

Cuckfield Life

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Local village talk,
by the village

Issue #75 : Jan 2019

Free

Cuckfield Parish Council newsletter

page 31

Elf Day at Bolnore school

page 40

Meet Kate Fleming

page 28

Including...

Bolnore
VILLAGE

9 PAGE SECTION



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EDITORIAL

By David Tingley, Editor

As I write this the sun is streaming through the window on a crisp winter's morning – which is just how I like it! **Lesley Bohana's cover photo** this month shows different weather in the village (from six years ago). We always need more photos of the village throughout the year, so if you got a new camera for Christmas – do feel free to send your best shots to: photos@cuckfieldlife.co.uk. If your photo gets used on the cover we'll send you a £20 shopping voucher!

This month **Jacqueline Elmore** has been to visit two well-known faces in the village. Our **Behind the Counter** feature opens the bar door at **The White Harte Inn**, when **Jim Ayling** tells his story of running this landmark Cuckfield pub. Read Jim's story on **page 18**. Then, on **page 28**, **Kate Fleming** takes the stand as our **Village People** candidate. I love this feature; getting to know people from this amazing community.

If you know someone who you think we should talk to for either of these features, or just want to let us know about any events taking place, then do please email us at editor@cuckfieldlife.co.uk.

On **page 31** we feature the regular **Cuckfield Parish Council** quarterly newsletter, **page 22** contains the update from **Rev Michael Maine** at **Holy Trinity Church** and, if you are in the mood for some cerebral games, head over to **page 50** where there's a **crossword** and fresh new **sudoku** puzzle from Cuckfield's own **Andrew Reid**. There's even a **special quiz** on **page 34** - spot the Cuckfield road names amongst the jumbled letters.

If you get this in **Bolnore**, then your specific pages start on **page 37** with, among other things, a round-up of a number of Christmas events. I'm extremely grateful to **Elaine Goodwin** for helping to pull this content together.

Lastly, if recycling is your thing, check out an exciting competition from **Colin McFarlin** on **pages 10-11!**



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Cuckfield Life
Published by Kipper



Lesley Bohana
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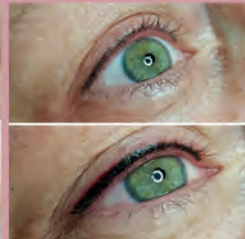
We love to hear from groups, organisations and individuals about what's happening locally. Include a photo if you can. Email your stories to editor@cuckfieldlife.co.uk



Cabaret in Cuckfield

Before Christmas The Queen's Hall was transformed into a club of the 70s era, complete with vinyl records and many pairs of flares on display! Cuckfield Dramatic Society put on the popular show, which was packed on both nights.

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Amy Packer Permanent Makeup

Healthy living event at The Talbot

January is traditionally a time for New Year's resolutions - a healthier diet, more exercise or trying something a little bit different. With so many people doing 'dry January' and choosing vegan and vegetarian options, local restaurants are reflecting customers' tastes and culinary trends by creating food and drink that offer great flavour with all the extra benefits of superfoods.

At The Talbot in the village, they are taking this a step further with a healthy living event. On Tuesday 29th January they are inviting local yoga teachers, walking groups and fitness experts to give free taster sessions and advice, including Enigma bikes and Inokim of Brighton - who will showcase electric scooters.

The event will be held in the Hayloft at the Talbot. With the bar creating cocktails and mocktails to invigorate and energize using blueberries, pomegranate, turmeric, ginger and honey to boost immunity and revive.

Whether you are looking for a custom-built bike or someone to pair up with for walking or tennis, there will be something for everyone... not to mention an uplifting party playlist in the bar.

Tickets for the event include a drink and food and are on sale at the Talbot or through Eventbrite. To find out more call 01444 455898.



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Thinking on Purpose – Taking Control

By Lindsey Jones

Have you ever found yourself in a fruitless mind spiral? Replaying a scenario that makes you sad or angry? Thinking about doing something but never getting started? Perhaps these thoughts start to spin out of control, leaving you feeling frustrated, angry, paranoid or confused? When you see it for what it is, doesn't it feel like a complete and utter waste of time and energy?

This negative 'hamster wheel' style of thinking has a massive impact on how you feel and these emotions impact your physiology, behaviour and your performance. This type of thinking produces a classic stress response, a release of cortisol and adrenalin which actually shuts down the frontal cortex of the brain impacting your ability to think logically, to plan and to make rational decisions and perform well when it counts.

Let's consider just one way of thinking on purpose, let's change our self-talk. The problem with self-talk is that it is often negative, critical, even harsh, and we aren't necessarily aware of what we might be saying to ourselves. The one guaranteed thing is that we are always listening and therefore we should be very careful about what we say. Many of my clients used to talk themselves down. They had a negative commentary running in their heads. This became the narrative to their lives and negatively impacted everything they tried to do. Often they didn't succeed and this reinforced their negative chatter, which further impacted their next attempt. My clients used to say things like 'I'm rubbish at this', 'this is hopeless', 'I'll never get there'... and guess what – they didn't, until they started thinking on purpose and taking control!

Top performers, whether in business, in sports or even on the stage, are able to take control of their thinking; they are able to use their 'self-talk' to direct their thoughts. In taking control they own their narrative



and therefore own their emotional response and, ultimately, control their performance. They think on purpose, they are positive and powerful in what they say to themselves and they have their phrases and mantras ready to counter any negative thoughts which might creep in.

They use positively framed language so that they constantly focus on what they want and not what they don't want. For example, they might say 'make it count' rather than 'don't miss', or 'I'm the expert' rather than 'the audience must know more than me', or 'I'm excited to retain this client' rather than 'I'm terrified of losing this business'.

To achieve more and to outperform our 'norm' we will want to think differently and think on purpose. As Einstein once said: 'Insanity is doing the same thing over and over again and expecting a different result'. When we practise our pre-performance, positive self-talk, it creates a sense of control. It puts us in the driver's seat and it steers us to achieve our desired outcomes. Consistently thinking on purpose and achieving our goals reinforces our self-confidence and motivates us to achieve more. Think on purpose, take control, own your narrative and be your best self.

To learn more techniques join Lindsey on **24th January** in Lindfield Coffee Works for a **'Thinking On Purpose'** workshop. To book a place contact Lindsey by email on lindsey@ninedotpartnership.com or call 07704 681332.

References: *Are you too stressed to be productive? Or not stressed enough?*, Harvard Business Review, Francesca Gino, April 2017. *How Stress Affects your Work Performance*, Small Business Chron, Christina Hamlett, June 2018. *Anxiety, Performance Stress and Skill Execution*, Applied Sport Psychology, Keith Begley. *Hot Button Issues and the effect of self-talk*, Applied Sport Psychology, Catherine Robertson. *Self Talk: Maximise your thoughts*, Applied Sports Psychology, Adam Kelly.



