be painted. Further communication will be sent to those affected in due course.

Gardens and Landscaping

The grass cutting season has begun and the landscape contractors will cut the grass every two weeks. The plan for hedge cutting will be published on the bulletin board.

With regards to weed spraying, the areas for which BVCIC is responsible will be sprayed by one contractor this year. A plan of the areas to be sprayed is on the Bulletin Board.

Council Areas

Haywards Heath Town Council set up Haywards Heath CIC in May 2013 to carry out repairs and works on behalf of West Sussex County Council. The works which they carry out are as follows:

- Weed spraying
- Highway sign cleaning
- Vegetation removal for road sight line, twitten and alleyways
- Gully inspection and surface clearance of gullies
- Fly tipping removal
- Management of highway defects (flood warnings, damage to highways, street furniture and chevrons, loose slabs etc)
- Roundabout maintenance
- Street nameplates

Please report issues by telephoning the Town Hall on 01444 455694.

Alternatively email hhtowncic@gmail.com.

Playgrounds

Mid Sussex Council is responsible for the maintenance of the playgrounds.

Please contact the Landscapes Department for maintenance of the equipment, fencing, seats and bins. Email parksopenspaces@midsussex.gov.uk or telephone 01444 477439.

Contact the rangers about antisocial behavior or problems relating to dogs in playgrounds. Email rangers@midsussex.gov.uk or telephone 01444 477561.

Health and Safety

- Please do not leave any items in the communal areas of the blocks of flats
- When walking your dog, always clean up after them
- Residents in houses and flats are responsible for the removal of their own bulky waste

If you would like to raise any maintenance issues with regards the communal areas, please send an email to support@pembrokepm.co.uk.

Kind regards, **Pembroke PM Support**

For and on behalf of Pembroke Property Management Ltd, Managing Agent for Bolnore Village Community Interest Company Limited



Hop along to see Bertram Bunny

Borde Hill Gardens reopens from its winter break this month on 20th March. From 30th March to 15th April there will be Easter activities during the school holidays.

There will be a Bertram Bunny puzzle trail with a chocolate egg reward at the end. Children will also receive a free craft bag daily throughout the Easter holiday, containing all the materials needed to make an Easter-themed masterpiece to take home. Between Good Friday and Easter Monday there will be a special chocolate prize given at 3pm for the most inspired

Easter creation.

There will be storytelling sessions, and on Thursday 5th April there will be face-painting.

All activities are FREE to Friends of Borde Hill, although a small charge will be made for face-painting on 5th April. Otherwise, normal Garden admission charges apply, plus an additional £2 per trail (including a chocolate prize).

The garden is open daily between 10am – 5pm.

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Kindness and a cuppa for kids

By Nicky Lawrence

We are a group who meet at Holy Trinity Church at 11am on the first Tuesday of the month. The group is for preschool age children and their carers. We meet in the vestry, which is behind the organ in the church, for a 30-minute service. We are joined by a team of students from Warden Park Academy, who are part of a Kindness Committee team at school.

At the start of the service we welcome everyone and celebrate anyone in the group who has a birthday that month by singing Happy Birthday and lighting a candle.

We then all listen to a story by Alison and Fluffy the cat. Alison either chooses a story from the Bible or one with a special message, such as being kind and learning how we can listen to other people. The story is great fun and normally involves the children joining in with actions.

After that we join in with singing fun songs, and play a game which we all enjoy and we finish with a short prayer.

The Warden Park team then very kindly go round and offer the children and carers a well-deserved drink and biscuits.

For further details please contact Catherine on: 01444 454712 or 07775 932823.



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A photograph of two women standing in an art gallery. The woman on the left has curly blonde hair and is wearing a black top and a leopard-print scarf. The woman on the right has straight blonde hair, wears glasses, a white cardigan, and a colorful scarf. They are both smiling and holding a large painting of a landscape with several trees in shades of green and blue. In the background, other art pieces are visible on the walls.

Gallery's 10th birthday

CHARITY EXHIBITION

The Green Tree Gallery, run by Jill Housby and Cuckfield resident Samantha Phillips, has just launched a new spring exhibition supporting Sussex children's hospice, Chestnut Tree House. In order to raise awareness of the charity's work in Mid Sussex, the exhibition is titled 'Through the Eyes of a Child' and was recently opened by local MP Sir Nicholas Soames.

The exhibition is the focal point of the gallery's year-long support of the charity and is a fitting way to celebrate the gallery's 10th birthday. Jayne Todd, community fundraiser at Chestnut Tree House, said: "It is really exciting working with Sam and Jill throughout this year, as we also celebrate our 15th birthday in 2018."

As on all its exhibition launch days this year, the gallery donated 10% of all sales to the children's hospice in Arundel, which serves the whole of East and West Sussex. "We were invited to visit Chestnut Tree House," Sam explained, "and it was a truly uplifting experience." Jill continued: "Every detail is thought of. It really is like a home from home for the children and their families, and a place where they can all have fun. It really challenged our understanding of what a hospice is."

The Green Tree Gallery was started in 2008 by a group of Sussex artists, including Cuckfield resident and sculptor Julie Janvrin, as a platform for local artists and makers, a principle which continues to this day. "The majority of our artists and makers are from Sussex," Sam explained. "The gallery really is a community space to showcase their work."

One of the Gallery's long-standing artists is David Fawcett, who has donated the painting above to be sold in aid of Chestnut Tree House. Other artists whose work is part of the exhibition include Sally Scott, Emma Bird and Iveta Goddard (whose ceramic clocks were featured in the TV series *The Great Pottery Throw Down*).

