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EDITORIAL

By David Tingley, Editor

Alex King has kindly provided the front cover photo for this month's issue - which shows a view of Cuckfield seldom seen by many. Thank you Alex - a £20 shopping voucher is on its way to you.

If you fancy trying your hand at some local photography (it can be just taken on a smart phone) then email your results into photos@cuckfieldlife.co.uk and tell us when you took it please.

If it's more **singing** you fancy trying your hand at, look no further than **page 5**!

On page 8 we celebrate with Warden Park deputy head **Peter Chisholm** as he was recently awarded an **MBE** in the Queen's 90th birthday honours list. What an amazing achievement!

There is much news from nearby **Bolnore Village** this month, as we catch up with both practical information from that community as well as a round-up of the recent **Summer Fete**. See if there's anyone you recognise on page 10.

I'm in awe of village estate agent **Richard Butler** who is again challenging himself to a cycling feat this year. Read all about it on **page 13**. Also hair stylist **Yasemin Tan** has done her own bit for charity - read what on **page 6**.

We are very grateful to **Shirley Bond** for digging up both her **memories** and her old photos for one of this month's feature articles. On **page 16** she tells what the Mayor's elections used to be like when the tradition started. Thanks Shirley for a great snapshot of former Cuckfield life.

The **Cuckfield European Association** lets us know what they have been up to on **page 21**. Plus **Holy Trinity Church** writes its monthly letter and news on **page 12**. Plus we also feature a recent **flower festival** held at the church on **page 22**.

Enjoy this early summer edition. Now, where's the Pimms!?

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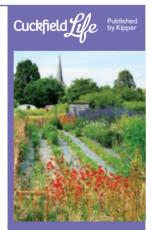
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Alex King
Holy Trinity Church from
the South of the village



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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



Cash for NSPCC

Members of the Cuckfield branch of the NSPCC have held two very successful events in the village over the last few months - the annual quiz in March and more recently the very popular plant sale.

In total these events have raised more than £2,750 for the NSPCC.

"We would like to thank all those who have supported us - either by coming along or contributing in other ways," said Mary Crouch. "Without this huge support from the village these wonderful results would not be possible."

Shakespeare in Cuckfield come rain or shine

Professional theatre company Rain or Shine, hailed by The Stage as 'one of the best companies touring open air theatre', is set to delight an audience in Cuckfield once again this summer with their production of Shakespeare's magical and hilarious comedy masterpiece A Midsummer Night's Dream.



This fast-paced jaunt through the Bard's best loved comedy is filled with magic and mischief inspired by warm nights, young love and 'An Elizabethan Carnival' atmosphere.

The performance at Cuckfield Recreation Ground is on Friday 5th August at 7.30pm. For tickets phone 01444 451610 go online at www.rainorshine.co.uk

Audiences are requested to bring along low-backed seating or rugs and a picnic to maximise their enjoyment of the al fresco experience.



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Workshop to raise funds and voices

A vocal workshop will take place in Holy Trinity Church on 24th September to raise funds for the church.

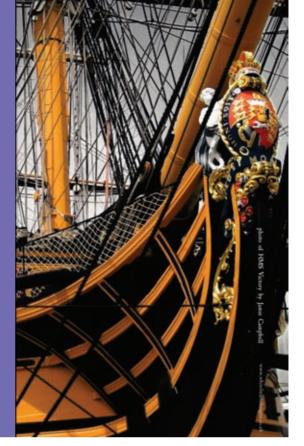
Directed by Robert Hammersley, conductor of the Ardingly Choral Society, the workshop will take place from 2.30pm to 5.30pm and will be followed by a performance of the Nelson Mass at 7.30 pm. It is to be hoped that a choir of about a hundred voices will come together to sing this popular work.

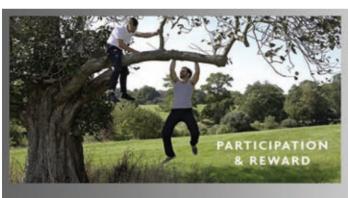
An excellent team of soloists will join the choir to sing in the complete performance during the evening, including Cuckfield's Jane Haughton, and the organist will be Michael Maine, vicar of Holy Trinity.

Holy Trinity Church is more than 900 years old, and recently a large sum of money has been spent on repairs, replacing pews with comfortable chairs and now the roof needs major repairs too.

Workshop tickets cost £10 and singers can hire a copy of the score for £2. Entrance to the concert, at 7.30pm, is free but donations would be appreciated.

For more information contact Rosemary Pardey rosemary.pardey@sky.com







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by 31st August



Nicky: "I'm going home!"

Nicky C Lifestyle is 'going home' later this month. However, home to Nicky Colvill is just over the High Street to where her son runs Tom's Food.

Nicky opened her shop in Cuckfield in 2012 but moved out to give Tom's Food more space when the opportunity arose to take the former Cuckfield Bathrooms unit.

"I was getting lonely over the road six days a week," Nicky explained, "so I'm going back to live directly above my shop again."

Tom's Food will stay where it is at the front of the shop and Nicky C Lifestyle will occupy the shop at the back.

That's quite a haircut!

A stylist at Bolnore hairdressers The Style Lounge has made a serious fashion statement for charity!

Yasemin Tan is a senior stylist at the salon and decided to shave her head for no other reason than she wanted to! At the time of going to print Yasemin had raised over £800 for Cancer Research UK.

Salon owner Amy Packer commented: "I'm really proud of Yasemin, she's done a great job and the amount raised is awesome!"

A video of the cut was posted to the salons Facebook page and has been viewed by nearly 1,000 people online.

Anyone wishing to contribute to the fundraising pot is welcome to drop in to The Style Lounge.







Preschool celebrates being great!

By Becca Chatterton, Chair

Despite the recent lack of suitable summer weather, the sun managed to peep out from behind the clouds for a couple of hours on Sunday 26th June to join us in celebrating the 'outstanding' Ofsted inspection for Cuckfield Preschool Playgroup.

