

Cuckfield *Life*

Inc. Brook St, Ansty & Staplefield

Local village talk,
by the village

Issue #3 : Jan/Feb 2013

Free



Golf club gets sports accreditation

page 7

Introduce colour to your home

page 8

School Head Teacher gets a grilling!

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The use of acupuncture as a treatment has been documented over several thousand years. The core belief is that the balance of energy within the body relates to an individual's health and acupuncture can influence this flow. Lesley Reed has been treating people with acupuncture for a variety of symptoms over the last two years. She has a BSc (Hons) degree in acupuncture and is a full member of the British Acupuncture Council (BAC), abiding by their strict code of practice and hygiene. She also has additional qualifications in massage and reflexology.



Incorporating Traditional Chinese Medicine with Five Element and Stems and Branches theory into her acupuncture treatments, Lesley has been particularly recommended by others for her reassuring, calm manner and her professionalism - especially when dealing with nervous clients or those with special needs.

Lesley has experience in using acupuncture to treat many conditions, but she has a special interest in pain management, panic/anxiety, fertility and facial revitalisation acupuncture.

Appointments are available from 8am to 8pm Monday to Saturday at The Clinic at Borde Hill and home visits can be arranged. For new patients a free 15 min phone consultation is offered. Please call 07808 248772 or email lesley@reedacupuncture.co.uk.



EDITORIAL

By David Tingley, Editor

January is a month when most of us get used to getting back into normal life, as gently as possible! So, in this vein we find a quiet month coming up in Cuckfield. There doesn't appear to be much happening apart from a couple of **events listed** on **page 18**.

We have a slight golf theme to this issue, as we congratulate **Cuckfield Golf Centre** on their recently awarded special accreditation - see **page 7**. Plus, on **page 16**, **Lyndon Littlefair** explains how one's fitness can affect the ability to play the game.

If all of this is reminding you that you had pledged to get fit in the New Year, rest assured, you are not alone!

Elsewhere, it's a pleasure to introduce you to a new regular columnist in the form of Cuckfield resident **Fiona Evans** - of Limited Editions - whose **interior design** knowledge will be regularly shared on our pages. It starts this month on **page 8**. Thank you, Fiona.

We love schools to be involved in this magazine and this month Claire Cooper has gone back to school with a visit to **Warden Park's Head Teacher Steve Johnson**. You can mark her work on **page 10!**

As ever, we are keen to hear **ideas and suggestions** from our readers. If you know of someone who has an amazing story for 'Village People' or hear of something that we should cover or promote - we would love to talk to you. Book reviews are interesting too so, if you read a lot, perhaps you could consider reviewing one or two current titles? Email editor@cuckfieldlife.co.uk or call me in the office on 01444 884115.

Finally, I must share with you the **great sounding recipes** which **Jack Armstrong** has prepared for a special Valentine's Dinner. Space prevented us from printing the dessert course on **page 14** but, never fear the internet is here! You can find the chocolate cheesecake recipe on our Cuckfield Blog on our website.

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Cuckfield Life Published by Kipper



 Claire Mitchell
A clear morning over Brook Street.

CHIMNEY SWEEP




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We'd 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

New outlook opticians

Sharp-eyed residents will already have noticed that Cuckfield Eyecare is now open on the High Street, after the shop being fitted out by owner Marc Murray over the past few months.

Marc has been working in the optical industry for over 20 years and is really pleased to finally be opening his own village optical boutique. He has an extensive career having worked for many of the high street optical retailers but he says that, over the years, he has certainly seen how NOT to treat customers! "Everything I have done up to now has enabled me to create a concept for the perfect optician experience," Marc explains. "I am offering handmade, high quality frames at good prices and allowing customers to have sight tests or make collections at times to suit their busy lives. I want people to not only receive great service but actually enjoy their visit."

Customers can not only request out-of-hours frame dispensing appointments but also home visits to fit your spectacles once they are ready, as well as a relaxed atmosphere for your eye test in the shop with a nice cup of tea.

Cuckfield Eyecare is open at 17 High Street, 9.40am – 5.30pm Mon to Fri and 9.40am – 4.00pm Saturdays.

