

Cuckfield Life

Inc. Brook St, Ansty, Staplefield & Bolnore Village

Local village talk,
by the village

Issue #82 : August 2019

Free



Summer Fete round-up

page 20

Village Show info: 7th Sept

page 8

Sarah records dad's song

page 32

Including...

Bolnore
VILLAGE

9 PAGE SECTION



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EDITORIAL

By David Tingley, Editor

It's August and the sun is, or should be, shining!

Our **Village People** candidate this month, on **page 30**, is **Robyn Ray** - if you've ever wondered what it takes to be an astrologer, do read **Jacqueline Elmore's** fascinating article.

Another Cuckfield resident **Sarah Rolph** is featured on **page 32**. Sarah has decided to record a single to raise awareness about Idiopathic Pulmonary Fibrosis so we caught up with her to find out more.

Caroline Young makes good use of blackberries, among other ingredients, on **page 38**. **Colin McFarlin** gives us guidance about what can and can't be recycled on **page 40**. And another regular feature is on **page 51**, with **Cuckfield Mayor Leanne Knapman** telling us what she's been up to.

There has been much talk of the **'baby bench'** in Holy Trinity's churchyard in recent months. On **page 27** **Kate Fleming** gives some of the background of the stillborn babies from Cuckfield Hospital but also the artistic thinking behind **Christian Funnell's** beautiful feather-inspired sculpture.

In **Bolnore**, the summer months have given rich picking of recent events, with the school's **Rainbow Day** (see **page 16**) and the official **Summer Fete** which took place last month - see the photos and a write-up on **page 20**.

Talking of big events, the **Cuckfield Village Show** is very nearly upon us, and we've highlighted what's on and how you can still be involved on **page 8**. The show will take place on **Saturday 7th September**, so mark it in your diary now - even if you're only going to enjoy what others have created!

That's about it for now, keep the emails coming in (editor@cuckfieldlife.co.uk). We always need more cover photos, more suggestions of amazing Village People and more events for the listings.



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Artist to show 100 self-portraits

Renowned Sussex landscape painter Grant Dejonge is taking a break from his most familiar metier to stage an exhibition in Cuckfield of 100 self-portraits created and curated over 100 days.

Working in his rebuilt studio, after fire destroyed many of his completed works, the Plumpton artist set himself the task of replenishing his depleted repertoire using as many artistic techniques he could think of.

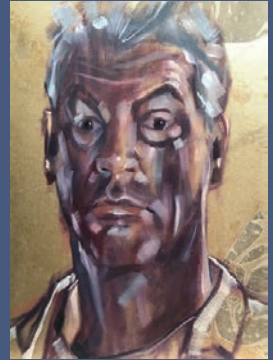
The result is a fascinating collection of eclectic images produced using a broad range of creative formulae.

From the Baroque to the minimalist, Bacon to Banksy, from charcoal to digital Photoshop trickery and even drone footage stills, Grant, 51, brings his own unique style to each of the genres he adopts, using only his own image as subject matter.

The new works will be unveiled to the public on 23rd August, at Cuckfield's Artologie gallery. The one-man exhibition will run for a fortnight.

Set among the beautifully preserved tiled splendour of what was once a Victorian butcher's emporium, Grant is delighted with the historic venue. "Artologie's period building provides an ideal environment for the exhibition and this is a rare chance to examine such a significant body of work all in one place," he adds. "We all have to be thankful for galleries like Artologie without which budding artists would have very little scope to show their work, in the flesh, as it were. In real time."

The exhibition, '100 Days Of Sod'em', will run until 6th September.



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Music Trip to Liverpool

By Maia Lightfoot, Year 8

During Enrichment Week at Warden Park Academy, the music department visited Liverpool with 32 students. Mr Hood, Mrs Wray and Ms Stroud were accompanied by the Acapella Group, House Band, Jazz Band, Orchestra and the Living Lies band.

We visited the Beatles Story Museum, Liverpool One Shopping Centre, the British Music Experience and many more places. The Acapella Group performed in Chester Cathedral and St Anne's Church in which they were accompanied by the Orchestra.

The House Band and Jazz Band performed at Liverpool One Shopping Centre, which was an incredible experience!

We had the best time, and the Year 11s who came were particularly grateful as it was their final farewell to the school. I would also like to thank Ms Stroud for helping out and especially Mr Hood and Mrs Wray for organising this great trip.



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Local charity welcomes new team member

By Carole Whorwood

It is a very exciting summer here at Dame Vera Lynn Children's Charity in Staplefield!

We are very pleased to welcome new team member James Gaydon, who will help with our fundraising as we continue to grow, reaching out to more and more families.

James joins us from a national charity, yet has always been keen to get involved in a local organisation that contributes to the community in which he lives. He is looking forward to building relationships with schools, businesses and individuals who would like to positively impact the lives of young children who have cerebral palsy and other motor learning impairments.

James explained: "Dame Vera Lynn Children's Charity is a great organisation to be a part of. My colleagues are great, our service team are simply exceptional and the events that we offer have something for everyone. If you don't know what we do – come and see."

James is looking for runners to support the charity in Spring 2020 at the Brighton Half and Brighton Full Marathon. If you think this could be you or fancy another challenge for 2020 – James would love to hear from you. With runs, cycles, walks and abseils, there really is something for everyone!



Contact James.gaydon@dvfcc.org.uk or call 01444 473274. To find out more about the charity visit: www.dvfcc.org.uk

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There's still time to enter the Village Show

By Jill Butler, Vice Chair, Cuckfield Society

Roll up, roll up for the Cuckfield Society's 14th Village Show at the Cuckfield Baptist Church, which will be opened by our President Stephen Cockburn.

The village show (which starts at 2pm on Saturday 7th September) exhibits the work of local artists, bakers, dressmakers, photographers and gardeners. Any produce submitted for judging may be donated and auctioned off at the end of the show, so stand by for some interesting boxes of fruit, flowers, cakes, etc. at 4.20pm.

Local traders donated an excellent number of gifts for a silent auction. Amounts can be written on a slip next to an item and then anyone can top that bid by as little as 1p (including you). When bidding stops at 4pm, the last and highest bidder can buy the item.

This year sees a bumper selection of entertainment with two sets from David Spear No Strings Attached plus young musicians from Warden Park School including singer-songwriter Ellie Hagan and Holly Townsend with her band, plus musicians James and Jude from the Brighton-based music college BIMM. In addition, we have pony rides for children (hats/insurance included) and of course, the excellent home-made cakes from the WI, as well as ice creams. The Monday Group will be selling their bird boxes, bee houses, etc. and the NSPCC will be selling spring bulbs.

The Baptist Church sponsored sunflower competition judging is at 3pm. Cups are presented at 3.30pm. Show schedules are available from the Candy Store, Pet & Country Store at Whitemans Green, and the Co-ops.

Please do come along and support your local show. Monies raised go towards good local causes such as the Cuckfield Museum, Holy Trinity school books, Bookfest, Musicfest and the New England Wood Trust.



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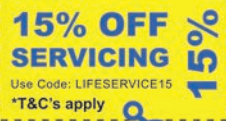


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CUCKFIELD VILLAGE SHOW 2019 LIST OF CLASSES



Saturday 7th September, Cuckfield Baptist Church

HORTICULTURAL

VEGETABLES

- 1 5 runner beans
- 2 Longest runner bean - 1st prize only
- 3 5 broad bean pods
- 4 5 French beans
- 5 Heaviest marrow - 1st prize only
- 6 Heaviest pumpkin - 1st prize only
- 7 A pumpkin or squash - not exceeding 30cm
- 8 3 mixed squash
- 9 5 onions from either seeds or sets, under 250g (9oz) each
- 10 3 onions from either seed or sets, over 250g (9oz) each
- 11 5 shallots
- 12 3 leeks
- 13 5 mushrooms
- 14 A bowl of edible leaves - max bowl size 30cm diameter
- 15 Posy of mixed herbs judged for variety
- 16 Beefsteak tomato
- 17 5 tomatoes any variety
- 18 A head of celery
- 19 5 radishes
- 20 2 cucumbers
- 21 3 white potatoes
- 22 3 coloured potatoes
- 23 Heaviest potato - 1st prize only
- 24 3 carrots
- 25 3 beetroot
- 26 3 peppers
- 27 3 chillies
- 28 A brassica
- 29 A bunch of Swiss chard
- 30 3 courgettes, not exceeding 20cm long
- 31 The Jo Roche Cup - Selection of homegrown produce in a container
- 32 Most spectacular vegetable
- 33 Most amusing vegetable (can enter on the day)

