

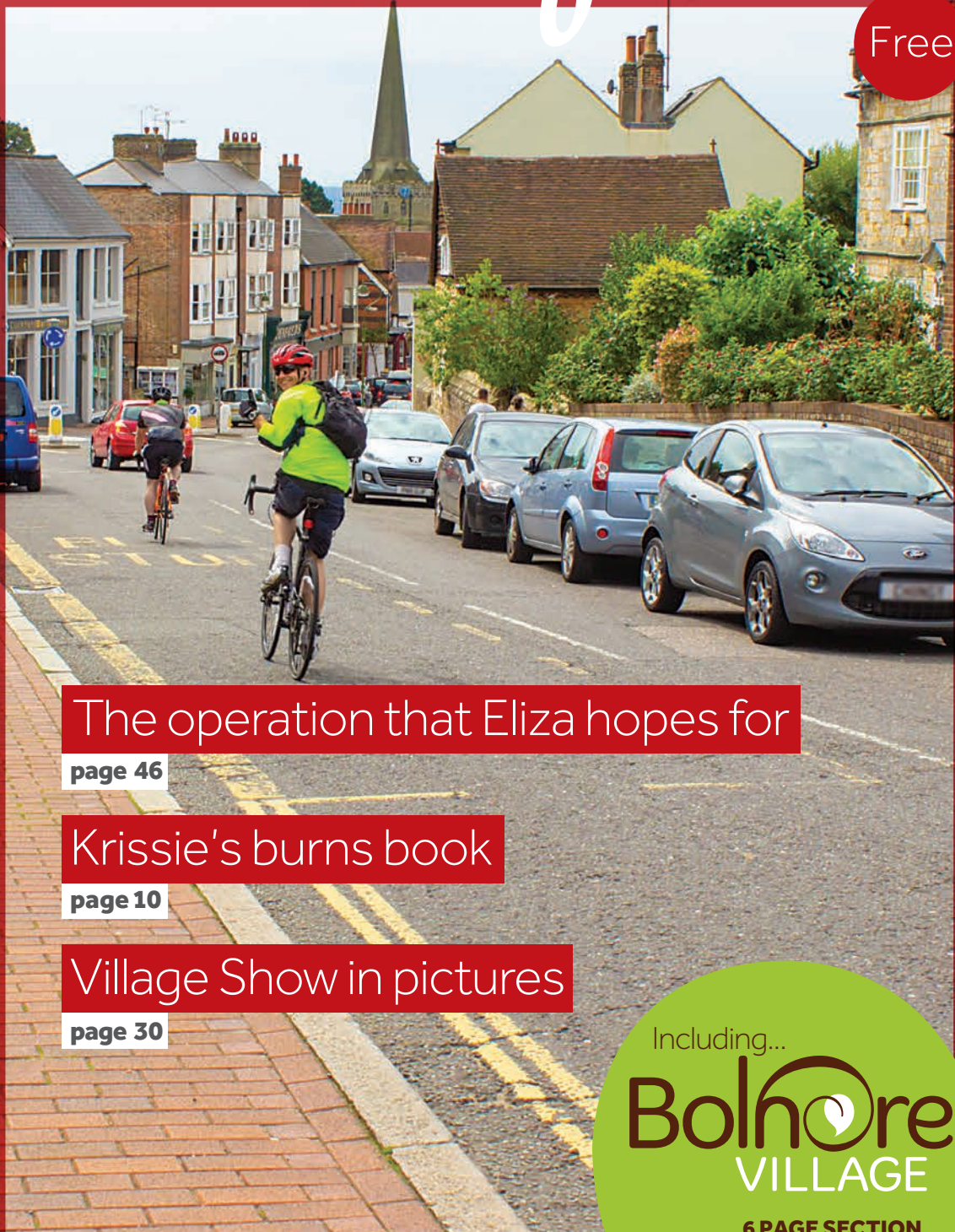
Cuckfield Life

Inc. Brook St, Ansty, Staplefield & Bolnore Village

Local village talk,
by the village

Issue #83 : Sept. 2019

Free



The operation that Eliza hopes for

page 46

Krissie's burns book

page 10

Village Show in pictures

page 30

Including...

Bolnore
VILLAGE

6 PAGE SECTION



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EDITORIAL

By David Tingley, Editor

The start of the school year always means a boost for various activities restarting in and around the village. Our **What's On** sections (which start on **page 57**) prove this.

If you live in **Bolnore** I understand that you may wish to start your browsing on **page 44**. **Jacqueline Elmore** went to meet a family there who are living with the effects of cerebral palsy on their daughter Eliza. Read their story on **page 46**.

We managed to hold the presses long enough to ensure that we could feature the **Cuckfield Village Show** on **page 30**. The event, which took place just last week at the Baptist Church, was well-supported and great fun as always. Why not play 'spot how many people you know' from our photo round-up?

Another major event in the Cuckfield calendar is the **Mayor's Election**, organised by **The Independent State of Cuckfield**, which takes place next month. See **page 27** to see who the runners and riders are, plus details of where you need to be and when to join in the fun. Thanks **Mike Schlup** for putting this piece together for us.

Ansty resident **Krissie Stiles** is about to launch a special book to coincide with **National Burn Awareness Day** in October. **Claire Cooper** met with her to find out why she wanted to produce this amazing book to get the message across to both young and older readers – see **page 10**.

On **page 6** I am delighted to be able to run a story about being involved with **Cuckfield Dramatic Society**, but with the focus being those roles which are away from the glare of the bright lights. Speaking from personal experience, taking on backstage jobs in local 'am-dram' is a fantastic way to be part of the magic of theatre. If you fancy it, **Paul Davey** is the guy to speak to!

Keep the emails and photos coming – thank you.



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David Tingley
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NEWS

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

Charity places available for the 2020 Brighton Marathons!

Dame Vera Lynn Children's Charity has a limited number of charity places up for grabs for next year's Brighton Half Marathon and Brighton Marathon. The Half Marathon on Sunday 23rd February is celebrating its 30th anniversary in 2020 and is one of the most popular races in the UK. The Brighton Marathon follows on Sunday 19th April and is now the second largest marathon in the UK.

The charity is looking for individuals who would like to take on the challenge and help raise funds to support under 5s with cerebral palsy and other motor learning impairments. Dame Vera Lynn Children's Charity provides an early intervention service to families at its Centre based in Cuckfield. It offers weekly small group Conductive Education sessions together with additional services such as swimming sessions, music therapy, speech and language therapy, sensory sessions and outreach support.

Enjoy all the fantastic landmarks that Brighton and Hove has to offer with fantastic views of the Sussex coast before crossing the finishing line on Madeira



Drive. The Charity will be there on the day to meet you at the start and cheer you along the route. You will receive a branded running vest, a fundraising information pack with useful tips on how to raise sponsorship and the charity will be on hand to support you all the way with your fundraising.

If you would like to be part of the Dame Vera Lynn Dream Team of runners get in touch with James Gaydon on 01444 473274 or email: james.gaydon@dvicc.org.uk. For further information visit: www.dvicc.org.uk/running-events

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Would you like to NOT be on stage?

Cuckfield Dramatic Society (CDS) will return to The Queen's Hall on 29th October with a pair of Comedies of Class.

But while the actors are preparing to pretend under the guidance of a director, at CDS they balance the organisational workload by having a separate producer. This time it's Paul Davey organising the 'non-lovey' issues and balancing the budget as well. He explains: "It's easy to forget the people who are not on stage, but, even if you've no interest in acting, there are other roles too!"

A Front of House team looks after checking or selling tickets at the door, handing out programmes and/or selling ice creams as well as stocking and serving at the bar. This is a great way for people to help on one or two nights – and with minimal expertise required!

There are some specialist backstage roles which are a very satisfying part of the show and without the weeks of rehearsals! The stage manager and technical directors often need some assistance too.

Other vital tasks need to take place before the shows. For example, volunteers will be shortly be trawling the second-hand shops, boot sales or eBay for various props and costumes.

"While we can hire or buy some items," says Props Manager Emma Gosling, "it's often easier to ask around friends and use Facebook to borrow them." Her challenges this time include finding a pair of duelling pistols and an antique pitchfork!

Additional help for this show comes from The Burgess Hill Shed, where a group of retired volunteers are using their woodwork and metalwork skills to build some scenery items before the show.



Help with make-up is also needed. Occasionally some special effects are required (such as burns or bullet wounds).

"Being open to new faces on the team and building links with like-minded groups makes this hobby both friendlier and more fun!" says Paul. "I have key 'off stage' roles filled now, but we will need extra pairs of hands setting up from Saturday 24th October until the end of the run on Friday 1st November. Those volunteering not only get to see the show for free, but get to go to the 'after party' for cast and crew."

For more details get in touch via phone on 01444 848156 or email: info@cdsweb.co.uk.



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See the old 'Sunday Smock'

'Harvest Home', Cuckfield Museum's current display about our farming heritage, continues at the museum. In it visitors will find a rare collection of smocks. There is a white Sunday smock dating from 1860-70: the embroidery too intricate to be worn for every day, it would have been saved for Sundays, weddings and hirings. It belonged to a local family, the Uptons, but the wide shoulder flaps are more typical of the Welsh borders. By contrast, we display an unusual mid C19th dark blue smock dyed with indigo which was the best and truest blue before aniline dyes appeared in the late C19th. Again the embroidery and smocking are very fine. This was a working garment but made beautiful by the skill of the needlewoman who created it.