"By showcasing this bright and colourful body of work, we hope that the observer will be reminded of their own

childhood experiences of the wonder and beauty of the natural world and gain an appreciation of the hospice's work," said Jill.

Charity events have always been an important part of the gallery's remit, and last year its annual Macmillan coffee morning raised almost £1,200.

With plenty of free, easy parking right outside the door, visiting The Green Tree Gallery is certainly convenient. Its location, just outside the entrance to Borde Hill Garden, allows visitors to combine a browse with an on-site coffee and cake at Cafe Elvira. Alongside the art and sculpture pieces, the gallery offers an ever-changing array of unusual, and often unique, gifts to suit all budgets, including cards, jewellery and toys.

"We have always tried to tread the fine line between being a formal art gallery with great artwork and, at the same time, being a friendly, accessible place where you can track down the perfect gift, or even just a greetings card. Hopefully, we've got the balance right," said Sam.

'Through the Eyes of a Child' runs until Saturday 12th May at The Green Tree Gallery – open Tuesday-Saturday, see www.greentreegallery.co.uk for opening times or call 01444 456560 for more information.



BORDE HILL

GARDEN

Bertram Bunny's Easter Adventure



30 March - 15 April, 11-3 daily

Eggciting Easter Trail* around the Garden - solve the puzzles and be rewarded with a chocolate treat. On selected days activities include crafts, face painting, storytelling, the Easter Bunny and more...

*2 per trail, plus admission (FREE to Friends)



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LHC Tick if you would like to receive information:



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Agent gains prestigious Guild qualification

Cuckfield estate agents Mansell McTaggart is celebrating an exceptional achievement after Richard Butler has succeeded in gaining an advanced professional qualification.

After completing the necessary training, Richard has been granted the title of Advanced Associate Member of The Guild of Property Professionals – the UK's most prestigious network of independent agents to which Mansell McTaggart is delighted to count itself the exclusive member in the area.

To pass the examination, candidates are required to demonstrate thorough knowledge and understanding of some 40 modules.

Richard comments: "We have always been proud to belong to The Guild, which represents the highest standards in independent estate agency. Now, having gained Guild Associate status, clients can instruct us with confidence knowing we have the advanced knowledge, skills and professional competence required.

The Guild is a national network of approaching 800 carefully selected independent estate agents working together to consistently raise standards of excellence and professionalism in the industry.



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Plans being made for remembrance

CUCKFIELD REMEMBERS 1918-2018

**'They shall not grow old,
as we that are left grow old:
Age shall not weary them,
nor the years condemn.
At the going down of the sun
and in the morning...'**

The Fallen by Laurence Binyon (Sept, 1914)

By Kate Fleming

It will be 100 years on 11th November this year since the end of World War I. The Great War, and also known, wrongly with hindsight, as the War To End All Wars. This horrific bloodbath took the precious young lives of more than nine million soldiers while a further 21 million were wounded.

Cuckfield at that time had a population of around 2,000. Of the 462 men went to the war, 81 never returned.

We will remember them here in Cuckfield at all times, but especially on the century weekend in November.

Plans are already underway for memorial activities. Our beautiful churches, Holy Trinity and the Baptist Church, will provide ideal venues for a community concert and performances by our local thespians. There is even a special anthem being written by two gifted members of our community in preparation to commemorate this anniversary.

The well documented Christmas Eve football match between 'the enemies' might well be re-enacted, and a tea dance set up in the Queen's Hall, inviting couples to waltz and foxtrot, tango and one-step to dance music of the time, then glide gracefully to feast on always fashionable tea and cake.

Watch out for a trail of photographs of First World War soldiers around the village and the lit portraits that will be on display in the heart of the High Street.

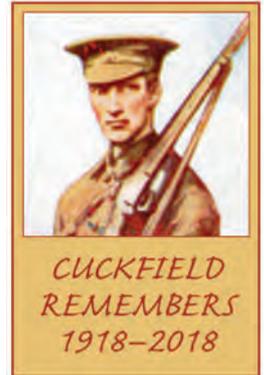
It could be your house that hosts one of these memories, as history, carefully stored in Cuckfield Museum, reveals past lives of both men and women from the village who contributed significantly to the war effort.

As darkness falls on Sunday 11th November, the village will join the rest of the country by lighting our beacon to commemorate the end of this war a century ago and remember those

who sacrificed their lives for us in this brutal conflict.

Your help and support is still much needed.

- Have you any ideas of ways in which to remember?
- Would you be prepared to join the organising party?
- Did you have a relation who was involved in the war?
- Would you like to share your family history and remember with pride the way in which those past relatives were both sung and unsung heroes?



**'We who are left, how shall we look again
Happily on the sun, or feel the rain,
Without remembering how they who went
Ungrudgingly, and spent
Their all for us, loved, too, the sun and rain?'**
(Wilfrid Wilson Gibson. A Lament)

All contributions, ideas, and support gratefully received. Just email Alyona on:
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The village Quiz Master

VILLAGE PEOPLE

“Everyone knows me as Nick but on the shows I went for Nicholas, as a tribute to my parents and my northern family.”



Nick Flindall could never have imagined that when he first picked up a copy of Len Deighton's novel *The Ipcress File* back in 1962 that would lead, four decades later, to him appearing on national television being grilled on that very book in front of millions of viewers.

In fact, if the weather had been a little kinder in the winter of 1962/63, Nick – instead of reading that novel – might have been playing professional football and his life taken a very different path.