FRUIT

- 34 3 eating apples
- 35 3 cooking apples
- 36 3 pears
- 37 Plate of soft fruit (15 - 20 items)
- 38 A plate of exotic fruit

FLOWERS

- 39 3 dahlias - cactus or semi-cactus variety
- 40 3 dahlias - decorative variety
- 41 3 dahlias - pom pom variety
- 42 3 dahlias - ball variety
- 43 1 dahlia any variety, one specimen bloom
- 44 The single most fragrant rose
- 45 5 roses
- 46 A posy of flowers
- 47 3 delphiniums

FLORAL ART

- 48 A floral arrangement, with any accessories, inspired by a song, not exceeding 45cm in any direction
- 49 An arrangement in a jam jar
- 50 A table centre piece

FOOD AND DRINK

- 51 The Katie Stewart Cup - Katie's Plum Tart
- 52 Lemon meringue pie
- 53 Vegetarian savoury flan
- 54 3 Chelsea buns
- 55 5 Viennese whirls
- 56 3 ginger biscuits

- 57 5 falafel
- 58 A ramekin dish of hummus
- 59 3 bread rolls
- 60 A speciality loaf
- 61 3 parmesan shortbreads
- 62 3 savoury muffins
- 63 1 jar chutney any recipe
- 64 1 jar jam
- 65 1 jar fruit jelly
- 66 1 jar red onion marmalade
- 67 1 jar marmalade any flavour
- 68 1 bottle homemade fruit spirit

CRAFTS

- 69 An upcycled garment
- 70 An item of woodwork
- 71 An item of embroidery or tapestry no bigger than 60cm
- 72 A hat
- 73 A knitted or crocheted item of clothing
- 74 A bag - any medium
- 75 A handmade greetings card
- 76 A cushion

ART (Max size 60cm H, 60cm W, including frame)

- 77 A lino print
- 78 A landscape - any medium
- 79 A portrait - any medium
- 80 A still life - any medium
- 81 An abstract - any medium

PHOTOGRAPHY (Max size 20cm H, 20cm W, unmounted)

- 82 Enthusiasm
- 83 The spirit of Cuckfield
- 84 Beach
- 85 Destruction
- 86 Transportation picture (old or modern)

KEY STAGE 3 & 4

- 87 Something I've made at school
- 88 Make a mobile phone case
- 89 Savoury quiche (no fish)
- 90 Design a bracelet

KEY STAGE 2

- 91 Something I've made at school
- 92 Write a poem
- 93 3 flapjacks
- 94 Build a mini magical creatures garden from foraged materials

KEY STAGE 1 & RECEPTION

- 95 Something I've made at school
- 96 A piece of art made from the recycling bin
- 97 Necklace made from dried pasta
- 98 Create a character from the Lion King

PRE-SCHOOLERS

- 99 Something I've made at pre-school
- 100 Something I grew
- 101 A hand print picture
- 102 A mask

John celebrates his first published novel at 75

Cuckfield resident and writer John Bromley has just had his first novel published at the age of 75.

His new book 'The Adventures of Arthur Mulrooney' is a fictional tale based in a small fishing community in South Devon in the years after the Second World War. The title character has a secretive past and is obsessed with protecting his anonymity, which then arouses suspicion from the other villagers.

John explains: "I started writing this book about ten years ago. It emanated from a name that just popped into my head. My main inspiration behind the book is really about injustice and that sometimes in life the things that happen shouldn't happen at all."

His interest in writing started as a young boy and over the course of his life he has written nine books.

"I used to write and do nothing with them. Once or twice I have made attempts to get some of my other novels published but just gave up as I thought well if they haven't accepted them this time then they probably never would. So they've just been gathering dust."

John would like to see more of his books published one day.

"I have a book in the making that I wrote about 20 years ago. It's been rewritten about three or four times. It has been to the publishers who offered me a contract a



while ago so we'll just have to wait and see how that goes."

John is originally from London and moved to Cuckfield a number of years ago to be closer to his family.

"We've been here now for almost 11 years. We've made a good few friends. It's a lovely village and we're very happy to be part of it."

To purchase a copy of John's new book please visit <https://amzn.to/2KeAmVj>

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Funny Shakespeare tour returns to Cuckfield Park

The Friends of Holy Trinity Church Cuckfield is delighted to announce that, by popular demand, the four girls on bicycles are returning!

Following last year's hugely successful production, The Handlebards are performing Shakespeare's *The Tempest* in the open air at Cuckfield Park on Saturday 14th September at 4pm. Gates open at 2.30pm. Tickets are available from fohtcc@btinternet.com or 01444 882649. Adults £16, U16s £5 (£18 on the day.) Wet weather arrangements have been made.

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By Carole Hayward

Last month saw the return of the annual Staplefield Flower Show, where residents of the village came together to exhibit their vegetables, flowers, cookery and craftwork and to compete for the silver cups and prizes. Some of the cups date back to the 1950s.

The Staplefield Horticultural Society (SHS) that supports the show was founded in 1945. One local resident born in the village in 1939 recalled these early shows in the village hall and the children's races held in the field next door.

Entries this year were as plentiful as ever, despite the difficult conditions for gardeners. All the children at St Mark's School contributed a piece of art work and the winners will receive their prizes in September at a special assembly. The Beadell and Grobel families provided some superb entries and the next generation should ensure the future of the Society for many years to come.

Jessica Appleford, SHS Chairman, presented a cup to Les Parker for his flowers and then found herself being presented with two cups by Les himself. Jessica had entered some exquisite needlework and made some delicious items in the cookery section.

Treasurer Carole Hayward said: "It's always a lovely event with lots of families from the village and nearby attending. People put in a great deal of effort with their entries and the fact that the show has been running for over seventy years now just proves how popular it is."





Rainbow Day fun



The staff, pupils and parents at Bolnore Village Primary School enjoyed a terrific end of term celebration last month.

'Rainbow Day' is an annual event in the school's calendar, and this year featured activities chosen by outgoing headteacher Sharon Allen. After a special school day filled with fun, parents arrived at 2.45pm to see a few of the new things the children had learnt which, this year, included African dancing and drumming.

Children and teachers alike all signed a rainbow canvas as a present for Mrs Allen.



Photo: Sonia Hallam

Chris Gage, chair of governors, gave a speech congratulating Sharon on her headship of ten years: "The results of this year's SATS are

nothing short of amazing! Under Mrs Allen's guidance and planning the children have achieved well over the national expected standard in all, and I mean all, literacy and maths categories for the best scores ever for the school," she went on.

Sharon Allen responded: "Ten years ago I looked at what was just a field with a few holes in the ground and I thought 'do I want to do this?'. But I soon realised it was a gift; who would not want to help start a school? I took that moment and here we are. Thank you everybody for giving me the best ten years ever!"

The afternoon included singing from children and band Electric Johnson rocked the party while families enjoyed the school field in the sun.

In lieu of a leaving gift for Mrs Allen, parents were encouraged to donate to a charity very close to her heart. At the time of going to print, nearly £800 has been raised for Lymphoma Action, in memory of her father who passed away last year.

www.justgiving.com/fundraising/sallen-2019



Photo: Elaine Goodwin



Photo: Sonia Hallam



Photo: Sonia Hallam



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Local MP and Mayor support baby charity cake sale

Haywards Heath based charity Group B Strep Support recently held their annual cake sale to mark July's Group B Strep Awareness Month and raise funds towards stopping group B Strep infection in newborn babies.

The cake sale took place at The Ascension Church, Vale Road, Haywards Heath and raised £190 for the charity.

Local MP and patron of the charity Sir Nicholas Soames attended, commenting: "As a patron of the charity, I'm delighted to show my support for their excellent work."

Bolnore resident and Haywards Heath Town Mayor Alastair McPherson also joined the event, enjoying the cake and learning more about the charity's work.

Jane Plumb MBE, Chief Executive at Group B Strep Support explained: "We are so grateful for the local community's support. We rely on fundraising, so events like this will help us continue raising awareness and providing vital support for families affected by group B Strep."

Group B Strep (also known as GBS or Strep B) is a common bacterium unknowingly carried by around 20-30% of adults. It's very rarely dangerous to adults, but is the most common cause of life-threatening infection in newborn



Rev Martin Jones, Alastair McPherson and Jane Plumb MBE

Photo by James Ricketts

babies, causing sepsis, pneumonia and meningitis. Two babies a day develop group B Strep infection.

