

Cuckfield Life

Inc. Brook St., Ansty & Staplefield

Local village talk,
by the village

Issue #8 : June/July 2013

Free



Evacuees come back to Cuckfield

page 12

Spot the wild orchids locally

page 22

Design at Home: Inspired by glass

page 19



“FROM **SIMPLE** BEGINNINGS”



SPECIALISTS IN ALL ASPECTS OF

**TREE CARE • FENCING
GARDEN MAINTENANCE • HEDGE CUTTING • PLANTING
SOFT LANDSCAPING • STUMP GRINDING**

Free Estimates • ANY SIZE JOB • Fully Insured • Arboricultural Association Approved • ISO9001 / 14001



Give your Garden a BOOST!

Try Our Landscaping Products Certified by the Soil Association

Peat Free Soil Improver • Top Soil • Woodland Mulch
Ornamental Premium Bark • Mushroom Compost



35 YEARS OF ESTABLISHED BUSINESS, RUN BY THE FAMILY

CALL US ON 01444 831 307

EMAIL OFFICE@KPS.UK.COM • WEBSITE WWW.KPS.UK.COM

By David Tingley, Editor

I write this fresh from an evening out in the village watching **Cuckfield Dramatic Society's** production of 'Murder in Company' at the Queen's Hall. You can read about it on **page 19**. Suffice to say it was a superb evening's entertainment.

In that vein, you can read about another village show taking place soon by **The Cuckfield Society** on **page 11**. It sounds as if there will be lots of laughs for the audience! Plus we feature the other **events** taking place this month in the usual position on **page 30**.

Claire Cooper went along to the unveiling of a **plaque given by former evacuees** who were sent to Cuckfield during WWII. It's incredible to hear the stories of such young lives relocated in an instant. The plaque is now mounted in the Queen's Hall as a memorial to this community. Read the full story on **page 12**.

We like to present you, dear reader, with a broad range of content. In this month's issue we are challenged by local contributors on two matters. On **page 25 Helly Eaton** tries to come up with marketing slogans that could encourage us all to more carefully consider our use of **fossil fuels**. Meanwhile, on **page 6, Hilary Turner-King** shares how **Holy Trinity Church** was challenged at a recent '**Hunger Lunch**', which sought to highlight the difference between our plates and that of our neighbours in developing countries. The contrast clearly made an impact.

On **page 22** I am very pleased to have another contribution by **David Mortimer**, who this month shares his love and knowledge of wild orchids in the area. Plus local personal trainer **Lyndon Littlefair** explains how to create **SMART goals for keeping fit** on **page 24**.

Thanks to all who continue to contribute to Cuckfield Life. We love hearing from you, so do get in touch. Send an email to editor@cuckfieldlife.co.uk, find us on Facebook or follow us on Twitter.

Issue #8 – Jun/July 2013 – 3,000 copies printed

Next magazine copydate: 28th June 2013

Next magazine published: 15th July 2013

Cuckfield Life

Brooklands Barn, Rocky Lane, Haywards Heath, RH16 4RR

Telephone 01444 884115
www.cuckfieldlife.co.uk

Editor: David Tingley
Assistant: Claire Cooper
<editor@cuckfieldlife.co.uk>

Advertising: David Tingley
<ads@cuckfieldlife.co.uk>

Disclaimer: The opinions expressed within the magazine are of the individual authors and not necessarily those of the editors. Whilst the editors welcome contributions & photographs, this is on the understanding that there is no obligation to include them and that the item may be edited & that there is no breach of copyright. Neither the editors nor the publisher accept any liability in respect of the content of any article, photo or advertisement.

Cuckfield Life Published by Kipper



Jono Atkinson
Summer stunts at the Cuckfield skatepark.

Chiropractic Life
Haywards Heath & Hove

Are you struggling with pain & unresolved health problems?

Join the tens of thousands of people we have helped since 1977.

Chiropractors remove interferences in the nervous system to allow your body to heal itself naturally.

Special Deal **£29**

- Consultation
- Examination
- X-Rays if clinically indicated
- Report of Findings

AVIVA Bupa simplyhealth A&A

Voted Most Loved Chiropractic Clinic in the Whole of the UK by **thebestof**

Haywards Heath - 01444 453 888
Hove - 01273 208 188

Quality doesn't need to be expensive...

9 holes from £9.50
18 holes from £15.50

Cuckfield Golf Centre
Staplefield Road, Cuckfield RH17 5HY

Tee Bookings Hot Line: 01444 459999
www.cuckfieldgolf.co.uk

NEWS

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



Jolly Tanners wins again!

Staplefield village pub The Jolly Tanners has scooped the 'Pub of the Year' award for the second time in three years.

Chris Brazier (pictured top left receiving the award from North Sussex Campaign for Real Ale chairman Chris Booth) has run the pub with his wife Sigrun for the last six years and is delighted with the accolade. "We are all about real ales and ciders and we enjoy the freedom to buy in the best around - so that is exactly what we do. It's certainly nice to be recognised for that."

The pub serves traditional pub food alongside the wide variety of beers on offer.

Jo Jo owner featured on M&S website

When writers for Marks & Spencer's website began searching for 'stylish and inspirational' businesswomen to feature on their pages, Cuckfield came up with the perfect candidate!

Jo Dennis, owner of Jo Jo Boutique in the High Street, was selected as the first interviewee in the 'Real Women' series of features.

During her interview, which can currently be found on the website, Jo talks about fulfilling a lifetime ambition when she opened the Cuckfield boutique three years ago. She also shares her fashion tips for the over-35s.

Jo tells how an invitation to Henley Regatta was a major turning point. "Finding an outfit became an impossible task - every shop on the high street offered variations of the same, none of which seemed to fit. Eventually I did find a dress at huge cost and when I arrived at the Regatta so many other women were wearing the same dress or similar," she said. "That day I made my vow - a crusade - to deliver fashion for women."

You can read the full interview at: <http://bit.ly/ZtYOb3>

Take Control of Your Body with Cuckfield Personal Training

by Lyndon Littlefair



50% OFF

Get your first session half price with this ad. Includes: Whole Body MOT, 1-1 Personal Training, Partner Personal Training or Small Group Personal Training



Talk to Lyndon today on 07957 152 245

CUCKFIELD PERSONAL TRAINING is located at Cuckfield Golf Centre lyndon@londonwellness.co.uk

www.londonwellness.co.uk



- Extensive range of Interior Wooden Shutters
- Highly Experienced Team
- Superior Technical Knowledge
- Competitive and Affordable Pricing
- Quality Products
- First Class Customer Care

Call us now or visit our website to arrange an appointment or request a brochure

Tel: 01444 440056

www.thewindowshuttercompany.co.uk



Podcast for Cuckfield launched

Miranda Diboll is the woman behind The Cuckfield Podcast, a downloadable radio programme that's exclusively about what's happening in our village. A new podcast will be released on the last Friday of the month via The Cuckfield Podcast website and Facebook page. A podcast is simply an audio file that can be listened to via the internet at any time.

Miranda, a freelance audio producer, recently moved to Cuckfield after nearly ten years in the Middle East and was inspired by Cuckfield's vibrant community feel and interesting history to create a monthly radio show about village life.

"London boroughs have them, so why can't Cuckfield?" she asks. "Setting up a podcast is relatively cheap and easy. Cuckfield's is just a one woman operation at the moment."

Episode One was released at the end of May and includes reports from this year's Cuckoo Fayre, the life of a Punch and Judy man and interviews with Darcy Shepherd from the Cuckfield Vintage Emporium, Martin Ingrebretson of the Independent State and, of course, no début podcast would be complete without a chat with our mayor Lindy Elphick.

The podcast can be listened to at <http://cuckfield.podomatic.com> and or just search for 'The Cuckfield Podcast' on Facebook.

FOLLOW MY LEAD!

Dog walking by a dedicated dog lover

Do you require a local dog walker due to work, holidays, days out, injury or last minute change of plan, I am personally available on a daily, weekly or occasional basis.

- ✓ Dog Walking - I can collect & deliver
- ✓ Dog Feeding - including comfort breaks
- ✓ Arden Grange Super Premium Pet food - supply & free delivery
- ✓ Cuckfield Resident
- ✓ Full Public Liability Insurance
- ✓ Criminal Record Checked

**Call Sarah Adams
on 07891 082573**



For full details visit: www.followmylead.info

We are celebrating
25 years serving
the village

For SALES and LETTINGS
in Cuckfield

Call us today for your free
valuation...

