

Cuckfield Life

Inc. Brook St, Ansty, Staplefield & Bolnore Village

Local village talk,
by the village

Issue #78: Apr. 2019

Free

Marathon Weekend plans

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Meet Ben Searls

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page 53

Including...

Bolnore
VILLAGE

9 PAGE SECTION



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EDITORIAL

By David Tingley, Editor

The first thing I have to mention is Cuckfield's annual day out – **Cuckoo**

Fayre – which takes place this year on **Bank Holiday Monday 6th May**.

Leanne Knapman kicks things off in the usual tradition by arriving in splendor at 1pm. See **page 7**.

On **page 20 Caroline Young** shares a couple of **recipes** which get the most out of that old vegetable friend: asparagus! Thanks Caroline.

Jacqueline Elmore spent time with resident **Ben Searls** earlier this month. You can read about this local entrepreneur on **page 32**. If you know someone who would make a great candidate for our **Village People** feature in the coming months, do please get in touch via editor@cuckfieldlife.co.uk.

Talking of getting in touch, members of **Cuckfield Cricket Club** took their copy of the magazine with them to Cambodia recently and sent in their **Holiday Snap** – see **page 47**. With the holiday season approaching, we'd love to feature more of these, so do please email them in to photos@cuckfieldlife.co.uk.

The newsletter of **Cuckfield Parish Council** starts on **page 53**. In it you can read about what members have been involved in for the good of the community.

While on the subject of community, **Elaine Goodwin** has brought together four different organisations in **Bolnore Village** to highlight their various volunteering needs. Read about it on **page 36** and see what you might like to get involved in.

If running is your thing you probably already know about **Mid Sussex Marathon weekend** next month. If it isn't, you may like to know some of the practical details on road closures etc – see **page 42**.

You'll find **Colin's recycling column** on **page 30**, **Leanne's mayoral report** on **page 57** and the monthly **crossword** on **page 58**.

Have a great month everybody!



Issue #78 – April 2019 –
3,500 copies printed

Next magazine copydate:
30th April 2019

Next magazine published:
14th May 2019

Cuckfield Life

The Barn, Hurstwood Grange,
Hurstwood Lane, RH17 7QX

Telephone 01444 884115
www.cuckfieldlife.co.uk

Editor: David Tingley
Assistant: Jacqueline Elmore
editor@cuckfieldlife.co.uk

Advertising: Emily Billson
ads@kipperlife.com

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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

Rugby Club accelerates plans for a new Clubhouse

For a number of years the current HHRFC (Haywards Heath Rugby Football Club) clubhouse at Whitemans Green has been inadequate for the needs of a thriving community rugby club and is no longer fit for purpose. With the generous assistance of the Club's main sponsor, Fairfax, and its education foundation Fairfax Building Young Futures, and the unwavering support of its membership – which includes over 450 local children aged under 6 to under 16 who play rugby by its site every weekend – the Club is planning to build a new state-of-the-art multi-sports pavilion at Whitemans Green.

This new development will provide the rugby club with a new clubhouse, offer facilities to support other local sports clubs, provide Fairfax Building Young Futures, working under the guidance of Peter Chisholm MBE, with a base for its classroom activities and offer enormous benefits for the health and well-being of the local Mid Sussex community. The Clubhouse Project is ambitious but achievable, and the new plans address a number of current issues such as limited parking, insufficient changing facilities and inadequate social space that the



Club has struggled to cope with for many years. While enhancing all aspects of the Club, the new facilities will enable girls and ladies rugby to be played at Heath RFC and provide invaluable opportunities for other sports and social clubs in Cuckfield.

The planning application is currently being considered by Mid Sussex District Council and over 300 messages of support have been posted on the MSDC Planning website as the process is progressing.

This groundswell of support behind a much-needed local sport, education and social facility is providing the momentum needed to take advantage of this once in a lifetime opportunity and help raise the funds needed to make it happen. The Club is asking everyone to get involved in its fundraising activities in any way possible and help build a fantastic new clubhouse that will benefit everyone in the local area. Updates are published regularly on the Club's website at www.hhrfc.co.uk, or if you can help in any way email: rugby@hhrfc.co.uk.



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Opening Night on Broad Street

No.1 Broad Street, Cuckfield's new fine dining restaurant, was launched to critical acclaim with a preview evening last month.

Invited guests were treated to delicious canapes and some exceptional award-winning Sussex sparkling wines generously supplied by Ditchling wine producers Court Gardens.

Head Chef Johnny Stanford will be heading up the kitchen with three very creative menus being launched during the month of April.

The A La Carte menu currently in place will sit alongside a new lunchtime 'special' menu offering two and three courses. This will be shortly followed with a full tasting menu with paired wine flight.

The menus will change regularly with an emphasis on fresh seasonal produce.

No.1 Broad Street will bring something very different to Mid Sussex, and the concept of the owners is simple... relaxed fine dining in an informal contemporary setting, served by friendly and knowledgeable staff giving guests the very latest cutting-edge cuisine through Stanford's creative and unique British influenced dishes.



The restaurant seats up to 44 guests including a private dining area for 14.

The restaurant is open Tuesday evening and then lunch and dinner through until Saturday evening.

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Gallery awarded as 'outstanding' by charity

The Green Tree Gallery, near Borde Hill Garden just outside Cuckfield, has won the Outstanding Small Business Award at last month's awards dinner and ceremony at South Lodge Hotel.

The gallery, which showcases the work of Sussex artists and craftspeople, marked its 10th anniversary last year by supporting Sussex children's hospice, Chestnut Tree House. The year-long campaign set out to raise both funds and awareness through a variety of events, including an exhibition themed on the charity with the title 'Through the Eyes of a Child', which was opened by local MP Sir Nicholas Soames.

The Gallery also collaborated with Cuckfield-based photographer Sophie Mitchell and curated an original exhibition of photographs of two Chestnut Tree House children, entitled '#ForTheNow'. This resulted in extensive media coverage for the charity, including a feature on BBC South East Today.

Other initiatives included generous donations of work from the Gallery's artists, with all proceeds to Chestnut Tree, plus a charity stall at Cuckfield Local

Market and Gallery donations from each exhibition launch day.

Jill Housby, who runs the Gallery with Sam

Phillips, said: "We really enjoyed supporting Chestnut Tree House last year. It is the only children's hospice in the county, covering both West and East Sussex, and South East Hampshire. Like all hospices it receives only partial funding (less than 6%) from central government, so every year it needs to raise £3.6 million to cover the free care it provides to children with life-limiting conditions and the respite it offers to their families.

"Having been apprehensive about visiting the hospice on one of its open days, the reality was far from our preconceptions and we were both struck by the homely environment and the amazing facilities which allow the children to just be children.

"We had a fantastic experience working alongside Chestnut Tree House and would encourage anyone to get involved and help support this vital local charity. The award made us realise that even a small business like ours can play a very valuable role."



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Cuckoo Fayre – Monday 6th May

You know spring is in full flow when the Independent State of Cuckfield's (ISOC) Cuckoo Fayre comes around. This fantastic, fun-filled family event has a little something for everyone, young and old. From a whole variety of stalls selling crafts, treats or just some fun games, to live music, a dog show, licenced bar and hot food. You certainly won't be bored.

This year there will be some great new childrens' entertainment from the fabulous Poppy's Parties, one of the leading entertainers in the South East.

The Fayre takes place from midday on Bank Holiday Monday 6th May at the Cuckfield Recreation Ground (behind the Queen's Hall). The reigning Mayor, Leanne Knapman, will arrive at 1pm to officially open the event.

If anyone is interested in booking a stall at this year's Fayre, or would like to help out with the Fayre, please email: info@cuckfieldstate.org or call Mike on 07736 910344 for more details. Organisers are also looking for any groups who may wish to put on a display in the main arena.

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Warming up for the Music Festival

CUCKFIELD MUSIC FESTIVAL

By David Mortimer

Only two months to go until the first Cuckfield Music Festival!

The inaugural event will take place between 15th and 23rd June when there will be ten events, of which three are free entry, in five Cuckfield venues.

There will be classical and jazz performances; a cappella singing; virtuoso piano playing; Greek folk music in a beautiful garden; and folk songs, madrigals, pop and classical with the Magnificat Choir from Hungary joining forces with our very own Cuckoo Choir.