Group B Strep Support is a national charity based in Bridge Road, Haywards Heath which supports families affected by group B Strep, educates health professionals and the public about group B Strep, and supports research into better understanding of group B Strep infection.



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Woodies Wonders take the quiz prize...

The winners of last month's Quiz Night at the Woodside were Woodies Wonders.

With changes taking place at Woodside, the Friday night bar and regular quiz nights will not be taking place until further notice.

Watch this space for more details next month.

Fancy a Bat Walk?

The Friends of Ashenground and Bolnore Woods (FoABW) are hosting their annual Evening Bat Walk in the woods this month. The event is free and will take place on 18th August starting at 7.30pm, ending around 9.30pm.

Alex Hatton, from the Sussex Bat Conservation Group, will lead the walk again this year, starting at the Railway Bridge, Ashenground Road.

Chair of the Friends, Lorraine Maynard, commented: "Since last year we have purchased a number of bat detectors and have pictorial images of the bats we expect to hear or see in and around the woodland. We would like to remind everyone to bring a torch as it gets very dark, very quickly in the unlit woodland!"

All ages are welcome, children under 16 must be accompanied by an adult. For more information contact Lorraine at lornainemaynard04@gmail.com or on 07802 162275.



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Bolnore Summer Fete





By Gemma Coombes

Saturday 13th July saw the annual Bolnore Village Fete return to the Woodside on the Tim Farmer Recreation Ground. Work started early with all the preparations, and by noon all was ready for Mayor of Haywards Heath and Bolnore resident, Alastair McPherson, to open the event.

First up in the arena was BPM Dance Academy, who showcased their competition-winning Street Dance routines, as solos, pairs and crews – setting a high tempo at the fete right from the off. Next, keeping the energy levels up was Bounce and Burn who showed off their fitness and stamina, working out to music on mini trampolines. Sussex Supremes showed the crowd their baton twirling skills in between the various rounds of the Dog Show, expertly run by Mewes Vets, enabling the competitors to show off their furry best friends. Meanwhile, over on the netball courts, Woodside Netball team showed their skills with a series of hard fought exhibition matches.

Perfect Start Nursery, a recent addition to Bolnore Village, brought the circus to the fete, with skilled performers teaching excited children their circus skills. Creation Station kindly hosted the Craft tent, offering slime making, amongst other things to keep the little ones busy creating. The miniature train carried passengers all afternoon, and the bouncy castle entertained a constant stream of energetic visitors. Picture Perfect face painting transformed children into super heroes or animals, and many enjoyed trying Sand Art. The Scout group ran an Angry Birds game, and Grace Church provided more fun, introducing a new generation to Welly Wanging!

Adults were treated to hand massages by Karly Harris using her range of Tropic skin care. There were accessories galore supplied by Handbag Heaven, Daisy Boo, Hippy Chic and Roses & Rebels. Everyone was fed well by Fab's Pizza van, the Bolnore Scout Group BBQ and the Pre-School cake stall. The Beer and Gin tent was predictably busy all day.

Along with a number of other stall holders, there really was something for everyone of every age and the day was rounded off with an evening family disco hosted by Awesome Amy from TNT Entertainment. Kids were kept busy while adults relaxed in the beer tent.

All proceeds of the fete will go to the Bolnore Village Community Partnership, the charitable organisation run by a group of local volunteer Trustees to manage the Woodside. This special set up allows the building to be run by the community, for the community.

Thanks must go to Alison Armstrong for the planning, Holroyd Estate Agents for sponsoring and all the volunteers who made this event such a success.



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5 MINUTES WITH...

Jon Hobbs

Jon has been a church minister for the last 16 years and is now the minister of Grace Church in Bolnore. In the past Jon has been a business administrator and a policeman. His claim to fame is that Vanessa Redgrave once fell asleep on his shoulder when sitting next to him at the theatre!

How long have you lived in Bolnore? Six years

What's the best thing about being here?

Great neighbours, and the woods

Favourite ice cream flavour? Toffee and Honeycomb

How many houses have you lived in? 13

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

Café

Favorite holiday destination?

Anywhere with mountains

Song you play the most?

Minecraft music is listed as first (my son!)

What would you do if you won £1million?

Travel the world and build a church

What was the last present you gave someone?

Sherry glasses

Strangest thing you've ever eaten?

Crocodile

Which 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?

Marrying Bethan

Your advice for life?

Consider Jesus Christ!

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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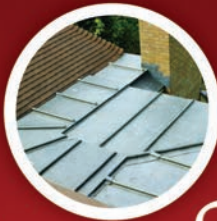
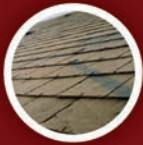
Poem for a Three Year Old Granddaughter

(to be read to her later in life)

One day we will both go to sleep
But you will wake, and I will not
You will remember little of your early years
and the times we spent together
of your first day of life - when I cried
of the sunny day when you rode your trike down
the Bolnore slope, your blonde hair flowing in the wind
your peals of laughter ringing in the air and in my ears
as we sped faster, faster and ever faster down the slope
with me holding on to the back of your saddle
to stop you from falling
although you would have cared nothing if you had
You will remember little of your early years
And the times we spent together
But your joyous laughter will linger
forever floating on the Bolnore breeze
And never die

(Anon)

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Plans for a Flower Festival in 2020

Cuckfield is set to host its very own Flower Festival next year, with the help of a local florist and you!

As a fundraiser for Holy Trinity Church, Cuckfield resident Belinda Campopiano is leading the group which is organising the new event. She runs Chez Fleur, a floristry business, from her workshop and has a passion for sharing her love of flowers. "I am really excited to be getting the festival off the ground and am looking forward to meeting anyone who would like to be involved," Belinda explained. They will need help for various jobs: marshalling, designing the arrangements, installing them, marketing, social media, refreshments, tickets and setting up.

Cuckfield Flower Festival will take place on 13th/14th June 2020, with the set up two days before. All flowers featured will be British, and the team would love to hear from any local growers. And, as part of the effort to be as eco-friendly as possible, there will be no floral foam used in any of the arrangements.

Organisers are hosting the inaugural meeting for the flower festival on Wednesday 18th September in the church at 7pm. "We would love anyone who is interested in finding out more about any aspect of the event to come along to this meeting," Belinda commented. "Whether young or old, this will be a really exciting project in Cuckfield next year. Be part of it!"



Photo: Natasha Merchant



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Garden of the Angels officially opens next month

By Kate Fleming

All of us must, at some stage in our lives, have been haunted by the thoughts of mortality, and struggled with the complexity of bereavement and grief. During one of these periods my father, a vicar, reminded me that 'to live in hearts we leave behind, is not to die'. That has stayed with me, and the positive power of remembrance has gained in strength with the years. To sustain this philosophy, however, one needs a shrine; a memorial where one can visit, revisit, remember and relate.

Sadly there are more than five hundred stillborn babies buried in unmarked graves in Cuckfield churchyard, and they did not have a shrine where relatives can grieve and contemplate. In the early 19th century, and indeed up until the 1970s, any baby that was stillborn or died shortly after birth was buried in a communal grave with other babies or in a grave with an adult. Hospitals, in this case Cuckfield, assumed responsibility for the burial. Mothers, it appears, had no say in what happened to their baby and were discouraged, and often forbidden, to see or hold their baby. Fathers were excluded from the whole process of childbirth.

The stillborn babies buried in Cuckfield churchyard have not been officially remembered, but now an art installation by the Sussex sculptor Christian Funnell, in the form of a feathered bench, has been commissioned by Cuckfield Parish Council and is gracefully situated under the Wellingtonia Tree in the churchyard overlooking the South Downs.

Christian Funnell is fascinated by feathers: "Their natural delicacy, which, when the barbs are hooked together, create a fabric which is resilient and strong, enabling the bird to push air and fly so effortlessly in its vast and limitless environment. Symbolically, across many cultures, feathers have a connection with spirituality and the soul. Some believe that finding a feather is a message from a loved one who has died indicating their wellbeing, peace and freedom."

Christian Funnell's sculpture in the shape of a feather in memory of the many stillborn babies is, therefore, an appropriate memorial for all the families whose sad traumatic losses can now not only be recognised, but also remembered.

"Hope" is the thing with feathers-
That perches in the soul -
And sings the tune without the words-
And never stops - at all -
(Emily Dickinson, 1830-1886)

On 28th September at 2pm in the churchyard of Holy Trinity Church there will be a dedication ceremony, which will be followed by refreshments in The Old School.

If you would like to attend this ceremony please contact the Parish Council on 01444 451610 or email: clerk@cuckfield.gov.uk.



