

# Cuckfield Life

Inc. Brook St, Ansty, Staplefield & Bolnore Village

Local village talk,  
by the village

Issue #87 : Jan. 2020

Free

Freddie takes on Masterchef

page 10

Bolnore comes of age

page 38

Parish Council newsletter

page 14

Including...

**Bolnore**  
VILLAGE

8 PAGE SECTION





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## EDITORIAL

By David Tingley, Editor  
**Happy New Year** – if we're still allowed to say it two weeks in!



I'm delighted to have our first issue of 2020 packed with so many great stories and articles. I really hope you enjoy reading it.

As ever at this time, there is some Christmas aftermath to deal with as we celebrate a number of great and notable festivities.

ISOC Mayor **Claire Bellamy** went along to the school Christmas Fair and tells us about it on **page 22**, the magical **Christmas Tree Festival** gets a write-up on **page 32** and, on **page 46**, **Jacqueline Elmore** finds herself enjoying Christmas at **Pelham House**, a care home on London Road.

On **page 38** we have an article which charts the last 18 years of development on **Bolnore Village**. Thanks to drone photography by **Jacob Neller**, we have tried to show some of the changes in that period too. The piece includes comments from some of the first residents of the vast site – thank you to all those who helped put it together, especially **Carlos Leon**.

With the New Year many of us rush to find fresh ways of getting or keeping fit. Thanks to **Elaine Goodwin**, we have six good options for **exercise classes** in and around Bolnore – see **page 42** and save yourself the research!

I must mention the **Cuckfield Parish Council** whose regular newsletter starts on **page 14**, with a summary sheet of its recently adopted Business Plan for the next four years. It makes fascinating reading and, I would say, is a real credit to those on the council for being so forward-thinking about how to affect real change in this community.

Finally, let me congratulate Ockenden Manor chef **Freddie Innes** on reaching the semi-finals of Masterchef: The Professionals before Christmas. Jacqueline caught up with Freddie and you can read about his journey on **page 10**.

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# NEWS

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

## Join England's largest celebration of village halls

### National Open Day - Saturday 25th January

Village Hall Week is the inspiration of Action in Rural Sussex (AirS) and part of a national celebration of village halls and the services they offer our community. Cuckfield Parish Council is joining in the celebrations by offering residents the opportunity to promote your local activities, organisations, clubs, charities etc for FREE by reserving a stall at The Queen's Hall on Saturday 25th January, between 10am and 1pm.

Tea and coffee etc. will be on sale in the lobby area outside the Main Hall during the event, which will be open to the whole community.

The hall will be open from 9am to set up. Stalls are limited and will be allocated on a first come, first served basis.

If you are interested in taking part in this event, please send your name, name of organisation and contact details to Jane Forrester at Cuckfield Parish Council (01444 454276).





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## Reza does Christmas

By R Carter

Last month, the Reza Community Orchestra squeezed itself and a packed audience into Cuckfield's Warden Park Academy hall to add its unique blend of festive cheer in what has now become an annual Sussex tradition.

Conductor Steve Dummer captured the heart of Christmas throughout, even when urging the orchestra on in playing 'Pirates of the Caribbean' at a galloping pace while wearing a pirate's hat with some unlikely Jack Sparrow locks of hair flowing down his neck.

At the end, as the orchestra and audience left for the evening, the smiles of families holding hands echoed the feeling that Christmas had truly started in Sussex.

The Reza Community Orchestra is open to all musicians from beginner to expert, young and old. If you are interested in joining, please visit [www.ensemblereza.com](http://www.ensemblereza.com) to learn more.



## Spring is in the air

There may still be a chill in the air but it will not be long before spring is upon us again, and there is nothing quite as lovely as the welcome of a new year and seeing your very first snowdrop.

Those of us eager to taste the joy of spring can do so by visiting Cuckfield resident Shirley Carmen-Martin's open garden as part of the National Garden Scheme next month.

Shirley will open her cottage garden to plant and snowdrop lovers from Saturday 15th to Monday 17th February.

Warm refreshments will be served and snowdrops will be on sale on the day.

For your chance to enjoy many unusual plants and a large snowdrop collection please call Shirley on 01444 473520 or email: [shirleycarmanmartin@gmail.com](mailto:shirleycarmanmartin@gmail.com) to book your slot. Admission £6.

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# Another Play Meadow win

After years of campaigning, Cuckfield resident Flis Irving was encouraged by a second High Court judge quashing the plans for Mid Sussex District Council (MSDC) to build a detached house on what is known locally as The Play Meadow.

According to a court reporter last month, Mrs Justice Lang explained that she felt the report given to the MSDC councillors by a planning officer failed to mention two key countryside protection policies and was 'seriously misleading' for those it was given to – before the council granted itself planning permission in January 2019.

Flis commented: "The actions of the council have been so wrong over the past six years, when key planning policies have been ignored as well as the wishes of local people, that it was important for someone to stand up for what is right for the community." She has been greatly supported by others, including Janet Beales from Next Step Nursery who would dearly love to be able to access The Play Meadow for her children to play on once again.

Flis has continually campaigned to stop MSDC from 'obliterating spectacular views of the South



Downs from the public footpath, and let local children enjoy this much-loved green space again'. The Play Meadow has been locked shut since 2013.

"MSDC has already spent tens of thousands of pounds of taxpayers' money over the past six years in legal fees," Flis explained. "It is time for the council to listen to local opinion and stop wasting our money!"

## Cuckfield Baptist Church

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

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# Mid Sussex Osteopaths

**OPEN FOR BUSINESS**

Almost everyone living in this area will be aware of the Dolphin Leisure Centre in Haywards Heath, but did you know that contained within it is a team of osteopaths seeking to improve the lives of both office workers and retirees?

Mid Sussex Osteopaths has been based in the town for 12 years but has just expanded, moving to larger space within the Dolphin over the Christmas period. The team of three, led by Adam Fiske, is now more ready than ever to help and support the people in this community to get back to their feet more easily – literally!

Adam, who's been qualified since 2005, explained: "We talk about getting back to the life you used to have – which means different things for different people. For a grandparent that might be about making it possible to get down on the floor to play with their grandchildren. We've seen parents who find it difficult to lift their child in and out of the car seat. And those who sit at a desk all week discover that they have less movement than they used to have and start struggling with seemingly inexplicable aches and pains in the lower back or neck."

Many in these situations can feel trapped by their apparent physical limitations – but patients of Mid Sussex Osteopaths testify that there is another way. Lucie Brown says: 'My back pain is now completely gone in just a few sessions and it has given me a new appreciation for a pain-free life. I can't believe it took me so long to go to an osteopath!' Or Jenny Luff, who woke up one morning in agony with back pain: 'It was terrible. I couldn't even pick up my kids! Conveniently I got an appointment that evening, so once the kids were in bed and a 45 min consultation and treatment later, my back felt so much better. It hadn't felt that good since before I was pregnant!'

Adam Fiske gained his qualification at the British School of Osteopathy (BSO) in London and is now a committee member of the profession's regulator,

the General Osteopathic Council. He grew up in the area and remembers swimming at the Dolphin as a child. Working alongside him is Adam Wilson – also a BSO graduate – who, as a keen sportsman, likes to combine osteopathic techniques with exercise and stretching to aid a patient's recovery. Emily Colaluca completes the team and has a Masters degree from The University College of Osteopathy. Emily uses a range of techniques from soft tissue massage to rehabilitation exercises and lifestyle advice with her patients, who can range from athletes to expectant mothers.



As with any healthcare professional, the process of working with an osteopath is very much a two-way street according to Adam: "It always starts with discussion of your symptoms and full case history but includes finding out any fears or myths that you might have heard about the treatment ahead of you. The team and I pride ourselves on putting the patient at ease from day one and always talk to you about what we are doing."

Adam, Adam and Emily would love to show off their new treatment rooms and can help anyone who feels pain or discomfort on a regular, or semi-regular, basis. To book in, just call 01444 360359 or book online at the website [www.midsussexosteopaths.co.uk](http://www.midsussexosteopaths.co.uk). If you're not sure if they can help, they offer free 20 minute consultations to answer any questions that you might have.

