

Cuckfield Life

Inc. Brook St, Ansty, Staplefield & Bolnore Village

Local village talk,
by the village

Issue #71 : Sept. 2018

Free

Great GCSE results

page 6

Maureen's French dream

page 26

Dads complete 3 Peaks!

page 42

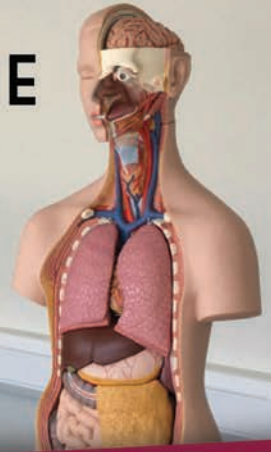
Including...

Bolnore
VILLAGE

6 PAGE SECTION

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EDITORIAL

By Jacqueline Elmore,
Assistant Editor



When we think of September we often picture summer slowly fading before our eyes. This month we'll see shorter days and longer nights. Some of you may even be back at school and feeling a slight nip in the air on the morning commute. Weather wise, September can be just as glorious and fine as July so we will still have much to look forward to; particularly right here!

Plans are already underway for the **Cuckfield Remembers** commemoration event. There's a mini-feature on **page 17** all about that, so keep your eyes peeled for our very own 'Tommy' as you journey around the village.

And we're gearing up for the highly anticipated second **Cuckfield Bookfest** which will be taking place in early October. **Page 25** gives you an insight into the programme of events that the team is running this year. With a bumper packed schedule there should be something for everyone...even you non-bibliophiles!

Speaking of the Bookfest, on **page 26**, I talk to author and Bookfest speaker **Maureen Emerson** about her latest book, **'Riviera Dreaming, Love and War on the Cote d'Azur'**, and learn about some of the years she spent living in the South of France before moving to Cuckfield.

On **page 34** you can read the recollections of the late **Barrie Galbraith's** family and all about his life here in Cuckfield.

We've some **Bolnore** goodies too, which starts on **page 40**. Ben Harris tells us more about the gruelling **'Three Peaks Challenge'** that he and six other Dads completed together to raise money for Bolnore Village Primary school on **page 42**.

David will be back next month with his regular round up but please do let us know if you've any interesting stories you'd like to share by emailing editor@cuckfieldlife.co.uk.
Happy reading!

Issue #71 – September 2018 –
3,500 copies printed

Next magazine copydate:
2nd October 2018

Next magazine published:
16th October 2018

Cuckfield Life

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Hurstwood Lane, RH17 7QX

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Cuckfield Life Published
by Kipper



Matt Buss
Looking down South Street

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

ForgetMeNot walk: 7th October

Last year Bloodwise was the named charity for Ride London which saw a dedicated group of 20 cyclists called Team Angus cycle their way along an arduous 100 mile route.

This year the team are doing it again but this time they're walking/running for Bloodwise.

The Angus Rowland ForgetMeNot run/walk will take place on Sunday 7th October 2018 in Staplefield.

As in previous years, the run/walk will start and finish at Staplefield Village Hall, Cuckfield Road, Staplefield, RH17 6ET.

The event will be open to everyone, and there will be a choice of two local walks - a 6.5 mile walk on muddy rural footpaths or a one mile walk, mainly on roads.

The runners will follow the same route but will set off after the walkers. You can view a map of the route online.

Registration will open at Staplefield village hall at 9am for walkers and 10am for runners. Entry is by donation

and the organisers are suggesting £10 per adult and £5 for a child.

Participants can either: register on the day, or enter online at:

<https://bit.ly/2Q4uekz>

Dogs are welcome but must be under control as livestock maybe present along the walk.

Refreshments will be available throughout the morning in the village hall. Go along for a quick cuppa

even if you cannot make the walk. All are welcome. Over the years the

walk itself has collected more than £185,000 in funds, so take your

walking (or running) shoes to help support this worthy cause by getting involved.

Cuckfield Baptist Church

We are a Bible-teaching, all-age friendly church in Cuckfield, seeking to know Jesus and make Him known in Mid-Sussex.

We meet at 10:30am every Sunday morning, and **everyone** is welcome - whether or not you'd call yourself a Christian.



To find out more about us and what we do, visit our website:
www.cuckfieldbaptistchurch.co.uk

Church Office:
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cuckfieldbaptistchurch@gmail.com

cbc
Cuckfield Baptist Church



By Emma Fairbank

On Wednesday 8th August, Cuckfield Golf Club held its annual Ladies Charity Day, 'Pimms & Pink', organised by the current Lady Captain Annie, and Vice Elaine. And what a fantastic day it was. Forty-five ladies arrived at Cuckfield Golf Centre, head to toe in pink, with a very generous donation of raffle prizes, silent auction prizes, books and DVDs.

The ladies headed out on to the course, decorated with pink balloons, for nine holes with many challenges

along the way, including chipping into an umbrella, a putting competition and a small assault course. Once they had completed their round and many fun competitions, they returned to the clubhouse for home-made scones, Pimms, a raffle and a silent auction!

We are absolutely delighted to say our lovely ladies raised a fantastic £1,714.61 for Breast Cancer UK. Thank you to all those who attended, donated and played. Of course, we cannot forget about the men who had also donated throughout the morning as well.


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Students rose to GCSE challenge

By Dom Kenrick, Headteacher

Warden Park is delighted to announce that our Year 11 students have achieved fantastic GCSE results this summer. In almost all subjects students have received grades in the new reformed GCSE qualifications, graded 9-1, which have more demanding subject content and more challenging examinations. Therefore this exceptional set of GCSE results is a real testimony to the dedication and hard work of our students and our staff in achieving the 'Best from All' - our school slogan.

The proportion of students who achieve both English and Maths at grade 9-4 is a headline measure for schools nationally, and Warden Park's performance has improved to 79% from what was an already impressive 76% last year. In English 90% of students achieved a grade 9-4, whilst in Maths the figure was 82%. We are equally delighted that the proportion of students achieving the very top grades of 9-7 was 36% in English and 29% in Maths. Across all subjects a fantastic 30% of the grades achieved by students were the very top 9-7 grades. In Science, 74% of all students achieved two Science GCSEs at grades 9-4, whilst 80% of those taking three Sciences (Biology, Chemistry and Physics) achieved a grade 9-4. Modern Foreign Languages had 79% of students achieve a grade 9-4, whilst in Humanities (Geography or History) the figure was 81%.

Students' achievements in the expressive arts (Art and Design, Dance and Music) was equally impressive

with 88%, 100% and 78% achieving grades 9-4 respectively. At Warden Park we offer a very wide range of subjects, and in 22 of these subjects over 80% of students achieved grades 9-4, which is a tremendous testimony to the strength of teaching across the curriculum and of students' hard work here at Warden Park.

I am delighted that our Year 11 students have achieved such an outstanding set of results, and it is a fitting reward for the determination to succeed academically that they have shown throughout their time at Warden Park. In an environment of increasingly challenging GCSE examinations our students have shown the growth mindset and grit to not only believe that they can be successful but to actually achieve it. I have been particularly impressed by the achievement of our students right across the ability range. For some students achieving grades 9 or 8 was the challenge, whilst for others it was to achieve grades 4 or 3. Success from the results will look different for each and every student, and the enormous pride I feel for my students' achievements is not dependent on the grade achieved but on the work put in and the progress made that will allow them to move on to the next phase of their education. I would also like to express my thanks to my staff team for their dedication in ensuring that at Warden Park we achieve the 'Best from All'.

Dave 'G'

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Mayoral holiday

FROM THE MAYOR'S TABLE



By Evelyn Stening

Since my last update, my sister Joyce has returned to Somerset after she and I spent a lovely month together.