Staff, committee, parents and children enjoyed the Cream Tea Party with outdoor games, scones, cake and the odd glass of fizz. We were also delighted to welcome Parish Council Chairman Nigel Page to the event, which was planned immaculately and at relatively short notice by Angela Wade (Vice Treasurer), Liz Thurlwell (outgoing Secretary) and Leigh McKay (incoming Secretary) and a lovely afternoon was had by all. From the contributions of food and drink, including a splendid cake crafted by a friend of Sarah Moss (Treasurer), to the final clear up the sense of teamwork shone through as always. Sarah Paterson (Manager) was presented with gifts by the committee to commemorate the third 'outstanding' inspection in succession.

Although many of us have children moving on to big school in September, we will remember the positive impact the enthusiasm of this outstanding team has had on our little ones. Does anyone have a tissue, please?





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Warden Park celebrates teacher's MBE

Students and staff at Warden Park Academy were celebrating last month after hearing that their deputy head, Peter Chisholm, has been awarded an MBE in the Queen's 90th Birthday Honours.

Pete, who has taught at the school for more than 30 years, has been given the award for services to education, charity fundraising and sport for young people.

For the Cumbrian born teacher, the formal announcement meant he could go public with the news he and his wife Sue had kept secret for six weeks.

"Sue was with me when I opened the envelope but we waited to tell our boys, Ross, Alastair and James, until just before the list was released," said Pete. "They received the news with stunned silence!

"We've been quietly celebrating ever since."
Born and brought up in Cumbria, Peter gained
a Liverpool University Honours Degree in physical
education with mathematics and took up his first
teaching post in Salisbury, Wiltshire, in 1981. Whilst in
the city he was voted Sports Personality of the Year for
service to schools' football.

In 1985 Pete gained a full FA coaching licence, becoming one of the youngest coaches in the history of the FA to gain the qualification.



He joined the staff at Warden Park in 1985, where over the past 30 years his roles have included Head of Department, Head of House, Assistant Headteacher and Deputy Headteacher. He has recently become Head of School.

From 2004 to 2006 Pete managed the England National Under 18 football team with unprecedented success and was named National Schools' Coach of the Year in 2006. The award recognised his 'thousands of hours of voluntary service for the good of young people both on and off the sports fields for almost four decades'.

His passion for sport has been inherited by his three sons who have excelled on the rugby pitch.

Pete is unsure who nominated him for an MBE, but suspects it may be the English Schools' Football Association. "They have been great supporters of mine for 35 years," he said.

He is now awaiting his formal invitation to collect his honour from either Buckingham Palace or Windsor Castle and is keen to take all his immediate family. "Officially you can only take three people, but we have made a request for four," said Pete.

Since the awards were announced, Pete says he has been overwhelmed by the response from staff and students at Warden Park and that the recognition makes him feel humbled and proud. "The MBE is a wonderful honour as my teaching career approaches its 36th year," he said.



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FROM THE MAYOR'S TABLE

By Ken Gregory

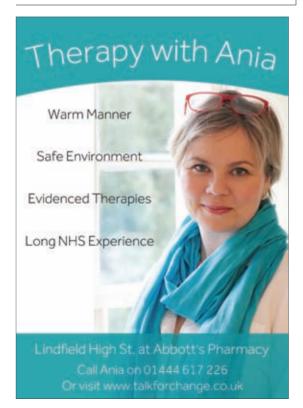
Last month I attended the British Legion dinner at the White Harte and it was so nice to see so many members from both the women's and men's section there.

Jackie and Jim had layed on a three course meal which everyone enjoyed and there was a quiz organised by Michael Dykes with a bottle of bubbly going to the winner.

I was invited to the opening of the new Baptist Chapel on the 18th of June, it really is a fine new building, with upto date technology and will compliment the community well.

We now have forty six candidates confirmed for the election in October and I hear of many organising events so please keep an eye out and support them, as the more we raise, the more we can give away to good causes throughout the town.

It is so distressing walking around the town it looks very untidy and unkept, the pavements are a complete disgrace, the two flower beds in the High Street are covered in weeds and other items, they could do with a good clean, it makes me wonder where our council tax goes.





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News from Bolnore Village









Summer fête party atmosphere

By Sophie Barlow

The annual Bolnore Village Fête on Saturday 9th July was sprinkled with sunshine and Hollywood stardust this year, rather than the ubiquitous drizzle we had all been experiencing!

Midday saw the opening of the Fête by Jane Leeves (aka Daphne Moon from Frasier) flanked by Haywards Heath Town Mayor, Cllr Sujan Wickremaratchi and his deputy Jim Knight. Jane Leeves didn't bat an eyelid as she was then ambushed by fans seeking selfies and autographs, following her kind speech highlighting the fantastic community spirit within Bolnore Village.

The day then kicked off, the arena playing host to a number of groups and events linked to The Woodside, Bolnore Village's Community Building. These included some wonderful dance performances from Hayley Beeson School of Dance and BPM; the audience loved them. All the dancers looked like they were having a brilliant time, and such a high standard! It's wonderful to see these dynamic local businesses doing so well.

The arena also saw a very professional salsa show from local residents, a hotly contested dog show, with Storm (owner Perry Webber and shown by Bea and Felix Carter) winning Bolnore Dog of the Year, the school choir in wonderful voice as usual and some really fun keep fit with Rebound Fitness.

Spectators were also treated to an impressive exhibition match and demonstration from the vivacious Woodside Netball Club (some of whom were also pretty brilliant at face-painting!).

There was also plenty of time to wander through the stalls, too numerous to fully mention here, but including beautiful pergolas, plants and shrubs nestled next to the ever popular artificial grass, Hoopla, the lolly game,

splat the rat, a coconut shy and soak the Estate Agent – thank you Holroyd's! Special mention should go to the very popular kids' activity tent with heaps of craft, face-painting and fun and also the impressive games put on by the scouts who also did a fantastic job managing a big and busy carpark, as usual they were a real credit to their leaders and to the village.

Also present were many local community groups who make up the foundation of Bolnore Village including the Bolnore Village Residents Association who organised the event and The Friends of Bolnore and Ashenground Woods, who work tirelessly to maintain and enhance Bolnore's beautiful surroundings.