Strictly blooms again!

'Strictly Come Gardening', Haywards Heath's own gardening show, is back, bigger and blooming on Saturday 27th April providing lots of ideas for your garden!

The celebrity expert panel returns, chaired by Jean Griffin, BBC Radio Sussex and Surrey's gardening guru. Last year's exhibitors, plus many more, are planning to attend. "Last year's inaugural event was a great success, so we are very excited to build on that for 2013," said Ruth De Mierre, one of the organisers.

Virtually every school in and around Haywards Heath is taking part in the Strictly Schools Challenge. Younger children are being asked to paint a picture of their favourite tree, while Key Stage 2 children will be creating their "Edible Metre" – a mini kitchen garden. Older students are being challenged to design a sustainable gardening feature – for example, something optimising the use of water.

"We need as many people involved as possible," continued Ruth, "to make it a truly cross-community event." Therefore any organisation, horticultural or gardening club who would like to become involved should contact Ruth on 01444 453399 or email ruth@i-dmc.co.uk



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Mystery photos at museum

Cuckfield Museum reopens on 16th February with a new display – 'The Light of Day: treasures old and new from our storeroom'.

The Museum has been closed since mid December for annual cleaning.

Among the exhibits will be these intriguing photos (right) which have recently been given to the museum.

The curators are in the process of trying to unravel the stories behind the photographs and are asking villagers for their help.

"We wondered whether any of your readers might be able to shed light on them?" said curator Phillippa Malins.

"They were given to the present owners of the house in Church St which used to be Askews cabinet makers and later undertakers, and were taken coming out of Cuckfield Church and in the garden of the house."

She added that the photographs were given to the present owners by the previous owners and a costume expert has identified them as being around 1905, when the Askews would have been well established on the premises.

"The business continued on until the 1950s. People remember the family but so far no one can identify the bride or groom," she said. "The photos are unusual for the time in that they are so informal. The clothes denote a very prosperous background for the couple – more

than one would expect for the family of a cabinet maker."

Philippa and her team will be carrying out some research into Church records for summer weddings around 1905 to see if that reveals anything but would welcome any input from residents.

Further information about the museum can be found on the website www.cuckfieldmuseum.org



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Tree Festival celebrates

This year's Christmas Tree Festival was bigger and better in every way – more days, more trees and more money raised for charity.

To celebrate the tenth anniversary of the popular Christmas event the Festival ran for three days.

Visitors flocked to admire the trees, which adorned the newly renovated Holy Trinity Church.

Local organisations and charities had decorated the trees each with their own individual style.

Music was provided by soloists, organists, pianists, and instrumentalists who played and sang for the visitors. The festival ended with a special service of carols among the trees, followed by mulled wine and mince pies in the Old School.

This year the event was held to raise money for HemiHelp, a small national charity formed in 1990 to improve the quality of life for children with hemiplegia and their families. Childhood hemiplegia is a form of cerebral palsy, which is caused by damage to one side of the brain.

Paul Goldfinch, from Holy Trinity, said: "In our 10th year we were delighted that it was a huge success – raising much needed funds for HemiHelp.

"Record numbers of people attended the three day event, which was made special by the beautiful trees supplied by Peter, Sally and James at Sparks Farm Shop. There was standing room only at the Carol Service."

Since the first festival was held in 2003, events have raised over £34,000 for charity.

Residents enjoy a Christmas lunch



Residents of Old Park Close sheltered housing complex are pictured enjoying their Annual Christmas Lunch outing at the Wheatsheaf Inn.

The event was organised by resident scheme manager Denise Taylor. "Residents all enjoyed themselves and I was able to relax to a certain extent (although still had my work hat on) thanks to the help of Rob and his staff," she said.

Denise added that the Wheatsheaf was the ideal venue as Old Park Close is nearly next door!

Old Park Close is home to 29 residents, ranging in ages from 63 to 92.

Mum organises charity bootcamp event

A small Sussex charity is set to benefit from a fundraising event organised by a local mum.

Natalie Banbury says she remembers it like it was yesterday: "I was 21 when the doctor said to me 'I think your baby may have Spina Bifida'. I left the hospital with a leaflet by the Sussex Association for Spina Bifida & Hydrocephalus and have been in touch with them ever since."