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Trees of delight

CUCKFIELD TREE FESTIVAL



Last month Holy Trinity Church hosted the 16th annual Christmas Tree Festival.

On display were 78 trees decorated by clubs, schools and societies. The Planning Group work on the details for months prior to the event and they were pleased to announce the total fundraising from this year's weekend was more than £13,500, which will be split between this year's selected charity – Kangaroos – and the church itself.

Organiser Paul Goldfinch commented: "Bearing in mind that most of the weekend of the Festival it was dreadful weather, I am delighted to say that it did not deter the visitor numbers."

Local special needs charity Kangaroos was honoured to be chosen as the 2018 partner organisation, especially as it celebrates its 25th anniversary in 2019. Fundraising Co-ordinator Samantha Norgate explained: "We marked the approach of our special year supporting children and young adults with learning disabilities with a show-stopping tree with a silver theme with the presents underneath wrapped and decorated by our teenage members.

"On behalf of everyone at Kangaroos, I would like to thank all the Cuckfield Christmas Tree Planning Group, especially Sue Towns who liaised with me over the last year to ensure everything ran smoothly, as well as all the wonderful volunteers who made this unique community event such a success and to so many of our Kangaroos families, friends and general public for all their support."

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RECYCLE THIS...

WSCC Recycling Ambassador Colin McFarlin has a fantastic recycling competition for you this month. After telling you all about recycling for months – it's time to test you on what you have learned so far!



I know some of you have visited the Ford Recycling Plant (near Arundel), but this competition prize is a special one-off behind-the-scenes tour that members of the public cannot normally go on.

You will be met by myself and the team behind Cuckfield Life, fitted out with full protective clothing (the same as the staff) and given the exclusive tour of the site. We will take you down on the floor, visit areas of the plant not open to the public and you will see the recycling delivered and follow the whole sorting process.

You will have the full workings of this complex site explained to you. You will be able to chat to the staff that handle your recycling, and we will show you the answers to all your recycling questions! Plus, at the end of the tour, you will receive a special goody bag from WSCC to commemorate your visit.

There will be just one lucky winner from Cuckfield Life who will be able to take one guest. The date of this 'recycling tour of a lifetime' will be on Friday 8th March 2019 between 10am and 1pm.

Have a look at the picture opposite: Which of these items should you NOT find in a West Sussex kerbside recycling bin? Total them up – how many do you get? Email your answer to competition@cuckfieldlife.co.uk before 8th January.

A few rules:

1. Open to residents of Cuckfield & Bolnore only.
2. Reply by email with your answer - a number - by 12noon 29th January 2019. Please include your name, postcode and a contact telephone number. The winner will be selected at random from all entries with the correct number of items given. If no entrant has guessed the correct answer exactly, closest numbers will be accepted in the random draw.
3. The winner and their one guest will be invited to the special behind-the-scenes tour of Ford Recycling Plant on Friday 8th March 2019. This date is not transferable.
4. You will need to make your own way to the site. Full directions will be provided.

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Egg boxes



Car battery



Margarine tubs



Frying pan



Shredded paper



Cornet yoghurt pots



Magazines and books



Wood



Coat hangers



Green waste



Storage boxes



Crisp tubes



Newspapers



Cereal boxes



Drinking glass



Meat and Food trays



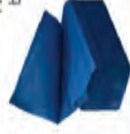
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Hairdryers



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Used paper towels



Plastic bags



Leaflets



Aerosol cans



Gas bottles



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Electrical cables



Polystyrene



Yoghurt pots



Curtain pole



Cardboard



Bin liners



Crisp packets



Ice cream tubs



Plastic bottles



Aluminium foil trays



Food cans



Black plastic trays



Plastic flower pots



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Aluminium foil



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Pot, tubs and trays

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Holistic health

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Acupuncture is something many of you will have heard about but if you are interested in knowing more about how it works and what it can be used for, the Acupuncture Team at The Perrymount Clinic is here to tell you more!

Chinese medicine takes a holistic approach to your health, treating the root cause as well as the symptoms. Emotional factors and stressors are considered, as these form part of the Chinese Medicine ethos that the mind cannot be separated from the body.

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Fine needles are inserted into any of the 360 acupuncture points over the body, and remain in place for around 20 minutes, then your practitioner may apply moxibustion, perform some massage techniques or simply let you relax in the peaceful surroundings of our room at The Perrymount Clinic. The majority of people will drift off and report feeling calm and peaceful afterwards. Many people also come back for acupuncture after their initial complaint has been resolved as they feel the treatments benefit their overall sense of wellbeing.

Chinese Medicine has evolved over thousands of years and includes the use of not just acupuncture but practices for the mind as well as the body. These include Tuina, a form of massage, Moxibustion, the burning of a herb over the body for an inner warming and moving effect, and Cupping, a therapy to help with pain and inflammation. At The Perrymount Clinic we are also offering classes in Tai Chi and Qi Gong, both of which focus on coordinated breathing and posture. Chinese medicine is the oldest system of medicine used in the modern world, which is highlighted by the fact that in hospitals in China you will often find the Chinese Herbal pharmacy next to the western pharmacy. The doctors

in these hospitals often treat the patients with both acupuncture and western medicine simultaneously, providing a fully integrated service for the patient! Some of the conditions our patients approach us with include: digestive issues, skin complaints, female health concerns and obstetrics, allergies, stress and anxiety and musculoskeletal issues, including chronic pain. Cosmetic acupuncture is also a firm favourite with many of our patients who are looking for a holistic form of aesthetics. More information and supporting evidence about acupuncture for specific conditions can be found on The British Acupuncture Council website.

The Acupuncture Team at The Perrymount Clinic in Haywards Heath all graduated from the International College of Oriental Medicine in East Grinstead with a BSc in Acupuncture. Prior to their extensive training, they all pursued slightly different careers, Ben as a plasterer and banker, Rachel as cabin crew and Helen as a yoga teacher and florist, but their love of all things holistic prompted career changes and drew them together. They are delighted to be able to offer Chinese Medicine five days a week with Saturdays on request. Ben Prentice also teaches a drop-in Qi Gong class on Monday lunchtimes. If you have any questions regarding acupuncture and Chinese Medicine and would like to see whether you may benefit from it, then we are always more than happy to talk to you. We offer a free 15 minute consultation to prospective clients and would be delighted to embark on this healing journey with you.