Who could ask for anything more? Well, there is more, as you'll find out by going to the website at www.cuckfieldmusicfest.co.uk. The full programme is listed there – The Mark Edwards Trio, known to many local jazz enthusiasts; the internationally acclaimed Dominic Ferris with Me and My Piano, a regular London sell-out, and with a guest appearance by Jane Haughton; the Horsham Symphony Orchestra with Ensemble Reza will be playing English and Russian music; David Spear and Bonnie Flitney will be with No Strings Attached in the Talbot; and a noisy but fun evening is assured with the Speakeasy Revival Orchestra.



By complete contrast there is a lunchtime talk on Music in Painting by Matt Wates, who leads his own saxophone sextet in the evenings but is Dr Wates when talking about art, in which he has a DPhil. Greek music quartet Plastikes Karekles, led by Pavlos Carvalho, will entertain us in Mr and Mrs Berry's lovely garden at Mill Hall Farm – bring your own picnic on what we pray will

be a glorious June evening; and, as a further contrast, we're delighted that Caroline Tyler will be returning to Cuckfield to give a (free) lunchtime recital. My word, she's good!

Another free-entry event will be Rising Stars! kindly hosted by Warden Park school. At a time when, across all UK schools, musical education is the subject most likely to be dropped, we are fortunate to have many very talented youngsters in schools around Mid Sussex. All they lack are sufficient opportunities to gain the confidence and experience of performing in public, and although the Festival alone cannot remedy that, we hope at least to add to their opportunities. I am sure your support on the night would be greatly appreciated.

Two further events are included in the Festival brochure, for information. Neither is officially part of the programme, but both are musical events. Hymns and Pimms in Holy Trinity Church (free); and live band Soul Avenue, with female vocals and a barbecue, at Cuckfield Golf Centre.

The Cuckfield Music Festival brochure is now in print and in the process of being put through 20,000 letterboxes in Mid Sussex. It contains details of all the events, including the Launch Supper on 5th June in The Hayloft. At the supper we are very lucky to have as guest of honour the distinguished opera singer Jonathan Summers (pictured above), AOM, who will give us a short talk (and maybe an aria if we're lucky) about his career singing lead baritone roles in many of Europe's leading opera houses, as well as in New York and his native Australia. Details of how to book for the supper are in the brochure. Online booking for the events can be made via the Festival website or direct from www.ticketsource.co.uk/cuckfieldmusicfest (ticketsource is probably the most straightforward and easy-to-use online ticketing I've ever encountered; and there is no booking fee).



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World Book Day at Warden Park

Warden Park Academy students were busy quizzing their teachers last week on their favourite books and authors for World Book Day. Over 70 teachers had this information on their lanyards and intrepid students set off on the 'Book Quest' to find as many titles as possible. Headmaster Dom Kenrick handed out prizes to the winners, 1st place going to Matilda Reed who discovered an amazing 51 titles. Runners up were Hollie Lower, Lewis Hart, Sean McGrath, Edward Clark, Abby Mordecai and Bethany Rundle (see photo above).



Students were also challenged to consider 'Do we judge a book by its cover?'. Various titles were covered in paper to disguise the nature and genre of the book, and students were asked to read the first chapter and decide whether they would wish to continue. The paper was later removed and they could admit whether they would or wouldn't have chosen the book by the cover and the description on the back.

Katie Todd (Yr 11) was hooked by both books initially and would choose to continue reading them, however when they were revealed she said she would 'probably not' have chosen one and 'definitely not' have chosen the second one (Sunflowers in February by Phyllida

Shrimpton and Framed by Frank Cottrell Boyce).

Laurie Cochrane (Yr 8) reported that he really liked the book and that it gripped him from the start as it created a sense of mystery and intrigue and he would have chosen it if he had seen the cover first (Ghost Boys by Jewell Parker Rhodes).

Lucy Burstow and Jessica Greenyer (Yr 7) liked both of the books they sampled but were horrified when they saw the cover of one of them and would most adamantly not have chosen it! (Boy 87 by Ele Fountain and Flesh and Blood by Chris Priestley.)

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There are three formal Trustee Board meetings a year, with other tasks, including the supervision of maintenance projects, being shared between trustees.

Please apply by 30th April to: Stephen Gaimster, Clerk to the Trustees, at: stephengaimster@sky.com. For an informal discussion regarding the role, please telephone Stephen on 01444 210461.



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We are very grateful to our sponsors, including the Orchards Shopping Centre, Savills Haywards Heath, Burgess Hill Symphony Orchestra and supporters including Warden Park Secondary Academy and Oathall Community College.



Photo: Alison Willows

Feedback from our audience: 'The REZA Community Orchestra is wonderful to experience, such motivating, inspiring and inclusive music being made'. 'Great atmosphere, music, singing and everyone enjoying themselves'.

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Word Search

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Two entrants will be picked at random to receive a bottle of Prosecco!

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SIMPLY GOOD FOOD



Asparagus with Goats Cheese Polenta (Serves 2)

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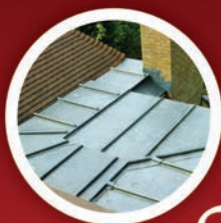
Put 600ml vegetable stock, the juice of 1 large unwaxed lemon (finely grate the rind first and put to one side), and 25g butter into a pan and bring to the boil. Add 100g instant polenta in a steady stream, stirring constantly. Still stirring, cook over medium heat for 2-3 mins or until it begins to come away from the sides of the pan (check packet instructions). Cut 100g firm goats

cheese into small dice and add, together with seasoning to taste. Remove from the heat and keep warm.

Melt 25g butter in a frypan and add the stems of asparagus, lemon rind and 1-2 crushed garlic cloves. Cook, stirring, for 1-2 min or until the asparagus is just tender when pierced with the tip of a knife. Season to taste.

Spoon the creamy polenta on to warm plates and pile the asparagus with the buttery pan juices on the top. Serve immediately.

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By Caroline Young

Very soon we will be able to enjoy one of the first signs that summer cannot be far away – English asparagus will appear in the shops. Please don't buy those sad green stalks that have been flown thousands of miles to be in our shops year round. Imported asparagus is flabby and flavourless compared with our own harvest. Eat seasonally and enjoy one of the most delicious vegetables grown in this country.

To prepare just snap off the woody base of the spears. Traditionally asparagus is cooked standing upright with only the base of the stalks in the boiling water then served just with melted butter or Hollandaise sauce. For a change I like to lightly spray the trimmed spears with olive or toasted sesame oil and grill until just tender and lightly browned. Serve immediately. Go on, and spoil yourself with one (or both) of my recipes.



Asparagus and Bacon Stirfry (Serves 2)

Measure 2tbs olive oil, 2tbs white wine vinegar and 1tbs wholegrain mustard into a small bowl, whisk to combine and season to taste. Cook 150g penne pasta to packet directions. Cut 115g smoked back bacon into narrow strips. Trim 6 spring onions and slice off the woody ends of 225g English asparagus. Cut both into 5cm pieces. In a large frypan or wok cook the bacon until just crisp. Drain off any excess fat then stir in the onions and asparagus and cook, stirring, until the asparagus is just tender when pierced with a knife. Drain the pasta and add to the wok, together with the dressing. Gently combine and serve immediately topped with shaved Parmesan cheese.

Almond Cream Sundaes (Serves 4)

Crush 8 Amaretti biscuits (those crisp Italian almond biscuits) and stir into 200g crème fraiche. Using tall glasses layer the cream mixture with sliced English strawberries ending with a cream layer. Top with a whole berry and a sprig of mint.

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April 2019

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23



24 hour charity football match by students

Students at St Paul's Sixth Form College took part in a grueling 24 hour football match on 5th April in aid of two charities: Angus Rowland Foundation and Off the Fence (Women's Gateway).

Angus Rowland was a young man from Staplefield who sadly passed away after being diagnosed with acute myeloid leukaemia (AML) in October 2010.

Gateway Women's Centre provides a safe space for women struggling with issues such as isolation, mental health problems, abuse, bereavement and financial difficulty.

The charity football match quickly exceeded its fundraising goal of £250, now having raised a staggering £750.