For the hungry and thirsty the visitors could enjoy a glass of Pimms, a pint from the beer tent or a lovely cuppa and slice of cake made by the pre-school mums and carers, inside The Woodside, bedecked in bunting and fairy lights. Outside for the hungry were gourmet burgers with Bolnore regulars Flip Burgers, and Fabs Pizza which made everyone feel hungry!

New to the event this year was the local tug-of-war (thank you to Kaye-Whiting for the rope!) which was unexpectedly won by the Bolnore Ladies who beat off stiff competition from the Upper Village Men's team and Reception '16 Dads. Apparently it was all down to their game plan...

Not satisfied with just a summer fête, the BVRA Events Team, ably led by Alison Armstrong, put on a kids disco in the evening. It was DJ'd by the Deputy Head of Bolnore Village Primary School, Mark Sears, and enjoyed by a packed and very well behaved crowd. A busy weekend in Bolnore drew to a close with local families relaxing on a summer's evening outside The Woodside, as the sun set on a wonderful day.



New logo unveiled

In further advance of the Residents' Management Company – in part to give back some of the control to local property owners – the creation of the official Bolnore Village Community Interest Company is well underway.

As part of this a new logo has been created. "It denotes the start of the new look village, not only on paper and online but also in the physical shape and appearance," commented Marco Van Dijk of Bolnore Village CIC.



The CIC have agreed a voting form with FirstPort which should have been sent out to owners in Bolnore Village by the time you read this. "It is vital we get a high turn out with an overwhelming vote for owners to replace FirstPort with our newly created Bolnore Village Community Interest Company, which in turn will be managed by Pembroke Property Management," said Marco.

The new logo was designed by Andy Ashdown of Ashdown Creative Design and fully funded through donations made to Bolnore Village CIC.

Charities, clubs and other groups within the village will also be encouraged to use the new logo or the 'part of Bolnore' logo in their marketing.

"For me," Marco says, "it is all to do with making the village come together as a community."

At Woodside...

23rd July & 27th August Quiz Night from 7.30pm

Community Cafe every Friday 9.30am-12.30pm

Woodies Bar Every Friday and Saturday nights from 7.30pm

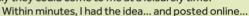
Scattered Flea Market open for business Sat 16th July

Bolnore resident Dan Weaver has started what he hopes may become a regular event in the village.

By Dan Weaver

As the days are longer, the attention is drawn to the garage and an opportunity to unpack those final boxes and decide... do I really need these?... are we ever going to use those?... some of these things have got to go!

The realisation of the early morning car boot or time loading single images on to Gumtree sapped my energy... If only they could come to me at a leisurely time.



'I have an idea for the residents of Bolnore Village to get rid of/sell items from your home, the garden or the garage, and would like some feedback as to whether you think this would be a good idea and if you would participate as a buyer or seller.

Imagine a map of our village with households participating. Like a car boot/garage sale on your drive or in front of your house, and residents walk around the village looking at the items to buy!'

Within a few hours I had approximately 70 likes or positive comments. With the opportunity of selling anything from antiques to cakes, vegetables to clothes, games to furniture, The Scattered Flea Market was born...

A week later, we had already got nearly 40 households signed up and have been adding more daily. One resident intends to have BBQ for buyers, others cake stalls and ice cream.

Now the map is taking shape and will be posted on the CL blog (http://bit.ly/29x1H6O). There will also be hard copies at the entrances and at strategic points around the village to help navigate.

Potentially, this concept could become an annual event... Possibly doing a late spring-cleaning one and a late summer one that sells seasonal fruit and veg from our gardens. I believe we are extremely fortunate to be part of a community with the potential to do this type of community event.

So if you, too, would like to participate in Bolnore's first Scattered Flea Market as a buyer or if you're a resident, a seller, contact email me (danjweaverdesign@yahoo.com). Please speak to your neighbours too, as they might also want to do this...

Come and discover some treasures between 10am-4pm!





Holy Trinity Church Cuckfield, West Sussex RH17 5JZ Tel: 01444 456461 Vicar: Rev Michael Maine More information: www.holytrinitycuckfield.org

Never judge a book by its cover





I trained for ministry at the College of the Resurrection in Mirfield, West Yorkshire; the only Church of England theological college attached to a religious community. The Community of the Resurrection had been founded in the late 19th century by Gore and Frere who became respectively Bishops of Oxford and Truro

We worshipped with the Brethren (as the brothers are known) every day and on a Sunday were invited to take tea with them. One of the first I spoke to was Father Timothy, then in his early 90s. Quietly spoken, this old 'Oxford Blue' told me that he had spent most of his time as a teacher and head teacher in South Africa, although (and typically self-effacing) was convinced that he hadn't been very good at it.

I was aware of the Brethren's huge role in fighting apartheid both in South Africa and beyond. Trevor Huddleston is perhaps the best known of the Mirfield Fathers who fought against injustice endured by the black majority, and of whom Nelson Mandela said: "No white man has done more for South Africa."

However, it was not until after Timothy died that I found out that this quiet, gentle person had been the only one of the Brethren to be imprisoned by the South African state for refusing to divulge the actions of his black parishioners to the secret police. It also transpired that he was Archbishop Desmond Tutu's spiritual director, playing a huge role in his spiritual formation!

I treasure my contact with a very special person, and many will also have similar memories of people who have enriched their lives – and always something to give thanks for.

With all best wishes,

Michael (Vicar)

Dates for the diary ...

Every Sunday at Holy Trinity:

Worship at 8am, 9.45am and 6pm

Sunday's Cool – for young people (0-14+) in the Old School during the 9.45am (term time)

All welcome

ORGAN-A-THON!

Michael will be playing the organ in Holy Trinity from 9.30am-6pm on Monday 15th August as a fundraiser for his mayoral ambitions. Just come along and enjoy the music, and if you do, leave some money in the collecting bucket! All sorts of music from Bach to Handel in the Strand!



Richard raises his game for mammoth ride motivated by father's illness

One local resident and estate agent is taking a charity fundraising challenge.

