

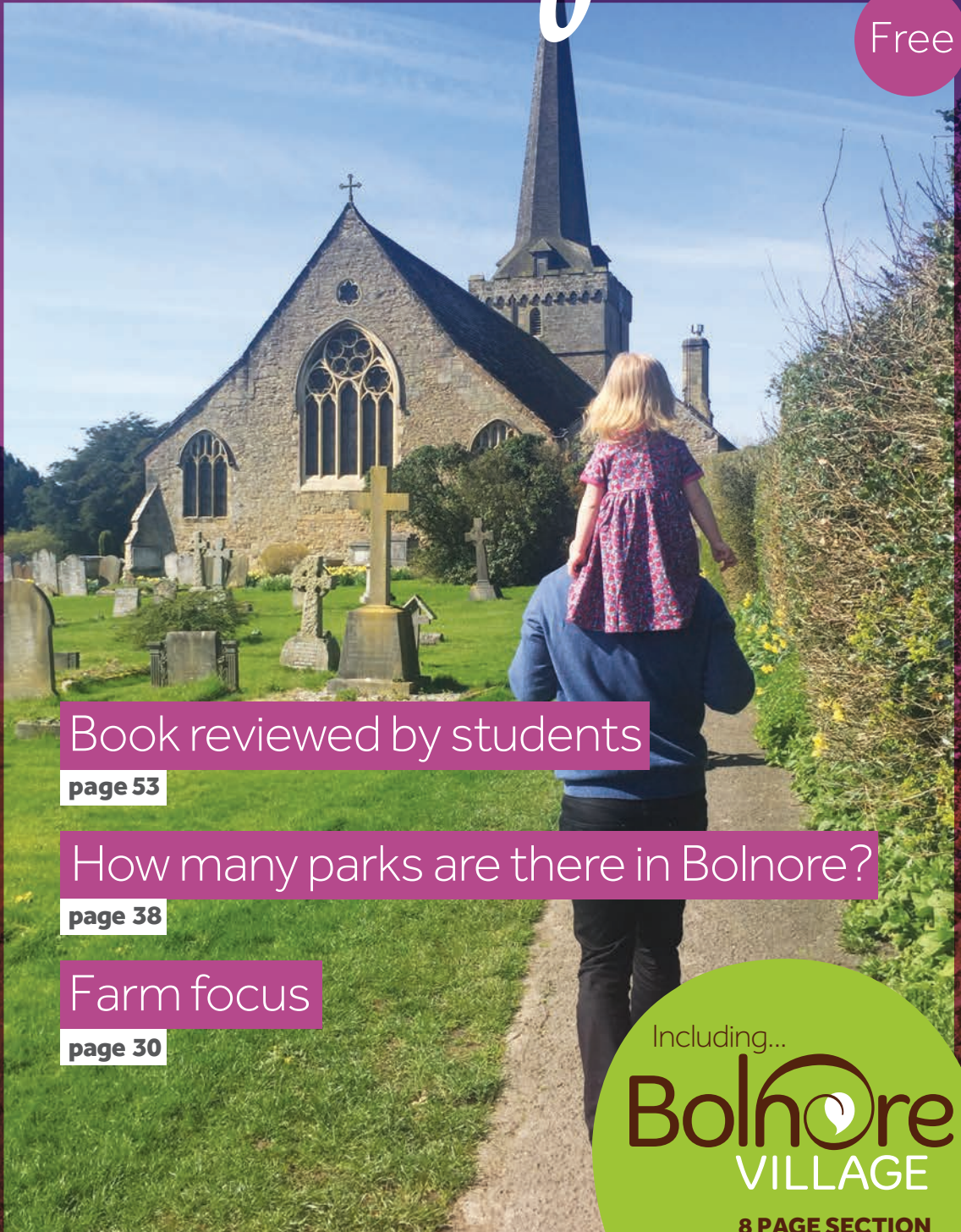
# Cuckfield Life

Inc. Brook St, Ansty, Staplefield & Bolnore Village

Local village talk,  
by the village

Issue #77 : Mar. 2019

Free



Book reviewed by students

page 53

How many parks are there in Bolnore?

page 38

Farm focus

page 30

Including...

**Bolnore**  
VILLAGE

8 PAGE SECTION





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## EDITORIAL

By David Tingley, Editor

Welcome to the March issue, and with it comes plenty to see, do and read – we are, after all, on the run-up to spring when this wonderful community comes alive again after some mild hibernation during winter!

First things first, it was a pleasure to attend the **Cuckfield Museum's Patrons Night** last month, and we feature a little of what went on on **page 6**.

Our **Village People** candidate this month is **Claire Mitchell** – even if you didn't know you know her, you'd probably recognise her, as I always see her walking her dog around Cuckfield. See **Jacqueline Elmore's** article on **page 8**.

We are really grateful to Claire for allowing us to tell her story, and we're always on the lookout for others – so do let myself or Jacqueline know (editor@cuckfieldlife.co.uk) please.

On **page 15** we catch up with Cuckfield's **Peter Negus**, who is making the case for a new volunteer needed to head up the Poppy Appeal in the village. On **page 22** we celebrate the birthday of **Dame Vera Lynn** – whose childrens charity is based up the road in Staplefield. And on **page 27** there's a chance to get your hands on a copy of a local history book written by **Roger Heavens**.

The centre spread this month features **Laines Organic Farm**, which has been part of the village for very many years. Jacqueline went to meet the owner, **Toos Jeuken**, and find out just what makes this land so special. Read about it on **page 30**.

Our **Bolnore pages** stretch across **pages 34 to 41** – with a map of the local **children's parks** on **page 38** to help parents go and explore somewhere new when the sun is shining! Thanks **Elaine Goodwin** for putting this together for us.

Do keep in touch, and send us your **Holiday Snaps** with Cuckfield Life (**page 53**)!



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 Amy Hayden  
A family walk in the sun

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# NEWS

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](mailto:editor@cuckfieldlife.co.uk)

## Park make it to County Cup Final

By Mr Gentry, Curriculum Leader PE & Sport  
The U12 Girls Football team at Warden Park Academy has progressed into the County Cup Final after a fantastic performance against Tanbridge House. The girls have been in the last four County Cup Finals at U16 level, winning in 2017 and 2018. However this is the first time the U12s have progressed to the final in five years.

Girls football has progressed hugely over the last five years, hence every game is difficult. Warden Park had beaten a strong Varndean side to progress to the last 16. Victories over Oathall and Stringer set up a semi-final against local rivals Tanbridge. The two teams know each other well as Tanbridge girls play for Southwater Royals and the Park girls play for Cuckfield Cosmos. These teams have met twice this season.

The game was won 2-0 with goals from Ryder and Tite. Park will play Millais in the Cup Final after Easter.



The team is still in the National Cup, the last 32 in the country, after a dramatic win on penalties. The team now faces Kingston school; luckily it is a home tie.

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*Pat, Sandy and Matthew Gallagher, formerly of Cuckfield*

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The institution that is the Cuckfield Easter Walking Race returns this year on Easter Monday 22nd April.

Organised by the Independent State of Cuckfield, the event is almost 100 years old and is based on an approximately five mile road course around Cuckfield and Ansty. The race starts and finishes at the Rugby Club on Whitemans Green and is open to anyone aged 16 and over.

With a deviously complex handicapping system there are a number of trophies up for grabs depending on your

ability, gender, speed or dress sense. It's a perfect way to burn off all those chocolate calories and to take in the spring sights around Cuckfield.

Entry is just £2 per person, plus there is a free Easter Egg Hunt for the kids. Walkers should register at the rugby club from 9.30am for a 10am start. The Egg Hunt starts from 10.30am. For more details visit [www.facebook.com/independentstateofcuckfield/](https://www.facebook.com/independentstateofcuckfield/) or email [info@cuckfieldstate.org](mailto:info@cuckfieldstate.org).

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## Patron Evening well attended at Museum

**CUCKFIELD MUSEUM**

Cuckfield Museum hosted a special Patrons Evening last month, which allowed invited guests to explore the new 'Cuckfield's Noisy Neighbour' exhibition.