For further information about the event and how you can contribute please visit:
www.gofundme.com/24hour-charity-football-match

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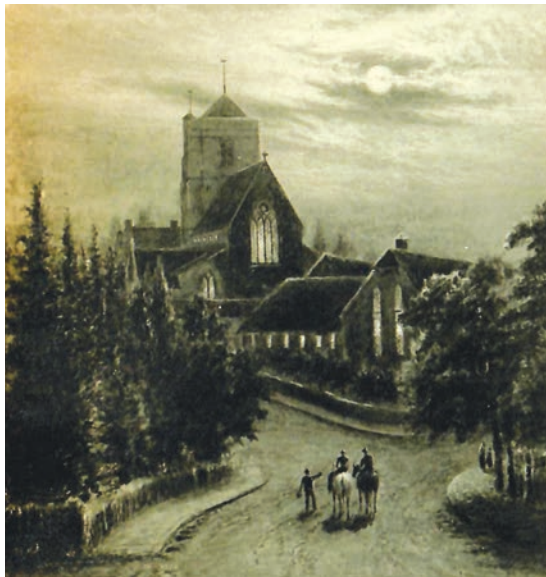
74 High Street, Lindfield

Growing up on the Heath

By Phillipa Malins, Cuckfield Museum

Cuckfield was the small, ancient village which rejected the coming of the modern world when the railway arrived in 1841 so that the station was built in the middle of the Heath – a deserted place with a few scattered farms and cottages and a windmill at its highest point.

When the railway first arrived, the nearest church was at Cuckfield. The Rev T.A. Maberley would come out to Haywards Heath and hold services on a Sunday afternoon in a loft over a carpenter's workshop on the corner of Milton Road. It wasn't until 1865 that the town's own church, St Wilfrids, was consecrated. It stood at the highest point of the Heath near the site of the former windmill, the churchyard being part of an old brickfield, and came to signify the heart of the town in a material and spiritual sense.



St Wilfrid's Church and Church School

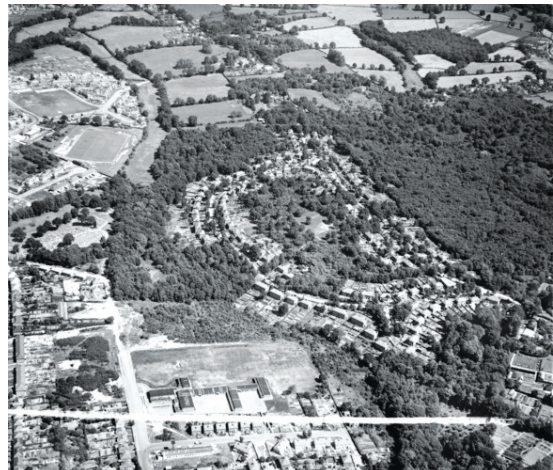
As the town prospered it became known for its many fashionable private schools that offered education in healthy surroundings and within easy reach of London for parents to visit. The schools have gone but names like Sharrow, St Clair and Trevelyan survive in town place names.

The town's population expanded between the wars – the electrification of the railway with speedier travel brought more commuters and prosperity to the town but there was a shortage of housing. We look at a project, headed by the Rotary Club, to relieve this in the building of Franklands Village in the mid 1930s. A 45 acre site was cleared below the Birch Hotel and the renowned local architect Harold Turner was called on to produce modest but beautifully designed houses. The village was laid out in a capital D shape, and wood that was cleared was used for Turner's characteristic internal features. The central area of 12 acres was left open to create



Trevelyan

a feeling of natural space. We examine in detail the features which make Turner's architecture so distinctive and well loved: his debt to the Arts and Crafts movement with leaded windows and his use of local materials like traditional Keymer clay tiles and bricks.



Young families could afford to make their homes in this thriving young town. Those with more money could have more elaborate Turner houses elsewhere in the town but they all retained a traditional country feel. As the town reached its hundredth anniversary in the mid 20th century its inhabitants lived an ideal – that of living in the country and either working locally in this thriving young town or being able to commute easily into London or Brighton. And, over the years, Cuckfield has learned to love and value its young, noisy neighbour!

For further information please visit: www.cuckfieldmuseum.org. 'Haywards Heath: Cuckfield's Noisy Neighbour' exhibition will remain on display until May. Opening hours: Wed, Thurs and Fri 10am-12.30pm and Sat 10-3pm.



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Cricket Club looks ahead to 2019 season...

Cuckfield Cricket Club is one of the most successful cricket clubs in Mid Sussex, and right now they are gearing up for another rewarding season.

The club has attracted many young and talented overseas professional players over the years.

Jeet Raval, Will Somerville and Jordan Silk are just a few of the names of international players that Cuckfield Cricket Club has signed in the past.

This year Australian cricketer Jake Weatherald will join Cuckfield Cricket Club as its overseas player for the 2019 season. Originally from Darwin, Jake is an opening batsman who plays for South Australia and the Adelaide Strikers in the Big Bash League in both first-class and one-day cricket matches. Jake was the highest run-scorer in Australian domestic cricket under the age of 25 from December 2015 to December 2016 and was runner up for the 2017 Bradman Young Cricketer of the Year. He has since secured contracts with both South Australia and the Strikers in every season.

It's not all about professional international star players either. Local teams also like to get involved.

In 2018 the club incorporated an additional team called the Cuckfield Headliners who play on Sundays at Cuckfield Park. The team was originally formed by the Mid Sussex Times for journalists and friends of journalists to play occasional Sunday games. Such was the interest, a full fixture list has been organised for 2019 and the team is now open for players of any profession.

For further information regarding participation, playing or just volunteering, please contact Chris Bunning, Secretary at chris.bunning@btclick.com.

April 2019

@CuckfieldLife

Cuckfield's dancing queen

The Cuckfield mayoral race has started early this year as resident and candidate Claire Bellamy (pictured) is kicking off her campaign with a fundraising event next month.



Abba tribute band Abba Inferno will return to Cuckfield for the first time in nearly a decade.

Claire commented: "I have decided to run for mayor this year, so all the money raised through this event will be going to local groups in the village in the autumn."

Abba Inferno will be playing at Queen's Hall on Friday 3rd May - tickets are £15 in advance from Claire, or £17 on the door - fun starts at 7.30pm.



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Vicar: Rev Michael Maine More information: www.holytrinitycuckfield.org

Rejoice



Dear Friends,
Amid the current political climate, the rise of extremism of all kind, the seeking of 'self' before all else and the darkness that lurks in so many shapes and guises throughout the world, Easter light breaks into our lives. The message of this festival is one of transformation and that knowledge that each of us matters and are loved beyond our understanding.

Luke's Gospel account of the Resurrection experience of two of the disciples of Jesus walking to a village called Emmaus (Luke 24: 28-35) speaks powerfully of this transformation and love. Cleopas and his friend do not recognise Jesus, although his words as they walk together fill their hearts with hope in the face of despair ('Didn't our hearts burn within us while he talked to us?') and then there is recognition that they are called to a new way of looking at life as he breaks bread with them.

Sunday by Sunday, Christians 'break bread' together and are strengthened with the knowledge that in all they do, they are to be signs of the transformative Love of God – a wonderful gift for all peoples. There are no 'ifs' or 'buts'. The Easter Joy revealed in Jesus Christ is a universal message of hope beyond compare.

A very happy Easter to you,
Michael

Holy Week Services at Holy Trinity

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

Maundy Thursday (18th April)

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

Good Friday (19th April)

10am Family Service (followed by Hot Cross buns!)

12noon Devotion at the foot of the cross

2pm Liturgy (service) of the Passion

Holy Saturday (20th April)

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

Easter Day (21st April)

8am Holy Communion

9.45 Family Eucharist and Mega Messy Church & Easter Egg Hunt

6pm Easter Evensong



EASTER DAY @ HOLY TRINITY CUCKFIELD

21st April

8am Holy Communion (BCP)

9.45am Easter Festival Communion

**CHILDREN'S MEGA MESSY CHURCH
AND EASTER EGG HUNT**

from 9.30am in the Old School

6pm Easter Evensong

**All Welcome - come and rejoice –
the Lord is risen!**

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

RECYCLE THIS...

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



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...