01444 451818

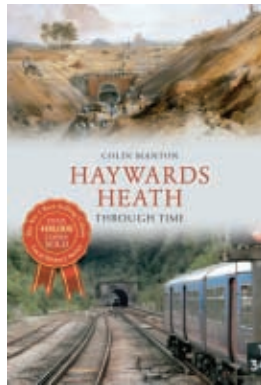
www.marcusgrimes.co.uk

**marcus
grimes**
estate agents

25 years

Book signing

Author Colin Manton will be signing copies of his new book - Haywards Heath Through Time - at Cuckfield Museum on Saturday 29th June between 10.30am - 12.30pm.



Food for thought

By Hilary Turner-King

To mark the end of Christian Aid week a Hunger Lunch was held at Holy Trinity Church last month.

In the centre of the hall was an elegant table, laid with fine china, wine glasses and candlesticks. This table was for the privileged eight; their lucky ticket numbers drawn randomly on arrival. Like everyone else they had no idea what winning a seat at this "top table" would involve. They only knew they had come to take part in a Hunger Lunch; an event to explore issues of fairness and justice.

Whilst the privileged eight finished their starter, the children found out what it would be like to have to fetch water for their families in the way of many children in developing countries. They carried buckets and water containers around the room, discovering just how heavy water is.

The smells from the kitchen were delicious. No mistake, it was roast chicken with all the trimmings. But this was only for the eight in the middle. Everyone else was served rice and beans and the men were served their meals first, before their wives and children. Many children thought this rather unfair!

We all learnt a lesson that Sunday. Life is a lottery, with all of us living on different sides of the same dice. In this country we have thrown the 'lucky 6'. A big challenge for all of us to consider.

A big thank you to everyone in Cuckfield who gave so generously to Christian Aid Week. A total of £951.77 was raised in the door to door collections.

Insania in the Park

Peter Andre has chosen Victoria Park Haywards Heath as one of his Summer Tour venues on Friday 19th July.

The summer event is arranged by 'It's Magic' - and also includes Schools Aloud, Katherine Jenkins and Super Sunday in the Park.

See www.itsmagic.org.uk for more details.



Holiday Bible Club 2013 @ Cuckfield Baptist Church

Monday 29 July – Thursday 1 August

9.45 am - 12 noon

READY, STEADY, EAT.....

Games,
Bible talks,
quizzes,
competitions,
singing, crafts,
& plenty of fun!

For ALL children in
Reception - Year 6

**IT'S
FREE!**

Registration forms available from
Cuckfield Baptist Church
01444 473531
www.cuckfieldbaptistchurch.co.uk

Davina's trainer supports 80s Walk

Jackie Wren, Davina McCall's personal trainer, has pledged her support for this year's 1980s-themed St Catherine's Hospice Midnight Walk on Saturday 13th July in Horsham Park.

Everyone who signs up before 5pm on Friday 28th June will automatically be entered into a draw to win an exclusive training session with Jackie and her husband Mark at their private gym in Oxted. The couple not only train a host of famous faces but are well-known to women across Britain as they star in the hugely popular Davina McCall fitness DVD range.

Davina McCall commented: "I hope as many ladies as possible will roll on those leg warmers and sign up to the extra special 80s-themed Midnight Walk for St Catherine's Hospice this year. I know how special hospice care is and by taking part and raising funds you will be helping hundreds of local families."

You can sign up online at www.stch.org.uk/midnightwalk or call 01293 447364 for more details.



It's all about Cuckfield

Talk to your local audience. Try it for three months...

Cuckfield Life

Call David now on 01444 884115 to discuss your advertising, email on ads@cuckfieldlife.co.uk www.cuckfieldlife.co.uk

PS: Sign up for three or more months in Cuckfield Life and get your first ad at half the standard monthly rate!

Warden Park Head retires

A new chapter in the life of Warden Park Academy will begin in 2014 with the retirement of Head Steve Johnson.

Steve has been at the helm of the 1,500 pupil school for 11 years and has seen Warden Park evolve from a comprehensive secondary school to the county's first Academy Trust. The move also saw the creation of the Warden Park Primary Academy (formerly the Heyworth School in Haywards Heath) with Steve becoming its Chief Executive.

In a bulletin to parents, Steve said he was looking forward to treading a different path, learning new practical skills, writing and having a 'gap year' with his family.

"The Secondary Academy is ready for a change – someone who can work with Directors and staff in perhaps a more stimulating way than I may be able to manage in the future," said Steve. "There are still things we can do better and new challenges ahead. A fresh approach from the top will help our teams move effectively and quickly in the right direction."

He praised Warden Park Academy Trust staff who recently won the Outstanding Staff Team of the Year award for London and the south east.

"I should not be surprised if they do very well in the



national final next term," he said. "Their wonderful and richly deserved achievement reflects the quality of our staff across both the primary and secondary academies. My colleagues have the commitment, enthusiasm and experience to help the new secondary Head Teacher move the Warden Park Academy Trust to even greater success in the future."

Service with Sincerity



“Recently establishing ourselves in Haywards Heath, together we have 25 years experience of working within the funeral profession. We strive to provide an efficient, yet friendly service to all our clients.”

Paul & Kirsty



42-46 Queens Rd, Haywards Heath, RH16 1EE

Talk to us on 01444 410 770 (24 hr)

paul@paulmassonfunerals.com www.paulmassonfunerals.com

Easy parking on the forecourt and incorporating Seymour & Dench Florists at No 42, who provide flowers for all occasions.

 *Paul Masson
Funerals Ltd*



LEE'S LOCKS

NO CALL OUT CHARGE!
All locks fitted to insurance BS3621

Window Locks • Supplied & Fitted
Fully Guaranteed • O.A.P. Discounts
Insurance Work • UPVC Specialist
Digital Locks • Break ins
Garage Door • UPVC/Patio
Police Checked • No VAT!!!



**LOCKED OUT? DOOR JAMMED?
LOST KEYS? NEED EXTRA SECURITY?**

Store this number in your phone NOW! You may need it

Tel: 01444 484 119
Mob: 07921 068564
Email: lee@lees-locks.com
FREE PHONE 0800 44 88 147



Checkatrade
Always Before you use them





Tom Seymour BSc

IT SUPPORT

Providing IT support for small businesses and Home users, with over 10 years experience in IT.

Call out fee from £15 including first half hour.

- Purchasing Advice, Installation and Disposal
- Anti-Virus and Security
- Automatic Maintenance
- Remote support
- Training in your own Home



01444 473606 - 07843 116783
Help@TomSeymour.co.uk
http://www.TomSeymour.co.uk/

Checkprofessional.com
Where reputation matters



Detail Installation is a reliable experienced family run business with a professional approach to service. Whilst delivering high quality workmanship its prices are both affordable and competitive.

See our website for further details or call
01444 414351 | 07791 627416

With over 10 years experience

Find us on
Checkatrade.com

www.detailinstallations.com

Action for Deafness

Making things happen for Deaf and hard of hearing people

NHS Audiology Services

Exercise your patient choice

For more information please contact our head office:

22 Sussex Road, Haywards Heath, West Sussex RH16 4EA

Tel: 01444 415582 Fax: 01444 415587 Text: 01444 415593

Email: info@actionfordeafness.org.uk Web: www.actionfordeafness.org.uk

Charity No. 1122579 Company No. 6205458



POTENTIAL PERSONAL TRAINING

“ Our success is built simply on our desire to help you be what you have always dreamed you could be, and help you to reach your full potential. ”

- 100% Guaranteed Results
- Support & Guidance
- Personal Training
- Group Fitness
- Nutrition



LOST 5 1/2 STONE

“ I have been attending Potential Group Fitness since June last year and love it. I have made so many fantastic friends and truly have my thirst for exercise back. My total weight loss is 5 1/2 stone and I know that I can trust Potential Personal Training 100% to help me reach my target weight. I thank them so much, not only for helping me achieve a weight loss but for educating, supporting and believing in me. ”

Natalie, Lindfield

Book your free consultation now

T 01444 484129

E maxine@potentialpersonaltraining.com

W www.potentialpersonaltraining.com

Staplefield Fun Day

27TH MAY 2013

Photo: Catherine Hodgson

"A huge thank you to everyone for their help and support at this year's fun day. It was a truly great event and we were blessed by equally great weather - I have the sun burn to prove it! I have had so much positive feedback from people, both villagers and visitors alike, saying how much they enjoyed it and what a lovely village we live in. For me, Fun Day is as much about everyone working together to create the event as it is about raising money. I think we did both very successfully - it looks like we made approximately £6k profit this year."
Sam Butler



The Clinic AT BORDE HILL

The Clinic at Borde Hill
Naldred Farm Offices, Borde Hill Lane
Haywards Heath, West Sussex RH16 1XR
01444 616797 • info@clinicatbordehill.com
www.clinicatbordehill.com

Superior Coaching Solutions at The Clinic...