The Perrymount Clinic is just eight minutes from Cuckfield, situated at Unit 5, Hurstwood Grange, Haywards Heath, RH17 7QX - with plenty of free parking.

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"Phew!"

FROM THE MAYOR'S TABLE

By Leanne Knapman

What a busy time December is! I was involved in two events over the Christmas period, with both of them occurring on the same day - I do love a challenge!

First up was the Community Christmas Dinner which I organise for the Independent State of Cuckfield (ISOC). It was such a busy event that I ended up dishing up soup in my mayoral robes! We were lucky enough to have had help from the amazing students from LVS Hassocks, who were fantastic and we hope to have back again next year. We also received some additional support from the students at Warden Park, who were great at escorting guests to their tables and who took care of cloakroom duties - huge thanks to both schools for all their help.

Thanks also to every single person who gave their time to chauffeur, set up, waitress, wash and clear up - we couldn't have done it without you all! I'm normally busy in the kitchen so it was really nice to be able to meet and greet some of the guests as they arrived and to be given the chance to watch some of the singing and enjoy the day.

After a mad dash to return the hired wine glasses, I then zoomed down the road to open up the Christmas Festival on the High Street. There were lots of lovely stalls raising money for good causes and support for local businesses. It made for a wonderful evening full of festive buzz! The Christmassy displays in the shop windows were wonderful, as were the trees at the Tree Festival at Holy Trinity Church. Well done to all the organisers - a superb job, thank you!

It's been great to spend quality time with my family over Christmas in between all the usual crazy busy school events. Here's wishing each and every one of you all the very best for 2019!

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The man behind the bar

BEHIND THE COUNTER



By Jacqueline Elmore

On the corner of South Street in Cuckfield an imposing three-pronged chimney stack sits above a timber-framed, fish scale-tiled coaching inn. Below its pitched roof is an image of a white deer flanked by the numbers '1881'. Other lettering around the old sign includes 'H' and 'W' for the associated brewery (Hall and Woodhouse) and 'Ye White Hartne Inne', its ancient and locally loved name.

The White Hartne Inn is one of Cuckfield's 'familiar faces' and the first public house that you will see when entering the village from the south. The inn has been the place to go for a pie and a pint of ale for (literally) hundreds of years. Behind its doors lives landlord and long-standing publican James (Jim) Ayling, who has lived at the inn for nearly 15 years.

"I've not always been in the pub trade. It's an interesting story actually. My now partner, Jackie, used to work here in the kitchen. One day we decided that we'd give it a go and take over the reins. That's really how we ended up here and much of the reason why we are still here now."

Jim, who was born and raised in Hove, originally worked in hotels and restaurants in Brighton and had stints as an engineer before returning to hospitality, this time as a publican.

When Jim first arrived in the village he worked behind the bar at the King's Head pub, situated just around the corner from the White Hartne.

"I worked at the King's Head from 1986 until 1993 after which Jackie and I decided on a different location. That was when we moved to Ardingly and ended up managing the Avins Bridge pub where we were for three years."

In November 2004, Jim took over the running of the White Hartne. One of Jim's developments was to introduce a different cuisine option for Cuckfield.

"Some time ago we were visited by a local Thai man who used to run a Thai restaurant in one of the other nearby pubs. He was driving past one day and happened to notice that we didn't do food in the evenings. He came in and asked if we'd maybe think about allowing them to set up their Thai kitchen on the other side of the pub. We decided to run it for a three month trial and go from there. They've been with us for 12 years now!"

However, managing a village pub is not always plain sailing.

Four years ago, Cuckfield was awash with rumours that the pub might be sold and turned into two cottages. Thankfully for Jim and his loyal customers, that is no longer the case.

"The brewery have said that they are more than happy for us to stay here as long as we like. So, until the time that Jackie and I are ready to move on we are staying put."

It's clear that Jim, together with his partner Jackie, are committed and passionate about keeping the White Hartne open for business. They have a genuine warmth

that manifests itself in customer service and Jim is keen to express what the Cuckfield locals mean to them.

"It's the regular faces that keep us going. And of course it's the same crowd that have always supported us. A lot of the people that used to visit the King's Head down the road, before it closed some thirty years ago, now come here for a pint and a chat. We get lots of people from all parts of the village popping in throughout the week."

The White Harte is very involved in supporting local community and causes.

"The members of the Cuckfield Dramatic Society (featured in Cuckfield Life last month) often use our little back room in the pub for some of their rehearsals, especially if they have a play in production."

For sixteen years now Jim has held the position of Chairman of the Independent State of Cuckfield (ISOC) but last month he retired and has since handed over the reins to another Cuckfield resident, Mike Schlup.

"As long as I have managed the White Harte I have been Chair of the ISOC. That's quite a long time. I was on the original ISOC committee in 1991 until 2004. It's time to pass the gauntlet on to someone else. Mike is the perfect candidate for the job and I have every faith that he will do the ISOC proud."

Some years ago, Jim invited a Professor of History to visit his pub to assess the age of the building and to find out a little more about its heritage. Surprisingly, Jim discovered that parts of the pub date back as far as the



15th century contrary to the 1881 tag on the front.

Jim expresses that he has made many friends since living in Cuckfield, and those he has made during the time he has spent behind the bar at the White Harte have become some of his closest.

"Working in the pub trade you get to see a lot of faces and in turn get to know a lot of people. That's the thing I love most about living in Cuckfield: the locals and the community. We've been in Cuckfield for thirty years now and in that time we have got to know many, many wonderful people. Those of whom are now our good friends. Long may it continue!"

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Where are we headed?

Dear friends,

Well, we may have a greater clue about the direction of Brexit by the time you read this.....or perhaps not! This, together with the febrile nature of violent protests in France and Belgium before Christmas and the increasingly mad world of American politics, seems to conjure up a sense of crisis for Western democracy. The increasingly authoritarian nature of Chinese interaction around the globe together with divisions and warfare elsewhere seem to gender an underlying sense that all is not well with the world.

At Christmas (when I was thankfully back in action after illness) I was reminded of the hope and freedom which the life and ministry of Jesus represents to broken humanity as members of the congregation shared their news with me after my absence. Faith in Jesus reveals the absolute identity of God with every aspect of our human journey; an assurance that we are never alone, even when we might feel overwhelmed and helpless.



On Christmas morning I invited the large number of children present to complete the crib with me. The smallest child placed the infant Jesus in the crib, but the crib was more complete for me because of the wonder of the children. It was for me a sign of hope and the transformational love God bears for all people – something we seek to explore at Holy Trinity on our journey of faith Sunday by Sunday.