Having a good spring clean and discovered a drawer or box of old mobile phones and chargers? Also found old MP3, iPods, tablets or Kindles?

Let me share with you how you can recycle all of these, and there could be money in it for you.

First of all make sure all of your data is removed.

Your phone could have a value. It does not depend on the age of the phone but on the value of the components! 30% of a phone is recyclable.

Sell your old mobile phone?

Try www.o2.co.uk – free postage. For example, an old HTC OneX phone is worth £3. Paid by bank transfer or Paypal to you.

Or try www.Envirofone.com – they take damaged phones as well. Also freepost.

Or try Tesco online – they pay you in Clubcard points.

Or recycle at shops that sell them. My old one went back to the Vodafone shop in Haywards Heath.

Want to raise money for your favourite charity? Get all the old phones, MP3, iPods, tablets and Kindles from your group and have some fun selling them. I would love to hear your success stories.

And finally, chargers. Basically no one wants them because they have no materials in them that can be recycled. Do not put them into your blue top recycling bin and do not put them into your black top rubbish bin. Do take them to your Household Waste Recycling site (the tip to you and I), and place them into the Small Electrical items bay.

So, even if you cannot recycle them, do make sure you dispose of them correctly.

Now what can I put in that empty drawer

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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He who dares

VILLAGE PEOPLE



"A few years after moving back to Sussex, Ben was playing football with some old friends at Warden Park and discovered that one of them had just had lunch with James Khan."

By Jacqueline Elmore

Risking it all to start up your own business is a scary concept but sometimes a necessary one. Most of us will never match the success of the likes of Branson, Gates or Jobs but the truth of the matter is that most entrepreneurs take huge risks to follow their dreams.

Lifelong learners, single mindedness, risk takers; these are just a few of the words that are sometimes used to describe what an entrepreneur might look like or how one might think.

So, where does the impetus to succeed - particularly in business - actually come from and where does it end? Is success part of our DNA or is it in fact a learned behaviour?

Ben Searls is an entrepreneur. He's also Managing Director of local business, Ignata Finance.

"The message is that most entrepreneurs are risk takers, and most have lost everything but they still get back up and try again until they make it. Ultimately, that is what a success story looks like."

Ben was born right here in the village at the old hospital 38 years ago. Most of his life was spent living in rural Sussex until he went to university. He's now back in Cuckfield and has been for six years.

"Our first house was in Brook Street but we sold that nearly two years ago and bought a wing of the old deaf school (Reid House) from a lovely couple who had lived in it for nearly 30 years. There's a bit of back story to that tale actually. Bizarrely, the people who used to live here bought our old house but it wasn't until we'd completed on the sale that we discovered who they actually were."

Ben spent his early childhood growing up in Ditchling Common, attending Hurstpierpoint College before moving north to study business at Nottingham Trent University. This was followed by a year out at IBM (in Portsmouth) and then the graduate programme at leading recruitment business Badenoch and Clark.

"I loved my life up in Nottingham. It's the classic thing. Like many people I wanted to stay on in the area where I went to university. I met my wife while working at B&C in Nottingham. Sadly, my father passed away so we made the decision to leave and come down here to be closer to Mum."

A few years after moving back to Sussex, Ben was playing football with some old friends at Warden Park and discovered that one of them had just had lunch with James Khan, the entrepreneur and Dragon's Den personality.

"One day we were just kicking a ball around and my friend told me that James was looking specifically to invest in a finance recruitment company and asked me 'Isn't that what you do?'."

It wasn't long after that, that Ben met with James to discuss the possibility of creating a new Finance Recruitment company right here in West Sussex.

"That day, James laid it all out for me. He said 'okay what I'm proposing is that we both co-invest and you create a business that you feel proud of'. And the rest they say is history."

Ben's office is in Haywards Heath where he now works with his two co-investors: Vikki, Director (and wife of 16 years), and Steve Revell, Director who had previously (in 2004) started the Brighton business for global recruitment firm, Michael Page. "Vikki has been (and continues to be) my inspiration. An unbelievable Mum to 2 wonderful children, wife to me (that is not easy) and at the same time fantastic business woman. She has supported me throughout and helped grow the team now to 6 consultants and we would love to hire experienced recruiters who perhaps get on the train to London every day and want to work locally and flexibly."

Much to Ben's delight, Ignata Finance has become one of James Khan's fastest growing and profitable investments in recent years. James still has a connection with the business, meeting the team regularly.

It's not difficult to see why Ben has been so successful. His energy is boundless. He admits that a lot of his success is down to hard work and high standards. That's an obvious one but he is also very positive and appears, on the surface, to have bundles of self confidence.

"In this business, resilience is key and believing that in the end it will be okay."

So, what about plans for the future? Where to now?

"We'd obviously like to see the business grow, definitely. That's the goal; to keep the momentum going and to build something that is not just profitable but really disruptive in a sector where all too often our clients and candidates feel the relationship is too transactional."

The subject of big business turns to education and his advice to any aspiring entrepreneurs leaving school later this year.

"If you've got a good idea of what you want to do then university is a wonderful platform for that. However, I am a big believer that university is not for everyone and that plenty of people succeed without a degree or sometimes even an education. There are many self-made people out there (especially locally) who simply had a dream and went for it. So if you've got a business idea, make that your goal and go for it."

It's not all about business either. What about life outside of the office? Ben's face immediately lights up when asked about what living in Cuckfield means to him and his family.

"That's an easy answer. It's been an amazing place to live. Our ability to walk in to the Talbot and know ten people and then move to the Corner House Cafe and know five people is what it's all about. Our children went to Next Step nursery right here in the village which was a wonderful start for them. Cuckfield is without a doubt what community is all about. It is a really special place."

Ben's route to success was a simple one. It was about self belief, hard work and commitment, having a goal and in the end enjoying the journey that takes you there. Additionally, he is clear that we all have a network. How many of us really use that network is debatable. "There's a wealth of knowledge, contacts and advice at our fingertips, in our village, at the school gate. Ask for advice. It can come from the least obvious of places. Don't be afraid to put yourself out there. If your idea isn't heard it's just that. An idea."

Ben concludes: "It may sound twee but if you don't have a dream, how are you ever going to make that dream come true?"



5 MINUTES WITH...

Alex Dugard

Alex runs his own wheelie bin cleaning business; before that, he was an Estimating Manager for a furniture fit out company. Two of his biggest passions are motorcycling and skiing and he once completed a tandem skydive from 12,000 feet!

How long have you lived in Bolnore?

Four years, with my partner Jakki

What's the best thing about being here?

It's fairly quiet and friendly

Favourite ice cream flavour? Pistachio and coffee

How many houses have you lived in?

Too many, roughly 15!

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

I'd like to see a café, ideally that does breakfast

Favourite holiday destination?

Probably the Alps, for the beautiful scenery and obviously the skiing!

Song you play the most?

Audioslave – Like a stone

What would you do if you won £1million?

Buy a secluded plot of land and build my own house

What was the last present you gave someone?

I bought some new walking boots for Jakki

Strangest thing you've ever eaten?

I don't eat a lot of strange things: pigeon

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

This is a tough one, if only for one month, probably music

Which App on your phone do you use the most?

Ashamed to say it's most likely Facebook

What's your proudest moment?

Starting my own business

Your advice for life?

Follow your dreams and take a chance, and life is too short to drink cheap whisky!

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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World Book Day

Bolnore Village Primary School made the effort to dress up on World Book Day last month. Here are a few of the costumes that Cuckfield Life caught sight of...



Your village needs you!

By Elaine Goodwin

There are lots of opportunities to get involved in the community in Bolnore, and right now many local groups are crying out for more volunteers. We asked representatives from four groups to tell us what they do and how you can help.

Netball team needs managers, assistant coaches and administrators

The Woodside Netball Club has lots of opportunities for volunteers to get involved. We are a busy club and have been going for four years. We run three training sessions on Sundays and we train all year round, not just in the netball season. We have four junior teams in the West Sussex Junior Netball League, two in the Brighton 5Ways Netball League, and three adult teams: one in the Crawley League and two in the Brighton Mid Week League. We attend tournaments and we also arrange for England Netball Players to attend training sessions. To date, we have had three players come on different days to run these sessions.