After years of support Natalie believes that now is the time to give something back so, with the help of a few others, she is putting on a charity bootcamp at Lindfield Primary School on Saturday 16th February, from 12-4pm. The afternoon promises a 'Kids vs Grown Ups' session and bootcamps by Maxine Hayes of Potential PT.

Plus there will also be entertainment, arts & crafts and a food & drink area from local businesses. All proceeds go to SASBAH. Email potentialpt@gmail.com for more info.

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Cuckfield Golf gets 'Golf Mark'

Staff at Cuckfield Golf Centre had an extra special reason to celebrate the start of the New Year.

The club has recently been awarded the coveted 'Golf Mark' accreditation in recognition of its high standards.

The national award is only presented to golf clubs which show the highest commitment to the sport at all levels and acknowledges just how far the Cuckfield club has come since being taken over by its current owners Robert and Lucy Dickman (pictured).

Nevil Perryman-Best (Director of Teaching) said: "Being awarded Golf Mark is a major milestone for Cuckfield Golf Centre. It acknowledges that we have excellent procedures in place to enable a safe environment for the day to day running of our Academy.

"Crucially, the Golf Mark will enable us to tap into Local, County and National funding schemes that give us access to local schools and the community and allow us to offer incentives to minority groups and beginners at very affordable prices".

The club already offers a variety of lessons, classes and packages to help introduce newcomers to the sport or ease former players back into the game. One of the most successful is Get into Golf (GIG) a national campaign set up by England Golf.

The scheme offers one hour coaching sessions for groups of six and provides an opportunity for people to try out the game with family and friends.

The informal, fun and affordable sessions are held regularly on Thursdays and Saturdays. To find out the next dates visit the website or to learn more about the scheme contact nevil@cuckfieldgolf.co.uk

Acknowledging the support of members and visitors to the club, Nevil added; "We would like to thank our members for their on going commitment to the club, as we look forward to a bright future. With hard work and commitment we believe we can progress further still."



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Introduce colour and lift mood

DESIGN AT HOME

By Fiona Evans, Limited Editions

Now that Christmas is over and all the lights and glitter have returned to their boxes, how about introducing a little colour into your home to lift your mood through the grey winter months? These days when beige or white interiors dominate many homes it's worth considering the influence colour can have on our lives. Without realising it, colour can affect the way we feel and our sense of well being. It can be an inexpensive way of lifting your spirits, by simply buying a pot of paint or a cushion cover or rug to let the colour add accent or focus to your space.

We live in a colourful world. Nature displays a palette of colours balanced out in harmony, all of them contained in the white light generated by the sun and demonstrated so beautifully by the display of a rainbow when sunshine hits raindrops. So if your home is a shrine to creams and whites and looks fabulous most of the time, how about introducing a splash of colour to cheer you up during the greyness and the short days before Spring arrives?

The primary and secondary colours displayed in the rainbow – red, orange, yellow, green, blue, indigo and violet – are placed around the colour wheel with yellow at the top. Warm colours red, orange and yellow on the left side of the wheel are particularly successful used in a north facing room and to warm up the cold winter days.

Red is a very excitable colour. It encourages conversation, so is frequently used in restaurants and cafes and is recommended in dining areas in your home. Definitely to be avoided in children's bedrooms as the excitable nature will not encourage sleep. Red also suggests danger (think of brightly coloured snakes) and passion. Use in small amounts on cushion covers or throws to add a spark or a splash to your sofa or even a statement rug. Add an accent wall in the dining room possibly or red seat covers.

Orange is invigorating and can be spicy or burnt and used in small amounts will definitely add glow and glimmer to your home. Warm up those nooks and crannies with perhaps a burnt orange lampshade or spicy orange candles. Just think how exciting and comforting open fires are in the winter, due not only to the heat they let out but by the colours they transmit – red, orange and yellow.

Yellow is of course sunny, warm and inviting. A happy colour to welcome guests into your home and can help fight the depression caused by the lack of sunshine. I'm not suggesting that you paint your walls bright yellow but a soft tone will help lift spirits.

