

Cuckfield Life

Inc. Brook St, Ansty, Staplefield & Bolnore Village

Local village talk,
by the village

Issue #44: Jun/Jul '16

Free

Cuckfield Parish Council newsletter

page 23

Bolnore Village news

page 19

Staplefield Village Fête in pictures

page 14





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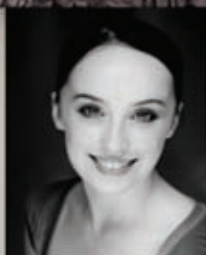
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EDITORIAL

By David Tingley, Editor

One of my key goals with each and every issue of Cuckfield Life is to **share information** with the residents and regular readers. We can't do that without first finding out what needs to be shared - so we are always tremendously grateful when anyone takes the time to send event details or news to us. It is, essentially, the lifeblood of our humble magazine.

One way in which we can do this is through partnering with organisations like **Cuckfield Parish Council**, which chooses to distribute its news via the magazine. This quarterly update is included on **page 23**.

On **page 14** we have the round-up of the annual **Staplefield Fun Day**, and on **page 19** there is lots to talk about in **Bolnore Village** too, where our magazine is also delivered. And don't forget the **Bolnore Summer Fête** coming up on 9th July too!

Kate Fleming has kindly written an article on page 20 in which she highlights just five candidates from the list of 50 standing in this year's 50th anniversary election for Mayor of the **Independent State of Cuckfield**. The openly 'corrupt' process of election here will only welcome such gross bias of coverage! On **page 18** current Mayor **Ken Gregory** tells us what he's been up to in the last month or so.

On **page 10** I report on a recently reopened pub in nearby Slaugham. **The Chequers** is being run by a fascinating and talented team - and the food isn't half bad either!

Claire Cooper met Cuckfield resident **Lee Hills** recently, and on **page 16** she tells the story of how he came to be challenging himself and raising money for charity at the same time.

I do hope there is something for everyone in our pages this month. As ever, your comments, suggestions and articles are always welcome - see below.

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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



School's celebrity visitor creates waves

BBC weatherman Jay Wynne visited Holy Trinity Primary School just before Half Term. The school is focussing on weather this term, and he gave a presentation to the children on this subject.

Jay is an uncle to two boys at Holy Trinity School. The photo shows Jay at the school. He later enjoyed lunch and a pint at the Talbot.

Traffic worries for residents

By Jill Butler, Membership Secretary

The Cuckfield Society attended the Annual Parish Meeting and, along with many residents, raised concerns about traffic speed and weight with Richard Speller from the Highways Department. Richard offered training to residents wanting to join a speed watch rota to record excessive speed at various points in the village. If you would like to help, please contact the Parish clerk via email cuckfieldpc@btconnect.com.

Richard demonstrated a mobile speed monitor that can be moved around the village to show drivers their actual speed as they approach it. Richard said that it is most effective when used at each location for 1-2 days at a time but there is one only for Mid Sussex. Therefore we will look to fundraising to obtain our own.

The Cuckfield Society is still seeking a Treasurer with accountancy knowledge for up to 4 hours per month. If you need more information or want to help, please contact Chairman Benedict White by email: benedict@ourhobbies.co.uk

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The Allsorts return

The Singing Allsorts, a Cuckfield-based ladies choir directed by Jane Haughton, is holding its sixth annual Charity Concert on Wednesday 13th July in Holy Trinity Church at 7.30pm.

As suggested by its name, the choir performs a variety of repertoire – from folk to classical, pop to Broadway and sometimes even some African numbers.

This year the choir will be joined by local young pianist Dominic Clarke and Hannah Carter who will be playing some cello solos.

Each year choir members democratically choose two charities, one local and one national/international, to benefit from all the proceeds of their evening. This year they will be raising funds for the Sussex Cancer Fund and Tearfund. Both charities do wonderful work, so check out their websites if you wish to find out more.

Tickets, on sale at Cuckfield Post Office and Wealden Stores at Whiteman's Green, cost £8 in advance and £10 on the night – if there are any left! Last year's event was a sell-out, with the audience filling the whole church!

Tickets can also be bought via any of the 50 strong choir or by filling in a contact form on the website: www.singingallsorts.co.uk

There will be a donation bar, open from 7pm and again in the interval, plus several wonderful hampers of lovely produce and goodies, all donated by the choir members, to be won in a raffle on the night. The last few concerts have raised around £2,000 per evening, and all of this gets divided between the chosen charities.

So don't delay - check your diary, buy a ticket and enjoy a fun and informal musical evening.

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School listens to responses

Sussex Learning Trust (formerly Warden Park Academy Trust) is in the process of creating a proposal to open a new sixth form college at the current Central Sussex College Haywards Heath campus.

The Trust has received over 1,100 responses in an online survey carried out last month. The CEO of the Trust, Jonathan Morris, said: "It is clear that this is an issue that has engaged the local population and we are very grateful to those people who have responded to the questionnaire. The Trust is now in a position to reflect on the findings from the questionnaire along with our many local and national consultations with politicians and educationalists to confirm its position."

The Trust was formed to run Warden Park School in 2011 and took over the failing Heyworth Primary School, Haywards Heath, which reopened as Warden Park Primary Academy in 2012.

There were a number of questions which came out of the survey, including what the Trust means by 'formal college' and 'business dress'. "Our experience is that schools that pay close attention to uniform and appearance tend to be the more successful ones," Jonathan Morris explains. "Our attitude will be that if a student is up-to-date, punctual and present, reaching their target levels and being a responsible and pleasant member of the community, they will have 'earned' some additional freedoms. Formal Business Dress does not mean uniform. The finer details will need to be consulted on, but probably we are intending smart business suits to set the tone for a 'grown up' and purposeful atmosphere."

For more information see www.midsussexsixth.com

New pitch for Warden Park

Warden Park Secondary Academy has received Planning Permission from Mid Sussex District Council for the development of a 3G sports pitch on its grounds.

Contractors have been appointed and the project will get underway in early July, with an expected opening in November.

Headteacher Jonathan Morris said: "The Academy rightly has an outstanding reputation for its sports. This new addition to the school facilities will give our PE Department the opportunity to further develop the depth and breadth of its offering. With the current restricted funding for schools it has been important for us to ensure that it places no drain on our resources and we are very grateful, in this respect, to local businesses for their support and donations. We also look forward to being able to offer it for use to outside organisations."

The Academy has a business plan in place to fund the construction and ongoing maintenance costs, and anybody interested in donating to or sponsoring the project, or hiring the pitch, should contact hcollins16@wardenpark.co.uk or 01444 476551 for an initial, no obligation discussion.

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A new school and college with arts specialism

A local performing arts academy has put together a proposal to take over the former Haywards Heath College site as a new primary, secondary and sixth form free school.

Suzanne Gielgud (pictured) has been running Gielgud Academy from The Hub since its inception in 2011 but, in the light of Central Sussex College's decision to close the Haywards Heath campus after the next academic year, she has seen a huge opportunity to create a facility that the whole of West Sussex can be proud of.

"Our proposal is to take over the site and turn it into an all-through school for ages 5-18 with a specialism in the arts," Suzanne commented. "According to West Sussex County Council (WSCC) many primary schools in the area are at capacity already and more spaces are needed. Creating an all-through school not only meets the need to have an excellent sixth form in the area but will also relieve pressure for primary places too."

The new school would be a traditional, and non fee-paying, school but with a specialism in performing arts. "I genuinely believe that within every student there is always a particular gifting in the arts, be it dance, photography, art, music, film or design," Suzanne continues. "We want to create a school where those gifts can flourish alongside an outstanding academic education."

