

Local village talk, by the village

Issue #79 : May 2019





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#### **EDITORIAL**

By David Tingley, Editor
Due to a fast turnaround by
Jacqueline Elmore I am pleased to
be able to showcase the fun of the
Cuckoo Fayre on page 32. Sadly I



wasn't able to make it this year, so I have already enjoyed soaking up the atmosphere from the photos shown.

Also featured on our pages is the annual **Easter Walking Race**, which comes under the banner of the Independent State of Cuckfield's activities. See **page 6-7** for photos and results.

Next month we have another exciting event in the village, which takes the form of the **Cuckfield Music Festival**. On **page 17 Kate Fleming** writes about the **Magnificat Choir**, which is coming over to join forces with the **Cuckoo Choir** as part of the Festival.

On page 12 I am pleased to welcome back Cuckfield GP Dr Sarah Steely who is going to contribute a health column on a monthly basis. This month she's thinking about osteoporosis. Thanks Sarah.

As you know, we love to celebrate with folk in the village, and on **page 21** a team of **Cuckfield Scouts** has been crowned winner of a cooking competition.

In Bolnore **Elaine Goodwin** has been finding the local stories there. The school continues to celebrate its 10th anniversary of being open on **page 51**, and **Marco van Dijk** takes his turn answering the **5 mins with** questions on **page 50**.

We have even included an anagrams quiz for **Bolnore residents** on **page 53** – where we've shuffled up the road names. How many can you get right? Answers next month!

If you want to know what's going on, you can find the usual **What's On listings** from **page 61**, including a one-off listing for the **Cuckfield Village Hall**.

Enjoy May, see you in June!



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#### **Cuckfield Life**

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Advertising: Emily Billson ads@kipperlife.com Disclaimer: The opinions expressed within

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

## Cuckfield one of the best places to live



The Sunday Times recently published a supplement which highlighted the Best Places to Live in the UK. In the South East section, where Cuckfield was featured, the article explained what we already know about this area: 'The South East is about thriving town and village centres that are full of independent shops and restaurants, surrounded by unspoilt countryside'. The piece went on to talk about the importance of a strong sense of community too.

Cuckfield appeared on the list in seventh place and made reference to the Independent State of Cuckfield's mayoral elections (Leanne Knapman got a notable mention!) and also the quality of musical events at Holy Trinity Church. Sports clubs and shops were also brought to the attention of the readers, including the village's newest restaurant No 1 Broad Street.



#### Nuclear Bunker open again

The Cuckfield Royal Observer Corps (ROC) Post will open over the coming weeks and months. Mark Russell and Ed Combes will be showing visitors around the ROC Cold War Nuclear Bunker. No booking necessary.

Sunday 9th June 10am-1pm, Saturday 20th July 11am-4pm, Sunday 21st July 10am-2pm, Sunday 25th August 10am-2pm and Bank Holiday Monday 26th August 10am-1pm.

You can find out more information from: www.facebook.com/cuckfieldnuclearbunker



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## CDS' toe-tapping musical

Cuckfield Dramatic Society will be tripping the light fantastic at the end of this month as they dust off their tap shoes to perform in Richard Harris's musical production 'Stepping Out'.

Directed by Sophie Armfield and Harriet Sheldon, and choreographed by Emily King, this heart-warming show charts the lives of a group of adults attempting to tap theircares away at a weekly dance class.

The feel-good comedy is set in a dingy church hall in North London where Mavis, a former chorus girl, tries her hardest to teach the group some tap dancing skills for an upcoming recital. However, before the dancing begins Mavis must mediate the minor dramas that erupt amongst this motley but loveable crew on their way to triumph at the recital. Don't miss it – it's a show that will have you dancing in your seat and tapping your toes before the night is out!

Co-director Sophie Armfield said: "It's a bit of a diversion from our usual offerings in that it's more musical theatre than just a straight play. We're putting the show on in collaboration with a local adult dance school Dance with Emily and we have a super



talented cast of actors and dancers, some of whom are trying acting or dancing for the first time."

Performances will be held at The Queen's Hall from Wednesday 29th May to Saturday 1st June.

For more information and tickets visit cdsweb. co.uk or buy tickets locally from Marcus Grimes on the High Street.



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### Speed walkers

#### FROM THE MAYOR'S TABLE

#### By Leanne Knapman

Easter Monday saw residents of Cuckfield assemble to take part in the annual Easter Monday Walking Race – a fantastic event that has been held in the village for many years. For many it offered the chance to burn off some of those chocolate bunny induced calories that may or may not have been eaten over the long bank holiday weekend!

Registration took place at the rugby club on Whitemans Green early that morning and drew in a sporty looking bunch all of whom seemed to be in relatively good shape following the Easter break.

Teams from both the Wheatsheaf pub and The White Harte Inn joined in the fun, with the Wheatsheaf taking the men's trophy and The White Harte doing it for the ladies – brilliant effort everyone!

Gary Atkinson retained his long-running position of first place and was awarded a trophy cup for being the fastest man. My son has said that, when he turns 16, he is going to try and beat Gary. He has already started training in the hope that he'll beat him to the punch one day!

Sarah Fry took the trophy for the fastest lady title - well deserved! Congratulations to Jennie Meadows and George Baty who were the first lady and man to arrive home. Non-resident winners were Carly O'Prey and Brian Whyte, and our veteran winner was Charles Dunnet!

Over the years numbers for the Easter Monday Cuckfield Walking Race have fallen, so do please consider joining us for next year's challenge and for a bit of fun. It would be lovely to see some new faces up there!

My next report will feature the Cuckoo Fayre on May Day; another of my official engagements!



#### By Mike Schlup

Fine weather greeted the competitors in the annual Independent State of Cuckfield's Walking Race on Easter Monday.

All 25 walkers completed the race, with some familiar names and new faces rising to the challenge. The walkers started off at the rugby club before heading through the village to Ansty, then along Deaks Lane before finishing back at Whitemans Green.

A big thank you to all the organisers and marshals without whom this classic Cuckfield tradition would not have taken place.



Bowring Cup (Fastest Lady) winner, Sarah Fry

#### Results

Fastest non-resident Man Brian Whyte (53:37)

Fastest non-resident Lady Carly O'Prey (56:23)

> Team Event Wheatsheaf (162:41)

> Ladies Team Event White Harte (186:51)

Frank Woods Trophy (Veterans) Charles Dunnett (55:46)

Bowring Cup (Fastest Lady) Sarah Fry (59:41)

Swain Cup (Fastest Man) Gary Atkinson (52:43)

Ladies Challenge Cup (First to finish)
Jennie Meadows (69:48)

Mens Challenge Cup (First to finish) George Baty (66:17)

## New doors let sun into church

#### By Jonathan Berry

Holy Trinity Church has undergone another beautiful transformation thanks to the vision and the generosity of the local community. Over the years the south porch had become a forgotten space behind closed doors. Michael Maine, the vicar, had long thought that the south porch could offer an exciting possibility. One summer he opened the inner and outer doors of the porch, letting in new light and revealing the view across the churchyard to the Downs. Many people shared the vision.

The Friends of Holy Trinity agreed to fund new glass doors to match those in the north porch as part of the village and the remembrance of the end of the First World War.

The porch itself is the work of C.E.Kempe - the Victorian designer who lived in Lindfield - who painted the church ceiling, which was restored at the same time and was funded by the Kempe Society.

The church is open every day. Do drop in and enjoy it.







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Looking for a showroom worthy kitchen without the matching price tag?
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Sarah Henshall and Amy Betsworth – Directors of Polished Kitchen Designs
– caught up with us recently to fill us in on their new venture and why buying a kitchen from them could save you money...



#### Tell us why you have launched Polished Kitchen Designs?

We both come from an independent kitchen showroom background and found there was a growing number of budget conscious clients who wanted high quality products and a personalised experience which you don't necessarily get at a builder's merchants or DIY store. We believe that people shouldn't have to pay a premium for great service, which was how the idea for Polished Kitchen Designs started.