On the other side of the colour wheel, the colours green, blue and purple are more tranquil and relaxing in their paler tones.

It is worth remembering that dark colours will pull in walls to make a space look smaller and should be used with care but have fun adding sparks and splashes of colour in the New Year.

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Family rate: 2 adults half price with under-18 (£3)*

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When: Friday 7.30 - 9pm
(term time)

Where: Cuckfield Baptist Church (in the rear hall)

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Mr Johnson

VILLAGE PEOPLE

It's just over a year since Warden Park took the huge step to 'go it alone' and become one of the first school Academies in the county.

Since then consistency has been key, with pupils hardly noticing the difference as the school continues to maintain its high position in the league tables but behind the scenes significant changes have already been made.

Head Teacher Steve Johnson looks back and explains why he is incredibly proud to have been at the helm during an exciting, demanding and rewarding first year.

By Claire Cooper

Call in at Warden Park and you're unlikely to find Head Teacher Steve Johnson tucked away in his office. You'll more likely find he's out 'on duty' talking to students, checking progress on the latest building project, supporting young people with their latest business venture or in the classroom teaching one of his three GCSE classes.

Since last September, when the Cuckfield comprehensive school became one of the county's first Academy Trusts, life hasn't stood still and Steve is clearly enjoying every minute.

"It's been an incredible and exciting time for us all," said Steve, who leads the Academy Trust which is comprised of the former Warden Park School in Cuckfield and Heyworth School in Haywards Heath, which joined in January.

"When we approached the county council about becoming an Academy, one of the requirements was for us to support a less successful school," he explained. "The Heyworth School had mixed fortunes for a while, so when they asked us to help we were able to put the project together and the Warden Park Primary Academy was born.

"The Governors have been fantastically supportive – they're a great bunch of local people and staff. They felt it was right for us to become more independent, more innovative and to do things differently."

Steve is quick to point out that staff working at the Heyworth School had already begun to turn things around but that becoming part of the Academy has accelerated the process. "Together we have re-launched the library and introduced a French club and even Latin lessons. Staff from both schools are working together and children are reaping the benefits. It's now a fantastic little school which is doing really well.

"Results have already been impressive with every child achieving or bettering their expected progress. I'm so pleased with how well the primary pupils have done - it has been one of the highlights of the year for me."

Becoming an academy has also provided staff from both schools with fresh

professional opportunities. "Staff here are second to none and we wouldn't have been able to achieve such progress without their support and enthusiasm," said Steve. "Many have been here for over 25 years and yet are as keen as when they first joined. Our new Academy status has increased motivation even further."

Many people associate the creation of Academies as opportunities for large businesses to become sponsors and to invest in return for some control in running the school - but not at Warden Park.

"We are our own sponsors," said Steve. "The Academy is a business and we are a registered charity. We get a grant from central Government which we can spend however we feel appropriate.

"This means we have been able to access more resources by saving money on some of the things the local authority were charging us for but that we didn't need.

"We are free to do things differently and are motivated to get the best deals possible, avoiding unnecessary delays. For example, when we decided to have solar panels fitted on the roof, they were bought, delivered and installed within five weeks!"

In fact the only businesses you'll find at the Academy are those run by the students themselves.

"I'm really proud of our young enterprise teams, who have set up and run several successful small businesses as part of their studies," said Steve. "The students create, market and sell their own products and each company is accountable to a team of shareholders, including myself!"

Last year one team worked with a confectionary company to create a new way of making a chocolate drink by melting a chocolate wand in hot water. "They were sold in and around the school and were incredibly popular," said Steve.

"Another team got me a fantastic deal on name badges when I needed some in a hurry," he said. "Not only did they meet the deadline of producing 200 badges by the end of the week, they sourced a bigger badge for the same price.

"Seeing the businesses develop is absolutely wonderful for both staff and pupils. It's invigorating and fun and I'm continually amazed with the schemes our young entrepreneurs come up with!"

The Academy is currently in the process of updating and improving school buildings after successfully bidding for grant funding. "We have secured £1million in grants since becoming an Academy," said Steve. "We're concentrating on some of the basics at the moment - windows, heating, insulation - but we also hope to create a new drama studio and to replace the temporary accommodation for Geography which has seen better days.