The following week four members of the Cuckfield WI visited the Lindfield WI, where we had a lovely cream tea together.

On Thursday 9th August, 30 members of the NHS Retirement Fellowship Mid Sussex had a very interesting and enjoyable day visiting Ham House and The Poppy Factory in Richmond. We discovered how the poppy became the symbol of Remembrance and how the wreaths are made. We also learnt how to make a poppy with one hand.

The next day was the start of my family break to Somerset. Whilst there I attended a double Christening for two of my great, great nieces at Wambrook Parish Church. I also visited Taunton Museum; home to a large contemporary gallery in a 12th century historic castle - definitely worth a visit if you are in the area. On my birthday, my sister Joyce and I were taken by my nephew, Trevor, to Seaton and treated by his friend to a day on the Tramway to Colyton and back. On the way home we went via Lyme Regis, Charmouth and Stonebarrow and stopped for tea. The following day I enjoyed an unexpected car ride with some of the family. We visited a farm and indulged in a delicious cream tea. On the way back we drove across some of their fields, which are home to many sheep and lambs.

I travelled back to Sussex early in the week, and on the Tuesday afternoon ten members visited Hillier's Nursery in Horsham.

By the time you read this the Cuckfield Village Show will have taken place and some of us should be happy with our results.

The coffee morning for my Mayoral Fund is being held in the Village Hall on 22nd September at 10am. The usual stalls comprising cakes, a raffle, a tombola, books, cards and other contributions will be accepted.

I am sure, too, that the ISOC will be looking for candidates for this year's election, so I encourage you to put your name forward.

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Home transformations

OPEN FOR BUSINESS



Jamie Wadman is no stranger to Mid Sussex, having lived here his whole life, being schooled at Hurst College and has worked on houses in and around Cuckfield with his company Stylo Renovations.



Although Jamie has run the business for the past six years, he's been working for himself since 2007.

After beginning his career twenty years ago labouring on building sites, he soon realised that he wanted to learn a specific trade and went to City College to complete an NVQ in carpentry. It was at this time that he began doing small projects for people when he wasn't doing contracting work.

It's not the outside air or being your own boss that gets him out of bed in the morning, it's the creativity. "I love standing back from a completed project and saying: 'We did that'," Jamie explained. "For many of our customers we are creating their dream home, and it's a pleasure and a privilege to use my knowledge and skills to help them achieve this."

We all know the stereotypes about builders but Jamie works hard to make sure they don't apply to Stylo Renovations. "First and foremost," he goes on, "we are in people's homes and my team are always considerate of this fact." Trust is an important element to the client:builder relationship and Jamie knows it.

Jamie's team is made up of a number of trusted colleagues who all understand his customer-focused ethos. One of them is his decorator (and brother) Sam, who has frequently been specifically requested by previous customers who knew not only the quality of his work but what it was like having him in their home.

Cuckfield customer Gareth Nelson explained: "We used Stylo Renovations for an extension of our home in Warden Court. We are extremely happy with the end result they have delivered for us. We knew exactly what was happening and when, which was a huge consideration for us as we were living in the property with a very young family."

Stylo Renovations can take on a number of types of building project in your home. This includes new build properties, extensions, conversions of lofts and garages (see before/after photos, above) and house renovations.

If trust is an important factor for choosing your builder, flexibility can be too. Jamie recalls a kitchen renovation recently in which the customer wanted a door blocked up. On doing so, they realised it had created a dark corner and Jamie suggested unblocking it and turning it into a large window! The work required a custom-made window to be manufactured, and the team worked round the waiting hole while fitting and finishing the rest of the kitchen. The new window arrived just in time, allowing them to leave the project completely finished.

Gareth continues: "The quality is amazing and the finish immaculate. The final renovations actually exceeded our hopes and expectations – please ask Jamie and I am sure he would be happy to show you around what they did for us."

But there's one more feather in Jamie's building cap and that is communication. "Above all," he says, "customers want to know you aren't going to leave them high and dry and totally in the dark about what's going on. I always make sure that the client knows what's happening, before it's happened!" And that is just one way in which Stylo Renovations challenges the sometimes bad reputations of the building trade.

The company is fully insured and Jamie is especially proud to be accredited by the WSCC Trading Standards 'Buy With Confidence' scheme. This offers an 'insurance-backed' guarantee for all of its work.

If you have a project which you'd like to ask Jamie to look at, call 01273 634846 today and he'll be more than happy to talk to you about it.

To see more project profiles, see the website: www.stylorenovations.co.uk



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Be speed-aware

By Jill Butler

Members of the Cuckfield group ran a Speedwatch session at Whitemans Green during the summer using a specially calibrated device from Sussex Police that is effective from up to half a mile distance away.

We chose Whitemans Green because dog walkers and children have difficulty crossing the road to use the playing fields/skateboard park. As with the last time we ran a session here, about 10% were speeding and pedestrians thanked us for making drivers more aware of the limit.

Most drivers did slow down when they saw our hi-vis jackets, and we are happy about this because the aim is to educate drivers. We noted that drivers setting a good example successfully slowed up all the traffic behind them. So, keep it up Cuckfield residents!

The number of vehicles were counted in one hour was 296 and 28 cars were noted to be driving above 35mph. Their details have been logged on the Community Speedwatch site and Sussex Police will send letters to the drivers as well as checking their tax and insurance.

We ran another session in August by the Rose and Crown pub and noted seven cars driving too fast.

Sussex Police have since advised us that two of the cars we reported on our previous session didn't have any tax.



We aim to pop up in various Police-approved sites around the village throughout the year. If you have one or two hours a month free and would like to join our group, please send an email to info@cuckfield.org.



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Swing comes to The Queen's Hall

Back in 2017 The Perdido Players' Swing Band played at the Holy Trinity Church lunchtime concert. Key band members have also entertained local music lovers at the Cuckfield Christmas Tree festival for many years. The band has always thoroughly enjoyed these occasions and is therefore excited to announce their return next month.

The Perdido Players will return to Cuckfield for one night only at The Queen's Hall on Saturday 13th October at 7.30pm. The band looks forward to entertaining you with music from the big band era and would love to invite the audience to dance in addition to listening to the music.

On this occasion The Perdido Players are delighted to also welcome the Sister Sister singing group to join the show. Sister Sister are a six piece a capella group who sing songs ranging from the 60s to the present day. They have been established for more than eight years and entertain locally. The group auditioned for one of Gareth Malone's shows and were in the final of 'The One' competition locally.

The band and the group will share the stage to sing some of the 40s favourites such as Boogie Woogie Bugle Boy and Chattanooga Choo Choo.



Tickets can be purchased for £10 from Pepperbox Interiors, on the door at The Queen's Hall or by calling Peter Swann on 01444 450335. There will be a licensed bar and all proceeds from the evening will go to The Friends of Holy Trinity Church, Cuckfield.

For more information please contact Peter Swann or visit The Perdido Players Facebook Page.

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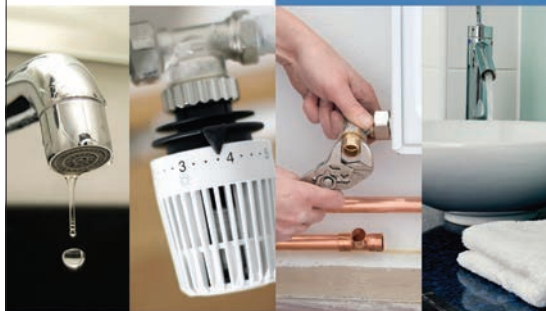
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London Welsh Rugby Club Choir back in Cuckfield

By popular demand, The Friends of Holy Trinity Church, Cuckfield are welcoming a return visit from the London Welsh Rugby Club Choir who will perform a concert in the church on Sunday afternoon 30th September at 2.30 pm.