Museum Chair of Trustees Andrew Symonds welcomed supporters with an introductory speech in which he thanked those present for all they had done to keep the museum open and relevant to the village.



Among the exhibits was a specially commissioned scale model of a section of railway tunnel in Haywards Heath. The diorama of Folly Hill Tunnel was created by members of Burgess Hill Model Railway Club – and was built to commemorate town resident Joseph Flesher, who was the contractor responsible for construction of the London to Brighton railway line which started in 1841. He lived in the house and grounds, Clevelands, which was on the site immediately above the tunnel which he built. Relatives of Joseph met the creator of the model at the museum event.

Other items on display which generated a lot of interest were an album packed with old photos of Haywards Heath and some fascinating plans of well-known roads in the town from when the houses were first built.

For further information please visit: [www.cuckfieldmuseum.org](http://www.cuckfieldmuseum.org). This Haywards Heath exhibition will remain on display until May. Museum opening hours: Wed, Thurs and Fri 10am-12.30pm and Sat 10-3pm.





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# 'If one has a garden'

VILLAGE PEOPLE



**By Jacqueline Elmore**

Frances Hodgson Burnett, author of *The Secret Garden* once remarked; 'As long as one has a garden, one has a future; and as long as one has a future, one is alive'.

We're less than a week away from the first official day of spring and local horticulturalist and allotment cultivator Claire Mitchell can't wait to start digging and to plant this year's flowers and vegetables.

"I love being outside. Being around nature and getting my hands into the earth. It is such a positive and valuable experience. It certainly grounds me and makes me feel good."

Claire's allotment in friendly Cuckfield is far away from her former life in Nairobi, where she was born and raised. Her father, a retired solicitor, still lives there.

"It is a sprawling metropolis now. Not quite like the place that I remember growing up. The population used to be somewhere around 300,000 but there are just so many more people now, close to five million. I'm not sure I would recognise Nairobi today, to be honest. It was an amazing place to grow up and I have many happy memories of my time there."

One such happy memory was working on the 1985 film *Out of Africa*. Claire helped her stepmother in her production office and subsequently worked as a personal assistant for author Errol Trzebinski, whose book *Silence Will Speak* was used in the making of the film.

While doing this job she lived in Mombasa on the coast of Kenya. Her boyfriend at the time was a spearfisherman who made his living selling fresh fish such as barracuda and kingfish, along with lobsters, to local restaurants.

"I remember hot days on the coast, living easy by the sea. It was certainly different to life in Cuckfield – but both are lovely in their own way," Claire commented.

The distance between Kenya and the south of England became smaller for Claire when she was younger, sent off on a plane to go to school at Ancaster House in Bexhill. Her brother Marcus joined her and went to Hurstpierpoint College.

"I found the winter term very chilly and I used to sleep with my uniform on my bed, ready to get into in the morning!"





Claire left Kenya for good and moved back to the UK some 30 years ago. Here she met her late husband Mitch, and in 1997 they moved to Cuckfield with their son Luke. This is where her interest in gardening grew too.

"For me the allotment is about nurture. It's about being outside. It's about investment and seeing the fruits – pardon the pun – of your labour come to life. The plot produces just that; life and in many forms, be that vegetables, fruits or flowers. I also grow wildflowers to encourage bees and other insects."

Each year Claire enters vegetables, flowers and photographs into the Cuckfield Village Show. Almost every year her endeavours are awarded with a prize. Some of Claire's recent accolades have been for things such as the 'heaviest marrow', 'Dahlia blooms' and last year a prize for a photograph.

"Sadly, I didn't enter any vegetables last year. Mainly because it was too hot and most of what I had grown had either died or simply stopped growing due to heat exhaustion. It didn't matter how much I watered things either."

Claire also sits on the Cuckfield NSPCC committee and helps out with the annual Plant Sale in May. This year you will see her courgette plants on sale, which she has been cultivating in her greenhouse.

Most people in the village will probably know or recognise Claire because of Lola; her trusted shaggy canine friend of nine years.

"I'm always out and about and most of the time Lola is by my side. If I don't have Lola with me people always come up and say 'where is Lola? Is she okay?'"

A number of years ago Claire started up a small gardening club at Holy Trinity School where she and a friend encouraged children to get more involved in gardening and more immersed in their natural environment. She was also on the Grounds Committee for many years, assisting in various projects and maintenance of the wonderful outdoor facilities they have there.

"We used to grow giant pumpkins on the allotment. The pumpkins would go to the school, then on to the Village Show, then to the Harvest Festival. Finally, they would go to Bonfire Night to be used as jack o-lanterns."

Having an outdoor space is particularly important to Claire, who finds that first-hand contact with nature is conducive to good physical and mental health.

Gardening's positive effects on the human spirit are well documented, and research suggests that spending time with your hands in the soil can improve good mental health and overall well-being.

Claire finds herself deeply concerned about human impact on nature, so she does what she can to help – whether it be at the local school or on her own patch.

"I worry about the planet, about the animal kingdom, the plastic in our seas and our responsibility to it. I think about the future and the generations of young people – including my son – wondering if we are, in fact, too late to save it."

It's a sobering thought. But it won't be long before Claire (and Lola) can visit their favourite outdoor space in Cuckfield when the bluebell season arrives at New England Woods next month.

"It's such a beautiful sight to see. It is literally a carpet of bluebells; I love the way the sunlight glistens through the trees into the woodland below. That's what nature does to you. Its impact is so profound. It can simply take your breath away."

Taking Claire as an inspiration, why don't you dust off the gloves, find that trowel with a broken handle and start growing something in Cuckfield's rich, fertile soil?



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

## Chicken and Egg

Dear Friends,

Recently the church has been supporting a small charity in Zimbabwe called Tariro. This is a Shona word meaning 'Hope', and it was started by Father Nicholas Stebbing CR (an Anglican monk and himself a Zimbabwean) and others when they saw the way in which corrupt government had devastated their homeland.

Tariro helps children and young people, many of whom are orphaned. It runs a house in Harare and has other centres throughout Zimbabwe, supporting young people in paying for their education, growing their talents or enabling them to become self-sufficient. In ten years it has achieved a great deal. However, it needs support. We found out recently that Cuckfield has provided the largest donation that they have ever received. We would love to better that to enable Tariro to continue its exceptional work further.

During March and April (during Lent and Easter) we invite you to give donations (no matter how small). Please put the money in marked EGG ENVELOPES and post them either into the NEST BOXES near the north porch of the church on Sunday mornings or through the Old School Office letterbox (in Church Street) during the week. Please help us to support a charity which transforms the lives of youngsters in a wonderful way.

With all best wishes,  
Michael



## A flavour of the work achieved by Tariro

### THE HARARE HOUSE (TARIRO YOUTH PROJECT):

Some have done well academically; others have found fulfilment in other things. Jawett is a superb rugby player and will shortly be going to New Zealand to try to get into professional rugby. Chengetai, having failed every single grade in primary school, found happiness in a catering college and now gets jobs as a chef. Eunice is producing beautiful jewellery. Byron, the first to qualify as an accountant, get a job, buy a car and get married, still lives there as an older brother helping the younger children. He shows that it really is possible to break out of the poverty trap, to escape from a traumatic past and have a future.

The Bishop of Tonbridge recently described TYP as 'one of the most inspirational communities I have ever encountered'.

## In Chapinge

All the children so far are doing well in school. Munyaradzi, from an appalling background, has worked his way, always at the top of the class, through primary school. Liberty, living with his grandmother, revealed a delightfully cheeky personality once we started feeding him properly. Rejoice and Brenda have lovely sparkling personalities.







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# Charity visit

FROM THE MAYOR'S TABLE



By Leanne Knapman

Towards the end of the busy February half term, one of my official engagements was to visit the Dame Vera Lynn Children's Charity. It was a wonderful experience and an absolute pleasure.

Tucked away down a small country lane near Staplefield is a valuable place which offers support to families with children with cerebral palsy and other motor learning impairments. I spoke with the very charming Executive Manager, Pilar Cloud, about her passion for the charity and all of its users. Every child that came through the door was greeted with big smiles and hugs from all of the lovely staff that work there. They have some truly amazing equipment too, including a sensory room with an interactive floor computer system - very clever!