The exhibition continues until mid December. Museum opening hours are: Wednesdays, Thursdays, Fridays 10am-12.30pm and Saturdays 10am-3pm. More information from: www.cuckfieldmuseum.org



Finals Day in Cuckfield

By Sue Ponsford

Cuckfield Lawn Tennis Club hosted its Finals Day on earlier this month. The event started with the Ladies Singles and Handicap Finals under cloudy skies which didn't manage to deter exciting tennis. It culminated with blue skies and a fabulous display of tennis in the Men's final with a BBQ and well-supported bar in between.

The winners were Martin Sambrook and Candy Hood in the Handicap Doubles, Clare Salimbeni in the Ladies Singles, Will Grobel and Seb Hallett in the Men's Doubles, Sheryl Shoesmith and Clare Salimbeni in the Ladies' Doubles and Seb Hallett in the Men's Singles. Congratulations to them all and also to those who reached the finals and contributed to the overall display of tennis.

The welcome support of so many members at the matches definitely added to the atmosphere.

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BookFest events booking now open...

By Sheila Mortimer

Booking opened on 13th August and we are so thrilled at the way tickets have been flying out! Several events have already sold out, so, if you have been thinking about booking, don't delay. We printed and distributed many more programmes this year and it seems to have paid off – or perhaps word is spreading that Cuckfield Book Festival is not to be missed.

The programme is very varied – if you've ever believed that book festivals are not for you, take a look at the programme. The trip to Borde Hill garden on 3rd October will be wonderful with a tour of the garden with the head gardener and then a talk from a renowned garden author. Saturday authors include Robin Ince from the award-winning BBC Radio 4 programme The Infinite Monkey Show, local author Ed Halliwell on Mindfulness, Jill Dawson talking to Jake Kerridge about her book concerning the nanny in the infamous Lord Lucan murder case, and Tom Jackson explaining the appeal of old postcards.

Sunday sees an old favourite of Cuckfield BookFest, Peter Guttridge, conducting an unmissable crime-writing workshop – there's nothing Peter doesn't know about the art of writing crime fiction. This is an exclusive session with only 12 people and

it takes place in the Hayloft at The Talbot from 2pm – 5pm. And if that doesn't appeal, Ockenden Manor will be serving a scrumptious afternoon tea on Sunday afternoon in the company of Greta Scacchi, with delightful poetry readings.

Lots of fun for children to be had in the Old School on Saturday between 10.30am and 4pm. Local author Pat Hegarty is running an activity session based on her engaging book, Moon, and there are three other events for young people.

As usual in Cuckfield, lots of people have been offering their services as volunteers. We are still looking for someone to run the catering on Sunday 6th October. We will probably scale down what we offer but we would love to hear from someone who is prepared to oversee the catering that day – ie. organise helpers and ensure that there are light snacks available for speakers and helpers. If you think you would like to be involved, please email: info@cuckfieldbookfest.co.uk. Thank you – and look forward to seeing lots of you at the book festival.

For all programme information, please go to: www.cuckfieldbookfest.co.uk. Tickets are also available from Marcus Grimes in Cuckfield High Street.




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Remove, Cool and Cover

BURNS FIRST AID BOOK LAUNCHED

By Claire Cooper

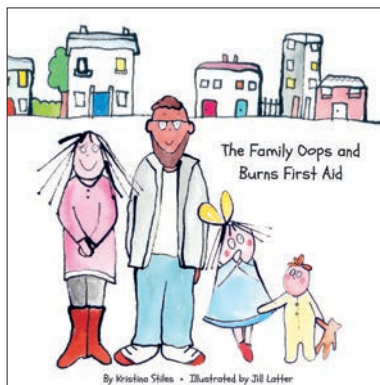
It's every parent's nightmare – the cup of tea that wasn't quite out of reach, the oven door you were just about to close or those hair straighteners which you thought had cooled.

"It takes just a split second for a child to get burnt, and it can happen to anyone," says nurse Krissie Stiles who has spent over 15 years working at the burns unit at the Queen Victoria Hospital in East Grinstead.

"What's really important is to be aware of the potential dangers in your home and to know what to do if you or your child gets burnt," continued Ansty resident Krissie. "I've seen so many cases where a simple knowledge of first aid for burns could have made a huge difference to a child's recovery."

The most common burns seen in very young children are to the face, torso and hands and are often the result of grabbing a mug from a table or bumping into someone holding a hot drink.

"It can happen to anyone, including me," said Krissie whose own son was burnt in an accident at a coffee shop in the village. "We were in the queue when a woman turned to leave the counter with her drink and collided with my son, spilling her hot drink on him. The café owners gave me ice, but I knew that wasn't the best thing and asked for water and cloths. Although ice can help to deaden the pain it can actually kill nerve endings and prevent healing." Krissie's medical background and her quick thinking prevented her son's burns from becoming serious.



"What happens in the time between the incident and the patient arriving at hospital is absolutely crucial and that often starts in the home," stressed Krissie, who has been surprised at the general lack of knowledge and misconceptions on how to treat burns.

"At the Queen Victoria we saw all sorts of 'first aid' applied to burns from butter and eggs, to toothpaste and turmeric," she said. "None of that helps. You need to hold the burn for 20 minutes under cool running water

– not freezing. If running water is not available, then soak clean cloths in water and apply to the burn.

“Once it has cooled you can cover the burn loosely with cling film. Not only does this keep the burn clean it also means that on arrival at hospital the staff can quickly see what they’re dealing with.”

With this in mind, Krissie has written a children’s book ‘The Family Oops and Burns First Aid’, which uses rhyme to tell the story of the dangers found in most homes and gives advice on treating burns.

The book, which has been released to mark National Burn Awareness Day on 16th October, is illustrated by Jill Latter, who runs the art clubs at Lindfield Primary School where Krissie’s son Sam is a pupil and daughter Lily attended before leaving for secondary school last term.

“I’d been looking for an illustrator for a little while and was in the school lobby when I spotted a fantastic new picture on the wall which had been commissioned by previous head Bob White,” Krissie recalled. “It was clearly a work of passion and love and I thought ‘that’s exactly what I want my book to look like!’

“When I found out that Jill was the artist, I showed her my poem and was thrilled when said she loved it and agreed to illustrate it for me. It was wonderful to see my characters come to life, particularly Baby Oops!”

The message is simple – Remove, Cool and Cover – but those three words could make a huge difference for burns victims.

“The effects of a burn can last for up to three hours after the incident, so anything you can do within that time can help begin the healing process and reduce scarring,” said Krissie, who has helped treat hundreds of patients during her time working at the Queen Victoria.

“I went there straight after graduating from Brighton University, which was a bit of an odd choice as my first degree was in social psychology at Sussex University,” said Krissie. “But in the third year of my degree I worked with the nurses in a care home and decided that’s what I wanted to do.

“In the third year of my nursing degree I chose the Queen Victoria for my placement and ended up staying there for the next 15 years!”

The Queen Victoria has two wards separating adults and children, and an intensive care unit. Krissie has worked in all of them. “Working in the children’s ward was incredibly hard, challenging and very emotional,” she said.

“Children have the most severe burn injuries as their skin hasn’t developed its adult thickness,” she explained. “Serious burns in children can mean wearing a body suit for 24 hours a day and scar massaging four times a day.

“Looking after a child who has suffered from severe burns can put a massive strain on the whole family,” she added. “Children under five won’t remember the incident, but the parents have to live with the trauma and often the guilt.”

Common childhood burns are from oven doors, ceramic hobs and hair straighteners. “When very young



children pick up something hot like hair straighteners they haven’t developed the reflex reaction to let go so will hold on to it,” Krissie explained. “This leads to deeper and more complex burns.

“These boiling water taps which are becoming more common in newly built houses are a real worry too, particularly when most children expect cold water to come out of a tap.”

Chemical burns are also becoming more common in children. “Those squishy washing tablets look like sweets and are very tempting for children,” said Krissie. “But if the liquid gets into their mouth or eyes the gooey, high alkali substance is really difficult to wash off and can quickly burn the mucous membranes.

“I’ve seen children lose their sight as a result.”

Krissie has also worked with the London Fire Brigade and Children’s Burns Trust, giving presentations in schools. “That’s when I had the idea for my book,” she said. “We were developing a presentation pack for schools and discussing the best way to get messages across, and I kept getting this rhyme going round and round in my head. I wrote it down and that’s where it stayed for quite a while – on a sheet of A4 paper!”

She decided to bring the book to life after taking on her current role with the Katie Piper Foundation burns charity.

The Foundation opened its groundbreaking Rehabilitation Centre in Merserside last year to provide care for burns survivors of all ages, including people who are living with effects of burns injuries which happened several years ago. Krissie is Head of Clinical Services and oversees the rehabilitation centre programme.

“When patients are discharged from hospital their medical treatment has often been very successful, but they have to deal with the consequences of the healing and learn to live with the scars,” Krissie explained.

“Many struggle to cope with life-changing and often disfiguring injuries, and many burns patients never get to meet other survivors.