The male voice choir has an international following for its Welsh talent and repertoire.

Tickets cost £18 in advance, £20 on the door and £5 for children under 16. They are available from fohtcc@btinternet.com and Pepperbox in Cuckfield (01444 454298). Doors will open at 2pm.

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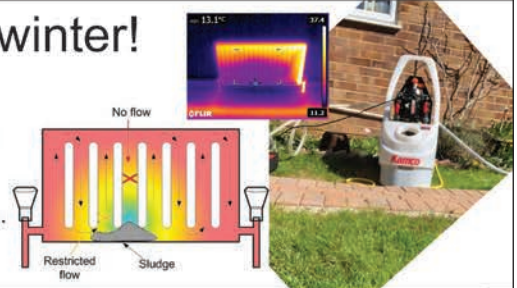
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Cuckfield Remembers 1918 - 2018

On 3rd August 1914 Britain's Foreign Minister, Sir Edward Grey, was looking out of his office window. It was dusk and gas lights were being lit along London's Mall, leading to Buckingham Palace, when he remarked to a friend: "The lamps are going out all over Europe; we shall not see them lit again in our lifetime."



Our country was about to be plunged into the darkness of the First World War, and it would be four very long years before Britain and Europe would again experience the light of peace.

In commemoration and remembrance of the end of that war and the many millions who were killed or came home dreadfully wounded, a chain of beacons will be lit throughout the UK, Channel Islands, Isle of Man and UK Overseas Territories at 7pm on November 11th - Armistice Day - a century after the guns fell silent. Those beacons will also act as a tribute to the huge number of men and women on the home front who, often in dangerous and exhausting conditions, underpinned the war effort – keeping the wheels of industry turning, bringing in the harvest and ensuring that the nation did not starve.

Among other National plans, a memorial service is being prepared with the theme of uniting all four home nations, and UK Government funding is supporting the Central Council of Church Bell Ringers to recruit 1,400 ringers, the number who were lost in 1914-18, so that church and other bells can ring out as they did in 1918 to mark the end of the War. Additionally, the annual ceremony at the Cenotaph will conclude with an expanded march-past.

As mentioned in last month's Cuckfield Life, plans for our community to join the rest of the nation in this commemoration are well advanced and you will see our own 'TOMMY' (pictured) as you journey around. A beacon will be lit on Whitemans Green on Sunday 11th November at 7pm, and full details will be provided in a Commemorative Programme of events that will be delivered with our next magazine. This will include the map of our Memorial Walk which will detail 35 locations where some of the 81 men who gave their lives lived. Other November events to help us to come together to remember will be a dramatisation of Letters & Poems From the Front (1st and 3rd), a screening of the all important, original film All Quiet on The Western Front (2nd), The Royal British Legion Women's Section Poppy Appeal Morning (Sat 3rd), a Community Concert (Sat 10th) and a Tea Dance (Sunday 11th). Tickets will be available for all of these events with details of how to apply in the Programme – look out for it.

None of these events will overshadow, of course, the Armistice Day services that will be held in our two churches.



Mid Century Modern

DESIGN AT HOME

By Fiona Evans, Cuckfield Interiors

An open plan interior embracing clean lines with sliding doors opening out on to an outside living space is not such a new idea as you might think but swings right back to 1950s America. Seamlessly merging indoor/outdoor spaces with the inside spilling out to wide patios embracing Nature and its organic forms was a philosophy sprung from Mid Century Modern, a design movement from the 1930s to early 1960s. Architects Frank Lloyd Wright and Walter Gropius, amongst others, created such spaces hoping to achieve a fresh look for a new lifestyle. Floor plans composed of light, airy, wide open spaces, forging a brighter future in home design for post war America. Focusing on that new future, American architecture turned its back on austerity and made the most of its massive post war economic boom, creating homes with flat roofs, expanses of glass walls and clean lines. Such modern light and airy spaces called for new trends in furniture design and decoration and manufacturers could fortunately make the most of post war mass production techniques. Furniture and appliances took on new affordable exciting styles which were stripped down to their basic forms without detailing and described as contemporary.

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

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

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



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Lord, to whom else can we go?

Dear Friends,

We have recently spent five Sundays at Holy Trinity exploring one chapter of John's Gospel which has provided us with the main reading at our 9.45 service. The word Gospel is the Old English translation of the Greek word evangelion, meaning 'good news' (probably taken from the opening words of Mark's Gospel) and which originally meant the Christian message itself. However, in the second century it became applied to the four books which provide us with the accounts of the life of Jesus.

John's Gospel is perhaps the most profoundly theological of all four Gospels, providing the reader with both vivid accounts of encounters Jesus has with people on his journey together with deep reflections on the life to which Christians believe themselves to be called.

John 6 is perhaps the most challenging passage in the New Testament. An extraordinary read, it is the longest single sequence within the whole Gospel and starts with John's account of the feeding of the 5,000, followed by Christ's walking on the water of Galilee – both ultimately speaking powerfully of Faith. This is followed by a long interplay between Jesus and the authorities about his message. John presents this to make the reader aware of the flesh and blood Jesus – absolutely united with us in our humanity – the one who leads us to share in the mystery of God's Love. Jesus ultimately reveals this through his self-giving on the cross which leads to Resurrection Life – a life open to all who seek to follow him.

The chapter ends with people turning away from Jesus, because they want signs without understanding that the Good News of Jesus Christ is not merely some 'feel good' experience but the identification of God with every aspect of the human experience and the call to our constant transformation into who God calls us to be. Peter's words (at the top of the page) are followed by: 'You have the words of eternal life' (John 6: 68), not some pie-in-the-sky hope-for attainment, but an acknowledgement of this call to transformation.

If you want to know more, join us at any of our services – all are welcome, and we would love to see you.

Michael (Vicar)



Kempe – The life and Legacy of Charles Eamer Kempe

By Adrian Barlow

Taking place during the period of the Cuckfield Bookfest, please join us for the launch of a new major study of this Victorian designer and manufacturer of stained glass whose legacy is seen in some of his finest work in Holy Trinity, Cuckfield.

Adrian Barlow presents his new major publication at Holy Trinity Church
Saturday 6th October at 3pm
Tickets (£5) at the door

SUNDAYS

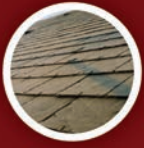
(Modern Language unless stated BCP = Book of Common Prayer 1662)

- 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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SIMPLY GOOD FOOD

Tomato and bacon casserole

(Serves 4)

Preheat oven 200°. Fry 125g finely chopped streaky bacon until crisp then remove from the pan with a slotted spoon. Add 1 finely chopped onion and crushed garlic to taste to the bacon fat and gently cook until soft and golden brown. Stir in a little chopped parsley. Process 3-4 slices of bread to rough crumbs, adding a dash of oil at the last moment. Skin and slice 450g ripe tomatoes. Arrange a single layer in a buttered shallow baking dish, top with crumbs and some of the crisp bacon and the onions. Repeat the layers ending with crumbs. Bake for 20-30 min or until golden brown. Delicious with sausages or, to make it a complete dish, add grated cheese between the layers.

Creamy tomato and bacon sauce

(serves 2)

Cook 225g pasta (any shape), rice or gnocchi to packet directions, drain if needed and keep warm. Meanwhile gently fry 125g finely chopped bacon until golden brown. Add 225g cherry tomatoes (mixed colours if possible) and crushed garlic to taste. Cook until just soft (try not to break the tomatoes up) then tip in 150ml soured cream, 2tbs mayonnaise and a handful of chopped chives. Gently heat to bubbling then serve spooned over the pasta etc.