Are you ready to take the next step in your life?

- Develop more self confidence
- Make positive changes
- Gain balance in life for health and wellbeing
- ME, Chronic Fatigue, Fibromyalgia recovery programme

Jenny Sladen of Life II Coaching helps you to work through changes that you are experiencing in your life.

Jenny guides you to identify what needs to change and gives support during your journey, ensuring that the change is sustained, rather than short lived.

Jenny motivates clients to make positive changes in order to regain Health, Energy and Vitality.

Please contact Clinic owner Tony Dawson on 01444 616797 for more information or Jenny Sladen at Life II Coaching on 07708 025188.



- McTimoney Chiropractic
- Osteopathy
- Acupuncture
- Podiatry / Chiropody
- Reiki
- Reflexology
- Hypnotherapy
- Counselling
- Nutrition
- Meditation
- Energy Healing
- Life Coaching
- Mindfulness Groups
- Holistic Massage
- Shiatsu
- Kinesiology
- Chrysalis Effect:
ME, CFS & Fibromyalgia

Carry On for Summer Show

This year marks The Cuckfield Society's 50th anniversary and in recognition of this landmark the annual Summer Show (a light hearted revue of global events) 'Carries On' charting world events through the ages as seen through the 'eye' of Cuckfield.



The story begins with creation itself and makes its merry way via some important historical dates and events – prehistoric man, Cuckhenge, Robin of Blunts Wood etc and all punctuated with "some unexpectedly good song and dance"!

The show runs for two nights, 5th & 6th July, and will be produced and directed for the last time by Paul Ruse and Peter Bowman. There will be prize for the member of the audience in the best fancy dress costume (perhaps a historical ensemble or maybe a 'Carry On' number?).

Friday night tickets cost £10 (£5 for under 16s), which includes a hot dog, the Show and a "Happy Hour" in the bar from 7pm with curtain up at 8.15pm.

Saturday night tickets are £14 for Cuckfield Society members and £16 for non members. This includes a free Pimms at our Pimms Party to be held at 'Marshalls' in the High Street from 6.30pm, two course supper at The Queen's Hall from 7.30pm and the show curtain up at 9pm.

Tickets are available NOW from Wealden Stores and Window Scene in Cuckfield or by email to Gerard Conway gerard_conway@btinternet.com or by telephone 01444 413881.



DRAYTON Plumbing & Heating Ltd

Call Vic Drayton on 01444 458558 or 07703 255305



- Free estimates & advice
- Fully qualified & experienced engineers
- Local services throughout Mid Sussex
- Energy conservation advice
- All work guaranteed & liability insured.

draytonplumbing@btconnect.com www.draytonplumbing.co.uk





Natural Gas | Liquid Gas | Oil & Solid Fuel | Alternative energy systems | Service | Maintenance | Full installations





DRIVEWAY CLEANING

- SWIMMING POOL AREAS
- TARMAC DRIVEWAYS
- TIMBER DECKING
- PATIO CLEANING
- TENNIS COURTS
- BLOCK PAVING

07582 238 966

01444 457 790

INFO@SPICANDSPANDRIVEWAYS.CO.UK



Safe in Cuckfield

EVACUEES THANK VILLAGE

In September 1939 a large group of children were ushered into the Queen's Hall in Cuckfield, each one wearing a name tag and clutching their belongings.

The group of evacuees had arrived in the village from London, sent by their parents, keen to keep them safe and away from regular bombing of the city.

Some were frightened and bewildered, others excited but all were embarking on an experience that would stay with them forever.

Last month Cuckfield once again welcomed a small group of evacuees, who returned to the village to unveil a plaque to mark the kindness shown to them nearly 74 years ago.

Joyce Ruff, Bill Hayes and his sister June Friend, Tom Newton and Eric Dunn were delighted to be re-united and to share their memories of the village that briefly became their home.



By Claire Cooper

"You're going on a holiday" was what five year old Joyce Ruff was told by her mother as she boarded the train to Haywards Heath.

"I was lifted into a carriage and my food parcel put on the rack over my head," she recalls.

An only child, Joyce attached herself to brother and sister Bill and June Hayes and, on arrival at the Queen's Hall, everyone assumed they were related.

"We were driven to Tower House, a property with a long driveway, large grounds and servants, and put in the top room – the attic," said Joyce.

Tower House was owned by two elderly sisters who soon decided they were unable to keep all three children.

Joyce was sent to stay at the greengrocer's shop, again run by two elderly sisters who had little time for a lively five year old. "I was left to care for myself – my only friend was the tortoise!"

When Joyce's mother visited and found her daughter lonely and unhappy, she planned to take her back to London but their plans changed after meeting 'Auntie Dorie' from Glebe Road. "I stayed with her for the next five years."

Joyce learnt to love the countryside. "We could play in the fields, roll in the haystacks and go blackberry picking," she said.

For June Hayes, evacuation was a traumatic experience. She found it difficult to settle and twice tried to run away.

June became known as the 'troublesome evacuee,' but a chance conversation in the butcher's shop became a turning point. "Mrs Coombes, who lived in Ansty, was waiting to be served and heard that I was due to be sent back to London," said June.

"She realised that I was not naughty but just upset at being torn away from my parents. She took me in and I stayed with her for the rest of my evacuation days.

"From the time I arrived with her I never felt anything but love and security and on my first night she left the back door open and sat up with me all night!"

Mrs Coombes taught June to knit and helped her plant pansies in a small plot of garden. "To this day they are still my favourite flowers."

Like Joyce, June enjoyed visits from both parents and, after persuasion from her father, her mother found lodgings in the village. "He thought that if anything happened we would have at least one parent to look after us," said June.

"However, fate decreed otherwise and on 23rd December 1940 he was killed coming down to see us all in a terrible car accident."



On returning to London, June found it hard to settle and life was hard as her mother struggled to support the family. Luckily she still had the love and support of Mrs Coombes. "She was like a second mother to me and I shall never forget her. She taught me patience, a love of animals and many other qualities which I attribute to her and form the person I am today."

After June and Joyce left Tower House, Bill Hayes enjoyed being the only evacuee. "I had the run of the grounds, read Just William books and was invited to 'high tea' with the ladies," he recalled. He also remembers hiding in a tree to smoke and getting caught by Phyllis the maid who thought the tree was on fire!

The children didn't go to local schools but were taught in the old church hall by teacher Mr Pawly. "He took us swimming, on nature trails and digging for victory on an allotment behind the church," Bill recalled.

"We also did country dancing, one with wooden swords, played chess and darts."

Bill later moved from Tower House and was billeted with Mr and Mrs Wells in Ardingly Road. Mr Wells was a sergeant in the Home Guard and Bill recalls watching them practise manoeuvres with Canadian soldiers at Borde Hill.

"I always laughed at Dad's Army because that's how it was!"

At the reunion, Bill was particularly delighted to catch up with Cuckfield playmate Margaret Mitchell. "The first time I met Margaret she was nine years old and skinning a rabbit," laughed Bill. "I knew we'd get on!"

Brothers Tom and Alec Newton couldn't believe their luck when a chauffeur-driven Rolls Royce drew up to collect them from the Queen's Hall. "I'd never even been in a car," Tom said.

Tom and Alec were among eight boys billeted at Mill Hall on Whiteman's Green, owned by Mrs Reid and her daughter Shirley.

"We were amazed at the size of the house, the servants and the beautiful grounds," he said. "There was

an immaculate lawn and I remember asking if we could walk on the grass as in the London Parks there were signs everywhere saying 'Keep off the grass!'"

Not only did Mrs Reid allow the boys to walk on the lawns, she set up goals made from strawberry nets so they could play football.

"She bought us all boots and turned the snooker room into a playroom. In the winter we had a toboggan in the snow. We felt like we were on holiday!"

Eventually caring for eight boys became too much for Mrs Reid, and Tom and Alec were sent to live with Mr and Mrs Grand at The Knowle.

Tom took an active part in village life, becoming a choir boy at Holy Trinity Church, and joining the local concert party, scouts (eventually becoming a King's Scout) and the Army Cadet Corps. He even learnt to play the banjo!