“People stay with us for a month and during that time undergo intensive therapy work on their scarring and build up their strength and fitness. Equally important are the social activities, which build confidence and resilience, and the opportunity to spend time with other survivors. It can, and has, changed people’s lives.”

Working with adults who are coping with effects of childhood burns makes Krissie’s book even more significant. “Children are never done with their burns injuries and as they grow the scars have to be surgically remodelled,” said Krissie. That’s why it’s so important that we make children aware of the dangers around the home, but in a light-hearted way. We need to ensure that our children know what to do when an accident happens – after all, we are educating our future first-aiders!”

An audio version of the book is available on the Children’s Burns Trust website. Hard copies or a PDF (digital) version can be obtained by emailing CBT: info@cbtrust.org.uk. #BeBurnsAware

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Great results from Warden Park

Warden Park is delighted to announce that our Year 11 students have achieved fantastic GCSE results this summer. In all subjects students have received grades in the new reformed GCSE qualifications, which have more demanding subject content and more challenging examinations. Therefore this exceptional set of GCSE results is a real testimony to the dedication and hard work of our students and our staff in achieving the 'best from all'. The proportion of students who achieved impressive grades in both English and Maths was a headline measure for schools nationally and Warden Park's performance was well above average. Across all subjects a significant per cent of the grades achieved by students were at the very top.

At Warden Park we offer a very wide range of subjects, and in 18 of these subjects over 80% of students achieved top grades, which is a tremendous testimony to the strength of teaching across the curriculum and of students' hard work here at Warden Park.

Dom Kenrick, Headteacher, commented: "I am delighted that our Year 11 students have achieved such an outstanding set of results and it is a fitting reward for the determination to succeed academically that they have shown throughout their time at Warden



Park. In an environment of increasingly challenging GCSE examinations our students have shown the growth mindset and grit to not only believe that they can be successful but to actually achieve it. I have been particularly impressed by the achievement of our students right across the ability range. Success today will look different for each and every student and the enormous pride I feel for my students' achievements is not dependent on the grade achieved but on the work put in and the progress made that will allow them to move on to the next phase of their education. I would also like to express my thanks to my staff team for their dedication in ensuring that at Warden Park we achieve the 'best from all'."



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Long exposure photo exhibition

High Street art shop Artologie has recently opened a new exhibition by local artist Noel Clegg.

Noel, who lives in Balcombe, is an internationally recognised photographer whose work has been exhibited in Hong Kong and New York, and now Cuckfield!

Drawn to the dynamics and textures of the subjects that form his compositions, Noel uses long exposure techniques to isolate their inherent beauty. This allows him to create an interpretation of the scene in his own vision, which transcends what the naked eye sees.

The exhibition – entitled 'VENEZIA; Moments of Solitude' – is on until 25th September and features Venice as the focus for this latest project.

Artologie is open from 10am every day except Thursdays and Sundays, when it is closed.

Jumble at Village Hall

Cuckfield Preschool Playgroup will be holding its next jumble sale on Saturday 12th October between 10.30am and 12 noon in the Village Hall, London Lane.

These very popular jumble sales have been held twice a year for many years and are now one of the very few in the local area. They raise much needed funds for the preschool to help provide high quality childcare and education for many local children.

This is an ideal opportunity for a 'turn out' and to recycle unwanted items (adults' and children's clothes, bric a brac, books and toys all welcome).

Jumble may be brought to the hall on the morning from 8.30am. Come and see if you can pick up a bargain, and there will be delicious home-made refreshments.

For any further information about the jumble sale please ring 01444 451089.

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London Lane improvements completed

Following six weeks of intensive road works to improve and widen the existing footway between Glebe Road and Broad Street in Cuckfield the work is finally complete.

The £120,000 project led by West Sussex County Council came into force on the 24th July and closed on the 30th August as planned.

The works had initially been called for by local residents as the footway along London Lane was very narrow for pedestrians, leaving them with little space to walk, between the pathway and any moving vehicles.

The main aim of the London Lane road works is to ensure and enhance public safety in the area.

Sections of the High Street and Broad Street that saw diversions and suspended parking have now returned to normal.



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The good neighbour benefits from donations

Local charity Good Neighbours CARE has recently been awarded a donation of £250 courtesy of national housebuilder Taylor Wimpey. Earlier this year Cuckfield's Holy Trinity Church donated £375 to the scheme, which provides practical help to residents in the local area.

The registered charity was founded in 1983 and currently has over 150 volunteers and close to 300 clients but the demand for their service is growing.

Clients' ages range from 20 to 100 and are people who have lost their independence and simply need a little help.

Good Neighbours CARE offer services including transport to and from medical appointments, help with shopping and paperwork, minor jobs in the home and friendly visits from volunteers.

Trustee of the charity Douglas Buckley explains: "Most, if not all, of our clients live in the Cuckfield, Lindfield and Haywards Heath areas as do the vast majority of our volunteers. The services we offer are those of a friend or neighbour - time, a helping hand and a friendly ear."

The charity is currently looking for more volunteers to get involved. The types of people they are keen to attract are those that are willing to offer as much or as little time as they can spare without a regular commitment.



Doug continues: "It's amazing that we are not better known in the area. Our services are free of charge and we pay our volunteers their expenses. We are funded entirely by the donations we receive. It's a very rewarding job, and by helping the local community it takes the pressure off others."

If you'd like to get involved or offer your help please visit: <http://careinhaywardsheath.co.uk/contact>



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Heath celebrates new season with fundraising Festival of Rugby



By Tracey Spuyman

The Festival of Rugby at HHRFC kicked off early as the Heath Minis completed a sponsored Big Club Run around Whitemans Green, followed by the Heath U16s competing against Horsham RFC and tourist sides from Leicester Forest RFC and Ashby RFC. There was a celebratory feel to the day, whatever the results, as rugby returned for the new season. Heath Colts battled bravely against a strong Colts side from Farnham RFC, Heath RAMS went down fighting to a well-drilled Farnham 2nd XV, leaving Heath 1st XV to fly the black and red flag and secure a convincing 21-5 victory over their Surrey counterparts who feature in LSW2 and last year made the playoffs for promotion. Overall Heath was proud of the achievements of all players so early in the season, and it was clear that pre-season training has led to fit and healthy squads raring to go as Heath go into battle in both LSE2 and Sussex 1 this coming season.

With an extensive silent auction taking place in the Clubhouse and the BBQ on the go all day, the Club took the opportunity to reinforce its commitment to raise the funds needed to build a new Clubhouse at Whitemans Green. The whole Club - across minis, juniors, colts and senior squad - contributed to a fantastic team effort with 1st XV and 2nd XV players manning the car park entry prior to their afternoon matches and Colts parents supporting the BBQ all afternoon, enabling all teams to enjoy their time on the pitch and supporters - members, the local community and visiting supporters - to enjoy a great day.



The festivities at Heath continued into the early evening with live music and was followed the next day with 100s of Heath minis and juniors back at rugby. The momentum is building to ensure the Club can take advantage of the once in a lifetime opportunity to improve facilities for all in Mid Sussex offered by their main club sponsor, Fairfax and its education foundation, Fairfax Building Young Futures. Technical engineering drawings and project planning is in progress so the development of the new multi-sports pavilion can start as soon as funds allow. With a series of further fundraising events already scheduled over the coming months, it's clear that the current HHRFC Board is going to grasp this opportunity to develop state of the art facilities at Whitemans Green sooner rather than later.

New members of all ages and abilities are welcome to play rugby at Heath at any time - contact rugby@hhrfc.co.uk or visit the Club website at: www.hhrfc.co.uk for more information.

CUCKFIELD BAPTIST CHURCH

QUIZ NIGHT

Friday 18th Oct 2019, 7:30pm



£5 per team (pay on the night)

£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

School fundraises for outdoor classroom

Cuckfield's local primary school PTA is launching an exciting new campaign to raise money to build an outdoor classroom in the school grounds.

Outdoor classrooms are increasingly seen in schools across the country as research has shown huge benefits for both children and teachers. Not only do they increase physical ability as children spend more time outside, but they also help children with group communication, personal responsibility and stewardship of the outside world and to develop a deep interest in science and maths through connecting with nature.

Parent Governor Nicola Brewerton said: "Holy Trinity has recently started Forest School sessions for all pupils, so we are really starting to embrace our fantastic outdoor spaces. It would be great to have a covered outdoor building where children can come and learn all their subjects in an exciting and stimulating outside environment year-round."

Holy Trinity Primary School currently educates 380 children between the ages of four and 11. The outdoor classroom will provide children with a space to learn for many, many years to come so hundreds more local children will benefit from the project as they move through the school. In addition the school grounds, including the new outdoor classroom, will be available to hire for clubs or parties, and the school is happy to offer access to local preschools and groups such as the Scouts or Brownies.

Jen Plenty, Co-Chair of the PTA, said: "Right now funding is very tight for schools, especially in West Sussex, so finding innovative ways to raise money for the special extra things which will make the children's time at primary school magical and memorable is absolutely key."

The school has already benefitted from a generous donation from Cuckfield's Bonfire Society towards the classroom as well as being the local Co-op's charity for the year. Members of the PTA are also working hard to secure funding from local grant bodies and by organising events. We have also been pledged £1,500 from West Sussex but only if we hit our fundraising target of £20,000 needed to build and resource the new facility.