Photo: Marjorie Chilton

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ExR – so what?

By Margaret More

ExR? Extinction Rebellion. You knew this, so why am I writing about it? For several years the 'Village Green' column in this magazine came from my pen until I got sick. Fully recovered, the brief is to tell the story of six ladies from the Cuckfield area as we come together around ExR. What is it? What does it mean to each of us? We all felt a yearning to gather with others to share our grief, hopes and fears about all that is going on as the challenges present thick and fast.

Well, gather we did – two ladies who work in the NHS, the others a retired teacher, parish council assistant, a secretary and a shop keeper. On the whole, not your marching types and long past making placards and taking days off school to make our point (well done Greta Thunberg!). We shared deep, deep grief as the challenges of pesticides, pollution of the earth, air and water and desecration of our wild places have created such havoc in our world. What are we leaving our grandchildren?

Cheer up girls! We are involved in this, so what is happening on the plus side? How could we move forward differently? We had been grieving for the planet, thinking globally. Far too big for us to fix - what could we do to make a difference locally? It emerged that there must be people like us, but how to reach them? There are big shifts to make if willing, however, on the achievable side, there are small things we can do; one lady had found bars of lovely shampoo and hair conditioner whilst another had bought a bamboo tooth brush - a good swipe at single use plastics. Another is to research and find where one can take one's containers for refill – think laundry liquid and softener. I've just recently found that Waitrose welcomes us to do just that when buying at their fish counter. Soap nuts could be an excellent alternative to our usual laundry product but none of us has tried them so far. How did we get on with our new purchases? Wait until next time for that.

We also had a look at Trophy Hunting, which hit the headlines recently with an American dentist proudly photographed with a dead lion he had shot. There is an excellent report by the IFAW, International Fund for Animal Welfare, on the problem, which seems to be a pretty lucrative business world wide. Well worth a read, particularly if you are an animal lover.

Are you flying off on holiday in the next couple of months? You might like to give a donation to the Woodland Trust, Tree Aid or Trees for Life to offset your carbon emissions. Take the train? Just a thought.

If you have found something of interest to you, get together to share in finding a place of comfort and creativity around making the changes happen in a natural and enjoyable way. 'Laughter is the best medicine,' they say.

Cuckfield Life

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Cuckfield Society AGM 15th August

Residents of Cuckfield are invited to attend the Annual General Meeting of registered charity The Cuckfield Society this month.

Held on 15th August at 8pm in Queen's Hall, there will be a talk in addition to being updated on everything the Society has been doing.

Janet Pennington, a local historian, will be speaking on the evening about the history of Sussex Inn signs.

Drinks and nibbles are served from 7.30pm.

Got a great photo?

We love to use fabulous images of Cuckfield on our front cover, and are always in need of more to use throughout the seasons.

If you've taken a photo which you think would be suitable (or you have something which you have taken in the past) do please email in to us. Send any you have, in the highest resolution, to photos@cuckfieldlife.co.uk.

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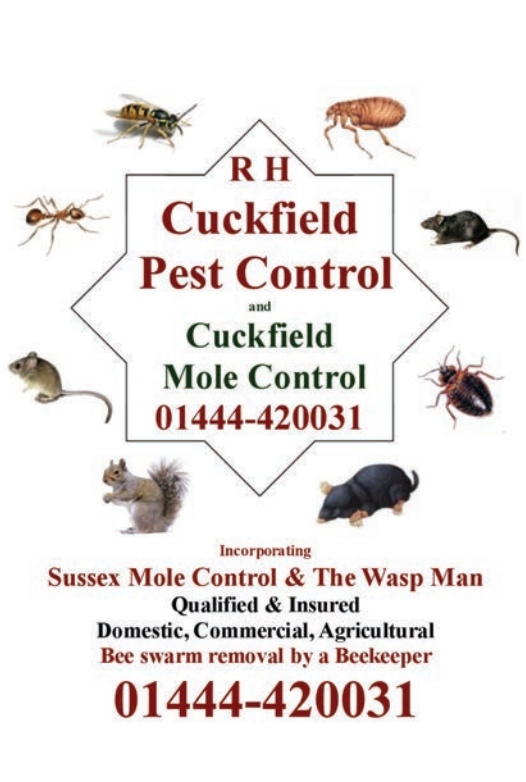
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Stargazing Robyn

VILLAGE PEOPLE

By Jacqueline Elmore

Many people over the age of 35 will remember astrological personalities such as Russell Grant, Mystic Meg and Shelly Von Strunckel, who used to grace the back pages of newspapers and magazines predicting love, luck and the year ahead.

Cuckfield resident and master astrologer Robyn Ray has been studying the solar system and its effect on human lives for over 40 years now. But her interest in the subject is not just about following the signs of the zodiac.

Robyn explains: "Most people assume that astrology is just about your star sign. It's actually much more than that. It's about your moon sign, your rising sign and the house in which they fall under. In order to understand the full meaning of astrology you need to be able to understand the history associated with it."

Robyn, who grew up in Australia, arrived in the UK when she was just 18. Originally, she studied interior design at Art College and over the years has designed her own home in Cuckfield in addition to helping other people design their homes.

However, her true passion is astrology. It all started when she went to live in Calcutta with her husband and family for a number of years.

"It was an interesting time. Not many people spoke English so to get by, I started to learn about astrology from a local man who spoke reasonable English. He used to say 'well tomorrow this is going to happen and this is what we will see, etc.' To my great surprise, nine times out of ten the things he predicted came to fruition. I became enthralled and wanted to learn more, which is what motivated me to discover more about astrology and its practice."

Eventually Robyn and her family returned to the UK along with her new found enthusiasm for astrology and thus began a more in-depth study into the subject.

"In the 80s I went to the Theosophical Society in London. They had just started a weekly astrology class and these were continued at the Astrological Lodge in Queen's Square. I was one of the first people to start studying astrology there. I completed all of my courses. Around that time people started coming to see me with lots of problems and I figured that I would need more specialist training."

Shortly after, Robyn went on to study Psychotherapy and also trained as a Counsellor. For a few years she worked as an Astrological Therapist but discovered that her real passion lay in teaching others the basics of astrology and that most people, if interested, could learn enough about astrology in order to enrich their lives.

Nowadays, Robyn practices astrology mostly for pleasure.

"I do astrology because it's my passion and my love. It's not about making money. If someone comes along and asks me to teach them about the subject then I will very happily oblige. I will basically teach anyone who wants to learn."

So, where does the term astrology actually come from and what does it mean?

According to Wikipedia, astrology is the search for human meaning in the sky and is linked to human behaviour through the influence of planets and other celestial objects.

Some skeptics call it a pseudoscience but Robyn has a different view. She believes that, in order to understand the roots of astrology, one needs to study astronomy, history and even philosophy; only then can one really learn how to calculate charts and how best to interpret them.

Nostradamus was one of the most famous astrologers (and physician) that ever lived, predicting and prophesying future events. Also William Lilly, who predicted the Great Fire of London in the 17th century, three years before the event.

"The origins of astrology are extraordinary. One of the earliest known astrological sights was found in the Aurignacian Caves in France. Inside the caves is a lunar calendar carved into the walls, depicting all the moon phases. It's dated approximately 35,000 years BC. Astrology is probably one of the most ancient subjects and is still so very relevant today."

Robyn belongs to the Astrological Association and the Faculty of Astrological Studies and has many qualifications. It is obvious that she thoroughly enjoys the process of learning, has a great thirst for knowledge and takes great pride in trying to decode early information.

"We have some very learned astrologers in the astrological community. Historians are given grants in order to spend the necessary time deciphering manuscripts that are over 3000 years old. It is truly awesome, in the classical sense of the word."

In the early 1990s, Robyn started an organisation called 'The Association of Professional Astrologers' and would only take on people who had been properly schooled, and only then once they had been fully vetted.

"Astrology has been nurtured and kept alive because historians realised that in every ancient manuscript there have been, in some shape or form, descriptions about astrology. Quite often these historians were so fascinated with their findings that they became astrologers themselves."

According to statistics, in the last two years there has been a significant rise in the number of people downloading horoscope apps on social media, particularly within the demographic often described as 'millennials'.

"One of my friends rang me the other day. She writes for several big women's magazines, and she said to me that Claridges are looking for an astrologer and would I be interested. Apparently they now have astrologers working in Harvey Nichols, Harrods, Selfridges and even the big hotels are starting to look for in-house astrologers."