He also appeared in two village pantomimes and was a member of the evacuees' cricket team.

After leaving school Tom became an apprentice French polisher for Hiltons in Haywards Heath and, after the war ended, stayed in the village to complete his apprenticeship.

Eric Dunn was only recently reunited with his fellow evacuees but, like them, shared mixed memories of his time in the village. "It was a difficult time but Cuckfield gave me my love of the countryside" he said. "Meeting Tom and the others has been a wonderful experience."

The evacuees are indebted to volunteers from Cuckfield Museum who played a key part in reuniting them and recording their stories in a book 'Safe in Cuckfield'.

"Without the help of curator Philippa Malins this would never have been possible," said Joyce, who regularly visits Holy Trinity School to share her experiences with children studying World War II.

In 2009 a group from the museum enjoyed visiting Shadwell in London's East End, childhood home of the evacuees, and the group have also attended a memorial service for evacuees in St Paul's Cathedral in London.



Design & Construction of
Unique Garden Features.

- Drives • Patios • Fencing
- Walls • Ponds
- Water Features • Planting
- Lighting • Irrigation



Expectation
landscapes

01444 413966
07525 808906

See more: www.expectationlandscapes.co.uk



info@expectationlandscapes.co.uk

Free quotation
with full spec
and plans.

Fully insured

39 Hickmans Lane, Lindfield
West Sussex RH16 2BN



We CAN clean your oven!



CLEANERSUSSEX.co.uk

we bring your oven back to new 🍷🍷🍷

We clean single/double ovens, ranges, Aga's,
microwaves, hobs & extractors.

Non-caustic cleaning method means
no dangerous chemicals in your home.

Fully insured and highly reputable.

Call Alex on 07768 256747
or visit www.ovencleanerssussex.co.uk

Cello Lessons 🎵

Experienced Private Teacher



Judith Rae

B.Ed Hons CT ABRSM

Member ISM and ESTA

CRB Checked

Accredited CelloBabies teacher

Haywards Heath 01444 458035

judith.rae@o2.co.uk

Any age, adults welcome.

Morning lessons, after school or evenings
Exams or not, as you like it.

Craftsmen offer more money for scrap gold.



With the current high prices for gold many people are scrapping small amounts of unused, unwanted or damaged jewellery for surprising amounts of cash. This can lead to unscrupulous trading and the Office of Fair Trading (OFT) has announced action against multiple 'cash for gold' businesses. "Which?" found that cash for gold firms often offered consumers far lower prices than they would get if they went to a jeweller or pawnbroker. Local craftsmen-jewellers, such as Pruden and Smith in Ditchling, can melt down and re-use gold, platinum and silver therefore giving excellent rates. Reusing recycled metals is also better for the environment than new mined gold.

Their redesign service offers expert advice on what is worth reusing and what is not. The gallery shows a broad range of contemporary designs in silver gold, and platinum, diamonds and other gemstones. A great place to find ideas to start you off!



Visit Pruden and Smith in Ditchling: Monday-Saturday 10:00-5:00, Sunday 11:00-4:00



"We give our customers great prices for their scrap. When the jewellery is of great sentimental value we love to work with them to redesign and remake it into new pieces of contemporary jewellery that give the materials a new life." says Anton Pruden of Pruden and Smith.



Gold and diamond ring and earrings made using the metals and stones from old unworn jewellery.

PRUDEN & SMITH


A PRECIOUS LEGACY

Turn your unworn jewellery into something new.

Reuse your old gold and diamonds.

Best prices paid for scrap gold.

GOLDSMITHS AND JEWELLERS
ON DITCHLING CROSSROADS
WWW.PRUDENANDSMITH.COM
TELEPHONE: 01273 846338



Contemporary Silver Exhibition adds an extra sparkle for 2013

OPEN FOR BUSINESS



Over the last few years, John Higgins – founder of the Contemporary Silver Gallery in Lindfield – has exhibited some exceptional silver and enamelled pieces from all the leading silversmiths in the UK but, as this spectacular annual selling exhibition enters its fifth year, John has added a new dimension to this event by also including some of the very best contemporary jewellery available.

“During the last four years that we have run this event in Lindfield, we have been frequently asked by visiting customers to show contemporary jewellery in addition to the 150 pieces of contemporary silver and enamel we normally exhibit,” says John. So, working with staff from the Goldsmiths’ Company, John has selected a group of established and emerging contemporary jewellery designer/makers who between them offer pieces across a broad price range and a wide variety of styles.

“We will have a fantastic display of contemporary jewellery by some really talented designers.

“We were delighted when Charlotte de Syllas agreed to show her work with us,” says John. “Her mastery of shaping, carving and assembling stone pieces of different textures and colours has, over the last four decades, gained her well-deserved international recognition.” Charlotte’s work is well represented in Public Collections. The Victoria and Albert Museum holds four major pieces on permanent display and the Goldsmith’s Company already own much of her early work for their own Collection.

Other designer/makers showing their work include Maria Franzl, whose delicious jewellery also has an international reputation and who loves the contrast of oxidised silver and gold in her jewellery, and Jo Hayes

Wood, who creates elegant pieces with an architectural aesthetic, and pieces with complex textured and patterned surfaces – which gives an exquisite tonal quality to her work.



Janice Zethraeus, another exhibitor, uses gold and silver wire in making her jewellery (above), as she enjoys its delicate appearance which is contradicted by the strength and robustness of the material. Janice often adds tiny diamonds and gemstones to highlight the final piece. Lucy Martin’s work is influenced by mid 20th century British design – fashion, architecture and sculpture – and Lucy focuses on the use of colour and texture in her stone selection, with dark opaque or semi-opaque stones paired with vivid translucent stones.

The designers and artists of the Bauhaus movement have been a vital influence on the work of Jane Macintosh – especially their precept of Form follows Function, making her jewellery timeless, comfortable and easy to wear. Best known for his convention-challenging work with geometric gemstones, David Fowkes will exhibit his ‘Stones with Attitude’ range, where unusual gemstone cutting, combined with creative stone setting, results in truly intriguing pieces of jewellery.

Some pieces of silver and jewellery featuring in this years exhibition (top from left to right): Jane Short’s Celebration Dish, Persephone mini Vase is by Rauni Higson, a piece by Jun



FIND OUT MORE...

If you would like an invitation to this exhibition, which runs from 14th to 30th June 9.30am to 5pm daily (Saturdays and Sundays included), please call John Higgins 01444 483782 or email john@thecontemporarysilvergallery.co.uk

Further information can be found at www.thecontemporarysilvergallery.co.uk

Other designer/makers showing their jewellery at this year's exhibition include James Newman and a number of silversmiths and enamellers who also regularly show their work at this exhibition; Malcolm Appleby, Carolyn Stephenson, Sheila McDonald, Phil Barnes, Jenny Edge and Rauni Higson are among them.

"Whilst it will be just amazing to have such a diverse range of contemporary jewellery at our annual exhibition, we also have exciting new work from the top silversmiths and enamellers currently working in the UK," says John.

Jane Short, one of the UK's top enamellers who has her studio in Brighton, has been busy preparing seven new pieces for the exhibition and Phil Barnes, another top UK enameller and engraver, has also been extremely busy over the last 12 months preparing new work for the 2013 exhibition. "We had four pieces of work from Phil Barnes in our 2012 exhibition," says John, "and we sold them very quickly as they were just such great quality. We will be exhibiting several new pieces of his work when we open our Exhibition on 14th June. One piece already finished is the wonderfully carved and enamelled beaker, featured in our Invitation, which is one of the best pieces of work I have ever had," says John.

Rod Kelly, one of the very finest silversmiths in the UK, has made a pair of stunning low-relief chased silver goblets for the exhibition, which will also include a chased beaker from Rod decorated with swimming carp. Michael Lloyd, another exceptional silversmith and low relief chaser who currently has an Exhibition 'Twelve Vessels of Life Love and Death' running at the Victoria and Albert Museum, will have a number of pieces on

show, including a pair matched beakers and also a superbly chased bowl.

Malcolm Appleby (tricorn dish below), another of the UK's finest silversmiths and engravers, will be showing new work, as will Angus McFadyen who produces beautifully engraved vessels.



One of the "stars" of the 2012 Exhibition, a young silversmith called Kate Earlam who won 'Young Designer Silversmith 2012' from the Goldsmiths' Company, has been commissioned by John to make six new pieces for the 2013 exhibition, and four superb organic sculptural silver pieces from Junko Mori will also be at the exhibition.

