

Cuckfield Life

Inc. Brook St. Ansty, Staplefield & Bolnore Village

Local village talk,
by the village

Issue #69 : July 2018

Free

Bolnore recycling pioneers

page 13

Cuckfield Parish Council newsletter

page 47

Village People: Jill Butler

page 34

Including...

Bolnore
VILLAGE

6 PAGE SECTION

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EDITORIAL

By David Tingley, Editor

At this time of the month we are on the precipice of the summer holidays and already we've had a few **Holiday Snaps** come in (photos@cuckfieldlife.co.uk) – see **page 50**. Keep them coming please!



In this issue we've got plenty of **news**, including the epic cycling challenge by 13 year old **Nicholas King** in memory of his grandfather **Tom King**. See **page 6**.

Page 47 holds the latest edition of **Cuckfield Parish Council's newsletter**. For **Bolnore** residents, you can catch up with all recent goings on from **page 13**, which includes news that there is now a recycling point in Woodside for trigger sprays.

Rachel Pocock gives her answers to our **5 mins with** questions on **page 15** and **Jill Butler** takes the **Village People** interview on **page 34**, courtesy of **Joe Wayte**.

On **page 28** Joe looks '**Behind the Counter**' at **David Foord-Brown Antiques** and meets David and Sean to get their story as they celebrate 30 years on the High Street later this year.

Page 8 reveals photos from May's **Staplefield Village Fete**, which I'm delighted to be able to include. As a smaller community, but still within the remit of our magazine, it's always great to be able to feature this on our pages. Similarly, we are always keen on stories from Ansty and Brook Street too. Email editor@cuckfieldlife.co.uk for forthcoming events or tip-offs for folk we ought to talk to!

Although no longer based in Cuckfield, **Matthew Gallagher** shares the beginnings of P&S Gallagher Funeral Directors in an article on **page 38** – highlighting the village's integral part in its journey.

Page 40 tells what Cuckfield Mayor **Evelyn Stenning** has been up to last month, and, on **page 41**, local GP **Sarah Steely** talks about an unmentionable subject in her **Doctor, Doctor** column. Enjoy!

Issue #69 – July 2018 –
3,500 copies printed

Next magazine copydate:
31st July 2018

Next magazine published:
14th August 2018

Cuckfield Life

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Hurstwood Lane, RH17 7QX

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Disclaimer: The opinions expressed within the magazine are of the individual authors and not necessarily those of the editors.

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Jimmy's comes to Cuckfield

Jimmy Phillipou, owner of Jimmy's Barbers in Haywards Heath, is opening a new store in Cuckfield which has replaced The Old Barber Shop on the High Street. Jimmy has been working in Haywards Heath for 20 years and has had his own shop for nine years.

Jimmy said: "The Old Barber Shop is a shop I've always loved. It has character and tradition – I want to create a barber shop that is part of the community."

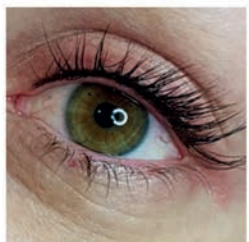
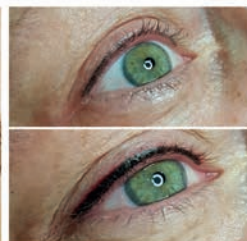
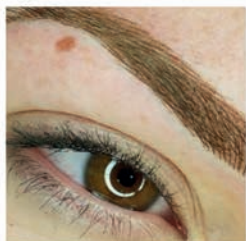
The new opening in Cuckfield is appropriate, considering that many of Jimmy's existing clients live in Cuckfield and Jon, former owner of The Old Barber Shop, has retired.

Jimmy will be continuing the tradition of men's hairdressing in the village. Jimmy said: "We specialise in all aspects of men's hair from scissor cuts to short clipper cuts and hot towel shaves. We are somewhere for a man to get pampered!"

Jimmy is looking forward to opening fully when the license goes through. For now he will be operating on Tuesdays and Wednesdays and encourages people to pop in for a chat.



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Rugby Club benefits from signal boost

Haywards Heath Rugby Club (HHRFC) has received £40,000 of funding from Mid Sussex District Council (MSDC) for the recent installation of a telephone transmitter atop their floodlights at Whitemans Green.

Described as a 'timely windfall' by HHRFC's Commercial Director, Phil Herbert, the one-off payment is planned to be used for urgent improvements to key facilities including reparation of the clubhouse roof and an unreliable boiler.

HHRFC, founded in 1950, is a very important part of the local community, with two successful senior teams, an occasional vets side and over 400 children taking part as juniors every weekend.

Pete Bradbury, MSDC Councillor for Cuckfield, said: "The Council always tries to work proactively with local community and sports organisations, and we have worked with the club to facilitate the installation of the new phone mast on the playing fields HHRFC rent from us at Whitemans Green. As well as improving mobile phone coverage in Cuckfield, the one-off payment that has been secured will fund badly needed improvements to the clubhouse building and allow the Club's great work to continue."

To enjoy the improvements that this investment will bring and to help HHRFC grow further please feel free



to contact rugby@hhrfc.co.uk to see how you can get involved. Preseason training for senior players started at Whitemans Green last month. All current, previous and new players are very welcome.

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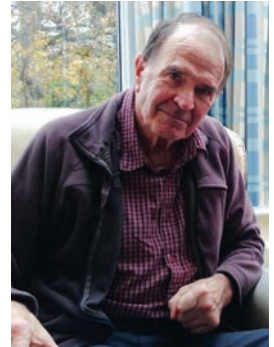
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Bike ride for Grandad

Many of you will have heard about the death of Tom King, much loved long-serving teacher at Ardingly College and resident of Cuckfield for many years. He died in March this year, aged 75, after a long battle with Alzheimer's Disease. Tom was a keen amateur musician and sang in many local choirs. He was also a founder member of the Mid Sussex Sinfonia and was a familiar sight playing cello and double bass in many orchestral concerts over the years.



This month Nicholas, who is Tom's eldest grandson aged just 13, will be cycling from Calais to the Col des Aravis in the French Alps with his father in memory of Tom. All the money raised will go towards the work of the Alzheimer's Society. They started on Monday 9th July, covering over 75 miles a day, and hope to arrive in the Alps at the same time as the Tour de France. For more information and to support Nicholas and his father please go to:

<https://uk.virginmoneygiving.com/SomeoneSpecial/NickWarrenCoast2ColsforGrandad>

Summer Exhibition continues

Cuckfield Museum has some beautiful objects in its new 'Reasons to be Cheerful' display which continues throughout the summer celebrating a royal birth and wedding. Because it is an accredited museum they are able to borrow from other larger museums and so Horsham has lent a finely carved oak cradle dating from the mid 17th century.

The Brighton Toy and Model Museum has lent a rare coral teether from the late 18th century, which incorporates bells and a whistle. Coral has been thought of as soothing aid for babies since classical times – it was smooth and cool and didn't splinter. It was also thought that the colour was energising!

Henfield has lent a beautiful Edwardian doll's pram in astonishingly good condition and a photo of the little girl with it at the beginning of the last century.

Philippa Malins, from the museum, explained: "We have also been very fortunate to borrow wedding dresses from a costume collector, Marion May, who has lent in particular a striking outfit from the 1870s worn by the daughter of the wealthy butcher of Funtingdon! Why she was in violet we don't know – we know that white and cream were made popular for brides only from the time of Queen Victoria's wedding in 1840, but they were colours reserved for the very wealthy or the aristocracy. Purple was a colour associated with the later stages of mourning, and so this is possibly a reason.



Cuckfield Museum is open: Wed, Thurs, Fri 10-12.30pm, Sat 10-4pm. More information from: www.cuckfieldmuseum.org

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Record turn out

STAPLEFIELD VILLAGE FETE AND CAR SHOW



By Maggs Chamberlain

There was a record turnout for the fete in May. The glorious weather helped, of course, and made the day one of the most profitable to date. We were so lucky, storm clouds threatened in the distance but managed to save their deluge till the Tuesday!