May I wish you a great 2019.
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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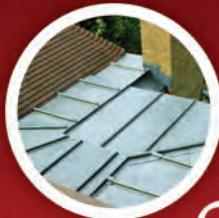
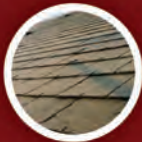
15th – 23rd June 2019 SAVE THE DATES!

Only five months away now – be sure the dates are in your diary. The Festival Programme will be published end March. Meanwhile periodic news of Festival events will be posted on the website. Keep logging on!

www.cuckfieldmusicfest.co.uk

Programme published end March

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Pure knowh₂ow

Do it yourself at the Chailey Repair Cafe

Cuckfield resident Fran Felton first heard about the Repair Cafe on the Freecycle website as they were looking for volunteers, and she offered to help.

The Cafe's main purpose however is that visitors can bring their broken items in from home and alongside the experts make their repairs together. For example, there might be an electrical specialist on hand to help fix items such as radios and computers or a member of the fabric team to assist with hemming trousers or coat linings.

People are encouraged to bring their broken items to the cafe, have a cup of tea and a piece of home-made cake while they talk to other visitors or watch the repairs being carried out. All that is asked is that a small donation is made.

Fran explains: "Every item that is repaired is one less that is being taken to the dump. It's especially valuable for those of us who would normally throw something away rather than repair it. The Cafe itself is another great reason for the community and the surrounding area to come together. It would be wonderful to get one going in Cuckfield."

The man behind the Chailey initiative is Brian McAlley who opened the Cafe in August last year after nearly 60 years of taking things apart and trying to bring them back to life.

"I am happy to say that the project has really captured the hearts and minds of the local community, and we have been delighted to welcome visitors from as far away as Eastbourne, Lewes and Tunbridge."

Chailey Repair Café is part of a worldwide movement where expert volunteers offer their time to repair objects and items free of charge. The concept for the Repair Café began in the Netherlands in 2009 when Martine Postma wanted to help local communities find ways of producing less waste and more environmental sustainability.

The Chailey Repair Cafe meets on the second Saturday of every month at 10am in Chailey Parish Hall (BN8 4BE). The next events will be held on Saturday 19th January and 9th February.



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February Food Market

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How the railway changed Haywards Heath

Cuckfield Museum will reopen on 16th February after its winter break with a new display looking at the story of Haywards Heath and how the coming of the railway in 1841 brought prosperity and rapid expansion to this part of Mid Sussex.

These images show a contemporary pen and ink drawing showing the scene on a deserted Heath in 1841

as the railway was being driven through (the spire is that of Lindfield Church) and an aerial view of Haywards Heath from just over a hundred years later: a thriving and well-established town.

After the break, the museum will be open from 10am-12.30pm Wednesday to Fridays and until 3pm on Saturdays.



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Kate Fleming

VILLAGE PEOPLE



By Jacqueline Elmore

Like all good stories, this one starts in the heart of a village, in what was once an old bread shop, now a cosy listed cottage and home to long standing Cuckfield resident, Kate Fleming.

"I think we must have come to Cuckfield around 1970. Back in the day this house used to be a bread shop and just out the back is a little bakehouse. My great nieces and nephews still call it 'Auntie's fairy house' and they love it."

Originally from the North of England, Kate has lived in Cuckfield for almost fifty years now but if you listen closely enough you can still hear the very faint and subtle sound of a warm, northerly twang in her accent.

Kate who was raised in rural Lincolnshire in a 27 room rectory, moved to Sidcup in Kent in her late teens to study drama at the Rose Bruford School of Speech and Drama where she spent three years perfecting her art before fleeing its green pastures for the heady heights and bright lights of London.

"I have always adored the theatre and performance. I think that comes from my father because he was a vicar and performer. He would often take services and I would sit and watch in awe from the pews. I think that was where it all started really."

Kate's love of the theatre continued long after she had graduated. She made the quick transition from hardworking student to dramatic performer appearing on stage, touring and even doing some work in the early days of television.

Kate realised that trying to pursue a career in the creative arts in London presented some challenges.

"In those days you got qualified teacher status and in order to move forward at that time you needed three things; a private income, talent and a great deal of luck. Well I think I had talent and a bit of good luck but I didn't have a private income so I didn't have any money."

Kate therefore made the decision to look into the option of teaching to earn some extra cash. She made some enquiries with the ILEA (Inner London Education Authority) about the possibility of doing some supply teaching.

"I can remember that day so well. Arriving at their office and being greeted by this man 'You're a qualified teacher aren't you', and I said 'well, yes, I am actually'. When I finally arrived at the class there were around 43 children, and I remember thinking I can't teach anything other than drama! Someone then asked 'what are we going to

do Miss' and I said 'well, I thought we could do a bit of drama'. They seemed happy because they all replied with 'oh we'd like that miss'. I was relieved!"

Kate continued to teach for a number of years and at the same time managed to enjoy her theatrical work too.

"That was how it was for me. I would teach all day and then go and do the theatre stuff in the evenings. It was a very busy time."

While Kate was studying at the Rose Bruford School of Speech and Drama she met her husband who worked in London and whose parents lived in Sussex. This is what ultimately led to her buying a home in Cuckfield.

"The first place we lived together was in Putney in London. We then bought a flat in Telscombe Cliffs (near Peacehaven) but it wasn't long before we ended up selling both properties so we could buy in Cuckfield. We wanted to be near London, near to an airport and near to the sea. Cuckfield was, and still is, the ideal place."

For 17 years Kate and her husband lived at the far end of the village in a large house on Sparks Lane, and in 1987 they moved to a house in the centre of Cuckfield High Street.

One day in particular still resonates in Kate's mind.

"My husband came home one evening and told me he'd bought a house. He'd met this man on the train and they got chatting and soon he discovered that this man lived in Cuckfield too, in a house that I had always loved. My husband learnt that the house was up for sale and right there on the train he shook hands with this man and the rest they say is history. That's why I am here at Diamond House now."

Kate's teaching career followed her to Cuckfield where she taught English and Liberal Arts at Lewes Tertiary College before being offered a drama teaching opportunity at the University of Brighton, where she remained working for a number of years.

"It was only last year that I stopped but I'm still very much in contact with everyone."

Nowadays, Kate spends much of her time immersed in the community here in Cuckfield.

"I was member of the Independent State of Cuckfield (ISOC) committee and only recently stepped down. I have also been the Mayor of Cuckfield. My name is on the board in the Queens Hall in gold letters!"

Kate is also a steward at the Cuckfield Museum and a singing member of the Cuckoo Choir. It is clear that Kate is a huge supporter of village life.