#### Tell us a bit about yourselves and your backgrounds?

Amy: I was a PR Director for a large cosmetics company in London for many years, but after a couple of my own renovation projects I caught the interiors bug and decided to have a complete career change. I did an interior design course and was lucky to be offered a design role at a local kitchen showroom and have never looked back! Having two young

children was a major drive behind my decision as well. I wanted to be based more locally and strike a better balance between home and work life – it's like the holy grail for most working mums!

Sarah: Having worked in an independent kitchen showroom for eight years I wanted a new challenge and being a working mum like Amy meant we were on the same wavelength in terms of how we wanted to work. Having already designed and managed many kitchen installations in the area, I knew I wanted to continue designing kitchens but wanted to do things differently. We've had a great launch with several projects complete and more booked in - we've been blown away by the response and we can't wait to see what the rest of 2019 brings.

#### What services do you offer and how does it work?

We offer kitchen design, supply, installation and project management. When we set up Polished Kitchen Designs we knew we wanted to be as flexible as possible so we also offer a 'design only' service for clients who want to source their own kitchen but be armed with a good design and materials list.

Most clients opt for a home consultation and free design service. Within a week we will get in touch to review the design and make an appointment to revisit

your home with door samples, colour swatches, worktop options etc. This is one of our favourite parts as this is when the concept really starts to come to life.

#### What makes you different from the other local kitchen suppliers?

The main difference is that we don't have a showroom – we bring the showroom to you! We have brochures, samples, doors etc for you to look at,

which most clients are happy to choose from. For those people who do want a showroom experience, we can offer a VIP trip to our supplier's stunning £1.5 million showroom near Windsor.

By working like this we can be much more competitive in price. Most of our kitchens come in between £10,000 - £20,000, including appliances and fitting. Feedback we have had so far from clients is that for a superior quality product and personal service we offer great value for money, which really is music to our ears!

To discuss your kitchen plans, contact us now for a chat on either 07708 299939 or 07708 299389 or by email: info@polishedkitchendesigns.co.uk. www.polishedkitchendesigns.co.uk

#### **Cuckfield's link to McIndoe**

Cuckfield WI was very pleased to welcome Alex Sewell from the East Grinstead Museum, who presented a talk recently on Sir Archibald McIndoe.

Sir Archibald Hector McIndoe CBE FRCS was a pioneering New Zealand plastic surgeon who worked for the Royal Air Force during the Second World War. He greatly improved the treatment and rehabilitation of badly burned aircrew.

On 22nd March 1961 the British Minister of Health opened the Blond McIndoe Centre, named in his honour, at the Queen Victoria Hospital, East Grinstead. The Blond McIndoe Centre, now named the Blond McIndoe Research Foundation, continues research into pioneering treatments to improve wound healing. The Blond McIndoe Research Foundation is a registered charity. The talk was powerful, and at times graphic, with many slides and videos for the women to watch and relive the amazing story of this revolutionary man.

What made this talk considerably more special was that Adonia, one of Sir Archibald's daughters, resides in Cuckfield and was able to join the group on the evening. Here she is (middle) with Alex.

WI President Hayley Wicker-Bradbury explains: "We were delighted when Adonia asked to attend our meeting. It was very exciting for all the members to have someone who was able to recount and explain some of the work that her father did. What was most special



were several of the photos that Alex was explaining to us, and to which Adonia was able to add further insight to what was going on. It truly was special and we are very thankful to Adonia for her attendance."

### **Cuckfield Baptist Church**

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

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





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

Church Office: 01444 473531 cuckfieldbaptistchurch@gmail.com



#### Are you feeling thin?

#### DOCTOR, DOCTOR

#### By Dr Sarah Steely

That is, thinner in the bones? Bone thinning or osteoporosis is a condition that affects many people.

Our bones are a mixture of tough elastic fibres called collagen in a mesh around which hard minerals (such as calcium) are stuck - think reinforced concrete. It is a living tissue and contains cells which make,



mould and remove bone as needed. Until the age of thirty-five we form new bone faster than old or damaged bits are removed. As we get older we lose more than we rebuild. The amount of loss is very individual. If you have a lot of bone loss, this is osteoporosis and your bones can break more easily.

Is a broken bone such a problem? Even 'simple' broken bones can reduce mobility, require surgery and in some cases not heal as the bone is too fragile. They can result in significant disability and have a big impact on quality of life, especially in the elderly.

Some bone thinning is expected for everyone over sixty, although it affects women more than men. This is because our hormone oestrogen has a role in bone production, and oestrogen levels fall after the menopause. Lifestyle factors – smoking, excess alcohol and a poor diet lacking in calcium and/or vitamin D – increase the risk. There are some medical conditions and medications which make it more likely too. If you are at risk your doctors will be keeping an eye on this, but, if you are not sure, it is always a good question to ask at your next visit.

Osteoporosis is sometimes called the 'hidden disease' because thinner bones do not cause symptoms until they break. These breaks are known as fragility fractures and usually occur in the wrist, hip or spine after an accident. As the bones are thinner, it takes less force than expected to break them. In osteoporosis of the spine, the bones can become squashed or broken even without an obvious injury, leading to loss of height and a stooping posture which may not be painful. However, if you have new, persistent back pain, especially if you know you have osteoporosis, you should see your GP.

To assess you for osteoporosis, your doctor will ask a number of questions to decide on your individual risk. The next step may be a specialist scan. If you are worried about osteoporosis or think you are at high risk, please speak to your GP. As always, prevention is better than cure. Maintaining a healthy weight, being active, a balanced diet, safe sun exposure and low alcohol intake are crucial. If you smoke, it is one more reason to quit! If you are diagnosed, or at high risk, there are several treatments available.

www.nhs.uk/conditions/osteoporosis/treatment

# Year end coming up soon?



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#### **South Downs charity walk**

A Staplefield charity is organising a brand new walking challenge as a fundraiser.

Walk Together will take place on Saturday 14th September and will raise funds for Dame Vera Lynn Children's Charity. The circular route will start and finish at Bedes School in Eastbourne, taking in the beautiful scenery of the South Downs.

There will be two distances to choose from – 35km or 15km. Registration fee £40 Adult and £11 Child. Minimum sponsorship £100. Refreshments and snacks along the route. This is a great opportunity for individuals, families and friends to undertake a challenge together and make a difference, and also a fantastic team building event for companies to help a very worthy cause.

Dame Vera Lynn Children's Charity supports under 5s with cerebral palsy and other motor learning impairments at its Centre in Cuckfield through its Conductive Education small group sessions. Parents and children work together in a supportive environment to improve a child's physical, social and emotional skills, forming the bedrock of the independence they can achieve later in life. Additional services include music therapy, speech and language therapist, swimming, messy play, sensory room and an outreach support service.

Richard Taylor-Johnson aot a team together to take part in the walk last year. His son Joshua attends sessions at the Charity, and he explains why the Charity is so important to his family. "All throughout the walk I kept reminding myself about the Charity, Josh and all the other kids who probably won't be able to walk anywhere unaided. I figured seven hours out of my day walking is nothing in comparison to the daily efforts the



children put in to improving their mobility. The tiredness and challenges I faced in the walk is just a snippet of the constant daily determination and commitment my wife Louise and all the parents/carers relentlessly show."

To sign up visit: www.dvlcc.org.uk/events/dvlcc-annual-walk or call 01444 473274 for more information.









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#### Cuckfield Music Festival coming soon

#### **13TH - 23RD JUNE**

#### By Kate Fleming

If you happen to be strolling between the Old School and Holy Trinity Church on a Friday afternoon during term time do stop and listen for a moment and you will hear the sound of the Cuckoo Choir. If you listen extra carefully you might even hear people talking and laughing – it's a happy place where a group of oversixties come together all because they love to sing.



The choir itself is led by the very talented Jane Haughton who is currently helping the singers to rehearse for their Summer Concert as part of the Cuckfield Music Festival. Sopranos, altos, tenors and basses are working on a wide range of songs inspired by the British Isles from Elizabethan madrigals to modern times, a Beatles medley and Sting's Fields of Gold; well known and loved, or possibly unknown and waiting to be loved.

This strong patriotic theme was chosen because this particular Summer Concert will be shared with the Cuckoo Choir's Hungarian guests, The Magnificat Choir from Fot Cathedral. Fot is a village some thirty miles outside Budapest that the Cuckoos visited last December, and a place in which they were lucky enough to sing in with the Magnificat Choir in their home cathedral.