"If you look back in time, all people really had was the sky to look at. They used to lie out in the open for hours every night looking out across the sky. That's when they realised that everything moved and that there were certain constellations that came around every year."

One of Robyn's specialities is preparing birth charts for babies and children.

"That's what I enjoy doing the most actually; putting together charts for children. Once the chart has been done it highlights a child's abilities and acts as a guide for the parent."

"Anyone can learn astrology and it can really help to enrich one's life by helping them to make informed choices, decisions and to know, when one is having a difficult time what it's all about and when things will improve. I'm very happy to teach the subject to anyone who is interested enough to learn."

Robyn has lived in Cuckfield for over five years now. She's just joined the fun and dynamic exercise class, Swoove, that takes place in the Old School every week. She also enjoys the benefit of having some wonderful gardens near Cuckfield, where she meets her friends for a stroll around the grounds.

"I love people from the local community coming to see me and I have made some good friends in the village. It's a lovely place to live and due to minimal light pollution in certain local places, it can also be a perfect place to step outside, look upwards and simply stargaze."

"If you look back in time, all people really had was the sky to look at. They used to lie out in the open for hours every night looking out across the sky."



Love is what you leave behind

By Jacqueline Elmore

When Sarah Rolph's father sadly passed away with Idiopathic Pulmonary Fibrosis (IPF) four years ago, she was determined to help raise awareness about the disease. Sarah has written and recorded a song called 'Love is what you leave behind' in memory of her dad and to try and help raise money for the charity that supports the disease, Action for Pulmonary Fibrosis (APF).

Sarah explains: "They diagnosed Dad with IPF in the October and he was gone by July the following year. It was horrendous and I do feel for anybody facing it. That's why I wanted to do something because I saw other people on Dad's ward suffering just as he was."

Sarah's dad was a retired police officer. He died in 2015 at just 72.

"It started off with Dad complaining about his breathing and he would just really struggle even to walk up the high street. Further down the line they did more tests and that's when they found IPF and it just got worse and worse until eventually the disease took his life."

A number of years after Sarah's dad passed away she contacted APF.

"I decided that four years on, the time would be right to do something meaningful in tribute to Dad and that the recording of my song could be an ideal way to raise awareness and funds for the charity. That's when I got in contact with them."

Sarah's cousin Nathan (Corbould-Dawe) is a musician and musical arranger, who prepared the arrangement for the song.

"I originally wrote the song for Dad's funeral and Nathan accompanied me. He acted as musical director

for the project and wrote a wonderful arrangement and all the additional parts. It was very special because he is my cousin and my father loved him."

Many of Sarah's family joined her in the studio on the day of the recording, including her husband and her children.

"My cousin's mum (my aunt) and my mum are best friends so I decided to surprise them on the day. It was such a lovely day because my mum and my auntie didn't know anything about it. It was one of those truly special times because we were far enough along we could see it in a joyful way and that is the way Dad would have wanted it to be."

Action for Pulmonary Fibrosis have been supporting Sarah and helping to advise her on ways in which she can generate as much support as she can for the single.

Sarah lives in Cuckfield and works at Lindfield Primary Academy. As well as working as a teaching assistant she also runs her own choirs for children business.

She has set up a Just Giving page in aid of the charity and all the great work they do and she has already reached her original target.

"Obviously I would love to make as much money as possible. I funded the recording day myself and that was a personal choice but anything we make is going straight to the charity. My aim is to try to reach out to all those who have been affected by this horrible disease."

To make a donation please visit <https://bit.ly/2ZnHVij> or you can listen to Sarah's single at <https://youtu.be/iLz8kYS5jAI>

And for further information on IPF please go to: www.actionpulmonaryfibrosis.org

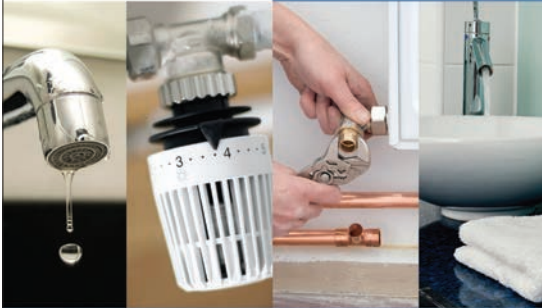
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Oil painting by George Ruff (1883)

Exploring our local farming heritage

By Sue Burgess

To celebrate our local farming heritage, Cuckfield Museum's autumn main display this year is 'Harvest Home', in which we aim to show just how much our area has changed over the last 100 years.

Visitors are always fascinated by our collection of old maps and a look at any one of them will show how Cuckfield was once surrounded by farms, large and small; Tanyard, Northlands, Horsgate, Lullings, Hanlye, Gravelye, Hatchgate, Crouchlands, Old Beech, Percy's, Laine's, Mackrell's, Copyhold and Ansty, to name but a few. Some, of course, remain but most now exist in name only, as a reminder of our more rural past, when cows grazed on what are now the Whitemans Green playing fields and local dairymen competed for custom in and around the village.

Images from our picture archive illustrate just what hard work used to be involved in bringing in the harvest, while a modern Corn Maiden woven from wheat is a reminder that old traditions still survive.

As well as items from our own collection, we will be showing some that local residents have kindly loaned and, as usual, we include a mystery object in the display. Hint: a knowledge of horses will probably be needed to guess what this one is!



Tanyard Farm, Brook Street

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How to mend the church roof...

By Brian Cutler

Relaying the Horsham Stone roof on Holy Trinity Church requires careful planning. People attending the recent Open Meeting learnt of the preparations that have already been made, enabling the likely costs to be assessed at £1.2 million (including VAT) and to understand how that sort of money might be raised. A substantial part of this sum is likely to have to come from grants for conservation work on churches and other historic buildings.

One potential source of funding that could play a significant role in the project is the Heritage Fund of the National Lottery. Applying for funding is a competitive process and we need to develop our project so that it not only meets the required Heritage Fund outcome criteria relating to people and the community, but is also able to stand out amongst the bids being considered. This is both a challenge and an opportunity.

Although the external medieval appearance of the church is very important, it is the internal Victorian decoration that excites the visitor, particularly the painted ceilings by Kempe. Charles Eamer Kempe lived locally and worshipped regularly at Holy Trinity and we therefore have a varied collection of artefacts designed by him and his studio. We intend to celebrate our connection with Kempe and the artistic heritage that we have at Cuckfield. Our challenge is to translate that nineteenth century heritage into a twenty first century legacy, which is a wonderful opportunity for individuals and organisations to tell us how the cultural life of Cuckfield might be enhanced through this endeavour. If you have ideas or would like to talk to us, do get in touch (roofgroup@holytrinitycuckfield.org).



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Image © EG Photography

Exploring garden fruits

SIMPLY GOOD FOOD

Blackberry Bread and Butter Pudding

(Serves 4)
Combine about 450g blackberries with a little sugar and a pinch of cinnamon. Cut brioche rolls or croissants into thick slices and arrange in a shallow buttered dish slightly overlapping – like roof tiles – spooning the fruit between each slice. Whisk together 600ml single cream (or full cream milk) and 2 eggs. Using a strainer, pour evenly over the bread. Leave to stand for 30 min then put into a preheated 160° oven for 45-60 min or until golden brown and just firm. Serve warm.

Blackberry Bake

Measure 250g SR flour, 50g instant polenta, 175g chilled diced butter and 175g caster sugar into a food processor and buzz to coarse crumbs. Add 100g ground almonds, finely grated rind of 1 unwaxed lemon and 1 beaten egg. Buzz, just to form a soft dough. Shape into a ball. Wrap and chill for 30 min. Preheat oven 180°. Base-line a 17.5cm square tin. Press half the dough into the base. Gently combine 450g blackberries with 4tbs finely chopped mint leaves, 1tbs instant polenta and 2tbs caster sugar. Spoon evenly into the tin and crumble remaining dough over the top. Bake 50 min or until crisp and golden brown. Allow to cool before cutting into squares and removing from the tin.

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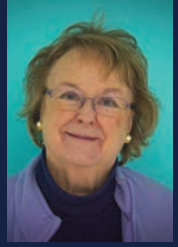
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By Caroline Young

I am writing this at the end of July and we have just 'enjoyed' some of the hottest days on record. What has happened to our seasons? Last year my fifteen year old grapevine, which always produced white grapes, was covered in black grapes! They made gorgeous grape and apple jelly – but what colour will they be this year? Our more popular garden fruit, blackberries, are the most common wild fruit in England and their seeds have been found in Neolithic burial sites. These berries are so versatile, making beautiful sauces to serve with well flavoured meats such as game, delicious jams and jellies, not forgetting desserts, and they freeze well so can be enjoyed all the year round.