"Living in a community like this, in Cuckfield, is quite an amazing and rare experience. I am lucky enough to live right in the centre of the village. I'm close to everything and to everyone. I walk out of the door and the views over the downs and the church never fail to blow me away. I am overwhelmed with how beautiful it is."

Traditionally, Christmas in Cuckfield is a particularly special time for Kate.

"Although the village has changed over the last 40 years there is still that feeling of community and real togetherness. As was seen at the Christmas Cabaret, the Christmas Tree Festival and the late night shopping event. Christmastime is especially warm here in Cuckfield, and I absolutely love it."



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Christmas Street Festival

Many thanks to all those who came along to support the Christmas Street Festival this year. This event has come to signal the start of the festive season for the village, and the atmosphere always feels almost magical. We were so lucky again with the weather, with more than 1,700 visitors coming along.

We are grateful to the many local retailers who stayed open to support our event, ensuring that all those who came had plenty of inspiration for their Christmas, as well as helping out where needed with our stallholders. With more than 20 stalls lining the streets, we are always delighted to be able to support the local charities and commercial stalls who join us for the evening. We enjoyed the return of the Surrey and Sussex Drum and Bugle Corps, as well as a fabulous display by the Carey School of Irish Dance. Thanks as ever to Mid Downs Radio for keeping the festive tunes playing throughout the evening. And, of course, final thanks to Father Christmas for adding his special blend of magic to our event. Best wishes for 2019.



Buttinghill Drive Open Space and Drainage Pond

Many will have seen the collapsed state of the drainage pond in the open space adjacent to Buttinghill drive (off Bylanes). This saga has continued for the past three years, as the parish council (CPC) has continued to press Mid Sussex District Council (MSDC) and Taylor Wimpey (TW) for a resolution prior to CPC taking over the land. MSDC issued a planning Enforcement Notice to try and force TW into action, and new plans have now been circulated. However, TW have yet to formally submit,

and therefore commit to, their plans. According to the contracts made at the original Planning Appeal, CPC should have formally become landowners last April. However, CPC are not willing to take on a considerable taxpayer liability with the current state of the pond and its lack of sufficient drainage capacity. We are optimistic this will be resolved during the first half of 2019 and continue to work with both MSDC and TW to make this happen.

Make A Change, become a Local Councillor

Cuckfield Parish Council is calling on residents passionate about their community to stand in the local elections in 2019.

What do Councillors do?

Councillors are the champions of their community and give residents a voice on the decisions the council makes. Becoming a councillor will allow you to make a real difference in your community by engaging with residents, local groups and businesses to find out their needs; making decisions on which services and projects the council should take forward and getting involved locally to ensure the services are meeting your community's needs.

The main areas of focus for Cuckfield are:

- Reviewing planning applications against the Neighborhood Plan and District Plan and making recommendations to MSDC.
- Working with WSCC Highways to identify and implement changes to the roads infrastructure to make Cuckfield a safer place for both pedestrians and traffic.
- Focus on the immediate environment to ensure Cuckfield maintains its green spaces for the benefit of residents and visitors.

Key areas of responsibility are:

- The Cemetery, Observer Field and Nuclear Bunker
- Allotment sites at Courtmead Road and Whitemans Green
- The Queen's Hall and Cuckfield Village Hall
- Horsefield Green
- Summer and winter planting schemes within the village
- Speed Watch and the roving Speed Indicator Device
- The annual Christmas Street Festival
- The future transfer of the green site at Buttinghill Drive
- Commenting on all planning applications relevant to Cuckfield

How long does it take?

The National Association of Local Councils (NALC) Local Councillor Census Survey found that councillors put aside, on average, three hours a week for council work. This often includes attending meetings, engaging with residents and speaking on behalf of the council to other bodies. All the work is managed through a series of committees, so your time commitment will vary according to how many Committees you choose to join. Currently Cuckfield Parish Council meets once every three weeks for the planning committee, with other committees meeting three or four times a year.

Can I stand?

There are only a few rules to stand for election. You must be:

- A British citizen, or a citizen of the Commonwealth, or the European Union
- 18 years of age or older
- Live in an area that is served by a local council

How can I get involved?

Contact Sam Heynes, Parish Clerk, Cuckfield Parish Council at 01444 451610 or clerk@cuckfield.gov.uk to find out more or visit www.nalc.gov.uk/elections

Roads and Traffic - London Lane

The safety improvement works for London Lane are provisionally programmed to coincide with the school summer holidays in 2019. For safety reasons the work is likely to involve a road closure subject to advertising and approval. We will hold an open evening in early spring 2019 when the plans will be available to view.

Love West Sussex

Residents are requested to report all issues with potholes, trees, pathways, etc., via the Love West Sussex website <https://love.westsussex.gov.uk/reports/home>



Skate Park at Whiteman's Green

After a considerably lengthy time to obtain permission the safety sign has now been installed at CPC's Skate Park. Young residents are requested to take note of the guidelines listed on the sign and use the skate park with safety in mind.



YOUR PARISH COUNCIL

Cuckfield Parish Council – Opening Hours
Monday to Friday 10am - 3pm

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paul.mantripp@cuckfield.gov.uk

Vice-Chairman

01444 443337

frances.laing@cuckfield.gov.uk

Other Council Members:

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01444 443306

andy.burton@cuckfield.gov.uk

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Unscramble the signs

JUST FOR FUN!

Here's 11 road signs from Cuckfield but we've scrambled the letters around. Can you solve these anagrams? Answers next month - but there's a £20 shopping voucher for the first entry with all 11 correct. Email your answers to competition@cuckfieldlife.co.uk.



Netball Club has spaces available now

By Alison Armstrong

Woodside Netball Club is Haywards Heath's only netball club and the only netball club in the area that offers back to netball sessions for adults. We are looking for new members in all our age groups. We currently have members from school Year 4 up to our oldest member who is in her mid-50s.

The club offers fun and informative training sessions on a Sunday, training at Great Walstead School in the winter months and The Woodside Community Centre in the summer.

Our club is run by volunteers and no one receives any financial payment for the time they give to training and developing players. All the money the members pay goes to facility hire, equipment and England Netball Registration. Our Head Coach Amy is also the head coach for Sussex University and has a wealth of knowledge she passes on to other coaches within the club.

The schedule for training each Sunday is currently as follows:

School Year's 4 & 5 train from 4-5pm

School Year's 6 & 7 train from 5-6pm

School Year 8 up to adult train from 6-7.30pm

We also run regular sessions with England Netball & Super League Players and our members enjoyed an amazing session with Sasha Corbin in December.

