

Cuckfield Life

Inc. Brook St, Ansty & Staplefield

Local village talk,
by the village

Issue #17 : Mar /Apr '14

Free

Cuckfield Parish Council newsletter

page 12

Get ready for Walking Race

page 7

How Cuckfield Cosmos started

page 18





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EDITORIAL

By David Tingley, Editor

Call it eternal optimism or wishful thinking but I was pleased to see signs of Spring recently and promptly captured it for this month's cover!

In that spirit of growth I am very proud to bring you this, our largest issue of Cuckfield Life to date, as the content just keeps coming in.

Notably, included in this issue is the **newsletter from Cuckfield Parish Council**. Now being distributed as part of our magazine, this update will be published quarterly here. The big news this month is the retirement of Frances Jones, who steps down from her position after an amazing 22 years service. Read about this and other Parish Council matters on **page 12**. We look forward to keeping up to date with Council developments regularly in the future.

As we welcome one new contributor we must sadly say goodbye to another. **Caroline Whiteman** answered my call and request for her help with nothing but good grace. As I stood in her country kitchen just over a year ago it quickly became clear she knew her stuff and we've been privileged to have had chance to try her clear and concise recipes ever since. As Caroline moves out of the area I would personally like to wish her all the best for what happens next. For your last chance to try her food turn to **page 16**.

On **page 18** we get to grips with football – more specifically **Cuckfield Cosmos**, a youth organisation which provides football training for ages 6-18. Founder Peter Cheesmur and current chairman Peter Trump talk to Claire about where it's come from and where they are going (beyond hoping that their waterlogged playing field will be usable soon).

And, as ever, there are many events to be aware of in the community. Our **news pages**, which start overleaf, hold information about the Walking Race, a Big Tea Party in aid of Angus Rowland, St Catherine's 'Bunny Run' and a ramble in search of wild orchids by Cuckfield nature legend Peter Lovett.

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

Residents help flood victims

Kind-hearted Cuckfield residents have rallied round to send supplies to flood victims in South London.

The villagers sprang into action after local mum Sarah Robinson appealed for help through the Holy Trinity School PTA and the cuckfield.org Facebook page.

Moved by the plight of those having to abandon their homes following the floods, Sarah made contact with people living in the affected areas to ask how she could help. "I found out that I could take donations to the Salvation Army Hall in Addlestone, where they would be distributed to flood victims and to the volunteers assisting with the clean-up," said Sarah. "I started asking friends and neighbours for donations of food and within a couple of days I had people knocking on my door dropping off supplies."

They included donations of cakes from Elvira's café at Borde Hill and The Bay Tree in Haywards Heath, gallons of soup made by Naya Stevenson, home-made quiches and dozens of tins of food. "I also collected donations from a PTA cake sale held the night before," said Sarah.

"My car boot was completely full and there was hardly any room on the back seat for my children!"

On arrival at each drop off, Sarah was given a warm welcome. "They were pleased and touched that other people were thinking of them and wanted to help. We moved on to deliver to Chertsey and my daughter Kate handed a big slab of flapjack to a group of firemen who were having a coffee break, which went down really well.

"My son Jack had to wait for a bride and groom to emerge from the church in Chertsey before he could take in the home-made soup to volunteers in the adjacent church hall. Lines of volunteers passing sandbags along a human chain is not exactly what you expect in your wedding photos but the newly married couple seemed unperturbed!"

Sarah is planning to return to the flood hit area with more supplies but this time will be collecting cleaning products and other practical items rather than food. To find out how you can help, watch out for details on Cuckfield.org website and facebook page.



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Charity Race Night raised record amount

Cuckfield Town Football Club held its charity race night last month and raised a staggering £3,200. Funds from the biennial event are always split between the club and the charity of their choice which, this year, is Holy Trinity School which will receive £1,600.

Football Club chairman Nolan Mortimer said: "The evening was a great success and a credit to the football club. I am very grateful to those who helped and made it such a success." Over 150 crowded into The Queen's Hall where there was a variety of races to bet on shown on a large screen.

For more information on Cuckfield Town Football Club see www.cuckfieldtownfc.co.uk



WWI Regimental talk

More than 120 people gathered at Holy Trinity Church last month to hear Cuckfield Museum's first talk of the year. Matthew Jones, Assistant County Archivist at the West Sussex Record Office in Chichester, came to talk about the Royal Sussex Regiment during WW1, using regimental records held at the Office. Veterans from all over Sussex, members of the British Legion and many village families who had links with the regiment attended.