We currently need team managers for two teams - the Foxes and the Squirrels. This role entails keeping control of all the administration needs of the team, ensuring that there is an umpire for each match, a scorer for each match and getting team availability.

We also need assistant coaches to support the coaching staff on a weekly basis at training sessions for the junior teams. This will be between the hours of 4pm and 6pm on a Sunday.



We are looking for people who can help with admin and we also need a tournament Secretary – someone to look into tournaments that we could enter as a club for both Junior and Senior teams and coordinate the application.

For further information or to register your interest in volunteering please email Alison at: woodsidenc@gmail.com.

Help needed with the summer fete

The Bolnore Village Community Partnership (BVCP) is the charitable organisation responsible for the running of the Woodside, which opened in 2014. It is run by a small team of volunteer trustees and employs a Centre Manager.

Enjoyed by over 500 people every week, the Woodside has become home to a wide range of groups including local football and netball clubs, the Preschool, Grace Church, Scouts and many more classes and clubs. There is also Woodies bar, open every Friday night. We also host family events for all to enjoy such as the annual village fete, family discos and Christmas celebrations.

Volunteers have helped us with litter picking, painting planters, erecting marquees, and with the events.

We need volunteers now to help with the summer fete, which will be on Saturday 13th July. We need people to help in the run up with leaflet deliveries and preparation activities. On the weekend we'll need help with transporting equipment, erecting marquees, putting out stalls, running a stall, packing away and general duties. Even a couple of hours on the weekend would be so helpful. If you could help, or want to help



with future community events, please email Alison and Gemma at: events@bolnore.org.uk.

We'd also really love someone to help with fundraising for the Woodside. If this is something you would be interested in, please do get in touch.

Conservationists and committee members needed

The Friends of Ashenground and Bolnore Woods (FoABW) was founded in 2004 to protect this ancient woodland during the development of Bolnore Village. We were instrumental in the establishment of wide buffer zones around the woods and preventing building on Four Acre Meadow.

Our conservation volunteers meet twice a month during the winter and once a month during the summer, helping to conserve, protect and enhance the nature reserve for the flora and fauna.

Recent projects have included removing invasive weed in Pond Meadow, building a hibernaculum and stag beetle habitats, improving paths with woodchip supplied by MSDC, tidying up a clearing in Ashenground Wood, assisting Trust Conservation Volunteers (TCV) with pond clearance and manually cutting back scrub in Pond Meadow and the buffer zone beside the bridleway.

In addition, we organise various free community activities (eg: bug hunt, photography afternoon, bat walk) to promote public enjoyment of the woods.

We would very much like to expand representation on our committee. We meet at the Woodside about once every three months and we are friendly group, all obviously keen on protecting and enhancing the Nature



Reserve. If you would like to find out more about joining our committee and what it involves, then do please contact our Chair, Lorraine Maynard, on 07802 162275 or email Lorraine on: lorrainemaynard04@gmail.com.

The Scouts need a new Chair

Bolnore Village Scout Group are looking for a new Chair as Marco van Dijk is stepping down after just over three years. In that time, Marco has put in place several 'behind the scenes' teams to help to ensure the Scouts Group continues to thrive in Bolnore. This includes a marketing and communications team, a membership and admin team, a treasurer to look after finances, a quartermaster to look after the store room and equipment and a webmaster to look after group emails and the website.

Marco commented: "My role has been to set all of this up from scratch as nothing like this was in place three years ago. Now that the teams are in place my role is much less time consuming. I check on a monthly / bimonthly basis how the teams are doing and I'm in regular contact with the Group Scout Leader Roxie Grant to see how the sections are doing and what equipment or excursions they need funding. I also run the yearly AGM and hold one executive meeting a year with all the volunteers. The best bit about this role is that you get a lot of support from the Scout district with free training courses and help on any subject. It's a very rewarding position and you can get involved as much as you like without being tied to a fixed monthly or weekly obligation."

For more information on this or any other volunteer role with the Scouts, contact Marco at: chair@bolnorescouts.org.uk.



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We are currently looking for a new Chairman for Bolnore Village Scout Group so if this sounds of interest to you then please email Marco Van Dijk on chair@bolnorescouts.org.uk.

We would also be interested to hear from anyone who is interested in volunteering in any other capacity.

bolnorescouts.org.uk

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Scouts
Bolnore Village

The winners so far...

Bolnore's ever popular quiz night continues every month at the Woodside. So far this year's winning teams are:

January - Lets Get Quizacal

February - Woodies Wonders

March - Sorry We Were Chatting

At the end of the year all winning teams will be invited to The Winners Quiz to play for The Quiz Challenge Cup. Losing teams will be invited to compete in The Wooden Spoon Quiz where the losing team will win The Wooden Spoon of the Year Award.

The next quiz will take place at the Woodside on Friday 26th April from 7.45pm. To book your table, email: alison.events@bolnore.org.uk, or just turn up on the night.



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Mrs Allen announces she's leaving BVPS

Mrs Allen, who has been headteacher since Bolnore Village Primary School started back in 2009, has announced that she is leaving the school.

In a letter to parents in early April, Mrs Allen explained: "Today I have been given a very special Memory Book going back to when we opened ten years ago. However, it now seems the right time for a change and it is with great sadness that I am writing to let you know that I will be leaving at the end of the summer term."

Mrs Allen went on to explain: "There is no other job like that of a headteacher and whilst there have been some difficult times, there have also been many, many moments of magic. I have been extremely lucky with the opportunities that I have been given in terms of creativity and personal development."

She is moving to France with her family and animals to start a completely different life.

Chris Gage, chair of governors, said of Mrs Allen: "Mrs Allen has become an integral part of the school

and indeed the wider local community. We wish her every success and much happiness as she begins her new adventure."

The school governors expect to be interviewing for the new headteacher week beginning 20th May.

In a letter to parents, Chris explained: "Be reassured that as a Governing Body, we are looking for a headteacher to write the next chapter of the Bolnore story in the way that you would all expect. That person will embrace and promote the Bolnore ethos and all the attributes that we all love, but also add their particular ideas and plant new 'seeds' for leading the school to even greater success."



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England player Tamsin trains Woodside team

In February 2019 we were delighted to welcome Tamsin Greenway to the Woodside Netball Club to run some training sessions for our members.



Tamsin is not only an ex-England player she is also a legend within netball circles for winning so many Super League championships. Six of the last seven super league championships have featured Tamsin, and she led Wasps to victory as Director of Netball, head coach and player on more than one occasion. Tamsin's experience as a player and coach is like having gold dust sprinkled on.

For now our focus is on preparing our girls for the regional tournament to gain entry into the Regional leagues for the 2019/20 season.

If you have a daughter age seven or above, or you and your friends want to get involved in netball, we are always happy to welcome new members. Our next Trials event is on Saturday 27th April at 6pm at The Woodside.

For further information please email Alison or Amy on: woodsidenc@gmail.com.



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Royal Botanic Gardens
Kew

Stacks of STEM books for Bolnore School

Pupils at Bolnore Primary School have received a school set of Usborne STEM titles in support of British Science Week. Falcon Health Chiropractors donated £400 to buy the set of Science, Technology, Engineering and Mathematics (STEM) books, containing 64 books of ten different STEM titles, ranging from Lift-The-Flap Engineering to 100 Things to Know about the Human Body. The set also comes with teacher resources to provide fun and engaging lessons for the children.

Local Usborne Organiser Amanda Saunders has launched a campaign across Haywards Heath and surrounding villages to provide a set of STEM books to every school in the area so that every local child has access to these resources. Amanda commented: "STEM is

immensely important in children's education as science is everywhere and pervades every part of our lives."

Ben Harris from Falcon Health commented: "We are so happy to help. When the children read these great books then ask questions their parents can't answer straight away, that is where the fun starts with STEM subjects for us all."



Amanda has secured funding for another seven schools in the area but is still looking for 11 more businesses to become ambassadors to support the local community's next generation of scientists, doctors and engineers. If you know of a local business that may be able to support this campaign, contact Amanda at: aksaunders1@gmail.com.

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Mid Sussex Marathon Weekend

With spring bursting into life and the evenings getting lighter, it's such a wonderful time of year to get back into running condition, especially with Mid Sussex Marathon Weekend around the corner.