Make full use of your garden herbs now and make Parsley, Chive and Walnut Pesto. This delicious green sauce can be used in so many ways – plus it freezes well to enjoy in the winter.

Here are a few ideas for you to try...

Parsley, Chive and Walnut Pesto

Exact quantities are not important! Place a generous bunch of curly-leaved parsley including some stems, a bunch of roughly chopped chives, a handful of broken walnuts and about 3tbs grated Parmesan or Pecorino cheese into the processor. Buzz just to coarse "crumbs" and, with the motor running, add enough olive or rapeseed oil to make a thick paste – I like to make a coarse textured mixture, not as smooth as bottled pesto. Season to taste and spoon into a jar, adding a thin layer of oil on top to preserve the colour. Refrigerate or freeze. Add to pasta, rice, or salad dressings. With grated Cheddar cheese it makes a scrumptious sandwich filling!

Cucumber and Mint Salad

Combine 1 very thinly sliced cucumber (peeled if wished) with 2tbs white wine vinegar, 2tbs olive oil, 4tbs finely chopped mint, salt and pepper. Chill for about 1 hour before serving. Will keep, refrigerated, for 2-3 days.

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RECYCLE THIS...

Colin McFarlin is a Volunteer Waste Prevention Advisor with West Sussex County Council and sheds some light on what can and can't be recycled.



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. Do keep the questions coming...

Plastic

There are lots of myths about recycling plastic. In fact, plastic can be recycled over and over again, many more times than glass, for example, and recycling plastic only uses 25% of the energy compared to making new plastic.



There has been so much in the press and on TV about plastic, I thought it would be useful to bring you up to date with what our major supermarkets are doing to recycle plastic.

Well the good news is that you will find recycling used plastic carrier bag bins locally in Sainsbury's, Tesco and Waitrose. I did cover this last year, but from my mailbag many of you still have questions on these bins.

As well as used plastic carrier bags, from any company, you can also return to the supermarkets:

- Plastic bread bags (shake out)
- Plastic cereal bags (like plastic porridge oats bags)
- Plastic wrappers and ring joiners from multipacks of cans
- Toilet roll and kitchen roll plastic wrappers
- Plastic freezer bags
- Baked beans wrap
- The wrap you get on cucumbers
- Plastic magazine and newspaper wrappers (from your letterbox post)
- Fruit and veg supermarket bags
- Bubble wrap (pop the bubbles first – why should they have all the fun?)

It is even starting to be marked on the packaging.

In fact, any plastic that you can do the 'thumbs test' on can be recycled at these points in supermarkets. The test is difficult to describe but I will have a go: put your two thumbs inside a plastic carrier bag and move them apart to stretch the plastic. See how it stretches? You can use the same test on other plastics on the list and you will get the same result. Have fun testing plastics and let me know if you find any other plastic that passed the test. All of these can be returned to the supermarkets' recycling bin. Please make sure these are all clean so they can be recycled!

None of these can be accepted in your blue top bin. By taking all this stretchy plastic from your black top bin you should be able to slim your black bin even further! It's easy to store too – just pop it all in a carrier bag then put it all in the recycling bin next time you visit the supermarket. Keep recycling!

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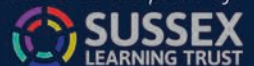
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New rugby clubhouse at Whitemans Green another step closer

Haywards Heath Rugby Club's plans for a new Clubhouse at Whitemans Green are moving forward apace, with detailed technical drawings and implementation plans under development to turn the rugby club's dream into reality as soon as possible. With planning permission secured in May and a significant contribution via a facility grant from Mid Sussex District Council confirmed in June, together with support from the RFU, the Club is determined to raise the funds needed to make it happen in the very near future.

Although limited resources meant the Council was unable to provide funding at the level requested by the Club at this stage, MSDC recognised the strength of the application, awarding it an exceptional maximum 12 out of 12 in fulfilling the stated criteria to achieve grant funding. The positive voices of support from the Chair of MSDC, Councillor Jonathan Ash-Edwards, and Chair of MSDC Grants Panel, Councillor Norman Webster, together with the continued support from Cuckfield Councillor Robert Salisbury, indicate that the Council's backing is unequivocal and there is the possibility of future funding being available, when resources allow.

With Fairfax as its main Club sponsor, HHRFC has a commercial partner willing to commit the expert skills, resources and financial support required. The plans also have the wholehearted support of Peter Chisholm MBE as Education Consultant at Fairfax Building Young Futures – an education foundation dedicated to promoting blended learning opportunities for students. This combination provides an invaluable impetus, working with the Club to take the project forward step by step. It presents an opportunity not to be missed.

The Club has secured additional corporate sponsors for next season, joining a list of other brands and businesses keen to have their names associated with a growing and ambitious club, both on and off the pitch. It has already raised over £350,000 itself and has plans to continue its fundraising activities, kicking off the new season with a Festival of Rugby at Whitemans Green on Saturday 31 August, showcasing teams from U16s, Colts, 1st XV and 2nd XV. With an all-day BBQ, bar and refreshments available, everyone is invited to join the fun.

The Club's mission is to provide inclusive sport opportunities for all ages and contribute to the health and wellbeing of the local community. The senior squad currently has over 50 active participants in regular matches across Sussex and the youth squad is the biggest in Sussex, with numbers in excess of 450 young

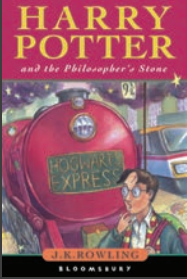


players across ages Under 6 to Under 16 every weekend, plus a mixed Under 17/Under 18 colts side.

The season starts the first weekend in September although pre-season training for seniors and colts has been ongoing through July and August and players of all ages and abilities are welcome at any time. Anyone interested in joining should see the club website for details at: www.hhrfc.co.uk

The proposed state of the art, two storey, multi-sport pavilion with its massively improved facilities and additional parking will help encourage increased participation in rugby and other sports at all ages and allow the club to reach its goal of extending the provision of rugby to include girls age 12+ and ladies. The new Clubhouse will benefit not just the local rugby community but also other sports – particularly local football and athletics clubs, and other clubs within the wider Mid Sussex community. It also has the potential to become a major community social hub, providing facilities to a wide range of other local organisations and creating a positive legacy for the local area.

To this end, fundraising initiatives continue in earnest and, with the help and assistance of the extended rugby family and the local community, this fantastic proposed new community sports facility is getting closer to fruition, step by step.



Harry Potter and the Philosopher's Stone by J K Rowling

BOOK REVIEW

By Ella Tingley

Harry Potter and the Philosopher's Stone is an amazing novel, aimed at children but suitable for everyone. Harry, orphaned and forced to live with his abusive aunt and uncle, is a wizard, as he finds out on his eleventh birthday when Hagrid (a half-giant) bursts into his life and whisks him away into the magical world of Hogwarts School of Witchcraft and Wizardry. There, he finds out what really happened on the night his parents died - and gets caught up in all sorts of adventures on the way.

I love this book - the whole series, actually - and they are quickly becoming classics of children's literature. J K Rowling has perfectly brought these characters to life, in such a way that you feel as though you know them as if they were your friends. The plot, too, is incredible. There's always something going on; it is packed full of twists and turns, with something new happening in every chapter. Rowling's writing style compliments this story: exciting, yet easily understandable for anyone to read.

Having read this for the third time (it's so good, I have to read it again and again, and am still picking up new details of the story), I'm just realising quite how ridiculous it is - and I cannot help laughing out loud at the absurdity of it all. Still, the fantasy element of Harry Potter is one of its most appealing qualities and the nonsense of it gives the story its timeless charm; when reading, I am transported to Harry's world and I never want to come back.

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New community awards - who could you nominate?

Chairman Cllr Colin Trumble has announced the first round of brand new community awards, Mid Sussex Applauds. The Awards aim to highlight the fantastic work of individuals and organisations across the district, recognising connections and celebrating the local community.

Mid Sussex Applauds will encompass two previous award schemes: the Young Volunteer Awards and the Community Service Awards. In addition, there are new categories for those who help keep the community clean and green, support active lifestyles and sport or work to bring communities together. In total there are eight categories:

Stronger Communities – a community group or organisation that has helped to bring together cultures and communities through a local project or community activity.

Young Achiever Award - against all the odds, someone who has overcome significant obstacles and made a positive difference to their own lives or to other young people through education, campaigning or helping another overcome a difficult situation or personal problem.