Although the weather in Fot was cold, the welcome and hospitality were warm and generous. When the singing by both choirs was complete, the whole village emerged with vast amounts of delicious food and plenty of distilled bottles of 'firewater', which not only warmed

the Cuckoos but contributed towards a memorable trip where friendships were made and music was shared.

The Fot Cathedral Choir, like the Cuckoos, sing in four part harmony and have an excellent reputation as skilled performers, having sung at music festivals and special events, not only in Hungary, but also across Europe and here in the UK.

The weather in June will, hopefully, be warm when the Magnificat Choir visit Cuckfield and treat us to their beautiful singing as part of the Music Festival. They will be staying with and hosted by members of The Cuckoo Choir, so for three days they will become an integral part of our village.

There will be plenty of time to rehearse for the Summer Concert over at Holy Trinity Church; time to explore our beautiful village, find out about its history and how we enjoy life here in the twenty-first century. We are very fortunate to have so much on our doorstep that we can share with our guests – a museum rich in local history, beautiful gardens, historic buildings and a number of great pubs and inns that not only provide food and drink but also a warm welcome. Our neighbouring city, Brighton, also features on the itinerary; a strong contrast to Cuckfield, yet it remains an important part of our culture.



By now Cuckfield Music Festival's yellow brochure should be a familiar sight around the village – with an illustration of a cuckoo saxophonist on the front page and a list of interesting and varied events which will be taking place during ten days in June.

For further information on tickets please email info@cuckfieldmusicfest.co.uk or visit the website: www.cuckfieldmusicfest.co.uk

Please note that there was a printing error in the festival brochure on page 11. The concert by The Magnificat Choir and The Cuckoo Choir will be held at 4pm on Sunday 23rd June at Holy Trinity Church, not at 6pm as previously advised.

We welcome our Hungarian friends to Cuckfield and look forward to building more friendships and exchanging some of our values and cultures.



The National Cat Adoption Centre (NCAC) in Chelwood Gate is set in 51 acres of outstanding natural beauty in the heart of the Ashdown Forest. It is the perfect place to take a break, with our wonderful café, or to go for a walk and take in the peaceful scenery. You can visit our nature trail, and we also have a picturesque lake, where you can sit on benches nearby and while away a minute or two, and we are blessed to have a herd of Hebridean sheep grazing on the land.



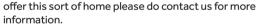
Through our wonderful relationship with The Donkey Sanctuary, we have three resident donkeys on-site: Star, Holly and Twinkle. We have trained volunteers who look after their every need. The donkeys welcome visitors, so why not pop up to see them?

We have a gift shop selling a wide range of cat-related goods, giftware and cards. Our café sells a wide range of home-made cakes, serves a varied selection of teas and coffees and provides hot and cold food using locally sourced ingredients. All proceeds at the café and shop go to our registered charity, Cats Protection, to help us to help more cats.

The NCAC, the largest cat adoption centre in the UK, is home to anything up to 500 cats and kittens, all looking for a loving new home. Whether you are looking for a tabby, tortie, a young kitten or an older cat, you can feel

safe in the knowledge that these cats will have been given the best possible care. We have a cat for every home, so why not consider a rescue cat and give them another chance of happiness?

We also have cats here who are looking for a more 'outdoorsy' set-up in their new home, so if you can



All of our cats, on adoption, have been vaccinated, microchipped, neutered, regularly flead and wormed, and had a full health check by our vet. They also come with four weeks free pet insurance, so you really can adopt with confidence, all for the adoption fee of £80.

The adoption centre also plays an invaluable part in our education programme conducting talks and tours to schools, local community groups and coach parties. There's always something going on at the centre such as boot sales, fun days, fairs and children's birthday parties. Please visit our website for more details: www.ncac.cats.org.uk

Our next upcoming event is our spectacular Summer Fun Day on 7th July. It will be full of entertainment features, Earthquake Drummers, Renshinkan Karate England, BMVocals and Redhurst School of Dance. We will have stalls, games, tours of the centre, raffle, tombola, face-painting, BBQ and beer tent and so much more.

A visit to the National Cat Adoption Centre will certainly be one to remember!

If you are interested in helping the cats at the NCAC and would like to volunteer, please visit our website for more details: www.ncac.cats.org.uk. We have lots of volunteer roles available.



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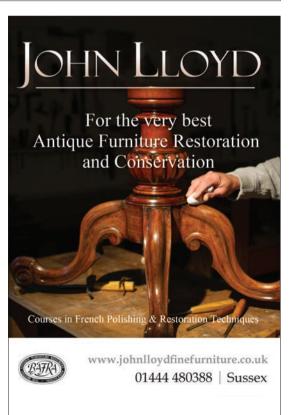
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A team from 1st Cuckfield Scout Troop recently took part in the Mid Sussex District cooking competition. Following in the footsteps of previous winning teams from 1st Cuckfield, this year's team knew they had to do their best. There were eight teams from Scout troops around the district and, in true Masterchef style, the teams were presented with four recipes and ingredients to prepare in 90 minutes. The starter was carrot and coriander soup followed by a Spanish tortilla plus meatballs in tomato sauce with pasta, and finally some freshly baked shortbread biscuits.

Teams were marked on preparation, hygiene, skills, presentation and, of course, taste. After a nerve-racking wait for the judges to collate their scores 1st Cuckfield were announced the winners. The third time in six years that the troop has won the coveted shield. This year's team were Oli Schlup (Senior Patrol Leader), Marisa Lillywhite, Lyra Hunt and Daniel Bellamy.

If you are interested in joining or helping with Scouts, Cubs or Beavers please visit: www.1stcuckfield.org.uk



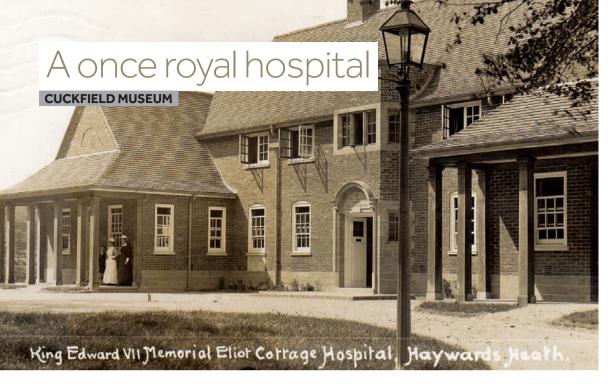
## June Food Market Sat 8<sup>th</sup> 09:30 - 12:30 Cuckfield High Street



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For market updates follow us on Twitter @Cuckfield Local

www.cuckfieldlocal.wordpress.com



Cuckfield Museum's new display 'Haywards Heath: Cuckfield's Noisy Neighbour' continues, looking at the growth of the town from deserted heath to thriving market town.

In 1912 the town gained its own hospital. The opening of The King Edward VII Memorial Hospital at Butler's Green on 5th July was such a prestigious occasion that Princess Christian came down to preside. She was Princess Helena, Queen Victoria's third daughter, married to Prince Christian of Schleswig Holstein. We have photographs of the opening ceremony showing the Princess. We also have the Hospital Visitors' book bearing her signature on the first page. The site of the hospital was gifted to the town jointly by Capt. Sergison of Cuckfield Park and Sir James Bradford of Oaklands in Haywards Heath (now the Mid Sussex Council Office).

During the First World War this brand new building was used to treat many wounded, being close to the South Coast and a mainline station.

The hospital was greatly valued, and in 1928 it was given its own chapel by a wealthy lady, Miss Marianne Hammerton, who lived at Nether Walstead, Lindfield.

The Chapel was designed by the renowned Gothic Revival architect Sir Ninian Cooper and was attached to the hospital by a corridor so that patients could easily attend services. Descendants of Miss Hammerton contacted the Museum and have donated the commemorative trowel with which she laid the foundation stone.

When the hospital was closed in the 1990s the chapel was deconsecrated and was used as a store for Beech Hurst Nursing Home. Sadly, the chapel is now completely closed and no use is being made of it.