"We will also be talking to the parish council before too long to develop plans for a new artificial sports pitch."

Changes to the curriculum are also being planned. These will include the introduction of new courses in photography, computing and business studies, while the Princes Trust XL course will also be available for some students. "Our priority is that our students not only achieve success in their exams but that they have fun learning," said Steve.

Did you know?

Steve spends some of his leisure time training the family's Labrador retriever gun dog Dantes (named after the Count Of Monte Cristo because of the excellence of his swimming and digging). "I love to spend part of the weekend out training our dog but we only retrieve dummies, not real birds, as I could never shoot."

"With these new options available, we are looking forward to results getting even better."

School holidays have also changed slightly and all students will soon be equipped with iPads or other similar learning devices.

Over the last few years, and particularly since the Academy status was granted, Warden Park's reputation for success has spread and increasing numbers of pupils are applying to join the school from further afield.

Cuckfield parents can rest assured that their children will always be offered a place. "Our catchment area is actually quite small, so children living in Cuckfield will always have the chance to come here," said Steve.

Having so many local pupils is important as it means links with the village and local community are very strong.

"It's really rewarding to see our young people active in the local community," said Steve.

"On Remembrance Day some of our students read the roll of honour, which was incredibly moving, while other students have been making and delivering hampers to elderly residents in the village for Christmas.

"We also had a wonderful Thanksgiving service in Holy Trinity Church, attended by all our year 7 pupils."

Although the Academy status has brought an increased workload, Steve still finds time for teaching - unusual for a secondary school Head. "I taught history and geography for many years so teaching is very important to me," he said. "I currently teach three GCSE classes in Citizenship. I really enjoy being with young people and helping them with their learning.

"Some of my proudest moments are when former pupils call in to tell me what they are up to and how well they are doing."

Steve also enjoys celebrating the success of school clubs and teams. "Our teams enjoy regular success at county and national level in soccer, rugby, cricket and netball. Seeing them play is a particular pleasure. I'm also particularly interested in the exploits of our equestrian team and do my best to sneak out and watch them compete at least once during the season," he said.

Looking to the future, Steve is excited about the opportunities offered by Academy status, "But we are not complacent - we know we have things to do," he said. "We need a wider, more modern curriculum so we can make sure that students are choosing subjects they like to do. That means offering more variety."

And looking even further ahead? "It would be nice to have our own sixth form one day...." he added.

Where's 'away'?

VILLAGE GREEN

by Helly Eaton, Cuckfield Local

Happy New Year. Let's hope it's a good one. I just heard on the radio that more of us are planning to live a simpler life in 2013. They said offloading, sorting out and throwing away are currently top of the new year's agenda. After a couple of weeks of Christmas indulgence, I can see the point. Do we really need all this STUFF? Of course not.

If, like me, you sat open mouthed at the amount of packaging on even the smallest items over Christmas, you may also be wooed by this new look at life. Exciting as it is to unwrap gifts and goodies from those you love, there are only so many boxes, bags and wrappings a poor waste bin can take.

So, where's it all going to go?

The radio also reported that recycling is on the rise and we're all getting better about throwing stuff away. Fantastic. But here's my question. Where's 'away'? The simple answer is there's no such place.

It's not actually my question, of course. It's been asked by many others, including the brilliant Julia Butterfly Hill who describes it much better than me (5 mins unmissable viewing at <http://goo.gl/RfJwH>).

Happily, in Cuckfield we're mostly pretty good at reusing and recycling. I often wonder though, when I'm out walking my dog, why there are still so many bits of plastic litter on some streets and twittens, and even in fields and woods. The trouble is, if there's no such place as 'away', this 'little litter' goes on and on and on surviving somewhere, clogging up countryside and waterways, and creating pollution for our children and wildlife alike.

This is a timely topic here in Cuckfield because, as well as continuing our popular local produce market (the next one's Saturday 9th February 10am-1pm, Talbot courtyard) and various other green projects, we at Cuckfield Local have been seriously rethinking rubbish.