Sasha Corbin is a well known and very experienced England Player and the members loved her sessions resulting in the club purchasing some of the equipment she used in her session in order to progress the development of our training session. Sasha gave our coaches some great instructions and mentoring and wants to come back and join us again for another fun session.

Next month we have the very talented and experienced Tamsin Greenway coming to run a session for the club, Tamsin has played Super League netball for a very long time, played for England and has in the last two years coached Wasps Super League team to victory winning the Super League in 2017 & 2018.

Our teams compete in the local leagues with four junior teams competing in the West Sussex Junior Netball League, one development team playing in the Crawley Adult League and two adult teams playing in the Brighton Mid Week League. We have an U15 development team which we are hoping to be able to enter into the Regional Tournament to gain a place in the Regional Leagues and are hoping to have other teams to put through to this tournament ready for next seasons leagues.

If you are interested in netball for either your children or yourself please contact on woodsidenc@gmail.com for more information and a date to come along and have a free taster session to see what you think of our club and see if we fit your needs.



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Woodies Quiz Nights

By Alison Armstrong

Woodies Quiz Nights are held once a month at The Woodside in Bolnore Village, typically on the last Saturday of the month unless an event means having to move it. This month's quiz will be held on Saturday 26th January. All teams should arrive by 7.45pm at the latest to register and get their drinks ready for a prompt 8pm start.

Our amazing quizmaster, Jim Hoodless, arranges a very challenging but fun quiz with tweet rounds, linkee's, music, picture and general knowledge rounds. There are regular teams who fight for the top spot every month; either 'Sorry We Were Chatting' or 'Woodies Wonders' tend to get that top spot. Is there a team of between two and six people who can challenge them and win that first place prize of three bottles of wine?

Come along with friends, neighbours or family and test your knowledge, enjoy a fun and relaxed atmosphere. Order a takeaway to have during the quiz. There are several restaurants in and around Haywards Heath who deliver to The Woodside, the most popular being pizza. Woodies Bar takes cash and card and offers a wide range of beverages at very reasonable prices, and the bar staff are always friendly and welcoming.

Jim, Alison, Denise and Sophie would love to welcome new teams and new regulars to Woodies Bar so book a table by contacting me, Alison, on alison.events@bolnore.org.uk



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Christmas Weekend fun

By Alison Armstrong, Bolnore Woodside Trading Co
2018's Bolnore Village Christmas weekend was a great success. As the event organiser I was concerned by the weather and the other events in the area having a negative effect on our events over the weekend. However, I need not have been concerned. As always the Bolnore Village community spirit shone through and the weekend was enjoyed by many.

Christmas presents were not an issue for those attending the Christmas Fair. With ideas from gardening tools, ladies clothes and alcohol gift packs to soaps and room scents there really was something for everyone. On the Sunday the community gathered together to sing some Christmas favourites and everyone, especially the children, was in fine voice. Father Christmas arrived to the children singing Jingles Bells. He spent time talking to the children, allowing them to ring the Christmas bell and make a wish. Every child received a small gift and then settled down while Father Christmas read them a bedtime story. Parents and children left The Woodside with a real feeling that Christmas was just around the corner.

It is our hope that more people will join in the festivities next year when we host our second Bolnore Christmas Weekend on Saturday 30th November and Sunday 1st December. For more information, and to book a stall for the Christmas Fair (on the Saturday), please feel free to contact me at: alison.events@bolnore.org.uk.



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5 MINUTES WITH...

Carlos Leon

Carlos is a financial analyst by trade but many in Bolnore will know him for his community work in Bolnore. He also admits to being way too active on Facebook and 'a bit geeky' about his Action Man collection!

How long have you lived in Bolnore? Since 2003

What's the best thing about being here?

Lots of lovely friends/kids with similar interests

Favourite ice cream flavour? Pistachio

How many houses have you lived in? About 11

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

A tap room or decent pub and a coffee shop

Favourite holiday destination?

Can't decide between Penang, Italy or Catalonia

Song you play the most?

Bjork's Joga but I'm also going through a midlife nostalgia crisis so playing lots of old drum and bass!

What would you do if you won £1 million?

Invest it and spend ALL of the dividends on holidays, watches, a couple of cars that aren't people carriers or 12 years old and an Airstream for some glamping

What was the last present you gave someone?

A box of willy-shaped shortbread biscuits.

Strangest thing you've ever eaten?

I've eaten a lot of octopus as well as other local oddities such as sea-urchins, pigs ears and razor clams

What would you rather give up for a month – TV or music? That's too tough to call!

Which App on your phone do you use the most?

Shazam

What's your proudest moment?

My three boys being born

Your advice for life?

Learn to laugh at yourself, do something kind for someone every day and don't sweat the small stuff!

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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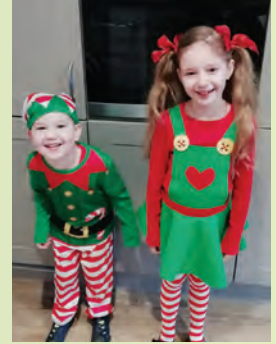
By Elaine Goodwin

Bolnore Village Primary School's annual Elf Day brought much excitement to the village with everyone coming to school dressed as an elf, including children, teachers, support staff and even some dogs.

Everyone arriving at the school was greeted by Christmas music playing out into the playground, and, with the day ahead filled with promise, children went in to class excited while many parents left the school a tad emotional!

Children were treated to a busy morning packed with lots of Christmas themed activities, including dancing, making wrapping paper, crackers and snowflakes, colouring elf pictures and there was even a visit from Santa, giving out presents to every class.

Christmas lunch was served and the day finished with a hilarious Staff Panto for the children. A magical day was had by all.





Ladies Night goes well

Honeycomb Hair Salon owner Steph Carden hosted her first Ladies Night last month. Guests at the Bolnore salon were treated to prosecco, mince pies and some fantastic raffle prizes, which raised over £100 for the RSPCA.



Cycle Path now open



The long awaited cycle path linking Kingfisher Drive to the old Rocky Lane bridge is now complete. The path gives people living at the southern end of Bolnore a car-free route into Haywards Heath town centre without having to go through the woods.

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Santa float visits Bolnore

By Elaine Goodwin

Bolnore children came out in force to see Santa travelling through their village on a float. Run by The Haywards Heath Lions Club, the float serves to raise money for their Christmas Appeal which provides food vouchers for needy families in the area. The Beavers and Cubs from Bolnore Village Scout Group helped to raise money for the appeal by selling cakes and hot chocolate at the Woodside, where the float stopped for some time. The cake sale raised £60, contributing to a total of £365 raised in Bolnore that night.