Using photographs, letters, posters, diaries and official records, Matthew told the story of the 'pals' battalions, made up of volunteers who were almost entirely from Sussex, known as 'Lowther's Lambs' because their regimental mascot was a Southdown sheep. League tables were published in towns and villages to encourage recruitment and by the end of 1914 over 3,600 men had come forward. Company Sgt. Major Nelson Victor Carter, an Eastbourne man of the 12th Btn, was killed and awarded the Victoria Cross. Members of the audience were shown the letter to his widow from his commanding officer – written with great kindness and sympathy.



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Author inspires school pupils

The author of the popular TimeRiders series of novels visited Warden Park School last month.

The science fiction books are written by Alex Scarrow, former guitarist, graphic designer, computer games designer and (finally) author. He explained to students from Years 7-9 how he began his writing career. Not all students listening to the talk had read Alex's books and Stanley, a Year 9 pupil, commented that he was going to read them after the interesting talk. In fact over 60 copies of his books were sold and signed on the day.

The school's Learning Resource Centre puts on a regular programme of visits from authors, with financial assistance from the Friends of Warden Park.

Could you stand in the Cuckfield Mayoral Elections for 2014?

Every October The Independent State of Cuckfield elects its Mayor. This is a fund-raising process which enables local charities and organisations to benefit financially.

So, if you belong to one of these, why don't YOU stand for Mayor? Represent and raise the profile of your charity, organisation or pub.

It's a year of celebrity status and good fun too.

Contact Jim Ayling at The White Hart 01444 413454 or email sarahgg@sky.com

You could also speak to our present Mayor, Mike Schlup. He will tell you what a great year it is!



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Cuckfield Walking Race

Now is the perfect time to get in training for this year's Easter Monday Walking Race.

The race, which starts at 10am on 21st April, will see villagers battle to get their hands on one of several impressive trophies and medals.

Entrants will follow a five mile route around the perimeter of the village, many of them adding to the fun by wearing fancy dress. Last year's race saw fairies with wands, medieval wenches, bunny ears and lots of bow ties.

While the walkers are on their way, children are invited to search for the hidden foil-covered tickets which will win them an Easter egg.

Organised by the Independent State of Cuckfield, the annual walking race started out in 1927 as a 'challenge' between E.Jard and F.Hoadley, walking to Bolney and back, 'fully' dressed (collar and tie). The event has been

held each year since, except for the odd break including during WWII.

There have been several different routes but the current circular course, starting at Cuckfield Rec and taking in Ansty, Deaks Lane and Whitemans Green before finishing back at the Rec, has been used since the Independent State of Cuckfield started organising the event in the 1960s.

Some older residents can remember prizes such as a roasting joint, sack of coal or cartload of manure being awarded but these have been replaced by cups and medals for the various individual and team categories.

The event is open to all aged over 16 years but only Cuckfield Residents can win any of the individual cups. Teams can be entered by any Cuckfield club, society or institution with the total of the fastest 3 times counting.

Entry costs just £2 and registration starts at 9.15am.

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MURPHYS

Bunny Run – Sunday 13th April

Hare along to Haywards Heath to help St Catherine's Hospice.

You'd be hopping mad to miss out on St Catherine's Hospice's Easter fundraiser.

The Bunny Run, sponsored by Tuplin, will take place at Victoria Park in Haywards Heath on Sunday 13th April. It's the ideal feel-good family fun day out, with Easter themed activities and a guest appearance from Bertie the Bunny.

However you choose to complete the 2.5k course – walking, running or hopping – you'll get a pair of bunny ears at the start so you look the part and Easter treats to welcome you in at the finish.

Entry in advance (before 6 April) is £10 per adult, £5 per child, £25 family (2 adults 2 children).

Organisers will also be welcoming entries on the day at £15 per adult, £8 per child, £40 family.

www.stch.org.uk/bunnyrun

Call 01293 447364 for more information.

Photographing Early-purple Orchids

On Sunday 13th April, Cuckfield resident Peter Lovett is leading a 6.5 mile walk for nature lovers and keen photographers, leaving Hurstpierpoint Trinity Road car park at 11am. Tips for photographing wild flowers will be revealed. Bring your camera and a picnic lunch.