Suzanne is currently in the process of forming the Gielgud Academy Trust and has already had very positive meetings with both WSCC and the Department for Education, who are very interested in a provision of this kind being made available in Haywards Heath. "They told me the site was ideally suited to be divided for this purpose. I've also walked around the campus with three headteachers who agreed it would be a fantastic facility as a primary, secondary and a sixth form."

The college buildings are all just a few years old, with particular attention having been spent on creating a state of the art theatre and rehearsal studios all with



"I've seen so much talent at GAPA, their teachers are amazing and I fully support their bid to become a full-time performing arts free school."

John Partridge, actor

fully-sprung floors. The facilities are so good that Katie Derham and Anton Du Beke used them to practise locally during the last series of Strictly Come Dancing. Suzanne's vision includes using the facilities how they were designed to be used. "It would be such a waste of the huge sums of money spent on the building to make it top spec, to not utilise them fully every day," she explained.

Having a clear vision is something Suzanne is used to. She started Gielgud Academy of Performing Arts (GAPA) five years ago, and it now teaches nearly 300 children and young people. She also has experience of working with government bodies too. Twenty years ago her management company began working with the Training & Enterprise Council to create a programme to help professional actors and performers gain extra skills to find employment.

Suzanne has been featured on BBC local radio and TV last month as she seeks to promote what she is trying to do with the Gielgud Academy Free School. If accepted the school would open in September 2017. Parents in the area are asked to complete a very short (2 mins) survey at: www.gielgudacademy.co.uk



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Tennis club gears up for the summer

Wimbledon is fast approaching, bringing with it that irresistible urge to dust off the racquet and return to the tennis courts!

If you're feeling inspired to get back on the courts, now could be the perfect time to join Cuckfield Tennis Club!

Not only will you get to meet and practise with like-minded tennis enthusiasts, there's coaching available to sharpen up your shots and a chance to retire to the club house for a relaxing drink at the end of a game!

Cuckfield Tennis Club has been around for many years but with, three courts tucked away behind the Queen's Hall, many residents don't know it exists. "It always surprises me that many people living in Cuckfield don't know that the courts and club house are here," said member and bar treasurer Karen Pontin. "It's a lovely, friendly and very busy club, which offers year-round opportunities for players of all ages and abilities."

Last year the club reached an important milestone when it took over the running of the courts from the local council.

With so many demands on local Government funding, members were concerned that the council would not be able to maintain the courts, which will need resurfacing in the next few years. So the committee approached the council and was delighted to take over the lease.

The club has now embarked on an ambitious fundraising scheme - to raise around £30,000 to

completely resurface the three hard courts - and is in the process of becoming a registered charity. This will enable the club to apply for grant funding. Fundraising events, including a quiz night, are also being planned and new sponsors sought.

The club is also keen to attract new members and has introduced sessions and tournaments to appeal to players at all levels. Since taking over the lease the club now runs the booking system, which includes a range of sessions for members but also plenty of hours for non-members to book a court and play.

The courts are booked for club members on Tuesday and Friday evenings and Saturday afternoons. Wednesday evenings are for junior members, with further coaching offered on some Sundays. Thursday is match practice night. Members play all year round and even had a Christmas tournament!

In addition to the main Men's, Ladies' and Doubles' ladders and competitions, Club tournaments include a popular Mixed Handicap Cup and a parent/child event which was introduced last year and will now become an annual event. "We also have a thriving social side, based in our lovely clubhouse with small licensed bar," said Karen. "It really is a very friendly club and a perfect place to spend a summer evening."

www.cuckfieldtennisclub.org.uk

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Royal Memorabilia to celebrate the Queen's 90th

LOCAL HISTORY

To celebrate the Queen's 90th birthday, Cuckfield Museum takes a light-hearted look at items local people have collected over the her lifetime. These range from home-made royal wedding souvenirs, special edition newspapers and a Coronation tea strainer to more modern die-cast models, quirky china and even Jubilee silk knickers!

The display includes two coronation photo frames made by Mrs Partridge, the very creative nanny of local resident Dick Whidborne, who made the frames, for photos of the Queen and Prince Philip, out of cut and folded Players cigarette packets. "We are told she would have smoked every cigarette herself in the huge number of packs needed to make the frames!!" said Phillipa Malins from the Museum.



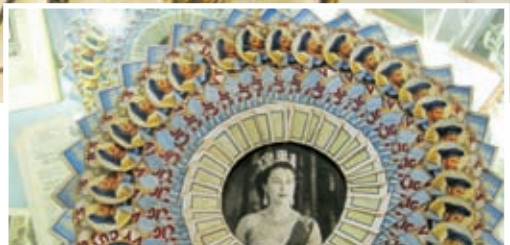
Another exhibit is a Coronation mug - a precious memento belonging to Cuckfield resident Judith Aspinall. "It is made by Wedgwood, with a design by Eric Ravilious," said Phillipa. "Ravilious had already designed mugs for the coronations of Edward VIII and George VI. Although he was killed during the war, his design was used again for the Elizabeth II mug."

Her Majesty's love of dogs is also reflected by how much corgis are involved.

The Royal Memorabilia display runs until September. Opening hours: Wednesday 10am - 12.30pm and Friday and Saturday 10am - 4pm.

More information at www.cuckfieldmuseum.org

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All change at The Chequers

OPEN FOR BUSINESS

By David Tingley

When a pub changes hands, as they can be prone to do, it feels like a new dawn rising. The Chequers Inn, in nearby Slaughtam, is no different since it came into new ownership three months ago, and it opened its doors once again (after a significant refurbishment) last month.

I met with General Manager Lukas Ackermann and Executive Head Chef Brett Duarte to find out what their plans were.

The pair are both part-owners in the business which has bought the pub - The Rare Breed Pub Company - and their vision is to create the best steakhouse in the country! Lukas is very clear about that: "We only want to be fantastic at what we do - just good isn't an option," he explained.

"Running a pub in a small village like this is a privilege and a responsibility," Brett said, "and one that we take very seriously." After signing contracts they attended a public meeting to meet the locals and explain what they were hoping to do with the historic inn. "For us it's about being part of the community, so we are listening hard to the feedback we get every day."

On this score the company has future plans to open a farm shop next door, selling meat and produce, milk, juice, eggs and newspapers.

The idea which became The Rare Breed Pub Co was formed while Lukas and Brett (and others) worked alongside each other at a pub in Esher, Surrey. In fact they are still running The Albert Arms, which they hope will become the training ground for chefs and waiting staff alike. "The Albert is a family business run for last 35 years and has become even more popular in the six years we've been involved," Lukas explains. "Last year we began to look for a village pub which we could take on and apply the same theory to; The Chequers is in such an idyllic setting and rural community, we loved it straight away."

Part of the charm of the newly opened Chequers is the passion! "It's not about egos," Brett says. "We want to serve the best food and drink with the biggest smiles." It's perhaps unsurprising that he goes on to claim that they already serve the best Sunday lunch in the area after only two weeks - but I do believe him. "Even just the gravy takes three days to make," Lukas rushes to explain.

It is that sense of investment that sets them apart. The company owns a herd of Longhorn cows on a farm in Somerset, where most of the meat comes from. "When we serve up beef from that herd we know exactly what it has eaten, where it's been and which road it got to Slaughtam on!" Brett said. "Three years of love is being served on that plate, and that's why we make every single serving amazing - that's our job."

Brett was the Executive Chef for Gaucho Grill, a group of 16 restaurants around the world, before doing this; he really knows his subject. But his down to earth manner is very refreshing for such beautiful food. Lukas shows me a professionally produced video of Brett preparing and cooking a spiral cut rib-eye steak - which has me visibly salivating! "I love to teach," Brett tells me. "Whether it's chefs or guests in our restaurant, I'm always happy to tell others how we do it."

Training the team is very important too and they explain that any waiting staff will have tasted all the food, including any specials for that day's service. "This includes which drinks to serve with dinner," Lukas explains. "Many of our guests appreciate suggestions and we love to do that."