The PTA would welcome any donation, large or small, to help with this project. Information can be found at: <http://uk.virginmoneygiving.com/fund/outdooreducation>



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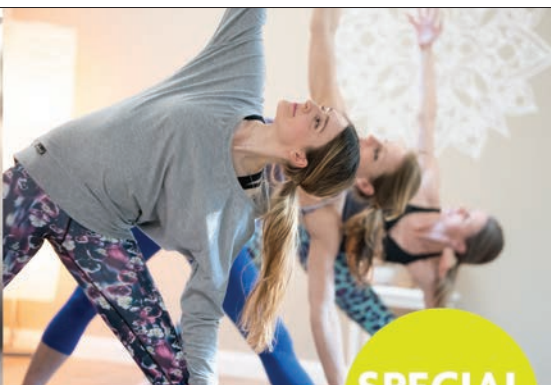
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From Mary Poppins to Masterchef!

More than 150 pupils, aged from four to 18, took part in the recent end of year performance for the Gielgud Academy (GAPA).

The talented young performers delighted audiences at Clair Hall with a variety of dance genres and musical theatre numbers, including newly choreographed Nutcracker divertissements, a Mary Poppins medley and a Masterchef Ballet.

The last performance was attended by guests of honour Dame Beryl Grey; former Royal Ballet Principal Alfrida Thorogood; star of stage and screen and 2018 Celebrity Masterchef winner John Partridge and former West End leading lady turned rock star Saffron from Republica.

After the show the VIPs awarded cups and medals to a selection of pupils for achievements in ballet, modern, jazz, tap, musical theatre, professionalism, performance and commitment in the annual GAPA prizegiving ceremony.

This year the David Walls Boys scholarship went to Oscar Ward-Dutton, the Bush Davies Girls Ballet scholarship to Isabella Alice Evans, the Pat Ellis award for Modern and Tap was presented to Madeleine Wrigley and Sophie Gray won the Paul Heard Musicality award.

A new cup was announced for an outstanding dancer, in honour of GAPA's former patron the late Dame Gillian



Cuckfield resident Olivia Floydd is pictured with Dame Beryl Grey

Lynne, with its first recipient being Olivia Floydd.

Olivia has trained at GAPA since 2012 and now continues her further training at the renowned Tring Park in September.

Prefects were selected and with the outgoing Head Girl, Eloise Harwood, setting off to Bird College in September, Madeleine Wrigley from Forest Row was announced as her successor.

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Charity creates magical memories at Disneyland

Last month pop star Michelle Heaton joined 21 children from the charity Kangaroos in Disneyland Paris to enjoy their chosen 'Memory of a Lifetime'. The visit was part of local charity Kangaroos 25th Anniversary as it celebrates 25 years supporting children in Sussex.

Michelle Heaton and her family joined the Kangaroos group in Disneyland Paris where they started an unforgettable day meeting Mickey & Minnie Mouse in Walt Disney Studios, followed by practising their cooking skills, producing a Tutti Frutti dish, and harnessing their creativity by customising Mickey ears during two workshops.

Cuckfield resident and Kangaroos 18+ member Siobhain Lee said: "My favourite ride was the Ratatouille ride, the food was good, the hotel was big and it was good fun sharing with my friends and having a giggle (and the parade was excellent)!"

"I just know how excited she was about time away without parents," Siobhain's mum Jane explained. "She had a fabulous time doing all the things the group wanted to do, rather than having to negotiate with the family about it. Thank you."

The children, all members of Kangaroos, range in age from nine to 18. All of them have a learning disability and several of them have additional complex medical needs. The children were accompanied on the trip by a team of Kangaroos highly trained care staff. For many of the children it was their first trip outside the UK and their longest trip away from home without their parents or carers.

Kangaroos was established in 1994 to provide support and fun activities for young people with a learning disability, many of whom have very limited opportunities to enjoy a social life and make friends. The charity decided to celebrate its 25th Anniversary by enabling all of its 200+ members to go on a very special trip that they would remember for the rest of their lives.

"Over the years many of our young people have said they would like to go to Disneyland, but we never thought it would happen," said Jenni Herrett, the founder of Kangaroos who still works to raise funds for the charity. "The Disneyland team have been just wonderful, and so generous, in helping us realise this dream."

www.kangaroos.org.uk



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Race for Mayor is hotting up

ISOC MAYORAL ELECTIONS

By Mike Schlup

As autumn approaches we can now look forward to one of the highlights of the Cuckfield Calendar, the Independent State of Cuckfield annual Mayor's election. This year the election takes place at The Wheatsheaf Inn on Friday 18th October at 8pm, with the winner announced at 10pm. And of course this is always followed by the Mayor's Procession the day after so the villagers can greet their new mayor.

Votes are cast with pennies, and the candidate with the most pennies, or votes, on election night will win. Votes are raised by candidates through a variety of fundraising events, or a candidate can simply turn up on the night and 'buy' the win out of their own pocket. But, importantly, all the money raised goes back to groups and good causes in Cuckfield and surrounding communities.

So who are the big players this year? Well, we have a couple of new faces who have thrown their hat in the ring.



Formerly from Bolnore, **Claire Bellamy** moved to Cuckfield in 2011 with her husband Fraser plus their three children. Claire runs Divas with Dusters, helping to keep houses spick and span. Claire has been a great supporter of local causes over the years, including the PTA and the recent defibrillator campaign. For her fundraising campaign she has already organised

an ABBA night at The Queen's Hall, a progressive supper, lolly sales and a casino night. Claire is keen to see funds raised go to supporting groups and activities for young people in Cuckfield. So....'Don't have a 'mare, vote for Claire!'



Many of you will recognise **James Clark** from the Rose & Crown where he is the manager. He was a regular visitor to Cuckfield in his childhood and moved here after his parents retired. It was then that he heard about ISOC and decided that he wanted to get involved to help the local community. He particularly liked the way the event and occasion brought the

community together. But the main reason he is running for mayor is that he wants to light the bonfire, a privilege offered to the mayor every year by the bonfire society. A cause close to James is Dementia care, and he hopes to use some of his winning funds to support St George's in Ditchling. Plus, it is James' aim to 'Make Cuckfield great again!'



Current Mayor **Leanne Knapman** will also be standing, just to keep the new candidates on their toes.

So please donate for your preferred candidate either at one of their events or on the night at the Wheatsheaf on Friday 18th October.

Why not follow the Independent State of Cuckfield on Facebook for the latest campaign updates?

Mayor's Election Night

Fri 18th October, from 8pm
The Wheatsheaf

Mayor's Procession

Sat 19th October

Sets off from Warden Park school at 2.30pm, travelling up London Lane to London Road and Brainsmead, where it turns around and goes back down London Road to the High Street – where it eventually stops outside The Talbot.

For more information about the above events, email: info@cuckfieldstate.org.

NSPCC charity successes over 60 years

Last month saw the North Sussex branch of the National Society for the Prevention of Cruelty to Children (NSPCC) celebrating their 60 year anniversary with afternoon tea at Café Elvira at Borde Hill Garden. The special event was held in recognition of all the fundraising efforts that have been made over the years by branch members on behalf of the charity.

The celebratory event involved 73 of its past and present members, many of whom live in both the Cuckfield and Lindfield areas.

Cuckfield branch member Sue Spooner explains why the cause is so important and why so many of its members continue to support the charity:

“As fundraisers, we have a wonderful group of people that give a huge amount of time and raise thousands of pounds for the charity. Some of our members are getting on a bit, which is why we need to encourage younger people to join the branch to help inject some new ideas and to carry on our work when we retire.”

The NSPCC North Sussex branch was established in 1959 and at that time included district committees in Crawley, Cuckfield, Haywards Heath and Lindfield. Other neighbouring areas such as East Grinstead, Forest Row and Findon were also involved in helping the charity but were purely set up as fundraising committees and did not and do not get Involved in individual cases.

Over the years, the Branch has lost a few of the districts but it has also gained others such as Ardingly, Burgess Hill and Hurstpierpoint. In 2018 the North Sussex Branch raised £28,650 through a number of quiz nights, lunches, plant sales and many other activities. In the past, events have also included progressive suppers, a flower festival and a ball.

“Today we were staggered to learn that the North Sussex Branch has raised just over £1.5 million,” Sue said. “As wonderful as that figure is there is still so much more to be done. Sadly children are still being abused and they still need our help so please do think about joining one of our districts. With your help we can give these children some hope and a real chance of happiness.”



Pam Dennis, Chairman of the North Sussex Branch of the NSPCC



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CUCKFIELD VILLAGE SHOW



By Jill Butler

The Cuckfield Society hosted its 14th Village Show at the Cuckfield Baptist Church on Saturday 7th September. The day was thankfully dry although a little cooler than recently but it didn't deter approximately 250 visitors who enjoyed tea, excellent WI cakes and ice creams.

Junior entries increased from 26 last year to 63 this year and there were some fine and amusing exhibits. A total of 368 items were submitted for judging.

On Horticulture, 29 dahlias were exhibited this year along with many other beautiful flowers. Ian Roxborough's Best Container of Produce was stunning with his handmade wooden container and assorted vegetables skilfully arranged within (see picture).

The Food and Drink judge had quite a variety of produce to sample this year along with some delicious breads and cakes and there was a good number of art, craft and photography exhibits.