Richard Butler, director at Mansell McTaggart estate agents in Cuckfield, has set himself up for a 968 mile cycle ride – Lands End to John O' Groats in just nine days. He will be part of a 700-strong team riding under the banner of the Deloitte Ride Across Britain.

Richard is raising money for Parkinson's UK, and this feat follows last year's London to Paris ride in which he raised £4,200. His father suffers from the disease and this is driving him on. "I was so pleased with last year's sum – I am curious to see whether we can beat it this time!

"With nine long days in the saddle cycling approx 108 miles a day and climbing to around 15,000m (twice the height of Everest!), I think I might have my work cut out on this one! But I'm excited nevertheless about the challenge ahead and raising as much money as possible again for Parkinson's UK."

Richard, who will be camping each night along the way, received such positive support from the village last year. "It makes a real difference to know that there are people back home rooting for you," he explained.

You can sponsor him at the following website: www.justgiving.com/butler2016 - or you can wish him well by simply popping your head round the door of the shop!



July/August 2016 13

The first train to 'Cuckfield & Lindfield' arrived at...

The first train arrived at the 'Station for Cuckfield & Lindfield' in 1841 ... at Haywards Heath!

175 years later, the newly refurbished station will be completed, and to mark this anniversary, on Sunday 18th September, a huge celebration is planned with lots of Victorian fun for all the family. Commemorative legacies will be unveiled in the station, showing the first train as well as a mosaic made by all local schools and another by our local Twinning Association.

In 1825, John Rennie's proposed 'direct' London to Brighton railway was vigorously opposed by the town and parish of Cuckfield. Lindfield also opposed the railway, so the line passed between them, shortly named Hayward's Heath; this was the terminus until the line opened to Brighton, putting the 'new town' firmly on the map.

Building began around the station immediately, with a timber merchant's yard and a beer shop probably on the site of the later, now demolished, Liverpool Arms, and the Station Hotel (now Hayworthe House) completed by 1843. By 1887 Haywards Heath was recognised as a town.

On Sunday 18th September The Bluebell's Stepney will be at the station. There will be train rides, land trains, horse and carriage rides, Children's Train Station



'It's all a-cause that tunnel' by Philip Ladd

Adventures, Marching Bands, a Grand Procession, Films in Victoria Park, Victorian Fun Fair and much, much more; so truly a great day out for all the family - don't forget your Victorian costume!

Join in the fun! For more details or to get involved, contact Ruth de Mierre on 01444 453399 or Tim Briggs on 07799 643 721.















From circus skills to a smoothie bike, there was plenty to entertain families at this year's Holy Trinity School Summer Fair.

Organiser Claire Clark said event was 'a roaring success' for all involved, raising more than £3,000 which will go directly to the children.

"Many of the PTA members involved in setting the Fair up were new to this, but old and new members pulled together and created one fantastic team," said Claire. "Children and parents both enjoyed the food and drink options, the gymnastics and dance in the arena, the treasure hunt, Beat the Goalie games and learned some new circus skills! We had a two small showers which didn't spoil anyone's fun, and the school field was busy for the whole three hours.

"It was wonderful of the Mayor, Ken Gregory, to come and open up the Fair for us, and stay to draw the raffle prizes. The dads behind the BBQ and bar certainly enjoyed themselves, and have more exciting plans for events already lined up! Certainly no one left the Fair without a big smile on their face which is the most important reason to do this."

Clare added that the PTA members would like to thank everyone involved. "We'd also like to say a huge thank you to Hamptons and caterers Edwards & Ward for providing the fruit for the smoothie bike."

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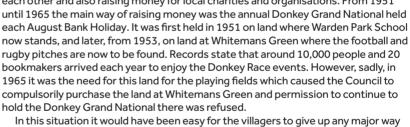
Former resident of Cuckfeld Shirley Bond remembers many events in Cuckfield and her days growing up in the village. Her parents were keen members of the Cuckfield Society and her father wrote about the history of the old houses in Cuckfield and took many photographs of them. Here is what she remembers of the election of Mayors in earlier years.



By Shirley Bond (nee Sangster)

I can't believe that it is fifty years since I was one of the first people to enjoy the Mayor's Show in Cuckfield.

The local inhabitants of Cuckfield have always been a caring community, helping each other and also raising money for local charities and organisations. From 1951 rugby pitches are now to be found. Records state that around 10,000 people and 20 bookmakers arrived each year to enjoy the Donkey Race events. However, sadly, in 1965 it was the need for this land for the playing fields which caused the Council to compulsorily purchase the land at Whitemans Green and permission to continue to



of fundraising, but local man Peter Bowring and his wife Phyllis suggested that money could be raised, along with a lot of fun, by having a local Mayor. The Independent State of Cuckfield was declared. Passports were issued for purchase, along with visas to allow entry to various events. Local currency was introduced; five cuckoos equalling one shilling (20p), and this was legal tender in all the local shops and public houses. Postage stamps showing the cuckoo and giving 'Greetings from the Independent State of Cuckfield' were sold and could be used in Cuckfield.

Each vote cast for one's choice of Mayor cost six pence. Anyone could vote as often as they liked for any person, not one person one vote as in a normal election. It was called the most corrupt election in the world! The same process continues to this day. My passport cost me five shillings (now £2) and my passport was number 307. It shows that I was appointed a Freeman of Cuckfield for one year. It allowed me to pass freely and without hindrance in Cuckfield Ancient Boundaries, provided me protection while within these boundaries, and stated that I would not be charged any custom duty on articles bought within. It is signed by Peter Bowring and Keith Fordyce, a well known radio presenter at the time.

The first Mayor was Mr Joe Mitchell, landlord of the White Harte Inn. He was installed









with due pomp and ceremony and was presented with the ermine trimmed triangular hat and the red velvet robes. A 'Miss Cuckfield' was chosen, who that year was Jennifer Woods. Above is the photo of their donkey carriage leaving Whitemans Green and then in the procession passing The Rose and Crown (see pic left).

The procession stopped at The Talbot where, like everyone else, the Mayor's passport had to be checked (right).