So what's on the menu here? Well, The Chequers serves a fantastic lunch menu of two and three courses (£12.50/£15.50), which included Chicken Liver Parfait, Cumberland Sausage and Mash with a Yorkshire Pudding and Berry Eton Mess on the day I was in. The menus



are changed weekly to reflect seasonal variations. For Sunday lunch you could enjoy one course for just £10.95 up to three courses for £19.95 - the Roast Somerset Chicken is Brett's favourite!



If champagne is your summer tippie then you're in luck with 20% off all sparkling and champagne every Saturday, and the garden overlooking green fields makes the perfect sun trap to drink it in. The Albert Arms is a winner of the local CAMRA award and The Chequers will be no different. "We will always have between 4-6 ales on at the bar," Lukas explains, "and of our 32 wines on the wine list, 24 are available by the glass."

As we wind up our conversation Brett has already checked my earlier reaction to his video. "Shall I go and make you a rib-eye steak?" he asks knowingly. I gratefully accept the offer and he reminds me that even the process for producing the triple cook chips takes three days!

The company takes steak so seriously that it has

installed specialist dry airing fridges at their facility in Surrey. Lukas excitedly shows me the photos like a kid with a new train set. It looks state of the art. "Steaks in most restaurants are cooked when they are about 30 days old," Brett explains, "but we only serve between 31-45 days old; it's about putting that extra effort in at the end."

In just shy of 20 minutes I am served a succulent steak on a white plate with a delicate white boat of peppercorn sauce on the side. My crunchy chips are served in a mini bucket and the whole meal is washed down by Lukas' recommended red wine, a glass of 2013 Paul Jaboulet Aine Cotes Du Rhone. Suffice it to say the meal was simply delicious - just the best steak I have ever eaten!

If you wish to sample The Chequers stunning seasonal menu do take the short drive to Slaughtam - I feel sure you won't be disappointed! Lunch is served between 12-2.45pm and evening dining starts at 7pm. Call 01444 400400 to reserve your table, and don't forget to mention Cuckfield Life when you book.



The Chequers, Slaughtam, Haywards Heath, RH17 6AQ | 01444 400400 | www.the-chequers.pub

Summer solstice

VILLAGE GREEN

By Margaret Tyzack More, Cuckfield Local

Not long to go now. Only a few more days left. No, no, not the 'in, out, shake it all about' hokey cokey EU Referendum. The focus of my thought is the high spot of the year when the sun comes to rest for a short while at the northernmost point of its journey; Summer Solstice. I once lived in a converted barn just over the border in East Sussex. The preceding few days when the hedges are bedecked with wild roses, Gaia's garlands, have a feeling about them which is elusive. One could call it a kind of nostalgia for a time not yet passed, a unique peacefulness which can touch the soul. Come the passing of 21st June and the elusive, untouchable is gone, waiting in the wings for its next turn in the spotlight of the sun's bright rays.

Michael McCarthy in his book *The Moth Snowstorm* catches it pretty well: '...occasions when we suddenly and involuntarily find ourselves loving the natural world with a startling intensity, in a burst of emotion which we may not fully understand and the only word that seems to me to be appropriate for this feeling is joy and, when I talk of the joy we can find in nature, this is what I mean.' This joy, which some of you will know and others have yet to find, is a significant reason to support the principle of 'a legal duty of care for the Earth'.

This duty of care is behind the work being done to make Ecocide the 5th United Nations Crime against Peace. It's our world, our natural world and it is the only one we've got. Without the ecology, biodiversity, the sheer breathtaking beauty of the natural world we are much the poorer in spirit. There is a mindset in the corridors of power of the opinion that, if we are out of the European Union, all that environmental stuff can go by the board and we can get on with expanding the economy. My understanding is that there is no economy on a dead planet.

Summer Solstice reminds me of the television shots of all the goings on for midsummer sunrise at Stonehenge. Winter sunset there? Cold, numinous, magical, solitary; now that's when an ineffable presence can be touched, in a winter sunset. The ancient rituals would finish with cakes and ale. Old friends well met, children laughing, playing together, young people perhaps finding a life partner. It was a general social occasion then 'merry part' to 'merry meet again' at the next ritual celebration.

Next Cuckfield Local Monthly Market is on Saturday 11th June 9.30am to 12.30pm in the courtyard of The Talbot where you can buy your cakes then repair to the Talbot bar to quaff your ale.

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Alzheimer's Society Leading the fight against dementia

Karate students success at grading day exams

The Renshinkan Karate School (founded in Cuckfield in 1985) now boasts over 280 students many of whom have competed internationally. Last month more than 135 students were observed and examined for their promotions with 30 black belts leading the promotion tests.

This was the first time that six students undertook their dan grade (1st degree black belt) test in the history of Renshinkan karate.

Of the six new dan grades, three are practising regularly as part of the Japan Squad ready for the 2019 World Championships.

The students who successfully donned their black belts at the end of the day are Harry Laben (pictured), Charlie Clare, Ben Fenner-Meadows, Maisie Hassall, Evan Diamond and William Tocher.

Appropriately, Harry, Charlie and Ben are residents of Cuckfield; the birthplace of Renshinkan karate here in the UK.

All of the students put in a near faultless performance, which was one of the best that has ever been seen. Julia Turley said: "Our new dan grades are a wonderful testament to the discipline, hard work and excellence that has come to represent Renshinkan England, and I am sure that they will use these values to forge successful karate and life careers in the future. I couldn't be prouder."



Image: Ajit Dutta - Raid Studios

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Fun in Staplefield

STAPLEFIELD VILLAGE FÊTE

Budding young circus performers enjoyed picking up tips from the experts at the Staplefield Village Fete and Car Show on Bank Holiday Monday last month.

The workshops, run by Circuswurx were a new attraction at the popular annual event, held on the village green.

Opened by Mid Sussex MP the Rt. Hon. Sir Nicholas Soames, the traditional event offered the usual popular stalls and sideshows including fairground rides, Pimms and strawberries, a barbeque and beer tent, traction engines and the classic and vintage car show.

Children from St Mark's School delighted the crowds with Maypole dancing, while the Magog Ladies Morris Dancers entertained onlookers in the Victory Inn car park.

The ever popular Punch and Judy Show went down a treat with families, while dogs of all breeds, shapes and sizes paraded in the ring for the annual dog show, sponsored by Cuckfield Pet and Country Store. With categories including Bad Hair Day, Golden Oldie and My Dog's Got Talent, there was a chance for every pet to win a prize!

Organiser Maggie Chamberlain said the event had been a great success: "We had spent the morning in trepidation, wondering if it would rain, but we were lucky. The weather stayed dry and the crowds turned out!" She added that the village was delighted to welcome the return of Elvis impersonator 'Phlvis', and dog show compere Clive Panto, who travelled from his home in France to take part. "We are already building this year's experience and searching for new attractions for next year," added Maggie.

All money raised from the event is donated to St Mark's Church and the Village Hall, with a donation to St Mark's School, and other worthy causes.





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Lee Hills

VILLAGE PEOPLE

By Claire Cooper

Cuckfield lawyer Lee Hills always knew that touring India might be a life changing experience., but he could never have guessed that an encounter with a young child selling postcards to tourists on the streets of Hampi would be the inspiration for an exciting and dramatic fundraising challenge.

In September Lee will leave the comfort of his village home to spend five days white water rafting along Africa's notorious Zambezi river in a bid to raise money for Winston's Wish, the UK's leading childhood bereavement charity. Lee explains what led to his decision to tackle the mighty Zambezi and why he feels ready to take on the challenge, even though his only experience of boating is the occasional fishing trip!