So many people helped to make the day really special. The afternoon got off to a flying start with a display of Maypole Dancing by St Mark's School, and this year we were pleased to welcome the renowned Ariel Musicality Junior Choir, one of Sussex's Premier Youth Performance choirs who were a great hit. Entertainment throughout the day was provided by the fantastic swing band the Perdido Players and an Elvis tribute from the village's very own Phil Peterson, known locally as 'Philvis'. Marky Wild's Magic and Punch and Judy shows are always popular - a great hit with children and adults alike.

An unusual and nostalgic attraction again this year was Phil and Sue Prett's 1952 AEC Regal 39 seat bus, which is an ex London Transport Green Line vehicle, offering rides around Handcross and Warninglid for a donation to our causes.

We were pleased to welcome back the incomparable Clive Panto who acted as MC for the afternoon. Clive, who now lives in France and a former resident of Staplefield, is a man of many talents - lawyer, actor, after dinner speaker, corporate training guru. His hilarious, cheeky commentary for the Fun Dog Show always draws a big audience and is one of the highlights of the day!

The Car show becomes more and more popular, with a record number of entrants and visitors, and the Beer Tent, Pimms and Prosecco stalls provided welcome refreshment on such a hot day raising a record profit.

On behalf of the committee I would like to take this opportunity to thank all the villagers who worked so hard to make the day such a success and to all those businesses who provided prizes for the Grand Draw.





Year 10 girls make themselves heard!

By Ms P Stroud

On Saturday 9th June, six Year 10 girls from Warden Park took part in a debate at the EqualTeas event held at Haywards Heath Rugby Club. They were there to celebrate our 'Right to Vote' and to well and truly put the well-known TV show Question Time to shame!

Facilitated by Kristy Adams, who stood as an MP candidate in the last General Election, the girls debated the following topics: Equal pay and the gender pay gap, Education and student fees, Healthcare and the NHS and Equal representation in parliament for women, ethnic minorities, and the LGBTQ+ community.

I attended the event along with their parents, and we all agreed how maturely they debated the very weighty topics of discussion. I am sure they could give the Question Time panel a run for their money - well done girls.



Cuckfield Village Show: 8th September

The annual Village Show, organised by The Cuckfield Society, will take place at Cuckfield Baptist Church in September.

The church proved to be a great indoor venue for the first time last year.

According to the show guide - available to pick up from village shops next month - 'We want to attract participants who grow fruit and vegetables to eat; flowers to make their homes and gardens look attractive; who bake for pleasure; who enjoy flower arranging, photography, painting and handicrafts'.

There are over 100 classes which can be entered - see next month's Cuckfield Life magazine for the full listing - and entry forms (available in the show guide) should be submitted before 5pm on Wednesday 5th September.

A fantastic football season draws to a close

By Mr Gentry,
Director of PE & Sport

It has been another fantastic season for the girls football teams at Warden Park with the U12 to U16 competing in local, County and National cups.

The U12 team, who were mainly new to football this season have made significant progress.

The U15 team have had a great run and have even managed to progress to the National finals this year!

Warden Park seems to have a strong hold over the U16 County Cup, winning five out of six of the last six years. Park started well with lots of energy and a high pressing game. The team, half of which are U15s, deserved the win and is looking to retain the cup net year.

The attitude and commitment from the U16 team has been amazing all season long.

The girls leaving us will hopefully continue their football next year at college.



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Planning a kitchen extension?

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If you are planning a kitchen extension - look no further than your local kitchen experts
The Kitchen People in Lindfield to help create your dream kitchen...

Showroom Manager Sarah Henshall has recently returned from maternity leave and joins forces with Amy Betsworth to lead in the design and sales department. The new team have reviewed and streamlined their current kitchen and door suppliers, so they can now offer even more competitive designs and quotes to rival any big brand showroom - but with the added value of a personalised service and project management that you won't get from a builders merchant!

Sarah says: "I'm so excited to be back and can't wait to get designing again. Kitchens are our passion and we understand the importance of delivering a personal customer service. Purchasing a new kitchen is a very personal choice as well as a big investment in your home. We have an amazing team of fitters whose quality of work and attention to detail is unrivalled. Customers always comment that we are more competitive than they realise and the level of service they receive is better than the bigger kitchen brands, which is what really sets us apart."

Here Sarah and Amy offer expert and useful advice on what to consider when planning a kitchen extension...

Plan wisely – Think about your likes and dislikes in your current kitchen, it will help when making decisions about your new kitchen. Your builder will want to know where things like plumbing goes fairly early on, so it's good to start thinking about your space and where you want things to go.

Budget – Have a figure in mind that you are happy to spend and be open with us. We always work hard to keep to our customer's budget whether it's £10k or £40k, and we will design and choose suppliers based on the information. We have options to suit all budgets.

Do some research – Appliances, flooring and worktop options can vary depending on the brands and suppliers you choose. These costs can significantly impact your budget if they haven't been factored in.

Installation – This can make or break your kitchen! Don't underestimate how important it is to you have a skilled fitter onsite fitting your kitchen. We can work with the builder or recommend the best kitchen fitters in the area whose

work we know is of the highest quality.

Create 'zones' – As open plan living becomes ever more popular, think about your space in terms of zones i.e. working/dining/social. It will help the planning process and improve the way you use your space.

Be honest – Make sure your kitchen designer understands your style, and don't be afraid to be honest if you

want to change something in the design. It's our job to deliver you an inspirational kitchen, and we will be there to project manage from the initial design consultation to the final touches of the installation. At The Kitchen People we pride ourselves on delivering a personal customer experience and won't be happy until you are!

It's all about the details – Things such as handles, worktop, splashbacks and kitchen accessories can completely transform the way a kitchen looks. We understand the importance of this and work closely with clients to achieve their overall desired kitchen look.

As a special offer to Cuckfield Life readers we would like to offer all NEW customers 25% off any kitchen designed and sold by The Kitchen People throughout July and August. Just quote Cuckfield Life when you call 01444 484868 for your free consultation. Let us help you create the kitchen you have always dreamed of.





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Being green in Bolnore

By Chris Belton

Recycling waste is a topic that generates all sorts of comments. We all know that we should recycle more than we do, yet at every turn it seems to be more complicated. West Sussex County Council produce leaflets and posters telling us to recycle more but, try as we may, we sometimes get it wrong. We put our waste in the wrong bins – 20% of landfill waste in Bolnore Village, for example, could be recycled. To put this into context, this represents 170 wheelie bins a month!

In an ideal world every person would place waste in the correct bin. In the UK we are a long way from that ideal. We can do more to improve, and in Bolnore we are attempting to do that one item at a time – well, two items as it happens! Generally we recycle plastic bottles, but those items with triggers, such as hair sprays and home care products, present a problem. Whilst the bottle itself is recyclable, the triggers are not. So placing them in the recycle bin doesn't really achieve the objective. Every house in the Village will have at least one of these items on a regular basis. All we are asking is that residents separate the triggers from the bottles and, the next time they passing the Bolnore Woodside, drop the triggers into the new bin provided by the Bolnore Village Community Interest Company. They will be collected and sent to a company that will recycle them properly. For those parents with small babies and children who use the baby food pouches – the same applies. Don't put them in the landfill bin as probably happens now, keep them separately and deposit them in the bin provided at the Woodside. We are also working with the Co-Op to see if we can place additional bins within their store.

The Woodside is home to The Hub a 'before and after school club' as well as the Preschool. The bins are therefore ideally placed for the types of items we are looking for. If we can make an impact with these two items, then we will consider increasing what each bin can accommodate – but for now we are trying to keep it as simple as possible. One item at a time is all that is needed to begin to make a difference.





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Illustration by creativeflorence.co.uk

Bolnore Scouts know how to have fun!

The day started with an update from Marco van Dijk, Chairman of Bolnore Scouts, on recent developments and equipment purchases for the group, including the imminent arrival of two inflatable marquees to replace the ageing, leaky canvas one!

This was followed by games and activities, including Nerf shooting, tombola, making smores, a BBQ and, most important, soaking the Group Scout Leader, Nigel, with waterlogged sponges. In addition the leaders all clubbed together to make a donation to douse him with a bucket of iced water!



The group would like to thank everyone who helped to make this another successful event and to the parents for their amazing support and generosity which meant we were able to raise nearly £500 towards its funds.