It is here that the Mayor gave his speech (below right).

Each year the number of candidates standing for the position of Mayor has varied but this year, being the 50th anniversary, there will be 50 candidates to choose from. As usual the event will take place on the third Friday in October. Of course no one yet knows who will be the next Mayor of Cuckfield, but a list of the former Mayors and the dates they served is in the foyer of the Queen's Hall.

Over the years changes have had to be introduced to the event, such as the Mayor travelling in a motor vehicle and not a carriage pulled by donkeys. A different route has been decided, partly because the starting and finishing points have changed and also so that more people can see the procession pass by.

Over the years, more houses have been built in Cuckfield so the population has grown. However, the community spirit of the residents continues, as shown by the continuation of the election of a Mayor and the continued support of local people for many worthwhile causes. In 2015 the money raised helped 30 organisations. This 50th year will be a special milestone, and long may the vision of Mr and Mrs Bowring continue.

The floats in the procession can take part in the judging ceremony, which will take place before it leaves on Saturday 22nd October from Warden Park Academy. The procession of floats will start from the school grounds at 2.30pm and travel on to Broad Street, right into London Lane, right at the roundabout by the Rose & Crown on to London Road before turning right into Brainsmead. There it does a short loop before returning down the main road into the village, where it will stop outside The Talbot for the 'ceremony of the keys' at approximately 3.30pm.









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The Alternative Healthcare centre in Haywards Heath has an extensive variety of treatments to help a whole manner of different ailments, from acupuncture, osteopathy, reiki, massage, to

aromatherapy, etc but at the forefront of the centre is Ayurveda. Ayurveda is a 5000 year old Indian science of healthcare. It assists a person in identifying their disorder and with the aid of diet, herbs and treatment the disorder is literally detoxed from the system. The centre was created due to the miraculous results Ayurveda had on the founder's son when he was diagnosed with Arthritis.





In order to bring the authenticity, knowledge and wisdom of Ayurveda to the centre, we are incredibly excited to announce that Dr

Shijoe Mathew will be joining the centre on 1st August. Dr Mathew has been the chief physician for the past 4 years at the world renowned Ananda Spa in the Himalayas, treating highly prestigious and celebrity clientele. He has resigned from his post at Ananda to reside at The Alternative Healthcare. His vast knowledge and experience in treating such disorders as arthritis, fibromyalgia, depression, stress, anxiety, eczema, asthma, colitis and many more will be a huge asset to the centre. Dr Mathew's decision to leave Ananda to bring Ayurveda to the UK and help enlighten as many people as possible to the healing science is testament to his passionate belief in the

system. His diary has now opened for the beginning of August, with his impressive credentials, wisdom on the subject and logical manner in explaining disease and disorders, space may be limited. Please call the centre on 01444 474447 to make your appointment. He will also host a number of talks at the centre on Ayurveda and different disorders, so please do keep an eye on the website for times and dates of these.

The authenticity of the centre continues with the addition of Dr Shine Babu. Dr Shine will also be joining us from India in August. He is a naturopathic doctor, physiotherapist and Ayurvedic therapist, he will be the centre's resident yoga instructor, teaching various styles of yoga and meditation for varying abilities including therapeutic yoga for different disorders such as arthritis and other autoimmune disorders. This is addition to the current yogis will bring a well balanced variety of different styles for different people. He will also assist the Doctor in providing a comprehensive healthcare solution for almost all health issues.

The Alternative Healthcare
The Annex, 70, Oathall Road, Haywards Heath, West Sussex, RH16 3EN www.thealternativehealthcare.com 01444 474447



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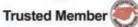
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Church gives thanks at official opening

Saturday 17th June was a special day in the life of Cuckfield Baptist Church. After more than a decade of planning submissions and setbacks, and a year of construction, the new chapel building was officially declared open.

The chapel was full of local dignatories, professional people involved in the design and construction and other local friends.



Roger Carswell, the speaker for the whole weekend, cut the ribbon marking the completion of the project. He was joined by church elders Jon Broome and Mark Pibworth.

The church sees the new building as a huge asset for the proclamation of the gospel and to enhance the church's outreach into the community.

The building and its landscaped surroundings have been appreciated by the large majority of neighbours as it settles into its new surroundings.

It was the church's aim to create an informal, welcoming space where all activities can be clearly seen through the large glass windows and encourage those who live in Cuckfield to come and join in. The members of the church meet every Sunday at 10.30am and 6.30pm, other activities include a toddler group held on Tuesday mornings, a coffee morning every Friday and youth meetings on Friday evenings.





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BOULES

The annual competition will take place on 8th October at Marshalls, commencing at 11.30am. Cost £5 per head to include ploughman's lunch. Cash bar available.

July 2016

Please ensure your place with your partner by contacting Andrew.ajims@gmail.com or Roy Gooderham on roylongacre@aol.com

Pay on the day and bring your own boules if you have them.

FUTURE EVENTS

Novemberfest on Saturday 12th November at the Old School will take on a different flavour. This will be a curry night starting at 7.30pm and followed by a beetle drive. All ages welcome. Cost to be confirmed.

Christmas event on Saturday 17th December at the Cuckfield Baptist Chapel, 7.30pm for 8pm. Finger buffet and cash bar, cost £18 per head. More details to follow.

AUMALE VISIT

We welcomed 13 visitors from Aumale for the official visit in June. They were picked up from Newhaven ferry port on Friday afternoon and whisked to Cuckfield to meet their hosts. A number had not been to Cuckfield before so the first evening was spent getting to know everyone. Saturday was spent at the South of England Show at Ardingly, which was enjoyed thoroughly by our guests who had free entry! In the evening we had the formal proceedings at the Talbot where English fare, speeches and gifts were exchanged. We reassured our friends that whatever the outcome of the Referendum in the UK, our friendship would continue.

Sunday saw a choice of Boules or a walk round Cuckfield which our republican friends were happy to join in with but not before we celebrated the Queen's birthday with cake and a toast. The afternoon included a tour of Bolney Estate vineyard with much slurping of delicious wines, a selection of which they took home with them.