Instead, the career path Nick took was to become an accountant – which brought about his move to Cuckfield. And an unshakeable obsession with the 'Harry Palmer' novels of Len Deighton that brought about his appearance on his favourite quiz show to become the village's very own Mastermind.

By Simon Yeend

Born in Morecambe, Nick moved to Surbiton when he was seven and grew up playing and loving sport, particularly football. At university he played for England Universities in a team including Bob Wilson, later to play for Arsenal and Scotland, and George Davies, who became a retail mogul of Next and George at Asda.

"I signed as a professional footballer with Stourbridge in the Birmingham League," he said, "but the desperately severe winter of that year put an end to an imminent move to a League Club, and I returned south and commenced studying for accountancy qualifications.

"I also played cricket for Worcester Park, and I played

both against and with a number of Fulham footballers including Bobby Robson – a lovely man, and a highly competitive cricketer, too! A young Rodney Marsh, an older Johnny Haynes and many other internationals were in their side.

"I met my wife to be, Jill, in Wales, and moved to Aberystwyth, where I spent three very happy seasons playing for Aberystwyth Town, including a Welsh Cup tie against a Cardiff City side with a rising young star called John Toshack ...whatever happened to him?"

Nick and Jill subsequently arrived in Cuckfield in 1976 after he landed a job with American Express, which was then based in Haywards Heath before its move to the brand new 'Wedding Cake' building in Edward Street Brighton – which itself was recently demolished.

The couple lived in Woodhall Close for 30 years, and their children, Sarah and David, were both born in the old Cuckfield Hospital and went to school at Warden Park.

His love of football remained and he played a couple of games for Cuckfield and later coached one of the Cuckfield Cosmos Junior sides for a couple of seasons.

As the legs grew older, the mind continued to expand and a new challenge arose – to appear on Mastermind. One night Nick took the plunge. He remembers it well. "In a moment of slightly tipsy, late-night, online bravado, having completed an application form for Mastermind, I pressed the submit button," he said.

"My first choice of specialist subject was, of course, The Harry Palmer novels of Len Deighton. To my

amazement – and delight – I was asked for audition and then accepted for the show.

"In preparation I read and re-read the books, scoured the internet, made assiduous notes, and prepared my own 'Deighton File'. It was a labour of love. I never tired of them and found many hidden gems which had escaped me previously."

And so came the big day. Was he nervous?

"Nerves? Not many," he said. "The programme was filmed at the Granada Studios in Manchester in front of a live audience including my wife and son. I was first up and I got off to a good start, getting 15 out of 16 which put me in the lead after the first round.

"That meant I went last in the final round, and I had to beat a score of 22 to win. I didn't know how I was doing, I was focused totally on the questions. It goes really quickly and if I didn't know the answer straight away I passed. The buzzer went and John Humphries read out my score. I got 23. Which meant I'd earned a place in the semi-finals."

That did not go quite as well. Nick's specialist subject that time was Robert Maxwell and, up against some top-notch opposition (including that year's eventual Mastermind winner), ended up coming an honourable fourth.

Undaunted, Nick decided he would try to appear on his two other favourite quiz shows, Brain of Britain and Fifteen to One.

"To get on Brain of Britain I had to answer 20 questions over the telephone, and I did really well. But on the show itself I was more Brainless of Britain ... although I was in the heat won by the eventual winner of the title, Mark Grant.

I did obtain recompense there, as my Listeners Question was selected for a special broadcast the following year and defeated the combined team of previous 'Brain of Britain' winners.

"I was also successful at getting on to Fifteen to One. The first programme I was on I had only one life left, but defended it six times and got down to the last four contestants. I lost on the final question about a flower linked with Greek Mythology and I said Narcissus, which wasn't a bad guess but the correct answer was Hyacinth, which I would never have got.

"I appeared in three shows – all filmed in one day in Glasgow – I did OK in the first two, I was fourth in one and fifth in the other, but by the third show I was exhausted and didn't do so well. Sandi Toksvig, the host, was really friendly and I had a great day."

So are there plans to appear on any more quiz shows, TV or radio? "Absolutely not," said Nick. "I've definitely quit. They were the three programmes that were attractive to me and I've done them.

"I was just pleased to get on, particularly Mastermind.

I thought it would be interesting to see how the show is put together, and it was – that was as enjoyable as competing.

"The editing team have to ensure everything is 'in the can' before the contestants are allowed to go home on the day... no replays! I had to redo the initial walk from my seat down to the Black Chair and sit in it differently for the introductory shot, as my initial position would not allow the rather long title of The Harry Palmer Novels of Len Deighton together with Nicholas Flindall, Retired Accountant, to fit properly on to the screen.

"Everyone knows me as Nick but on the shows I went for Nicholas, as a tribute to my parents and my northern family, as that was what they always called me. I would have loved my parents to have seen me appear on those particular programmes."

Nick's quiz exploits also brought an unexpected bonus. A message from his hero, Len Deighton.

"Early in the year following the transmission of Mastermind it was Len's 80th Birthday," said Nick. "I sent an email, via his publishers, congratulating him on

that milestone, mentioning my Mastermind appearance and how much I had admired the books over so many years. I was thrilled and touched he wrote back personally from the USA, and later signed some mementos of the programme and other photographs."

Now Nick is dusting off the reference books as he prepares to host a charity quiz night at the Woodside in Bolnore Village later this month.