They do small group sessions, one-to-one sessions and outreach work. I was overwhelmed by how much work the staff and their teams put into their sessions and how much of it is personalised to the needs of the children in each of the groups. There were lots of happy smiley little faces both on the way in and the way out - surely a sign of a place that is getting it right!

The charity is holding a fundraising walk in September which I am looking at getting a team together for, so for anyone out there who is interested in supporting this amazing charity please visit the website:

[www.dvlcc.org.uk/events/dvlcc-annual-walk](http://www.dvlcc.org.uk/events/dvlcc-annual-walk)

If time allows, I'm also hoping to go along to their celebration evening in March, so watch this space!

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# Could you organise Cuckfield's Poppy Appeal?

By Jacqueline Elmore

Long-standing Cuckfield resident and Poppy Appeal Organiser Peter Negus has been working as a volunteer supporter of the Royal British Legion (RBL) for over 20 years now. Peter first began making his collections in Copyhold Lane in the late 90s, and 12 years ago he was invited to organise the appeal throughout the village. Not only does Peter's involvement mean helping to raise funds for the Poppy Appeal but it also includes increasing awareness and promoting the profile of the appeal.

2018 was particularly important for the Poppy Appeal as it marked the Centenary of the Armistice that ended the First World War.

Peter explains: "I was heavily involved in liaising with the 'Cuckfield Remembers' committee regarding many of the commemorative events that were organised around the Armistice Centenary Day at the end of last year and was lucky enough to be part of such a memorable and historic moment in my lifetime."

The Poppy Appeal in Cuckfield is just a small part of a nationally led campaign which last year alone raised over £50m to enable the Royal British Legion to support former members of the armed forces and their families.

Peter continues: "The public have been very supportive of the Poppy Appeal over the past few years as a result of the publicity related to the various centenaries connected with the First World War, coupled with an awareness of the part played by our military personnel recently in Iraq and Afghanistan. In Cuckfield alone we have seen our fundraising efforts increase over the years from £5,000 12 years ago to just under £11,000 this year."

The Cuckfield arm of the RBL is quite separate from the Poppy Appeal, although Peter does work closely with the local branch and a number of its members are collectors for the Appeal.

The RBL was formed in 1921 in order to support current and former military staff and their families. Whilst surviving servicemen from the First World War are now thin on the ground, there are participants and their families from more recent conflicts, from the Second World War to Iraq and Afghanistan, that rely on the RBL for assistance and support. Sadly, the world continues to be a dangerous place and further conflicts cannot be ruled out; meaning that support from the RBL may well be needed in the future and for many years to come.

As Poppy Appeal Organiser for Cuckfield, Peter coordinates 30 house to house collectors together with 70 other outlets - shops, pubs, schools, garages etc - around the village. However, after 12 years Peter is now looking to hand over the reins to someone new; to an individual who is willing to support this noble cause and be happy to spend a couple of months a year as Poppy Appeal Organiser right here in Cuckfield.

In addition, following the success and publicity generated by the recent 'Cuckfield Remembers' activities, the Cuckfield RBL is also seeking new members to join its band of dedicated volunteers.



The Cuckfield branch is principally associated with the Remembrance Sunday ceremony at Holy Trinity Church, but a revamped programme of social activities and speakers is being planned.

Whilst former serving members of the armed forces are always welcome, a military background is not necessary to become a member.

If you would like to find out how to get involved with the RBL in Cuckfield, contact details are as follows:

Poppy Appeal: Peter Negus. Tel: 01444 457740 or email: [peternegus43@btinternet.com](mailto:peternegus43@btinternet.com)

RBL Cuckfield Branch: Terry Buckland, Secretary. Email: [b777fly@gmail.com](mailto:b777fly@gmail.com)



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# A night out to help out

By Hilary Turner-King

Imagine you're eight years old. Imagine a small shack made of corrugated iron. It's beside a road, has no running water, nor a toilet. This is your home. Your parents scavenge on the huge amenity tip; the stench is terrible. Sometimes you help, clambering on the mountain of waste to find bits of cotton and plastic. You long to go to school. You are one of 300,000 children who live on the streets in Mumbai!

Now imagine a big yellow bus coming to your area every day. You run to the bus, eager to go to school, eager to learn, eager to grab a chance to change your life.

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Holy Trinity Church commits to supporting three overseas charities and three UK based charities every year, all of them enabling people to live with dignity and purpose. Vision Rescue is one of these charities. A few years ago, one of our congregation volunteered with this charity, experiencing first-hand its life-changing work.

If you would like to support this wonderful charity, then why not join us at a special Curry Night being organised at Tamasha in Lindfield on Tuesday 9th April at 7pm.

We are extremely grateful to the team at Tamasha for helping us organise this fundraiser, which costs £15 each



and includes: poppadoms, starter, four main dishes, sides, pilau rice and a naan!

If you would like to enjoy a great night out whilst at the same time helping to provide mobile classrooms for street children in Mumbai, call Hilary on 01444 400087 or pop in to the Church Office.



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Mid Sussex Older People's Council (MSOPC) is delighted to have Katie Bourne, Police Crime Commissioner, speaking at its annual conference and public address at Clair Hall in Haywards Heath on Thursday 25th April.

A free event for the over 60s, there will be news from Katie Bourne and a chance to ask her questions, as well as news from MSOPC, followed by musical entertainment and lunch.

There will also be a raffle. The top prize is a free boiler service worth around £90.

Tea, coffee and biscuits on arrival at 10am for a 10.30am start. The event will close at 2pm. Please book your place by Thursday 18th April on 01444 242760 or email: Nicola6@msopc.org.uk.



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## 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
- Speed Watch and 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

### Councillor Nominations

Councillor nominations may be delivered to MSDC any working day from Tuesday 19th March to Wednesday 3rd April 2019 between 9am and 5pm (4pm on 3rd April).

Nomination Packs (Pack 4 is required for Cuckfield) are now available to download here:

[www.midsussex.gov.uk/elections-voting/upcoming-elections/#topic-2019](http://www.midsussex.gov.uk/elections-voting/upcoming-elections/#topic-2019)

### Eligibility of European Union Citizens

EU citizens will be eligible to stand at local government elections in May 2019. If elected, they may serve a full term irrespective of the manner of the United Kingdom's exit from the European Union.

### How can I get involved?

Contact Sam Heynes, Parish Clerk, Cuckfield Parish Council on 01444 451610 or [clerk@cuckfield.gov.uk](mailto:clerk@cuckfield.gov.uk) to find out more or visit [www.nalc.gov.uk/elections](http://www.nalc.gov.uk/elections)

## People of Cuckfield - we urgently need you!

As you may be aware, 2019 is election year for local Parish and District Councils. Here in Cuckfield, the Parish Council is run with a maximum of ten Councillors who work together throughout the four year term to run projects and make improvements to the local village. Projects in the past have included the purchase of the Village Hall on London Lane and the implementation of traffic calming measures throughout the village.

Many of our hard-working Councillors have already served more than one term of four years and are considering a well deserved retirement from the Parish Council. In order for the Parish Council to continue to function there must be at least four elected Councillors; in order for the Council to complete any major projects

there must be at least seven elected Councillors.

If we do not have four elected Councillors, responsibility for Cuckfield would be assumed by Mid Sussex District Council, meaning all decision making for Cuckfield would take place at MSDC.

If you do not want this to happen, if you want to keep Cuckfield local and to continue to have a say and influence over what happens within your village, please consider applying to become a Councillor. This is a very rewarding role which gives you the opportunity to have a real say in what happens in your village. If you would like to receive further details, or have an informal chat about what is required, please contact Sam Heynes, the Parish Clerk, on 01444 451610 or [clerk@cuckfield.gov.uk](mailto:clerk@cuckfield.gov.uk).

# Bertram Bunny comes to Borde Hill

This Easter holiday spend time together as a family for fun and nature-filled discoveries at Borde Hill Garden.