"It all started with a trip to India earlier this year," said Lee, who is one of the partners at Mayo Wynne Baxter based in Brighton. "I'm very lucky that my job enables the partners to take sabbaticals. When my chance comes up I try to use the opportunity to go somewhere different and experience another culture."

Four years ago Lee spent six weeks in Northern Vietnam. This year he chose India.

"India was somewhere I had always intended to visit," he said. "It's a bit like Glastonbury - an experience everyone needs to do once but will probably never repeat!"

On arrival in Delhi he joined a tour organised by company Exodus and spent six weeks touring the country by coach and rail, which included several overnight train journeys.

"To call the train a sleeper is probably a misnomer as very little sleep was possible due to the constant blast of the air conditioning, the to-ing and fro-ing of passengers embarking and disembarking throughout the night and the cries of the chai boy at all hours," said Lee.

His favourite place was Varanasi on the River Ganges - a maze of narrow lanes with a temple around every corner and full of colour, vibrancy and noise. "Leading down to the Ganges are the 'ghats', steps down which

followers of the Hindu religion walk to bathe in the river and cleanse themselves of their sins," Lee recalled.

"With ceremonies taking place at sunrise and sunset throughout the day and night, it is a hive of activity."

Lee's journey also took in the Taj Mahal in Agra ("words cannot describe the serenity and beauty of the place"). He also visited Jaipur and the Ranthambhore National Park where he hoped to spot a tiger. "After two days and several bumpy safari rides in open top army trucks, despite seeing many monkeys, deer and even the odd crocodile, the tiger hunt was abandoned!"

Mumbai, home of Bollywood, was his least favourite destination, but among the highlights was the mountains and 'hill station' of Ooty - a refuge for British officials, tea planters from southern India and, more recently, tourists. "After almost four weeks of travelling in India, Ooty was the first place I visited where I could breathe clean fresh air!" said Lee.

His journey ended in the southernmost state of Kerala and finally the beautiful resort of Varkala.

"Six weeks away from the day to day routine does cause you to reflect," said Lee, who grew up in Sussex and has lived in Cuckfield for 18 years. "I've always tried to support charities and other people's fundraising efforts, but felt I wanted to actually do something myself that was worthwhile.

"In India I met lots of people and saw the real poverty that exists there," said Lee, who was particularly moved by the sight of children living on the streets. "One little boy approached me to try to sell me a set of postcards. He was chirpy but there was real sadness in his eyes. I



bought the cards only if he promised me he would go to school the next day. Our guide laughed – we both knew he wouldn't!"

Lee returned to Cuckfield in March and within a week was planning his fundraising challenge. "I began researching different children's charities," he said. "I was looking for an organisation with a regional presence but national infrastructure. I wanted a charity that would support children for the whole of their lives and one that would benefit from any publicity I could bring." Winston's Wish stood out as the perfect choice. "The work the charity does is fantastic. It was eye-catching - I felt moved and motivated."

The next step was to find a suitable challenge. "White water rafting just fired my imagination," said Lee. "It's very demanding and will take me way out of my comfort zone."

On 10th September Lee will leave the village and fly out to Livingstone before transferring to Victoria Falls to join a team of fellow fundraisers. After just one day's intensive training, he will embark on his adventure along the 'Great River'.

Lee can expect a rough ride and harsh conditions as his journey takes in unforgiving rapids such as Stairway to Heaven and Oblivion! He will also paddle and carry the raft for 100kms of the river, pitching his tent and sleeping under canvas on the bank at night. "I've been told I'll need to wear ear plugs to try and block out the sound of the raging river," said Lee.

Supported by his fellow adventurers, Lee will paddle and raft his way along around 100 kms of the river through Zambia, steadily heading towards the journey's end at Chabango Falls and the final rapid Ghost Rider!

And if the conditions weren't harsh enough, there's always the hippos and crocodiles to look out for! "I've been using social media to raise the profile of my fundraising expedition and was pleased, but slightly taken aback, when Olympic rower James Cracknell, who has also tackled the great Zambezi River, responded, sending me a photo of a huge Zambezi crocodile!"

Lee can also look forward to sweltering heat, humidity, blistered hands and crashing into the water! "Luckily I can swim well but my only experience in a boat is the odd fishing trip," said Lee, who is getting in training by upping his gym sessions and time spent on the rowing machines.

Since signing up for his adventure, Lee's had a mixed reaction from family, friends and colleagues. "Lots of people have been very positive, some can't hide their surprise and my family think I'm having a midlife crisis!" he says.

But the campaign has clearly inspired them as donations have flooded in and Lee is already nearing his £4,000 target. "I thought £4,000 was both realistic and challenging but as donations have been coming in thick and fast, I'm now hoping to reach £5,000," he said.

"I had some wonderful donations from clients and companies, including £1,000 from the Chief Executive of the Adonis club in Brighton. In return, I've promised to wear one of their hoodies during the trip - I'll be the

Adonis of the Zambezi!

"Cover – More Insurance have been fantastic, too, with financial support and much needed free travel insurance!"

Lee would also be delighted to hear from any other companies wishing to sponsor him in return for helping publicise their brand.

Summing up his challenge, Lee says he hopes not just to raise the profile of the charity but to inspire others.



"It's a challenging and physically demanding adventure but one which will make a difference to the lives of dozens of children who need our support," he said. "In a small way I am hoping to make a difference, and I hope that others will want to share in this challenge and do so as well."

To sponsor Lee and to find out more about the challenge and the charity visit:
www.justgiving.com/Lee-Hills1
www.winstonswish.org.uk

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The big 5-0 party

FROM THE MAYOR'S TABLE



By Ken Gregory

I'm sure that everyone now knows that the Independent State of Cuckfield (ISOC) is celebrating its 50th anniversary this year, as it was first formed back on 2nd May 1966 by Peter and Phyl Bowring.

Over those 50 years we have raised funds for local good causes through many different events, such as a sponsored walk across the Downs to Lewes Race Course and a sponsored swim (neither done nowadays), with, of course, the main attraction being the Election and Procession in October when the new Mayor is elected.

It is estimated that over the 50 years we have raised and given away over £250,000 to local causes and sponsorship of young people raising funds for their own causes, Duke of Edinburgh awards.

On Saturday 7th May a celebration of the 50 years was held at the Talbot, with many former Mayors and people who have contributed to our events enjoying a finger buffet and cake, which was made by a local lady. It was also nice that Mike and Carolyn Bowring were able to be with us for the evening.

Every year the museum invites former evacuees to look around and have lunch, and I was invited to The Wheatsheaf this year when they had 27 attendees. Listening to some of their stories helped make the day memorable.

Finally, we have nine members retiring from the ISOC committee over the next year and are looking to find replacements, so if anyone out there has a little time on their hands and would like to join and bring in some fresh ideas, you are more than welcome. Contact Jim Ayling on 01444 413454.

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Bolnore Summer Fête is finally here

Come along to our biggest fête yet with lots of stalls, including Friends of Bolnore and Ashenground Woods, a celebrity opening, kids' activity tent and entertainer, shows in the arena including BPM and local choirs, bouncy castle, great food from FLIP, loads of cakes, teas, photography competition, dog show, beat the keeper, soak-the-estate agent, beer tent, tug-of-war, games for all ages... come for a great welcome and a really fun day out!

Saturday 9th July, 12-5pm, at Tim Farmer Recreation Ground, Bolnore Village.

Community garden safeguarded

Local residents were relieved and pleased to hear that the Bolnore community garden is safeguarded in the Haywards Heath Neighbourhood Plan. The garden provides a perfectly positioned oasis for all residents to enjoy. Indeed the garden is looking great again this year, a credit to the keen volunteer prizewinning Bolnore gardeners. Some minor improvements, particularly to the fencing, should be visible in the next few months, in large part due to the £150 a month contribution to the local community from the Pizza Oven which can now be found on the square every Tuesday evening.