The circular route passes Randolph's Farm, to Wolstonbury Hill, The Warren and Coldharbour Farm.

Peter is leading on behalf of Mid Sussex Ramblers (www.midsussexramblers.co.uk) and there is no charge. There are steep ascents and descents and the route is suitable for experienced walkers only. No dogs are allowed except guide dogs. See www.peterlovettwalks.eu for other local walks that you might enjoy.

Please see <http://bit.ly/1i2Bp55> for photographs from 2012.



J S Bach
St John Passion

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5th Apr 2014: **Amanda Buckland (soprano)**
and Jane Haughton (mezzo)

 These popular local artists will perform a selection of songs on the theme of *Travels through Europe*, including  works by Poulenc, Purcell, Brahms, Donizetti and de Falla.

3rd May 2014: **The English Piano Trio**

 Formed in 1988, the highly-regarded English Piano Trio performs regularly in many prestigious London and European concert halls. Their programme will include Beethoven's well-known *Archduke* trio.

Both concert start at 7.45 pm in St Wilfrid's Church, Haywards Heath.

Tickets £12, conc'ns £11, member's discount £3
Family rate: 2 adults half price with under-18 (£3)

For further information, telephone 01444-456227, or visit:
www.haywardsheathmusicsociety.org.uk

Art of 'Sussex, beloved Sussex'

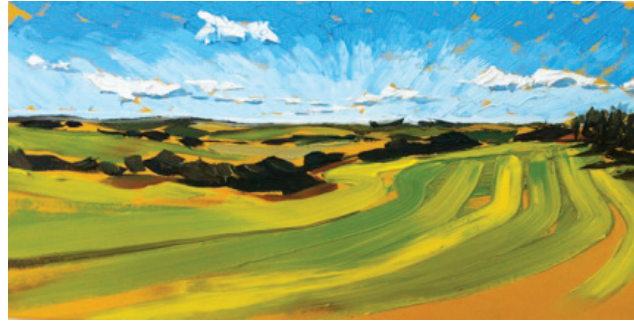
There will be plenty of familiar views on display at "Sussex, beloved Sussex", the latest exhibition at The Green Tree Gallery at Borde Hill Garden.

Inspired by a Rudyard Kipling poem, the exhibition is a celebration of every inch of this beautiful county of ours by some of its resident artists.

Amongst the paintings and photographs featured will be "South Downs on Orange" by Grant De Jonge.

The exhibition runs from 22nd March until 26th April and the Gallery is open Tuesday to Saturday, 10.30am–5pm and 12–4pm on Sundays.

www.greentreegallery.co.uk



The Big Red Tea Party

It's Easter time, so why not pop along to Staplefield Village Hall for a spot of afternoon tea on Monday 7th April! Tickets are £7.50 for adults, £5 for children 4-12 years. Toddlers free. All profits go to the Angus Rowland Forget Me Not Fund and the Mark Henry Archer Tribute Fund, raising money for Leukaemia and Lymphoma Research.

Tickets on sale from Balcombe Tea Rooms and from Elizabeth on 01444 400677 or email: elizabeth@brantridge.co.uk

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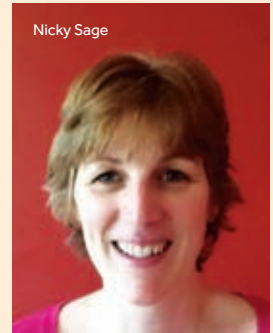
Parish Clerk retiring after 22 Years of service

Frances Jones, the Clerk at Cuckfield Parish Council for the past 22 years, is retiring at the end of March this year and moving on to pastures new. Frances and her husband Dave will be heading off for 6 months in their camper van to explore the charms of Northern Europe – and well-deserved too!

Frances' knowledge and expertise has been an invaluable asset not only to Cuckfield Parish Council but Clerks from over the county have regularly sought out her views on a whole range of issues. We will miss her and we wish her well in her travels.

Taking on the difficult task of filling her shoes will be Nicky Sage, whom some of you will have met. She has been working for the past 5 years as Clerical Assistant and then Assistant Clerk, and is very much looking forward to getting fully involved in the many and varied activities that the Parish Council undertakes.