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#### Jacqueline Elmore runs The Executive Administrator

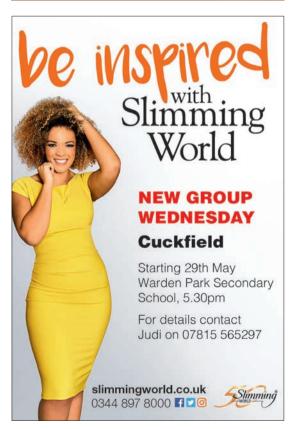
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#### Students get a design gig

By Mrs Stroud, Curriculum Leader ICT at Warden Park Academy

Warden Park Year 9 pupils who are working towards the BTEC Tech Award in Creative Media Production have been working on two projects for the Lindfield Arts Festival 2019 in some of their classes.

BTEC is all about working with the community and forging links with local businesses so that the students get a feel for working with a real company in the Media

The first project involved them creating a promotional leaflet for a fundraising curry evening event at the Tamasha Restaurant in Lindfield in direct response to a brief delivered to them by one of the Festival directors Lynn Tulip: "We are extremely pleased that four leaflets were chosen and promoted on our website. Well done to Jessica C. Daniella T. Anais H and Lucy B."

Students are currently working on a Bursary Promotional Leaflet for the Festival, which encourages local people who can demonstrate their passion and desire to start or continue an arts discipline, whether it is visual, performing, arts or crafts, to apply for a bursary. Watch this space to see if any of our students' leaflets are chosen!



### **Painting & Decorating**

**By David Gasson** 

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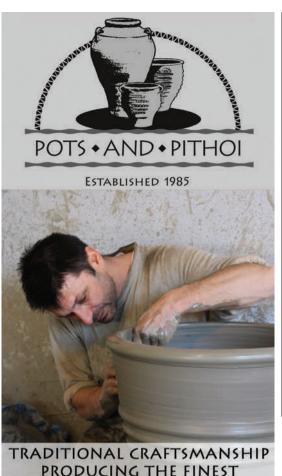
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#### A new museum acquisition for harvest and farming

Cuckfield Museum has recently acquired an interesting addition to its permanent display celebrating the historical importance of agriculture to our area. Sue Burgess, one of the curatorial team. spotted this stunning copper harvest measure as a 'remainder' item on a local auction house's website. As nobody had bid for it on the day, the museum was able



to acquire it for a fixed below-estimate price.

The heavy well-used flagon, in solid copper, is stamped with a four gallon capacity (18 litres) and would no doubt have been a welcome sight bringing beer or cider out to labourers hard at work in the harvest fields.

With a Farming Heritage display planned for next spring, the museum would be very interested to see any relevant items that you may have and which you might consider loaning for a few months.



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#### Hot Potato and Herb Salad

(Serves 2-3)

Serve this salad freshly made, with warm soft-boiled eggs and thick slices of home-cooked boiled bacon – delicious!

Just before serving, in a salad bowl, whisk together 2tbs white wine vinegar, 1tbs clear honey, 50ml olive or rapeseed oil and a good seasoning of salt and pepper. Cook 450g Cornish new potatoes until just tender, drain well then immediately add to the dressing, gently stirring until they are all coated. Add 4 finely sliced spring onions and 2tbs each of chopped chives and parsley.

#### Potato Packets (Serves 4-6)

A great way to cook potatoes when barbequing or grilling the meat course.

Cut 900g baby new potatoes in half if large then toss with 2 finely chopped medium onions, 1tbs rapeseed oil and salt and pepper. Add some crushed garlic if wished. Cut 4-6 large squares of foil and lightly spray with oil. Arrange the potato mixture in a single layer on each and fold to make secure packages. Either cook on the bbq, under a preheated grill or in the oven 180° for about 15 min. Check to see if the potatoes are cooked, adding a little more time if needed.





#### By Caroline Young

This year we had a big surprise with that very warm Easter holiday, and now we have Whitsun to look forward to with its promise of even warmer weather and spring blossoms. It is also the time when the very first new potatoes from Cornwall and slender crisp spears of English asparagus arrive in our shops. Make them the stars of your menus, along with seasonal home-grown berries.



#### Asparagus and Fresh Pea Salad

The asparagus for this salad should be very slender and fresh. If in doubt very briefly steam or microwave before adding to the salad.

Combine the finely grated rind and juice of 1 unwaxed lemon, 2tbs rapeseed oil, a pinch of sugar and a generous sprinkling of salt and pepper in a large salad bowl. Add to the bowl a large cupful each of very thinly sliced raw asparagus and raw freshly shelled peas. Roughly tear 2 small lettuces and halve a generous handful of cherry tomatoes. Add to the bowl and lightly toss to coat with the dressing. Sprinkle with chopped chives and serve.

#### Balsamic Strawberries (Serves 2)

Measure 3tbs balsamic vinegar into a small pan and add 1tbs honey. Gently heat to melt the honey (do not allow to boil). Hull and slice 225g strawberries and arrange on two plates. Top each with a scoop of lemon sorbet and drizzle the syrup over the top. Serve immediately.

#### Lemon Cream Parfaits (Serves 4)

About 2 hours before serving whisk 450ml double cream to soft peaks then gently fold in 4-5 tbs lemon or lime curd. Spoon one-third of the mixture into 4 tall glasses, top with a small layer of raspberries followed by a small layer of crushed chocolate biscuits. Repeat the layers ending with a layer of cream. Decorate with a few more berries and a sprig of mint. Chill until serving time.



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## A Day Out on the Buses

#### By Bob Campen

This is the second of the itineraries we have published, designed mainly for those holding senior citizens' bus passes. This time a visit to the historic town of Lewes is in focus, and we work around the increasing sparsity of journeys on the one direct route between Haywards Heath and Lewes, the 166. This now has only five return journeys Monday to Friday and none on Saturday.

You can 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. Note that there is no coffee shop in Tesco, but there is a Costa on the High Street a few yards back the way you came into the town.



There is a frequent service of buses from Uckfield to Brighton via Lewes. These are routes 28, 29 and 29B, and they leave Uckfield bus station at 11, 22, 41 and 52 minutes past each hour. The run to Lewes bus station takes between 19 and 28 minutes. The bus is scheduled to sit in Lewes bus station for five minutes before proceeding on to Brighton, so it is probably quicker to alight there rather than stay on the bus round into the High Street. Now you have time to explore Lewes and have some lunch. There is the castle to visit, many old buildings, second-hand bookshops and the Old Needlemakers.



If you plan a short visit, you can get back to Haywards Heath on bus 166, leaving Lewes bus station at 1430, arriving Perrymount Road by Waitrose at 1512. Change here to the 271 at 1516 to take you back to Cuckfield Broad Street at 1532.

But if you plan to stay in Lewes for the afternoon, then there is one last 166 at 1705 from the bus station, arriving Perrymount Road at 1751. Change here to the 271 at 1807 to take you back to Cuckfield Broad Street at 1815.

If riding the buses is the big attraction to you, an alternative route home is available via Brighton, and this is more flexible time-wise. There are buses on routes 28, 29 and 29B leaving Lewes Bus Station for Brighton every ten minutes until 1435, then about every 15 minutes thereafter. The journey takes 34 minutes to Brighton Old Steine (stop H), and another six minutes on to Churchill Square. It isn't too hard to find things to do and see in Brighton, and you might even have time to do a local bus trip, e.g. to Westdene and back on the 27.

The important thing is to be back at Old Steine, stop D, by the Royal Pavilion, to catch bus 271 back to Cuckfield. Note that the 271 does not come from Churchill Square, and it is not a regular interval service. If your feet are killing you, you can easily get one of the 5s, 26, 46 or 49 to take you from Churchill Square; get off just after the bus turns left at the corner of North Street. These are the available journeys by bus 271 from Old Steine, stop D to Cuckfield.

Brighton Old Steine stop D dep 16.14 16.59 18.16 19.32 Cuckfield Broad Street arr 17.34 18.15 19.24 20.32

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 nor on route 166 on Saturday or Sunday.

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. www.traveline.info is a useful website.



#### By Jacqueline Elmore

The Independent State of Cuckfield (ISOC) once again held its Cuckoo Fayre at the Recreation Ground on the earlier this month. Although a more overcast day than last year's scorcher, the crowds were not deterred from attending this fun-filled festival of local charm.