Development news

Phase 4 in Bolnore Village is nearing completion, with the children's play area on Trubwick Avenue finished and open in time for summer and the almost as much anticipated road surfacing on its way to completion. Phase 5 - the final phase of Bolnore Village - is well underway. It will be quite an end of an era when it is finished, much to the relief of the patient local residents who have seen their fair share of construction traffic!

Good Ofsted inspection for Bolnore School

Congratulations to Bolnore Village Primary School on its 'Good' rating following a recent Ofsted Inspection. The school, led by head teacher Mrs Allen, continues to go from strength to strength, making parents, teachers, governors and, most importantly, the children all very proud to be part of such a great school and groundbreaking community initiative, as summed up by the school motto: 'It takes a village to raise a child'.



Comedy Night to be hosted at Woodside

Locally based baby charity Group B Strep Support is holding a Comedy Night Fundraiser on Saturday 2nd July at The Woodside.

All of the ticket sales (£10 each) will go towards the charity's vital work preventing group B Strep infections, including meningitis, in newborn babies.

On the night, three award-winning comedians will perform. You will be treated to the amazing talents of Miles Crawford, Richard Morton and Britain's Got Talent star finalist Danny Posthill.

Tickets for the Charity Comedy Night are £10 each and can be purchased from <http://goo.gl/CkJFJq>, by email info@gbss.org.uk or phone 01444 416176. Doors open at 7.30pm for an 8pm start. Bar available.

Quiz Night - 25th June

Our next monthly quiz night is at the Woodside on 25th June from 7.30pm. Teams of between 3 and 6, £2 per head. Email: events@bolnore.org.uk to reserve a table.

Flip burgers and street food are now a regular at the Woodside one night every weekend. Check our Facebook page (Woodside) for dates and menus.

The next Quiz Night is 23rd July.

BPM stage big show

BPM Dancy Academy, who hold weekly classes in Bolnore, held its annual show at The Hawth, Crawley, last month. The event was bigger and better than ever, with more than 870 audience tickets sold.



Five out of 50!

ISOC MAYOR'S ELECTION 2016

By Kate Fleming

The Independent State of Cuckfield (ISOC) is celebrating 50 years of fundraising for the village, and to mark this special occasion 50 candidates will stand for Mayor this October. Not many communities would be able to do this, so, from now on, let battle commence!

Who will you support? What do you mean you don't know?

In fairness I can understand a degree of confusion, because the quality of candidacy is high. So many exciting potential Mayors that you will be truly spoilt for choice.

Let me help.

I have selected five out of the 50 to get you started and assist your decision making. Over the last few

weeks I have met up with my five in a wide range of environments – work and play- and have enjoyed finding out about each one to share with you.

My five are Lee Sadler, the Sussex Farrier, brought up in Middlesbrough but now well established in Sussex. Luke Bohanna, a talented professional dancer, born and bred in Cuckfield. Rev Michael Maine, Cornish by birth but he's spent many years working in Sussex, indeed the last year in Cuckfield as our Vicar.

Enter the ladies.

Sue Selby has worked as a hairdresser in Cuckfield for many years, but in her salon in Broad Street for the last sixteen. Leanne Knapman, a busy working mother and part of the renowned Murphy dynasty.

Lee Sadler left school when he was 14 and has been working as a farrier since he was 16. Inspired by watching police horses with his grandad, he successfully completed all the six years of training and experience that this highly specialised job requires.



Gradually he has moved from the north to the south of England, widening his client base to cater for a range of equestrian activities. You will often see his distinctive van around the village, maybe on his way to tend the hooves of a beloved family pony. He can, however, also be seen at polo matches caring for the ponies of the rich and famous, at showjumping and dressage events, and, consequently, is well known and highly respected in the 'champagne world of horses'.

He is standing as an independent candidate in the Mayor's election but has 'form' in raising money for local charity events. His efforts in Balcombe are still well established and flourishing. Lee is an exciting candidate with the potential to ignite interest – see his website! He is, at the moment, keeping 'his cards close to his chest', but don't underestimate the Sussex Farrier. He is a 'dark horse'; an outsider well worth a bet!

Luke Bohanna is a professional dancer and dance teacher. He is the co-owner of BPM Dance Academy, which he started with his fellow alumni of the famous Italia Conti Stage School, Kat Chase.



The BPM Academy started five years ago with 11 children and now teaches dance to 360 local children, both boys and girls aged 5-18.

The work of the BPM Academy reveals clearly the importance of the Arts in Education and enables students to develop their creativity, confidence, imagination and social skills; all crucial in 21st century learning.

Luke, and BPM Academy students, are familiar with The Independent State of Cuckfield. They are regular performers in the Main Events Arena at the Cuckoo Fayre and are energetic colourful participants in the October Election Mayor's Procession. The children of the BPM Dance Academy are performing at The Hawth in Crawley, (miss it at your peril) and in many other competitions and shows around the country. They themselves are Luke's Mayoral support system, which could be both effective and highly impressive when 360 plus votes pour in for 'the star of their show'.

The vicar as candidate for Mayor is a first for me, and I would imagine you too!

Rev Michael Maine has been Vicar of Cuckfield for just over a year. He has integrated into the village with enthusiasm and purpose and now seems to be very much at home here, both in and out of our beautiful Holy Trinity Church.



He sees his candidacy for Mayor as another means to bridge the gap between church and community – a complex task in today's world.

The election of Mayor is all about fundraising for local charities and organisations, and Rev Michael Maine has a good track record in this area. Indeed, during his short incumbency the debt for the re-ordering of the church has been cleared! I rest my case! He is planning a sponsored 12 hour organ playing recital which has to be worth a few financial votes, other than the joy of the church being filled with music for a whole day. Intuition

however, and a cunning ear to the ground, tells me that plans are underway, ideas are popping up and ways of raising money are taking shape to support our 'organist, singing Vicar'. So this space needs careful watching!

Sue Selby's salon in Broad Street is a joy to visit. Sue epitomises love of life, always up for a challenge, a laugh and an adventure – hence at long last offering herself up as a candidate for Mayor.

She is definitely not new to charity work, many organisations and good causes have benefited from her energy, imagination and humanity. Her time, however, isn't spent constantly cutting hair, she has a wide range of interests. She might even catch up with Lee Sadler when she works at Plumpton keeping the track in order by 'treading in the divets' Or if you are an Elvis enthusiast and want to be 'All Shook Up' join her rocking along in 'Heartbreak Hotel' with Mark 'Elvis Impersonator' Wright. I don't advise you to take her on at snooker because you might well 'rue the day' when you are thrashed by the first woman to play in Haywards Heath with a formidable CV with cue, ball and pocket.



Last but certainly not least, **Leanne Knapman** nee Murphy. This will be Leanne's 12th attempt to become Mayor, and this time she is 'going for it'.

Mother of three, Declan, Molly and Cady, and married to Gareth she has fitted election campaigns into her busy working life, and this one will still have to be a tight schedule planned with military precision. This time, however, she is working from home as she has started her own business.

She has been associated with The Independent State of Cuckfield all her life, and is surrounded by ex Mayors on a daily basis. Mum, dad, granddad, uncle, and cousin have all donned the robes, so one could say it's in the blood. She is now a valued member of the committee bringing new ideas and support to the organisation and constantly re-establishing foundations for the next 50 years. Last year she took over the responsibility for the traditional Old Age Pensioners Christmas Lunch, which was a resounding success. She is busy raising funds around the village to enable her dream to come true. So, with the help of The White Harte, her base public house, and her close Cuckfield family of Mayors she is a candidate that has to emerge as a strong contestant as the year unfolds.



So here are my 'famous five' all getting ready to go on an unusual adventure.