The float travelled through other parts of Haywards Heath and Lindfield over 12 nights. President of Haywards Heath Lions Club Peter Parr commented: "We would like to thank the generous people of the area for their support during our two week Christmas Carol Appeal to raise money for families in need this Christmas. Your kind generosity allowed us, together with Father Christmas of course, to provide Sainsburys vouchers to 152 children across 63 families, thereby making their Christmas a much more enjoyable day."

Year ends on a high for School Fundraisers

The Friends of Bolnore Village Primary School (FoBVPS) ended another year of fundraising with the school Christmas Fair. The event, which was much more scaled down from previous years, proved hugely successful and despite running for just an hour and a half raised over £1,600. As ever the chocolate tombola and the secret present room (where only children are allowed in and they can buy a present for a special grown up and have it wrapped) were hugely popular. This year children from every class got involved with running stalls while Santa wandered round the school saying hello and giving out high fives. The Hub after-school club made sure club-goers didn't miss out and took their children round the Fair in small groups to join in the fun.

FoBVPS Chair Jo Roberts commented: "Thank you to everyone who donated items for our stalls and came along and supported the event including Duffy and Co."

FoBVPS Treasurer Katie Baldwin added: "We are really happy to end the year on a fundraising high; we raised £9,600 this term!"

This brings the total for 2018 to £18,000. Funds raised will continue to go towards forest school, music and IT resources and workshops for all year groups.

The Friends have appealed for more parents to get involved with more fundraising fun in 2019. Get in touch by emailing friendsofbvps@gmail.com.



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Councils set to retain more from biz rates

West Sussex councils have successfully applied to take part in a new Government pilot scheme that allows them to reinvest growth in Business Rates to support the local economy.

Under the pilot scheme, councils in West Sussex will be able to retain any increase in Business Rates locally, rather than giving it to the Government. The funding will be held in a joint pool on behalf of the Districts of Adur, Arun, Chichester, Horsham, Mid Sussex, the Boroughs of Crawley and Worthing and West Sussex County Council.

It is forecast that the additional business rates retained for investment locally could be £19m in 2019/20.

The Councils aim to work together and invest the money in infrastructure to support the rollout of Full Fibre digital connectivity across West Sussex.

Councillor Garry Wall, Leader of Mid Sussex District Council said: "The beauty of this pilot is that it provides Councils with more opportunities to support business growth in their area, something which in turn benefits the whole community.

"We are grateful to our local MP, Sir Nicholas Soames, who has championed our work within Government."



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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



Annie Rees and friends - New Year's Day at Cuckfield Golf Course



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Leftover goodies still?

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Cheese and cranberry toasts

For each person - just spoon a generous layer of cranberry sauce on to thick slices of freshly toasted bread and cover with a thick layer of cheese. Cheddar is fine. Goats' cheese or Stilton even better. Pop under a hot grill, a little way from the heat, so that the cheese heats all the way through and becomes bubbling and golden brown. Alternatively cook in a hot oven for a few minutes, keeping an eye on them to avoid overcooking. Eat immediately.

Mincemeat and pear crunch (Serves 4)

Heat oven 180C. Peel, core and dice 4 dessert pears and tip into a shallow dish. Top with a generous layer of mincemeat. If you have any marzipan left over, coarsely grate over the mincemeat – not essential but delicious. Combine 200g fresh breadcrumbs with 50g melted butter, a good pinch of ground cinnamon and a small handful of chopped nuts. Spoon over the fruit and bake for about 30 min or until golden brown. Good with cream or icecream!



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By Caroline Young

Happy New Year!

Have you found some leftover goodies from Christmas still lurking in your refrigerator, larder or freezer? Here are some quick and simple ways to convert them into delicious meals.



French toast with cranberry apple sauce (Serves 2)

Peel, core and cut a large eating apple into slim wedges. Gently fry in a little butter until soft and golden brown. Add a generous amount of cranberry sauce and continue to heat until bubbling hot. Keep warm. Put to one side while you make the French toast. Remove the crust from three thick slices of bread and cut each into three fingers. In a shallow dish beat together 1 egg, 50ml milk and 2tbs caster sugar. Dip each finger of bread into the milk mixture (allow it to absorb some of the liquid) then fry in butter until golden brown. Serve piping hot with the cranberry apple sauce.

Chestnut and carrot soup

(Serves 4)

Do you still have a pack of chestnuts needing to be used – here's a delicious soup.

Melt a generous knob of butter in a pan, stir in 1tbs grated fresh root ginger and a large finely chopped onion. Stir until soft and just beginning to brown. Add 700g peeled and chopped carrots, a 350g vacuum pack of chestnuts and 900ml vegetable stock. Bring just to the boil, cover and cook over low heat for about 20 min. or until carrots are tender. Using a processor or blender, buzz until smooth. Return to the pan, gently heat and serve with a generous swirl of double cream.

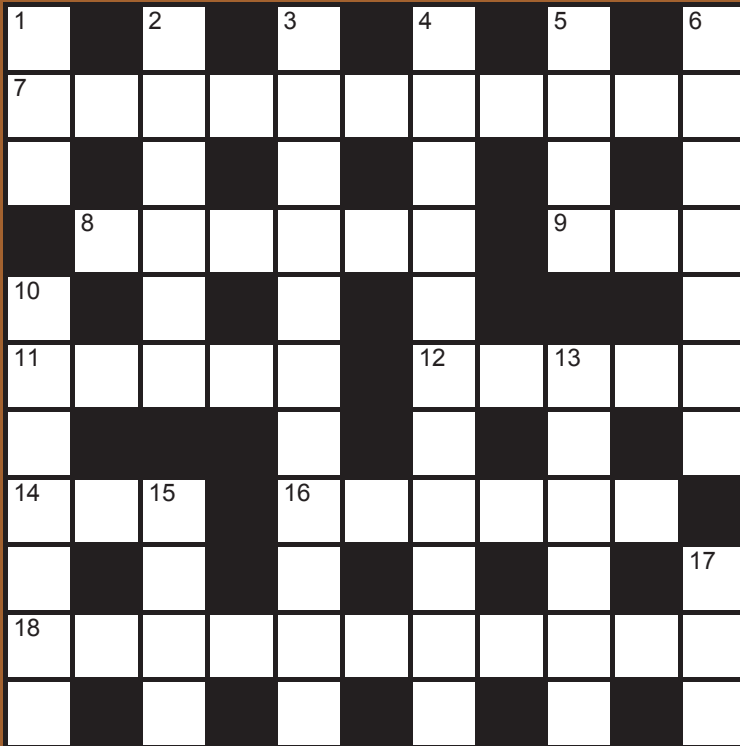


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Family crossword



Got 20 mins spare?
Have a go at this crossword - which should be varied enough for all ages to answer some clues.
Answers listed on p.55