Spot the signs of spring whilst exploring the Garden on the Easter trail. Hetty the Hen has surprisingly laid ten golden eggs, which Bertram Bunny has hidden from Felix the Fox before he eats them for his supper. Find the golden eggs and solve some puzzles along the way to receive a delicious chocolate treat.

During the trail, challenge the family to a game of crazy golf or an egg and spoon race on the lawn.

Children can also let off steam in the brand new Adventure Playground where they can swing, climb, balance and slide their way through a series of equipment, including a thrilling zip wire for the most adventurous. It's all the inspiration you need for a cracking day out!

There will be daily crafts throughout the holiday for children to create an Easter-themed masterpiece to take home (there is a small additional charge of £1 to cover the cost of materials). Why not visit the Easter photo booth for a selfie with family and friends, perhaps showcasing some of the crafts you have made? Enter our #bordehilleaster photo competition to win a family membership.

Fuel up for your adventures with a delicious Easter-themed treat from the Gardeners' Retreat Café, or cool down with an ice-cream or drink from the new Coffee Cabin, located beside the Adventure Playground. Ideal



refreshment after playground exertions!

Spring is also a magical time to explore the Garden and Woodland, with an abundance of flowering magnolias some grown to champion trees measuring 60 feet in height, camellias, hellebores, daffodils and rhododendrons. Picnics and dogs on leads welcome.

Bertram Bunny's Easter Adventure Trail (including crazy golf, crafts, egg & spoon race) will take place between Saturday 6th to Monday 22nd April.

[www.bordehill.co.uk/events](http://www.bordehill.co.uk/events)

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# Progress on replacement defib

You may recall that the community-installed defibrillator at Whitemans Green was noted as having been stolen at the end of last year. Well, the good news is that not only one but two will be put back at that end of the village in due course.

Wendy Tracey-Roberts-Macrae, a Cuckfield resident who is driving the project, explained: "We are delighted to announce that we have two defibs on order! We received a grant from Sussex Heart Charity for the majority of the cost – with the remainder being fundraised online in just 12 hours! Alongside this the Independent State of Cuckfield has given all the money for a second unit, hoped to be installed on the front of the Co-op at Whitemans Green, thanks to Cuckfield Mayor Leanne Knapman."

There are some technical issues to be worked out regarding the installation of both units – but Wendy hopes that these will be ironed out in the next month or so. Watch this space!

Wendy was also told recently that the defib outside Mansell McTaggart was out of action and required maintenance. This has now been done and is back up, fully functioning again.



## Air Ambulance talks on offer

Groups, clubs and organisations in Cuckfield and beyond are invited to book a free talk about the life-saving work of the Kent, Surrey and Sussex Air Ambulance Service.

The air ambulance service strives to save lives by providing the best possible care every minute of the day, every day of the year.

Last year more than 2,000 people in life-threatening conditions were assisted by the air ambulance service.

Volunteer speakers are available to visit groups and talk about how the service works, innovates and saves lives. They promise an interesting and inspiring meeting for members, whilst raising vital awareness of the charity.

The talks are suitable for audience members aged over 16.

To find out more and to book a talk telephone 01634 471 900 or email [talks@aaakss.org.uk](mailto:talks@aaakss.org.uk).



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## Dame reaches milestone age of 102

As Dame Vera Lynn celebrates her 102nd birthday this month she reflects on why the charity she established in 2001 remains as important to her today.

Dame Vera said: "My role as President is extremely important to me. The free service our Charity provides is a lifeline to our families and we must keep it going for the children's sake."

Dame Vera Lynn Children's Charity supports under 5s with cerebral palsy and other motor learning impairments at its centre based in Staplefield. Sixty families are currently using its early intervention services, and since the charity was established it has helped over 600 families from across the South East.

Through its early intervention Conductive Education sessions, parents and children work together in a supportive environment to improve a child's physical, social and emotional skills. Families also have access to additional services, including music therapy, swimming, sensory sessions, messy play and portage home play.

Dame Vera said: "Perseverance and not giving up have been the secret of my success. Now I am reminded of the importance of perseverance regularly through my charity. The perseverance these young people display every day is inspirational. Seeing a child smile, or his parents laugh, reminds me that giving up isn't worth it – persistence can be so rewarding."

The charity receives no statutory funding and relies entirely on the community to raise its funds. To find out more about its services and how you can get involved visit: [www.dvlcc.org.uk](http://www.dvlcc.org.uk)

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# Don't forget Mother's Day Sunday 31st March



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[cuckfieldbaptistchurch@gmail.com](mailto:cuckfieldbaptistchurch@gmail.com)

  
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## Bertram Bunny's Easter Adventure

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# Parents' support group requires more volunteers

Nationally the NCT's mission is to support parents throughout the first 1,000 days to have the best possible experience of pregnancy, birth and early parenthood. The NCT aims to achieve this through sharing knowledge, creating networks and harnessing voices to change policy and attitudes.

This work is achieved through a national network of NCT branches, and the local friendly NCT branch covers Cuckfield and Haywards Heath and all the surrounding villages in BN45, BN6, RH15, RH16 and RH17.

The branch, which is run entirely by volunteers, runs a weekly baby and toddler group, biannual nearly new sales (the next is on 24th March at Burgess Hill Girls) and other events to support and connect all local parents, not just NCT members.

The branch members feel that one of the best ways to support parents is to provide a friendly face and are always looking to run more events but can only do this with more volunteers. Presently they are looking for a newsletter editor, advertising coordinator, first aid course coordinator and events organisers. Suggestions from volunteers for other ways to support parents in the local area are welcome.

Volunteering is a great way to learn new skills, give back to your local community and keep your CV up to date. NCT volunteering opportunities are



flexible, only require a couple of hours per week commitment, which can generally be completed at your convenience, and, best of all, offer the chance to be part of a dedicated group of volunteers working to grow and develop the branch.

If you think you could help search Facebook for NCT Mid Sussex or email: [coordinator.midsussex@nct.org.uk](mailto:coordinator.midsussex@nct.org.uk).



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# Help for older tech users

Free one to one technology help for the over 60s, in association with Mid Sussex Older People's Council (MSOPC).

The students at Ardingly College are providing free tuition at the college for any technology related problems you may have, for example looking up timetables online, Skyping relatives, using an iPad/iPhone/laptop.

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Every Monday during term time from 4.20pm to 5.20pm. Tea and biscuits provided. Spaces in the car park reserved especially for MSOPC, just follow the signs.

There's no need to book, just drop in. For any questions, please leave a message on our answerphone, 01444 242760, or email: Nicola6@msopc.org.uk.

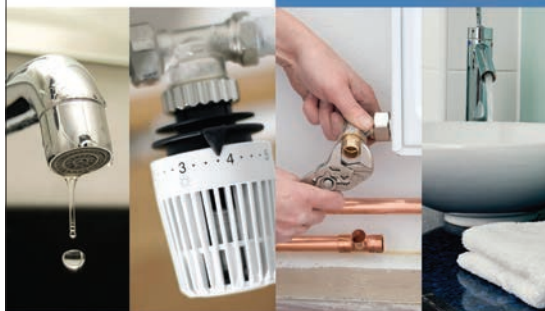
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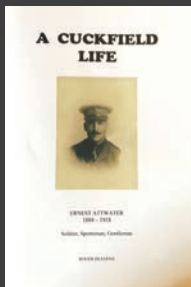
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# Book giveaway

## COMPETITION TIME

Former Cuckfield resident Roger Heavens has written a little book celebrating the life of Ernest Attwater who was born and educated in the village but was tragically killed towards the end of the Great War.

Ernest lived on Church Street and was very much involved in every aspect of village life. Some of his favourite pastimes included playing for Cuckfield Cricket Club and Cuckfield Football club to name but two!

For your chance to win a copy of the book simply email your name and address to [competition@cuckfieldlife.co.uk](mailto:competition@cuckfieldlife.co.uk) before the 29th March. Or, if you can't wait to read more about Ernest's life story, you can buy your very own copy of A Cuckfield Life for £5 by emailing the author direct at [roger.heavens@btinternet.com](mailto:roger.heavens@btinternet.com) or by visiting: [www.booksoncricket.net](http://www.booksoncricket.net)



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## The land that keeps on giving

By Jacqueline Elmore

When we think of the hymn *We Plough the Fields and Scatter* the image that we often conjure up is one of a tractor turning over the soil preparing for harvest.