Recently featured by Runner's World in '21 amazing UK marathons that aren't in London', the event has proved successful each year, with over 1,400 people running in 2018. There are changes afoot this year with new routes for both the East Grinstead and Haywards Heath 10 Mile races. Event Director Simon Adby explains: "The East Grinstead route has been changed slightly to improve the runner experience.

The Network Rail works taking place in Ashenground Woods have resulted in a revised Haywards Heath route for this year. Fortunately finding alternative paths was straightforward, so regular participants will not notice much of a difference."

Appealing to elite, club and first time runners the three-day event hosts nine events over the weekend, including the feature two ten mile races in both East Grinstead and Haywards Heath and the ten kilometre

in Burgess Hill. All three combine to cover a total of 26.2 miles – the distance of a marathon. There will also be a family Fun Run and timed junior mile race on each day of the weekend, making it ideal for people of all ages and abilities to take part in.



Residents of Haywards Heath and Bolnore Village should note that on Sunday 5th May there will be a 20-minute (10:25-10:45am) road closure on South Road. The route will take runners from Victoria Park via Ashenground and Bolnore Woods through Beech Hurst Gardens and into Bolnore Village. Traffic may be stopped by marshals to let runners across

roads, particularly where the footpath crosses Trubwick Avenue and Renfields. Car users are encouraged to leave plenty of time to allow for slight delays, which marshals will aim to minimise.

Event organisers are still looking for more volunteers over the weekend to assist with marshalling of the routes. If you are able to help out between 9am and 1pm on any day then please contact organisers via: www.midsussexmarathon.co.uk

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

Church Office:
01444 473531
cuckfieldbaptistchurch@gmail.com


Cuckfield
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Church



Exam stress and 'brain juice'

The mental health of students, of all ages, features in the press all the time, and with the exam season approaching many students are feeling the pressure to perform well and to live up to expectations. This pressure to achieve and do well in exams can result in significant and prolonged stress for all students whether they excel in the classroom or not. The physiological effects of this exam-related pressure is the same as the stress-response we call 'burn out' in employees which, if left unchecked, results in symptoms of exhaustion and depression.

There are many ways to reduce the effects of exam stress and you can find two e-books on my website to understand what measures you can take. For now let's just consider the biology of how the brain responds to the pressure of exams. The amygdala in the brain floods the body with the 'Flight-Fight-Freeze' hormone transmitters – adrenaline and cortisol. This chemical mix, or 'brain juice', gets the body ready to react to the threat, with heart rate, breathing, blood pressure all increasing, with muscles tense and readied for combat. Importantly, oxygen-rich blood is automatically diverted away from the prefrontal cortex, the area of the brain concerned with concentration, recall and decision making. The shutdown of the prefrontal cortex results in difficulties in thinking logically, rationally and remembering detailed information. Obviously this is not conducive to revising effectively and performing well in exams!

However, from a biological standpoint, this is a normal stress response and a little bit of stress can be a great enabler; but the effects of prolonged periods of mental and emotional stress have been well proven to negatively impact health and mental well-being. Since the body is ready for flight and fight, students can suffer an inability to sleep, they can feel isolated and lonely, be irritable, irrational and short-tempered, overeat or not eat enough. Prolonged exposure to this type of stress can cause a student to withdraw completely, perhaps self-harm, even suffer with anxiety and depression.

It's important that students understand a bit of the science behind their symptoms. This 'normalises' their experience. Knowing that the pre-frontal cortex can be shutdown by prolonged stress will help students understand the need for mini-breaks from their revision, to help them relax, laugh and reset their 'brain juice'. This reset brings the prefrontal cortex back 'online' and has a major impact on a student's ability to plan, revise and study effectively and efficiently.

Being able to help the student to rebalance the hormones and neurotransmitters in their brains and create a mix of dopamine and serotonin** (far better brain juice) will facilitate their ability to study. As a parent or teacher, here are just a few things to consider:

- Let them understand the neuroscience...it will make sense of distressing symptoms
- Encourage them to make mini-goals for their revision...this will boost their dopamine levels when they tick them off
- Encourage them to take exercise and do something fun...this will boost their serotonin and will re-balance their 'brain juice'
- Ensure they are hydrated and sleeping... it will help their brain function
- Keep things in perspective for them... and don't add to the pressure

Lindsey Jones at the NineDot Partnership commented: "Students often need help to see the 'wood for the trees'. Giving them the tools and techniques to manage their exam stress will greatly facilitate their resilience and enable their studies and exam success."

Lindsey can be contacted by email via lindsey@ninedotpartnership.com, or see the website for more information: www.ninedotpartnership.com

** Dopamine is the chemical in the brain associated with the 'highs' of life and is linked closely with motivation; Serotonin is a neurotransmitter which helps us to sleep, recharge, relax and is associated with better memory.



Where does our recycling go?

By Alison Openshaw

Following my surprise win in the recycling competition at the beginning of the year, my husband Chris and I visited Materials Recycling Facility (MRF) at Ford.

We were given an interesting lecture explaining how our waste was collected from our homes, how the recycling from the blue bin arrived at Ford for separation and what happened next. Most importantly we were told how we should dispose of all our waste.

We are fortunate in Mid Sussex in having one of the most advanced recycling facilities in the country. We learnt not only just what can be put in the blue bin but what we should do before putting it in. The three most important things to remember are that items should be CLEAN, DRY and LOOSE. Items should be rinsed so that they are free from food and drink leftovers. No wet paper or cardboard, which sticks to other things or even to the machinery, and to keep the lid shut on the bin. Nothing should be put in the bin in plastic bags!

We were surprised to see bales of cans, cardboard and newspapers, plus piles of glass chippings, ready for loading on to lorries to take to plants in the UK, Europe and even further afield to be used for making new goods and products.



The message given to us was to recycle as much as possible and try to raise the recycling percentage achieved in West Sussex which is currently 51.3%.

Thank you to Colin McFarlin for arranging the trip.

Each household in West Sussex produces roughly 1 ton of rubbish every year.

Our general rubbish bin still contains over 20% of recyclable material which means West Sussex residents throw away 32,000 tonnes of recycling in the wrong bin.



May Food Market

Sat 11th 09:30 - 12:30

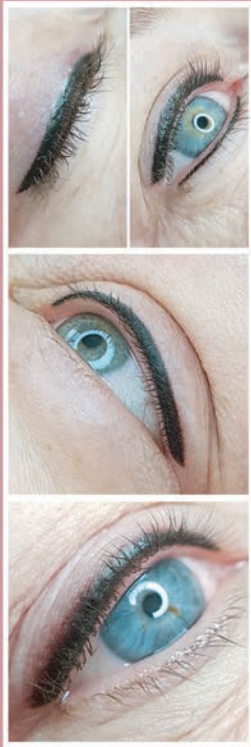
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Voters: Don't forget your poll card or ID!

Everyone voting at Mid Sussex polling stations at the local elections on Thursday 2nd May will need a form of ID.

Voters will have to show their unique security-coded poll card or photo ID when they come to vote at the polling stations on Thursday 2nd May. This pilot is looking at the best way to tackle possible election fraud, following Electoral Commission reports that there has been a steady rise in voter impersonation since 2014.

Residents should have received their poll card in the post last month.

On polling day, if voters do not have a poll card with them, they will only be able to vote if they have one of the following with them:

- UK or EU photo-card driving licence (full or provisional)
- Valid United Kingdom, European or Commonwealth passport
- Or one of a number of other official documents – see www.midsussex.gov.uk for more information.

Nothing else will change – there will be no change to the postal voting process.

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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



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Birchanger Open

The Worrall family are kindly opening their private garden once again for charity. This year their open garden event will take place on Sunday 12th May in aid of St Catherine's Hospice. This beautiful seven-acre garden has many magnificent displays, including azaleas, rhododendrons, camellias and magnolias. There is also a grassy avenue, lake, lily pond, pergola, Etruscan-style temple and much more. Birchanger Gardens is only open to the public a few weekends each year, so make sure you don't miss out.

Entrance fee is £5 with children going free. There will be a range of refreshments and plenty of free parking. The garden (Birchanger Gardens, Handcross, RH17 6JY) will be open between 2-5.30pm. Further details from Marian Erritt on 01444 413391.