Each one with so much to offer the village as, I'm sure, do the other candidates who are also standing (see right). If you fancy being part of this wonderful tradition as we seek to have 50 to choose from in 2016 - it's not too late.

Election night in October will be an amazing village occasion. Put Friday 21st October in the diary now so that you don't miss out being able to participate in such an exciting event. Saturday 22nd October will play host to the Mayoral Procession through the village.

The Current Candidate List:

1. Ken Gregory
2. Simon Bourke
3. Matt Buck
4. Dave Edwards
5. Heather Gover
6. Doreen Gregory
7. Leanne Knapman
8. Nicky Lawrence
9. Jo Murphy
10. Ted Murphy
11. Annie Rees
12. Debbie Schlup
13. Mike Schlup
14. Nick Rowe
15. Luke Bohana
16. Paul Moores
17. Lee Sadler
18. Carol Grant
19. Mark Grant
20. Michael Maine
21. Roy Candfield
22. Jimmy Stakim
23. Sue Selby
24. Liz Woods
25. Richard Woods
26. Jane Swain
27. Tina Heath
28. Gareth Knapman
29. Tina Blackburn
30. Wilf Knighton
31. Chris Bunning
32. Jan Atkinson
33. Steve O-P
34. Andrew Leask
35. Chris Woods
36. Claire Woods
37. Vicky Parke
38. Mudge Smith
39. Jordan Lee
40. Ross Bradshaw & Pirate
41. Gary Atkinson
42. Sherly McDonald
43. Malcolm Charman
44. Rob McPhilemy
45. Darren Woodford
46. Evelyn Stenning

The list is subject to final confirmation with all the nominated candidates. Anyone interested in standing should contact Jim Ayling at the White Harte, or phone 01444 413454, or email: independent_state_of_cuckfield@hotmail.com

There's still time!



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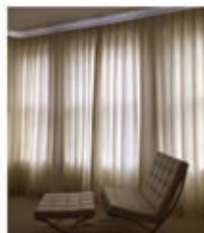
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Cuckfield

PARISH COUNCIL

News from
Cuckfield Parish
Council

Summer 2016

Chairman's Annual Report 2015/16

By Nigel Page, Chairman

A new Parish Council was formed in May 2015, this is the first year of a four year term. It is formed of ten locally elected residents who give their time voluntarily to ensure we can run a Parish Council and the Committees, which enact our statutory responsibilities as the first tier of local government.

The second tier of government is Mid Sussex District Council, with whom we work closely. It is responsible for planning decisions, housing provision and local amenities such as parks and recreation. Robert Salisbury and Pete Bradbury are your elected Ward Councillors representing Cuckfield in Mid Sussex.

The third tier is West Sussex County Council which is responsible for services such as Education, Highways, Social and Healthcare services, and then Central Government which defines National Policy and statutory law. I mention this for clarity, as sometimes this leads to confusion within the community about who has responsibility to make changes or how decisions have been made. It has been particularly relevant for some of our Planning and Highways issues for this year.

At time of writing we have just started our second year and I was pleased to accept the nomination for Chairman again, with Martin Sambrook as Vice Chairman. This Annual Report and the Annual Parish Meeting are our annual opportunity to share the work for the previous year and to look forward to the following year. The year has been dominated by residents' concerns over traffic congestion and the increase in HGV traffic. We therefore invited Richard Speller to be one of our guest speakers this year. Richard is Area Manager for Highways and Transport.

I would like to take this opportunity to thank all the Parish Councillors who have served during this first year. You can find a list and contact details of Councillors on the parish website www.cuckfield.gov.uk and in the regular newsletter.

Planning Committee

With the Neighbourhood Plan formally adopted by Mid Sussex District Council and now part of the District's 'Development Plan' which is being used to assess planning applications, the parish council's attention has turned to the Plan monitoring that we need to do. Most policies have Monitoring Indicators and Targets to

provide examples of the council's intentions and enable some measurement of outcomes. These can be anything from the number of trees, hedges and ponds affected by development to the impact on listed buildings or the loss of strategic views out of the village, as well as the number and location of properties built.

We have seen in the last few months how the Neighbourhood Plan is already having an impact on the future shape of the village. Decisions on a number of prospective developments have been made where Plan policies were a critical factor in the outcome.

Policy

Mid Sussex District Council continues to struggle on its District Plan delivery, and further delays mean that the area still cannot demonstrate the all-important five year housing supply, against figures which are still to be examined. This has a knock-on effect on our own Neighbourhood Plan, as the government dictates that without this land supply most policies we have adopted which affect housing are deemed 'out of date', even though they're only a few years old, and therefore they do not have the weight they should.

New developments

The Horsefield Green 14-house development on Ardingly Road is nearing completion, with new residents having moved in from Christmas onwards – we welcome them to the community. Landscape works on the new public open space are largely complete now, and we are awaiting discussions with MSDC over its transfer from the developers to them, and then on to CPC.

Buttinghill Drive is starting to mature as a development. The public open space which accompanies this development will not be transferred to CPC until the end of this year. However, the drainage pond issues we reported on last year are still no nearer resolution, with MSDC and Taylor Wimpey struggling about how resolve the collapsed banks without significant expense. This may complicate and delay the transfer.

Yew Tree Court redevelopment has also been completed recently, and we should thank the developers for mitigating the disruption around the school, which itself is now undergoing a major expansion extension and improvement.

We are awaiting the detailed planning application for Penland Farm development at the end of Hanlye Lane. CPC made a detailed submission to the public

consultation, and we look to the developers to mitigate the impact on the gap between Haywards Heath and the village.

Planning decisions and appeals

The Neighbourhood Plan has been a critical document used in the decision making and subsequent appeals process. We await still the outcome of the Appeals for the proposed development for four or 20 houses along Broad Street, at which CPC was represented by our retained professional planner, tasked with defending our Neighbourhood Plan policies.

The Appeals for the extension of Courtyard House at Whitemans Green, Longacre Farm on Ardingly Road and the change of use from planted verge to parking space on the Brick Lane estate, which the parish council objected to, were also all dismissed by the Planning Inspectorate.

Roads & Traffic Committee

Highways is always a source of public concern and generates the majority of comments to the parish council and one we take very seriously. The majority of the issues are the responsibility of West Sussex Highways with whom we work very closely, but we do own and influence certain projects which we prioritise,

We've seen an increase in traffic, especially HGVs, due to the number of development projects outside the parish which have generated through traffic. We've seen a rise in parking on pavements to the point of obstructing pedestrians. The current legal position on this is tenuous and we continue to ask people to be considerate on this matter. Our key focus for the year was the puffin crossing in London Road which is now complete. We've also been developing a scheme for London Lane to reduce the speed of traffic, and a consultation process started at the Annual Parish meeting. Additionally, we have plans to change the roundabout scheme at Whitemans Green scheduled for 2016-2017 which will be funded and completed by WSCC.

Another cause of concern and frustration has been the pavement outside Cuckfield House. We now have an agreed scheme which will be delivered by WSCC and will include bollards and planters on that stretch of pavement, along with new brick paving.

Community Buildings Committee

As a reminder, we completed the purchase of the Youth Club building in London Lane and we now own the building and freehold for the site, against a Public Work Loan. We officially renamed the building in Sept 2015 to the Village Hall and it is our newest asset to the village.

I am pleased to announce that the Village Hall has now completed a first full year and we have put in place all the necessary processes and procedures to ensure we can run it as a Community Building for our regular

hirers and provide a valuable community asset. Over the summer holidays a series of maintenance projects will be undertaken, which include redecoration of the north hall and entrance area, new flooring and storage. This will benefit existing hirers and also make it an attractive hall to hire and use for new hirers.