Cups for Best in Section were won as follows: Horticulture - Ian Roxborough, Flowers - Judy Cockburn; Floral Art - Janet Rawson; Food & Drink - Elizabeth Groom; Crafts - Diane Stenning and Art - Cameron Bennett.

The cups were awarded to: Evelyn Stenning Cup for Photography - Lyra Hunt; Juniors Cup - Olivia Cockram; Aileen Craigen Cup for Best Preserve - Paul Davey; Katie Stewart Cup - Diane Stenning; Jo Roche Cup for Best Container of Produce - Ian Roxborough and the Best in Show Cup (for the most points - 39) went to Ian Roxborough (pictured, right).

The Silent Auction raised £571.50. This was due to amazing items generously donated by many of the businesses in Cuckfield and everyone who so generously bid for them.

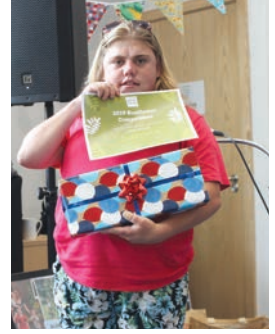
During the afternoon, a variety of musicians provided entertainment which was greatly enjoyed by the audience. Holly and Annabel from the band Living Lies sang and played guitar, No Strings Attached sang 'a

capella' (no instruments) and soloist Ellie Hagan sang and played the guitar.

The Village Show is the main event of the year for the Cuckfield Society and we want to thank the entrants, the judges and especially the hard working volunteers who willingly gave up their time on the day.

We do have a lot of fun putting this together so if you have any ideas for new classes or events or would like to join us to plan the event next year, please email info@cuckfield.org. We would especially welcome under 25's to give a different perspective.





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BY SANDRA SLINGER
HYPNOTHERAPIST

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I worked on relaxing the client with these images and feelings so they felt confident about the surgery. They called the next day to say it was amazing, like magic, they felt very relaxed the night before and walked into the surgery and sat in the dentist chair without fear. They felt in control and free from the phobia they had experienced for many years.

I also used Hypnobirthing with all my four children's births and I can honestly say I had four pain free deliveries. The other women who did the Hypnobirthing course with me also had the same positive experience. I am not saying every woman can have a pain free birth but mothers will feel relaxed, in control and able to make the best decisions for a positive birth experience.

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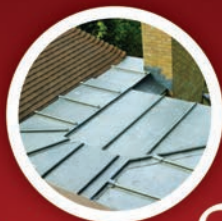
Spiced apple butter

(Makes about 5 small jars)

Cut 1kg of tart apples into chunks and add (including the skin and core) to 300ml cider, mild cider vinegar or water in a large pan. Cover and simmer until completely soft. Cool, push through a fine sieve and measure the pulp. Return the pulp to the (unwashed) pan and for each 300ml add a pinch each of salt, ground cloves and allspice, 50g soft brown sugar, 1-2 tsp cinnamon and the

zest and juice of 1 unwaxed lemon. Cover and cook over low heat until the sugar has dissolved then increase the heat and, stirring with a wooden spoon, cook until thick and smooth. When a spoonful holds its shape on a chilled plate it is cooked. Pot in small sterilised jars and store in the refrigerator.

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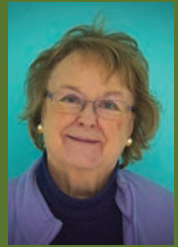
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By Caroline Young

Apples have been part of our diet since Adam and Eve, plus England is the birthplace of the Bramley apple – where would we be without all our wide varieties of home-grown apples? Now is the time to freeze apples and apple puree, make jams and jellies and perhaps one of my favourite methods of preserves – Spiced Apple Butter. I first tasted this delicious way of preserving apples whilst working on a major woman's magazine in New York. Fruit butters were developed by the immigrant Pennsylvanian Dutch – who were not Dutch at all but of German origin – who settled on the rich farmlands of Pennsylvania. With a reputation for hard work and plain living, they were very thrifty, so not a scrap of food was wasted. Spiced Fruit Butter is delicious spooned on to a hot muffin – or try it in Bread and Butter Pudding. Variations include adding blackberries or raspberries or, a speciality made on the island of Jersey, cook the apples with cider, treacle, local brandy and liquorice root. This produces a very dark smooth result where the main flavour is the treacle with overtones of liquorice – absolutely delicious!



Fruit purees

All fruit purees freeze beautifully and are delicious on muesli for breakfast. Just cut apples (even windfalls) into quarters, discarding any damaged parts and the core, put them in a pan with a little water, cover and gently simmer until totally soft. If you have a large enough casserole you could cook the fruit in the microwave. In addition to the apples you could include any berries such as blackberries, or plums, nectarines or peaches. You can mix eating and cooking apples together – including red-skinned apples which will tint the puree pink as will red-coloured berries. Allow the cooked mixture to

cool slightly then push through a fine sieve. Sweeten as wished then spoon into freezer bags, flatten and seal to make a slender shape. This will take up far less space in the freezer than plastic boxes. You can thaw the puree in the bags in the microwave. Come winter you could transform the puree into a fruit fool by whisking it into custard, cream or yogurt. Or top it with a crunchy crumble mixture or with buttered and spiced breadcrumbs (extra good if they are brioche crumbs) then bake until golden brown.

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Cuckfield Baptist Church



Forget-me-not

Every three minutes someone in the UK develops dementia. It is fast becoming the country's biggest healthcare challenge, fuelling the launch of a high-profile media campaign calling for the Government to put an end to the dementia social care crisis. Cuckfield Life takes a closer look at the condition and what is being done locally to support people with dementia.

By Ayesha Gilani

Dementia is a disease in its own right. This myth was quickly dispelled by a passionate and proactive group of individuals who make up the Alzheimer's Society Mid Sussex Dementia Forum. I joined them at their meeting at the Age UK Centre in Haywards Heath where I discovered that dementia is, in fact, the name for a group of symptoms. These commonly include: problems with memory, thinking, problem-solving, language and perception. It is caused by different diseases which damage the brain by causing nerve cells to die. Alzheimer's disease is the most common form of dementia - accounting for approximately 60% of people with the disease. However, it is not the only one. Other types of dementia include vascular dementia, mixed dementia, dementia with Lewy bodies and frontotemporal dementia (including Pick's disease). Everyone experiences dementia in their own way. The specific symptoms will depend on the parts of the brain that are damaged and the disease that is causing the dementia. Other factors include the relationships people have with friends and family, the treatment and support they get and their surroundings.

Dementia currently affects more than 850,000 people in the UK, with an estimated 14,100 people living with the condition in West Sussex. Although it is most common in older people, dementia is not a natural part of ageing. It is a separate and distinct set of illnesses that can affect people of any age. More than 40,000 people

under 65 in the UK are living with early onset dementia. It is a progressive condition meaning that symptoms become more severe over time. There is currently no cure but treatments can slow the progression of the symptoms in some people. Tim Wilkins from Alzheimer's Society, who facilitates the Mid Sussex Dementia Forum, is quick to highlight a growing network of individuals who are working together across West Sussex to raise awareness and push for reform to improve the lives of people affected by dementia. He said: "People are diagnosed with dementia through the NHS Memory Assessment Service. Once they are diagnosed, support and information is available from a number of organisations, including Alzheimer's Society."

The Mid Sussex Dementia Forum is one of five Alzheimer's Society Focus on Dementia groups in West Sussex. It supports and works alongside other organisations, like The Haywards Heath Dementia Action Alliance (HHDAA), encouraging local businesses, schools and other organisations to become more dementia-friendly. "Our members are a brilliant group of people from a range of backgrounds," said Tim. "They are doing their best to live well with dementia. Their thoughts, ideas and experiences are much in demand to inform research, change attitudes and improve services for people affected by dementia. They are passionate about creating a more dementia-friendly community for all."



Peter and Jennifer Diack

Sussex resident Peter Diack, 78, became a member of the Mid Sussex Dementia Forum following a diagnosis of dementia with Lewy bodies in October 2017. He said: "My symptoms started off mildly at first. I found it difficult to recall events that took place only weeks earlier and had to start writing details down in a diary. I started to forget people's names - these would be good friends I'd known for years. I knew them by sight but suddenly it was becoming more difficult to recall their names. People were kind and told me that everybody has memory loss but I felt embarrassed and irritated that I was not able to remember. As the symptoms progressed I found it difficult to follow instructions clearly and would have to ask people to repeat themselves. This came with a general feeling of disorientation. I was coherent before but find it hard to be naturally coherent now. I've lost a level of control. I would be at a total loss without my wife Jennifer by my side. Dementia is a difficult word - it frightens people out of their minds, especially in the early stages. In the past a common reaction, following a diagnosis, would have been to hide away and disappear from the world. Too many people fall into that trap of thinking, but I want to reassure them that a dementia diagnosis is not the end of the world. It is not the end of life. It's important to be positive and to stay active. The Mid Sussex group has been my salvation in many ways. I feel at ease, included and able to relate to the people there. I feel that I have a purpose and can use my experience to contribute my thoughts and ideas to help push an important campaign to help people live well with dementia. This has been deeply significant for me."