Most of the terrain surrounding Laines Organic Farm right here in Cuckfield is cultivated by hand, not by machinery. Largely by Toos Jeuken, a Dutch farmer who arrived in West Sussex not long after Britain joined the European Union.

Toos explains: "We came to Cuckfield after the UK entered the EU. That's why many Dutch farmers came to England at that time. Suddenly there was a great opportunity for farmers to grow things here."

Right now the subject of the EU may be a contentious one but, standing in a sunny field of giant kale, Toos finds some humour amidst all of the panic: "Do you think they might send me back to Holland now that we're leaving the European Union?"

All joking aside, Toos doesn't appear to be overly concerned about her passport status. Instead her motivation is clear; to ensure that her crops are protected and well nurtured in time for harvest.

Toos arrived in Cuckfield in 1977 - a year after her father bought the farm with the sole aim of using it to grow vegetables.

The landscape of Laines Organic Farm has changed over four decades. "They built the Cuckfield bypass in 1989," she explained, "and that split the farm in half. My Dad also sold the old house and some of the land so I now own 20 acres but that's more than enough to grow the sorts of vegetables we need."

Toos is a winter producer. She is also a certified biodynamic farmer who has for many years followed the Rudolf Steiner approach to alternative agriculture.

Steiner's principles were built upon creating socially responsible farming and the production of healthy products in a similar way to organic husbandry.

"I grow winter vegetables. I nurture the product in the summer and then when it is ready to deliver to the shops I pick it. It's always freshly picked."

Toos' philosophy is a simple one. She is an 'outdoor, seasonal field and vegetable grower'. Or that is what she likes to be called. She has an old-fashioned view of farming. She doesn't follow trends nor does she use modern technology to reap the rewards of the seeds that she sows.

If she were to show you her hands you'd see just how hard she works to produce the leeks, cauliflowers, broccoli and the many varieties of cabbages, kale and beetroot that she grows in the Cuckfield soil.

There's even a little farm shop on site which operates an honesty system selling seasonal produce and,







sometimes, apple presse taken from the Bramley apples that are grown in her orchard.

"I grow a few things in tunnels, so, when I attend the farmers markets, I have a bigger selection. I have some tomatoes in the summer, other fruit and winter salads. I like to grow everything naturally and under the sun."

Toos grew up with eight brothers and sisters, all involved in farming.

"I think it must be genetic. It's part of who we are. It's a passion we all share and one that will never go away. We all love it so much."

Perhaps the most interesting part of Toos' journey is discovering why she and her family chose Cuckfield as their home - the reason for this lies right under her feet.

"When this farm was up for sale, my father jumped at the chance because of the soil that lives here. This particular plot is called Horsham Greensand. There is just a pocket of it here. That is why we came here and why I am still here really. It is because of the soil. It's amazing!"

It's not all about life on the farm. Toos also likes to get involved in the wider community. For a year now she has been working with a local mental health group offering adults and young people the chance to help out on the farm.

As well as supporting local social causes, Toos also plays host to volunteers from all over the world. They're called "Wwoofers" – World Wide Opportunities on Organic Farms. Volunteers come to the farm for three or four weeks, usually over the summer, to experience life as an organic farmer.

Toos rarely takes a holiday or break from the farm. If she's lucky, she may go back to Holland for a visit but mostly her family comes to Cuckfield.

"When they visit, everyone comes; my brothers, my sisters, uncles, aunties, cousins, the children – all of them. They love it here."

So, where does the name Laines Organic Farm originate?

Toos explains: "The word 'Laines' means strips of land. Or open narrow pieces of land. And it also has a link to the North Laines in Brighton too, that I am sure."



It's a refreshing sight watching Toos as she stands in the midday sun pulling up her matured leeks.

"Look at the soil. It's so soft. It's just beautiful. It would be a crime not to grow vegetables on this piece of land. It's like a pudding!"

Toos is very open and thankful. She has great respect for the work that she does and for her land and the environment. "Isn't it amazing? For 40 years this soil has provided me with food and still it just keeps on giving."

Part of Toos' success as a farmer is clearly down to her positive attitude. That and her work ethic. She simply doesn't stop smiling.

Reflecting on her life on the farm and her love of Cuckfield, Toos concludes: "I am so happy I get to do this. I feel so lucky and I am so grateful. I love my job. I love, love my job!"

**For the chance to taste some of Toos' delicious fruits and vegetables, Laines Organic Farm will be at Cuckfield Farmers Market, Talbot Courtyard on Saturday 13th April.**



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# Can you challenge our top teams?

By Alison Armstrong

Bolnore Village has a fresh and fun approach to community with the events team at the Woodside Community Centre providing a diverse programme of events. However, we also offer a fantastic quiz once a month in the normal tradition of many village halls. There is a big difference though! Not all community centres have the talented Jim Hoodless as their quizmaster!

Jim is a brilliant quiz master who loves Bolnore Village and volunteers whenever he can to support the community (he is also a gifted children's book writer). He offers a challenge for the smartest mind but ensures the quizzes are pitched perfectly to accommodate all levels of knowledge. From the super smart to the artistic and the musically-minded, the film buffs and those who know those little snippets of strange information that we all wish we knew; there really is something for everyone.

Jim provides a quiz with a difference. He runs the usual general knowledge and picture rounds and a traditional music round, but his quizzes come into the 21st Century with Linkee's, Tweet rounds and Trivia Trails. Jim has a gift for making these rounds challenging and fun. February's tweets were about romantic movies, and here is one of them for you to test yourself with:

'It's got everything. Bank fraud. Subway trains. Tin cans. An oft-quoted couples' line ... and pottery.'

If you didn't attend this month's quiz and can guess the answer send it to me and I will choose a winner out of the correct answers to receive a free table at the March quiz for a maximum of six players. My email address is: [alison.events@bolnore.org.uk](mailto:alison.events@bolnore.org.uk)

Some months, especially at Christmas and Halloween, Jim adds a fun round where you get to dress up one of your team members as something from the theme of the night. Some months have those worrying hidden objects in a box for you to feel and identify, none have ever been alive or deadly yet!

There is always a good crowd having a laugh with a few drinks during the night from the very competitively priced bar. The bar staff often join in the fun and can sometimes be heard singing along with the music round, although not always the right song!

We always welcome new teams of a minimum of two people up to a maximum of six, and the prizes are always popular. Three bottles of wine for the winning team, a special treat for the runners up and, of course, the wooden spoon for the losers of the night.

This year we are introducing two additional quiz nights – one to decide the winning team of the year and one to decide the bottom of the table winners.

All the teams who have won a quiz will be invited to the winner's quiz night where we will decide the team of the year. The prize will be the Quiz Challenge Cup (to be kept at the Woodside but have your team's name added to it) and a bottle of bubbly. Runners up will also be awarded a prize which will be decided once the theme of the quiz is finalised.

All the teams who have won the wooden spoon will be invited to a quiz just for them. The team winning this quiz night will also receive a trophy (again this will be kept at the Woodside and have your team's name engraved on it) and a bottle of bubbly, with the runners up being awarded a prize as well. The losing team will get the Wooden Spoon of the Year award.

We have space for new teams and old teams alike and know once you come to one of our quizzes you will want to come to them all! The dates for this year's quizzes are detailed below, so add them to your diaries and make sure you come along for an evening of fun, laughter and a good sing-a-long to the music round! Test your wits against our brilliant quizmaster and try and knock some of our regular winners off their pedestal. I am sure you'll love it!

## Quiz Night Dates

All quizzes start at 8pm (so please arrive by 7.45pm at the latest to register your team)

**Saturday 23rd March**

**Friday 26th April**

**Friday 31st May**

**Saturday 29th June**

**Saturday 27th July**

**August** – we do not run a quiz in August due to the school holidays

**Saturday 28th September**

**Saturday 19th October**

**Saturday 23rd November**

**Saturday 14th December**

We look forward to seeing you at our quiz nights and many more of our events. For more information please contact me at: [alison.events@bolnore.org.uk](mailto:alison.events@bolnore.org.uk).