NSPCC Plant Sale – 11th May

By Mary Crouch

The very popular annual plant sale is on Saturday 11th May between 10am and 1pm at Brinkley Lodge, London Road, Cuckfield, RH17 5EU.

As our regular followers will know, we will have a wide variety of plants, perennials, patio plants and veggies – all excellent value, so do come and stock your garden for summer. There will be home-made refreshments (delicious cakes!) and an attractive garden to wander around.

Entry is free. We would welcome extra plants to sell. For further information please ring 01444 459579.

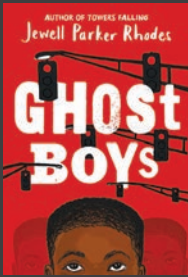
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Ghost Boy by Jewell Parker Rhodes

BOOK REVIEW

By Eleanor Dunkin

Ghost Boys is about a 12 year old boy called Jerome watching over his family after he is shot by a police officer.

The book alternates between the main character being alive and dead. When living, everything leads up to his death which is very sad to read as you begin to think about everything that could have prevented his death!

The chapters where he is dead mainly focus around a trial involving a police officer, as well as the main character watching his family coping with his own death.

A topic that the book mainly covers is the theme of racism. Jerome meets other boys who have been killed; one who was killed many years ago for only brushing shoulders with woman of a different skin colour. It comes to light in the story that much of what happens to Jerome is due to prejudices against him, naming Jerome as being a 'threat'.

I would rate this book 8/10 because of its important message and the topical issues covered.

This book is definitely suitable for anyone over the age of 12. It does have a poignant message and in some places is quite emotional.

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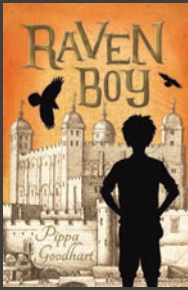
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Raven Boy by Pippa Goodheart

BOOK REVIEW

By Cecily Clayton (Year 7)

The story is set in the year 1665 when the great plague broke out. The story explores issues surrounding the effects of the plague; most prominently following the main character, Nick, who is looking for a safe place for him and his sister. The story is a tale of survival for Nick, looking for ways to overcome the plague and the city being taken over.

I liked the book because it involved a raven, living in the tower of London. The plot and the characters were interesting because they were curious characters and different from what I expected them to be.

I would recommend the book to those who enjoy an easy or historical read.



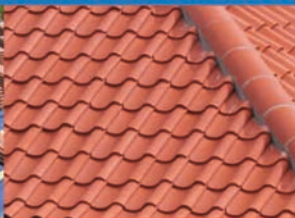
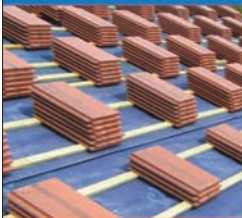
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Speed Indicator Device

A new Speed Indicator Device (SID) has been installed at Whitemans Green for traffic leaving the village. The speed limit is 30 mph.

Grit bins

Cuckfield Parish Council do not purchase bins. Our advice to residents who have already purchased bins is to ensure their bin is padlocked so the contents can only be accessed by nominated volunteers in the event of snow or ice. There have been occasions where grit bins have been emptied by persons unknown before the snow or ice event occurred, meaning there was no grit available when needed by local residents.

Community general waste (not garden waste) collections

Broad Street car park on the following Sunday dates:
9th June, 8th September, 8th December 2019 and 8th March 2020 from 10am to 12noon.

Allotment Sites

Allotment plots are available to rent at both Courtmead Road and Whitemans Green. Please contact caroline.hansen@cuckfield.gov.uk.

Glebe Road allotment site

We have been advised that the waiting list for this site has recently re-opened. Please contact MSDC who operate the site to add your name to the waiting list. Contact details can be found here: www.midsussex.gov.uk/leisure-sport/allotments



Memorial Bench

Last century, over five hundred stillborn babies were buried in unmarked graves in Cuckfield Churchyard. From the early nineteenth century and up to the 1990s, history reveals that stillborn babies and those dying shortly after birth were buried in communal graves alongside other babies, and the local District Hospitals, such as Cuckfield Hospital, were responsible for the burial.

In 2017 Cuckfield Parish Council decided to do something to recognise the unmarked graves and after discussion on the subject a commemorative installation in the shape of a feathered bench was commissioned early in 2018. A working party of Parish Councillors oversaw the running of this project.

Cuckfield Parish Council commissioned Christian Funnell, a West Sussex Sculptor, to design a galvanised

steel, zinc sprayed, feather shaped bench and an Arts Grant was obtained to cover the cost of the installation. He completed the 'Feathered Bench' on time and it is now installed under the Cyprus Tree in Cuckfield Churchyard. Already it has become a focal place within the Churchyard for contemplation, as it is situated looking out over the Churchyard and towards the Downs. A small plaque is being commissioned to lie nearby and this will take a few weeks to complete.

In the meantime, the Parish Council are planning a short ceremony to mark the commemorative installation followed by refreshments, venue to be organised. We will advertise the ceremony date and time on the Cuckfield Parish Council website, www.cuckfield.gov.uk, in Cuckfield Life, on Social Media and in the Mid Sussex Times.

Memorial trees and bushes

At a recent Council meeting it was resolved not to allow any more memorial trees or bushes in the cemetery

as space is very limited for future burials and ashes remains.

TO ALL ELECTORS OF THE PARISH OF CUCKFIELD ANNUAL PARISH MEETING

you are invited to come and meet
your Councillors.

On display will be boards demonstrating the work
each of our committees has been involved in over
the past year at The Queen's Hall

**THURSDAY 23rd MAY 2019
AT 7.30PM**

Glass of Wine/Refreshments
offered from 7pm

Agenda

1. Report on the Parish Council Year
Chairman of the Parish Council
2. Approval of the Minutes of the Annual Parish
Meeting on 1st March 2018
3. Guest Speaker: Inspector Pete Dommett
Prevention Inspector, Mid Sussex Police
4. Public Question Time

Tel: 01444 451610

www.cuckfield.gov.uk

THE PARISH MEETING MAY BY LAW DISCUSS ALL PARISH AFFAIRS
AND PASS RESOLUTIONS ABOUT THEM

Paul Mantripp, Chairman, Cuckfield Parish Council



YOUR PARISH COUNCIL

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

Chairman

07977 539759

paul.mantripp@cuckfield.gov.uk

Vice-Chairman

01444 443337

frances.laing@cuckfield.gov.uk

Other Council Members:

Planning Chair

01444 443306

andy.burton@cuckfield.gov.uk

Environment & Wellbeing Chair

01444 441889

marie.dormer@cuckfield.gov.uk

Councillor

01444 451610

william.faas@cuckfield.gov.uk

Community Buildings Chair

01444 413172

andrea.king@cuckfield.gov.uk

Roads & Traffic Chair

01444 414995

colin.mercer@cuckfield.gov.uk

Councillor

07930 116504

steve.oversby-powell@cuckfield.gov.uk

Parish Clerk

01444 451610

sam.heyne@cuckfield.gov.uk

Assistant Clerk

01444 454276

caroline.hansen@cuckfield.gov.uk

Administration Assistant

01444 454276

jane.forester@cuckfield.gov.uk

www.cuckfield.gov.uk

www.facebook.com/CuckfieldParishCouncil

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Kids go free at Spring Live! 2019

Keen for the kids or grandkids to discover the delights of country living this spring? A visit to the Spring Live! show in Ardingly will give the whole family all the inspiration they need and, even better, children under 16 go free*!

This year's Spring Live! - organised by the South of England Agricultural Society - will be held over the May Day Bank Holiday weekend (5th/6th May) and promises a jam-packed programme of interactive activities to keep everyone entertained.

Whilst the family can still enjoy the traditional elements of a country show with maypole dancing, the mini-sheep show and animal barn, this year's event will see an exciting twist on the activities. Traditional wood spindling becomes a magical wand making workshop, knights and princesses can be wowed by medieval games and try their hand at axe throwing, animal lovers can get up close to creepy crawlies and reptiles, and wannabe drivers can test their skills on the exhilarating Segway or mini monster truck courses.