He will be setting the questions to help his daughter and son-in-law raise their target of £3,000 for Action for Conservation as they run in

next month's London Marathon.

He has promised to go easy (well, reasonably easy) on the participants after being on the receiving end of severe grillings from John Humphreys, Russell Davies and Sandi Toksvig.

"I really enjoy setting the questions," said Nick. "Hopefully I set it with the audience in mind and I try to set it so there is an average of around 70 per cent of right answers."

Can you answer Nick's question that stumped the Brain of Britain experts?

What musical connection might TS Eliot have with Dorset (part 1) and John Betjeman have with Essex (part 2). Answer on Page 46.

Chris and Sarah's London Marathon Charity Quiz will be at the Woodside on Saturday 24th March between 7.30-10.30pm.

Tickets cost £12.50, which includes a fish & chip supper. For tickets email: chrisiwebb@hotmail.com.



Walking Race

FROM THE MAYOR'S TABLE

By Evelyn Stenning, mayor

This last month has been a very quiet one with no events in the Mayor's Diary. I have not forgotten my promise to visit the Brownies and the Next Step Nursery.

My check-up at the hospital was rewarding, with no ongoing treatments and a review in a year's time for more tests. I am looking forward to a happier life than I thought I would have had a few weeks ago – so that's great news!

By the time you read this Mothering Sunday will be here, and hopefully you can thank and love your mothers.

Easter Monday is another date for you: Come and take part in the Annual Walking Race on 2nd April, starting at the Rugby Field at Whitemans Green. There is an Easter Egg Hunt as well for the children. Please come and support the walkers even along the route via High Street, Ansty, and Deakes Lane and back to Whitemans Green. I will be there to present the prizes, of course!

Golf course proposal ditched

The management of Cuckfield Golf Centre has decided not to submit a planning application for the 'landfill proposal' – for which it undertook a pre-consultation process last year.

The work, the aim of which was to regenerate the golf course itself, would have meant a large number of HGVs to bring in the materials and also that the course would be closed for a time during the work.

Owner Robert Dickman explained in an email to club members: "This latest project has given us time to reflect on how much we would miss the centre if it wasn't operational for a period of time and what it means to each of us. We have been overwhelmed by your responses and, for a variety of reasons, we will not be moving forward to planning with this project.

"However this does not mean we don't want to continue with our mission to become the best nine hole golf course in the UK! We are currently looking at alternative 'in house' projects that will ensure the facility continues to remain open and fully operational."

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Cut the crusts off 6 large slices of fresh (or 1 day old) bread and lightly spread with butter, plus a little mustard if wished. Top three slices generously with thinly sliced ham and grated or thinly sliced cheese – Gruyere is especially delicious. Top with the remaining three slices of bread and cut into triangles. Arrange in a shallow buttered dish slightly overlapping, like roof tiles. Whisk

together 2 large eggs with 600ml full fat milk, or single cream, and seasoning. Pour through a sieve over the bread. Cover and refrigerate for 45 min – 1 hour.

Preheat the oven 170°. Uncover and bake for 45-60 min or until just set and golden brown. Serve freshly baked.

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By Caroline Young

Our familiar loaf of bread, which we take for granted, has been around for a long time. One of the principal forms of food from the very earliest times, a milling stone dating from the Stone Age, 7,500 years ago, shows evidence of grinding primitive seeds and grains. Bread making is one of the earliest crafts known to man, with evidence from Egyptian tombs. The British Museum has loaves made over 5,000 years ago. A bit stale by now!

Fast forward a few years – to July 7th 1928 and to Des Moines, Iowa where a jeweller had invented the first mechanical bread slicer. By 1933 80% of the bread made in the USA was sold ready-sliced. I am not a home baker – I would probably eat too much of it! Our mutual friend Katie Stewart made fantastic loaves, all kneaded by hand. Her kitchen smelt heavenly on baking days.

There is nothing to beat a well buttered slice of very fresh bread, but it can also form the basis of some delicious, inexpensive main dishes, perfect for chilly days. Bread and Butter Pudding is that wonderful quivering baked combination of creamy custard, bread and fruit certainly not to be confused with the rather more solid mixture called Bread Pudding. Rather than being a vehicle for stale bread ends, this humble pudding now comes made with every conceivable type of bread - I have used that delicious Italian Christmas bread, pannetonne, brioche and croissants – it is even said to be Prince Charles' favourite pudding, and his chef includes a liberal addition of whisky. Be adventurous and try this savoury version.



Stuffed french toast

In the USA French toast is made with thick slices of fresh bread (no filling), served with crisp rashers of bacon and a drizzle of maple syrup. My recipe is a bit more substantial.

Using soft sliced bread make sandwiches generously filled with butter and your chosen filling – grated cheese, sliced soft cheese, ham, crisp bacon, canned salmon or tuna (could be mixed with a little mayonnaise) – whatever you fancy.

In a shallow pie plate beat 1 egg with 300ml milk (enough for 2-3 sandwiches). Dip each sandwich in this, coating both sides.

Heat a good knob of butter in a fry pan and cook the sandwiches until a rich golden brown on both sides. Cut into quarters and eat piping hot.

For a sweet version, traditionally called 'Poor Knights of Windsor', try a filling of jam and thinly sliced bananas. Yummy!



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Bus services in Cuckfield

Do you want an additional bus service in the village? That is the question Cuckfield Parish Council would like you to respond to, following the withdrawal of one bus service to the village last year.

One of the consequences of the lost bus service is that residents of Longacre now have to walk to London Road to pick up the Metro Bus to Brighton. For those with poor mobility this is not feasible.