The final evening was a supper party chez Hood, which brought to an end a very enjoyable visit much appreciated but our Aumale friends.

They extended an official invitation to come over and visit them 27th-31st May 2017 to celebrate 25 years of twinning.

Please mark that Bank Holiday weekend in your diary now, and make that a special visit with a good number travelling across from Cuckfield.

Finally, a big thank you to the host families without whom this weekend would not have been the success that it was.



Sounds like fun? Join CEA today....

If you like the sound of what we get up to, why not join us? We'd love to hear from you. Membership is just £10 per year. Contact Janine Watts by email at janine.watts@qmail.com or visit the website: www.cuckfield.org

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Queen's Flower Festival dazzles visitors

Significant events from the Queen's lifetime, from the birth of her children to the Golden Jubilee, were captured by Cuckfield flower arrangers last month as they celebrated her 90th birthday with a stunning floral display in Holy Trinity Church.

The talented team produced nine imaginative arrangements for the church windowsills, each depicting a decade of the Queen's 90 years. They also produced arrangements for the Altar, the Lady Chapel, the Font and the porch.

One of the 'Flower Ladies', Chris Musgrave, explained the idea behind the display: "Every year a group of ladies decorates the church with flowers for three main festivals – Easter, Harvest and Christmas," she said. "This year our vicar, Michael Maine, asked us to decorate for Trinity Sunday – 22nd May.

"When we met to discuss the arrangements, one member Margaret Harrison suggested combining it with the Queen's 90th birthday celebrations."

As the church has nine window sills, the ladies decided that each arrangement could reflect a decade of the Queen's life. The result was nine unique and imaginative floral displays.

Many of the arrangements were enhanced with mementoes, photographs and souvenirs, ranging from an Olympic torch and a model of the Royal Yacht Britannia to a tyre representing the Queen's involvement in the ATS and a cuddly koala to mark her visit to Australia.

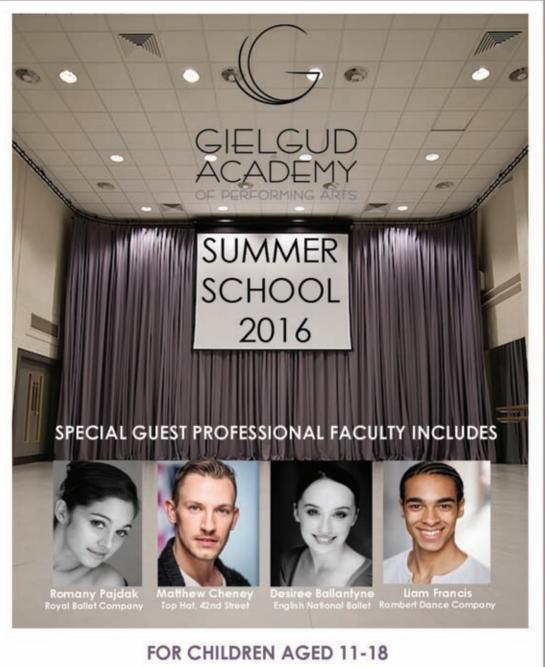
"We were thrilled with the contributions and the way everyone put heart and soul into their arrangements," said Chris. "The husband of one of the ladies made a replica model of Windsor Castle for an arrangement illustrating the fire which destroyed part of the castle in 1992!"

The arrangements were on display to the public over the weekend and attracted dozens of visitors who also enjoyed tea, coffee and cakes which raised more than £500 towards the church funds.



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Fun in the sun

With the long summer holidays looming, parents may be delighted to know that a variety of magical entertainment for both children and adults is on hand at Borde Hill Garden.

On different days of the week, activities for children include a petting zoo, storytelling and entertainment with clown Tomfoolery. If they want to let off steam, the adventure playground features a zip wire, balance beams, swings, slides and climbing frames. There are also outdoor games and plenty of space in the park for ball games and kite flying. If they fancy a few quiet minutes, the children's Sculpture Quiz will keep them amused.



Art Trail in museum

Brighton University 3D Craft & Design students are once again showing some of their work in the Cuckfield Museum over the summer. This year the exhibition includes an Art Trail and visitors are invited to follow the red dots to see the new pieces and explanatory text displayed with the original items from the collection that inspired them. These range from ironwork and smocks to the Cuckfield Cache, shoes and lucky charms.

Ember Vincent's work is influenced by the Cuckfield Cache. After researching the purpose of anti-witchcraft caches, she discovered that items particular to a person were hidden in enclosed spaces within the home to protect their owner. Shoes were often used as they were thought to hold the spirit of the owner through the retained imprint of the wearer's foot. Witches' bottles were also common and contained metal spikes and nails as added protection.

Ember's interpretation of it is shown here, and is one of several on show in the musuem throughout the summer.



Wow factor

DESIGN AT HOME

By Fiona Evans, Cuckfield Interiors

A sharp intake of breath and that wow feeling when you enter a spectacularly finished interior is something worth aspiring to, but what exactly is wow factor?

Beauty, style and taste are personal, and a space that looks amazing to some may not to others. Glossy interiors with vaulted ceilings and sleek living areas that drift into one another basking in pools of natural light might generate a wow in some, or alternatively a space with an edgy industrial style, an eclectic mix or traditional feel might appeal to others. Creating a 'wow' is challenging, so here are a few ideas that might help.

Decluttering is a great start.

A fantastic focal point that pulls the eye into the space will go a long way towards creating a wow. One way of succeeding is to improve the focal point of the interior. Traditionally the fireplace occupied the role of chief focal point, its historical detail emphasised by the fire's glowing and cosy focus. Inglenook and Victorian fireplaces still have a modern appeal and join log burners and electronic screens with flickering images of flames in today's choices. A fireplace can be embellished by adding decorative objects to the mantel or a one-off piece of craft (to be unique) or of course a fabulous mirror.

A picture window looking out to a fabulous view or lovely garden will draw the eye and is an alternative focal point if you are lacking a fireplace.