The Queen's Hall continues to be very busy and a key asset to the village. It does, however, take a lot of time and effort to maintain and ensure we deliver a good experience for our regular hirers and community groups. We have seen a good use as a wedding venue, including civil ceremonies, and continue to attract very positive feedback from users. We have also worked hard to minimize any impact on our neighbours at the end of the events which are strictly managed and monitored. We have just completed some major decoration in key areas to ensure it is well maintained.

For 2016-2017 we will combine the Queen's Hall and Village Hall into a single Community Buildings Committee.

Environment Committee

The Environment Committee is focused on wellbeing for the parish. It has worked hard to ensure the churchyard and cemetery are well maintained and provide a beautiful and tranquil environment with stunning views to the South Downs. We are introducing a new mowing regime in certain areas with longer grass to encourage more wildlife and insects. We also ran our biggest and most successful Christmas Street Festival this year, with over 2,000 people attending, and raised money for our local charities. The event marks the start of the Christmas celebration in Cuckfield and coincides with the Tree Festival in Holy Trinity Church. We plan to run it again this year but do require the community and traders to get involved.

The Observer Field (Newbury Lane) continues to be a long-term project to develop and maintain a natural zone for wildlife and ecology. The introduction of beehives has been an important development for this year. We have also supported the volunteers with the renovation of the Royal Observer Corps Nuclear Bunker, as part of Cuckfield's history, which has attracted many visitors at weekends and is located in the Observer Field.

Looking Forward

The focus for 2017 will be to deliver the projects in our Business Plan for the period 2016 - 2019. This will soon be available for review and feedback on our website. We'll also ratify a new Communication Plan which will then lead to a small investment in our website to upgrade it and provide new methods of communication using social media.

On a staffing note, our current Clerk, Annette Jones, will be leaving at the end of May and we're currently recruiting for a new Deputy Clerk and Responsible Financial Officer. Our Assistant Clerk Sam Heynes will

take on the role of Clerk from June 1st 2016 and we wish her every success in her role.

Getting Involved

We're always grateful for help with our projects and it's a great way to become more involved in your community. We're always looking for people to take part, everyone one has a skill we can use and we'd like to hear from you. For example, the Christmas Street Festival was only possible due to volunteers coming forward to run the event. Also, we're keen to form a team of Speedwatch volunteers, so please do get in touch if you are interested.

Parish Council meetings

JULY - SEPT 2016

2nd June	Planning	7.30pm
	Roads & Traffic	8.15pm
16th June	Planning	7.30pm
	Finance	8.15pm
23rd June	Full Council	7.30pm
7th July	Planning	7.30pm
	Environment	8.15pm
28th July	Planning	7.30pm
	Community Buildings	8.15pm
18th August	Planning	7.30pm
	Roads & Traffic	8.15pm
1st September	Planning	7.30pm
	Estates	8.15pm
22nd Sept	Planning	7.30pm
	Finance	8.15pm

Dates for your diary...

MOBILE CIVIC AMENITY COLLECTIONS

The following collections have been arranged at Broad Street Car Park, Cuckfield:

10am-12noon SUNDAYS

12th June 2016

4th September 2016

4th December 2016

5th March 2017

ROYAL OBSERVER CORPS BUNKER 2016

Open days and times are as follows:

Saturday 2nd July, 11am-5pm

Sunday 3rd July, 10am-1pm

Saturday 27th August, 11am-5pm

Sunday 28th August, 10am-1pm



YOUR PARISH COUNCIL

Chairman

Nigel Page: 474720

nigel.page@nlp-one.com

Vice-Chairman

Martin Sambrook: 458999

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www.cuckfield.gov.uk

www.thequeenshall.co.uk

Parish Council Office opening hours:

Monday - Friday 10am - 2pm

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Rain or Shine Theatre present:

A Midsummer Night's Dream

An open air performance at Cuckfield Recreation Ground, High Street, Cuckfield on Friday 5th August 2016



**Bolnore Village Centre
Car Park
Tuesdays
5pm – 8pm**

NEW

**Broad Street Car Park,
Cuckfield
Thursdays
5pm – 8pm**

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"I would not hesitate in recommending David and the team at Kipper. The magazines are great and advertising with them really works."

Amy Packer, owner, The Style Lounge, Bolnore Village

Cuckfield Life is delivered to 2,500 homes plus another 1,000 are picked up from local shops, including Sainsburys in Haywards Heath.

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Cuckfield Life

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Ceiling decoration

DESIGN AT HOME

By Fiona Evans, Cuckfield Interiors

Gazing at the beautiful ceiling in our own Holy Trinity Church (artist Kempe) the other Sunday made me think about how generally ceilings in our homes are much ignored spaces.

Considered to be the fifth wall, in an attempt to add lift and generate brightness the ceiling is usually painted white. An all white interior with bursts of colour is calming but by being a bit adventurous there are some simple ideas that would set your interior apart if you dare to have a go. I don't mean try to emulate Michelangelo and the Sistine Chapel but paint can be used in a number of ways to change the height and shape of an interior by being selective with colour or tone and moving away from bright white for a more seamless look.

Darker tones advance and pale tones recede, so painting a ceiling dark will have the effect of lowering it when the walls are paler. A pale ceiling will seem higher when the walls are darker. This effect can be achieved by using the same colour or neutral on the wall and ceiling, but by mixing the ceiling paint two shades darker than the wall paint the ceiling will appear lower with the walls stretching out. If your ceiling is a bit lower than you would like, try painting it with the paler paint so that the walls are slightly darker to give the ceiling lift. Painting an interior all the same colour and tone unifies the ceiling and walls, the shadows and colour changing with the light.

Wallpapering the walls and ceiling in the same snazzy design or a shiny metallic is a brave move but can look absolutely stunning. A favourite is a pretty Toile De Jouy wallpaper and fabric in a bedroom. Wooden panelling is a more robust alternative, either narrow planks or geometrical shapes which when painted add depth and dimension and will lend themselves to different styles.

Sometimes decorating a ceiling is out of necessity if there are a few cracks; small ceiling cracks can be hidden using ceiling crack repair tape or sealant, but large cracks might indicate structural damage and should be checked by a professional.

Beware of old polystyrene tiles dating way back which were used to hide cracks and to insulate. Unlike modern versions they do not contain a fire retardant so are dangerous, and a horrible job to remove.

Professional help is needed to remove Artex, especially if it pre-dates the mid 1980s as it contains white asbestos. Skimming the artex surface with plaster is safer.

Stencilled, painted, wallpapered, panelled, tiled, finished with decorative plaster or adorned in fabric, there are many options for a ceiling in need of a facelift. Fantastic ceilings around the world through periods of history and different cultures might encourage you to be a bit creative. Have fun in children's bedrooms bringing ceilings to life with clouds, stars, rainbows, spaceships or perhaps a superhero or two.

Outstanding pre-school

By Becca Chatterton, chair

Memories are peculiar things. We are constantly making them but not all stay with us. I have one which I would like to share...

It harks back to a Latin lesson in my secondary school. Following a test, for which I gained an appalling result, we had to announce our result to the class. I muttered mine very quietly, with much embarrassment and a huge dent in my pride. My teacher leaned across the desk and said to me: "Rebecca, pride is a terrible thing!"

All I can say now is that Mrs Sargint had clearly never been involved with Cuckfield Pre-School Playgroup as there are bucketfuls of pride oozing from every pore at the moment. Following our Ofsted inspection last month, we have been awarded the accolade of 'Outstanding' in all areas for the third inspection in a row!

I cannot possibly begin to name everyone who makes Cuckfield Pre-School Playgroup such a stimulating and fun environment for the children but Sarah Paterson and her outstanding team are top of the list. They are very proud of this achievement and rightly so. Without the commitment of the staff and the volunteer committee, old and new, this would not have happened. I feel enormously privileged to have been part of it during this very exciting time.