"It really doesn't take that much to be where you want to be," Adam explains. "Small changes can make a big difference in helping your body fix itself."





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# Our Freddie

VILLAGE PEOPLE



**By Jacqueline Elmore**

Ockenden Manor's 25 year old Sous Chef, Freddie Innes, recently made it through to the semi-final stages of the BBC's 'MasterChef: The Professionals' programme. This prestigious national cooking competition receives hundreds of applicants every year, so for Freddie to make it through to the last eight it was a fantastic achievement.

Freddie's success is based on years of study, practise and hard work and also includes a few key culinary influencers; like his grandparents who helped to encourage his love of cooking and of fresh ingredients.

Freddie recalls how he would spend time with his grandad in his cottage garden pulling up vegetables as part of a weekend ritual: "I would visit them throughout the year, and they'd be growing tomatoes in the greenhouse during the summer and then in the autumn I might turn up and they'd have just picked some winter vegetables that they had been cultivating. The taste was always very rich, and from what I remember it was always much tastier than what you could buy in the supermarkets."

Freddie, who left school at 15 not really knowing what he wanted to do, ended up working in a local pub assisting the head chef for a number of months before landing an apprentice role at Ockendon Manor in Cuckfield.

"When you finally leave school you attend lots of career meetings, and they ask you questions like 'what do you want to do' and, well, I was a bit unsure because at that time I didn't really know. It wasn't until I spent time working in the kitchen at my local pub with the head chef that I started to learn about cooking and that was when I thought I could really get into this."

It was at this point that Freddie was offered a golden opportunity to work alongside Michelin star Chef Stephen Crane at Ockendon Manor. Three years later, Freddie took on the role of Junior Sous Chef before being awarded the role of Senior Sous Chef, which is where he is right now.

"I knew the restaurant had lots of accolades and knew it would be a great place to learn, so I ended up coming in for a trial run and the food pretty much blew my mind. As a young boy you don't really understand fine dining but when you suddenly taste something that amazing it makes you want to get more involved in the process."

Freddie had watched MasterChef a number of times but was unsure if he wanted to apply. After some careful thought he decided to submit his application, and shortly after he was asked to take part in a series of telephone interviews before finally being invited to attend a face to face meeting in London.

"One day they came over to Ockenden to film me, and from then on I became a contestant and a part of the show. It was that quick."

So, just how easy is it to cook up a culinary masterpiece surrounded by television cameras and Michelin star judges?

"You really don't notice the cameras once you are working. There were lots of them but when you're cooking and you're in the thick of it they almost start to blend into the background. The hardest part was making my way around that kitchen because it's a different stove and you're working with lots of different pans. It's all new to you, so that's what was the hardest part of the process I guess."

What are Freddie's plans now and what about future cooking aspirations?

Despite missing out on the final round of MasterChef, Freddie remains confident and is considering applying for the Roux Scholarship in London next year.

"Of course I was disappointed that I didn't make it all the way to the final but I still managed to get through to the semis and that's a feat in itself. They receive hundreds of applications every year, so I'm pretty happy with the outcome I achieved."

# Closing down but not gone

One of the oldest shops on Cuckfield High Street held a closing down sale before Christmas but actually, Penfolds Saddlery isn't leaving its central position in the village.

Originally started in 1885 by Ralph and Frank Penfold, current owner Martyn James bought the business from the family 100 years later – moving to its current location next to The Talbot in 1991.

Martyn explained: "We are streamlining the business, stopping the retail sales, but continuing to sell and fit saddles – which is very much our specialism - from Old Talbot House."

Between Martyn and Tessa Hopcroft (who joined the business in 1986) the pair of them have over 70 years experience as qualified saddlers in the trade. The shop, which is now open by appointment only, has a stock of around 450 new and used saddles and a fully equipped workshop.

Recalling some stories from days gone by, Tessa said: "We used to sell live bait for fishing and, on one occasion, the fridge was accidentally switched off. The maggots got a bit lively and escaped into Barclays Bank next door! They thought something had died and had a swarm of bluebottles for a time."

Martyn said: "We have been in Cuckfield for so long and are very pleased to confirm that we aren't leaving our great location on the High Street."



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## The future of cloud gaming

### TECH HEAD

In this new feature we welcome Toby Wyithe as our technology expert with a passion for the Film and Video Game industries. In this column he will look at, and comment on, recent and future developments in this marketplace.

#### By Toby Wyithe

Historically, waking up on Christmas morning without the latest games console wrapped up under the tree would cause a lot of disappointment. However, with the release of Google Stadia in November this reality was entirely possible. You can simply connect a Stadia controller to a PC using Google Chrome, any TV connected to a Google Chromecast or in fact any Google-made device (iPhones and Androids coming soon). Google has the unique distinction of joining the console race without a console.



Cloud gaming is not entirely new; Xbox has Project X Cloud and PlayStation 4 allows remote play through Wi-Fi connections, with both of these offerings allowing you to play the games you already own without the need to repurchase.

The marketing campaigns for Stadia promised the future of gaming but, with an incredibly weak launch line up, along with a number of their promised features not available, it has been a very rocky start.

As an avid video game fan, any advancements in the industry are always welcomed with both excitement and intrigue. The ability to use a variety of portable devices to play the same game whilst on the move is very appealing; just look at the popularity of the Nintendo Switch.

Early reviews praised the technological advancements, but what use is that if there is simply nothing worth playing? Netflix has revolutionised the way people consume media but people don't renew their subscriptions because of the technical capabilities of the service, they do so for the content.

Any video game service will live or die by the variety and quality of the available games. The Xbox One X is the most powerful video game console available but it has sold a fraction of the less powerful PlayStation 4 Pro. Why? PlayStation has a better and more varied game library, a view shared by the majority of the video game community.

Cloud gaming is very real, and there is an increasing level of interest and excitement but, until they find a way to increase the content available, Google will struggle to make a foothold in this market.



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Back in May the new Parish Council was formed, seeing the arrival of six new Parish Councillors to join the four experienced members of the Parish Council who were re-elected. One of the first tasks undertaken was to form a new Business Plan of objectives to work towards over their four year term in office, 2019-2023.

Over the course of several meetings, a long list was whittled down to a short list, which was then split into short and longer term objectives according to our existing committee structure. Some of the projects identified can be delivered by the Parish Council alone, others will require collaboration with outside agencies such as MSDC or WSCC etc. There is a mix of projects, some of which will be quick to implement, whereas others may take the full four years to achieve depending on funding availability and external co-operation.

Included in this month's newsletter is the roadmap of initiatives that have been adopted, showing where in the four years we are aiming to commence work on each item.

We would like to extend an invitation to all to come along to the Village Halls week event on Saturday 25th January at The Queen's Hall where there will be a display of the Business Plan as well as an opportunity to discuss in detail the items within it. In addition to this, there will be a further opportunity to see the plan in full and discuss with Councillors at the Annual Parish Meeting on Thursday 19th March.

We welcome all feedback relating to the plan, so if you are unable to attend either of the above events please feel free to email the Parish Clerk on [clerk@cuckfield.gov.uk](mailto:clerk@cuckfield.gov.uk) with your comments.

In the meantime, the Business Plan is available to read in full on our website <https://tinyurl.com/reaod6o>

Annual reviews of progress will take place, with feedback provided at the Annual Parish Meeting, and in the Chairman's Annual Report.

Regular updates will also be shared via the quarterly newsletter in Cuckfield Life, as well as on our website [www.cuckfield.gov.uk](http://www.cuckfield.gov.uk) and our Facebook page.