# Want to improve your nature photography?

The Friends of Ashenground & Bolnore Woods has a special session coming up later this month – when an expert will be on hand to give advice to amateur photographers.

The Nature Photography Afternoon will be led by Linda Howard - Licentiate of the Royal Photographic Society – and will be a practical, hands-on, session starting at 2.30pm on Saturday 30th March.

It will be a free event, whether you are a member of the Friends or not. Top of the range photographic equipment is not required in order to participate. The group is meeting at Ashenground Bridge at 2.30pm – children under 16 are welcome, but must be accompanied by an adult.

For further information about this event you can email [lorrainemaynard04@gmail.com](mailto:lorrainemaynard04@gmail.com) or call her on: 07802 162 275. In the event of adverse weather conditions, the alternative date will be Saturday 6th April.



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5 MINUTES WITH...

# Martin Ferguson

Martin's job is a Senior Director of Communications, he has a passion for Celtic Football Club and his claim to fame is that Princess Anne once mistakenly thought he was chatting her up!

How long have you lived in Bolnore? Eight years

What's the best thing about being here?  
Tranquility

Favourite ice cream flavour? Chocolate

How many houses have you lived in?  
Two houses in Bolnore, too many to count beforehand

What would you like to see in Bolnore that isn't here?  
Proper sports facilities, not the shambles provided by the council

Favourite holiday destination? Galicia

Song you play the most?  
Galway Girl - Steve Earle

What would you do if you won £1million?  
Build proper sports facilities in Bolnore

What was the last present you gave someone?  
Panda teddy bears from Shanghai for my daughters

Strangest thing you've ever eaten?  
Battered fish with the skin still on (why do they leave it on in fish and chip shops down here?)

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

Which App on your phone do you use the most?  
What'sApp

What's your proudest moment?  
Celtic beating the great Barcelona team 2-1 in Dec 2012

Your advice for life?  
Be patient, find balance and try to make people smile

If you would like to provide your own answers for 5 Minutes With, simply email them to [editor@cuckfieldlife.co.uk](mailto: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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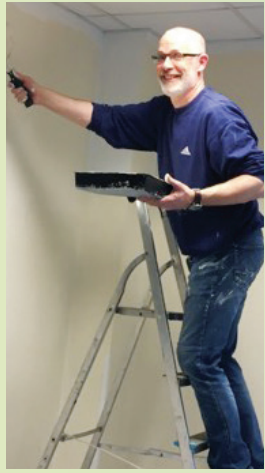
# Fresh lick of paint for Woodside

By Elaine Goodwin

The Woodside has recently been given a fresh coat of paint by volunteers. Volunteers were mostly recruited from Grace Church, joined by Trustees of the Bolnore Village Community Partnership Al McPherson, Gemma Coombes, Kelly Robinson, Bob Bannister and Woodside staff Michael Bramble and Katie Chowns.

The group painted the main hall, the small hall and meeting room on the first floor and some communal areas too. Grace Church will also be fitting acoustic panelling to help with noise reduction and improved acoustics in the hall.

The Woodside has two part-time staff but is otherwise managed by volunteer Trustees. Gemma Coombes commented: "The Woodside relies on volunteers and the Trustees are very grateful to those who gave up their time. We'd also like to say a big thank you to Dulux Decorator Centre in Haywards Heath who donated paint and supplies."





If you go  
down to the  
park today...

**By Elaine Goodwin**

As the weather improves those of you with children might be looking for a new play park to take the kids to. Maybe there is a play park in the village that you have yet to discover?

Here is a map of all the good-size play parks in Bolnore, the largest of which is at Kingfisher Drive. The skate park at the recreation ground and the community garden in the village square are also good options for getting the kids outdoors while staying close to home.





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## Notes from the AGM

By Chris Belton

The AGM of the Bolnore Village Community Interest Company took place last month at The Woodside. Nearly 20 residents attended as well as the full complement from the board of Directors.

Prior to the meeting the budget was reviewed by the Directors. It was important for us to understand the impact that any changes in budget would have on residents and a number of changes were requested that would mitigate some of the increases in costs.

It is important to note that, despite all of the effort undertaken by Pembroke during the past couple of years, a significant amount of remedial work still needs to be done. FirstPort only seemed to concentrate on the 'here and now', and as a result such areas as paving and estate owned access ways were ignored. The time has come to address these now and will come at a not insignificant cost.

The main objective of the meeting was to review and discuss the budget plans for the coming year. Pembroke Property Management Director Geoff Hollywood presented the plans and highlighted those areas where significant savings were made and where any increases were necessary.

Overall the costs for 2019-2020 have obviously increased, but only by a small percentage.

During 2018-19 the village landscaping company was changed and KPS, a local company, was appointed to take on the task. Significant improvements to the village have been made since that time but it was felt that more could still be done. As a result, an increase in expenditure was recommended. Part of the KPS arrangement is that they will take away from the village all the green waste, which they then turn into compost to be reused. This represents another saving to residents.

The cost associated with utilities in apartment blocks, as well as the continuing need to read the meters, has caused Pembroke some headaches over the past year. It has been agreed that all landlord meters will be converted to smart meters which will allow greater control over costs. This will be done over the coming year.

Pembroke presented a list of some dozen or so local contractors who have been regularly engaged in the village. The board will continue to push for this to remain in the coming years.

Nearly all of the apartment blocks were redecorated over the past year and the few remaining blocks will be completed in 2019. Including redecorating, there are some 40 projects currently under tender for work to be done during this year.

There was also a call for new board members to come forward and I'm pleased to report that a few residents expressed an interest in at least seeing what goes on before making a decision. We are still looking for more volunteers, and if anyone is interested and lives in Bolnore Phases 1 – 3, we'd be happy to have a discussion.

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# Residents surgery with Pembroke

The next Bolnore Residents Open Surgery will take place on Tuesday 26th March from 7.30-8.30pm at The Woodside.

This is an opportunity for residents to discuss any issues you may have, regarding maintenance or any other matters, with Pembroke in an informal setting. Pembroke will be joined by members of the Board of Directors for Bolnore Village Community Interest Company.

If you are unable to make the meeting you can call Pembroke on 0333 3442 100 or email [support@pembrokepm.co.uk](mailto:support@pembrokepm.co.uk) with any concerns.

The next opportunity, after March, will take place on Tuesday 25th June from 10.30-11.30am at The Woodside.

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## RECYCLE THIS...

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



Thank you for all your individual enquiries about your recycling. By the time you read this I will have replied individually to all your emails to the editor on recycling. Keep the questions coming...

In the January edition I ran a competition and know, from the correspondence and conversations, many of you want to know the answers!

Well, there were 30 items that you should NOT put into your kerbside recycling (blue) bin. All the other items can go in and will be recycled. Have a look at the picture opposite for the answers – how well did you do?

The editor has drawn the lucky winner and I am delighted to announce that Alison Openshaw from Cuckfield won the competition. She and her guest will be joining me this month for our special 'behind the scenes' tour of the WSSC recycling plant.

If you do have any questions on any of the answers, or would like any further explanation, do email via [editor@cuckfieldlife.co.uk](mailto:editor@cuckfieldlife.co.uk).



### Can I recycle pills packets?

With the winter weather on us, a timely reminder that you CAN recycle the foil and plastic and foil wrappers that all tablets seem to come in these days in your blue top kerbside recycling bin. Do remember to make sure all tablets are removed – our machinery does not get headaches or colds!

Would you like me to give a talk to your local group on recycling?

Do keep your individual questions coming on specific items you are not sure can be recycled. One email to the Editor, with a picture if possible, and I can let you know. Looking forward to hearing from you.

Keep Recycling!





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# A day out on the buses

By Bob Campen

For a few months now Cuckfield has had the benefit of Compass Travel's No. 31 bus, operating hourly on weekdays. On the basis that you 'use it or lose it', I should like to suggest you use the bus as much as possible.