The work of over 40 top UK silversmiths will be on display – well over 150 pieces of the very best pieces of contemporary silver and enamel will be on show, together with over 120 pieces of contemporary jewellery. This is an exhibition you should not miss.

Win FREE tickets to Ardingly Arts Festival : 24th-27th June

Dame Judi Dench

A unique opportunity to spend An Evening with ArtsFest Patron Dame Judi Dench. There will be a Gala reception with buffet and live jazz. Editor of The Times Saturday Review, Tom Gatti will introduce the evening and talk to Dame Judi, with an opportunity for the audience to ask questions.



The Showstoppers

Straight from the West End, this astonishing group of improvisers creates a brand new musical in front of your very eyes.



Russell Kane

Star of BBC Three's Unzipped and Live at the Electric, Russell performs his hilarious one man show .



Win a pair of tickets to a performance of your choice. To enter the competition email ardinglyartsfest@ardingly.com and enter 'Cuckfield Life Competiton' in the subject line. Winners will be randomly selected and contacted on Monday 17th June.

See website for more information and other performances at this event.
www.ardinglyartsfest.com

Foot Care Clinic at Vinings

Professional and hygienic foot care service located in Haywards Heath town centre with comfortable surroundings and plenty of free parking.

I cover all aspects of foot care including nail trimming, hard skin & corns and I'm happy to do home visits by arrangement.

For an appointment please contact Caroline Burton MCFHP MAFHP
01825 791307 or 0755 2167439 Email: caroline@vining.myzen.co.uk



Church Road, Haywards Heath, RH16 3UF (in front of Clover Court)
www.viningnaturalhealthcentre.co.uk



DOGS NEED HOST FAMILIES FOR HOLIDAYS

Can you look after a dog in your home while the owners are away?

Earn from **£70 - £100** pw looking after other people's pets

We provide food, bedding and equipment...
you provide a nice home. Enjoy having a pet
without the full time responsibility and get paid!



Currently looking for hosts with no other dogs in and around the Lindfield area
- previous experience with dogs essential

Animals at Home – 07592 578 702



A dramatic end to the whodunit

By David Tingley

It's been many years since I graced the opening night of a Cuckfield Dramatic society (CDS) play but I'm pleased to say it feels good to be back!

The eight-strong cast did a splendid job as they entertained and intrigued an audience of nearly 100 happy punters. It was certainly bustling in the Pre-show bar as it felt like it was a full house.

'Murder in Company' is a play in a play, where our actors on stage represent a fictitious dramatic society rehearsing their own murder thriller story in their own village hall. Given my own propensity to be confused, I was amazed at my personal clarity throughout! There was a great moment in the opening of Act III when I wasn't the only one who thought they were acting the 'real life' story rather than a scene from their play!

Harriet Sheldon did a fantastic job directing the production. I understand that the cast were doing three rehearsals a week - that's a lot of dedication from people with jobs and normal lives away from the stage.

Clearly the whole cast (and crew) worked hard to put this show together - but I'd like to pay particular note to a few.

Sharran Rigby Smith did a very believable job playing the role of Margaret, the love-confused wife of Philip (played by Martin Sheldon), a difficult and disliked man who suspected she was having an affair.

Peter Bowman expertly lit the stage up (literally in the opening scene) when his character mysteriously came out of the shadows to reveal a darker side, but played not without the comedy element.

And finally Lisa Benevinia who played Doris. In this her first performance with CDS I'm sure she's proved her worth, with a very challenging part full of a range of emotions and pivotal to the story, with Doris' revelations opening up the storyline in the second act.

It was a great production with a decent script and an excellent local cast. Witty, unnerving at times and a surprisingly serious ending, but an evening that restores one's faith in local theatre. Thank you Cuckfield Dramatic Society.

June/July 2013

Glass inspiration

DESIGN AT HOME

By Fiona Evans, Limited Editions

Beautiful, fragile, transparent, delicate and useful, glass features in so many aspects of our lives in every day living, from bottles, windscreens, fibre optics to camera lenses but does it make a statement in your home? Historically glass has been in use for about three and a half thousand years, created by heating sand to make glass beads. Later the Romans developed the technique of glass blowing, making glass vessels household items. Nowadays it is a dominant feature in our lives and comes in many guises. Toughened glass is an amazing material and has a multitude of uses. Apart from the obvious windows and doors, it features heavily as table tops, panels, shower screens and shelving. Taken as an art form or a design piece glass can feature prominently in your home and add wow factor in so many ways. Glass objects add new dimensions to dull, tired rooms, bouncing light into gloomy corners and casting dancing reflections across walls. Inspiration can come from a glass vase or bowl, or vintage bottle perhaps.

Chrome and glass tables and acrylic chairs mimicking glass will add impact to dining areas and create a link between old and new furnishings, appearing to melt into the floor. Dress with coloured acrylic table mats, jazzy glasses and a glass candelabra for a stunning effect. Alternatively use linen place mats and etched glasses for a softer touch. Glass tables are stunning with leather and enhanced against textures such as fake fur throws and sculpted 3D rugs. For a great look choose an original or repro Bauhaus glass table if you prefer vintage designs.

Vintage pressed glass tableware looks great mixed and matched together - bowls, sundae glasses, plates, all kinds of interesting bits and pieces which are often found in charity shops and markets and easy to collect. Team up with vintage embroidered tablecloths.

Today, glass plays a major part in interior design due to the innovative glass technology that produced laminated safety glass. Glass sheets are sandwiched together by one or more adhesive layers which can be coloured and layered creatively to build up a design. Glass splashbacks in the kitchen are growing in popularity, made bespoke to match existing colours or specialist one-off designs as works of art to make a statement. Panels of stained or printed glass in bespoke designs could be used as room dividers, mounted on the wall for a stunning focal point or used as feature windows. In addition, artistic glass panels can be made to include other materials, such as metal and organic materials, giving the glass new, exciting and unique dimensions. Lit sympathetically or with natural light shining through, you'll have kaleidoscopes of colour shining around your home.

Mirrors are made by applying silver to the back of glass and everyone knows the vast range of designs you can buy for different rooms in your home. An exciting use of mirrors is to use mirror tiles with an aged antique appearance or textured silvering for an unusual finish. Panels, or whole walls even, can be finished with this detail - an instant and unusual wow factor.



dwell
architecture + design

Dwell are local Chartered Architects specialising in residential alterations, conservation and bespoke homes with a focus on sustainable design.

Call us to discuss your project, or visit our website to find out more

01444 831800

www.dwellarchitecture.com



LE

Est 1997

Limited Editions

Interior Designers & Decorators

www.interiordesignsussex.com

Top Brands Including:

ZIMMER & ROHDE

ARMANI/CASSA

PIERRE FREY

ANDREW MARTIN



Special Offer With This Ad:

Free initial consultation and a 10% discount on re-upholstery.

Fiona Evans BA Hons



ASSOCIATE

01444 226342

fiona@limitededitionscom.co.uk

Interior Design Plans Decoration Bespoke Furnishings Re-upholstery Window Treatments

Darcy adds vintage to Cuckfield's offer

OPEN FOR BUSINESS



Glorious Sussex is rightly famed for its beautiful landscapes - rolling hills, ancient forests, sunny beaches and of course its pretty villages such as Cuckfield which are so rich in history. In many ways Cuckfield epitomises exactly what makes Sussex such an attractive place to live and raise a family.

But behind all the charm there is a hard-working village community, as seen by the array of independent village shops selling anything from designer fashions to traditional haberdashery supplies, a good range of pubs, a number of fabulous restaurants on the doorstep and top class hotel.

There's great architecture too - Elizabethan, Georgian and Victorian - such as Holy Trinity Parish Church, the stunning Ockenden Manor Hotel and Mill Hall. However, don't be deceived into thinking of Cuckfield in the past tense - the reality is so very different.

Cuckfield was once famed for its iron-working, glove-making and saddlery, whereas today it is tourism, retailing and hospitality that are the backbone of the local economy.

A good number of these, and other activities based in Cuckfield, are led by enterprising and hard-working young women. Residents and regular shoppers will know many of their stories just by talking to them over the counter in this vibrant community.

They have now been joined by 34 year old Darcy Shepherd who, with roots in the village going back to her school-days, has established the Cuckfield Vintage Emporium based at The Queen's Hall.