Take Pride in Mid Sussex - This award will recognise residents who dedicate their time and energy to keeping Mid Sussex clean and green, take pride in their local area by creating community gardens, painting local spaces, upcycling or encouraging others to recycle.

Young Volunteer of the Year - recognising those young people who have made a difference in their local community.

Lifetime Achievement Award – an individual who has made a substantial commitment to the community in their lifetime.

Stronger Together – an individual who has helped to bring together cultures and communities through a local project or community activity.


Good Sport Award – a club or individual who has made an outstanding contribution to supporting activity or sport in Mid Sussex.

Business in the Community Award – recognising a business which supports or makes a positive contribution to benefit and enhance community life.

Residents are encouraged to take part in the straightforward nomination process which is open at: www.midsussex.gov.uk/applauds until 31st August, when nominations close.

The very first Mid Sussex Applauds award ceremony will take place on Sunday 13th October.

Local businesses and employers are being encouraged to get involved by supporting Mid Sussex Applauds, contact comms@midsussex.gov.uk to find out more.



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Tennis Club host family fun day

Cuckfield Tennis Club held a Family Treasure Hunt on Sunday 28th July. The 31 questions on Cuckfield were set by Doug Mower and Sarah Fricker. Do you know, for example, where winter is permanent in Cuckfield? There was a tie for first place with the Batchelor family and the Chasser/Henderson team both scoring 29 points. 28 adults and children participated.

The Treasure Hunt was followed by a BBQ and tennis in glorious sunshine. It was wonderful to see so many children on the courts! This was definitely the first of what will surely become an annual event!

Cuckfield Tennis Club welcomes new members of all ages and abilities.

www.cuckfieldtennisclub.org.uk



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Holiday snaps



David Tingley at St. Stephen's Cathedral, Vienna

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QUIZ NIGHT

Friday 18th Oct 2019, 7:30pm



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£60 1st place!

Alongside a high-quality quiz, there'll be drinks, snacks, and a short talk from Will Cockram about the Christian faith.

To book a table for your team (up to 6 people) either contact the church office (01444 473531) or book via our website: www.cuckfieldbaptistchurch.com/quiz



Summer singing by the Allsorts

On a beautiful summer's evening in July, a full audience at the Holy Trinity Church in Cuckfield were treated to a joyous evening of musical 'allsorts', including madrigals, folk, jazz and gospel. A specially-commissioned piece from Katie Todd of Warden Park, the winner of the 'Singing Allsorts' sponsored song writing competition, was also performed by the choir. The 40-strong female choir were in fine voice under the direction of Jane Haughton, the Choir's Musical Director, and accompanied by Mandy Buckland.

Starting with one of the oldest known English songs, 'Sumer Is Icumen In' (written in the 13th century), the choir began the concert with some madrigals before moving on to a gospel set with 'Soon and Very Soon' by Andrae Crouch and the traditional American song 'Down in the River to Pray'. The audience was then treated to

a few Gershwin numbers – some from the whole choir, and some from specially invited friends: saxophone and double bass duo, Gwen and Richard Fermer. Known for their love of a stirring anthem, the Singing Allsorts gave a rousing finale rendition of Carly Simon's classic 'Let the River Run'.

The concert exceeded all expectations and raised over £2,600 - a record amount - for their two nominated charities, the Choir with No Name and Sussex Homeless Support, whose representatives were invited to the concert and spoke passionately about their causes.

A big thank you from everyone at Singing Allsorts for supporting this event and helping to raise so much for our two chosen charities.

For more information about Singing Allsorts and how to join, please visit: www.singingallsorts.co.uk

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What a year it's been

THE ROTARY CLUB OF CUCKFIELD AND LINDFIELD

By David Wilson

We've raised £30,000 for charity, we've got our hands dirty, we've given local children a boost and we've even made our mark in developing countries, but above all - we've had a great time doing it. We meet on Tuesday evenings at the Bent Arms, when we have a meal followed by a speaker or a business meeting. Occasionally we meet elsewhere with partners and friends, and then we have a prestigious speaker such as Sussex Police Commissioner Kate Bourne.

In the last 12 months six new members have joined us to bring our numbers up to 44. With this strength we have been able to carry out a wide range of activities. Our major fundraiser is the annual Darts Marathon where teams of six from the area throw for an hour, aiming to achieve the highest score. The 30 or so teams get themselves sponsored and we typically raise about £10,000 each year. We support St Peter and St James Hospice and Chestnut Tree House Children's Hospice every year, but we also support other local causes, particularly those struggling from cuts in government funding. Mental health is an area where we are making an impact at the moment.



It's not all about money and we do a lot for young people in the area with the Youth Speaks and Young Musician Competitions, a Youth Leadership Course, reading assistance in schools and the distribution of an illustrated dictionary. Currently we are getting our hands dirty planting a new garden at a local hospital that provides mental health services in the area.



Internationally, we support an orphanage and school in disaster-torn Haiti, including paying the salary of one of the teachers and providing medical supplies and educational equipment. Lend-With-Care is a great scheme, which we help to finance. Loans are made to small entrepreneurs in developing countries to help them start up or expand their businesses. The beauty is that the loans are repaid in full so that we can lend the money out again.

Our year runs from 1st July and we elect a new President each year. So, our outgoing President, Alec Landauer, handed over the chain of office to our second lady President, Judith Pratt. She is going to have a hard task to follow his act.



Rotary Cuckfield & Lindfield is one of 29,000 clubs in 200 countries with a total of 1.2 million members. Although well-organised, we're a rather irreverent bunch of men and women. So, if you've got a bit of time to spare, you've done OK in life and want to give a bit back, come along to one of our meetings and find out what we get up to. We'll give you a warm welcome. Contact Jamie Wallden on 07866 536 277 or jaimewallden@mansellmctaggart.co.uk and see our website: www.rotarycl.org



Summer fun at the school fair

FROM THE MAYOR'S TABLE

By Leanne Knapman

Last month I had the pleasure of opening the Holy Trinity School summer fair - it was a really warm day to be wearing a fur coat but I battled on!

After being introduced by MC James Mallinson I welcomed everyone and officially opened the event. My youngest daughter and I then went for a stroll around the lovely stalls. There was plenty to keep the little ones amused with games, cake stalls, tombolas, guess the name of the teddy, stem stalls and lots more. Particularly popular with all the children were the stocks, where they got the chance to throw wet sponges at their teachers, and the rush when the headmistress was in was hilarious! There was also plenty of food and a well-stocked bar to keep us all hydrated (hic!).

There were some amazing cars there too. We took a selfie by my daughter's favourite - you can see from the picture it sent her a bit doolally!

On our visit around the stalls, we bumped into Claire Bellamy, one of this year's mayoral contenders, and purchased one of her ice creams to help cool us down.

The fair is one of the school's biggest fundraisers of the year and the committee work extremely hard to ensure its success so I'd just like to congratulate them on a superb event and thank them very much for inviting me along.

NOEL CLEGG
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Good Shepherding

Dear Friends,

The sky is blue, the sun shining, and many will be seeking refreshment during this balmy weather. Yet still that daily round goes on. Our politicians will be scurrying around as the clock ticks down in so many ways. Some people will find no opportunity for a break from the humdrum of everyday life, and some will have to deal with those situations which assail everyone at some point or other.

All humanity needs refreshment both of body and soul to allow the journey through life to be sustained. The Book of Psalms in the Bible is an ancient collection of songs which address every circumstance in life. Some are angry, some reflective; others joyful songs of praise. Perhaps the best loved is Psalm 23 which describes God as a loving shepherd. Written around 3,000 years ago, its words still bring comfort here and now in 2019:

The Lord is my shepherd, I shall not want.
He makes me lie down in green pastures;
he leads me beside still waters; and restores my soul.
He leads me in right paths for his name's sake.
Even though I walk through the darkest valley,
I fear no evil; for you are with me;
your rod and your staff— they comfort me.
You prepare a table before me
in the presence of my enemies;
you anoint my head with oil; my cup overflows.
Surely goodness and mercy shall follow me all the days of my life,
and I shall dwell in the house of the Lord my whole life long.

May refreshment, comfort and peace be yours, both now and on your onward journey.