If, like me, it is a pleasure for you to travel by bus and watch the world (and the people) go by, I'd like to suggest an itinerary, utilising bus 31, that would give you a day out when the weather, we hope, improves and the days lengthen. This is, of course, primarily intended for those of you who enjoy free bus travel with your national bus pass.

Start with the first available bus after 0930, which is the No. 31 which picks up at Longacre Crescent at 0933, Cuckfield High Street at 0936. Take it all the way to its terminus at Uckfield bus station, due 1031.

You may wish to linger a while in Uckfield for a coffee, but you can leave from the bus station as early as 1046 by the 29 bus that will take you to Tunbridge Wells arriving Monson Road 1135. The 29 runs every 30 minutes, so there is a bus at 16 and 46 minutes past each hour.

There's time for lunch, a walk round the shops at Royal Victoria Place or The Pantiles at the southern end of the town.

To be sure of getting back to Cuckfield with only one change, you should leave Tunbridge Wells (Royal Victoria Place) by the 29 bus at 1520, arriving Uckfield bus station 1611. The next bus, at 1555, arrives Uckfield 1647; although it ought to be on time, there is a risk that you might miss the last 31, due to leave Uckfield at 1650, as that is cutting it fine. The 1650 will bring you back to Cuckfield, due 1746 at the High Street. If you miss it, there is another 31 at 1750 from Uckfield, but it terminates in Haywards Heath. This should drop you in South Road at 1829. Caffe Nero will still be open, and you can refresh yourself there before returning to the same stop to pick up the 271 bus at 1911, which will bring you back to Cuckfield.

An alternative route home requires more stamina, but it will be a lovely run through the country in the spring. From Royal Victoria Place, get the 291 bus at 1640. This



will transport you via East Grinstead to Crawley bus station, arriving 1818. From there you can take the 271 bus leaving at 1840, which will drop you in Cuckfield High Street at 1906.

Bon voyage!

Please note that these travel details apply on Mondays to Fridays.

Times on Saturdays may be different, and there is no service on route 31 on Sundays. Bus routes and times are changed every so often, so if the magazine you are reading is 'old' by a few months, you should not rely on these schedules without checking.

Traveline is a useful website ([www.traveline.info](http://www.traveline.info)).



## Cancer support charity raises over £3k in Cuckfield

Macmillan Cancer Support Mid Sussex branch recently held their Annual Dinner at The Talbot and raised £3,501 on the night.

81 supporters packed into The Hayloft in Cuckfield to enjoy a most delightful meal in a relaxed and warm atmosphere.

David Metcalfe, of the local Macmillan group, thanked all those who had attended the evening but also to all the businesses in Cuckfield who had supported the event by way of raffle or auction prizes.

Last year the group raised over £45,000, which meant that close to £¼m had been raised over the past five years all of which stays within Sussex to help those going through their cancer journey.

Anyone wishing to help should contact David by email: [elsda@btinternet.com](mailto:elsda@btinternet.com).





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## Creamy leek bake (Serves 2)

Preheat the oven 180°. Thickly slice 450g slender leeks and place in a buttered shallow baking dish with some crushed garlic and a scattering of fresh thyme leaves. Add enough hot vegetable stock to just cover them, top with a lid or foil and bake until just soft when pierced with a knife. Meanwhile gently fry two salmon fillets in a little butter until just golden on both sides then place on top of the leeks. To the buttery residue in the frypan add 150ml whipping cream. Bring just to the boil, scraping up all the browned bits. Pour over the fish then add a layer of buttered fresh breadcrumbs and bake, uncovered, for about 15 min or until the fish is cooked through.

## Macaroni cheese

Make your favourite cheese sauce, adding some gently cooked sliced leeks and chopped ham or crisply cooked bacon bits to it before mixing in the pasta.



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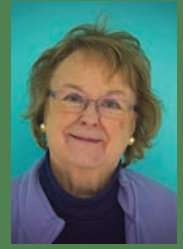


By Caroline Young

I really think we should think hard about all the wonderful foods we grow in our own country and always buy ingredients for our dishes that are grown as close to home as possible – and in doing that we are not only eating healthily in season but supporting our growers.

Top of the list of my own favourite home-grown winter vegetable is the leek. Said to be prized by gourmets for centuries, Nero apparently believed eating enormous quantities would improve his singing voice and, in the 6th century, the Welsh made it their national emblem convinced it would give them strength to defeat their enemies. Perhaps that is why they have such good singing voices? Try my recipes and see what happens to your voice!

Rhubarb is technically a vegetable being a member of the sorrel family. First recorded as a drug in 2,700BC in China and Tibet, the first known recipe in Europe dates from 1608. The 'forcing' of rhubarb producing a more appetising and succulent vegetable/fruit happened quite by accident. In the Chelsea Physic Garden some roots were covered with earth (perhaps they had been thrown on the rubbish tip?) but when uncovered in 1817 were found to have grown bright pink stems. The Yorkshire Rhubarb Triangle – Wakefield, Leeds and Bradford – is registered by the EU as producing a unique regional food. Here rhubarb is grown in vast heated dark sheds where prized strains are handed down through the generations of a small number of families. The season is very short so don't miss it.



## Leek and ham soup (Serves 4)

Thinly slice 6 slender leeks and 1 medium onion and gently cook in a knob of butter until pale golden brown. Stir in 2tbs plain flour. Gradually stir in 600ml hot vegetable stock, bring just to the boil and cook until slightly thickened. Cover and cook over low heat until the leeks are soft – about 20 min. Cool slightly then tip into a processor and buzz until almost smooth. Return to the pan and stir in 150ml single cream and 100g roughly chopped ham and heat to serving temperature – do not allow to boil. Season to taste and serve topped with some grated Caerphilly cheese.

## Rhubarb and ginger crumble.

Make your crumble topping in the usual way but add some finely chopped preserved ginger (from a jar) to the fruit before covering with the crumble. Bake as usual and serve with lightly whipped double cream flavoured with more chopped ginger and some of the ginger syrup. Best served hot.

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### By David Tingley

If you think of prime locations for a business in the village, Cuckfield Corner House Café has got it!

On the day I went to meet manager Lorraine Walker it was one of those gloriously sunny afternoons and the outside seating area was full with coffee-drinkers and sandwich-eaters, all keen to soak up some much-needed rays of Vitamin D after what feels like an eternally overcast and wet winter!

Lorraine has worked at the Corner House Café for over ten years, and has been the manager for the last five. "I just like people," she explains when asked about what she loves about her job. And she's not the only one. The café employs eight staff and a number of them describe themselves as 'part of the furniture' – including Sarah Miller and Karen Sansom (pictured) who have both worked there since near the formation of the business.

"It's always a varied day," Lorraine says as she sweeps the floor and clears up after another busy day in the café. "We are very lucky to have so many regulars - we very quickly get to know their names. But, above all, we always want to be friendly and helpful – whether that's organising that desperate cup of coffee or helping someone to find their lost car keys – we've heard it all here," she goes on.





The café enjoys a broad range of customers. “We open at 7.30am during the week, so that can be popular for builders and tradesmen, whereas weekends are often busy with families out and about in Cuckfield,” Lorraine explains. The team have been known to drop round lunch orders to fellow shopkeepers on the High Street, who are struggling to leave their shops to grab a sandwich! Whether it’s children who have been coming to the Corner House since birth and still come after school, or the dogs who drag their owners up the steps for their doggy treats – the team are always pleased to see customers old and new. “We would like to say a big ‘thank you’ to all our customers,” Lorraine went on, “who have continued to support us as a village business for so many years.”

Lorraine, who is a mother-of-two and lives in the village, has always worked in hospitality, including other cafes. She even ran a pub in Balcombe for some years. But this role suits her well, and enables her work to fit around her family life.

You may have heard of some of the legendary fare on offer at the Corner House. “Our home-made cheese scones are always popular, and Sarah is the queen of the rock cake – which literally sell like hot cakes!” The café’s bread supplier is Fellows in Ardingly and they buy meat from the Handcross Butcher to keep things local. Cuckfield baker Michele Dainty also makes ‘the best’ brownies, which you’ll find on the counter too!