## Parish Councillors

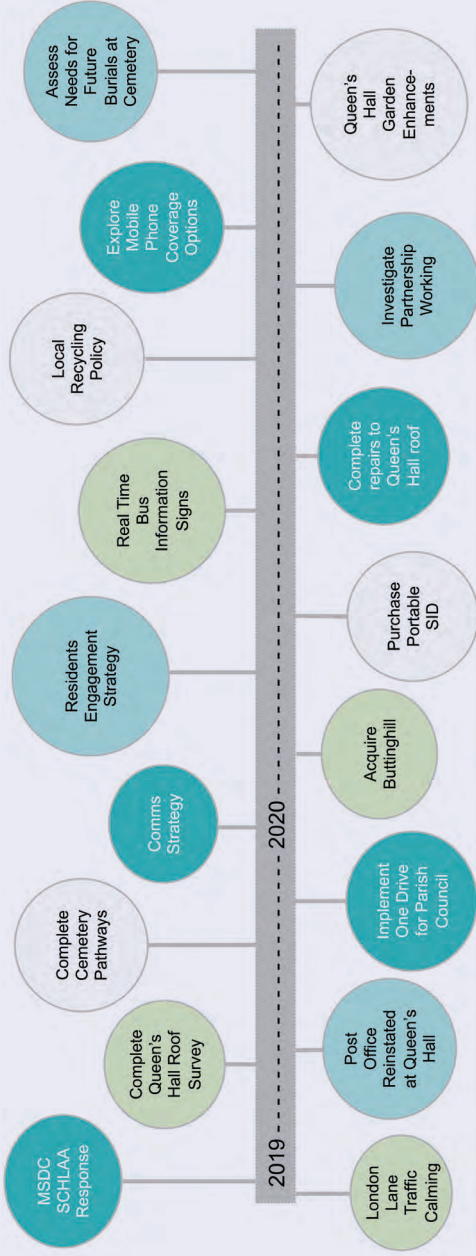
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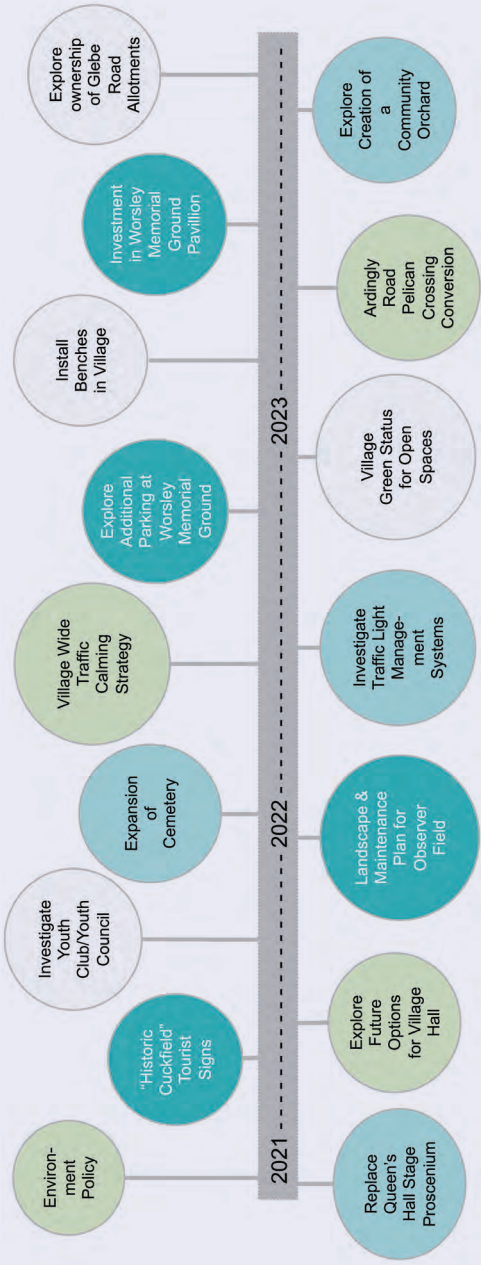
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# Four Year Roadmap Timeline

## 2019-2021



## 2021-2023



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## Christmas Street Festival

Friday 6th December 2019

We would like to thank everyone who joined us on Friday 6th December for our Christmas Street Festival. The rain managed to hold off, despite various dark clouds scurrying across the sky during the day, and it really was a magical evening. Father Christmas arrived in style this year on his very own elf-powered rickshaw, and the Mayor was able to join him as they rode into the High Street. As usual, we were delighted to welcome the Surrey and Sussex Drum and Bugle Corps, the Carey

School of Irish Dance and singers from the Baptist Church, who all provided us with festive entertainment during the evening. We had a lovely selection of stallholders as well, with representatives from some of Cuckfield's local charities, and some small independent retailers. This is always one of the highlights in the Parish Council calendar, and we hope you enjoyed attending as much as we enjoyed planning it. See you all next year.

## Village Halls Week

23rd-25th January 2020 at The Queen's Hall

Organised locally by Action with Communities in Rural England (ACRE) and Action in Rural Sussex (AIRS), this campaign is the largest celebration of village halls and community buildings across England and is a great opportunity to promote the amazing work that halls do in the community. The Queen's Hall in Cuckfield is one of the most interesting halls in Sussex. To celebrate its fascinating history on **Thursday 23rd from 10am** Cuckfield Museum are putting on an amazing pictorial display in the Lobby Bar. On **Friday 24th from 11am to 12noon and 2pm to 3pm** there will be taster sessions run by Cuckfield Yoga Boutique. To book please call Shyara 07876 777030. Also a Pilates taster TBC. At **7pm Cuckfield Dramatic Society** will give a talk about what it takes to put on a show, followed by a Q&A session, and an audience participation play-reading of a short play. There will be a cash bar. **Saturday 25th an Open Day will be held from 10am to 1pm.** We are delighted to showcase many of our regular hirers, local clubs and societies, who will have stalls to demonstrate their particular talents, and how to get involved. The Parish Council will be sharing its Business Plan. Tea and coffee will be hosted by Cuckfield Preschool, who are also holding a **Quiz Night at 7pm** for teams of up to six people. Quiz night tickets, which includes a cold platter, are available by email from [publicity@cuckfieldpreschool.co.uk](mailto:publicity@cuckfieldpreschool.co.uk), or visit Cuckfield Parish Office or Cuckfield Preschool. There will also be a cash bar. For further updated details go to: [www.cuckfield.gov.uk](http://www.cuckfield.gov.uk)

## Silver Saturday



Our wine and cheese event to celebrate Silver Sunday took place on Saturday 12th October at the Queen's Hall. It was a wonderful success with support from local members of our community attending to enjoy the selection of wine, cheese and cake provided. We hope to make this an annual occasion, so watch this space for details of next year's event.

## Wind in the Willows

17th January 2020, 7pm

Purchase tickets from the Parish Council, Queen's Hall or [www.rainorshine.co.uk](http://www.rainorshine.co.uk)

## Cemetery Paths

Thank you to all our residents for their patience during the refurbishment of the cemetery paths. Most of the work was completed before Christmas with one remaining path, earth backfilling and grass reseeding to take place in the new year.

## Annual Parish Meeting will be held at the Queen's Hall

19th March 2020 at 7pm

We will be sharing our new Business Plan in detail and there will be stalls around the hall to share information with residents about local community groups. A guest speaker is still to be arranged, more details to follow. Wine and nibbles will be available on the evening, so come along and find out what is happening in your village and meet your local Parish Councillors.

## New WSCC 'Road Safety' Facebook Page

The Road Safety Team at West Sussex County Council have set up a new Facebook page to help deliver important Road Safety messages to its residents, as well as the wider public who also use the roads of West Sussex. The aim is to help reduce the devastating Road Traffic Crash (RTC) statistics within the county and beyond. If you are interested in keeping up to date with Road Safety topics, or have any questions you wish to ask, please go to <https://www.facebook.com/RoadSafetyWSCC> and follow this page! Thank you for your support. Keep safe on the roads.