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By Caroline Young

The most celebrated festival in September is the harvest and with the weather we have had so far this year I wonder what kind of harvest we will have. Hopefully we will have a bumper blackberry crop – they are so good in so many recipes. The Blackberry and Apple Bake dessert is topped with a layer of sponge that the fruits bubble through during cooking. Delicious with ice cream. A good harvest of tomatoes would be great – whether eaten raw, cooked and even the dried variety – they are so useful in so many dishes. Here are some of my favourite recipes.



Blackberry and apple bake (serves 4-6)

Preheat oven 180°. Combine 450g blackberries with 2 peeled and thinly sliced Bramley apples plus a good sprinkling of soft brown sugar. Tip into a lightly buttered dish. Whisk 2 eggs and 75g soft brown sugar until foamy then add 75g melted butter, 4tbs orange juice and 200ml milk. Sift over 175g SR flour and lightly stir everything together until creamy. Pour evenly over the fruit and bake for 30 min or until golden brown and firm to the touch in the centre.

Blackberry muffins (makes 12)

Preheat oven 200°. Sit paper cases into 12 large muffin pans. Beat together 100g each of soft butter and caster sugar, 2 eggs and 2tbs milk. Sift over 150g plain flour, 1tsp baking powder and 1tsp cinnamon. Mix just until combined (muffin batter should still be slightly lumpy) then fold in 100g blackberries. Spoon into the paper cases and sprinkle with Demerara sugar. Bake for about 18 min until risen and golden brown.

Blackberry bread and butter pudding

Next time you make Bread and Butter Pudding, instead of bread try using sliced brioche or croissants. Combine a good handful of blackberries with a little sugar and a pinch of cinnamon and spoon between the layers. Add the custard mixture, allow to stand for 30 min then bake as usual.



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Bookfest goes live

By Sheila Mortimer

The main programme was delivered to Cuckfield households on 14th August, and within 24 hours lots of tickets had been sold. Ticketsource is generally regarded as an easy-to-use website for purchasing tickets, and every morning the organisers receive a report on the tickets and purchasers from the previous day. It becomes a bit addictive, and it's certainly the first thing I look at in the morning on my laptop! Stella Rimington is in the lead at the moment, closely followed by Mark Billingham and the Literary Quiz.

In this year of the 100th anniversary of the birth of Muriel Spark, most book festivals are celebrating the work of this renowned Scottish writer. Probably best known for *The Prime of Jean Brodie*, she has written books covering many genres; she even tackled the mystery of Lord Lucan.

To discuss her writing, Cuckfest is delighted to have three Spark experts coming all the way from Edinburgh.

Two writers of historical fiction will be in conversation with Alan Judd, himself an award-winning novelist and biographer. They will talk about their historical periods and how they have adapted fact to their fiction.

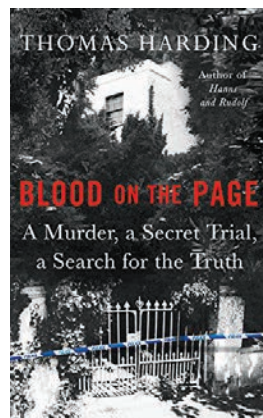
Sue Cook is known to many people for her work on *Crimewatch UK*, so she is the perfect moderator to talk to Thomas Harding whose latest book, *Blood on the Page*, is an extraordinary true tale of isolation, deception and violence. Thomas Harding spent two years investigating the murder of an eccentric recluse in Hampstead and the subsequent conviction of a Chinese dissident.

Music also features and the last event on Saturday night is intriguing. A rock music writer has a public meltdown and is forced to consider whether or not it's time to grow up and forget rock'n'roll. Sharing the stage

for this session will be the author of a new novel that features a rock band at a formative time in musical history – the 60s and 70s.

Now that the schools are back after the long summer holidays, it's time to look again at the programme for children and young people. Saturday 6th October will be packed with events for them. The Baptist Church is a welcoming venue and there are workshops, storytelling sessions and seminars for all ages. There is also an event that adults will enjoy – three experts will provide a fascinating insight into the writing of books for young people. Perfect for parents and grandparents who choose books and also for aspiring authors looking for tips.

Add to the mix, a Big Book Group session (the writer of the chosen book, Consent, will be talking to Julian Worricker and answering questions on this compelling story), local authors discussing the challenge of getting published, a workshop on the whole business of finding an agent etc, First World War poetry, reminiscences of childhood reading, espionage, fake news – the list goes on. Tickets are available online (www.cuckfieldbookfest.co.uk) so it's time to book if you haven't already done so.



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Riviera Dreaming

VILLAGE PEOPLE



By Jacqueline Elmore

Aldous Huxley once said: 'Here all is exquisitely lovely. Sun, roses, fruit, warmth. We bathe and bask'.

Writers such as Fitzgerald, Wharton and Louis Stevenson have at some point dipped their literary toes into the sparkling emerald waters of the Côte d'Azur. In their fervour they have all captured the beauty of the French Riviera and, as a result, parts of the Riviera are now immortalised in literature.

Today, local writer Maureen Emerson follows this tradition with her new book *Riviera Dreaming, Love and War on the Cote d'Azur* published recently in hardback by IB Taurus.

I meet Maureen at her home in the village, and when she opens the door to greet me she is dressed in a crisp white shirt, her hair and make-up are immaculate - classically elegant - and she speaks in a soft, eloquent voice.

I am taken into a beautiful parlour filled with antiques, a grand fireplace and a large, almost floor to ceiling window with what looks like a 'Phoenix Canariensis Roebelenii' (an Art Deco potted palm) tucked away neatly in the corner: perhaps a verdant reminder of those warm breezes and balmy nights sat by the ocean on the Côte d'Azur?

We sit at an old oak dining room table and Maureen begins to tell me her story. "When we bought the house it needed so much work, so we had to do everything to it. It didn't even have skirting boards! It had been owned

by two men who had taken over the pub next door. My husband spent almost a year working hard to get the house back to the way it once was."

Maureen first discovered Cuckfield in 2000 having spent much of her adult life in far-flung places such as Singapore, USA and the South of France where she lived in the hills above Cannes for 22 years.

"I had always dreamed of eventually returning to England and living beside a church, so when we found this house in the village I knew it was for us."

Having just returned myself from visiting a friend near Monaco, I take the opportunity to ask Maureen more about her life in the South of France, her book writing and how wonderful it must have been to have lived there at a time just before the landscape began to change.

"We moved there in 1977. We couldn't believe our luck. You just had a glimpse of what life had been like earlier. Some of the villas down there were like small castles. I knew a lot had been written about the Murphys, the Fitzgeralds and all 'that business' but what about the people that

no one had heard of?"

Soon after moving to France, Maureen became fascinated by some of the expatriates that had once lived in the area, particularly those who lived there during the first part of the 20th century. This is what led her to write her first book, *Escape to Provence*, in 2008.



"It's a true story about two women who lived in the hills of Provence, how they spent their lives, and how war and Vichy France had affected them."

I learn that the book also has three chapters on wartime Sussex, based on the adventures of one of these women, who took refuge in an old woodsman's cottage on the Stonehurst estate in Ardingly.

"Winifred Fortescue, the author of *Perfume* from Provence and one of the main characters in my first book, and my heroine, lived in a place called The Colline Des Anglais (The Hill of the English) which was in the next village to ours in France. When I first started my research I discovered that she had also lived, during the war years, in the next village to ours in Sussex!"

I ask Maureen what it was she did when she first arrived in France and she tells me a little bit about the work she was involved in whilst living there.

"I worked for the television festivals for the likes of CBS and NBC in Cannes and Monte Carlo. I helped to organise big parties, making appointments and looking after them, that sort of thing."