Darcy is no stranger to the increasingly popular world of vintage and country fairs. As a founding partner in Village Vintage - recently named as one of Britain's top three vintage events by Homes & Antiques magazine - she has her hands firmly on the detail and organisation that lies behind any successful business.



"I want to bring really creative ideas, originality and value."

Darcy Shepherd

Asked what her ambitions for Cuckfield Vintage Emporium were Darcy told us: "First, we wanted to establish a permanent and regular home for vintage and country-lifestyle shoppers, and second I am aiming to bring really creative ideas, originality and value to my customers."

Cuckfield Vintage Emporium events are held once a month at The Queen's Hall, on Fridays between 11am and 4pm. An admission fee of just £1 is charged.

Darcy's next Cuckfield Vintage Emporium events are on 21st June and 26th July and will again feature the ever popular 'pop-up' tearooms and, as previously, will sponsor CHICKS, a charity that provides respite holidays for many of Britain's disadvantaged children.

We asked Darcy about the thinking behind sponsoring CHICKS. She said: "We chose CHICKS because most of us have had a childhood holiday we love to remember, but it's not like that for all kids - some have real tragedy in their lives. So, for every £1 our visitors give to CHICKS, we will match it with a pound from Cuckfield Vintage Emporium."

Some say there is a new spirit beating through the heart of business in Cuckfield. Let's applaud the refreshing attitude that Darcy and many others are bringing to the thriving business scene in Cuckfield... and why not give them our support?



Welcome the orchids

SUSSEX WILDLIFE

By David Mortimer

June is the month when most, though not all, of our orchids begin to appear, though depending on the weather conditions they may be in flower anytime until late July or even early August. However, given the erratic conditions we have experienced this year it would be a foolish person who made many predictions.

Given the busy, built-up character of the bit of mid-Sussex we inhabit, it will come as no surprise that we have few orchids in which to rejoice in our immediate surroundings but there is one, the Common spotted Orchid (see B & C above right). This is a good deal more handsome than the name suggests. The new flower starts white but acquires a light purplish tinge as it matures and, most strikingly, is covered in deep purple spots and streaks. There are two areas in the Millennium Wood where it flourishes, producing between them over six hundred flowers in a good year. The most prolific is in the south west corner, in the margins of the paths where the Millennium merges into Blunts Wood. The smaller area is towards the bottom of the main north-south ride and on the west side of it, nestling up against the young trees. New England Wood also boasts more than 300 Common Spotted in a good year, though they are good deal less easy to find than those in the Millennium Wood thanks to brambles, fallen wood and so on.

The Heath Spotted Orchid is almost identical to the Common Spotted but the one sure way of telling them apart is in the tripartite tip lobes at the bottom of each flower. These are shallow in the Heath Spotted but prominent (especially the central one of the three) in the Common Spotted. Having said that, it's unlikely that you'll encounter the Heath Spotted around Cuckfield, or at least I never have. The nearest I know of is on Chailey Common and, just to confuse the issue, Chailey is actually five commons each separately named. The one you want is Memorial Common, the northern edge of which borders the A272.

Returning to Cuckfield, there are two specimens of a rare member of the orchid family, the violet helleborine (D above), one in the Millennium Wood and one in New England – though exactly where I'm afraid I can't reveal as they are too precious to risk visitors and the possibility of damage. If it's any consolation they are not especially pretty. The flowers are a dull greenish white with a faint violet colouring inside them. Possibly the more noticeable feature is the violet stem which each flower has at its base where it hangs from the main stem. And talking of flowers that are not particularly attractive, we shouldn't forget the Common Twayblade, another member of the orchid family and one that can be found in New England Wood. It's a tall and slender plant with flowers that are sparse compared to most orchids and are distinguished by two long yellow-green lobes hanging down.

So back to some more colourful orchids, though sadly not that close to Cuckfield. The Pyramidal orchid is a chalk lover, so not surprisingly the South Downs is the place to find it. If you fancy a climb up Wolstenbury Hill, for example, you will find it growing on the slopes that it prefers. Its flowers are a rich pinkish-red but gathered into a short dome shape which tapers to a conical spike, and this approximation of a pyramid is enough to give it its name. You can also find a good batch of Pyramidals on Southerham Farm, a mile east of Lewes in the lee of Malling Down, and on Mount Caburn. Although Southerham is managed by the Sussex Wildlife Trust, it is a working farm so access comes via the Lewes to Glynde footpath which can be picked up at Lewes Golf Club. The walk is not that steep, although as the Pyramidals prefer the slopes you may need to scramble above the path both before and at Mount Caburn. For the really keen it's always worth a word with Peter Lovett, a local orchid enthusiast who has explored many

The parking problem

FROM THE MAYOR'S TABLE

By Lindy Elphick

I was delighted to be emailed and even stopped in the street to congratulate me on last month's article regarding the variety of goods we can purchase right here on our doorstep in Cuckfield. I then thought about this month's page and the ideas were not forthcoming – and then out of the blue a trader said to me: "Great article but where do visitors to our village park their cars?" The age old problem of finding a parking space in Cuckfield is apparently becoming increasingly worse.

The problem appears to be that commuters meet up at our car park, leave say two or three cars in the 24 hour bays and take one car onward to their destination – Haywards Heath station car park. Therefore incurring the parking fee for only one car in Haywards Heath. I was told this was happening years ago and did not realise it was still going on. Is there any way we can stop this practice and get back these bays for locals and visitors, the people who spend money in our village?

I suggested to the trader that she go and see Francis Jones, the Parish Clerk, and get the matter raised (again?) at the Parish Council meeting. However, I have spoken with others regarding this problem and one solution may be that we turn the 24 hour bays over to resident parking for those living in the High Street properties without parking, ie the flats about the shops. This way it would mean that the 24 hour bays would at least be taken up by locals and not complete outsiders using our facilities for their own gain.

I'm sure this will problem will rumble on... but it would be great to get it sorted.

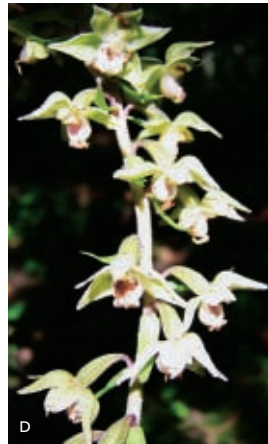
On a completely different note – the month of May has been a fantastic month for mayoral duties. My last official duty opening the Cuckoo Fayre could not have been more perfect. What a wonderful day and time was had by all. However, I also attended several 'unofficial' engagements in my robes and had the most excellent time.

I was asked to attend a test run for the opening of the lovely new bistro that David and Caroline Bailey Hawes have opened at Flâneur. May I take this opportunity to wish them every success in their new venture and encourage you all to try out this new dining experience.

I attended the lovely retirement party of Stephen Holroyd from his company Adelphi, along with the Mayor of Haywards Heath, I have to say my mayoral outfit was a complete hit!

I was also delighted to attend the Holy Trinity 'Wellie Walk', raising funds for Farm Africa and we were blessed with lovely dry weather and lots of fun was had by all.

Finally I had an amazing morning with the Cuckfield Museum organisers, welcoming back the evacuees from the east end of London who were billeted to Cuckfield in the second World War. Their stories were so touching and I encourage you all to pop in to the Museum and buy the small booklet that relates their tales – absolutely fascinating.



of the nooks and crannies in Sussex, Kent and Surrey looking for our more interesting specimens. He tells me, for instance, that Danehill churchyard is a good place to see Green-winged orchids.

I've saved my own favourite – the Southern Marsh orchid (A above) - until last. It is a gorgeous rosy purple in colour, often with spots of the same colour on a white background in the heart of the flower. It is also a plant that hybridises easily if, for example, it bumps into a Common Spotted and this obviously produces the occasional variation in colour or flower shape. More seriously, some of its preferred habitats are under threat and its numbers seem to be declining. As the name implies it likes damp conditions such as low-lying fields that hold moisture and many of these have been drying out thanks to the changes in our weather patterns. The nearest colony I know of is about 45 minutes drive from Cuckfield at Burton Pond, just south of Petworth, although the main picture here appears to show a hybrid growing in good supply outside Staplefield Church.

There is a small car park next to the old mill house that overlooks the Pond. Cross the road and enter the woodland on the west side of the water and follow the very obvious path through the woods until you meet up with a narrow metalled road coming from Burton House. Turn left onto the road and almost immediately on your left is a low-lying field with, in a good year, between 400 and 500 Southern Marshes. As ever, one has to stress 'in a good year'. In a poor one it can be under 200. Let's hope that, despite its appalling start, 2013 is a good year.