YOUR PARISH  
COUNCIL

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

For full details of all our Councillors please see our website:  
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01444 443306 – [andy.burton@cuckfield.gov.uk](mailto:andy.burton@cuckfield.gov.uk)

**Vice-Chairman**  
01444 413172 – [andrea.king@cuckfield.gov.uk](mailto:andrea.king@cuckfield.gov.uk)

**Councillor**  
07375 100790 – [jill.Butler@cuckfield.gov.uk](mailto:jill.Butler@cuckfield.gov.uk)

**Councillor**  
01444 453173 – [john.dickie@cuckfield.gov.uk](mailto:john.dickie@cuckfield.gov.uk)

**Councillor**  
07930 116504 – [steve.oversby-powell@cuckfield.gov.uk](mailto:steve.oversby-powell@cuckfield.gov.uk)

**Councillor**  
01444 412966 – [adrian.podmore@cuckfield.gov.uk](mailto:adrian.podmore@cuckfield.gov.uk)

**Councillor**  
01444 452911 – [martin.sheldon@cuckfield.gov.uk](mailto:martin.sheldon@cuckfield.gov.uk)

**Councillor**  
01444 412409 – [andrew.symonds@cuckfield.gov.uk](mailto:andrew.symonds@cuckfield.gov.uk)

**Parish Clerk**  
01444 451610 – [sam.heyne@cuckfield.gov.uk](mailto:sam.heyne@cuckfield.gov.uk)

**Assistant Clerk**  
01444 454276 – [caroline.hansen@cuckfield.gov.uk](mailto:caroline.hansen@cuckfield.gov.uk)

**Administration Assistant**  
01444 454276 – [jane.forester@cuckfield.gov.uk](mailto:jane.forester@cuckfield.gov.uk)

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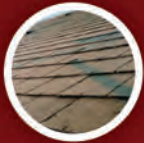
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# Christmas busyness

FROM THE MAYOR'S TABLE

By Claire Bellamy

December, busy for most, was even busier than usual for me, kicking off with an invite to the Christmas Fair at Holy Trinity School to draw their raffle. Anyone who knows me well, will know that giving me a microphone is not only a huge error, but also unnecessary! I was delighted to hear that all of the raffle tickets had been sold, and on seeing some of the prizes that had been donated, it wasn't surprising!

Every year the Independent State of Cuckfield provides a delicious Christmas Lunch for the over 65s. It was lovely to join them this year and enjoy the singing (and dancing) by pupils from the school.

I have always enjoyed the Cuckfield Street Festival and this year was no exception! It was only better than usual in that I arrived in the village on a trishaw, adorned with fairy lights, along with Father Christmas! As Mayor, I was able to judge the window displays in the village. Congratulations to Jimmy's Barbers on first prize, followed by Hairsmiths in second place and Hairworks in third place. Well done to everyone who participated.

Lastly, I'd like to ask for your support. I recently met with Christine Davies, Eco-Governor at Holy Trinity School, to discuss recycling initiatives suggested by the children. We decided to 'install' collection boxes for crisp packets in the village pubs, churches and schools for residents to drop off any crisp packets for recycling. These will be collected regularly and sent to TerraCycle. And, best of all, the school will receive money as the empty packets start rolling in.

Wishing a Happy New Year to you all!

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# Find out more about The Queen's Hall

Cuckfield Museum is very pleased to support the Parish Council in the national week of celebrating village halls, which takes place this month. The Queen's Hall is a very special village hall, which was built to celebrate Queen Victoria's Jubilee, and the museum will be using the idea of 'Throwback Thursday' to mount a photographic exhibition on 23rd January about the hall and the various ways it has been used over the years. Did you know it was a VAD hospital during the First World War? The exhibition will be up for three days, and we will also have a stall at the Open Morning on 25th January from 10am to 1pm, when the museum will join many other local societies and clubs



who will all be there to show the many and various uses of The Queen's Hall today. Do go along and see for yourself.


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# Time for simpler dishes

**SIMPLY GOOD FOOD**



## Roasted vegetables with sausages

(Serves 2, easily doubled)

Preheat oven 200° and line a shallow baking tin with foil. Tip in 225g peeled and cubed butternut squash, 225g broccoli florets (or cauliflower florets) plus a thickly sliced red onion. Combine 2 crushed garlic cloves, 3tbs oil, a good pinch of finely chopped rosemary and seasoning. Drizzle over the vegetables. Cook for about 15 min until the vegetables are starting to soften then tuck in 4-6 pork sausages and continue cooking for 15-20 min or until the sausage are cooked through.

## Roasted onions

Preheat oven 180°. Peel 2 large red onions and cut in half crossways. Place in a baking dish, cut side down, with 1tbs water, cover with foil and bake for 30 min. Combine 50ml clear honey (or maple syrup), 1tbs oil, seasoning and 1tbs mild curry paste (or wholegrain mustard). Turn the onions cut-side up and pour over the honey mixture. Roast for a further 20-30 min until very tender. Excellent with roast beef.

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By Caroline Young

After all the festive cooking and eating of the past few weeks, I find I now want to eat simpler dishes and spend less time in the kitchen plus have less clearing up to do! My go-to recipes not only fill that need but also make good use of the many brightly coloured winter vegetables available now – red and yellow peppers, squashes, sweet potatoes, carrots – simply cooked and delicious to eat. Please try them. Be adventurous and try this savoury version.



## Macaroni cheese with leeks and tomatoes

Preheat oven 180°. Make your favourite mac-an-cheese recipe then stir in a handful of very lightly fried leeks or onions. Tip into a shallow dish and top with sliced tomatoes. Cut a baguette into slices, generously butter on one side and arrange, buttered side up, on top of the tomatoes. Generously sprinkle with grated cheese (smoked Cheddar is my favourite) and bake until a rich golden brown.

## Toffee fruit cake

Measure 200g soft brown sugar and 175g butter into a large saucepan and stir over gentle heat until melted. Leave to cool. Preheat oven 180° and butter a 27x17cm shallow pan. Stir 2 beaten eggs, 115g glace cherries, 175g sultanas (or 275g mixed dried fruit) and 1tsp vanilla extract into the cooled sugar mixture. Then sift over 225g S.R. flour and gently fold in. Spoon into the cake tin, smooth the top and bake for 40-45 min until it tests cooked. Cool in the tin before cutting into portions.

## Roasted salmon and sprouts

(Serves 2)

Preheat oven 200° and line a shallow baking pan with foil. Combine 2- 4 minced garlic cloves, 4tbs oil, a good pinch of mixed herbs and seasoning. Trim and slice 225g Brussel sprouts, tip into the pan and drizzle half the seasoned oil over them. Gently toss to combine then roast for 10 mins. Add 75ml white wine, vermouth or vegetable stock to the remaining oil. Top the sprouts with 2 large salmon fillets (or other fish) and pour over the wine mixture. Return to the oven and bake just until the fish is cooked through – about 8-10 mins.

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## Local kitchen designers celebrate their first year in business

### POLISHED KITCHEN DESIGNS

A year ago two local mums – Amy Betsworth and Sarah Henshall – made their dream a reality and set up Polished Kitchen Designs. With a passion for good design, personal service and inspirational brands they decided to offer an accessible and competitive service to suit all budgets without compromising on quality. We caught up with them to see how their first year in business has gone and what is coming up for 2020.

**Sarah, Amy, congrats on your first year in business. Has the year been as you expected?**

I think we can both admit now, we were terrified and excited in equal measures when we set the business up. We both really believed in our concept and business plan but there was the fear no one else would! However, our clients have really been on board with the concept that we bring the showroom to them and can be flexible around their busy working and family lives.

We have been blown away with the response we have had, from our local network of fitters and tradesmen, old clients, friends, family and suppliers – everyone has been so supportive and incredible. We finished 2019 – just shy of trading for a year – having sold our 34th kitchen, which is way beyond our somewhat conservative expectations. Needless to say we have been thrilled with the response.

**What do you think has been the key to your great first year?**

We have kept our ethos pretty simple: To provide good designs, not to compromise on the quality of our products and, most importantly, offer a personal service that gives our clients confidence and peace of mind that we will be on hand to help throughout the process. We really do care, and there is nothing better than meeting with our clients after the project has finished and seeing how happy they are; it gives us real job satisfaction.

**Any highlights?**

Probably the lovely feedback from our clients and when they have then recommended us to their friends and family for their kitchen renovations. We have been lucky to work on a variety of different projects, from simple kitchen replacements to full blown extension building projects. We have also worked on some amazing developments, which has been really exciting.



**What is coming for 2020?**

We have got several projects booked in, which is great, and we are just really excited to see what 2020 brings.

Trend wise, the last couple of years have been all about darker kitchen cabinets and lighter worktops – marble effect being popular in particular. These colour palettes look set to continue. However, the darker more dramatic style work tops are also making a comeback. Embrace a darker colour palette by adding splashes of warm hues and metallic finishes that tie everything together. Gold accessories are becoming more of a must-have – whether it is a tap, sink, handles or even lighting. We do have a blog on our website that discusses trends if anyone needs inspiration.