All best wishes,
Michael (Vicar)

SUNDAYS

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

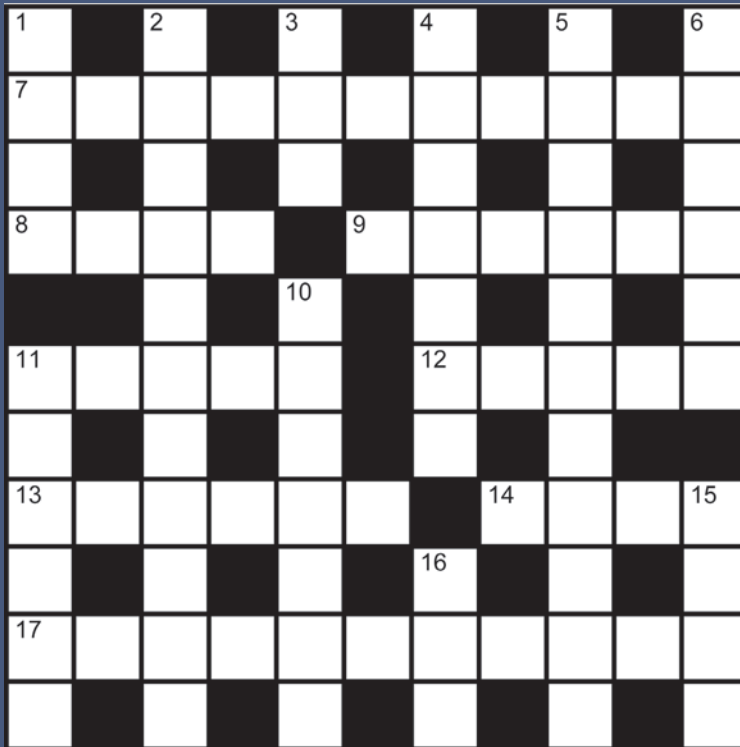
- 8am Holy Communion (BCP 2nd and 4th)
- 9.45am Parish Eucharist (1st Sunday of the month:
Family Service - sometimes a Eucharist)
- 11am Sung Holy Communion (BCP – 1st Sunday of
the month only)
- 6pm Sung Evensong (BCP) (2nd Sunday only – Holy
Communion with discussion)

WEEKDAYS

- Monday, 9am Morning Prayer
- Wednesday, 10.30am Holy Communion – followed by
Vicar's Coffee and Cake in the Old School
- Thursday, 9am Holy Communion – Celtic inspired form
of worship, with short discussion
- Friday, 11am Holy Communion – BCP



Family crossword



Got 20 mins spare?
Have a go at this crossword - which should be varied enough for all ages to answer some clues.
Answers listed on p.59

Across

- 7 Mountainous republic (11)
- 8 Anger (4)
- 9 Beam over a door (6)
- 11 Secret organisation (5)
- 12 Collection of maps (5)
- 13 Combines (6)
- 14 Page (4)
- 17 Important (11)

Down

- 1 Former Russian ruler (4)
- 2 Christ (4,2,5)
- 3 Israeli sub-machine gun (3)
- 4 Craftsperson (7)
- 5 French national holiday (8,3)
- 6 Grownups (6)
- 10 Facial deformity (7)
- 11 Sweet dessert (6)
- 15 Destiny (4)
- 16 Manipulate (3)

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Sudoku #38

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

Find the solution to #38 in next month's magazine

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

#37 Solution

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



THE CUCKFIELD SHOW VILLAGE SHOW



Saturday 7th September 2019

Cuckfield Baptist Church,
Polestub Lane, RH17 5GP

2.00pm - 4.30pm

Adults £1.50, Children free



Cups and Prizes Silent Auction Refreshments
Music Surprises Pony Rides Bird Boxes NSPCC Bulbs

Schedules of classes can be obtained from the following:
The Candy Store, CO-OP at Whiteman's Green and www.cuckfield.org.

Organised and run by the Cuckfield Society www.cuckfield.org

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What's on this month

ELSEWHERE

August

- 15th **Activity Day** – 11am-3pm
Cuckfield Recreation Ground – MSDC-organised children's activity day (sally.blackmore@midsussex.gov.uk)
- 20th **Cuckfield Evening WI** – 7.30pm
Elviras, Borde Hill
- 28th **Ansty Garden Club** – 7.45pm
Ansty Village Hall, Deaks Lane, Ansty
Mark Rogers, Landscape Architect, speaking (Derry 01444 474660)

September

- 7th **Cuckfield Village Show** – 2-4.30pm
Cuckfield Baptist Church, Polestub Lane (see more info p.8 & p.55)
- 7th **Haywards Heath Town Day** – 12pm
Victoria Park, Haywards Heath
- 12th **Mid Sussex National Trust** – 2.30pm
Clair Hall, Haywards Heath - Talk: 'Tower of London' by Alan Kingshott (01444 455803)
- 12th **Haywards Heath Ceramics Group** – 10am
Clair Hall - 'The Art of Cameo Glass by Scott Anderson. (Free entry on first visit, otherwise £8. 01444 483372 or 452804)
- 13th **Cuckfield Flower Club** – 7.30pm
HH Methodist Church, Perrymount Road – Supper (£5. Sue: 01444 831602)
- 14th-15th **Hurstpierpoint Open Studios** – 11am-5pm
Various venues throughout Hurst
- 14th **The Tempest** – 4pm
Cuckfield Park – Fundraising outdoor performance for Holy Trinity Church by hilarious all-female cast of The Handlebards, gates open at 2.30pm (Tickets £16/£5 01444 882 649)
- 17th **Cuckfield Evening WI** – 7.30pm
The Baptist Church, Polestub Lane - The Brighton Line through Mid Sussex by Colin Burnham
- 18th **The Arts Society Mid Sussex** – 10am
Clair Hall, Haywards Heath - Lecture: The Centenary of the Bauhaus Movement by Anthea Streeter (Non members welcome, £7 on the door)
- 25th **RBL Women's Section** – 2.30pm
The Old School, Cuckfield
Our last goodbyes special tea - laying up of the standard.
- 27th **Ansty Garden Club** – 7.45pm
Ansty Village Hall, Deaks Lane, Ansty
Ben Cross - Alstromeria Grower (Derry 01444 474660)



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Hurstpierpoint Open Studios



14th/15th & 21st/22nd

September 2019

11.00am to 5.00pm

f Hurstpierpoint Open Studios - 14/15 & 21/22 September

#hurstpierpointopenstudios

Look out for the blue and white balloons!



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.

August

- 15th **The Cuckfield Society AGM** – 8pm
Guest speaker Janet Pennington talking on the history of Sussex Inn signs, plus Society matters

September

- 20th **Craft and Vintage Market** – 9.30am-1pm
Stalls and café

October

- 3rd **Talk** – 2.30pm
'A Sussex Farm during the 1950s' talk by Ian Everest. Ian's illustrated talk shows just how tough farming life was on the South Downs in the 1950s. The war was over but the battle was just being fought to feed the nation.
- 18th **Craft and Vintage Market** – 9.30am-1pm
Stalls and café

AT WOODSIDE

Monday

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

Tuesday

- 9.30am **Pilates**
- 5pm **Beavers/Cubs**
- 7pm **Pole Fit**

Wednesday

- 9am **Falcon Health Chiropractors**
- 9.45am **Yoga**
- 5pm **Hayley Beeson School of Dance**
- 7.15pm **Scouts**

Thursday

- 10.30am **Creation Station**
- 5pm **Beavers**
- 7pm **Bounce & Burn**
- 8.15pm **Bounce & Burn**

Friday

- 9.30am **Saplings**
- 7pm **Woodies Bar** (subject to private hire)
- 7pm **Pole Fit**

Saturday

- 9am **Hayley Beeson School of Dance**
- 2pm **AFC Bolnore**
- 4pm **Post-football Bar** (matchdays)

Sunday

- 3pm **Messy Church** (last Sunday/month)
- 4pm **Grace Church**
- 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).

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Retail

Albourne Estate (wine)	6
Cuckfield i Wear	10
Nubie (kids room design)	26
Sarah Lacey Dry Cleaning	44

Out & About

Cuckfield Baptist Church	33, 48
Cuckfield Local Food Market	39
Repast Supper Club	47
Artologie (exhibition)	51
Cuckfield Village Show	55
Hurstpierpoint Open Studios	57

Education/Childcare

Norto5 Kidz	3
Oathall Community College	7
The Sussex Swim School	13
Gielgud Academy of Performing Arts	37
Warden Park Secondary Academy	42

Health/Lifestyle

Cuckfield Dental Practice	2
Slimming World	24
Elite Choice Home Care	28
Amy Packer Permanent Makeup	36
Profiles (health & beauty)	40
Linear Fitness	46

Cuckfield Life

**3rd
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