And while Cuckfield is still served by three bus services, there remains a shortage of buses returning to the village from Haywards Heath in the afternoon and early evening during the week.

Handcross District Community Bus can offer a one-off return afternoon service to Burgess Hill on Thursday and one to Haywards Heath on Friday. For this service to be viable, Handcross Bus Company needs to know how many people would use it, so please could anyone interested in using this service on a regular basis contact the Parish Office so we can establish whether this service would be viable. Please contact Sam Heynes, Cuckfield Parish Clerk, on 01444 451610 or sam.heynes@cuckfield.gov.uk.

Strengthening local policing

By Katy Bourne, Sussex Police & Crime Commissioner

As your elected Police and Crime Commissioner, one of my responsibilities is to set the budget for policing in Sussex and ensure that what local people tell me matters most to them is reflected in the delivery of policing.

The public tell me that they want to see their financial contributions fund more visible, local policing. They rightly want to feel safe at home, in public spaces, at night-time and on the roads. They also expect their police force to be easily contactable when they need to reach them.

I am delighted to announce that Sussex Police has reopened officer recruitment, which I'm sure, is very welcome news to people across our county.

Sussex Police is aiming to attract 200 police officers each year for the next four years, and I am pleased that this has been made possible by the public's support to pay more for local policing.

The majority of Sussex residents who responded to my precept consultation said they were prepared to pay more and I want to see their contributions going into visible and effective local policing.



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Look after yourself

DOCTOR, DOCTOR

By Dr Sarah Steely

So spring is upon us! How are those New Year resolutions going? Is 2018 the year you planned to get fit and lose weight? Maybe you are focusing on a healthier diet, lower in cholesterol or trying to be more mindful of your emotional and psychological well-being and sparing time for relaxation and 'self-care'.



This year you might have wanted to get involved with helping others and volunteering. Whatever you were planning, if it is not going as you hoped you are not alone!

I see lots of patients who have the right idea at the start of the year but never quite put it into action, and making changes can be overwhelming and difficult.

My name is Dr Sarah Steely, and I am one of the GPs at Cuckfield and The Vale surgery. Aside from my interests in managing illness and treating disease, I particularly enjoy working with patients on good health and improved well-being.

Each month I'll be writing for Cuckfield Life on a topical area of medicine which resonates with our community.

I invite you to email the magazine (editor@cuckfieldlife.co.uk) with any questions or matters you would like more information on.

Please keep any details anonymous and remember I will not be able to answer everything in this way, so if you have serious concerns it is always best to see your GP.

This month I'm starting by focusing on the fantastic work done by the Mid Sussex Wellbeing team and how you can access more information on what they offer. Either through self-referral, via their website, by phone or through a letter from your GP, the Wellbeing Service can provide information on groups, activities and support services to help you achieve some of the common resolutions we make each year. Weight loss workshops, exercise programmes for all ages and abilities, nutritional information, mindfulness and psychological support, alongside many more.

One of my favourites is the volunteer opportunities with organisations such as 'Men in Sheds', which seeks to unite people interested in DIY and manual trade skills. The aim is to foster friendships, mutual support and well-being through working on projects which benefit the community and tackle social isolation. Similarly the 'WOW' or 'weight off workshops' are particularly great. They are run by highly qualified well-being coaches, over 12 weeks, in small groups focusing on nutrition, exercise and the psychology behind weight gain. It is definitely not another diet club! Their aim is to empower you to make informed choices for better health.

If you would like to know more, please see the Mid Sussex Wellbeing website: www.midsussex.westsussexwellbeing.org.uk or call 01444 477191.



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Holiday snaps

As ever, Cuckfield Life readers have taken their copy of the magazine away with them. Do send yours in to photos@cuckfieldlife.co.uk



Sheila Sayer on a cold but sunny day in Jersey

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Beautiful daffs

FLOWER TIPS

By Belinda Campopiano

Marie Curie holds its 'Get Behind the Daffodil' campaign every March, and Chez Fleur has been busy selling prettily wrapped bunches to raise money for the charity. Daffodils are such a lovely inexpensive way to bring a bit of cheer during the cold weeks of winter and they truly do herald the arrival of Spring!

Daffodils look great just placed in a jug, but below I show you something a little different using a floral pinholder and a small tapas dish. Pinholders are a great eco-friendly alternative to floral foam because unlike foam they can be used again and again!

Here's what you will need*

- Small black tapas dish (or similar small sided dish)
 - One bunch British daffodils
 - 12-15 small black pebbles
 - 1" diameter floral pinholder
 - Floral tac (similar to blue tack but waterproof)
 - Small length of yellow ribbon or raffia
 - Scissors – we recommend carbon blade florist scissors
- *all items available from Chez Fleur, contact Belinda@chezfleur.co.uk for details

How to make

- Secure the pinholder to the centre of the tapas dish with a small piece of the tac
- Tie a ribbon around the daffodils about half way up
- Cut the daffodils to same length and holding them firmly secure the stems to the pin holder
- Add a small amount of water and top up as necessary
- Add decorative river stones around the base of the dish

Tip: when securing the pin holder ensure that the dish is bone dry and not too cold otherwise it will not stick. Once the pinholder is in place there is no need to remove it – just rinse the dish when the daffodils fade and replace with a new bunch!