Plastic is a particular concern. For example, although we can already recycle bottle-shaped plastic waste in our blue bins, that still leaves all those plastic food trays, margarine tubs, yogurt pots and plastic cups having to go to landfill. I used to rarely remember to take lids off plastic bottles – they can't be recycled in the blue bins either, though may be collected in other schemes that we're investigating at the moment.

There'll be more news about our Waste Watch project soon but if you already have interesting ways to reuse or recycle plastic waste, we'd love to hear about them (email helly.eaton@gmail.com).

In the meantime, if you'd like to know more about green projects in Cuckfield, take a look at the website www.cuckfieldlocal.wordpress.com or come and meet us at the market. All helpers welcome...



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ON YOUR TABLE

Rib eye steak with creamed leeks and triple cooked chips

- 2 rib eye steaks
- 6 large Maris Piper potatoes
- 1 leek, just the whites sliced very finely
- 100ml cream
- Nutmeg
- Salt
- Pepper

(The triple cooked chips can be made earlier, leaving the final stage until just before serving.)

Peel the potatoes, cut into chunky chips, place into a heavy based pan, cover with cold water, season with salt and bring to the boil. Once a knife can be easily inserted into the chips, drain, place on a baking sheet and leave to cool in the freezer for 1 hour. Once cooled, cook the chips in a deep fat fryer at 130°C until golden brown. Remove the chips and once again place on a baking sheet and return to the freezer for an hour to cool. After this they can be kept in the fridge until needed. To finish the chips put back in the fryer, at 180°C, and cook until crisp.

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With Valentine's Day fast approaching we asked trainee chef Jack Armstrong for a foolproof celebration menu...

Oysters

3 oysters per person
1 shallot
Sherry vinegar

To open the oysters use a blunt, very strong, small knife or a purpose built oyster knife. Holding the oyster in a cloth, push in the knife to make a small opening about halfway up the inside edge of the shell, then twist it slightly to allow the upper half of the shell to lift off.

Slide the knife along the upper shell to release the muscle, and lift off the upper part of the shell. Then use your knife flat on the side of the shell with the muscle to cut the oyster free, wash in cold water to remove any shell debris, dry and place back into the cleaned shell for serving. For the sauce, very finely chop half a shallot and mix with a little sherry vinegar. The oysters must only be opened as they are about to be served and the sauce is best added to the oyster when eating!

In a large pan sweat the leeks off in a small knob of butter until soft. Add the cream and simmer until it has thickened slightly, then season to taste with salt and nutmeg.

Rib eye steaks are best cooked a little longer than normal due to the fat marbling in them. Remove them from the fridge half an hour before cooking. Rub a little oil over both sides of the steak and season with salt and pepper. To cook the steaks heat the pan until it is almost smoking (if using a griddle pan no oil is needed but with

a frying pan use a little oil). Place the steak carefully into the hot pan and cook without touching for 4-5 minutes. Turn the steak over and cook for another 4 minutes, remove from the pan and place on a warm plate for 3 minutes. This will allow the steak to relax and reabsorb the cooking juices, making it very tender.

To see the last and final course in Jack's Valentine's Dinner - Chocolate Cheesecake - see our website for the recipe: <http://goo.gl/tLStr>

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New clubs or a new body?

By Lyndon Littlefair, Corrective & Performance Exercise Specialist based at The Cuckfield Golf Centre.

In your quest to hit that ball longer and ultimately have less shots around the course, the first thing you probably think of is, "if I just had lighter, stronger clubs". Unfortunately most golfers fail to recognise that, no matter what golf clubs you are using, unless you invest in improving your body there will be minimal difference to your game.

The average winning score has changed very little over the years. Even though there has been a massive spend in the latest technology, it has made minimal impact on the modern game.

The thing that a lot of golfers fail to recognise is that golf is a highly athletic event. Right now you are probably thinking, sure I hit the ball and have a little walk where I then hit it again. But when you think about it, the head of a golf club can travel at over 100 miles per hour. An amateur golfer can achieve up to 90% of their peak muscle contraction when driving a golf ball. This is the same intensity as being able to lift a weight up only four times before the body says no more. You then repeat this every time you hit the ball around the course. Do you still think golf is an easy sport? It really is a highly athletic event!