If anyone would like to become more involved in Group life, working with one of the Scout sections, then please contact Marco van Dijk, Chairman, on chair@bolnorescouts.org.uk, who will be very pleased to hear from you.



Scouts round-up

By Charlie Smith

On 10th June the sun was out and Bolnore Village Scout Group had its AGM and fun day. Chair Marco Van Dijk held the annual review showing how well the group has done over the year, including:

- The first Go-Kart championship held at Warden Park Academy
- Plans for our finances, which, with your help, have included grants from Tesco bags for life and also the Co-Op (which you can continue to give to)
- The scouts have continued to collect for the local Haywards Heath Foodbank, going on from their success at Christmas, and donations can be made all year at the Woodside.

Group Scout Leader Nigel Flude thanked everyone for their support during the year and allowed himself to have cold water sponges thrown at him to raise further funds! He may not have planned for the other leaders to make another collection among themselves, which saw a large bucket of iced water being poured over him!

The Bolnore Village Scout Group is also happy to welcome a new Assistant Group Scout Leader, Loz Blay (also cub leader), who is helping with the admin side.


If you are interested in getting involved, either as a leader or children, please view the group contact details at www.bolnorescouts.org.uk or contact membership admin on membership@bolnorescouts.org.uk.



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"I took my 15 year old Jack Russell today for a tidy up and am thrilled with the result. He looks fabulous! Really warm and friendly welcome from Claire. This was our first visit to Sasha's but I will definitely recommend them and return!" E.B. Hurstpierpoint





5 MINUTES WITH...

Rachel Pocock

Rachel loves dogs and is the owner of PAW Patrols. She is currently working towards become a fully accredited dog trainer. Previous employers include Bolnore School and Surrey Police.

How long have you lived in Bolnore?

Five years

What's the best thing about being here?

Being so close to such beautiful woodlands and fields

Favourite ice cream flavour?

Chocolate, caramel and pecans

How many houses have you lived in?

Four

Favorite holiday destination?

Mauritius

Song you play the most?

Meant to Be by Bebe Rexha & Florida Georgia Line

What would you do if you won £1million?

I'd donate money to help children with Mental Health conditions and also buy a field for training dogs

Strangest thing you've ever eaten?

Fruit and vegetables!

Which would you rather give up for a month

- TV or music?

TV

Which App on your phone do you use the most?

Camera

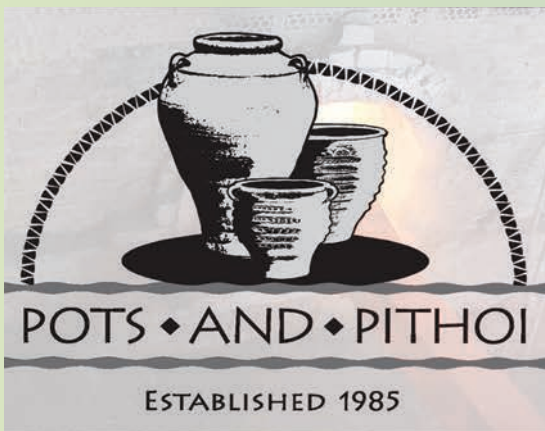
What's your proudest moment?

The birth of my two amazing girlies and saying 'I do'.

Your advice for life?

Don't let anyone dull your sparkle

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!



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Barking in Bolnore

By Jenny Maxim

'Hounds of the Heath' is a dog lovers' group that covers a lot of ground. Whether you want to meet like-minded dog owners for walks, want to find out more about dogs or are interested in getting a hound of your own, they're happy to help.

Started in early 2017 by Rebecca D'Arcy and Lynne Fever, the group already has over 500 members on Facebook. It runs deeper than just meeting for a chat and a stroll. When one of the members broke her hip, locals rallied around to make sure her beloved pup still got taken for regular walks at suitable times. In fact

someone will help out if you're just feeling a bit under the weather. The group has also made sure that lost dogs have been found safe and sound.

Group walks are organised roughly once a fortnight but, with so much interest, there are regular walks for smaller gatherings. Bluntswood is a popular destination, but other walks vary from Roost Hole to Redhouse Common to New England Woods.

If you're interested in what they do, or in joining 'Hounds of the Heath', just search for them on Facebook. You probably know someone there already!

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More fun and games at Woodies



By Jim Hoodless

Woodies bar is open Friday nights at the Woodside (and for special events) and has added to the family-friendly fun with table football and a ping-pong table. Feel free to pay a visit, grab a drink and start your own tournaments or just play classic 'winner-stays-on'. There are a variety of board games, pencils and paper for smaller kids too and the outdoor space while the sun shines. It's a great space to get out of the house and be looked after for an evening.

On top of that, there's a wide range of drinks available at very reasonable prices for adults. If you're peckish there are snacks on the bar but, if you're really hungry, visitors are welcome to bring a takeaway or arrange a delivery.

The main thing you'll find is service with a smile and locals laughing throughout the evening. Head down, you'll have a great time. The bar normally opens at midday serving beers, Pimm's and local gins.

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Bolnore's Ballers

By Amy Armstrong

Woodside Netball Club officially began in 2014 with around ten members. Over the years the club has flourished and has reached around 100 members and counting. It's been an exciting few years with plenty more excitement expected in the near future.

The club's ethos is 'Netball for all' with the aim to encourage women and girls from the age of seven to enjoy being active and provide them with skills such as teamwork and leadership. Some of our young teen members help out with the coaching and umpiring of our 7-11 year olds. It has been great for the little ones to have mentors close in age, while helping the teen volunteers with their leadership skills and contributed towards achievements such as their Duke of Edinburgh Award.

Despite the inclusive approach, welcoming anyone of any ability, the club also enjoys a good amount of competitiveness. Most of the first team players have played at regional level or progressed through several stages of the England pathway.

Netball is an exciting sport, but to inspire members further the club tries to bring in guest coaches with a wealth of international experience, including England defender and Commonwealth Gold Medalist Eboni Beckford-Chambers. Moving forward, they hope to continue to invite similar guest coaches into the club to



support members in their development, simultaneously increasing the awareness in our community of the importance of female participation in sport.

Woodside Netball Club trains at the Woodside in Bolnore Village every Sunday with sessions for all ages seven and over. They have teams in local leagues at different ages and ability levels. If you are interested in giving netball a go for the first time, wanting to play more netball or considering returning to the sport after a long break, just pop an email to woodsidence@gmail.com for more details.

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Space for grace

Dear friends,

On a recent break I visited the great Benedictine monastery of Monserrat situated high up in the dramatic mountain range inland from Barcelona. Founded in the 800s, it has experienced many vicissitudes during its long history. Napoleon burnt the complex down when he invaded Spain in the early 1800s, and what remained of the medieval ruins was then largely blown up in the anti-clerical period that followed. However, rebuilding recommenced almost immediately and has carried on well into the 20th century. The Spanish Civil War saw further turbulence, and 22 of the monks were executed by the Republicans controlling that part of Spain. In spite of this turmoil, it remains a great symbol of Catalanian culture.

High above the altar of the church is an ancient statue of the Virgin and the Child which is venerated by pilgrims who can travel up behind the sanctuary and spend time passing before it. Every day at 1pm the L'Escalonia – one of the oldest established boys' choirs in Europe – process into the church to sing an ancient hymn called the Salve Regina. On the day I visited there must have been nearly three thousand visitors and tourists crammed into the building. Every pew was taken, and the three aisles were full of people standing. It was a little like bedlam as the choir processed in, but the minute a single treble voice sounded through the air an extraordinary silence fell on this great assembly of so many different types of people. You have probably experienced moments like this yourselves, but I shall long remember that intensity of quiet listening and concentration from those present. There was something indefinable and wonderful in that silence.

We all need moments like this within our lives, and it is rare for me to enter the church without finding people taking time out and just sitting in silence within the building. We have recently started a short period of quiet prayer called 'Space for Grace'. Just a verse or two from the Bible, and then twenty minutes or so of silence – precious when so many of us are rushing around and frantically trying to catch up with things or sort other things out!