Maureen's latest book, *Riviera Dreaming – Love and War on the Côte d'Azur*, moves away from the hills of Provence to the coast and focuses on the privileged few who commissioned and were once lucky enough to own some of the houses on the Riviera.

Maureen's main subject is a young American architect called Barry Dierks who designed many of the homes in the 1920s and 1930s at the height of the Jazz Age. Dierks built over 70 of the Riviera's finest properties and in doing so captivated the people that lived there.

"His most famous masterpiece is the Villa Aujourd'hui, a sinuous white house in the Cap d'Antibes, but he could also design really traditional farmhouse styles too."

I ask Maureen what she intends to do with her time now that she has completed her book.

"I'm enjoying trying to develop our small garden into a miniature version of one of those wonderful creations that you see on visits in Sussex under the National Garden Scheme. I wanted to create an English country cottage garden or that's what I've tried to do."

At which point I turn off my voice recorder and ask Maureen if we can take a quick photo. As I scan the room I spot a tall blue delphinium staring back at me through the kitchen window and turn to ask Maureen if she'd like to show me some of the work she has done to create her cottage garden.

Outside is a quintessential Victorian walled garden. It is certainly not a small space by any stretch of the imagination. It's a place that Frances Hodgson Burnett would be proud of had it belonged to her. There is a huge well right in the middle which is surrounded by an array of borders that are filled with foxgloves, campanulas, and there's an abundance of sweet smelling honeysuckle while rambling roses cascade the fragmented walls.

Knowing that Maureen had been settled in the South of France for so long, I wonder what it is that keeps her from rushing back to the olive groves of the Mediterranean.



"Soon after moving to France, Maureen became fascinated by some of the expatriates that had once lived in the area, particularly those who lived there during the first part of the 20th century."

"If I've been out for the day and drive around the bend, swing into the High Street and into the village... I feel I'm home."

When I think of the French Riviera I often picture golden sunsets, lemon trees, glory days and heady nights where bobbing boats dazzle and shine. However, standing here with Maureen, in my reverie I see something quite different. I see a cottage garden, a glittering spire, a crackling fire and a village high street. Right here in Cuckfield. There really is no place like home.

Maureen Emerson will be taking part in a session on publishing and self-publishing at the Cuckfield Book Festival on 6th October. You can find her new book in any good high street bookshop or online.



Action at Home

Nineteen year old Cuckfield resident Anna Hemery shares her experiences working in short-term international development with Raleigh International.

By Anna Hemery

I set out on a ten week project in a team of 13 volunteers to address Water, Sanitation and Hygiene (WASH) in a rural village in Nepal for the International Citizenship Service (ICS).



Greeted by herds of goats and chickens, we were all quick to discover the contrast in lifestyle - away from constant running water, electricity and technology and surrounded by forestry, mountains and wildlife. The experience felt daunting. However, we soon adjusted to our new environment and, alongside the local community, we began work. Some of which included building hand-washing stations, delivering sessions on menstrual hygiene, sanitation and waste management and forming multiple new village groups/committees. Moreover, we were able to convince our Nepali partner organisation to help in the building of an upper concrete slab over one of the water reservoirs. This meant the villagers would have greater access to clean water, which was particularly significant as they often went three or four days without running water. Despite our great sense of achievement and the undoubted positive impact felt by the locals, I think the lessons we as volunteers learnt from the experience cannot be matched.

I had an incredible time, facing new challenges everyday and making lifelong friends from both the UK and Nepal and would strongly urge anyone aged 18-25 to apply for the upcoming cycles.

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Dementia Cafes for support

Know Dementia is a Sussex-based charity providing advice and support to people living with dementia and their family members/carers. The charity also builds links with the local community to enable a better understanding of the disease.

Cuckfield resident David Williams was a founder member and the first Chair of the Haywards Heath Dementia Action Alliance, which works with Know Dementia. He has now handed over the role of Chairman but continues as a member of the Alliance Steering Group.

The support the charity provides enables people living with dementia and their family members/carers to have quality time together, to nurture relationships, build new relationships with others in a similar situation and engage in meaningful activities. This is achieved through tools like the Memory Moments Café.

Know Dementia currently operates 12 cafes, a Sporting Moments session and five choirs, all in Sussex. Two of the cafes are in Haywards Heath. One is held at the Town Hall on the first Saturday of every month (2-4pm) and the other is held, usually on the 3rd Tuesday of the month, in conjunction with St Richards Church at St Richards Church Hall (2.30-4.30pm).



People with dementia and their carers are invited to join us at the cafes for tea, coffee and cake, a little fun and laughter with games, talks, music and dance. For more information telephone 01273 494300 or see the website: www.knowdementia.co.uk

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Plant Fairs Roadshow to visit Borde Hill

The team behind the Plant Fairs Roadshow, which numbers a select group of intrepid plant explorers and nurserymen, are gearing up for their first ever visit to Borde Hill Garden, just outside Cuckfield, on 16th September.

Borde Hill is celebrating its 125th anniversary this year with a series of events to honour the links the garden has with the great plant hunters of the Edwardian age. The Roadshow's visit is particularly pertinent as the exhibitors offer rare and unusual plants, which would have appealed to the Edwardian collectors such as Colonel R Stephenson Clarke who bought Borde Hill 125 years ago this summer and sponsored famous plant hunters, including EH Wilson and George Forrest.

2018 has proved to be the biggest year yet for the Plant Fairs Roadshow with successful shows at Arundel Castle, Sussex Prairie Garden, Hall Place and Layer Marney Tower to date this year.

Members of the Plant Fairs Roadshow include multiple Chelsea winners and Exhibitors: Hardy's Plants, Graham Blunt's Plantbase, Pineview Plants, Blue Leaf Plants, Pheonix Plants, Charles Hurst Farm, Forgetmenot Plants, Jo Grows, Southon Plants and many more.

Colin Moat, Chair and events coordinator, says: "We are really looking forward to our event at Borde Hill Garden. The history and legacy of the plant hunters is intriguing and stimulating to exhibitors and visitors alike.



We are pleased to be able to help the garden celebrate its 125th milestone and hope that the exciting selection of plants on sale will do justice to the garden's legacy."



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Dolphin Ladies Swimming Club has classes for all abilities with members encouraged at every level. The club runs 30 minute classes in term time in Haywards Heath and Ardingly, and members will join a small friendly class suitable to their ability.

Cecile Prebble from Cuckfield, who is one of the qualified teachers, says: "I thoroughly enjoy teaching our ladies. It is very rewarding to see them gain confidence in front of your eyes, but most of all I have made many good friends and it's fun!"

Another Cuckfield swimmer, Susan Somodi, says: "I've enjoyed the last few months and all the encouragement I've been given, with no pressure from the instructors. The club members are a very friendly



group of ladies."

Some of the advanced swimmers go on to compete in triathlons and open water swimming. There is something for everyone.

The autumn term starts this month. See website: www.dolphinladiesswimmingclub.co.uk







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A Cuckfield life: Barrie Galbraith

By Jacqueline Elmore

'When I asked for memories of my dad, one thing they all said was what style he had. He had style and grace and a handsome face. Cashmere and linen and a 'Church's' shoe, he'd stride down the high street and the ladies would swoon...'

An excerpt 'Memories of Dad' by Rachel Galbraith

Barrie Galbraith was always impeccably dressed. He used to stride when he walked, almost like he was floating across a runway, modelling for Burberry. His voice had a distinct, accented tone that enhanced his swagger.

Barrie was also a twin.

The almost telepathic connection that twins share is well documented, but what is life like for the twin left behind? Martin Galbraith lost his brother of 76 years on the 20th July. I sat down with Martin, Rachel (Barrie's daughter), Sarah (Barrie's niece) and Andrew (Barrie's nephew) to remember Barrie and to reminisce on a Cuckfield Life well spent.