As the UK population ages the number of people with dementia will climb rapidly. It is estimated that by 2025 more than one million people in the UK will have dementia. Campaigners argue that the only way to beat the condition is through research. In 2015 Join Dementia Research was launched as a national service which allows people to register their interest in participating in dementia research and be matched to suitable studies. Vital studies into early diagnosis, prevention and new treatments are making progress - but more volunteers are needed. Anyone over the age of 18, with or without dementia, can register their interest as a volunteer. For more information and to register visit www.joindementiaresearch.nihr.ac.uk or call Alzheimer's Research UK on 0300 111 5 111.

Need to know...

Alzheimer's disease: Abnormal structures called 'plaques' and 'tangles' build up inside the brain. These disrupt how nerve cells work and communicate with each other and eventually cause them to die. There is also a shortage of some important chemicals in the brain, which means that messages don't travel around as well as they should.

Vascular dementia: is the second most common type of dementia, where a lack of oxygen to the brain causes nerve cells to die. This can be caused by a stroke, a series of mini strokes or a disease of the small blood vessels in the brain.

Mixed dementia: where someone has more than one type of dementia and a mix of symptoms. Alzheimer's disease and vascular dementia is the most common type.

Dementia with Lewy bodies: named after the German doctor who first identified them. Lewy bodies are tiny deposits of a protein that appear in the nerve cells in the brain. These cause a loss of connections between nerve cells, which then die.

Frontotemporal dementia (FTD): is a rare form of dementia, where clumps of abnormal protein form in the front and side parts of the brain cause the death of nerve cells. It is sometimes called Pick's disease or frontal lobe dementia.

Here to help...

- If you have any questions or concerns about dementia, the Alzheimer's Society Sussex Helpline provides information and support for all types of dementia from Monday to Friday 10am to 4pm. Call them on 01403 213017 or email sussex.helpline@alzheimers.org.uk.
- The Haywards Heath Dementia Action Alliance (HHDA) is a group of volunteers made up of local residents, professionals and businesses. They run activities and events for people with dementia and their carers. They also provide free sessions for schools, businesses and organisations that want to increase their knowledge and understanding of dementia. Get in touch via email on: dfc@haywardsheath.gov.uk
- All Saints Church in Lindfield is hosting is hosting an 'Exploring Dementia' workshop on Monday 30th September at 7.30pm. All welcome to attend.
- Alzheimer's Society is the chosen charity for this year's Cuckfield Christmas Tree Festival. There will be a Carol Concert (led by members of the Mid Sussex Dementia Forum) at Holy Trinity Church on Friday 13th December at 3.30pm.





Pro-Am competition a success

After taking over ownership of Cuckfield Golf Centre in December last year, new owner Niki Smyth was delighted to bring back the ever popular 'Pro-Am' competition to the club last month.

Eight PGA Professionals took part, playing 32 amateurs.

Niki explained: "The weather was brilliant, the course was in fantastic condition and the atmosphere was electric. Reports that the golf course and clubhouse had improved immensely made us very proud, particularly our Head Greenkeeper Josh Clarke."

PGA Professional James Verrall commented:

"I thought the course and clubhouse was as good as I have ever seen it and the food was fantastic."

Well done to all who took part but special congratulations go to the winners of the day:

1st Winning Pro - David Edwards, Cuckfield Golf Centre; 2nd Winning Pro - Jason Partridge, Piltdown Golf Club; 3rd Winning Pro - James Verrall, Haywards Heath Golf Club.

The club is already looking forward to the next Cuckfield Golf Centre Pro-Am event, which will take place in 2020.

Clothing appeal for homeless charity

The Outreach Team at Holy Trinity Church are organising an appeal this month to support Open House Crawley – a charity which supports those suffering the effects of homelessness, unemployment, loneliness, discrimination or other forms of exclusion.

The appeal is for good, second-hand men's and women's clothes, new and second-hand sleeping bags, new and second-hand socks (in good condition) and for tins of baked beans.

All items should be brought to the tower, inside Holy Trinity Church, Cuckfield on 21st and 22nd September. Contact Sue on 01444 452321 (or smbuden@hotmail.co.uk) for more information.

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Why I've loved being Mayor

FROM THE MAYOR'S TABLE

By Leanne Knapman

September is a reflective time, and I can't believe how fast my term as mayor has whizzed by!

I spent a lovely summer with my family, including a fantastic trip to Spain but since our return we have been fast preparing for the start of autumn term – let the fun begin!

When I look back at some of the great things I have done since becoming mayor it's hard to pick a favourite, but I think perhaps the lighting of the beacon at the commemoration event in November might be the winner. It really was an honour to be part of such an iconic event. This would be closely followed by the annual Cuckfield Fireworks night and the mayoral procession.

As some of you may be aware, we have our annual election coming up in October. This is where I get the chance to defend my title against those of you who would like the opportunity of wearing my robes and hat!

We have some great contenders this year (see page 27) who have been working really hard to raise as much money as they can for their chance to win.

Make sure you plan ahead and book yourself a babysitter. It's going to be a great night. This year's elections will take place at the Wheatsheaf pub on Friday 18th October at 8pm.

We hope to see lots of faces - old and new – and, just like last year, don't forget to bring along your pennies with you on the night.

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Holiday snaps

As ever, Cuckfield Life readers have taken their copy of the magazine away with them. Do send yours in to photos@cuckfieldlife.co.uk



Diane Negus at the Athabasca Glacier in Banff



Evelyn Stenning and sister Joyce Gater on the Warwick Steam railway



Ella Tingley at Leaning Tower of Pisa, Italy

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Cuckfield Parish Council
Feather Bench Ceremony
 28th September 2019 at 2pm

You are kindly invited to attend a short ceremony at the Feather Bench to commemorate the many babies buried in the Cemetery next to the Holy Trinity Church, followed by refreshments at The Old School afterwards. All are welcome.

Please note there will be no parking available at The Old School due to a wedding on the same day.

RSVP: Sam Heynes, Parish Clerk
 01444 451610 or clerk@cuckfield.gov.uk

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The path...

Dear friends,

As a seven-year-old choirboy at Truro Cathedral, I was puzzled by a phrase carved in the stonework above the choir stalls. The south side was perfectly understandable: The Lord is my strength and my shield. Good, sound words from Psalm 28, and perfectly understandable. But what on earth did the text on the north side mean? - 'The path of the ivst is as the light that shineth more and more unto the perfect day.'

What on earth was an ivst? Was it some kind of animal or extinct species? Perhaps I wasn't very switched on at that age, but it wasn't until some time later that the penny dropped! The path of the JUST! Was Pearson, the architect of the cathedral, carrying medievalism too far in using the Latin alphabet which has no 'j' or 'u'? Needless to say, I proved to be barely adequate at Latin!

The phrase comes from the Book of Proverbs in the Bible (4: 18). To be just is a life choice involving openness and integrity, honour, sincerity and empathy, and the world a better place for all treated in such a way.

May all our journeys bring the opportunity of such light in our dealings with others that shines more and more to the perfect day.

With all best wishes,
Michael.



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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



Crossing work has started

Work has begun on the long-awaited pedestrian crossing at the top end of Isaacs Lane. The crossing will mean a safer journey for many Bolnore children travelling to and from Warden Park School. The work is due to be completed in October at which point work will commence on building a footpath to link the crossing to Parkfield Way.



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Darren opens furniture store

Bolnore resident Darren Bohm has recently launched his own retail shop in Burgess Hill.



Darren, who moved here from Bolton 18 months ago, also runs a successful office supplies business – but he was keen to get back his personal passion: furniture. He has spent over 20 years in the furnishing industry culminating in the family business Bohm Beautiful Furniture Ltd in Manchester. After his father's retirement Darren took a break from the sector, but when the opportunity to lease a unit in The Marlets came up he jumped at the chance to test the market down here in West Sussex.

"I'm really enjoying life in Bolnore," Darren explained. "There's a great community spirit here. That great 'North/South divide' that everyone talks about doesn't seem to exist in communities – only in house prices!"

Although Recline@eeze has only been trading since the end of July, Darren is positive about the start he's had and is looking forward to the opportunities that might arise from the redevelopment of the town centre.

The shop, at 53 The Marlets, is open between 10am and 5.30pm, with a special Open Day on Saturday 28th September.



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Fundraising for Eliza

VILLAGE PEOPLE

By Jacqueline Elmore

There are many heartbreaking moments in the life of a parent, but none quite so moving as discovering your child has a disability.

Eliza Jones' mum, Stacey, explains when she first noticed the change in her daughter which eventually led to her being diagnosed with Spastic Diplegia Cerebral Palsy: "I had gone through the baby stages with Eliza's older sister Sydney so I knew the milestones, but when Eliza turned six months old I became aware that there were no obvious signs of any real mobility. She had rolled over at the right age but when it came to sitting up which involves her core strength or being on all fours it simply wasn't happening."

It wasn't long after Stacey had witnessed Eliza's lack of mobility that she attended an appointment with a Health Visitor.

"At my first appointment I was told that 'not all babies do things at the same time', but I went back a month later with the same complaints so they referred us to a physiotherapist and a paediatric doctor who, after numerous tests, suggested that Eliza was sent for an MRI scan. That was just after her first birthday, and when we finally got the results we were told that she had neurological problems."

At that time neither Stacey nor her husband Lee had made the connection that Eliza's condition was caused by an injury to the brain. About a month later they received a request from the hospital to attend a follow-up appointment.