That experience in Monserrat was a reminder to me that all people, no matter who they are, need such moments, moments which take us outside of everyday experience – in the words of the psalmist in the Bible – where we are led 'beside the still waters' and our souls are restored (Psalm 23).

With all best wishes,
Michael (Vicar)

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

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Protecting your brand

LISTEN TO THE LAWYER

If you have a legal question do email editor@cuckfield.co.uk and we'll put it to Martyn.

By Martyn Gooch, partner Rohan Solicitors

Question: I have created a brand name and logo for my business and want to stop others copying it, how can I do this?

Answer: Business owners commonly create and invent literary and artistic works (such as symbols, names and images) that are used to identify and promote their company. These devices can be a valuable asset of the business and, in many cases, it is possible to legally protect them to prevent competitors using them to their own advantage.

Trademarking is a way of protecting your company logo. If you have created a new and unique logo for your business it may be possible to protect it by registering it as a trade mark at the Intellectual Property Office. There are various rules regarding what can and cannot be registered. For example, generally the trade mark cannot include common surnames or place names or describe the goods or services that the business is selling. When you apply to register your trade mark, as part of the application process you must specify which goods or services you are seeking protection for. It is prudent to seek legal advice when considering applying to register a trade mark as if the application is incomplete or inaccurate it will be rejected.

A registered trade mark provides a business owner with effective protection against a competitor making improper and unauthorised use of their brand. When a trade mark has been formally registered in the UK the device ® can be used next to the mark to warn others that it is protected under the Trade Marks Act 1994.

There are many advantages to registering a trade mark. As well as being a means of protecting your business identity, it can make people take your business more seriously and can help you position your products or services in the marketplace. It is also possible to register a trade mark in other territories, including Europe, the U.S.A and Australia. A registered trade mark can be a valuable asset and generally the more successful your business becomes the more valuable your trade mark is likely to be.

When your trade mark is registered, if you spot a competitor trying to use that trade mark, or one that it is very similar, it is possible that they may be infringing your legal rights and you may be entitled to bring a legal action against them to prevent it. Expert legal advice should be sought if you believe one of your competitors is using your trade mark without your permission.

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RECYCLE THIS...

WSSC Recycling Ambassador Colin McFarlin sheds some light on what can and can't be recycled in our domestic blue bins. If you have a question for him, email: editor@cuckfield.co.uk

What a great response to my article in the June edition. By the time you read this I will have replied individually to all your emails to the editor on recycling. Keep the questions coming...

BLISTER PACKS

All tablets seem to be packed in plastic blister packs now. Whatever happened to bottles? The good news is that ALL empty tablet blister packs can be recycled in West Sussex.



Some blister packs have a plastic front and a cardboard back. These can be recycled as well – no need to fiddle about trying to separate the plastic from the cardboard.

Do remember that, even if you never open them, once medicines have left the pharmacy they cannot be used by anyone else or recycled by the pharmacy. Please take your unused medicines to the pharmacy for safe disposal. NEVER dispose of your unused or unwanted medicines down the toilet.

Lots of response regarding milk bottle tops – please keep recycling them. They go to make more milk bottle tops and 'plastic wood' – plastic planks moulded to look like wood and used to build outdoor furniture, decking and play equipment!

Thank you for sending in your specific questions on recycling. Keep them coming

Let's explode some myths about recycling...

You will find this symbol on lots of packaging – do you know what it means?

The symbol is known as the Green Dot – although now it often takes the same colour as the packaging.



This symbol confuses us into thinking the product is recyclable. This symbol has no relevance in the UK! Germany decided to make companies either make their packaging recyclable or pay into a recycling fund. Guess what – most companies decided to pay the tax and be able to display the symbol to show they had paid. You will find this symbol on all products sold across Europe. It does not tell us if the product is recyclable or not.

Would you like me to give a talk to your local group on recycling? There is no charge for this service. Would you be interested in collecting items that can be recycled to raise funds for your favourite charity? I will be happy to guide you through this process. Look forward to hearing from you.

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David Foord-Brown Antiques

BEHIND THE COUNTER



By Joe Wayte

Behind the Counter takes a peek into some of the things you may not know about our beloved shops and their owners. In this first edition we meet David Foord-Brown of David Foord-Brown Antiques, along with his partner, Sean Barry.

David grew up in Cuckfield and always had a passion for antiques. "When I was younger there were six antiques shops in Cuckfield," David mentioned, "and my parents didn't always see the trade as anything more than something that took place in a local village. I really wanted to take myself further." David began his career by buying and selling items based out of his home before joining one of Bond Street's finest antiques and silver dealers. He then set his sights on the London markets such as Portobello.

Sean started life in the north of England and studied a degree in Fine Art at Preston Polytechnic. He started work at a printing business putting his skills to use before meeting David at a dinner party and moving to Sussex to start his own design business. "I packed up my things and hired a van," Sean explained, "knowing that for a good career I would need to move to London. I drove down on a Saturday and I was offered a role in the printer's by the following Tuesday."

While Sean focused on his own line of work, David took the plunge to leave London and open the first David Foord-Brown Antiques shop in 1988, which was actually across the road from the current shop, specialising in late 18th Century and early 19th Century furniture, porcelain and silver.

Sean moved into working in the industry while supporting David at an antiques show. "The organiser was having issues getting her IT equipment working," Sean told me, "and David decided to volunteer my skills to try and help. I went across to fix things and in return she offered me a lunch." At that moment Sean was offered a job as graphic designer and PR manager for the 30 antiques fairs that the company organised around the country. During his time at university Sean was required to record everything and developed his skills in photography and design. He took responsibility for designing all the adverts that went in the national press, brochures and photography of antiques.

In the late 90s David's business was growing, and he decided to move to the larger shop the duo are now based in. It was also during this time that David needed someone with the skills Sean had to help him manage his expanding workload. "We decided that, as



part of the move, we would go into business together," Sean recalled. "I wanted to stop running around the country and spend more time with David. We took a huge financial risk. I was giving up my job and we bought a new house at the same time." Thankfully it all paid off, and twenty years later the business is celebrating its 30th birthday.

Five years ago the premises were broken into. The door was battered down and the contents of the entire ground floor was stolen. "I nearly closed the shop after that, but then I thought 'no, if I do that then the buggers have won!'" David said passionately.

The pair live locally, and the house they purchased 20 years ago has been an ongoing project, Sean said: "You needed a bit of vision to see it had potential. It hadn't been touched since the 60s and I love a challenge."

When not working in the shop, both gentlemen enjoy gardening and have recently redesigned their outdoor space at home. They additionally have a love for classic cars. While Sean drives a 1979 V8 engine Mercedes, you may catch David in his gold 1972 Rolls Royce Corniche convertible. "It's very understated," David interjected tongue in cheek!

According to David, Sean is also a dab hand in the kitchen. "I was good friends with the renowned cookery writer, the late Katie Stewart, who lived in the village," Sean revealed. "She would always give me copies of her new books and once even offered me some gold leaf following a photo shoot, so I could recreate her fabulous gold and champagne jellies recipe at a dinner party."

When entertaining friends over food the couple's talents go hand in hand. Whilst Sean enjoys being creative in the kitchen, David loves creating a spectacular dining table laden with Georgian silver and silver gilt.

The store front is well known at Christmastime for its fantastic seasonal display. Each summer Sean and David and their friend Judy Cockburn pin down their ideas for a concept, always using Judy's antique teddy bears. Sean then takes time to design it and build the items by hand while Judy makes the costumes. "One year we decided on producing a Downton Abbey themed window – Downton Bears," David reminisced. "We recreated the kitchens, and it looked stunning". As it turns out, someone local to the village worked in the production team for the programme. On seeing the window, she took photos into work. The team loved it so much they sent copies of various items, including Downton Abbey headed writing paper, back to join the bears. Last year there were over 5,000 baubles decorating the shop. "My view is always more is less," David added, "and I want this shop to be as glamorous as any London store."

If you're an aspiring business owner and looking for advice, here's what David had to say. "Start with what you know. For me, that was silver. We started at the bottom and built up from there. You have to get your foundations right and secure to be able to grow."