If you would like to have a chat about your kitchen plans then we would love to hear from you!

[www.polishedkitchendesigns.co.uk](http://www.polishedkitchendesigns.co.uk)  
info@polishedkitchendesigns.co.uk  
Tel: 07708 299939 / 07708 299389

**Don't just listen to us....**

**Here are a few of our recent projects and what our customers have to say...**

"After feeling disappointed with the designs and service from bigger kitchen suppliers I stumbled across Polished Kitchen Designs and worked with them on a large family kitchen we needed for one of our projects. The quality of design, product and customer service Sarah & Amy offer was above and beyond any kitchen supplier we have worked with in the past and we have already got more projects booked in with them for the future."

Danny Gillespie – 6 Sides Ltd Building Solutions



"Fantastic work by everyone at Polished Kitchen Designs on my new kitchen. Design, hard work and great organisation. The house has been transformed!"



"We were blown away by Polished Kitchen Designs competitive pricing and how professional the whole team are. We couldn't be happier with our finished kitchen and all of our friends and family have been totally wowed by it."





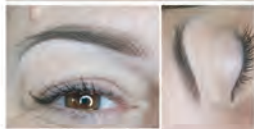
## Village Show new date: 12th September

Later this year the 15th Cuckfield Village Show will take place at Cuckfield Baptist Church – and organisers are spreading the word to get local bakers, artists, designers and growers ready for the popular event.

Although schedules with rules and entry forms won't be available until July, you can see all the classes available for entry on the page opposite. At over 100 different opportunities to get involved, it isn't only jam-pans and curly veg to ensure a prize on the day! Classes include brewing beer, an item of woodwork and a photograph showing 'natural smiles'. There are also 16 categories specifically for children to get creative in.

Cuckfield Village Show will take place on Saturday 12th September between 2pm and 4.30pm at Cuckfield Baptist Church. This is a slightly different date as organisers altered usual plans in order to not clash with Haywards Heath Town Day (on 5th September).

Watch this space for more information on the Village Show in the coming months, or you can check Cuckfield Society's website: [www.cuckfield.org](http://www.cuckfield.org)



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## CUCKFIELD VILLAGE SHOW 2020 - LIST OF CLASSES



### HORTICULTURAL

#### VEGETABLES

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

#### FRUIT

34. 3 eating apples
35. 3 cooking apples
36. An unusual fruit
37. 3 figs
38. Bunch of grapes

#### FLOWERS

39. Posy of lavender
40. Bunch of sweet peas
41. 5 calendula
42. 1 dahlia - any variety
43. Pot of geraniums
44. The single most fragrant rose
45. 5 roses
46. A posy of flowers
47. 1 head of Hydrangea

#### FLORAL ART

48. A floral arrangement based on an Olympic theme, with any accessories and not exceeding 45cm in any direction
49. An arrangement in a recycled container
50. Wild posy - homegrown
51. Shades of green

### FOOD AND DRINK

#### BAKING

52. The Katie Stewart Cup - Spiced Sugar Plum Cake
53. Lemon drizzle cake
54. 3 jam tarts
55. Swiss roll
56. 3 chocolate chip cookies

57. Banana tea bread
58. Gluten free cake
59. Vegetable cake loaf
60. Plaited loaf
61. Sourdough loaf
62. 3 Parmesan shortbreads
63. 3 cheese scones

#### PRESERVES

64. 1 jar honey
65. 1 jar chutney - any recipe
66. 1 jar jam
67. 1 jar preserved fruit
68. 1 jar red onion marmalade
69. 1 jar marmalade any flavour

#### DRINK

70. 1 bottle of homemade fruit spirit
71. 1 bottle beer
72. 1 bottle homemade wine

### CRAFTS

73. An item made from old shirts
74. An item of woodwork
75. A paper origami item
76. An Olympic mascot
77. An item of pottery
78. A decoupaged item
79. A handmade scarf knitted or crocheted
80. A bag made from recycled denim

### ART *(Max 60 x 60cm inc. frame unless otherwise stated)*

81. A miniature in any medium *(max. 14 x 14cm inc. frame)*
82. An animal painting in any medium
83. Flowers painted in any medium
84. A poem in a frame - *(max. A4)*
85. A silhouette picture in any medium

### PHOTOGRAPHY *(Max 20 x 20cm unmounted)*

86. Local Woodland
87. Natural Smiles
88. Night photography
89. Famous landmark
90. Energy

### JUNIORS

#### KEY STAGE 3 & 4

91. A piece of art - any medium
92. 3 cupcakes
93. A bag made from an old tee shirt
94. A decorated egg

#### KEY STAGE 2

95. A Lego monster
96. A sock puppet
97. 3 cupcakes
98. A pencil holder made from a recycled item

#### KEY STAGE 1 & RECEPTION

99. A Lego monster
100. A collage
101. 3 cupcakes
102. A Hama bead design

#### PRE SCHOOLERS

103. A finger painting
104. Something I'm growing
105. My dream pet picture
106. A decorated bread person

# Festive trees adorn church again



Last month Cuckfield's Holy Trinity Church was once again filled with the gorgeous smell of Norway Spruce pine needles as the 17th annual Christmas Tree Festival took place over the course of three days.

The Christmas Tree Festival Planning Group worked hard to make this traditional event the usual wonderful Christmas experience. With 78 trees all decorated in different and varied ways, the building came alive with festive spirit.

The Partner Charity this year was Alzheimer's Society, which will have benefited from the donations at the event. The festival has raised over £77,000 over the past 16 years.





# Challenge yourself to read more in 2020

West Sussex Libraries are delighted to present the Mid Sussex Reading Challenge, running at Haywards Heath Library, along with other local libraries. The challenge invites people of all ages and reading abilities to read 12 books in 2020, following a variety of themes such as 'a book that has been adapted into a film' and 'a banned book'. Whether you're looking to kickstart a new reading habit or just want to share your love of reading with others, everyone is welcome to join. You can take part as an individual, as part of a reading group or even get reading as a family.

The Mid Sussex Reading Challenge follows on from the success of the Horsham District Year of Culture Reading Challenge, which ran in seven West Sussex Libraries throughout 2019, attracting over 230 participants.

The full list of challenges, plus great recommended reads for each month, can be found on the reading challenge blog at [midsussexreadingchallenge.art.blog](http://midsussexreadingchallenge.art.blog), and libraries are also welcoming book review submissions. Participants are also invited to join the challenge Facebook group to share their latest reads, pick up ideas for great new books and chat with local people about their love of reading.

If you'd like to take part, sign up by visiting any Mid Sussex Library with your library card – and if you don't have a library card, it's completely free to join!

Pop into the library to pick up a leaflet and challenge yourself to read something new in 2020.



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## Little Women by Louisa May Alcott

### BOOK REVIEW

**By Ella Lazenby, Year 9**

The book *Little Women* is about four sisters: Meg, Jo, Beth and Amy. It is set in the 1860s in a town in Concord, Massachusetts and is about their ethical journey as they each battle their own demons.

For the most part of this beautiful, enlightening story, their father is away fighting in the American Civil War and they are at home with their mother. Alcott tells individual stories of each character, which helps you create a sort of bond with them. At one point in the story, Beth falls ill with scarlet fever, and, as a reader, she was my favourite out of the four so I really hoped she would recover.

Overall, I thought that this book was very interesting and I enjoyed learning about their different journeys. However, I am glad that the novel was only around 250 pages long because you need a lot of focus to read it as it is fairly demanding. I would recommend it to anyone above the age of 11 who likes a challenging read. This coming-of-age fiction was so engaging and really gave light to the struggles of those who were poor in this time period. It's a classic read.



## The Girl of Ink and Stars by Kiran Milwood Hargrave

### BOOK REVIEW

**By Lucy Couves, Year 9**

This mysterious but beautiful tale follows the adventure of a young girl named Isabella, who lives on the Isle of Joya and is ruled by a governor. No one has ever ventured out into the unknown forests which surround the village, as it has been strictly forbidden. However, Isabella has always been fascinated by the mystical history of their island so is determined to uncover the secrets which lay hidden beneath the shores. So when her friend runs off into the forest, she takes the opportunity and embarks on a quest to find her.