David has been a Cuckfield resident for 16 years and somewhat of an expert on this subject having volunteered with Sussex Wildlife Trust and in 2008 he wrote 'Sussex Wildlife', published by Snake River Press.

Why do you exercise?

By Lyndon Littlefair, Cuckfield Personal Training
Have you ever sat down and thought exactly why you exercise?

Have you thought very specifically, what are you trying to achieve this year, this month, this week? Even down to each individual exercise session?

Just what is your reason for exercising?

For some of you it may be just to shift a few pounds. For others it may be to set a new personal record for your marathon or to complete an Ironman.

Whatever you are trying to achieve, you need to be clear on the exact outcome of your training.

This comes from having a clear and precise goal in mind when starting out any exercise and lifestyle change. What is it that you want to achieve? Why do you want to achieve it? With any goal setting the more specific you are, the more likely you are of achieving it.

Use the SMART goal approach:

Specific – make it as specific as possible. Don't say "I want to lose a couple of pounds", say "I want to lose five pounds!"

Measurable – Like the above example, make sure that you measure the outcome. For example: "I want to run a 10km race in 42 minutes." That way you will know when you have achieved it.

Achievable – Make sure the goal you are setting for yourself is one that you can achieve with a little hard work.

Realistic – Think about the goal and be honest with yourself. Unrealistic goals just set yourself up to fail. There is no point in setting a new world record for a marathon in six weeks time if you have never run before.

Time-frame – Set yourself a specific time to achieve the goal by. For example: "I will lose 10 pounds by 10th November." This is Specific, Measurable, Achievable, Realistic and it has a specific Time-frame attached to it.

So, now that you have a goal in mind, it is time to make a plan. If you have the knowledge to do so, then write it out and set it into motion. If you don't have the knowledge in exercise or nutrition, then find someone who does to help you with this. You wouldn't lift the bonnet of your car and try to fix it without good mechanical knowledge, or start to build a house without having any idea where to start. So find someone with the knowledge and experience to help you to achieve your goals.

Once you have the plan in place, go for it. However, always keep the end goal in mind... the reason for exercising.

You always need to be clear about your reason for exercising in the first place and your overall goal.

Once this is clear in your mind, keep it there and you will find it easier to progress closer to your goal in a shorter period of time. Good Luck!

ELECTRICAL
WWW.CW-ELECTRICAL.COM

FREE QUOTES & FREE SAFETY CHECKS

Free Safety Checks	TV. Points
Free Quotes	Full Entertainment Set-up
Circuit Testing and Certification	Under floor Heating
Kitchen and Bathroom Re-Wiring & Alterations	Security Systems
Extra Lights & Sockets	Extensions
Fuse Board Upgrades	Storage heaters
Complete Re-wires	Immersion Heaters
Telephone Systems	Fault Finding
	Outside Power and Lighting

t: 01444 482034
m: 07807 355 632
e: chriswaller@cw-electrical.com

NICEIC Registered
Qualified to the latest 17th Edition

WALLER
DOMESTIC INSTALLER

Checktrade
Before you see them

I Love Cuckfield

Cuckfield Life

Sussex Carpet Cleaners

Our local family run carpet cleaners based in Lindfield.

- Deep steam carpet cleaning
- Upholstery cleaning
- Stain removal
- Fast drying
- Fully insured
- Friendly professional service

Super Effective Deep Steam Cleaning Breathes New life into Your Carpets And Upholstery.

Testimonials available



Telephone: 01444 316 300
Website: www.carpetcleanersussex.co.uk

Inspiring slogans...

VILLAGE GREEN

by Helly Eaton

With most people's energy bills rising year by year, there's been a lot of talk recently about how to find cheap energy for the future. We're encouraged to enjoy the benefits of woodburners and shared fuel deliveries, to find 'green' energy providers and do our bit for the environment. Just recently, there's been considerable concern here in Mid Sussex about the potential new fracking site on our doorstep in Balcombe.

So I was interested to see the recent headline in The Independent: 'Low-carbon switch would save every household £1,600'. The item reported that one of the government's own advisory bodies has estimated that low-carbon energy rather than gas would cut £45 billion from household bills between 2020 and 2050.

It's been generally assumed that 'green' or low-carbon energy costs more, but much of that depends on what it is and how we use it (go to www.greenelectricity.org for local options).

But hold on a minute. Rather than just swapping like with like, how about taking another tack and asking if we really need to use so much energy in the first place? Cutting down saves considerable costs. And could do a lot of good, too.

Over a cup of tea the other day, a lovely local friend completely out of the blue came up with these inspiring slogans:

Be frugal with fuel

If you want the lights to stay on, turn the lights off

If you want to keep the gas flowing, take your foot off the gas!

I said she was wasted here in Cuckfield and should work for Greenpeace or the government. She laughed and said she felt fine here thank you.

But she's right. It's good to remind ourselves that we're all in this together and that if we want to cut our bills at the same time as preserving the earth's precious resources, we could do worse than starting right here in our own homes (and cars).

There are hundreds of good ideas at the website www.energysavingtrust.org.uk and if you have any energy-saving suggestions of your own (or inspiring slogans!), please email them to us at cuckfieldlocal@gmail.com.

www.cuckfieldlocal.wordpress.com

norto5[®] kidz Pre-school Daycare Nursery

The most flexible childcare around with online booking management and flexible use of free entitlement.

Conveniently open 51 weeks a year.

Call us today!

www.norto5kidz.com

0845 004 5226

Lindfield Hickmans Lane Cuckfield Whitemans Green Burgess Hill The Brooks



Easy doughs it...

ON YOUR TABLE

Basic Bread Recipe

- Makes 2 medium loaves, 4 large pizza bases or 12 rolls
- This recipe is for handmade bread and can be used with a variety of flours
- You will need at least 2 -3 hours from start to finish, although you can start the recipe in the evening and leave the dough to prove overnight, finishing the process the next morning

Ingredients:

- 750g or 1½ lb bread flour, plus extra for dusting
- 1 level teaspoon salt
- 40g/1½ oz lard or butter or 2 tablespoons oil (plus a little extra for greasing tins)
- 1 sachet easy-blend yeast or 15g/½ oz fresh yeast
- 1 level teaspoon sugar or honey
- 425ml/¾ pint warm water (1½ mugs)
- 1 beaten egg or a little milk for glazing (optional)
- Poppy or sesame seeds (optional)

Method:

1. Put the flour and salt into a large bowl and rub in the fat/oil. Mix in the dried easy-blend yeast (if using).
2. Dissolve the sugar or honey in the water. Add the fresh yeast, if using, and allow it to dissolve in the water. Make a well in the flour and pour in all the warm water at once.
3. Using one hand only, mix together until all the water is taken up.
You will now have a very rough, sticky, lumpy dough. Turn it out of the bowl onto a well-floured surface, and start kneading it. Add more warm water if it seems

dry. Don't worry if it feels too sticky – you can knead in a little more flour if necessary. (This is much easier than adding more liquid to the dough if it is too dry.) Kneading involves pushing, folding and turning the dough for several minutes. It will then become smooth, elastic and springy.

[Note: You can freeze the dough at this stage – put it into a large greased plastic bag and place in the freezer.

Before shaping and baking, allow the dough to defrost completely and return it to room temperature.]

- Clean the bowl using a small piece of the dough and add a drop of oil. Put the dough back in and turn to coat it with a film of oil.
- Cover with a sheet of cling film and leave in a warm place until it has doubled in size. This could take 1 to 2 hours.
- Turn the dough out of the bowl onto a floured work surface. It will be spongy and slack in texture.
- Knead it again for a few minutes, to knock out all the bubbles.

4. Shape it ready for baking:

For Loaves: Divide dough into 2 pieces and knead again. You can shape each piece into a round or long loaf, or make three or four ropes and plait them together. Place on a floured baking tray well spaced apart. Or else place each one in greased loaf tins. Any cracks or folds should be underneath and the tins should only be half full to allow for rising. Place tins on a baking tray.



July Food Market
Sat 13th Talbot Courtyard
9:30am-12:30pm

Come and support your local food producers and buy your seasonal produce at the market

For market updates follow us on Twitter @Cuckfield Local

www.cuckfieldlocal.wordpress.com

By Caroline Whiteman

Real bread is one of life's joys. Despite it being a staple in many western diets and demonised by some, artisan bread and bread making has enjoyed a resurgence in popularity in recent times. The pre-sliced and preservative-laden commercially produced loaves simply cannot compare to the distinctive and characterful loaves that it's possible to bake at home. There is no great mystery at work here, though seeing the dough rise and then bake to a golden brown does possess a certain magic.