David Foord-Brown Antiques is open Monday to Saturday from 10am to 5pm for anyone wanting to take a browse. You can also take a look at the website: www.davidfoord-brown.com



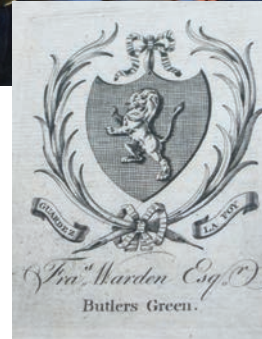
A present from America

By Sue Burgess

Californian couple Nan Warren and John Murphy contacted Cuckfield Museum last year about a book published in 1756, 'Memoria Technica', rescued from a New Jersey house demolition skip more than 50 years ago.

We were very interested to hear about it because the bookplate revealed it to be from the library of Francis Warden (1700 – 1785) of Butlers Green House. Following an exchange of emails with our archivist, Andrea King, Nan and John visited the Museum recently while on holiday in England and were kind enough to donate the book to us for our reference section.

Richard Moon, the current owner of Butlers Green House, came in to meet them and provided some fascinating background information on the history of the house. When and how this little book got to America remains a mystery but we all felt pleased that it had 'come home'. Despite being thrown out on to the street, it is remarkably good condition for its age and several of our stewards have enjoyed looking through it, deciding that its subject 'A New Method of Artificial Memory' (how to remember facts more easily) is as relevant now as it was 260 odd years ago!



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The Carder Bumble Bee



Bees help gardeners

Photos: Peter Lovett

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Jill Butler

VILLAGE PEOPLE



By Joe Wayte

Jill was born in Hurstpierpoint and during the course of her life has lived in various places around East and West Sussex, including Haywards Heath and Crowborough, before settling in Cuckfield with her husband, Mark, in 1991.

As the youngest of five siblings, Jill had a father older than those of her peers, and when he became ill she was required to leave school and go to work. "I told the headmaster," Jill remembered, "and he told me I would make nothing of myself. Hmmph! The best he was prepared to do was to give me a reference for factory work, but I had other ideas!"

When Jill was at school girls weren't encouraged, like they are in current times, to aspire to things in the same way as men. She considered nursing but with the pay being so low she wasn't satisfied. "My dad had bought a touch typewriting course for me when I was 13," she reminisced. "I still remember the name as it was so funny to me at the time – Willy Scheidegger – but typing proved to be pivotal for my career." On completion of her first test Jill clocked 40 words per minute. On completion of her second and final test she was up to 70 words per minute and realised this was something to pursue.

Jill's first typing job was with an insurance company. She spent three months there, reorganised their filing system and was ready for something bigger. An opportunity came up at Gatwick Airport and, with sheer determination in her mind, she got the job and entered into the realm of computing.

Cut to a few years later and Jill's typing skills enabled her to join the IT team at Bain Dawes in Haywards Heath during its early years of computing. At this point she had trained herself in computer programming and business analysis to keep up with the changing times. After deputising a few times for her manager on a company

logo change project at the London head office, she was asked by the General Manager to go to London and project manage the programmes associated with a company merger that would see the business become Bain Clarkson. "Initially it was difficult," Jill shared, "but I held my own, and as time went on I was accepted and seen to be a knowledgeable and trustworthy part of the operation."

Following 23 years moving through the ranks, Jill later worked for companies such as Royal and Sun Alliance and Accenture before joining EDF as a Service Manager with an offshore team in India. Jill mentioned: "I was fortunate enough to go out to India twice to work with the team and absolutely loved it. The colour, the local markets, the Taj Mahal – it was just stunning. What really touched me was the people – even those with very little had smiles on their faces."

In 2007 Jill's husband Mark developed lymphoma.



Following courses of chemotherapy over six years, Mark took early retirement and started to drop in to Friday coffee mornings at the Cuckfield Baptist Church (CBC). When treatment failed in 2013 and a bone marrow transplant was predicted an 8% success, Mark decided



to stop treatment and two weeks later he passed away.

"I rarely went to church, I didn't believe, but I was angry with God," Jill exclaimed. "Mark was only 57 and incredibly fit. On a nice day, he wouldn't think twice about cycling into London. He'd go for 200 miles or more and turn up for work the next morning. It seemed very unfair." However, Jill wanted someone who knew Mark to hold the funeral service, so she asked the pastor at Cuckfield Baptist Church (CBC) and was very touched with the help that was provided.

In 50 years Jill had only ever stepped into a church a handful of times, but following Mark's funeral she decided to acknowledge the help shown and attend the following Sunday at CBC. "No one knew I was going," Jill said, "but something in the teaching and the words of the songs spoke to me. It was strange. I didn't really know anyone, but I was amazed by the warmth and love shown to me – I had never felt anything like it. So I kept going and, after a few months, did a Christianity Explored course which answered all my questions, and after a year I was baptised."

Jill is now fully established in the church. "I haven't got children, although I am now a great great aunt," Jill added, "but I enjoy everyone else's! I help out with a Mother and Toddler group. The children are just too cute, and the mums are so lovely. I also help at the Friday coffee mornings, and I've also signed up to help at a Christian camp this summer."

Whilst Jill has a passion for fast cars and motor sport, she is a member of Speedwatch because she wants drivers to take more care in town areas, especially London Lane and by the schools. "I drove past the Wheatsheaf at night only recently and a boy slipped down the bank in front of me," she told me. "If I'd been

going more than 30mph I wouldn't have been able to stop."

Jill took the decision to retire last year. "Working full time, running a house and juggling the business of life began to get too much," Jill said, "and following the passing of my husband I decided to retire and take up some new activities."

"I began to realise that I was only catching up with certain friends at weddings and funerals," Jill mentioned, "So last year, and with a little more time on my hands, I had a party at CBC to gather everyone I love and admire together." A great time, full of laughter, was had by all, and Jill has decided to make it an annual celebration.

If not at the church you will also see Jill playing her part as membership secretary in the Cuckfield Society (currently helping to plan the September Village Show); singing in the Cuckoo Choir; painting in watercolour classes at CBC; playing boules; going to a Jazz Club; helping with Speedwatch; U3A (University of the Third Age) Philosophy, Theatre and Visit London groups and going to the gym with the aim of beating last year's time in the Easter Walking Races or doing 'retail therapy' with her closest sister.

As we wrapped up the interview, Jill shared some advice for any upcoming retirees. "Start your network early," she said, "and if you're looking for friends, the church is a great place to start!"

If you're curious to know more about Jill's story you'll see her around in the village or at CBC on Friday or Sunday mornings.



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The Cuckfield Connection

P&S GALLAGHER

P&S Gallagher has a long association with the village of Cuckfield, which dates back to when Patrick and Sandy ran J & R Matthews from their home on Church Street. Their son Matthew Gallagher, who now runs the business, remembers those times with fondness: "Our house was between the school and the pub. As soon as I turned five my father lifted me up and over the school wall and into the playground! And we used to have a gate at the bottom of our garden which took you straight into the garden of The King's Head."

That was back in 1978, with the couple establishing P & S Gallagher in 1992. They went on to open Bowley Funeral Service in Hassocks in partnership with Paul Bowley in 1999, establishing another office in Burgess Hill in 2010 and opening as Bowley & Gallagher in Preston Park, Brighton in 2016. The company recently relocated its Haywards Heath office to a totally redeveloped site on Sussex Road.

"I'm really proud to have opened our new office," Matthew explained. "The facilities we now have right in the heart of Sussex are genuinely second-to-none." The large site, which has an open day coming up later this month, is modern and light in décor and includes two meeting spaces, offices, full mortuary facilities, full valet garages and a service suite which can hold up to 50 mourners for a low key funeral. "We know it can be frustrating for families with no religious beliefs; where do they go if they don't want a church service? So we have created this fantastic room to meet this need – it's

a lovely space with facilities to share the service with far-away relatives via video too."

Matthew and the team help families in their darkest hour with the greatest care and compassion. Many families now talk to them before their loved one has died, in order to be ready and prepared for the end when it comes. "We offer pre-paid funeral plans from Golden Charter – which is very popular for those not wishing to burden those left behind with the costs associated with funerals," Matthew went on. "But we are increasingly finding relatives talking to us early about what might happen. This gives us an opportunity to explain the process clearly and how we can help at each stage."