Born on the 9th September, 1941 at Cuckfield Hospital, Martin and Barrie were identical twins. Martin explains: "My mum didn't know she was having twins! I was born first, and 15 minutes later Barrie was born. I weighed two pounds exactly, and Barrie weighed two pounds three ounces. We arrived two months premature."

The old Marshalls manor house on the High Street used to be the doctor's surgery. The consultant in charge at the time was a local doctor called Mr. Conrad Farr who took Barrie and Martin from the hospital in a cardboard box wrapped in silver paper. The brothers were then treated to a three month stint atop an old Rayburn stove which served as a makeshift incubator.



Barrie with Rachel's Mum, and Martin and wife Barbara

Martin continues: "Mum used to walk from her house in Brook Street to the surgery every day just to feed us.

"Mum was 18 at the time and Dad was in the Canadian Army. Most of the Canadian troops lived in prefab Nissen huts in the woods behind Hanlye Lane but as my Dad was an officer he lived down near Cuckfield Park. There was a dance at The Queen's Hall and that was where Mum and Dad met."

Barrie and Martin were brought up in Diamond Cottages, Brook Street until 1947 and they attended the Old School. They continued their education at Cuckfield County Secondary School (now Warden Park Secondary Academy).

Barrie and Martin moved to Brainsmead in 1949 and stayed there until 1966.

"In the summer holidays Mum used to make us sandwiches and we would go across the fields and down to the rivers and not come home until it was dark. We always kept ourselves busy. We'd even climb up the viaduct, run along the train tracks and sometimes we'd

jump off into the laurel bushes below”.

The fact that the brothers were identical never failed to provide confusion and fun. They used to play football for Cuckfield and on occasion were known to confuse the referee, particularly when one of them committed a foul. With no numbers on their kit at the time, the referee would often have trouble telling which twin was which and would shout ‘Not you two again’ and have to ask ‘Own up... which one of you did it?’

Martin remembers a particular time later in life when he and his wife Barbara entered the White Hart pub in Cuckfield: “We walked in the door, and this lady walked up and slung her arms around me and said ‘Thank you Barrie for a lovely evening,’ and there I am thinking, hang on a minute, I don’t know you. Next thing you know, Barrie walks through the door and you should have seen the look on her face. She didn’t know what to do.”

Probably up until Martin got married they did everything together. They were inseparable. They played sport together, socialised together and also worked together.

Although Barrie’s first job when he left school was on Jack Hayward’s farm in Warninglid, both brothers soon learnt their first trade.

“In 1957 we both went to work over at Brock End for Stephen Knight Ltd. We wanted to be carpenters but were told that, due to the lack of timber available at that time, we would have to put our hand to something else. So we became bricklayers.”

At one time the brothers even set up their own business called M&B Galbraith Builders. They worked together until they were 65, when Barrie chose semi-retirement by doing odd jobs, picking and choosing the sort of work he wanted to do. He did a lot of gardening for people in the area.

When you walk around Cuckfield you will be reminded of some of Barrie and Martin’s hard work. They had a hand in helping to build much of the landscape that now surrounds Cuckfield - Barrowfield, Warden Court and Warden Park are just three examples. Barrie and Martin also had an impact further afield, and there are many places in Sussex that Martin would exclaim that ‘Barrie and I did that’ or ‘Barrie and I built that’. In 1971 they both helped to build the nursery at the Rudolph Steiner School in Forest Row.

Barrie was diagnosed with mild Alzheimer’s at 70. Over the subsequent years the disease progressed, and it began to take its toll on both Barrie and his family. Barrie was admitted to a special care home in East Grinstead at the end of last year and while there unfortunately contracted pneumonia which sadly developed into pleural empyema.

When discussing Barrie and the last few months



Barrie on top of Balcombe viaduct!

of his life, Martin begins to tell me something quite extraordinary: “At the same time, more or less to the day, that Barrie was diagnosed with pneumonia in his left lung, I went down with it in my right lung!” Martin explains “I guess I was just that little bit stronger and Barrie, being ill already, was just too weak to recover from it.”

During his illness Barrie started visiting his old childhood home in Brook Street and sharing a cup of tea with the owner. The family believes that the reason for these visits was to seek out comfort. By returning to known, stable and safe surroundings, Barrie was able to find some peace during this difficult time.

Martin, Rachel, Sarah and Andrew seem to find their own peace in their vivid and poignant memories of Barrie, especially when Barrie and Martin and their style and panache are remembered together.

Martin recalls a tailor in Brighton where he and Barrie would go to get their suits made: “I’d go for the blue with the ice blue lining and Barrie would opt for the red lining. Barrie always liked his red.”

Rachel adds: “They were probably the best dressed boys in Cuckfield. They loved their clothes. Dad did right to the end. Even in the last week when Dad was in his bed and he had a shirt on he said ‘Can you do my cuffs up for me please.’”

Dapper until the end.
Barrie’s life.
A Cuckfield life.

‘He lived in his house for some time on his own, he had so many friends though, he was rarely alone.’

An excerpt ‘Memories of Dad’ by Rachel Galbraith

I would personally like to thank Martin, Rachel, Sarah and Andrew for the afternoon we spent reminiscing about Barrie and his life.



Barrie in youth



Barrie and Martin

CBC BLAST

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RECYCLE THIS...

WSCC 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@cuckfieldlife.co.uk

What a full mail bag this month. Do keep the questions coming... Plastic is still the hot topic.

The thin film plastic you cannot recycle?



Did you know that you CAN put all your stretchy plastic bags into the supermarket plastic carrier bag recycling bin?

As long as the plastic is stretchy it can be recycled at most major supermarkets, including Tesco, Asda, Morrisons, Sainsbury's, The Co-op and Waitrose.

Such as: carrier bags; plastic bread bags (shake out); plastic cereal bags (like plastic porridge oats bags); plastic wrappers and ring joiners from multipacks of cans; toilet roll and kitchen roll plastic wrappers; plastic freezer bags; baked beans wrap; the wrap you get on cucumbers; plastic magazine and newspaper wrappers (from your letterbox post); fruit and veg supermarket bags and plastic bags McDonalds toys come in! Please make sure these are all clean so they can be recycled.

None of the above can be accepted in your blue top bin.

By taking stretchy plastic from your black top bin you should be able to slim your bin even further! It's easy to store too – just pop it all in a carrier bag then put it all in the recycling bin next time you visit the store.

Toothpaste and Moisturiser tubes

This type of plastic CANNOT be accepted in your blue top bin. Whilst it is plastic it will have to go into your black top rubbish bin, along with the tops, and will be turned into Refuse Derived Fuel (RDF). More on this another time!

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

Look forward to hearing from you. Keep recycling.



Weddings at Woodfords

Weddings at Woodfords is a brand new location, hidden within a private woodland near Ansty. Owned by artist Johnny Woodford, the venue has been transformed from an ordinary field to a place of beauty all sculptured lovingly by hand. Using locally sourced wood, Johnny has hand built an outside kitchen complete with pizza oven, a large fire pit with carved wooden seating and a number of quirky cabins and giant swings.

To add to the joy, a horse box has been fitted out with a bar and there is a grass amphitheatre leading to a stage for ceremonies, music and dancing. There is also plenty of space for a marquee and camping making it the perfect spot for weddings and exceptional celebrations.

There will be an Open Day at Woodfords on 23rd September from 12-5pm. For more info please contact: lucy@rhythmsandribbons.co.uk.

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Holiday from Hell?

LISTEN TO THE LAWYER

By Martyn Gooch, partner Rohan Solicitors

Question: How can I claim compensation for a delayed flight?

Answer: The holiday season is well underway, and when things don't go to plan, such as delays and cancelled flights, the good news is that compensation may be available to those impacted.