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Photos: Alison Willows

Holy Trinity to host orchestral concert

By Simon Yeend

When Pavlos Carvalho was a young boy, his father gave him an invaluable tip. The professional cellist told his son, who wished to follow in his footsteps, "even if you're just playing to the birds in the garden you have to do it like you are performing at the Royal Albert Hall."

That philosophy has helped shape Pavlos into one of the finest cellists in the country and also helped him early in his career when audience numbers were not quite what was hoped.

"One time there were 11 in the band and six in the audience," says Pavlos, "but it became one of the best gigs because we invited the audience to sit with us in a big semi-circle and we all loved it."

Such modest turnouts are – thankfully – unlikely now as Pavlos and wife Sarah are both key members of the hugely popular Ensemble Reza group of musicians, who will be performing alongside Horsham Symphony Orchestra at Cuckfield's Holy Trinity Church on 24th March.

Ensemble Reza is celebrating its fifth anniversary, and Sarah and Pavlos, both founder members, are immensely proud of the work they have done in that time.

"When Sarah and I moved down here from London we thought it would be nice to get a group together with friends I'd played with for years, where we don't have to go up to London to rehearse," says Pavlos.

"The first concert was great, we knew so many people

that came, it was all so personal, the rehearsals were all in our homes with food and a glass of wine.

"We got Hannah Carter involved to help manage us, and she has done an amazing job. We didn't expect it to become such a central part of our lives, but now I can turn down offers in London because we have so much work here.

"It's become a whole network of work from education to outreach to community orchestra to going into schools. Hannah is like ten people in one and she's made it all happen, she's amazing."

Pavlos and Sarah met at the Royal College of Music and their home in Haywards Heath is crammed full of musical instruments, including a half size cello as they have successfully passed on the love of playing to their nine year old daughter.

She was hardly likely to escape given that Pavlos has to play his cello every day.

"If he doesn't play he gets grumpy," says Sarah. "I don't need to play every day but he does. It's like a drug for him."

"I grew up hearing the sound of the cello every day," he says, "and you need to touch it every day to sustain it and to be able to play it well. It's part of my daily routine, get up, have breakfast, brush my teeth, and play the cello, even if it's five minutes before I go out. It's just to start whatever kind of day you're going to have with something therapeutic in your head. I always play Bach."

The couple laugh and josh each other gently. "Bach had 20 children, you know," says Pavlos. "But I'm not modelling all of my life on Bach. Sarah wouldn't allow me to, not sure why! How hard can it be? We've had two children, what's another 18?"

Pavlos's devotion has brought his reward – with an invitation to play with the Royal Philharmonic this year at Guildford Cathedral. Even though he didn't quite believe it when the world-famous orchestra first got in touch.

"I was at the train station and I got an email asking if I'd like to play an Elgar Concerto with the RPO. I immediately phoned Sarah. She asked 'Are you sure it's not the Romford Philharmonic?'"

"So I sent an email back asking is this from the Romford and they replied, 'NO! It's the Royal Philharmonic Orchestra.'"

"It's strange, I'd just made the decision not to do any

more concertos because of all the hours you have to rehearse alone and then that email arrived.

"Guildford cathedral is gorgeous. Playing Elgar, one of the greatest English cello concertos with one of the greatest orchestras is going to be amazing. You can't waste time being anxious about it, you have to absorb it and enjoy it because it may never happen again."

Before then it's Cuckfield to play a Spring Concert featuring Elgar's Cello Concerto in one of their favourite venues.

"We love Holy Trinity Church," says Sarah. "It has a beautiful sound. It's quite a big church, so, especially when it fills up, there's a very warm atmosphere."

"When we rehearse there it can be a bit boomy and muddy," said Pavlos, "but when it fills up it's almost like a perfect acoustic. Now they have a new baby grand piano it's even better."

"They haven't had a concert with an orchestra there for five years because of space issues. But this is such a tempting programme I think they just said yes and we'll figure out the space later."

Tickets for the Holy Trinity concert: Adults £15 and under 18s £3. Available from Carousel Music (Haywards Heath), Pepperbox and online at the website www.ensemblereza.com



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Making the most of a small space

DESIGN AT HOME

By Fiona Evans, Cuckfield Interiors

Small cramped spaces in your home, such as a tiny hall, study, living room or bedroom, can feel unwelcoming or unwelcoming. If there isn't enough space to work, sit or welcome guests what can you do if bashing down a wall between two rooms to create a larger interior isn't an option? Luckily there are a few tricks to make a space look bigger. Here are some ideas and suggestions that will help to make the most of a small space in your home.

Declutter, removing small items as these will contribute to the feeling of a small space. These can be kept inside a clever piece of storage such as a footstool with a lid that doubles up as a coffee table when a tray is added. Bespoke fitted furniture increases available floor space.

It's tempting to paint a small interior in white to reflect light to magnify the space, but by using trendy bold colours for depth and cosiness, such as a dark blue or red with accent dark and pale grey neutrals, the space will look balanced, cosy and larger. Test the tones in different lights to obtain the right effect. To increase the illusion of higher walls, contrast a dark wall with a pale ceiling to draw the eye upwards. It also helps to paint the skirting board the same colour as the wall.

Let interiors flow together by using the same flooring throughout, which will give the illusion of expanding the small space. Swap bulky sofas and armchairs for those with delicate legs allowing more light through to stretch out the floor. A glass table will have the same effect. For a larger project a fabulous glass staircase would open out a small hall beautifully.

In a small living room, place the TV on the wall and replace a gallery wall composed of small pictures with a large picture. Put seating around the coffee table rather than against walls.