Although the Gallaghers moved from Cuckfield in 1989, the relationship with the village continues to this day with Matthew having taken over from his mother Sandy as the Cuckfield Cemetery Burial Registrar. The company has been a long-term sponsor of the Cuckoo Fayre, CDS, the Cricket Club and the Christmas Tree Festival and, more recently, the Singing Allsorts and Bookfest. Holy Trinity was also the venue last September for the RAF Shades of Blue charity big band concert. "We are privileged to still feel part of the amazing community of Cuckfield," Matthew said, "and hope to be so for a long time to come."

To this end Matthew would like to invite all their friends in the village and the readers of Cuckfield Life to come and visit their new office in Haywards Heath. The



Patrick and Sandy 1992



Open Day will take place on Saturday 28th July between 11am and 3pm at Fraser House, 20 Sussex Road RH16 4EA. The funeral horses will be offering carriage rides around town and an exhibition of 'Crazy Coffins' will be on display. "We really want local people to see this place in order to understand just what fantastic funeral facilities are now on their doorstep. Opening the doors to let people look around seems a great way to do this. We'll also be offering refreshments and look forward to catching up with lots of old friends."

If you'd like to discuss any element of funeral planning, call P & S Gallagher on 01444 451166 (24 hours) or see the website: www.pandsgallagher.co.uk, or you can go along on 28th July, of course.



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Please call in for refreshments throughout the day, and come to see our brand new service suite available to host funeral services for up to 50 people.

You can also take a carriage ride with the funeral horses and explore our 'Crazy Coffins' exhibition.



Summertime tasks

FROM THE MAYOR'S TABLE

By Evelyn Stenning

I think summer has come, so be careful when you go out protect your body with sun cream, hats and by drinking plenty of water.

June has been a quiet month for mayoral events. On Saturday 23rd June I opened the Holy Trinity School Fair in Glebe Road on a very hot afternoon. So after walking around the grounds in my robes enjoying the stalls, and the Fire Engine, I quickly took them off and was free to relax until I drew the raffle – which consisted of a lovely hamper and wheelbarrow of drinks. Thanks should be given to Caroline Dawes and all the children and helpers who made it a success.

This last month I have visited Danny House in Hurstpierpoint with the Cuckfield Museum which was very interesting. And I had a picnic in Cuckfield Park while watching an unusual production of Romeo and Juliet by the Handlebards Group arranged by FOHTCC (Friends of Holy Trinity Church Cuckfield); we did not get too wet!

The Cuckfield Evening Flower Club visited Wisley Gardens, so I was able to wander around taking lots of photographs for future displays. After the last solo lunch, Jenny and I supported Jonathan and Kate Berry's garden that was open in aid of the National Garden Scheme and Holy Trinity Church roof scheme. What a splendid tranquil setting it is, and lovely to see so many local people there. Some even asked where my robes were and I said 'I am Evelyn today'.

Now time has come for me to raise some money for next year's mayoral election, so put in your diary Saturday 28th July between 10am and 12noon. I am having a Coffee Morning in The Village Hall, London Lane – do come along!

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Got a great cover photo?

We are always on the lookout for more classic or contemporary photos of Cuckfield - send yours in to photos@cuckfieldlife.co.uk. If we use it, you will receive a £20 shopping voucher.



PRH Milk Bottle Tops correction

In the June issue of Cuckfield Life, we mentioned Milk Bottle Tops collection at the Princess Royal Hospital in our Recycle This column on page 48.

It has been brought to our attention that ALL the tops donated at both collection points in the hospital go towards Hurstwood Park Neurosciences Unit (located in the Royal Sussex County) or the Neurological Outpatients department.

How do you poo?

DOCTOR, DOCTOR

By Dr Sarah Steely

Health and well-being are achieved, in part, when all of our bodily functions are running well, and this includes those we prefer not to mention!

Constipation is common and affects all of us at some time. Constipation means you go less often and, or, your stool may be hard and painful to pass. You can feel general discomfort or abdominal pain, bloating and nausea and you may not feel like eating.

Constipation may be caused by not taking in enough fibre or drinking enough fluid. It can also be a side effect of medication or related to an underlying medical condition.

Fibre is obtained through our diet via plant based foods. It is not digested and remains in the gut where it adds bulk to our stools and helps them pass through our system. Adequate fluid intake is crucial to prevent our stool from being dried out making it more firm and therefore painful to pass.

Medications, such as painkillers like co-codamol, are very bad at blocking up the system, as are iron tablets and some antacids. Tell your GP if you think your medication may be affecting you in this way. Medical conditions, particularly underactive thyroid, irritable bowel syndrome, some gut disorders or any condition which reduces general mobility (especially in elderly people) can also be the cause. Pregnancy and the resultant hormone changes slow the gut down and in the later stages the baby and enlarged womb itself can physically restrict the bowels from working properly.

For some a cause is never found despite a good diet, proper fluid intake and lack of illness or medication. This is common and known as functional constipation, mainly affecting women, and tends to start in childhood and persist through life.

Your local pharmacist will suggest a course of treatment to try in addition to ensuring you have a fibre rich diet, drink plenty and get some regular exercise. There are several different types of laxatives and the pharmacist can guide you to which will help most. It is very important to ensure good toilet posture as our anatomy is designed to work best to pass stools in a squatting position. The western toilet inhibits this posture but can be overcome by using a stool for your feet whenever you go. This replicates the squat by raising the knees above the hips and straightens out the bowel allowing gravity to work as it should.

Importantly everyone has their own individual bowel habit, therefore your doctor needs to know when it changes from your normal. You may need tests if regular constipation is new to you and lasts more than six weeks; this is known as change in bowel habit. If you try laxatives with no benefit or the symptoms are severe or accompanied by bleeding from your back passage; weight loss; bouts of diarrhoea; night-time symptoms; a family history of colon cancer or bowel disease like Crohns or other unexplained symptoms make an appointment.

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Al fresco theatre

Professional theatre company Rain or Shine is set to delight family audiences once again this summer with their production of Shakespeare's merry war of words and wit - Much Ado About Nothing.

Join Rain or Shine Theatre Company this summer as they visit one of Shakespeare's best loved comedies set in November 1918 after the end of the Great War. From the dastardly Don John to the daft Sergeant Dogberry, Much Ado About Nothing will bring you revellers, rascals and romance.

So dig out your hampers and load up your picnic bags as the people of Messina find love, scupper mischievous plots and celebrate new found peace across the world!

The tour includes a performance at Cuckfield Recreation Ground on Friday 3rd August at 7.30pm. Tickets are available by ringing 01444 454276, or directly from Rain or Shine on 0330 660 0541 or via www.rainorshine.co.uk.

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Paper Furniture

DESIGN AT HOME

By Fiona Evans, interior designer

Do you need new chairs, a few stools or a coffee table? Perhaps it's time for a change in style and to also lessen your carbon footprint.

Mostly you would think that furniture is made from wood, mdf, metal, plastic or glass and expect it to be already constructed or to arrive as a flatpack. Now there is the option of paper too. Fantastic furnishings can be folded or expanded into amazing shapes and styles using craft paper or cardboard.

Such a versatile recyclable material, paper in its many forms has a multitude of uses.

Early examples of paper furniture were made from papier mache by the Victorians, famously by a Birmingham company Jennings and Bettridge. They glued sheets of black paper and placed them into moulds. Many pieces are now collectors items. Chairs are highly decorated in black, red or green, some have mother-of-pearl inlay www.papiermache.co.uk

Decoupage is a creative way of transforming an old, tired piece of furniture into a unique beautiful object by using cut pieces of paper. Create a design from magazine cuttings, wrapping paper or maps for example, gluing them on to the furniture and varnishing for that bespoke look.

Who would have thought, though, that paper itself could be used to create wonderful examples of chairs and stools using recycled paper so only generating small carbon footprints.

I have scoured the internet hunting for fabulous examples:

Lloyd Loom chairs, sofas and tables are paper based; craft paper is wrapped around wire and woven to make elegant, sturdy furniture allowing a little light to pass through (www.lloydloom.com). The furniture can be painted by the supplier or, for older pieces, sand and clean with a weak solution of washing up liquid before painting.