Through the eyes of Isabella, you will discover the wonderful waters which flow through the island, the menacing monsters which stalk the forest's hidden depths and the lair of the horrid inferno. I would give it four out of five stars and recommend it to those aged nine and over.

# Painting & Decorating

By David Gasson

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## RECYCLE THIS...

Colin McFarlin is a Volunteer Waste Prevention Advisor with West Sussex County Council.



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.

## Recycling Wisdoms

I am starting an occasional item: 'Recycling Wisdoms'. This where I share your recycling wisdoms. What do you do to recycle more? What do you do to recycle better? Tell me about your local community recycling points. What do they accept? What wisdoms would you like to share? Who is in charge of recycling in your house?

Claire tells me how she is fully emptying toothpaste tubes. There is always some left in the shoulder, so she cuts the tube in half and uses the cut off bit to re-close it. She tells me she is always amazed to find another week's worth by doing this to any tube.

Jane tells me she recently visited the garden centre at Wych Cross, and at the far end of the car park is a collection point for plastic plant pots and trays which then go to be recycled. B&Q in Burgess Hill also have a similar collection point.



As much as this page is about recycling and keeping as much as possible out of your rubbish bin, our foremost thought should be to reuse, repair and reduce, and then recycle. I would love to hear of ways you have reduced your rubbish.

To repair you can take to a Repair Café. There are Repair cafes in Chailey, Horsham, Forest Row and one is opening soon in Burgess Hill. If you are interested in starting one in your village, do let me know and I can put you in touch with the organisers of successful Repair Cafés.

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.

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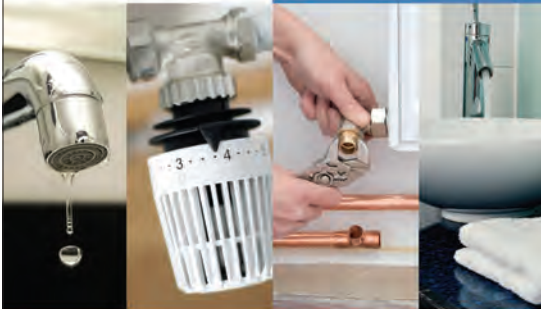
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# Holiday snaps

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



Chris and Alison Openshaw on a visit to Beaulieu Motor Museum



Carolyn Dodd in Rotterdam - Cuckfield Stroke Association Group

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Liz and Richard Woods, Caribbean cruise (Martinique in the background)



Tessa Boyer outside Trulli house. Alberobello, Puglia, Italy





Happy New Year!



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# Bolnore comes of age



Photo: Jacob Neller

## By David Tingley

When the reality of Bolnore first landed in Haywards Heath back in 2002 it was not met with universal approval. There were stories left, right and centre decrying the 'Disneyland nature' of the development – which argued the 'fake' thatched cottages and old barn didn't fool anyone.

What first started as 800 homes, and ended as 1,200 when the final house was sold at the end of last year, has been the largest housing development in the area for decades, all put up by Crest Nicholson.

The Sales and Marketing Director for Crest Nicholson South said: "We are very proud of the community we created here. The enviable village location coupled with its proximity to excellent transport links, proved the development very popular with families, first-time buyers and those looking for a bigger home. The high demand we encountered when building the development was astounding and kept us coming back to build more phases. The last phase was completed in October 2018, marking the end of an era at Bolnore Village."

But what of those who have lived in Bolnore since the beginning?

Alison and Neil Tomlinson, who moved into Phase 1 in December 2002 not intent on staying, are now in their second Bolnore house. Neil explained: "In those early days, with everyone being in the same boat, there are no established cliques or neighbourhood circles that can be tricky to penetrate. The longer we lived here, the more we established a wider community friendship circle too, with looking after neighbours pets and getting a hand with jobs around the house."

Elspeth and Alastair McPherson moved into Bolnore in 2004. Elspeth explained that she liked the fact that people had energy and drive to make the place they live the best it can be. "With a vibrant Resident's Association early on, carols and summer fetes were organised, plus an arts group which ran events and created art for the village."

"The best builder story I heard," she went on, "was one of the groundwork contractors who was able to retire early after building so many patios at weekends!"

Jenny Bleackley (who moved from Hove with her husband Adrian in November 2002) remembers the Customer Service Manager who used to walk around the muddy construction site in her high heels: "All the men were frightened of her!"

When describing the best bit of life here, she goes on: "After good friends made and sense of community, I would say the peaceful, wooded environment is special, with an easy walk to the town and the station."

So, after all the builders have driven off site what we are left with is a (relatively) new community which has pulled itself up from the very beginning. Having established not only social connections but also in organisational terms numerous folk spearheaded the creation of a Residents Association which turned into a Community Interest Company – to genuinely look out for the best interests of those who happily class themselves as residents of Bolnore Village.

Happy 18th Birthday Bolnore!



Photo: Geoff Bilson



Photo: Jenny Bleackley



Photo: Geoff Bilson



Photo: Espeth McPherson

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## Bolnore joins in at Tree Festival

Bolnore resident Louise Smith thanked fellow supporters and contributors for their efforts in decorating the 'Bolnore tree' at Cuckfield's Christmas Tree Festival at the beginning of last month.

"The tree represents memories and has been partly made possible by a lot of the organisations in the village and some individuals too," Louise commented. "A special shout out to the village school, as always, for their support."

Bolnore's tree joined over 70 others at Holy Trinity Church's annual display and charity fundraiser. More from this event on page 32.



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# Get fit in Bolnore Village

Are you looking to get fit this January? Well you don't need to go far, there are lots of classes on offer right here in Bolnore - at the Woodside, the primary school and nearby.

Elaine Goodwin has done the research for you and shares some of the options available in the village on this page. All classes listed are suitable for all ages and fitness levels.

## Bolnore Bootcamp



Outdoor sessions all year round, includes HIIT, weight training, boxing and challenges.

Every Monday, Wednesday & Friday at 6am and 7pm

Meet at the top of Bolnore, near the barn

Booking is required, one-week free trial available, then pay monthly

Tel: Sean 07973 251 770

## Bounce and Burn



Bounce and Burn is a low impact high energy fitness class performed on mini trampolines to the latest chart hits. Incorporating the use of weights and resistance bands to get a full body workout.

Thursday 7pm at The Woodside

Booking is required, £6 per class

Tel: Debbie 07778 426 102

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## Pilates with Viv



Pilates can help to improve general fitness and well-being, and can bring significant improvements in posture, balance and flexibility.

Tuesdays 9.20am at The Woodside

Booking required, £10 per class or 6 classes for £48

Tel: Viv 07495 074 233

## Swoove Ignite



A fun dance fitness class held in the dark with disco lights and glow sticks. Singing and whooping along is encouraged!

Tuesdays 7pm at Bolnore Village Primary School

No booking required, £5 per class, first class £2.50

Tel: Gemma 07557 474 333

## Tai Chi and Kickboxing



Tai Chi classes help you relax with gentle flowing exercises, you will feel the benefits of increased energy, improved balance and coordination, more flexibility, reduced stress and increased strength.

Kickboxing classes are fast-paced and keep you fit, strong, and flexible.

Both classes on Mondays at The Woodside:  
7pm Tai Chi, 8pm Kickboxing

No booking required, £10 per class, 5 classes £45,  
first 4 classes half price

Tel: Mark 07834 375 776

## Yoga Fusion



The ultimate fusion class combining Yoga, Tai-Chi and Pilates to strengthen, lengthen and tone your body of the future.

Mondays 7.15pm at Bolnore Village Primary School

No booking required, £10 per class, 5 classes £40

Tel: Costica 07568 338 939

# Louise achieves international acclaim

Louise Ferguson, a photographer based in Bolnore, has reached the final of the fiercely contested Guild of Photographers Image of the Year Competition.

The Guild is a highly respected UK based association for photographers, which has members from overseas as well. Each year it runs an online monthly photographic competition, judged by internationally respected judges with awards given to the best entries.

During 2019 the competition has attracted over 13,500 entries from the most talented of photographers.