Stacey recalls the moment when she and Lee were invited into a room full of doctors and specialists and given the news about Eliza.

"They turned to us and said your daughter has cerebral palsy (CP). They used a long medical word for it and we were just baffled. There are different levels of cerebral palsy. Eliza has got Spastic Diplegia Cerebral Palsy, which affects her legs, but there are many different types which affect the physical body."





How is Eliza today and how exactly does she cope with her disability?

"She's a strong little girl, with an immense spirit but she does have days when she gets sad. She's very aware now how different she is and how her mobility affects her in a way that it doesn't affect the other children at school. I would never use the word lucky but Eliza is luckier than some in the sense that her CP only really affects her legs."

Eliza now has to wear splints on her legs. They are the hard plastic kind; the type that sit on the back of her legs. She wears these together with orthopaedic boots every day at school for most of the morning, and they cause her pain because their sole purpose is to help the muscle tone and improve mobility.

She's also approaching seven and has reached an age where she wants to be like her big sister and wear fashionable shoes. Eliza is beginning to realise that she's different and that she's not like other children, which causes her confusion and at times makes her angry.

"We went shopping the other day to buy her some sandals as she can't wear flip flops or slip on shoes. For example last week she was very angry and kept saying 'I hate my disability, why does nobody else I know have what I have?'. We can't buy her the same sandals as her sister because her feet are too wide, and they're wide because she walks on her tip toes because the shape of her foot is different."

What about plans for Eliza and her future?

Stacey and Lee are currently working on ways in which they can help raise money for Eliza's post surgical care following an operation that the NHS are conducting called Selective Dorsal Rhizotomy (SDR), which will eventually help Eliza to walk without the support of a walking frame or orthopaedic shoes.

The NHS will provide a short course of physiotherapy after the operation but mostly the family will need to fund her aftercare, which could go on for many years.

"The more therapy she has and the longer she does it, the better outcome for Eliza."

It's a major operation, and one that will mean removing the 'mobility' nerve from Eliza's spinal cord to give her the tools to walk again.

"It's a scary journey and one that we have not taken lightly. The prognosis is, I hear, very good with an overall success rate of 99% of patients recovering and gaining their mobility back post-op. It's a day procedure but it would mean that Eliza would have to stay up at Great Ormond Street for three weeks afterwards."

The NHS has agreed in part to pay for Eliza's operation. However, the real expense will come during the rehabilitation process. This will include her physiotherapy, hydrotherapy, hippotherapy, conductive education and all of the other therapies that need to be done in order for Eliza to make a quicker recovery.

The operation is not the family's only concern either. The procedure needs to be done soon to try and prevent any further physical problems arising for Eliza.

"Eliza is putting more weight on one side than the other and, if that continues, eventually her hips could give way. Her spine would then start curving. So it's not just about the here and now. It's about trying to help and prevent other ailments in the future."

The family needs to raise £20k to help pay for Eliza's treatment, and they have created a JustGiving page where people can donate.

Stacey's husband Lee will be taking part in a charity golf day on the 18th October at Copthorne Golf Course in the first of a series of fundraising events for Eliza.

They are also planning a quiz night in November with other possible events including a 'Halloween Fright Night', a Bonfire celebration and a number of festive activities taking place closer to Christmas.

Eliza is at a critical stage in her development, and now is the best time for her to have the operation.

"The operation will eventually give Eliza flat feet, meaning she will no longer be on tip toes. This could help her do all the things that she's been unable to do up until now like jump, hop and skip, ride a bike, swim, even horse riding. Once she has this operation done it will be life-changing for her, and for us as parents too."

If you'd like to help Eliza and donate, please visit:

www.justgiving.com/campaign/elizaswishforbalance



Bat Walk: Better than ever

The Friends of Ashenground and Bolnore Woods (FoABW) held another successful Bat Walk last month with more people taking part than ever before.

Chair of FoABW Lorraine Maynard commented: "With the use of several bat detectors, more people could hear as well as see the bats this year."

"We saw and heard soprano pipistrelles in Pond Meadow. The feedback has been very positive. All who attended seem to have found it very enjoyable and very interesting."

The walk took place in Pond Meadow and along the Bridleway and was led by Alex Hatton. This year Alex used a microphone during the walk to make sure that even those at the back could hear his commentary.

Lorraine added: "Alex Hatton was an excellent leader. He is so passionate and knowledgeable about the bats. We are thrilled that he has agreed to lead the walk again next year."

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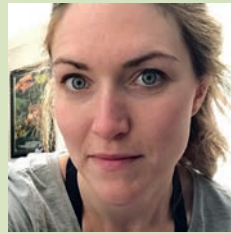
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5 MINUTES WITH...

Becca Lee

Self-care advocate Becca Lee runs her own wellness business providing holistic coaching and yoga classes held here in Bolnore and locally. She enjoys reading and long dog walks in the forest.

How long have you lived in Bolnore?

Eight years (two properties)

What's the best thing about being here?

The forest

Favourite ice cream flavour?

Strawberry and basil sorbet

How many houses have you lived in?

Seven

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

A community allotment where the meadow is

Favourite holiday destination?

Morocco was stunning; I'd love to go back there

Song you play the most?

Anything by Beck

What would you do if you won £1million?

I would take my family travelling to do charity work

What was the last present you gave someone?

A dreamcatcher

Which would you rather give up for a month –

TV or music?

Definitely TV!

Which App on your phone do you use the most?

Spotify

What's your proudest moment?

My three children being born

Your advice for life?

Find stillness and connect to your breath and heart space for a few moments every day

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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A Day Out on the Buses

By Bob Campen

Previous itineraries in this series have begun by going East. In this one we look at what is available if we go west. Only one bus, the 89, does this, and funding cuts made by WSCC have resulted in this being much reduced. So the first thing to say is that these schedules are available only on Mondays, Wednesdays and Fridays.

The starting point is the bus stop by the car park in Broad Street, Cuckfield. Take bus 89 from this stop at 10:00 all the way to Horsham bus station, arriving 10:41. You can spend time in Horsham before proceeding if you wish.

From Horsham bus station, take bus 98, showing destination Southwater, to Southwater Country Park. This runs every 15 minutes; in the morning it is at 10, 25, 40 and 55 minutes past the hour and takes about 15 minutes.

Entry to the Country Park is free. There is room to roam, a lake, with a small beach for paddling, canoes can be hired, and there is an activity centre for children way across the park at Dinosaur Island. Snacks and ice creams are available at the Visitor Centre.

Because there is only one 89 bus back from Horsham to Cuckfield, it is best to be back at the same bus stop at which you alighted – because bus 98 runs in a clockwise direction around Southwater – no later than in time to catch the 98 at 15:47 or 16:02, arriving Horsham bus station 16:04 and 16:19 respectively.

The last bus 89 leaves Horsham bus station at 16:30, arriving Cuckfield High Street at 17:11.

Should you unfortunately miss the 89, a long detour is possible by using bus 23 at 17:07 or 17:44 from Horsham bus station to Crawley bus station, arriving 17:48 and 18:23 respectively. Bus 271 leaves Crawley bus station at 18:40, and will bring you back to Cuckfield High Street at 19:06.

Please note that these travel details apply on Mondays, Wednesdays and Fridays only. 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. As always www.traveline.info is a useful website.



Experience Wakehurst with your four-legged friend

This month Kew's Wild Botanic Garden, Wakehurst, will be welcoming dogs into the gardens for the first time on a trial basis. The trial will take place on Mondays 16th, 23rd & 30th September from 10am to 6pm.

Wakehurst will be offering its visitors the chance to walk their four-legged friends on a lead in the gardens and woodlands. There will be a designated route for visitors with dogs that will take in the sights, sounds and smells of Kew's wild botanic garden in Sussex.

Staff at Wakehurst, in Ardingly, will welcome up to two dogs per adult visitor. During the trial Wakehurst will be welcoming feedback from visitors.



Autumn fun for the family

READER COMPETITION

This year's Autumn Show & Game Fair at the South of England Showground on 5th and 6th October offers all-round family entertainment from falconry to funfair, steam trains to shopping stands, and even a pumpkin trail for the little ones!

And one lucky reader can win a pair of tickets to the popular event in our exciting competition!

Offering the perfect autumnal day out for all ages, and with free admission for children under 16, the show will feature a range of countryside sports and activities along with food and drink stalls all designed to celebrate the joys of agriculture, countryside pursuits and 2019's harvest.

Dog lovers can take along their four-legged friends and even participate in the agility course and 'have a go' scurries. In true countryside sporting style, visitors to the show can also try their hand at clay pigeon shooting, fly fishing, falconry, archery, axe throwing and more, while gardening enthusiasts can admire the various horticultural displays and take part in the gardener's Q&A sessions.

Regardless of age, everyone is sure to love Jonathan Marshall's world famous equine and falconry display, and the popular pumpkin trail will be back, offering children a fun journey around the showground, stopping off to see the rabbits, Sussex Cattle and other farm animals, traditional funfair, pony rides, kite flying and mini steam train.



To be in with a chance of winning the tickets just answer the following question: Where is the Autumn Show and Game Fair held? Email your answer to competition@cuckfieldlife.co.uk. The closing date for entries is 24th September and the winner will be picked at random and notified by 26th September.