The café’s menu is currently in the transition from home-made soups and warm sandwiches to salads and Ploughman’s plates for when the warmer weather begins to kick in properly. “We know that many customers particularly enjoy watching the world go by outside in the spring sunshine.”

If that sounds like your cup of tea (or coffee), then Cuckfield Corner House Café is open 7.30am-4pm Monday to Friday, 8am-4pm on Saturdays and from 9.30am-3pm on Sundays.



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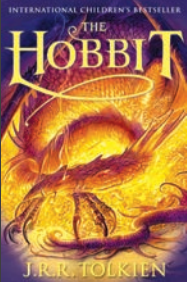


## If I Was Your Girl by Meredith Russo

### BOOK REVIEW

By Alex Smith, Year 7

This book is gripping, raw and hooked me from page one. Holding a great message, it would appeal to everyone; especially those who have questions about being transgender. Any ages could read it but due to some inappropriate content, it may be best suited to 13+.



## The Hobbit by J.R.R. Tolkien

### BOOK REVIEW

By Joshua Gray, Year 7

This is a very good book and an interesting piece of literature. It explores bravery, courage and a journey away from home. I would recommend this book to an older audience. I would give this book ten out of ten!

Lots of **NEW** sunnies in

Prescription or Non-prescription.

We have some gorgeous Ana Hickman's which would make a fantastic present; the case alone is worth the purchase!

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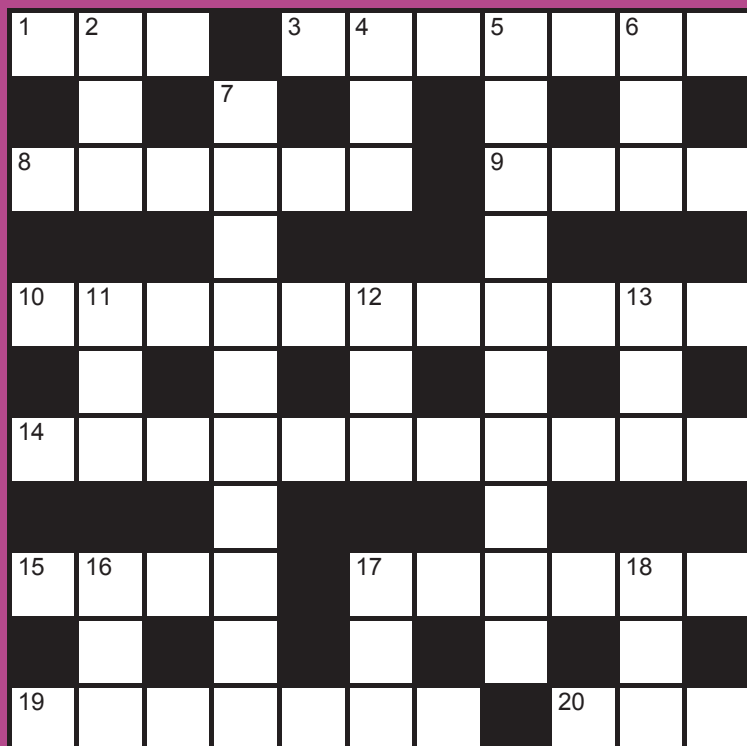
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**Holiday snaps**

As ever, Cuckfield residents have taken their copy of the magazine away with them. Do send yours in to [photos@cuckfieldlife.co.uk](mailto:photos@cuckfieldlife.co.uk)

George Baty at Khao Lak, Thailand

# 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.59

## Across

- 1 Inquire of (3)
- 3 Frog larva (7)
- 8 Clean dishes (4,2)
- 9 Near (4)
- 10 Decent (11)
- 14 Clipped style of speech (11)
- 15 Vessel (4)
- 17 Wide street (6)
- 19 Jaunt (7)
- 20 Besides (3)

## Down

- 2 Ocean (3)
- 4 High mountain (3)
- 5 Tropical fruit (10)
- 6 Fall behind (3)
- 7 Retailer (10)
- 11 Female sheep (3)
- 12 Automobile (3)
- 13 Wreath of flowers (3)
- 16 Sutton ---, ancient burial site (3)
- 17 Tot up (3)
- 18 Vase (3)



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# Sudoku #33

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

Find the solution to #33 in next month's magazine

## #32 Solution

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

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



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*(Lou, Jan 2019)*

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## What's on this month

### ELSEWHERE

#### March

- 14th **HH Ceramics Group** – 10am  
Clair Hall, Haywards Heath - Claire Durham on  
'Ceramics and Celebrity - the Influence of Popular  
Culture on the Potting Industry'  
(£8, 01444 483372)
- 14th **Mid Sussex Association National Trust** –  
2.30pm. Clair Hall, Haywards Heath - TALK:  
'Shepherds of the South Downs' by Ian Everest
- 15th **Night Golf** – 7pm  
Cuckfield Golf Centre – Dinner, 9 holes and prizes  
(£30 [www.cuckfieldgolf.co.uk](http://www.cuckfieldgolf.co.uk))
- 19th **Cuckfield Evening WI** – 7.30pm  
Baptist Church, Polestub Lane - Open House:  
Meet the WI
- 20th **The Arts Society Mid Sussex** – 10am  
Clair Hall, Haywards Heath – 'Passionate Potters:  
From De Morgan to Leach' by Julian Richards  
(Non members welcome, £7 on the door)
- 27th **Royal British Legion Women's Section** – 2.30pm  
The Old School, Cuckfield - Crosslands Nursery,  
Ben Cross

#### April

- 2nd **NHS Retirement Fellowship** – 10.15am  
Franklands Village Hall, Haywards Heath - History  
of Chailey Heritage
- 5th **Lunchtime Concert** – 1pm  
Holy Trinity Church - Toril Azzalini-Machecler  
(percussionist and BBC Young Musician of the  
Year Finalist) entertains (Free entry)
- 9th **Cuckfield Evening WI** – 7.30pm  
Haywards Heath Golf Club - Birthday Dinner:  
65 years!
- 11th **Haywards Heath Ceramics Group** – 10am  
Clair Hall, Haywards Heath - Charles Dawson  
will give a talk on 'Worcester Flight and Barr  
Porcelain, the Choice of King George III and  
Nobility' (Tickets £8. Call 01444 483372)
- 11th **Mid Sussex Association National Trust** –  
2.30pm. Clair Hall, Haywards Heath - TALK: 'The  
Medieval Art of Love and Life' by Patricia Wright
- 13th **Local Food Market** – 9.30am  
Cuckfield High Street – Until 12.30pm, organised  
by Cuckfield Local
- 17th **The Arts Society Mid Sussex** – 10am  
Clair Hall, Haywards Heath – Talk by Amanda  
Harries 'She Died Too Soon: a Study of Joan  
Eardly' (Non members welcome - £7 on the door)

# What's on this month

## AT THE QUEEN'S HALL

### Monday

- 9.30am **Pilates** (intermediate)
- 9.45am **Yoga** (Term time only)
- 11.15am **Yoga** (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 **Preschool Singing**
- 10am **Stroke Support Activities**
- 12.30pm **Zumba Dance Class**
- 1.30pm **Line Dancing Class**
- 3.30pm **Dance Classes for Children**
- 7.30pm **Yoga**
- 7.45pm **Ballroom Dance Club**

### Thursday

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

## March

- 7th **Parish Council Meeting**
  - 7.30pm Planning
  - 8.15pm Community Buildings

## April

- 11th **Annual Parish Council Meeting** – 7pm
- 18th **Parish Council Meeting**
  - 7.30pm Planning
  - 8.15pm F&GP
- 26th **Craft & Vintage Market** – 9.30am – 1pm
  - Selling plants, home produce, books and more...
  - (free entry)

## 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).**

## March

- 23rd **Quiz Night** – 7.45pm
  - The monthly Bolnore fun quiz hosted by Jim Hoodless. Teams of 2-6 people
  - (alison.events@bolnore.org.uk)

## April

- 26th **Quiz Night** – 7.45pm
  - The monthly Bolnore fun quiz hosted by Jim Hoodless. Teams of 2-6 people
  - (alison.events@bolnore.org.uk)



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