Looking at www.paperlounge.co.uk they supply fantastic honeycomb style furniture using recycled craft paper. Beautiful stools and benches.

www.yankodesign.com use corrugated cardboard for a very clever award winning design. The 'Octa' stool, using only three pieces of cardboard won the Asia Design Prize 2018 and generates only a small carbon footprint.

www.curbed.com for amazing stools created from recycled newspapers. The designer Woojai Lee turns newspapers into a polished brick like material to make stools and tables.

Personally I see chairs made from cardboard as works of art, such as the magnificent Wiggle Side Chair and all its beautiful curves. Designed by the architect Frank Gehry, as part of his furniture series 'Easy Edges', it is a beautiful robust curvy chair that would make a comfortable and unusual focal point for any interior.



Live at the lake!

If a fun-filled day out featuring live music, tasty food and family friendly entertainment sounds like your kind of thing, then St Catherine's Hospice's brand new Live at the Lake is for YOU!

Come along and enjoy an afternoon of tribute tunes, by Re-Take That and MacBusted, while raising funds for your local hospice.

Taking place on Saturday 8th September in Tilgate Park, Crawley, the festival inspired event starts at 2pm with a live DJ from 3pm, a children's disco tent, entertainment, merchandise stalls and an inflatable dragon. There'll also be a bar and refreshments with a percentage of profits going to St Catherine's. After enjoying the afternoon's festivities, MacBusted will take to the stage at 5pm, followed by Re-Take That at 6.30pm.

Buy your tickets online at www.stch.org.uk/lake or call Hannah Shorter in the St Catherine's Events Team on 01293 447364.

Calling cyclists...

By Hayley Wicker-Bradbury

As I walk my dogs through the various lanes around Cuckfield I can't help but notice the many cyclists. Are they on their way to work or going for an evening cycle? I always wonder if it's because they enjoy cycling or whether it's a quicker and more environmentally efficient way of travelling. My role as Fundraising Manager at The Disabilities Trust means I get to meet all sorts of exciting people. From the men and women we support in our services locally in Burgess Hill and Lindfield, to corporate supporters and individual fundraisers looking for their next challenge.

I would really like to talk to the people I see cycling in our wonderful village to see if the next event I am working on would be of interest to them. It's a 54 mile cycle from Clapham Common in London to the sunny shores of Brighton on Sunday 16th September. Perhaps you know a keen cyclist and think they might be interested? Would you be so kind as to forward my details (fundraising@thedtgroup.org or call 01444 237286)?

Thank you.

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Away from home

SIMPLY GOOD FOOD

Portuguese Fish Cataplana (Serves 2)

Finely slice 1 large skinned onion and a red or yellow pepper (stem and seeds removed). Put into a wok or frypan (NO oil) together with 2 peeled and cubed medium baking potatoes. Mix together 200ml fish stock, 100ml dry white wine, 2-3 tbs tomato purée, a little garlic and a pinch of chilli flakes. Add to the pan, bring just to the boil, cover and cook over a low heat until the potatoes are just soft. Meanwhile cut about 400g firm fish into cubes (I have tried cod, haddock, salmon and pollock successfully). When the potatoes are just cooked add the fish on top of the vegetables, cover and cook for a few minutes until the fish is cooked. Season and serve.

Mushroom Brioche

A very attractive and simple starter or light meal.

Preheat the oven 180°. For each person cut a thick slice from a brioche loaf and place on a baking sheet. Peel and remove the stem from large flat or Portobello mushrooms. Blend soft butter with lots of crushed garlic and chopped herbs such as chives, oregano, thyme or basil and some finely grated lemon peel. Spread a generous layer on each slice of brioche, place a mushroom on top and add a knob of the butter in each. Bake for about 10 min or until the mushrooms are soft. Top each with a thick slice of goats cheese (from a log) and return to the oven until bubbling and browned. Serve immediately.

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Leaving your soot on the liner means it will harden and be more difficult to remove, plus, when mixed with moisture such as condensation or rain it will form a very mild acid (Hydrochloric and Sulphuric) that will eventually shorten the life of your liner.

Get ahead of the rush which starts at the end of July and clean it now, call Terry on (01444) 453228.

Clean your flues regularly to help avoid Carbon Monoxide poisoning & Chimney fires.



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By Caroline Young

On holiday in the Algarve it is well worth exploring a little inland from the large coastal resorts both to find stunning scenery and authentic Portuguese cooking. Small off-the-beaten track family run restaurants make you very welcome and serve excellent food. This is often simple dishes using ingredients very often home-grown or fresh from the sea. My fish recipe can be adapted many different ways and is very healthy. The name is that of the domed copper cooking vessel used and dates back to the 6th century. Actual amounts depend on the number of eaters, double up or more. Use just one fish, traditionally white or a mixture plus add mussels, prawns and squid if you like them.



Apricots and Oranges with Saffron Honey Sauce (Serves 4-6)

The day before serving: measure 275ml water, 75ml orange juice, the juice and finely grated rind of 1 lemon, 75ml honey or agave syrup and 6 crushed cardamom pods into a pan and add 225g dried apricots. Bring just to the boil, cover and cook over a very low heat until they are plump and the liquid syrupy. Cool then refrigerate overnight. Also combine 2tbsp boiling water with a good pinch of saffron threads, crushing them with a spoon. Stir into 100ml clear honey, cool, cover and set to one side. Before serving add the segments cut from 2 large oranges to the apricots. To serve, spoon on to plates adding a spoonful of thick natural yogurt or a scoop of vanilla icecream then a drizzle of the saffron syrup.

Green Salad Leaves with Herb Dressing

Into a blender or processor measure 3tbs fresh lemon juice, 1-2 crushed garlic cloves, 1tsp Dijon mustard, 2tsp caster sugar, 75ml extra virgin olive oil and 75 ml rapeseed oil. Buzz until well combined then season to taste. Pour into a screw-topped jar and add a generous handful of fresh chopped herbs. Store in the refrigerator. Just before serving drizzle over crisp green salad leaves and lightly toss together.

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Allotments

Cuckfield Parish Council has a few plots available at both Whitemans Green and Courtmead Road sites. If you are interested in renting a plot please contact caroline.hansen@cuckfield.gov.uk or 01444 454276.

We are pleased to inform you that thanks to a kind donation from Holy Trinity School we now have a notice board installed at each allotment site for use by the Council and tenants to share information.



Cuckfield Village Clock

Keen-eyed Cuckfieldians will no doubt have noticed that time is standing still on one side of our lovely village clock as it is minus its hands. The Parish Council are discussing repairs to the clock and is therefore in contact with the current owner of the building which has housed such an iconic item for so many years. Some interesting questions have been raised, and it has encouraged us to look into the history of the establishment of the clock and its ownership. Thanks to Cuckfield Museum we have photographic evidence that the clock was in situ on that particular building from at least the 1860s. Unfortunately, the Mid Sussex Times did not exist at that time but later newspaper articles have adverts for the Clock House shop to let in 1891 and show that in 1895 the Urban District Council of Cuckfield paid £15 for repairs and upkeep at that time, not including the scaffolding. Sadly, the costs have rocketed since then. An agreement was made on 1st August 1901 between the Urban District Council of Cuckfield and Thomas Best concerning access for maintenance of the Cuckfield

Village Clock. We can trace the history of Clock House as a village shop in various census and other records. It is a prominent landmark and was central to village life. In the 1890s a horse omnibus left the clock at regular intervals during the day to go to the railway station.

As yet we have not discovered who had the original idea of putting a clock on that particular building, though it is the ideal spot as it is very well placed to be seen from all directions. Was it paid for by public subscription perhaps? We do know that the Bowring Family were very generous in paying for restoration more recently and it is obviously a much loved feature of our village. A relic of our history which must be preserved.

At the demise of UDCC the clock then came under the aegis of Mid Sussex District Council and from MSDC to the newly formed Cuckfield Parish Council on 6th July 1987. CPC have been paying for the electricity and regular maintenance ever since.