The event kicked off at midday and soon became a euphonic mix of folk music, chattering dogs and laughing locals. It was not long until Mayor Leanne Knapman arrived in a chauffeur driven classic car and, following a short tour of the green pulled up in her velvet robes and officially announced the opening of the Fayre at 1pm.

A strong pull of the Fayre was once again the Mewes Vets Dog Show which saw a vast array of local dogs and their owners competing for many creative awards ranging from the dog with the 'waggiest tale' to 'fancy dress' which included Batman and The Pope!

Cuckfield Dramatic Society ran the 2019 Wheel of Wine which offered a bottle of wine to the winner of each spin and was clearly a favourite as people were lined up to try their hand.

Natalie Hogven, Fundraiser for the Dame Vera Lynn Children's Charity turned out to show her support for the charity by doing her bit to help raise awareness of cerebral palsy and other associated disabilities.

Father and daughter duo Abi and Mark Pibworth were all smiles behind the Cuckfield Baptist Church stall where they were selling small potted sunflowers in the hope that someone might enter their flower into the Village Fayre later in the year.

Children were spoilt for choice with dozens of stalls offering prizes for games including hoopla, basketball, bell ringing and marbles. Visitors could also try tennis for free, play the Chip Chuck garden game, participate in Zumba or enjoy myriad food and drink options ranging from candy floss to hot dogs.

























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\*OPG = Office of the Public Guardian







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## Occasional Fundraising Volunteer wanted

The team at Chailey Heritage Foundation are currently looking for support from members of the local community to assist us with occasional fundraising volunteering. In these roles you may be cheering on some of our amazing runners at the Brighton Half Marathon, selling raffle tickets at a fundraising ball, bucket collecting at a local bonfire display... and many more fun opportunities to help the charity.

In particular there are two such events coming up locally which they need help with. There's a 10k race on 2nd June and The Gin Festival on 13th July, both of which are at Borde Hill Garden.

These occasional volunteering opportunities are extremely flexible and as such you can choose to support us when you have the time available – we will regularly send you our list of events and hope that you will be willing to commit to at least three events each year.

If you are interested, complete an application form at: www.chf.org.uk/OccasionalVol.html or call 01825 724752.

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# Tomorrow has already arrived

#### By Robert Llewelyn Norris

You may have noticed the number of new cars which are of the hybrid variety on our roads. These are able to charge their battery when driving to enhance their MPG (miles per gallon). Early versions of these had a range of just two or three miles on electric motor alone but newer 'plug-in' hybrid cars – still charging the battery when driving but able to sustain a range of 20 to 25 miles in electric mode and a speed of up to 75 mph – charging overnight on a 13 amp socket in your garage enables 'green power' to top up the petrol engine car.

Electric-only cars like the Tesla Model 3 are now able to offer up to 300 miles – Nissan Leaf is another good car giving up to around 200 miles on its latest models.

Charging has always been a problem to date with limited availability should you wish to undertake a longer journey. This is now much improved and Chargemaster (the UK leader in charging points) is rapidly increasing its charging network throughout the UK.

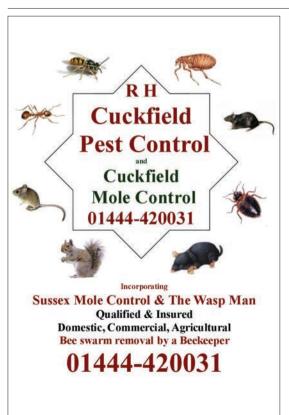
I am retired now and have owned a 1st generation BMW i3 for the last three years, which I use for my voluntary work driving for South Coast Ambulance Service taking patients to and from hospital. I get about 100 miles driving in economy plus mode and get to



know the charging points on or near hospitals if waiting for patients. The most modern charger can boost your battery in 40 minutes to 80 per cent charge – just time to have a coffee while you wait!

I have to say driving electric is a great sensation - the smoothness and acceleration is like no other car. I have had many complimentary comments from patients who want to request another run! At South Coast Ambulance we strive to make the patients journey to their appointment's as stress free and comfortable as possible, and the i3 is certainly the car to do that.

If you would like to find out how to become a voluntary driver for South Coast Ambulance Service (with or without an i3!) please send an email to: volunteer.cardriver@scas.nhs.uk.







Heralded as 'THE' ultimate family day out in the South, the South of England Show is returning this year from 6th-8th June and we have two pairs of adult tickets to give away in this exciting competition (accompanying children under 16 go free!).

Taking place at the iconic South of England Showground in Ardingly since 1967, the annual event has become a 'must attend date' spot in the family calendar offering people of all ages a varied programme of entertainment and a chance to reconnect with the countryside.

This year's three-day programme features the popular agricultural and equestrian competitions and displays, alongside rural crafts and an abundance of food, drink and shopping opportunities.

Children will enjoy watching Shetland ponies go head to head in their own mini Grand National, or piggies performing in the piggy pranks obstacle course.

In the Heritage Zone they will be able to experience life as a Saxon or Norman and watch thrilling battle re-enactments, while the Discover the Countryside area offers pond dipping, birds of prev and the chance to meet some water buffalo.

The youngest members of the family can explore The Gruffalo Wood and meet the beloved storybook character himself (subject to appearance times).

Parents and grandparents can enjoy the thrilling spectacle of the Bolddog Lings motorcycle stunt display or visit the new for 2019 Wine Walk where they can sample the wine and learn about the fabulous vineyards right on our doorstep.

Even the teenagers will enjoy the event with many 'instagramable moments' to capture with the show's music stage hosting sensational artists from East Sussex College.

lain Nicol, CEO of the South of England Agricultural Society (SEAS), said: "Every year we welcome thousands of visitors to The South of England Show, and this year we're expecting a record 70,000+ guests over the weekend."

He added that the SEAS is a charity and the annual show raises vital funds to support people with an interest or involvement in agriculture and other related land-based industries. "From inspiring schoolchildren to learn about the land, to offering travel bursaries for people working in the farming sector or helping with

funding towards agricultural research - we want people to know that when they visit The South of England Show they will also be supporting these fantastic projects and people across the South East," he said.

To win a pair of tickets to this year's show just answer the following question: In what year was the very first South of England Show held? Email your answer to: competition@cuckfieldlife.co.uk. Don't forget to include your name and contact telephone number. The closing date for entries is 28th May 2019.

Tickets for the South of England Show 2019 are available from www.seas.org.uk and can be bought online in advance for a 10% discount. Tickets cost £22 for adults, £20 for senior citizens/students, and under 16s go free with a paying adult.



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## Wonder and Goodness



Dear Friends.

One of my titles (no rude comments, please!) other than vicar is Rural Dean of Cuckfield. Rural Deaneries were established in 1840 and consist of groups of parishes of a given area – our deanery covers fourteen parishes covering our part of Mid Sussex around Haywards Heath.

Imagine my surprise, when I was appointed, at the enormous metal black box which came with the job containing the minute books of the Clergy Chapter meetings from May 1840 onwards! They make fascinating reading. At that point the railway was under construction and Haywards Heath did not exist. It was just heath and farmland within the parish of Cuckfield, and Cuckfield itself was the largest settlement between Horsham and Brighton.

The concerns (written up in copperplate handwriting) express those of the time, although education was very much at the forefront of business. Cuckfield had both a grammar school (founded originally in 1510 and housed in what we now call The Old School) and a separate national school. At some point later, the national school failed, and the two were combined as a new national school.

We sometimes take for granted how blessed we are with universal education. Although teachers and students face considerable pressures of different kinds, we should rejoice that education is open to all and, at its best (to be seen in Holy Trinity Primary School, Bolnore and Warden Park), offers great opportunities for young people to learn about the world we live in. There may be many things wrong, but these are outweighed by the wonder of creation and the goodness of most people. Our job is to always keep these to the forefront of our thoughts and dealings with each other.

All best wishes, Michael (Vicar)

#### **SUNDAYS**

11am

(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)
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



 ${\sf Cathy\ Malins\ captured\ this\ splendid\ Easter-decorated\ window\ around\ the\ village\ last\ month!}$ 



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#### **OPENING TIMES**

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Football fans across Sussex have a unique opportunity to see the England Lionesses in action in Brighton & Hove before they leave for the 2019 FIFA Women's World Cup this summer.