So the question is asked, then why is it that golfers spend so much time and financial investment in their golf clubs, with minimal investment in the thing that moves the golf club... themselves.

I think that Tiger Woods was one of the first to invest a good amount of time on training his body for golf. It didn't do him any harm on the golf course.

Golf requires several components of fitness to maximise the benefits and really improve your game. The first component is optimal alignment, or posture. You need two components of posture. The first being static posture. All movement begins with static posture. If it is bad to begin with then the movement that follows can only be bad. Next comes dynamic posture. This is simply your posture as you add movement. Some people may stand in one position perfectly but when they go to move, their posture goes all over the place.

Your dynamic posture and, of course, how you hit the ball are affected by: Muscle Balance and Flexibility, Static and Dynamic Postural Flexibility, Strength & Power.

It is very important that these types of training are addressed in the correct order. For example, a lot of people just think "to hit the ball further I just need to increase my power output". So they go off and do a lot of power work and come back more powerful. However, they then wonder why they can hit the ball further into the rough but not straighter.

If you add strength to your body when you have a lot of flexibility issues, you are just making the underlying problems worse. And potentially increasing the risk of injury.

So it is important to follow the flexibility – stability – strength – power training continuum, otherwise you may find yourself injured more and playing less. And that is not much fun at all.

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FROM THE MAYOR'S TABLE

By Lindy Elphick

Happy New Year to everyone in the Independent State of Cuckfield – I only have been in 'office' a few months, but believe it or not it is time for those that wish to stand for the 2013 mayoral election to start putting their thinking caps on.

Anyone living in, or associated with, Cuckfield can stand for Mayor – most people assume candidates are supported by a local pub, but I really would like to encourage all local clubs and organisations to put forward a candidate. I stood on behalf of the local singing club – the Singing Allsorts – and we had a lot of good fun and camaraderie organising and holding our fund raising events. It would be really great if we could have a candidate from maybe the Cricket Club, the Traders – or even an Independent? So, how about it? Organise some fund-raising events between now and October and then every penny you have raised counts as a vote in our ISOC election. Simple as that! The candidate who raises most money by 11pm on the election night becomes the next Mayor of the Independent State of Cuckfield – and that is when the real fun begins.

Your duties are split into two categories – official events run by the ISOC and unofficial events, i.e. anything else you may get asked or choose to do within the village. From first arriving in Cuckfield 20 years ago I always knew that I wanted to give it a go one day, but I did not realise how much fun it is once you don the robes. Rather than list the duties now, I will go into more detail in next month's column but – please take it from me – it is such a laugh and you make the role as much or as little as you feel comfortable with.

The great thing is that all the money that you and the other candidates raise goes to good causes and charities within our local community and as Mayor you have a say in how those funds are allocated. Any number of candidates can stand each year, we ideally need at least five to make it a good race plus that ensures there will be plenty of fundraising events held throughout this year for everyone to enjoy and support.

Up for it? Then please register your interest with me or one of the ISOC Committee (contact via Jim Ayling of the White Harte pub).

I was talking to a relative recently who lived in the suburbs of a large city in the UK. She felt she had no access to the number of clubs and interests that we have on our doorstep here in our village. I realised how lucky we are to live in a community that offers such a variety of clubs, societies and interests and most importantly – funds that are available if the chips are down and you need help. ISOC was set up 46 years ago to help those in need – let's keep this wonderful and unique tradition going. Go on, stand for Mayor!

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What's on this month

AT THE QUEEN'S HALL

AND ELSEWHERE

25th Jan **NSPCC Burns Night Dance & Supper**
7pm. Celebrating the birthday of Robert Burns. Ceilidh Dancing to local band Galleon's Leap, Haggis supper with dessert and vegetarian option. Tickets £20 each or £150 for a table of 8. Available from Wealden Stores or Cuckfield Candy Store. Email: hheathnspcc@btinternet.com for more information.

24th Feb **Vivace! in concert**
at Holy Trinity Church, 3pm
Vivace! will perform an exciting mix of live music from Baroque to Rock in aid of church funds.
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