Queen's Hall

Those planning summer weddings will be interested to know that the Queen's Hall is now licensed for outdoor marriage ceremonies. The garden now has a lovely new gazebo. It is an excellent addition for other parties too. Watch out for further information in the near future.

Speed Watch

Our speed watch group has now been running for four months. Thank you to our volunteers for the great work you are doing, however we still need more volunteers.

If you feel you would like to support your village to make it safer please register with our speed watch group www.communityspeedwatch.co.uk, click on 'join existing group' and follow the onscreen instructions.

The name of the group is Haywards Heath Cuckfield Parish Council. For further information, email colin.mercer@cuckfield.gov.uk.

Speed Limit Sign

Following consultation with WSCC we have recently moved the 30mph speed limit signs by 25 metres on the B2036 approach to the village with the aim of reducing the speed of traffic earlier before it enters the village. The signs are now further away from the junction of Church Platt which means the de-restriction signs are now further away from the junction with South Street thereby extending the village 30mph limit past Church Platt with the intention of making the junction safer. The situation will be monitored by our Speed Indicator Device (SID)

Commemorative Bench

The Parish Council has been awarded £3,000 to commission Christian Funnell, a Sussex based sculptor, to produce a commemorative feathered bench in galvanised steel, which will be installed within the area of the unmarked babies' graves in Cuckfield churchyard. The sculpture will be a unique piece of art that people can sit on and reflect when they visit the area. The project will take about a year to design and produce. When the Parish Council has more information about the structure it will be added to Cuckfield Parish Council's website.

Community Bus Service

Due to the poor response from the public the Council will not be taking this item forward.

Pest Control

We have received a report that there is a problem with rats in some areas of the village. Please contact MSDC Pest Control <https://www.midsussex.gov.uk/environment/pest-control/>

New Staff Member

We are pleased to welcome our new Assistant Grounds Person, Matthew Stevens, to the team. Matthew will be based mostly at the Cemetery, working alongside Alex Bull, our full-time Grounds Person, to keep the Cemetery grounds well maintained. Together they will also be responsible for the new site at Horsefield Green, as soon as the new equipment is available for use there.

Councillor Vacancy

Due to the recent resignation of our outgoing Chairman, Nigel Page, we currently have a vacancy on the Parish Council for a new Councillor to join the team. If you are interested in applying for the role and would like to know more, please contact the Clerk, Sam Heynes, on 01444 451610 or sam.heynes@cuckfield.gov.uk for further information.

Part-Time Weekend Caretaker Vacancy

We are looking for a part-time weekend Caretaker to join our team, to be based at both the Queen's Hall and Cuckfield Village Hall. The role will be 4-5 hours per week; these hours will be spread across both halls to meet and greet hirers and ensure the halls have been cleaned and vacated at the correct time. The hourly rate offered will be £8.38/hour. For further information including a full job description please contact the Clerk, Sam Heynes, on sam.heynes@cuckfield.gov.uk or 01444 451610.



YOUR PARISH COUNCIL

Chairman

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

Vice-Chairman

Frances Laing: 07739 828140
frances.laing@cuckfield.gov.uk

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sam.heynes@cuckfield.gov.uk

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Caroline Hansen: 454276
Caroline.hansen@cuckfield.gov.uk

Admin Assistant (Bookings)

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

www.cuckfield.gov.uk

www.facebook.com/CuckfieldParishCouncil/

www.thequeenshall.co.uk

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

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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



Jayne Cole at Khao Sok National Park, Thailand



Jon Clark at Brooklyn Bridge, New York







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*The National Institutes of Health



Singing Allsorts

Singing group goes on tour!

The Singing Allsorts saw success on their recent tour to Cornwall (see above), playing two gigs – each with a different male voice choir.

The choir presented a varied programme in an informal manner which was very well received.

Feedback from both concerts was enthusiastic and highly complimentary. One commenter told the group 'you are a breath of fresh air'. Kate Fleming said: "An elderly audience member, well known to dislike female choirs, fell in love with the joy and happiness in their singing and the individuality so perfectly ingrained into the collective choir culture."

Kate extended her congratulations to the Singing Allsorts: "We are proud of you and look forward to your summer concert."

The group's Summer Concert is taking place on Wednesday 11th July at 7.30pm in Holy Trinity Church.



All your garden needs

We offer all the usual things you'd expect from your gardener, like hedge trimming, lawn care, weeding and pruning.

Or perhaps you have something more specific in mind, like building vegetable beds or compost bins, or making your garden look its best for property viewings.

01444 657140

info@sowsussex.com

Find out more at **sowsussex.com**

Sudoku #25

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

Find the solution to #25 in next month's magazine

#24 Solution

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

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



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What's on this month

ELSEWHERE

July

- 11th **The Singing Allsorts Charity Concert** – 7.30pm
Holy Trinity Church, Cuckfield
Local female, amateur singers performing songs from musicals, ballads, classics, folk songs etc. Raising funds for Water Aid and Brighton Winter Night Shelter
- 13th **Cuckfield Flower Club** – 7.30pm
HH Methodist Church, Perrymount Road – Demo/Talk by Kathryn Austin: 'A vine romance'
- 17th **Cuckfield Evening WI** – 7.30pm
Cuckfield Baptist Church - Growing up at Nymans by Sue Etheridge
- 25th **Royal British Legion Women** – 12 for 12.30pm
Old School, Cuckfield - Lunch, Camelia Botnar
- 27th **La Boheme** – Gates 6.30pm
Borde Hill Garden – Professional outdoor opera production (Tickets: www.operabrava.com)
- 28th **The Marriage of Figaro** – Gates 6.30pm
Borde Hill Garden – Professional outdoor opera production (Tickets: www.operabrava.com)

August

- 3rd **Much Ado About Nothing** – 6pm
Cuckfield Recreation Ground (behind the Queen's Hall) – Tickets £14/£12 each, £6 Children. Bring picnics, rugs or chairs. (Box Office 01444 454276)
- 7th **Mid Sussex NHS Retirement Fellowship** – 10.15am
Franklands Village Hall, Haywards Heath
- 10th **Cuckfield Flower Club** – 7.30pm
HH Methodist Church, Perrymount Road – Demo/talk by Margaret Hayes entitled: 'Any time, any place, anywhere'
- 21st **Cuckfield Evening WI** – 7.30pm
Cuckfield Baptist Church - 'Afternoon Tea at Hillier's'
- 24th-27th **The Attic Art Club Original Art Fair**
Ditchling Village Hall

The Green Tree Gallery
at Borde Hill



The Other Summer Exhibition
30th June - 1st September

Hot on the heels of The Royal Academy's annual Summer Exhibition, the Gallery celebrates its 10th birthday with a similarly eclectic show of work by its many artists, past and present.



OPEN Tuesday - Saturday 10.30am - 5pm

The Green Tree Gallery, Borde Hill Garden, Haywards Heath RH16 1XP
01444 456560 • info@greentreegallery.co.uk

www.greentreegallery.co.uk

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 **Pre-school Football**
- 1.30pm **Yoga**
- 3.45pm **Dance Classes for Children**
- 7.30pm **Dog Training**

Wednesday

- 10.30am **Pre-school 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 **Pre-school Dance Class**
- 6pm **Dance Classes for Children**
- 7.30pm **Wedding Dance Class**

Friday

- 9.30am **Pre-school 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.

July

- 13th **Full Parish Council Meeting** – 7.30pm
- 20th **Parish Council Meetings**
 - 7.30pm: Planning
 - 8.15pm: Estates

August

- 10th **Parish Council Meetings**
 - 7.30pm: Planning
 - 8.15pm: Environment

AT WOODSIDE

Monday

- 9.45am **Sing & Sign (3 sessions)**
- 4.30pm **Hayley Beeson School of Dance**
- 7pm **DDMX Dance Fitness**
- 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**
- 8.15pm **Bounce & Burn**

Friday

- 9.30am **Saplings**
- 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**
- 4pm **Grace Church**
- 4pm **Messy Church** (last Sunday/month)
- 4pm **Woodside Netball Club**
- 7.30pm **Zumba**

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).

July

- 28th **Quiz Night** – 8pm

September

- 29th **Quiz Night** – 8pm

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