Use mirrors to expand an interior. A large mirror filling one wall will reflect space and light to create the illusion of a larger space. Mirrored sliding doors on a wardrobe is a good option.

Consider the lighting as it can achieve fabulous results in a small space. A single pendant lamp hanging from the ceiling will just appear to flatten the small interior, whereas pockets of light from table lamps and wall lights help to expand the space. A floor lamp could replace table lamps. A track lighting system with LEDs with the lamps pointing at different locations is the way to go. The track lamps pointed to the wall, ceiling and feature areas will do wonders to achieve your goal.

For a narrow bathroom or kitchen, rectangular metro wall tiles work very well in stretching out the interior and add structure to the corners.

By making a few changes like adding a mirror, painting a few walls or replacing some furniture your small interior will look magnified.



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Pink belts for charity

In aid of World Cancer Day (Sunday 4th February) Seishin Karate club trained in pink belts to raise money for Cancer Research UK.

Rebecca Cunningham, club secretary, commented: "We are proud to say that following three training sessions, locally in Cuckfield and in our Brighton dojo, Seishin raised a total of £205 for the charity."

Seishin is a local not-for-profit Karate club in Cuckfield teaching both children and adults Karate and Self Defence. For more information on Seishin please visit www.seishinclubs.co.uk.



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But Mary stood weeping

Dear Friends,

When you receive Cuckfield Life and read this, we will be approaching the end of the season of Lent – a preparation for Christians throughout the world to celebrate the greatest festival of the year – Easter. Without the Resurrection of Jesus from the dead following crucifixion, Christianity wouldn't exist.

The words at the top are from John's Gospel (chapter 20), and his account leads us on a powerful journey of the extraordinary way in which the disciples of Jesus, having experienced the death of this person they have followed faithfully, are led on a further journey. Mary Magdalene, who weeps at the tomb, becomes the first to see the risen Jesus but doesn't recognise him – a theme which runs through all the Gospel accounts of the Resurrection. It seems like a divine game of hide-and-seek, but ultimately each one of them sees Jesus in a new light which changes the way in which they live their lives.

What does this mean? The answer is that through the knowledge that every step of our journey is taken to the heart of God through Jesus from life to death, we are called to live lives of continual transformation through seeking to love and serve others before self. That is the fullness of Resurrection life.

A very happy Easter to you when it arrives!
Michael (Vicar)



Holy Week Services at Holy Trinity

Join us as we walk with Christ and greet Easter with joy!

Maundy Thursday 29th March

8pm Eucharist of the Last Supper and
Thanksgiving for the gift of Holy
Communion

Good Friday 30th March

10am Family Service
(followed by Hot Cross buns!)
12 noon Devotion at the foot of the cross
2 pm Liturgy (service) of the Passion

Holy Saturday 31st March

8pm Easter Vigil and First Easter Communion
(followed by a Resurrection Party!)

Easter Day 1st April

8am Holy Communion
9.45am Family Eucharist and Easter egg hunt
6pm Easter Evensong

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

Sudoku #21

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

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

Find the solution to #21 in next month's magazine

#20 Solution

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



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What's on this month

ELSEWHERE

March

- 17th **Mozart Requiem** – 7.15pm
St Mary's Church, Balcombe - Coro Nuovo are performing the Mozart Requiem by candlelight with 'celebrity soloists' (Tickets £12.50/£10 from www.coronuovo.org.uk or Kate 07740946276)
- 21st **The Arts Society Mid Sussex** – 10.15am
Clair Hall, Haywards Heath – 'Celebrating the Royal Academy of Arts: its 250th Anniversary 1768-2018' lecture by Pamela Campbell-Johnston (non-members welcome: £7 on the door)
- 22nd **NT Live Broadcast** – 7pm
Players Theatre, Hurstpierpoint - Hurst Village Cinema presents Julius Caesar (15) (Tickets £14 www.hurstfilms.com)
- 23rd **The Big Sick (15)** – 8pm
Players Theatre, Hurstpierpoint - Hurst Village Cinema (Tickets £6 www.hurstfilms.com)
- 24th **Elgar Cello Concerto** – 6pm
Holy Trinity Church, Cuckfield – Ensemble Reza and Horsham Symphony Orchestra (Tickets £15/£3 online or from Pepperbox)
- 25th **Their Finest (PG)** – 3pm
Players Theatre, Hurstpierpoint - Hurst Village Cinema (Tickets £4. www.hurstfilms.com)

April

- 3rd **NHS Retirement Fellowship** – 10.15am
Franklands Village Hall, Haywards Heath - Monthly Branch Meeting with talk (Canine Partners by Ruth Breaching)
- 12th **Haywards Heath Ceramics Group** – 10am
Clair Hall, Haywards Heath – 'New Hall and Related Factories' by Pat Preller (Tickets £8 call 01444 483372/414477)
- 14th **Cuckfield Local Market** – 9.30am
The Talbot, Cuckfield High Street
- 18th **The Arts Society Mid Sussex** – 10.15am
Clair Hall, Haywards Heath – 'Great Lengths: The Art and Architecture of Britain's Historic Swimming Pools and Lidos' lecture by Simon Inglis (Non-members welcome: £7 on the door)
- 22nd **A United Kingdom (PG)** – 3pm
Players Theatre, Hurstpierpoint– Hurst Village Cinema (Tickets £4 www.hurstfilms.com)