Open Garden 25th June

The garden at Orchard House will be open in aid of St Peter and St James Hospice on Saturday 25th June from 2-5pm. Admission costs just £3 with children under 16 free. Plus all dogs are very welcome. Tea and home-made cakes will be available and there will also be a plant stall.

Orchard House is on the B2114 Cuckfield to Staplefield Road and is on the left side of the road after you pass Cuckfield Golf Centre on the right. The full address is: Orchard House, Weald Chase, Staplefield Road, Cuckfield RH17 5HY.

Wheelchair access is good and there will be ample car parking available. There is an orchard, a walled courtyard and colourful borders and shrubberies as well as a vegetable garden, a heather garden and a grasses bed.

Coffee @



Cuckfield
Baptist
Church



Come & join us for Coffee &
Cake every Friday
10 till 12 noon in the summer

All are also welcome to our meetings on Sundays at 10.30am & 6.30pm

www.CuckfieldBaptistChurch.co.uk



One more week

Dear friends,

'There cannot be a crisis next week. My schedule is already full.'

– a quote from Henry Kissinger, the former American Secretary of State to two administrations.

You will guess what I am talking about because we have had month by month, week by week and day by day coverage about the EU referendum. Next week votes will be cast, counted and a result announced. Then we will have some idea of where our nation stands in terms of the substantive decision about our membership of the European Union.

Fear not! I have no intention of expressing which way I shall vote, let alone advise what others should do. These are deeply personal matters and we are fortunate to live in a country where we all have a private relationship with the ballot box – not always the case in other parts of the world.

Many will have a jaded view of differing aspects of the democracy in which we live. Are we fairly represented? Does the system work properly? What of the huge disparity between rich and poor? Are things sustainable as they are? Probity in public life? Fracking? The NHS? The tax system? How can I possibly make a difference?

These are all valid questions to ponder. However, the great thing to remember is that we are all capable of making a difference, each in our own way. Sometimes this will be by direct action: writing a letter to our politicians, giving to aid charities or working for them, protesting, serving or encouraging. We have such freedom and we should never take this for granted but rejoice that this is so.

I am always heartened by words of Mother Teresa of Calcutta, who said: "We know only too well that what we are doing is nothing more than a drop in the ocean. But if the drop were not there, the ocean would be missing something."

With all best wishes, Michael (Vicar)



Dates for the diary ...

Welcome to the Lord's Table

On Sunday 3rd July a large number of our young people will be receiving their first Holy Communion at the Family Eucharist at 9.45am. We will be celebrating with a parish barbeque after the service. Do come and support our young people if you can.

Parish Trip to Canterbury Cathedral

We are travelling by coach to Canterbury on Monday 12th September, with refreshments on arrival at the cathedral refectory. After celebrating a Eucharist and praying for our parish, there will be free time to explore both city and cathedral. Cost £20. Please give your name and money to Gill in the Church Office.

What's on this month

AT QUEEN'S HALL

Regular weekly classes (many are drop-in classes):

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 **Tumbletots**
9.30am **Tinkerbells**
7.30pm **Social Ballroom and Latin American Dance**

Friday

- 9.30am **NEW 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.

June

- 23rd **EU Referendum Polling Day**

July

- 8th **Cuckfield Evening Flower Club** - 7.30pm
Pat Macdonald: 'Tee Bee Dee'

August

- 5th **A Mid Summer Night's Dream**
By Rain or Shine Theatre Company
Details to follow...

AND ELSEWHERE

June

- 19th **Musicfest** – from 11.30am
The Jolly Tanners, Staplefield. A family fun day in aid of St Catherine's Hospice. Live music, panto horse races, barbeque and more! (01444 400335)
- 21st **Cuckfield Evening WI** – 8pm
The Old School Cuckfield. 'Crawley Characters' by Helen Poole
- 22nd **RBL Women's Section** – 2.30pm
The Old School, Cuckfield
Garden Meeting
- 25th **Open Garden** at Orchard House, Weald Chase, Staplefield Road, Cuckfield RH17 5HY
From 2-5pm in aid of St Peter and St James Hospice. Admission £3, children under 16 free. All dogs are very welcome. Tea and homemade cakes will be available plus a plant stall. Wheelchair access is good and there will be ample car parking available.
- 25th **Bolnore Village Quiz Night** – 7.30pm
The Woodside

July

- 2nd **Comedy Night Fundraiser** – 7.30pm
The Woodside, Bolnore Village (see p.19)
- 2nd **Royal Observer Post Open Day** – 11am-5pm
- 3rd **Royal Observer Post Open Day** – 10am-1pm
- 3rd **Ensemble Reza Community Orchestra Concert**
5-7pm, Oathall Community College
Programme of music for their sizzling summer concert
- 5th **Lindfield Afternoon WI** – 2.15pm
King Edward Hall, Lindfield (opposite pond)
- 5th **NHS Retirement Fellowship Mid Sussex Branch**
10.15am, Franklands Village Hall
The Royal National Lifeboat Institute
by Mrs Jo Kaddish
- 9th **Bolnore School Summer Fête** – 12-5pm
Tim Farmer Recreation Ground
Celebrity opening, kids' activity tent and entertainer, plus shows in the arena including BPM and local choirs.
- 13th **Singing Allsorts Summer Concert**
Holy Trinity Church, Cuckfield
Local amateur 50 voice choir present their annual charity concert. Raising funds for the Sussex Cancer Fund and Tearfund. Tickets £8 pre-booked or £10 on the night. Bar available

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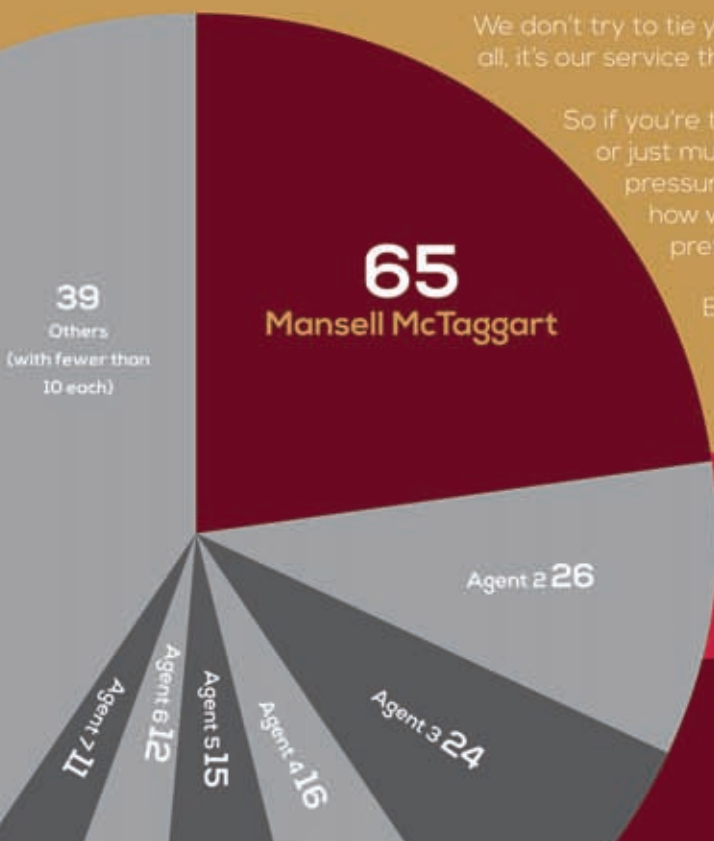
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So if you're thinking about selling - whether seriously or just mulling it over - please call us for a no-pressure discussion about your property and how we can help - and we'll tell you about our preferential rates for Cuckfield residents...

Best wishes

Richard Mel and Michael

*Source: rightmove.co.uk, all residential sales agreed in R-17 in the year to 16 Sep 2015



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