Technological advances have led to gigantic TV screens becoming focal points of a space. By thoughtful placement of the screen and surrounding furnishings an attractive focal point can be achieved. Making the huge TV part of a space positioned on a funky TV unit with seating placed thoughtfully in front is relaxing. Hanging the screen on the wall surrounded by open shelving containing books or collections gives a structured feel. Glowing led lights behind the TV or lamps shining down on to the wall behind will create impact.

It depends largely on budget but something unusual well lit, such as a fantastic piece of craft, a collection of unusual objects, a painting, or a lovely rug will enhance the focal point.

A sofa with a collection of cushions is an easy way to boost wow. Consider them as pieces of art work in your choice of colour and style. A sofa with cushions adding punches of colour, pattern or texture can be relatively inexpensive and add depth and structure.

Natural light with its feel good factor and dancing shadows adds to the feeling of well-being and fights depression. A well lit interior will soften, glow or shine and contribute towards the wow. It's worth introducing as much natural light as possible, with mirrors for reflection. Intensify focal points with decent lighting, with lamps generating different effects depending on the space or a glittery chandelier.

Just changing one of the above might add wow, so good luck!



Summer solstice

VILLAGE GREEN

By Margaret Tyzack More, Cuckfield Local

As I write the thunder has passed leaving a stillness in which one can almost see and feel the garden growing in the warm wet air. The bees are buzzing around the flowers of my cotoneaster tree feasting on the nectar, whilst flowers, shrubs and greenery are bowed low after the heavy rain. Trees are looking magnificent in their lush summer growth.

Musing on trees I am reminded of William Blake: 'The tree which moves some to tears of joy is in the eyes of others only a green thing that stands in the way'. What would he have made of the wholesale destruction of nature that happens, encouraged by the powers that be, when economic factors overwhelm the natural world? He continues: 'Some see nature as ridicule and deformity.....and some scarcely see nature at all. But, to the eyes of a man of imagination, nature is imagination itself'. See a small child's fascination on discovering a snail, horns aloft, backpacking its house, leaving its slimy trail. Love them or hate them, a snail is a thing of wonder. Who could imagine just how high a snail can climb? I once observed a snail trail going right to the top of my roof.

Have you thought about planting vertically? Having a few climbers to scramble up and over a fence or wall gives another dimension to the garden. Wisteria is a favourite, not only of the bees. Our village is beautiful in spring as the wisteria festoons its blue racemes for all to enjoy. Ivy has more to offer than one might imagine, providing nectar for pollinators. Researchers have found that bees take shorter journeys in the autumn as ivy flowers are easy to find in town and country. This high quality nectar late in the flower season can make a big difference to the success of an over-wintering hive. It also provides for hover and other flies, wasps, bumble bees and ivy bees. The latter are new to me and were first recorded in the UK in 2001 and are now in Wales and much of Southern England. Some insects spend the winter in ivy and it is a popular site for nesting birds in spring. An all round 'must have' somewhere nearby.

CALLING ALL LOCAL CHARITIES

Cuckfield Local wants to hear from local charities that would like to have a table at our local food market. We are offering a space to a different charity each month. Markets are held monthly on the 2nd Saturday in The Talbot courtyard, Cuckfield. If you would like a table to promote your charity and raise some money (you don't have to sell food), please email cuckfieldlocal@gmail.com stating which month/s you would prefer and we'll be in touch. Spaces are available from April to December each year.

The next market is on 13th August from 9.30am to 12.30pm.

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Pardon Me, Prime Minister: A Review

By John Fisher

From the introductory BBC news announcement about the imminent budget to the opening of the curtain revealing the set, both quality and originality were high. In the study at 10 Downing Street the Prime Minister's desk stood, complete with hotline, before a garden view between panelled walls with portraits of the Queen and past prime ministers.

Philip Robinson, playing the title character George Venables, was a perfectly two-faced politician, publically puritanical but secretly louche. After a moralising speech decrying alcohol and tobacco – he needed a cigar and a stiff whisky. Particularly when he knew he was about to be browbeaten again by Chancellor Cramond who is after the top job.

But these everyday miseries were as nothing after Shirley Springer arrived, a shapely reminder of a night as lively young bachelor at a Brighton Conference. As Shirley outlined intimate details of his tryst with her mother Dora she also showed him an incriminating photograph. As his situation got more and more desperate Venables lurched like a campaign bus on the roller coaster of public opinion, blustering confidence one minute, then fretful panic the next.

The PM's major ally was his loyal private secretary and solver of problems Rodney (not Alistair) Campbell. Played by Jaba Bowman with just the right amount of deference he was almost completely unflappable. Often the straight man to his boss's flustered disarray, he frequently exposed the PM's pomposity with some great deadpan lines.

Samantha Oliver, as Shirley, delivered a confident and revealing performance as the exotic dancer who sneaked into 10 Downing Street to confront the PM. Initially nervous, and impersonating a journalist, she was made even more uncomfortable as the PM attempted to seduce her. But she dramatically turned the tables him with the first of several bombshells: "And you Prime Minister, are my father!"

Sybil Venables, the PM's wife, was delightfully dotty, played both with aplomb and a plummy accent by Kirsty Bishopp. She ignored anything not of interest to her (such as the budget and her husband's work) and focused on her role as figurehead of National Blood Donation Week and her impending birthday.

With an accomplished Scottish accent, Paul Davey portrayed Chancellor Hector Cramond as an old school political bruiser. A mix of self-righteous puritan and authoritarian populist, he bullied the PM into the strictest of budgets. Firstly bemused, then exasperated by the PM's erratic behaviour, he gave some marvellous reactions to overhearing or seeing the PM in ever more compromising situations.

Loraine Jordan was a pleasure as Shirley's cheery and self-assured single mother Dora, a lady of 'very progressive ideas'. A forthright character, she was the driving force behind not only her daughter but the whole play.

Jane Rotherbrook (Emma Hudson) was the selfassured upper-crust journalist. Walking into the midst of



the predicament she was at first joyfully unaware of the ongoing shenanigans – 'If only these walls could talk...' but rapidly became part of the storyline when her dress was accidentally torn off.