The Amex Stadium, home of Premier League Club Brighton & Hove Albion, will be hosting the England Women's game against fellow World Cup hopefuls New Zealand on 1st June.

Tickets are already selling fast for the home international, at just £1 for children and concessions and £10 for adults, but one lucky Hurst Life reader can win a set of four tickets in our exclusive competition.

The Brighton & Hove match is the final game in the 'Road to France Series', which sees Phil Neville's squad playing at four different venues across the country.

Brighton & Hove Albion Women's manager Hope Powell said: "To have a preparation game for England at the Amex is fantastic, and as a club and as an FA we will be working hard to raise awareness that the game is on.

"It's a great stadium and I'm sure that for both England and New Zealand it will be a privilege to play here."

Sussex County FA chief executive Ken Benham added: "We're privileged to have the Lionesses playing their last match before they head off to France for the World Cup right here in Sussex.

"It is a great opportunity for Sussex football fans to see their England heroes up close, and a packed out Amex Stadium would give the players the best possible send off!"

#### The Road to France Series comprises:

- Friday 5th April: England v Canada Academy Stadium, Manchester City FC
- Tuesday 9th April: England v Spain –
   The Energy Check County Ground, Swindon Town FC
- Saturday 25th May: England v Denmark Banks's Stadium, Walsall FC
- Saturday 1st June: England v New Zealand American Express Community Stadium, Brighton & Hove Albion FC

Albion chief executive and deputy chairman Paul Barber said: "We are absolutely delighted to be hosting another England international at our stadium.

"After hosting the World Cup qualifier against Montenegro almost five years ago, we saw the tremendous boost it had in helping to raise the profile of the women's game across our region.

"We now have a proven track record of hosting England internationals at the stadium, having also welcomed the under-19s and under-21 teams.

"Hopefully we can attract as many fans from across the country as possible, and make it another occasion to remember."

England Team manager Phil Neville said the Road to France matches would ensure that the players 'hit the ground running' when they arrive in France.

"This is a huge year for my players and staff, and we are going to France with the aim of making the country proud."

### The Lionesses' group stage schedule at the World Cup is:

- Sunday 9th June (5pm BST): England v Scotland Stade de Nice
- Friday 14th June (8pm BST): England v Argentina Stade Océane, Le Havre
- Wednesday 19th June (8pm BST): Japan v England Stade de Nice

To be in with a chance of winning tickets just answer the following question: Who is the current manager of the England Lionesses?

Email your answer, along with your name, address and contact telephone number to competition@ cuckfieldlife.co.uk. One winner will be randomly selected from the list of correct entries. The closing date for entries is 28th May 2019.











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#### By Jacqueline Elmore

Living between two Sussex villages has its benefits, but for Carole Hayward, who lives halfway between Staplefield and Cuckfield, the question is which is better?

"I am involved in activities and groups in both villages, and I can't possibly say which one I prefer. It would be unfair to compare them. Both villages have their own personalities and each is equally lovely in its own way."

Carole, who is now in her 70s, has a varied background, much of which has all been about supporting the local community.

Most of Carole's professional life was in teaching but she was brought up on farms.

"My father studied agriculture at university and, although I did not study the subject, I was always interested. I must have been two or three when I was first introduced to milking parlours. Those were in the days when they would hand milk their cows. Being exposed to farm life at such a young age meant that I saw and learnt a lot."

Carole's teaching career enabled her to bring her knowledge of farming and the countryside into the classroom.

Over the years Carole has also been involved in many other local activities and causes.

She was appointed to the position of magistrate on the Mid Sussex Bench where she served for 21 years. She was a member of the Cuckfield Rural Parish Council and more recently a Governor of Plumpton College. Today Carole still wears many hats. She is a Trustee of Cuckfield Museum, a Crown appointed Deputy Lieutenant for West Sussex and a council member of the South of England Agricultural Society.

Carole was born in rural Yorkshire during the war and arrived as a young girl in Bognor Regis, West Sussex where her father had a job on a nearby farm. In 1953 the family moved to Sidnye Farm in Cuckfield.

It wasn't long before Carole settled into community life and became involved in some of Cuckfield's recreational pursuits.

"There was quite a bit going on here in the late 1950s/early 60s. I joined the Cuckfield Young Farmers Association and, for a short period, the Amateur Dramatic Society. I was also a member of the tennis club. The new secondary school (now Warden Park) opened in the village, and it was a really exciting time for those of us growing up in the village."

In her late teens, Carole left to study psychology at university in London and then returned to the village where she married a local farmer from Staplefield and had her children.

It was at this juncture in Carole's life that she decided to put her degree to good use and become a teacher.

"It really came at the perfect time. I attended a teacher training course which was being run for married women looking to return to work. I mostly taught science and maths. In the end I spent ten years doing it."

Carole had also kept her link with farming by working with the Agricultural Training Board running their



Carole (right) and her Mother on far left in 1960 (not too long after they first arrived in West Sussex).

training courses for farmers and staff. She then worked for the South of England Agricultural Society running their 'Farmers Adopt a School Scheme', which enabled children to visit a local farm and discover the origins of their food.

A few years ago Carole was appointed to the post of Deputy Lieutenant (DL) by Susan Piper, Lord-Lieutenant of West Sussex, to assist her in her duties. In her role as DL, Carole is involved in lots of charity work.

"Susan is very keen for us to play a bigger part in encouraging more businesses to become more involved with charities. There are more ways than one that a business can help a charity – it isn't just about them giving money. It can mean offering up a member of their

staff to help with something in IT or HR or even offering free office accommodation. We're trying to build closer relationships with local businesses in the area to try to help with smaller charities and get on board with more voluntary causes".

Now that Carole and her husband Andrew are retired they are busy in nearby Staplefield. They enjoy cooking and provide a lunch in the village hall every other month.

"It costs around £6 and people can bring their own booze. There's a raffle which raises money. It's a good social event and gets people together. On one occasion we invited the fundraising representative of Crawley Open House – the homeless charity - to come along as speaker at a lunchtime event, and we were able to raise over one hundred pounds for them to take away."

Carole is very much immersed in helping support both the Cuckfield and Staplefield communities. However, her work is not restricted to any one place.

"I love being part of a community. That said, I wouldn't say I was part of any single community. I'd say I was part of lots of communities. The interesting thing about them is that quite a few of those communities are linked in one way or another. It's part of life, or at least it should be."

Carole's recent work with the Agricultural Society has led her to causes such as Jamie's Farm – a charity that helps children who have been excluded from school to spend a week in a residential setting where they chop wood, muck out the pigs and help with lambing. The overall goal being that, in the end, the children are able to return to school better equipped than they were before their experience on the farm.

"They've just opened their fourth farm, near Lewes. The proof is that 75% of children who have undertaken this experience are still in school six months later. So Jamie's Farm is the perfect sort of place for the Society to help support and get involved in."

Reflecting on her life and love of both the Cuckfield and Staplefield communities, Carole remarks: "I am very lucky to have lived here all my life and because I've had so many different things to do I've had such a variety of experience. I find that is the real joy of living in this community; knowing that, wherever you go, there are plenty of opportunities, all of which can be found right here on your doorstop."



Carole with friends in her garden. Carole's old garden is the house next door to the one she lives in now – so she has the same view.



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### **School Danceathon**

Bolnore Village Primary School children took part in a sponsored day of dance last month to raise money for sports facilities at the school. Children and staff had lots of fun learning five different dances and encouraged each other to try their best in each dance.

The event was organised by the school Sports Leaders to raise money for AstroTurf for part of the school field. The field is often waterlogged during periods of wet weather, making it unsafe to use for PE lessons and sports competitions. It is hoped that installing artificial grass will give children more opportunity to get active outdoors whatever the weather.

So far the event has raised over £1,400 and the website for donations remains open until 31st May. If you would like to donate go to https://mydonate.bt.com/events/bvpsdanceathon/492459 or visit the school office.