The right to compensation is currently provided under an EU regulation which seeks to protect the rights of passengers in the case of cancellations, rerouting, delays and denied boarding. It was introduced to help compensate passengers for the loss of time and the inconvenience suffered. The regulation applies to all passengers (regardless of nationality) whose flight departs from an airport based in the EU or whose flight lands in an EU country and is operated by an EU airline.

Currently an affected holidaymaker is entitled to monetary compensation for delays to their flights of over three hours (or flight cancellations) as long as the cause of the problem does not fall within the regulation's definition of an 'extraordinary circumstance' (these include industrial action, security issues and adverse weather conditions). In recent court cases airlines have tried to suggest that 'technical faults' fall within this definition, but this argument has been rejected by the courts.

The level of compensation available under the regulation is modest and is dependent on the length of the delay and the distance of the flight. Approximately £500 is available to those passengers that have suffered over four hours delay to a flight of over 3,500km. Additionally, the airline must offer you meals, refreshments and, potentially, hotel accommodation while you are waiting for your rearranged flight.

If you believe you are entitled to compensation you should first write a letter to the airline setting out your claim and the reasons why you consider you qualify for compensation. The airline is obliged to respond within a reasonable time frame (usually 30 days) with its decision. Some airlines may offer vouchers as compensation to use against subsequent flights but there is no obligation for you to accept them and you may insist on a cash settlement. If you are unhappy with the airline's decision you may wish to escalate your claim to the Civil Aviation Authority. If you remain unsatisfied with the outcome you may consider making a claim in the small claims court.

You should also check your travel insurance policy as this too may provide additional compensation.

Brexit will end British holidaymakers' entitlement to compensation under EU law. However, it is likely that the government will preserve the rights currently provided to disappointed holidaymakers by converting the terms of the regulation into domestic law. Furthermore, the government has indicated that it may compel airlines to inform passengers affected by disruption of their legal rights and that they might be entitled to compensation.

Martyn can be contacted by email on mgooch@rohansolicitors.co.uk or by telephone 01444 450901.



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Bolnore beauty buzz

OPEN FOR BUSINESS

Blissimo Beauty has been open since January and business is positively booming for Becky Coates.

"It was without doubt a good decision to set up my business from home. Being mobile for so long I did wonder if the transition would work. I used to travel from East Grinstead to Worthing and cover a massive area, so I was worried my clients may not want to travel to me here in Bolnore. However, I'm getting more and more calls and emails about the work I do, and not just from local people."

Becky originally trained as a nail technician in 2001. She worked at a salon in Brighton doing nails and only nails. In 2005 that business closed, and Becky decided to set out on her own with the idea of becoming a mobile beautician: "At that time there was no Facebook and I don't think Google even existed, so it was a case of door to door selling and home-printed leaflets."

Becky soon discovered that setting up a mobile salon and driving to and around appointments was not for her so decided on a career break and went to work for British Airways as cabin crew for ten years: "I continued to offer nail services to my colleagues as I still had a passion for it and then I had my children. After my Dad passed away it made me rethink life completely. I wanted a job that allowed me to spend more time with my family so I decided to retrain in beauty. I did extensive market research and then studied all the new and upcoming treatments, some that lots of people had never heard of, so I took a big risk to train across some varied product lines but thankfully it took off."

Microblading is one the treatments that Becky offers, and one that is now popular with celebrities the world over. It is a semi-permanent make-up procedure whereby hair-like incision strokes are created along



the eyebrow to attempt to either enhance, reshape or create a natural looking appearance on the brows.

"Lashes and brows are by far my most popular treatments," Becky explained. She was one of the first people in Haywards Heath and Burgess Hill to do the Nouveau LVL Lash treatment and HD Brows. Part of the success she has enjoyed has been introducing new treatments to people who had never heard of them before.

Other treatments offered by Becky include Dermatude Microneedling - a procedure in which tiny punctures into the skin are used to treat scarring, wrinkles and acne, and boost collagen production. The alternative to a facelift and an anti-aging treatment which helps to improve skin from the inside out by externally applying active ingredients by means of special serums. Its method is to slow down the skin ageing process considerably and visibly reduce the signs of ageing.

Blissimo Beauty offers many other treatments ranging from manicures and pedicures, tanning and waxing to eyelash extensions and semi-permanent eyebrow tailoring.

You can fix up an appointment with Becky throughout the week.

"I'm available to see clients in the evenings too, and they can book an appointment four nights a week between 7-10pm."

For more information, you can reach Becky by email at info@blissimobeauty.co.uk or by calling 01444 702071. Or you can book your next appointment on her website: www.blissimobeauty.co.uk



Come and join Ensemble Reza's Community Orchestra!

The Ensemble Reza Community Orchestra is now recruiting musicians of all ages and abilities. If you have a passion for performing and can read music then come and join us for our new season.

The orchestra is a great opportunity to dust off instruments, perform with family and friends and relax and have fun! As one dad reflected who plays alongside his daughter 'this orchestra has been my inspiration to play again'. The group is growing in popularity and last term had over 80 musicians involved including 22 families from 4-82 years!

This term the programme will include extracts from Holst's Planets Suite, Bernstein's Mambo from West Side Story, highlights from Jurassic Park by John Williams, an arrangement of Five Foot Two for Orchestra and Ukulele and a selection of popular Christmas pieces including Troika and Sleigh Ride.

Players rehearse and perform alongside virtuoso musicians Ensemble Reza and project partners, The Burgess Hill Symphony Orchestra. Rehearsals include tutoring from Ensemble Reza players and professional wind and brass players, led by professional conductor Steve Dummer.

Rehearsals start on Sunday 23rd September from 2.30-5.30pm and take place monthly at Warden Park Secondary Academy.

The cost to take part includes four rehearsals (Sept-Dec), two concerts and additional tutoring: £50 for adults and £30 for children. Monthly standing order payments and sibling/family discounts are available. For more information or to take part please contact: hannah.carter@ensemblereza.com



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Dads take on Three Peaks Challenge

By Ben Harris

The Three Peakers were James Brazier, Russell Cheverst, Jamie Grant, Ben Harris, James Sherrell, Nolan Sorrell and Andy Walton. We're all Dads of kids at Bolnore Village Primary School, and one Grandad, David Grant, was 'safe hands' behind the wheel.

Our trip started from the school gates at 9am on Friday 10th August. We headed straight to Snowdon and started the clock from Pen-y-Pass at 5.45pm. We finished Snowdon in 2 hours 50 minutes, much to David's surprise.

Scafell Pikes was ascended in the dark, beginning at about 1.30am, just before the cloud descended for the tricky walk back down. Completed by the time the sun fully rose in 3 hours 20 minutes.

Then the long drive to Fort William for the final, highest and longest peak, Ben Nevis. We set off with 6.5

hours to go, with everyone getting to the summit within three hours and then the tired, crowded, never-ending last leg down to the finish line after 5 hours 20 minutes.

The whole challenge, once David had driven 280 miles to the start of Snowdon and then taken us safely over the 470 miles between the Peaks, was completed in 23 hours 5 minutes!

We had amazing encouragement from our wives and families through all the preparations and especially during the challenge.

We have made over £1,000 so far, for Friends of Bolnore Primary School so far, with donations coming from within Bolnore Village, kind residents of Cuckfield, Friends of Falcon Health and Complete Electrical, and our amazing families! And... the fundraising page is still open: <https://mydonate.bt.com/fundraisers/fobvps3peaks>





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Emma Leon

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How long have you lived in Bolnore?

15 years

What's the best thing about being here?

It's a lovely safe community

Favourite ice cream flavour?

Mocha

How many houses have you lived in?

Eight

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

A wine bar / coffee shop

Favourite holiday destination?