The chancellor's secretary, Miss Frobisher, was charmingly portrayed by Beckie Burtenshaw. A model of efficiency she was the chancellor's loyal servant. Her dowdy exterior concealed a secret pining love of the handsome Campbell that was gradually liberated, from initial darting looks, mild but gauche flirting through to a precipitous embrace.

Congratulations to Cuckfield Dramatic Society, the directors Lance Milton and Emma Gosling, the cast and many backstage workers. They say a week is a long time in politics, but four days is not long enough in political farce when it's as good as this.



Sudoku puzzler resident

Cuckfield resident Andrew Reid has written a piece of software that is able to generate Sudoku puzzles.

Andrew, who has lived in the village for nearly 20 years, used to be computer programmer before switching roles to be a database administrator. He comments: "I decided to write a Sudoku generator so that I would not forget how to program."



When he's not at the computer Andrew enjoys a spot of car maintenance, and he also volunteers at the Bluebell Railway with his son.

Andrew publishes new puzzles regularly on his own blog online at http://andrews-sudoku.blogspot.co.uk

Sudoku #1

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



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Campaigners fighting to save Cuckfield's well-loved play meadow have moved a step closer to victory after receiving backing from the High Court.

Flis Irving, who has fought tirelessly to keep the meadow as a community space, was delighted to receive news that the High Court had quashed Mid Sussex District Council's grant of planning permission to build a substantial house on the land at the end of Courtmead Road.

Leading planning judge Mr Justice Gilbart found that the council had acted unlawfully as the planning consent breached planning policy. He focused on the harm to the Cuckfield Conservation Area, which the Council had actually identified before it went on to grant planning permission.

"It proves that if an individual fights hard enough for a just cause, it is possible to win against powerful government bodies with huge financial resources," reflected Flis. "It is the first time in almost three years that there has been full scrutiny of the Council's actions by an independent, qualified expert, and he found that the Council had acted unlawfully. It is significant that Mr Justice Gilbart highlighted the importance of preserving The Play Meadow as part of the Cuckfield Conservation Area for the benefit of local people. I hope that the Council will finally take note and stop fighting for a third party to develop it."

Flis, along with support from owner of Next Step Nursery School Janet Beales, has led the high profile campaign to keep The Play Meadow open for use by local people. In a recent interview with BBC Radio Sussex, Flis explained why the meadow is of such value to the village. "It is so rare to have an area of green in the centre of a village that can be of benefit to the whole community," she said. "With all the building that's currently going on all around... every little bit of green area being gobbled up, it is an absolute delight to have this Play Meadow here." When asked why she had engaged in this battle with the Council, Flis responded: "It was morally wrong what they were doing. They were acting as judge and jury... against

what the local people had voted for in the Local Plan, which was to keep the meadow as a green space."

A Mid Sussex District Council spokesperson said the land had been identified as a building plot as far back as the 1980s and added: "We are pleased that the court has clarified the complex legal position around one of the applications on this site."

Flis is aware that her fight is not yet over as the Council is likely to appeal the decision.



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What's on this month

AT QUEEN'S HALL

NOTE: Regular classes may not be meeting during the school summer holidays - please check.

Monday

9.30am Fluid Physio (Pilates)

10.30am Fluid Physio for Injured/Beginners/Improvers

11am Weigh In - Work Out

7.30pm Haywards Heath & District Canine Society -

Ring Craft

Tuesday

9am Tiny Soccerstars

9.30am Tinkerbells - music classes for children

1.30pm Yoga with Annie

3pm Codanza

6.30pm Haywards Heath & District Canine Society -

Obedience Class

Wednesday

9.30am Tinkerbells

10am Stroke Communications Group

12.30pm **Zumba Dance Fitness** 1.30pm **Modern Line Dancing**

4pm Codanza

8pm Best of Ballroom Cuckfield Dance Club

Thursday

9.30am Tumbletots9.30am Tinkerbells

7.30pm Social Ballroom and Latin American Dance

Friday

9.30am Rebound Fitness Class

7.30pm Historic Vehicle Trust (1st Friday/month)
 7.30pm Evening Flower Club (2nd Friday/month)

There is now a list of regular activities and classes on the Notice Board that includes contact details.

July

August

12th Cuckfield Evening Flower Club - 7.30pm Stephanie Laing - 'A Wood Affair'

AND ELSEWHERE

July

16th The Scattered Flea Market – 10am-4pm Garage Sale all around Bolnore Village

17th Holmsted Manor Open Gardens – 1-5pm
Explore the variety of spaces in this peaceful
country garden. Wear good walking shoes, wellbehaved dogs welcome. Picnic spots and cream
teas available. (01444 440229)

19th Cuckfield Evening WI – 8pm Dinner at The Rose & Crown

27th **Bolnore Quiz Night** – 7.30pm The Woodside, Bolnore Village

27th Royal British Legion Women's Section – 12noon Lunch at High Beeches

30th Evelyn's Coffee Morning – 10.15am-12noon
The Old School. Raffle, cakes and preserves,
handmade cards and knitwear, children's craft
activities, second-hand toys and jigsaws.
Entrance £2 includes coffee and cakes. Proceeds
to the Cuckfield Mayoral Fund.

August

2nd NHS Retirement Fellowship Mid Sussex Branch 10.15am – Franklands Village Hall Women Pioneers in Medicine by Yvonne Price

5th A Midsummer Night's Dream – 7.30pm Cuckfield Recreation Ground By Rain or Shine Theatre Company Bring your own seating (Tickets from 01444 451610)

7th Musical Sundays at Borde Hill – 1-3pm Borde Hill Gardens. Entertainment for all the family includes woodland walks.

9th Lindfield Afternoon WI – 2.15pm King Edward Hall, Lindfield. New members are most welcome (contact: la16wi@gmail.com)

13th Cuckfield Food Market – 9.30am-12.30pm

14th Holmsted Manor Open Gardens – 1-5pm

14th Musical Sundays at Borde Hill – 1-3pm Borde Hill Gardens

21st Musical Sundays at Borde Hill – 1-3pm Borde Hill Gardens

27th Bring & Buy Horse Book Sale – 2.30-5pm
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