Bread making machines have simplified the bread making process somewhat but the pleasure of kneading your own dough should not be underestimated. Kneading dough is hugely therapeutic as each loaf takes on its own shape and texture. Once a basic bread dough has been created, you can begin to experiment with different flours such as spelt or rye and add seeds such as linseed, pumpkin and poppy.



For Pizza bases: divide into four pieces and roll each one out into a thin circle.

For Rolls: Divide dough into 12 or more equal pieces, form into neat shapes – balls, knots, plaits etc – and arrange on a greased baking sheet, well-spaced apart. Cover the dough with greased cling film to prevent skin forming on dough while it is proving. Leave in a warm place to rise for at least ½ hour.

5. Preheat the oven to 450°F/ 220°C/gas 8. When dough has doubled in size, carefully remove cling film and brush the loaves or rolls gently with eggwash. Sprinkle with poppy or sesame seeds if desired.
6. Slide tray onto top shelf of oven – make sure there is room above the tins, as the dough will rise some more. Try to avoid jolting the tins and don't slam the door!

7. After 15 minutes (10 minutes for rolls), inspect the bread and turn the tins around to ensure even baking. Rolls will take 10 – 20 minutes depending on their size. If your oven is very fierce, lower the setting to 400°F, 200°C, gas 6.
8. Bake loaves for a further 15 to 20 minutes, rolls for 5 - 10 minutes, until both the crust and base are golden brown. Turn out onto cooling racks. Tap them underneath; they will sound hollow when cooked. When cold the bread can be wrapped and frozen.

Always allow bread to cool before slicing or storing.

If you've been inspired by this bread recipe why not try Caroline's Cheese & Onion Bread: <http://bit.ly/1aCbXhQ>



We put learning at the heart of all we do

Tel: 01444 450256

www.tavistockandsummerhill.co.uk



*An Independent, Co-Educational
Nursery and Preparatory School*

Summerhill Lane, Lindfield, Haywards Heath,
West Sussex RH16 1RP



TAVISTOCK &
SUMMERHILL SCHOOL

Tavistock and Summerhill School is a registered charity, number 800088



GIELGUD ACADEMY

OF PERFORMING ARTS

PATRONS

Dame Beryl Grey DBE
Gillian Lynne CBE
David Wall CBE
Alfreda Thorogood
Peter Schaufuss
Christopher Hampson



T : 01444 451977

The Old Cinema
59-61 the Broadway
Haywards Heath
West Sussex
RH16 3AS

www.gielgudacademy.co.uk

MANSELL McTAGGART

ESTATE AGENTS SINCE 1947

A selection of properties currently for sale within the village



Waterhouse Square,
Cuckfield **£405,000**



Ardingly Road,
Cuckfield **£399,950**



Chatfield Road,
Cuckfield **£399,950**



Ashburnham Drive,
Cuckfield **£249,950**



Tower House Close,
Cuckfield **£179,950**



Chapelfields,
Cuckfield **£149,950**

For more information about any of the above properties for sale or to arrange a free valuation please call Richard Butler on 01444 417600 or email us at cf@mansellmctaggart.co.uk

Preferential selling rates for Cuckfield residents.

The Nook, High Street, Cuckfield, RH17 5JX Tel: 01444 417600 Fax: 01444 450336
Email: cf@mansellmctaggart.co.uk

www.mansellmctaggart.co.uk

What's on this month

AT THE QUEEN'S HALL

June

21st **Cuckfield Vintage Emporium**
Vintage and Country Antiques Fair
25+ Stall holders selling Vintage Finds and
Decorative antiques. Time: 11am-4pm

July

5th & 6th **"Cuckfield Carries On" – Cuckfield Society's Summer Show**



Friday night tickets cost £10, Saturday night tickets cost £14. Tickets available from Wealden Stores and Window Scene or email Gerard Conway (gerard_conway@btinternet.com) or call him on 01444 413881

12th **Cuckfield Crafts and Market**
All welcome. No admittance fee. For stall enquiries please contact Beverley on 01444 440274 or email allthingsnicecft@aol.com 9.30am - 1pm

18th **"The History of St Francis Hospital"**
8pm - The Council Chamber
Joe Hughes was a nurse at the hospital for many years and has researched the history from its beginning as Sussex County Lunatic Asylum until modern times. He shares his knowledge with us in his illustrated talk.

A Cuckfield Museum event held at the council chamber, Queens Hall. To book your place contact Ann Went events@cuckfieldmuseum.org 01444 450982

AND ELSEWHERE

June

16th **Mobile Waste Collection** – Broad Street Car Park 10-12noon

19th **Mid-Sussex Decorative and Fine Arts Society Lecture** – "The Hitler Emigres: Their Impact On British Artistic and Cultural Life" by Daniel Snowman. 10.15am for 10.45am at Clair Hall, Haywards Heath

22nd **Visit to the Whitmores' Garden**
Cuckfield European Association President Sir Clive Whitmore GCB CVO is pleased to invite CEA members and their friends to his garden. 5-7pm. £5 entrance. For further details, please contact Andrew Symonds on 01444 412409 or at andrew.ajims@gmail.com

23rd **Midsummer Opera** performed by Coro Nuovo & Andrew Rees 7.30pm St Wilfrid's Church, Haywards Heath

26th **Ansty Garden Club Talk by Neil Miller - Secrets of Hever Castle**
Ansty Village Hall 7.45 for 8pm

28th **24 hour Rowing Challenge**
29th A team of 3, including Cuckfield Mayoral candidate Mike Schlup, will attempt to row non-stop for 24 hours and travel at least 250,000 metres. Rose & Crown car park. Join the team on Saturday and have a go!

July

13th **Cuckfield Local market** in the courtyard at The Talbot 9.30am-12.30pm

20th **Charity Race Night at the Rose & Crown**
Come and have a flutter on the horses and help raise funds for Mike Schlup's campaign to become Cuckfield Mayor. For more details, to book a table or to sponsor a race call Nikki at the Rose & Crown on 01444 454046. 7.30pm

Advertise to your local market alongside genuine local content just for Cuckfield

Try it for three months...

Cuckfield Life

Call David now on 01444 884115 to discuss your advertising, email on ads@cuckfieldlife.co.uk
www.cuckfieldlife.co.uk

PS: Sign up for three or more months in Cuckfield Life and get your first ad at half the standard monthly rate!

Our advertisers

CALL THEM!

Services

KPS (tree care, soft landscaping).....	2
The Window Shutter Company.....	4
Follow My Lead (dog walking).....	5
Marcus Grimes (estate agents)	5
Paul Masson Funerals	8
Lee's Locks.....	8
Tom Seymour (computer help)	8
Detail Installations (bathrooms)	9
Action for Deafness.....	9
Drayton Plumbing & Heating.....	11
Spic & Span (driveway cleaning).....	11
Expectation Landscapes.....	14
Oven Cleaners Sussex.....	14
Animals at Home (dog care)	18
Dwell Architecture	20
Limited Editions (interiors).....	20
CW Electrical	24
Sussex Carpet Cleaners	25
Mansell McTaggart (estate agents)	29
Helme & Hallett (builders)	31

Out & About

Cuckfield Golf Centre	3
Cuckfield Local Market	26
The Chequers Slaugham	B

Education/Childcare

Holiday Bible Club	6
Judith Rae (cello tuition).....	14
Norto5 Kidz (childcare setting)	25
Tavistock & Summerhill School.....	27
Gielgud Academy.....	28

Health/Lifestyle

Chiropractic Life	3
Cuckfield Personal Training	4
Potential Personal Training.....	9
The Clinic at Borde Hill.....	10
Vinings Natural Health Centre	18

Retail

Pruden & Smith (Goldsmiths).....	15
----------------------------------	----



Local Builders in Cuckfield

Helme & Hallett Ltd

We specialise in the alteration, refurbishment and extension of domestic properties of a mature age, matching materials and style of 50 - 500 years.

Telephone 01444 454776

www.helmeandhallett.co.uk

Constructing solutions for our clients with care

Members of the National Federation of Builders





THE CHEQUERS

◦ *Country Inn* ◦

“Fine dining, pub pricing”



Slaughtam, Handcross, West Sussex RH17 6AQ
☎ : 01444 400400 ✉ : info@the-chequers.com 📘 : chequers slaughtam