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What's on this month

AT THE QUEEN'S HALL

Monday

- 9.30am **Pilates** (intermediate)
- 9.45am **Yoga Boutique** (Term time only)
- 11.15am **Yoga Boutique** (Term time only)
- 10.30am **Pilates** (beginners)
- 1.30pm **Dance Classes for Children**
- 3.45pm **Dance Classes for Children**
- 7.30pm **Dog Training**

Tuesday

- 9.30am **Preschool Football**
- 1.30pm **Yoga**
- 3.45pm **Dance Classes for Children**
- 7.30pm **Dog Training**

Wednesday

- 10.30am **Preschool Singing**
- 10am **Stroke Support Activities**
- 12.30pm **Zumba Dance Class**
- 1.30pm **Line Dancing Class**
- 3.30pm **Dance Classes for Children**
- 7.30pm **Yoga**
- 7.45pm **Ballroom Dance Club**

Thursday

- 9.15am **Yoga**
- 9.30am **Preschool Dance Class**
- 6pm **Dance Classes for Children**
- 7.30pm **Wedding Dance Class**

Friday

- 9.30am **Preschool Singing**
- 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.

April

- 12th **Museum Talk** – 2.30pm
'An Investigator Calls' talk by Neil Sadler. Neil Sadler's illustrated talk takes a behind the scene look at police investigation into missing people searches with a variety of well-known cases, finishing with a particular Sussex case and, from an insider's view, the Grand Hotel bombing of 1984. (Tickets from Mike Nicholson 01444 457448 or events@cuckfieldmuseum.org)

ANSWERS from Page 25

Part 1: TS Eliot's collections of poems Old Possums Book of Practical Cats includes the poem Mungojerrie and Rumpelteazer. The band Mungo Jerry took their name from that character and the leader of that group is Ray Dorset
Part 2: John Betjeman wrote the poem Myfanwy. The words were later set to music by disc jockey Mike Read and recorded by David Essex.

AT WOODSIDE

Monday

- 9.30am **Sing & Sign**
- 4.30pm **Hayley Beeson School of Dance**
- 7pm **DDMX Dance Fitness**
- 7pm **Pregnancy Yoga (from Jan 2018)**
- 8pm **Kickboxing**

Tuesday

- 9.30am **Pilates**
- 5pm **Beavers/Cubs**
- 7pm **Pole Fit**

Wednesday

- 9am **Falcon Health Chiropractors**
- 9.45am **Yoga**
- 5pm **Hayley Beeson School of Dance**
- 7.15pm **Scouts**

Thursday

- 10.30am **Creation Station**
- 5pm **Beavers**
- 7pm **Bounce & Burn**

Friday

- 9.30am **Saplings**
- 9.30am **Stay and Play** (2nd Friday)
- 3.45pm **Happy Souls Yoga**
- 7pm **Woodies Bar** (subject to private hire)
- 7pm **Pole Fit**

Saturday

- 9am **Hayley Beeson School of Dance**
- 2pm **AFC Bolnore**
- 4pm **Post-football Bar** (matchdays)

Sunday

- 9.30am **Happy Souls Yoga**
- 3pm **Messy Church** (last Sunday/month)
- 4pm **Grace Church**
- 4pm **Woodside Netball Club**

Note: The Hub (out of school club) runs every weekday between 7.30-9am and 3.30-6.30pm. Bolnore Village Preschool is open every weekday starting at 9am (term time only).

March

- 17th **Comedy Night** – 7.30pm
MC Tom Balmont with other comedians (£25 per person, 2 course meal inc. Email alison.events@bolnore.org.uk)
- 31st **Quiz Night** – 8pm

April

- 28th **Quiz Night** – 8pm

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nicenstripy (gardening services)	3
Norsat (TV, satellite)	44
Odd Job Man	42
PRB Accountants	8
P&S Gallagher (funeral directors)	30
RMT Electrical Services	18
Scissor Sisters Interiors	29
Southern Window Cleaning	18
Sow Sussex Garden Care	41
SPB Plumbing & Heating	37
Strategic Marcomms (websites)	19
Strawberry Finance	34
Sussex Vehicle Services	32
Sussex Wealth Management	26
Swan Press	23
Tara Fraser (mortgage adviser)	21
The IT Girl	29
The Kitchen People	39
Toby&Fly (mobile pet grooming)	17
White & Sons (roofing)	35

Retail

Cuckfield i Wear	45
MRH Driving Retail	7
Pruden & Smith (bespoke jewellers)	21
The Green Tree Gallery	16, 23

Out & About

Ardingly Choral Society	28
Borde Hill Garden	17
Cuckfield Baptist Church	27
Spice Village	42
Wakehurst Place	4

Education/Childcare

Gielgud Academy	33
Great Walstead School	36
Norto5 Kidz (daycare)	3
Sussex Tuition Centre	14

Health/Lifestyle

Amy Packer Permanent Makeup	6
Everycare	30
Falcon Health Chiropractic	20
Linear Fitness	40
Looking Good Skin	9
Promedica24	22
Talk for Change	21

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**3rd
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Cuckfield *Life*

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



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PROPERTIES CURRENTLY FOR SALE IN AND AROUND CUCKFIELD



FOR SALE

Cuckfield Road,
ANSTY

£1,250,000



FOR SALE

Bolney Chapel
Lane, TWINEHAM

£1,100,000

FOR SALE

London Lane,
CUCKFIELD

£379,950



FOR SALE

Tower House
Close, CUCKFIELD

£199,950



If you're thinking about selling - whether seriously or mulling it over - please call us for a no-pressure discussion about your property and how we can help.

Richard and Mike

📞 01444 417600

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