Across

- 7 Renter (11)
- 8 Pertaining to a nerve (6)
- 9 Doze (3)
- 11 Huge (5)
- 12 Paddled (5)
- 14 Anger (3)
- 16 Child's toy (6)
- 18 Witches (11)

Down

- 1 Mischievous person (3)
- 2 Image recorder (6)
- 3 Correspondence assistants (11)
- 4 Using obscene language (4-7)
- 5 Yemeni seaport (4)
- 6 Three-legged racks (7)
- 10 Con (7)
- 13 Condiment (6)
- 15 Lugs (4)
- 17 Monmouthshire town on eponymous river (3)

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Sudoku #31

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

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

Find the solution to #31 in next month's magazine

#30 Solution

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

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Enforcing a County Court Judgment

LISTEN TO THE LAWYER

By Martyn Gooch, partner Rohan Solicitors

Question: I have obtained a CCJ against a customer that didn't pay his bill. He is still refusing to pay, what can I do?

Answer: When trying to recover money you are owed by a debtor, obtaining a CCJ (County Court Judgment) is only half the battle. If that debtor still refuses to pay the debt, you will need to enforce the terms of the CCJ through the courts. There are several methods of enforcement available and which to use is somewhat dependent on the information you have about the debtor and the value of the debt.

If you happen to have previously acquired the debtor's bank account details by legitimate means (perhaps they were included on a previous payment he made to you), you can apply to the court for a third-party debt order. If the application is granted, the court will, if the account has sufficient funds, order the third party (in this example the bank) to pay you directly to settle the CCJ. Likewise, if the debtor is employed, and you have the contact details of his employer, you may be able to apply to the court for an attachment of earnings order. This will, if granted by the court, result in the employer making deductions from the debtor's wages every month to pay directly to you. The amount of the deduction is dependent on the debtor's salary.

If the debt is large, and you are aware that the debtor is a homeowner, you may be able to apply to the court for a charging order to be registered against his property. This will secure the debt but may not necessarily result in it getting paid. If, however, a charging order is made you may then be able to make a further application for an order that the property be sold by the court to pay off the CCJ.

Perhaps the easiest and cheapest means of enforcing, however, is to instruct the County Court bailiffs (or, alternatively, if the debt is greater than £600, the High Court enforcement agents). Once instructed, they will attend the debtor's property and demand payment of the debt. If they are not able or willing to pay, the bailiffs or enforcement agents are authorised to remove goods owned by the debtor to the value of the CCJ.

It is important to consider the financial status of a debtor before issuing court proceedings. A 'man of straw' may of course be unable to satisfy a CCJ, irrespective of which method of enforcement you use. For a modest fee, a private detective can be instructed to report on the financial standing of an individual or company that owes you money, and this is a prudent step to take prior to commencing formal legal action against a debtor.

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

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What's on this month

ELSEWHERE

January

- 16th **The Arts Society Mid Sussex** – 10.45am
Clair Hall, Haywards Heath - Lecture: 'Undressing Antiques' by Mark Hill (£7 on the door)
- 17th **HH Ceramics Group** – 10am
Clair Hall - 'From Travel to Templates - a Life of Slab Building Pots' by Tessa Wolfe Murray (Tickets £8, call 01444 483372)
- 17th **National Trust** – 2.30pm
Clair Hall - Talk: 'Sir John Gage & Firlie Place' by Helen Poole

February

- 5th **NHS Retirement Fellowship Mid-Sussex Branch** – 10.15am
Franklands Village Hall, Haywards Heath - Shelter Box Disaster Relief by Debbie Belissio
- 8th **Cuckfield Flower Club** – 7.30pm
HH Methodist Church – Michelle King TBA (Sue 01444 831602)
- 12th **Ensemble Reza Concert** – 1pm
Haywards Heath Methodist Church - Valentines Special with romantic music for cello and piano including music by Faure, Rachmaninov, Schumann & Piazzolla (free)
- 14th **HH Ceramics Group** – 10am
Clair Hall - Talk: 'A Mug chasing Mugs' by Mike Turner (free entry in February for anyone coming along for the first time)
- 14th **Mid Sussex Assoc. National Trust** – 2.30pm
Clair Hall - Talk: 'Charles Darwin and the Galapagos Islands' by Derek Barton
- 19th **Cuckfield Evening WI** – 7.30pm
Cuckfield Baptist Church, Polestub Lane – 'The Life and Work of Sir Archibald MacIndoe' by Alex from East Grinstead Museum
- 20th **The Arts Society Mid Sussex** – 10.45am
Clair Hall - Lecture: 'Discovering MacDonald Gill, Architect, Artist and Mapmaker' by Caroline Walker (£7 on the door)
- 27th **Royal British Legion Women's Section** – 2.30pm
The Old School - Bees and Beekeeping by Otto Somodi

There are also weekly activities at Cuckfield Village Hall (London Lane) including Pilates, Zumba, Dance and Cuckfield Preschool. More details can be found from the Notice Board outside the hall.

What's on this month

AT THE QUEEN'S HALL

Monday

- 9.30am **Pilates**
- 9.30am **Yoga**
- 10.30am **Pilates**
- 2pm **Dance Classes for Preschoolers**
- 3.45pm **Dance Classes for Children**
- 7.30pm **Dog Training**

Tuesday

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

Wednesday

- 9.30am **Preschool Singing**
- 10am **Stroke Support Activities**
- 1.30pm **Line Dancing Class**
- 3pm **Dance Classes for Children**
- 7.30pm **Yoga**
- 7.30pm **Ballroom Dance Club**

Thursday

- 9.15am **Yoga**
- 9.30am **Preschool Dance Class**
- 10.30am **Yoga**
- 7.30pm **Yoga**

Friday

- 9.30am **Preschool 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.

January

- 24th **Parish Council Meetings**
 - 7.30pm Planning
 - 8.15pm Full Council

February

- 14th **Parish Council Meetings**
 - 7.30pm Planning
 - 8.15pm Environment & Wellbeing

AT WOODSIDE

Monday

- 9.45am **Sing & Sign (3 sessions)**
- 4.30pm **Hayley Beeson School of Dance**
- 7pm **DDMX Dance Fitness**
- 8pm **Kickboxing**
- 8.15pm **Becca Lee Yoga**

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**
- 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

- 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).

January

- 26th **Quiz Night** – 7.45pm
The monthly Bolnore event seeks teams of between 2-6 people for a fun and varied quiz night - just turn up to register your team (alison.events@bolnore.org.uk)

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