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# Easter Fun at the Woodside

The second annual children's Easter Extravangza hosted by the Creation Station took place at the Woodside last month. Activities on offer included an Easter Egg hunt, slime making, egg marbling, basket creating, egg decorating, colouring, drawing, Play-Doh, junk modelling and more. Thanks to the glorious weather, the children's Wigglebums yoga class took place outside on the recreation ground. The event finished with Story-Time read by a representative from Usbourne Books.

The event was held to raise money for Tommy's, a charity that funds research into miscarriage, stillbirth and premature birth.

Organiser Melanie Jeffries, celebrating her fourth year anniversary with Creation Station, commented: "It was so lovely to see everyone having fun and getting creative! Thank you to everyone who came along and donated. I am thrilled to say that we raised £557 for Tommy's."

Representatives from Haywards Heath charity Time 4 Children provided cakes, refreshments and a tombola raising £145 at the event.









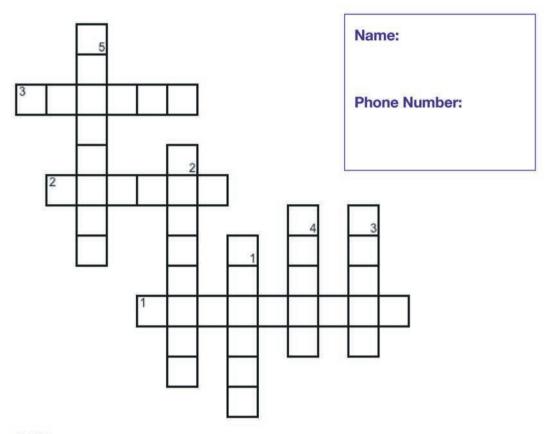


# Try our crossword...

Cuckfield & Surroung

Competition time again! Complete this crossword, then return to our Cuckfield branch with your name and phone number added. Alternatively you can take a photo of the completed page and email it to salesck@marcusgrimes.co.uk.

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



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Across Nature Small village Carport Down
Outside space
Separated
Addendum
Portico
Loan

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### **5 MINUTES WITH...** Marco van Dijk

Marco is a long-haul airline captain and loves anything aviation or cycling related. He currently chairs Bolnore's Scout group and helps out with the village management as one of the CIC directors.

How long have you lived in Bolnore? 15 years

What's the best thing about being here? Great facilities like the Woodside, school and shops on your doorstep

Favourite ice cream flavour? Raspberry ripple

How many houses have you lived in? 7 (2 in Bolnore)

What would you like to see in Bolnore that isn't here? A cycle/running track on the recreation ground

Favourite holiday destination? Cape Town

#### Song you play the most?

I haven't got a favourite I just like to have the radio on in general

What would you do if you won £1million? Book a family holiday, set money aside for both my boys

What was the last present you gave someone? New cycling pedals.

#### Strangest thing you've ever eaten?

Did a meal worm challenge once, don't know what has been served to me in China and Japan but I'll try anything

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

Which App on your phone do you use the most? WhatsApp

What's your proudest moment? Having two fantastic boys

#### Your advice for life?

You only live once make sure you enjoy every minute

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!

## Sing, Whoop & Move **NOW IN CUCKFIELD!**

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# Bug Hunt returns

The Friends of Ashenground and Bolnore Woods (FoABW) is hosting its annual Children's Bug Hunt in the woods next month. The Bug Hunt is one of the Friends' most popular events and takes place on Sunday 30th June.

This year Mid Sussex Ranger Jo Wilson will be leading the bug hunt with the assistance of Debby Martell. Debby worked with The Conservation Volunteers (TCV) in the collection and movement of invertebrates and reptiles before the construction of Bolnore Village began.

The event is free and all ages are welcome. To take part meet Jo and Debby at the Ashenground Railway Bridge at 2pm.

Children under 16 must be accompanied by an adult. There is an alternative date of 21st July if the event has to be cancelled due to inclement weather. For more information contact Lorraine Maynard at lorrainemaynard04@gmail.com or on 07802 162 275.

# BVPS Celebrates ten years

Last month marked the ten year anniversary of the opening of Bolnore Village Primary School.

Teachers and children secretly planned a special assembly for Mrs Allen who has been Headteacher since the school opened. During



the assembly the children surprised Mrs Allen with an African welcome song that they had learned especially for the occasion. They then asked her to explain some photos from over the last ten years and then shared a special book of memories with her.

Mrs Allen was touched by the surprise stating: "Today I have been treated to a fabulous 'Ten years of being Headteacher at Bolnore Village Primary School' celebration and many special words have been shared with me by children and grown-ups alike. I have been overwhelmed by the kindness and thoughtfulness shown by everyone. Thank you for a wonderful day."

The school plans to continue its tenth year celebrations with an extra special Rainbow Day in July.





## **Woodies Wonders** takes the trophy

Woodies Wonders were the winners of the Bolnore Quiz Night last month.

The next guiz night will take place at the Woodside on Friday 31st May from 7.45pm. To book your table email: alison.events@bolnore.org.uk or just turn up on the night.



# Yellow lines help ease congestion

Mid Sussex District Council has painted double yellow lines near Bolnore Primary school to stop vehicles parking there at any time. The markings, which appeared last month, are placed in a bid to ease the congestion in that area. Parents who need to drive to school have been advised to park at the Woodside, which has ample parking spaces and is just a short walk from the school.





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# Unscramble the signs

#### **JUST FOR FUN!**

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















## Church roof 'slipping off'!

By Brian Cutler, Churchwarden & Chair of the Roof Group The oldest building in Cuckfield is in trouble. The roof is slipping off the church! Although the church has carried out man

the church! Although the church has carried out many short-term repairs over the last thirty years, it has now reached the point where all the Horsham stone must be relaid. The roof is not only an important architectural feature of the church in itself but it also protects the artistic heritage within the church, particularly the stunning painted ceilings by Kempe immediately below.



Photo: Francis Creasy

A recent estimate puts the cost at over £1 million, for which substantial grants will be needed from bodies such as the Heritage Fund of the National Lottery. To be successful it will be necessary to demonstrate both the importance of the heritage and the value of the project to the community.

To take this forward a Roof Group has been established and we will be holding an open meeting in

the church at 7.30 pm on Thursday 13th June. Join us for a glass of wine, a fuller presentation of the story so far and an opportunity to talk with project team members about how this work, and the Kempe story, might really benefit the community.

You can get in touch with the group via the email: roofgroup@holytrinitycuckfield.org.





### City Escape: 24-Hour Taste of Sussex

Cuckfield's Ockenden Manor Hotel & Spa is inviting city dwellers to escape and recharge their batteries in the beautiful Sussex countryside with a new 24-hour escape.

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Available from Sunday-Friday, the onenight 24 Hour Sussex experience includes all the spa facilities and a personal concierge at Glyndebourne.

The 24-hour escape from London package is valid from Sunday to Friday until 25th August.

# Probus Club's history talk

Last month members of Haywards Heath and District Probus Club were privileged to enjoy a presentation by well-known and popular historian Mark Perry-Nash on 'The Role of Women in the History of Britain'.

His talk, which not only traced the contribution that British women have made to British and world history, but how many of the pivotal events of our past were triggered or caused by a woman, often acting alone.

The talk began with how Cartimandua, Queen of the Brigantes, refused to join in Boudiccca's rebellion against Roman rule, making it possible for the Roman Governor's two legions to overcome Boudica's forces in AD 61. Much later, with Queen Victoria the group heard how a diminutive and seemingly submissive young girl would go on to be one of England's longest reigning monarchs, but who would also preside over the British Empire at its peak and also save the monarchy that had been seriously under threat from Republicanism when she came to the throne in 1837.

Haywards Heath and District Probus Club was started in 1985 and is for men who are or have been in professional business in their careers and meets on the second Wednesday of the month.

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#### RECYCLE THIS...

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



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...

I really enjoy the challenge of the questions you send me. This month I will share with you two of the questions I received.

What can I do with old towels, bed linen, clothes, etc? You will be pleased to know there are a number of options open to you.

You can contact the Cats Protection at Chelwood Gate 01825 741 330 as they are often looking for old towels and bedding they can use for their stray cats.