It's not all for the kids though. Parents and grandparents alike can explore the shopping area, get a few tips at the Garden Theatre, savour the



delights of the artisan food hall or simply soak up the atmosphere at the live music stage featuring an array of fantastic, local, talented performers.

Even better, because the South of England Showground is blessed with so many barns and indoor event spaces, there's no need to worry about wet weather - most attractions can go ahead or be moved undercover, allowing guests to enjoy Spring Live! come rain or shine.

A bumper number of visitors is expected at the show, and all profits will be used to help fund the Society's charitable projects that support agricultural education and countryside learning.

Tickets for Spring Live! 2019 are available from www.seas.org.uk and can be bought online in advance for a 10% discount. Tickets cost £12 for adults, £10 for senior citizens/students and under 16s go free with a paying adult*.

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Out and about

FROM THE MAYOR'S TABLE

By Leanne Knapman

A busy month in the mayoral seat this month with two fantastic events to attend!

The first of which was a celebratory event in aid of Dame Vera Lynn's 102nd birthday, held at the Dame Vera Lynn Children's Charity (DVLCC) in Staplefield. We enjoyed some lovely music, delicious canapés and even some sparkling wine.

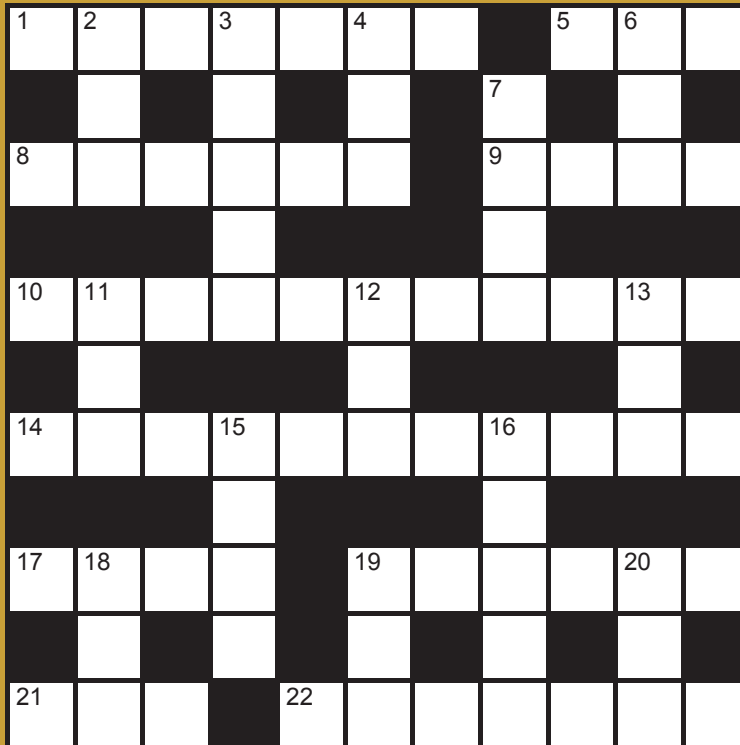
I took my mum along so she could see this amazing centre and all the work that is done there. We were even treated to a tour of the facilities. We heard from parents of children who use the space and were lucky enough to meet British paralympian Abbie Hunnisett! A wonderful evening was had by all.

Next was the Preview Evening at No. 1 Broad Street - the new restaurant in the village - what a treat that was!

The place has been beautifully made over and is going to be a fabulous new asset to our village. Philip and his team were very welcoming and it was lovely to see the locals popping in to show their support. We were treated to some lovely champagne and some delightful hors d'oeuvres whilst having a look around at all the work they have done.

Good luck guys, I already know it'll be a roaring success!

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.63

Across

- 1 Psalm book (7)
- 5 Shelter (3)
- 8 Reflecting surface (6)
- 9 Test (4)
- 10 Manufacture in large quantities (4-7)
- 14 Fragments (4,3,4)
- 17 Couch (4)
- 19 Non meat-eater (6)
- 21 Pigpen (3)
- 22 Disrobe (7)

Down

- 2 Snow runner (3)
- 3 Songbirds (5)
- 4 Spike of corn (3)
- 6 Period of history (3)
- 7 Alcoholic drink of fermented honey (4)
- 11 Help (3)
- 12 Hurried (3)
- 13 Fish (3)
- 15 Smack (4)
- 16 Enthusiastic (5)
- 18 Plump (3)
- 19 Covered vehicle (3)
- 20 Belongs to it (3)

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Sudoku #34

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

Find the solution to #34 in next month's magazine

#33 Solution

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

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



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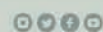
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What's on this month

ELSEWHERE

April

- 12th **Cuckfield Flower Club** – 7.30pm
Haywards Heath Methodist Church –
'Wood U Believe It' by Nina Tucknott.
(£5, Sue: 01444 831602)
- 17th **The Arts Society Mid Sussex** – 10am
Clair Hall, Haywards Heath – 'She Died Too Soon:
a Study of Joan Eardly' by Amanda Harries
(Non-members welcome - £7)
- 24th **RBL Women's Section** – 2.30pm
The Old School – 'Creating Cuckfield Life' talk by
David Tingley

May

- 5th **Mid Sussex Marathon Weekend** –
(www.midsussexmarathonweekend.co.uk)
- 6th **Cuckoo Fayre** – from 12noon
Recreation Ground – Cuckfield's annual family day
of fun (see page 7)
- 7th **NHS Retirement Fellowship** – 10.15am
Franklands Village Hall, Haywards Heath - AGM
- 9th **Haywards Heath Ceramics Group** – 10am
Clair Hall, Haywards Heath – 'Beasts from the
White Collection' talk by Mary White (Free entry
in May for anyone coming along for the first time,
otherwise £8. 01444 452804)
- 9th **Mid Sussex Assn National Trust** – 2.30pm
Clair Hall, Haywards Heath - 'Unexplained
Mysteries and Cover-Ups' by Andy Thomas
- 10th **Cuckfield Flower Club** – 7.30pm
Haywards Heath Methodist Church - Spring in to
Summer by Sue Flight (£5, Sue: 01444 831602)
- 11th **NSPCC Plant Sale** – 10am – 1pm
Brinkley Lodge, London Rd (RH17 5EU) – Wide
variety of plants for sale plus home-made
refreshments (FREE, just turn up)
- 15th **The Arts Society Mid Sussex** – 10am
Clair Hall, Haywards Heath - Lecture: Three
Great Families and their Gardens: The Astors,
Rothschilds and Sackville Wests by Caroline
Rayman (Non-members welcome, £7)
- 18th **Plant Sale** – 10.30am – 12.30pm
Ansty Village Hall, Deaks Lane – Plant/garden
sales with teas, coffee, homemade cakes and
tombola (01444 413061)



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What's on this month

AT THE QUEEN'S HALL

Monday

- 9.30am **Pilates** (intermediate)
- 9.45am **Yoga Boutique** (Term time only)
- 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**
- 1.30pm **Line Dancing Class**
- 3.30pm **Dance Classes for Children**
- 7.30pm **Yoga**
- 7.45pm **Ballroom Dance Club**

Thursday

- 9.30am **Preschool Dance Class**
- 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.

April

- 23rd **History Talk** – 8pm
'Elizabethan Sussex' talk by Helen Poole. Curator and Historian Helen Poole's illustrated talk looks at the people and places across the county and their background, facing religious persecution and struggles with continental foes.

May

- 3rd **Abba Inferno** – 7.30pm
Abba hits performed by this tribute act as a fundraiser for Claire Bellamy's Mayoral campaign. Cash only bar, optional fancy dress (Tickets £17 on the door)

AT WOODSIDE

Monday

- 9.45am **Sing & Sign (3 sessions)**
- 4.30pm **Hayley Beeson School of Dance**
- 7pm **DDMX Dance Fitness**
- 8pm **Kickboxing**
- 7.30pm **Becca Lee Yoga**
- 8.30pm **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).

April

- 21st **Easter Crafts and All Age Service** – 10am
Grace Church - all welcome
- 26th **Quiz Night** – 7.45pm
The monthly Bolnore fun quiz hosted by Jim Hoodless. Teams of 2-6 people (alison.events@bolnore.org.uk)

May

- 31st **Quiz Night** – 7.45pm

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