For those not lucky enough to win, tickets are available online on an early bird discount before 4th October: www.seas.org.uk

Competition terms and conditions: Tickets are valid for the Autumn Show & Game Fair on either 5th or 6th October 2019 (1 day pass only). 1 pair of tickets per winner only and at least 1 adult must be present - Children under 16 years old are permitted free access to the show. No purchase necessary. Tickets are non-exchangeable. Closing date for entries is 24th September 2019, entries received after this date will not be counted. Winners will be sent their show tickets via email only and must print a copy of the tickets to show to staff upon entry at the show gate. Any travel and accommodation will not be included in the prize however parking at the event is complimentary.

The magical winter lantern trail

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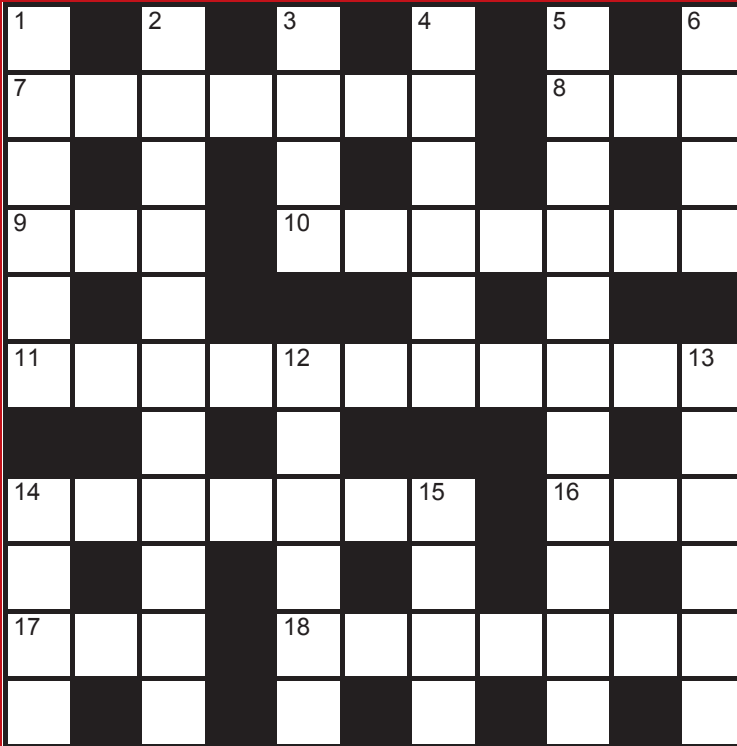
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Family crossword



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.59

Across

- 7 Letter (7)
- 8 Finish first (3)
- 9 Viper (3)
- 10 Adage (7)
- 11 Stylist (11)
- 14 Went in (7)
- 16 Curve (3)
- 17 Late in the day (poet.) (3)
- 18 Move down (7)

Down

- 1 Make over (6)
- 2 E.g. the Mona Lisa (3,8)
- 3 Pace (4)
- 4 Far distant (6)
- 5 Lottery (11)
- 6 Rebuff (4)
- 12 Mock (6)
- 13 Withdraw (6)
- 14 Peepers (4)
- 15 Prescribed amount (4)



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Sudoku #39

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

Find the solution to #39
in next month's magazine

#38 Solution

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

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



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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...

Most popular item in my post bag of questions is Plastic.

We all know that paper, steel/tin cans, aluminium cans and glass bottles and jars can be recycled in your blue top kerbside bin.

So why is Plastic so complicated? Well by the time you get to the bottom of the page I hope I can give you some simple rules regarding Plastic that can go into your blue top kerbside recycling bin.

Complicated – yes, it is. There are over 40,000 different types of plastic, all grouped into seven codes. So, there are many types of plastic in each code.

Here are my five simple rules to what you can put into your kerbside recycling bin.

1. The symbol you find on plastic is nothing to do with recycling, it is one of the seven resin codes – ignore it!



2. Is it a plastic bottle, tub, pot or tray from your bathroom or kitchen? Plant pots are from your garden so cannot go into your recycling bin – B&Q operates a recycling scheme for them.
3. We accept any colour, any thickness
4. Plastic to be Clean, Dry and Loose and with the tops off. Why? The top is often a different plastic to the bottle.
5. If plastic tops are smaller than jam jar lid size – put into rubbish bin or give to a charity that collects milk bottle tops. Why? In our sorting process small items of plastic contaminates our sorted glass.

Recycling made simple. If still in doubt do look up www.recycleforwestsussex.org or write to me with a picture.

Would you like me to give a talk to your local group on recycling? Do you have an individual question on specific items you are not sure how to recycle? One email to the Editor, with a picture if possible, and I can let you know.

Looking forward to hearing from you.

Keep Recycling!

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What's on this month

ELSEWHERE

September

- 17th **Cuckfield Evening WI** – 7.30pm
The Baptist Church, Polestub Lane - The Brighton Line through Mid Sussex by Colin Burnham
- 21st **HH Music Society** – 7.30pm
St Wilfrid's Church, Haywards Heath - Rhythmic Wong (piano) (Tickets £16/£12 members)
- 21st **Music for a Summer's Evening** – 7.30pm
Cuckfield Baptist Church, Polestub Lane - Charity Concert for Sussex Cancer Fund. Bar available (cash donations only) & raffle. All proceeds will go to Sussex Cancer Fund (Tickets £12 <https://www.ticketsource.co.uk/scfmusic>)
- 25th **RBL Women's Section** – 2.30pm
The Old School, Cuckfield - The last goodbyes special tea - laying up of the Standard at Holy Trinity Church
- 27th **Ansty Garden Club** – 7.45pm
Ansty Village Hall, Deaks Lane, Ansty - Talk by Ben Cross, Alstroemeria grower (01444 474660)
- 28th **Feather Bench Ceremony** – 2pm
Holy Trinity Church Cemetry (RSVP Sam Heynes 01444 451610)

October

- 3rd- **Cuckfield Book Festival**
- 6th Various locations throughout Cuckfield (tickets online: www.cuckfieldbookfest.co.uk and also available from Marcus Grimes)
- 5th **Harvest Barn Dance** – 5pm
Holy Trinity Church - Live Ceilidh band, share supper and bar (£6/£5 from Hilary 01444 400087)
- 5th- **SEAS Autumn Show**
- 6th South of England Showground
- 10th **Mid Sussex Assoc National Trust** – 2.30pm
Clair Hall, Haywards Heath - TALK by Ray Hale
- 11th **Cuckfield Evening Flower Club** – 7.30pm
HH Methodist Church, Perrymount Road - Lucinda Knapman: 'More Fabulous Flowers'
- 12th **Cuckfield Local Food Market** – 9.30am-12.30pm
High Street – Autumn produce
- 12th **Jumble Sale - 10.30am-12noon**
The Village Hall, London Lane - (01444 451089)
- 15th **- Cuckfield Evening WI** – 7.30pm
The Baptist Church, Polestub Lane - AGM
- 18th **ISOC Mayor's Election Night** – from 8pm
The Wheatsheaf Inn
- 19th **ISOC Mayor's Procession** – leaves 2.30pm
Begins at Warden Park, ends outside The Talbot

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**
- 11.45am **Relaxation Session** (every other Tues)
- 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.

September

- 10th **Relaxation Session** – 11.45am
Free sessions in Pranvic Healing, every other Tuesday (lizzie@ukpranvichealing.net)
- 20th **Craft and Vintage Market** – 9.30am-1pm
Stalls and café

October

- 3rd **Museum 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 (to book a place, please phone Mike Nicholson on 01444 457448 or email events@cuckfieldmuseum.org)
- 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 **Tai Chi**
- 8pm **Kickboxing**
- 8.15pm **Becca Lee Yoga**

Tuesday

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

Wednesday

- 9am **Falcon Health Chiropractors**
- 10am **Make A Mess**
- 1pm **Pilates**
- 5pm **Hayley Beeson School of Dance**
- 7.15pm **Scouts**

Thursday

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

Friday

- 9.30am **Saplings**
- 7pm **Wellbeing Group**

Saturday

- 9am **Hayley Beeson School of Dance**

Sunday

- 10am **Burgess Hill Town Juniors**
- 3pm **Messy Church** (last Sunday/month)
- 4pm **Grace Church**
- 4pm **Woodside Netball Club**

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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St Peter & St James Hospice	38
Sussex Vehicle Services	57
Sussex Wealth Management	49
Thy Will Be Done	39
VMP Window Cleaning	53
White & Sons (roofing)	34

Retail

Cuckfield i Wear	40
Nubie	55
Pots and Pithoi	25
Vinyl Vault	22

Out & About

Albourne Estate	45
Ardingly Charity Fair	42
Cuckfield Baptist Church	21, 35
Cuckfield Craft & Vintage Market	28
Cuckfield Local Food Market	8
Wakehurst Place	53

Education/Childcare

Gielgud Academy	26
Hurstpierpoint College	29
Norto5 Kidz (daycare)	3
The Sussex Swim School	19

Health/Lifestyle

Amy Packer Permanent Makeup	16
Cuckfield Dental Practice	2
Jacqueline Coolen (Podiatrist)	15
Linear Fitness	23
Profiles Health & Beauty	12
Sandra Slinger (Hypnotherapy)	33

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