You can take them to a charity shop. As you know charity shops accept good quality items they can resell, but did you know that charity shops also accept 'rags'. This is the term used to describe old worn clothes that cannot be sold in the shops. These are collected and sold to the rag industry where they are shredded, cleaned and used as filling for, amongst other things, car seats. Next time you are sitting in a car you are almost certainly sitting on someone's old clothes!

You can take them all to the Household Waste Recycling Site in Burgess Hill or East Grinstead, where you will find a specific bay for your items. These are also sold to the rag industry, but the money goes to WSCC for essential services.

Do you remember rag and bone men? Well, it is the same trade, but without the horse and cart!

You can take them to the many clothes banks you will see around Haywards Heath. You can find them at Sainsburys in the car park immediately to the right as you drive in, or outside many local shops.

The important thing is NOT put them into your kerbside recycling bin or your kerbside rubbish bin as they cannot be recycled through that mechanical process.

## How can I recycle the plastic holder my razor blades are packed in (see photo)?

This type of plastic cannot be recycled in your kerbside recycling bin but do put into your black top rubbish bin and all the plastics and paper are

extracted and



turned into RDF - Refuse derived Fuel that is then sold to industry. This way they do not end up in landfill.

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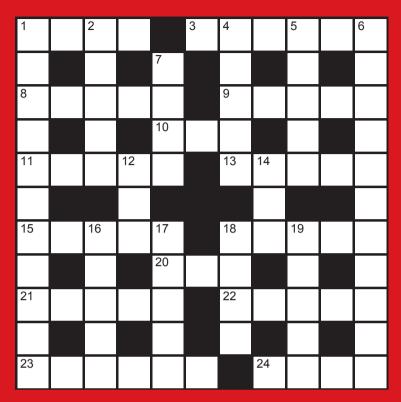


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## Family crossword



Got 20 mins spare? Have a go at this crossword - which should be varied enough for all ages to answer some clues. Answers listed on p.63

- Republic between Iran and Syria (4)
- 3 Largest Samoan island (6)
- 8 Former Portuguese territory in S China (5)
- Acute (5)
- 10 Unity (3)
- 11 Speak in a slow manner (5)
- 13 Lute of India (5)

- 15 Got up (5)
- 18 Japanese dish (5)
- 20 Decay (3)
- 21 In addition (5)
- 22 Corpulent (5)
- 23 Union soldier in the US Civil War (6)
- 24 Is not (4)

#### Down

- Capital of Ghana (5)
- Donkeys (5)
- 5 Look for (5)
- 6 Rude (11)
- In (4)
- 12 Used to be (3)
- 14 Acknowledgement of debt (1,1,1)

- At once (11)

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16 Many times (5)

17 Efface (5)

18 Cease (4)

19 Prophets (5)

## Sudoku #35

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

Find the solution to #35 in next month's magazine

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

#34 Solution

| #34 30ldti011 |   |   |   |   |   |   |   |   |
|---------------|---|---|---|---|---|---|---|---|
| 2             | 9 | 8 | 3 | 6 | 4 | 5 | 7 | 1 |
| 6             | 1 | 7 | 8 | 5 | 9 | 2 | 3 | 4 |
| 5             | 4 | 3 | 2 | 1 | 7 | 9 | 6 | 8 |
| 8             | 7 | 2 | 5 | 4 | 3 | 6 | 1 | 9 |
| 3             | 6 | 9 | 7 | 8 | 1 | 4 | 5 | 2 |
| 4             | 5 | 1 | 9 | 2 | 6 | 7 | 8 | 3 |
| 9             | 2 | 5 | 1 | 7 | 8 | 3 | 4 | 6 |
| 1             | 3 | 6 | 4 | 9 | 5 | 8 | 2 | 7 |
| 7             | 8 | 4 | 6 | 3 | 2 | 1 | 9 | 5 |

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- / MIGRAINES
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## What's on

#### AT CUCKFIELD VILLAGE HALL

Monday

8am **Cuckfield Preschool Playgroup** 

(term time only) **Dance Class** 4.30pm **Pilates Class** 

Tuesday

8pm

8am **Cuckfield Preschool Playgroup** 

(term time only) **Zumba Class** 7.45pm

Wednesday

**Cuckfield Preschool Playgroup** 8am

> (term time only) **Pilates Class**

**Thursday** 

6pm

**Cuckfield Preschool Playgroup** 8am

(term time only)

Kids Dance Class (term time only) 3.30pm

Pilates Class 8pm

**Friday** 

Cuckfield Preschool Playgroup (term time only) 8am

4.30pm Dance Class (term time only)

# 16-22 SEPTEMBER A WEEK OF ENTERTAINMENT LINDFIELD ARTS FESTIVAL LINDFIELD www.lindfieldartsfestival.com Ants FESTIVAL enquiries@lindfieldartsfestival.com **Fonthill**

## What's on this month

#### ELSEWHERE

#### May

21st

15th 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)

Plant Sale - 10.30am-12.30pm 18th

> Ansty Village Hall, Deaks Lane - Plants (and other garden items) as well as teas, coffee, home-made cakes and tombola (01444 413061)

Cuckfield Evening WI - 7.30pm Baptist Church, Polestub Lane - Resolutions

RBL Women's Section - 2.30pm

The Old School, Cuckfield – 'Boyhood Dream; Quest to Reach Space' talk by David Spear

25th- Attic Art Club - 10am-5pm

27th Ditchling Village Hall, BN6 8TT - Paintings and 3D work will be exhibited by local talented artists (Admission free www.atticartclub.co.uk)

Friday night Quiz - 7pm

The Old School, Cuckfield - Meal and wine included (Tickets £12 from Gaynor Kinchington 01444 440452)

#### **June**

4th NHS Retirement Fellowship - 10.15am

Franklands Village Hall - Ridgeview Wine Estate

talk by Esther Dawson

Ladies Night - 6-8pm 6th

Honeycomb Hair Lounge

Cuckfield Evening WI - 7.30pm 11th

The Baptist Church, Polestub Lane - Made and Making Gift Boxes (change of date due to Music Festival)

13th Mid Sussex Assn National Trust - 2.30pm

Clair Hall, Haywards Heath - Tim Kidd talk on Hampton Court

Havwards Heath Ceramics Group - 10am Clair Hall, Haywards Heath - Nicholas Panes

on 'Wanli to Kangxi, Chinese Blue and White Porcelain 1572-1722' (Free entry on first visit, otherwise £8, 01444 452804)

Cuckfield Flower Club - 7.30pm

Outing to RHS Hyde Hall (£5. Sue: 01444 831602)

15th- Cuckfield Music Festival

23rd Various events and venues (www.cuckfieldmusicfest.co.uk)

19th Arts Society Mid Sussex – 10am

Clair Hall, Haywards Heath - 'Indians, Buffalo and Storms: The American West in 19th Century Art' by Tony Faber (Non members welcome £7)

# 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 Children3.45pm 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

10am Stroke Support Activities

10.30am **Pre-school Singing**1.30pm **Line Dancing Class** 

3.30pm Dance Classes for Children

7.30pm Yoga

7.45pm Ballroom Dance Club

#### **Thursday**

9.30am Pre-school Dance Class

7.30pm Wedding Dance Class

7.30pm Yoga

#### Friday

9.30am Pre-school Singing

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

#### May

25th Museum Talk - 8pm

'Marianne North, Victorian Botanist' a talk by Sarah Oldridge (Book with Mike 01444 457448 or events@cuckfieldmuseum.org)

July

5th Craft and Vintage Market – 9.30am-1pm

Stalls and café

### Save The Date:

The Rain & Shine Theatre Company have now confirmed this year's annual performance of Shakespeare in the Park on Friday, 2nd August 2019 - As You Like It – in Cuckfield Recreational Ground doors open 6pm for picnics - 7.30pm Performance

#### 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

**AFC Bolnore** 

4pm Post-football Bar (matchdays)

#### Sunday

2pm

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).

#### May

31st Quiz Night - 7.45pm

This monthly Bolnore fun quiz hosted by Jim Hoodless. Teams of 2-6 people (alison.events@bolnore.org.uk)

#### June

29th Quiz Night - 7.45pm

#### **SAVE THE DATE:**

Bolnore Summer Fete - Sat 13th July - Woodside

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