Malaysia

Song you play the most?

Coldplay's Something Just Like This

What would you do if you won £1million?

I'd head straight to the airport and book a flight and plan how to spend it whilst relaxing on holiday

What was the last present you gave someone?

A Prosecco candle my son had made by hand

Strangest thing you've ever eaten?

I did try a Durian fruit (the world's smelliest fruit); it was pretty disgusting!

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

I'm a big TV addict!

Which App on your phone do you use the most?

Instagram

What's your proudest moment?

Having my three boys

Your advice for life?

Life is short, be happy and enjoy it

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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#BolnoreSummerFete

FUN FRAME PHOTOS

We took our Bolnore photo frame to the Summer Fete last month and found many happy people who wanted to commemorate the day with a special photo.

Thanks to all those who got involved both here and shared online on the day.

If you want to get your photo into next month's magazine – why not send us a photo from your summer holiday? See page 49 for more details.





Charity yoga event at Warden Park School

Local yoga teacher Di Laker will be hosting a fitness session next month in Cuckfield to raise funds for mental health charity, Mind.

Di, who has personally battled with her own mental health over the years, wanted to create this event both to support Mind in their work and also to highlight how it is possible to overcome these challenges.

Following a mental breakdown in 2009, Di was admitted for treatment on three separate occasions whilst suffering with psychotic episodes, severe depression and extreme anxiety. Di's husband Henry explained: "It took five years of courage and determination to regain her life from one of living in the shadows to that of a confident



person teaching yoga and fitness in front of packed classes 15 times a week."

The event is being held at Warden Park School on 13th October. Di will be running a two hour yoga practice suitable for anyone who wishes to participate, sharing her own story publicly, running a raffle with prizes from local businesses and arranging a food and drink stall from which any leftovers will be donated to Crawley Open House for the Homeless.

Doors open at the 'YogaDi' event at 9.15am and tickets can be purchased in advance from <https://bit.ly/2oAGFrU> - all proceeds from the morning will go to Mind Mental Health Charity.



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Sudoku #27

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

Find the solution to #27 in next month's magazine

#26 Solution

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

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



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Holiday snaps

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Betsy Horan on holiday in Sicily

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What's on this month

ELSEWHERE

September

- 13th **Haywards Heath Ceramics Group** – 10am
Clair Hall, Haywards Heath – 'The Development
of the Drinking Glass' talk by Jane Gardiner
(Tickets £8, call 01444 483372/414477)
- 13th **Mid Sussex National Trust** – 2.30pm
Clair Hall, Haywards Heath - Talk: 'Sir Winston
Churchill of Chartwell' by Heather Woodward
(01444 455803)
- 18th **Cuckfield Evening WI** – 7.30pm
Cuckfield Baptist Church - The Garden Sage
by Ed Nugent
- 19th **The Arts Society Mid Sussex** – 10am
Clair Hall, Haywards Heath - Lecture: 'Why
is Thomas Chippendale so Famous?' a
Tercentenary Appraisal by Janusz Karczewski-
Slowikowski (Non members welcome £7)
- 21st **Cuckfield Swoove** – 12:30-1:30pm
The Old School - Free launch class, no need to
book (07803 610170)
- 21st-
23rd **Lindfield Arts Festival**
Various events (www.lindfieldartfestival.com)
- 26th **RBL Women's Section Cuckfield**
Crosslands Nursery - Ben Cross

October

- 2nd **NHS Retirement Fellowship** – 10.15am-11.45am
Franklands Village Hall - Speaker Albert Constable
on 'The History of Paddockhurst Estate'
- 6th **Jumble Sale** – 10.30am-12noon
Village Hall, London Lane – Fundraiser for
Cuckfield Preschool Playgroup
- 7th **ForgetMeNot run/walk** – 9am/10am
Staplefield Village Hall, Cuckfield Road - Angus
Rowland annual fundraiser (Donation £10/£5)
- 11th **Haywards Heath Ceramics Group** – 10am
Clair Hall, Haywards Heath - 'The History of Hot
Drinks' by Felicity Mamo (01444 483372)
- 11th **Mid Sussex Asc National Trust** – 2.30pm
Clair Hall, Haywards Heath - Talk: 'The Arts & Crafts
Movement and its Gardens' by Stephen Harmer
- 12th **Cuckfield Evening Flower Club** – 7.30pm
Methodist Church, Perrymount Rd - Talk on
Alstromaerias by Ben Cross, Crosslands Nursery (£5)
- 14th **The ConChord Big Band** – 7.30pm
Clair Hall, Haywards Heath – US Army Air Force
Band playing unforgettable music and songs of
the big band era (Tickets 01444 455440)
- 16th **Cuckfield Evening WI**
Cuckfield Baptist Church - AGM and Quiz

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 **Tiny Teckers**
- 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**
- 10.30am **Yoga**
- 7.30pm **Wedding Dance Class**
- 7.30pm **Yoga**

Friday

- 9.30am **Pre-school Singing**

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

September

- 21st **Cuckfield Craft and Vintage Market** – 9.30am

October

- 11th **History Talk** – 2.30pm
Council Chamber - 'Witches, Warlocks and Wellingtons' and The Ritual Protection of the Home - a talk by Dr Janet Pennington. The talk examines some of the ways people in the past protected themselves and their homes from evil. Samples of protective items will be on display and can be handled. (To book a place, please phone Mike Nicholson on 457448 or email events@cuckfieldmuseum.org)
- 13th **Perdido Players Swing Band** – 7.30pm
Perdido Players and Sister Sister entertain (Tickets £10 from Pepperbox or 01444 450335)

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).

September

- 29th **Quiz Night** – 8pm

October

- 27th **Family Halloween Disco - TBC**
Details to follow

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CALL THEM!

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Elite Choice Home Care	24
Ginkgo Garden Solutions	18
G&S Roofing	7
Helme & Hallett (builders)	19
Hilary May (garden design)	13
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nicenstripy (gardening services)	3
Norsat (TV, satellite)	31
Odd Job Man	23
PRB Accountants	8
P&S Gallagher (funeral directors)	11
Rohan Solicitors	5
Sasha's Dog Grooming	24
Scissor Sisters Interiors	23
Sow Sussex Garden Care	44
SPB Plumbing & Heating	44
Stylo Renovations	10, 41
Sussex Wealth Management	38
Swan Press	22
Tara Fraser (mortgage adviser)	22
The Executive Administrator	21
The IT Girl	25
The Kitchen People	14
Travel Counsellors	19
White & Sons (roofing)	21

Retail

Cuckfield i Wear	49
kps (compost)	43
MRH Driving Retail	9
Pots and Pithoi	39
Vinyl Vault	24

Out & About

Ardingly Charity Fair	14
Cuckfield Baptist Church	4, 36
Cuckfield Music Festival	21
Lindfield Arts Festival	12
Ockenden Manor	33
Wakehurst Place	11, 41

Education/Childcare

Gielgud Academy	45
Norto5 Kidz (daycare)	3
Oathall Community College	2

Health/Lifestyle

Amy Packer Permanent Makeup	7
Blissimo Beauty	40
Linear Fitness	29
Promedica24	32
Vinings	48

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business
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*Next copy
deadline:*

**2nd
Oct**

Cuckfield *Life*

Call Emily today on 01444 884115 or email your name, address and phone number to ads@kipperlife.com

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PROPERTIES CURRENTLY FOR SALE IN CUCKFIELD



FOR SALE

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Cuckfield

Guide
£1,750,000



FOR SALE

Staplefield Road,
Cuckfield

OIEO
£695,000

FOR SALE

Whitemans Green,
Cuckfield

Guide
£645,000



FOR SALE

Glebe Road,
Cuckfield

Guide
£360,000



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

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