It has recently been announced that, from all the entries across the year, the Guild's judges have selected just ten images in various genres to go forward to the annual Image of the Year Final. Those selected really are the best of the best, and an image by Louise is one of those selected as a finalist!

Guild Director Lesley Thirsk said: "To have an image recognised by the Guild in the monthly competition is difficult enough, so to have an image selected as being one of the best in a category for the end of year Final is without doubt an incredible achievement, and shows just how talented a photographer Louise is."

Louise commented: "I am flattered to have been shortlisted. There are so many talented photographers in my field. To have been recognised by the Guild is a



major compliment and has exceeded anything I could have expected. I spend a lot of time working on every portrait. This recognition makes the effort completely worthwhile."

In early December, highly regarded judges gathered together from across the country and overseas to choose the overall winner. The final outcome will be announced at an awards ceremony in Cheshire next month.

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**5 MINUTES WITH...**

## Elspeth McPherson

Elspeth works for an audiobook production company in London. She has been a Governor at Bolnore Village Primary School for six years and is now Co-Chair of Governors. In her spare time she sings with the Brighton Festival Chorus, co-runs the school choir and swims to keep fit. Elspeth grew up in Zimbabwe.

**How long have you lived in Bolnore?** 15 years

**What's the best thing about being here?**

The great sense of community – we have made lots of friends here too

**Favourite ice cream flavour?** Salted caramel

**How many houses have you lived in?** Seven

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

A swimming pool on the rec would be nice

**Favourite holiday destination?**

Chateau de Chanteloup in the Loire, France

**Song you play the most?**

Lately anything by George Ezra, having just taken our daughters to his concert at the Royal Albert Hall

**What would you do if you won £1million?**

Pay off the house, make sure I put aside a nest-egg for my children, then help fund music education

**What was the last present you gave someone?**

A Latin text book

**Strangest thing you've ever eaten?** Ostrich

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

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

WhatsApp

**What's your proudest moment?**

Giving birth to our two daughters

**Your advice for life?** Be a giver not a taker. You get so much out of helping other people.

**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 homely Christmas

By Jacqueline Elmore

The heart of any good care home is where staff know the personalities of their residents and the home in which they live creates a feeling of warmth and a sense of belonging.

The Christmas period in particular is a nostalgic one, especially for the elderly, so that feeling of home is all the more important during the festive period.

Last month Cuckfield care home Pelham House celebrated their annual Christmas lunch and it was a joyous occasion with residents, staff and visitors all joining in the festive fun.

Amanda Brown, Registered Manager who has worked at the home for three years now explains just how much she, her team and her residents enjoy Christmas: "We love Christmas here. I think it's because we are very much in tune with the people that live here. We're like a family really."

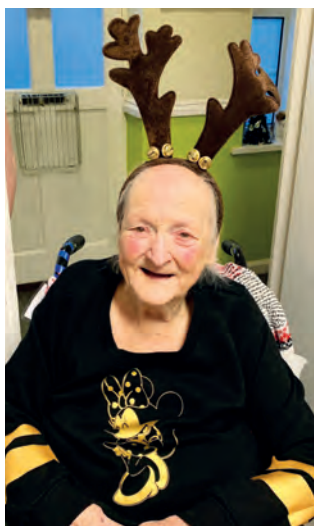
There are currently 26 elderly residents living at Pelham House, the majority of which are well into their 80s and most of whom are either suffering from dementia or are simply too frail to live elsewhere.

Amanda has worked in health and social care for 35 years. During that time, she has seen some difficult things but since being at Pelham House she feels more positive and is genuinely happy with the support that the home is giving to the people that live there.

Every Christmas Pelham House is visited by students from Warden Park who bring boxes of presents and food for the residents to help raise their spirits and give them that little bit of extra Christmas cheer.

"It's such a special time and the residents love to see the children. Sometimes they even sing Christmas carols. It really brightens up their faces."

Amanda explains that it's the small touches that really make a difference to the residents; like hearing a song or opening a special gift. "Dukebox Dave will come and



put on a bit of a show and Denise the Activities Coordinator will get the residents singing. And all the staff will be allocated a resident for whom they will each buy a gift and that will then be given to them to open on Christmas Day."

Pelham House is also home to Blue, a one year old rescue dog who has become a bit of a star with some of the residents. Blue is part of the activities programme; they call it Blue Therapy where the folk that live there can spend up to an hour a day with him, stroking him or just having him sat by their side.

"One of our residents adores Blue. She loves him, absolutely loves him. In fact, most of the people that live here love Blue. He's got a wonderful energy that feeds through to our residents.

He's a gentle soul and if he can somehow make a difference or brighten up someone's day then for sure he's doing his job."

Many of the residents that live at Pelham House have many stories to tell and they want to be heard. Amanda, like most of the staff at Pelham House, believes in the people that live there and is more than happy to just sit



and listen to what they have to say.

“These people are part of our history, so they shouldn’t be forgotten. You should hear some of their stories. It can be really fascinating when people talk about some of the things that they have seen and done; it’s important to remember the rich and colourful lives that they have led.”

Amanda would like to see the local community get more involved with the home or to simply pop in now and then to say hello to the residents and take advantage of the coffee mornings.

“Most of the elderly folk that live here are from the local area so will have contributed to society in some way or another. People shouldn’t be scared. We want to create a happy environment for our residents; a place where they still feel part of something.”

Amanda is keen to encourage a more inclusive environment at Pelham House where, instead of walking by, people might choose to come in and sit and listen to a story or two; to learn something new about some of the people who live there and who have lived in this



community longer than most.

If you were to peek through the doors of Pelham House around Christmas you would see a place of warmth and togetherness, where people celebrate friendship and family.

Christmas may have come and gone but it’s not too late to spread a little joy and kindness to those who need it most.

To find out how you can get involved please contact Amanda or Kim on 01444 458788 or email: [manager@pelham-house.com](mailto:manager@pelham-house.com).

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## Abound in Hope

Dear friends,  
A very Happy New Year to you. I hope that you had a very lovely Christmas.



2020 stretches out before us, and a little quip seems appropriate: 'What I'm really looking forward to is hindsight'. Would that help us on our journey through the coming year? Probably not! Most of us journey expectantly, usefully informed by experience. The question is will we allow such knowledge to move us forward. Does humanity ever learn? Sometimes.

So much in the world seems dark at present that it is best for you to make a list of all that concerns you rather than rely on my list! Yet, despite this, there is so much which is good. World poverty is at an all-time low, as are many other aspects of life which have plagued humanity throughout history, particularly in terms of health. We are also individually capable of making a difference – bringing our own light to the situations we encounter, sometimes in unexpected ways.

In his Letter to the Romans, Saint Paul calls on a tiny and persecuted community to live in the knowledge of hope at the centre of the Christian Faith thus: 'May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.' (Rom. 15: 13). Abounding in hope seems to me to be an excellent way of looking at both life and the world. When we do so, allowing it to inhabit our words and actions, we really can transform not just the world but also ourselves.

Have a great 2020  
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





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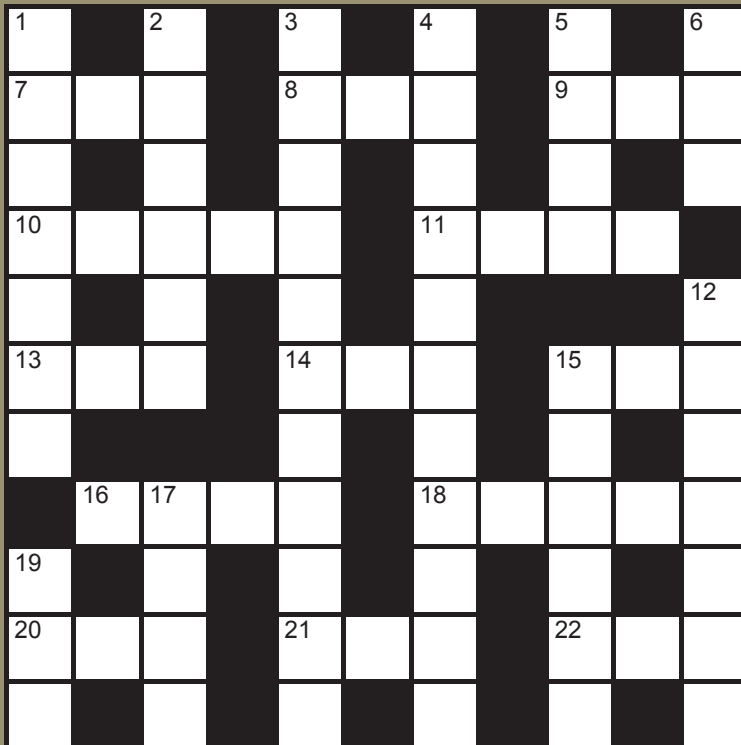
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# Family crossword



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

Answers on p.54

## Across

- 7 Meadow (3)
- 8 And so on (3)
- 9 Biblical Sarah's husband (Abbr.) (3)
- 10 Cram (5)
- 11 Mild oath (4)
- 13 Before (3)
- 14 Cereal grass (3)
- 15 At the present time (3)
- 16 Large marine food fish (4)

- 18 Sharp (5)
- 20 Lyric poem (3)
- 21 Dove sound (3)
- 22 Weeding implement (3)

## Down

- 1 Drunk (7)
- 2 Ripe (6)
- 3 Execution (11)
- 4 Speed controller (11)
- 5 Individual facts (4)
- 6 Light meal (3)
- 12 Add sugar (7)
- 15 Nothing (6)
- 17 Secondhand (4)
- 19 Enemy (3)

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# Sudoku

Find the solution on p.54

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

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

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# What's on this month

## AT THE QUEEN'S HALL

### Monday

- 9.30am **Pilates for Intermediates**
- 10.30am **Pilates for Beginners**
- 9.30am **Yoga**
- 2pm **Preschool Dance**
- 3.45pm **Dance School**
- 7.30pm **Yoga**
- 7.30pm **Dog Training**

### Tuesday

- 9.30am **Preschool Sports**
- 1.30pm **Yoga**
- 3.45pm **Dance School**
- 7.30pm **Dog Training**

### Wednesday

- 10am **Stroke Association Club**
- 1.30pm **Line Dancing**
- 3pm **Dance School**
- 7.30pm **Ballroom Dance**
- 7.30pm **Yoga**

### Thursday

- 9.15am **Yoga**
- 9.30am **Preschool Dance**
- 7.30pm **Yoga**

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.

## January

- 17th **The Wind in the Willows** – Doors 6.30pm
- 23rd **The Queen's Hall through the Ages**
- 25th Cuckfield Museum has prepared a special photographic exhibition of the hall (times vary: Thurs 11am-3pm, Fri 10am-4pm, Sat 10am-1pm)
- 24th **Open Taster Sessions**  
Series of taster sessions put on by local yoga/pilates teachers
- 25th **Open Day** – 10am-1pm  
Part of National Village Hall Open Day hall hirers invited to showcase their events and activities

## March – SAVE THE DATE...

- 14th **Jumble Sale** – 9.30am-12noon  
Fundraiser for Cuckfield Preschool Playgroup

## 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**

### Wednesday

- 9am **Falcon Health Chiropractors**
- 1pm **Pilates**
- 5pm **Hayley Beeson School of Dance**
- 7pm **Pole Fit**
- 7.15pm **Scouts**

### Thursday

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

### Friday

- 9.30am **Saplings**

### 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**

# What's on...

## ELSEWHERE

### January

- 15th **The Arts Society Mid Sussex** – 10am  
Clair Hall, Haywards Heath - 'The Magic of Prague: Czech Art and Culture' by Gavin Plumley (Non-members welcome, £7)
- 15th **The Mid Sussex Franco-British Soc.** – 8pm  
Clair Hall, Haywards Heath - An illustrated talk in French by Joyce Quin, membre des Lords depuis 2006 (£5, Barbara Stevens, 01444 452385)
- 16th **Haywards Heath Ceramics Group** – 10am  
Clair Hall - Talk on 'British Art Deco - between the Wars' by Elisabeth Bogdan (free entry on first visit, otherwise £8, 01444 483372 or 452804)
- 16th **Mid Sussex National Trust** – 2.30pm  
Clair Hall, Haywards Heath - 'History of The Royal Botanic Gardens Kew' presented by Sarah Oldridge
- 16th **Burning (15)** – 8pm  
Players Theatre, Hurst - film show by Hurst Village Cinema (tickets from Mishon Mackay and www.hurstfilms.com)
- 17th **The Wind in the Willows** – doors 6.30pm  
The Queen's Hall, Cuckfield - Rain or Shine Theatre presents its fast-paced comic retelling of the classic tale (Tickets from Cuckfield Parish Office £10/£7)
- 17th **Mother Goose Panto**  
-19th The Players Theatre, Hurstpierpoint - Family panto fun, Fridays at 7.30pm, Sat/Sun 1pm & 5pm (Tickets £11/£8 www.hurstplayers.org.uk)
- 17th **Heading for Extinction** – 7.30pm  
Village Centre, Hurstpierpoint - Talk about climate change by HKD Transition group (not suitable for young children)
- 21st **Cuckfield Evening WI** – 7.30pm  
Baptist Church, Polestub Lane, Cuckfield - 'Wellbeing with you in mind' by Amanda Grainger
- 24th **Downton Abbey (PG)** – doors 7pm  
Adastra Hall, Hassocks - Star Cinema showing (Tickets £4.50/£4)
- 25th **Burns Supper** – 6.30pm  
Roffey Park - Mid Sussex Caledonian Society annual event (secretary@midsexcaledoniansociety.org.uk)
- 28th **Pregnancy Loss Support Group** – 7.30-9pm  
New support group for those affected by pregnancy or baby loss (for venue details contact angie@walkingwithyou.org.uk or call 07974 729566)

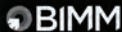
30th **Skull Drummery** – 7.30pm  
The Red Lion, Lindfield - Traditional event by Lindfield Bonfire Society, drumming performance in the pub garden

31st **The Kindergarten Teacher (12A)** – 8pm  
Players Theatre, Hurst - film show by Hurst Village Cinema (tickets from Mishon Mackay and www.hurstfilms.com)

### February

- 5th **Mid Sussex NHS Retirement Fellowship** – 10.15am  
Franklands Village Hall, Haywards Heath - The Buzz of Bees with Otto Somodi
- 5th **Hurst Monthly Social Group** – 2pm  
Guide HQ, Trinity Road, Hurst - Fish & Chip Lunch (pre-ordered) & AGM (Dianne 01273 835284)
- 6th **Dementia Café** – 2pm  
Court Bushes Community Hub, Hurst
- 13th **HH Ceramics Group** – 10am  
Clair Hall - Dr Michael Signy will give a talk on 'Rivets, Repairs and Replacement Handles' (Free entry on first visit, otherwise £8, call 01444 483372 or 452804)
- 13th **Mid Sussex National Trust** – 2.30pm  
Clair Hall - Talk on Preston Manor, Brighton by Jackie Marsh-Hobbs (David Waite, 01444 453954)
- 15th **Music Concert** – 7.30pm  
Methodist Church, Haywards Heath - Jonathon Radford plays works by Debussy and Gershwin arranged for alto, tenor and soprano saxophones (Tickets £15/£5 available on the door or 01444417654 www.haywardsheathmusicsociety.org.uk)
- 19th **The Arts Society Mid Sussex** – 10am  
Clair Hall - The Great Exhibition of 1851 by Prasanajit de Silva (Non-members welcome, £7)

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## PUZZLE ANSWERS

From the puzzle fun on page 50

### CROSSWORD:

ACROSS: 7 Lea, 8 Etc, 9 Abe, 10 Stuff, 11 Egad, 13 Ere, 14 Rye, 15 Now, 16 Tuna, 18 Acute, 20 Ode, 21 Coo, 22 Hoe.

DOWN: 1 Sloshed, 2 Mature, 3 Performance, 4 Accelerator, 5 Data, 6 Tea, 12 Sweeten, 15 Nought, 17 Used, 19 Foe.

### SUDOKU:

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

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\*source: Rightmove, sales agreed by Mansell McTaggart in RH16 1, RH16 2, RH16 3, RH16 4 and RH17 5 between 1 Oct 2018 to 30 Sep 2019.

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