The Council will also be taking on a new member of staff. Jane Forester will be joining us at the beginning of March as the new Clerical Assistant. Jane will be the main point of contact for bookings for the Hall.



Office opening hours

Please note that during this transition the office opening hours will alter slightly. We will still be open 10am to 4pm Mondays, Wednesdays and Fridays but for the next few months the office will not be open

on a Tuesday morning. This will only be a temporary arrangement and we will endeavour to restore normal hours as soon as we can.

Shared Ownership Housing at Mantell Park/Bylanes Close

Also known as 'part buy/part rent', this government supported initiative helps you to get a foot on the property ladder and work your way up to 100% ownership. You buy a percentage share in a brand new home and pay a subsidised rent on the remaining share.

At a later stage, you can increase the share that you own in your home. This is called staircasing. It is a good idea to make plans for staircasing when you first buy your shared ownership home. You can either staircase all the way to 100% ownership in one go, or in three stages. The more shares you buy, the less rent you pay. Talk to your independent mortgage advisor about your

intentions and talk to Moat Housing to find out more about how it works.

In line with government priorities, Ministry of Defence personnel and housing association or council tenants will be awarded top priority for allocating these homes. People who live or work in the local area will also receive priority.

For more information please about these homes please contact Paula at Moat Housing on 0845 359 6387 or 0779 9112 032 or email paula.turner@moat.co.uk
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Cuckfield Parish Council

The Queen's Hall, High Street, Cuckfield, West Sussex RH17 5EL

Telephone: 01444 451610 | cuckfieldpc@btconnect.com | www.cuckfield.gov.uk

The Parish Council Office in the Queen's Hall is open from 10 am – 4 pm each Monday, Wednesday and Friday



The Youth Centre – London Lane

As you may be aware, West Sussex County Council is planning to sell the Youth Club/Playgroup building on London Lane. Used by both the Playgroup to provide care and education to the very young of our village and surrounding areas, and Orchard House who care for children and young adults with severe learning difficulties, and other youth groups, 85% of respondents to our Neighbourhood Plan consultation felt that this building should continue to offer these very important services. With this in mind, the Parish Council has registered the building as a Community Asset, which means we have six months to put forward a bid for the property. The Council must now use this time to consider how to raise the necessary funds. Taking out a loan is the most likely possibility to enable us to achieve the asking price of £200,000 to purchase the building. Fortunately, if this course of action is agreed by councillors, it will not have any impact on the Council Tax as the last payment for the current loan taken out to refurbish the Queen's Hall comes to an end in the summer. However, the costs of maintaining the current building are high and it is probable that a new building will be required in the future in order to provide the village with a long-term, viable asset. If we are successful in our bid, you will be hearing much more of our plans in the years to come!

Parish Council vacancy

We are sorry that Giles Darling has decided to resign as a councillor. We thank him for his assistance over the past few years and wish him well with his endeavours with the Post Office. This leaves a vacancy on the Council and, if you would be interested in working for your community in a very varied role, do please contact either the office or one of the councillors for more information.

Roads and traffic update

Progress with the proposed new zebra crossings at Ardingly Road is extremely disappointing. Having agreed with West Sussex County Council that the Parish Council would take over management of this scheme, we had hoped to speed up the whole process. However, the amount of 'red tape' through which we have had to wade has been greater than anticipated and it looks as though it will be the summer holidays 2014 before the crossings will be installed. It is also intended that the work on the new signage/road markings at Whitemans Green will be carried out at the same time.

Progress is also being made on the other schemes. Plans for a new puffin crossing in London Road have been agreed and this is scheduled for action by the County Council in 2014-15. The plans for the build-outs in London Lane are still in the programme and will be implemented as soon as sufficient funds are available. The scheme to improve the bus stops and parking along Broad Street is to be carried out by the County Council in the 2015-16 programme and there is also a longer term scheme to improve road safety at the Whitemans Green roundabout. The pavement along the High Street running north from the Queen's Hall is a real cause for concern. The County Council will be undertaking repairs and there is an ongoing conversation as to what the best course of action is to protect the pavement for the long-term.

We will continue to work hard, with the help of County Councillor Pete Bradbury, to ensure that these projects progress.

Forthcoming meetings

Public welcome to attend.

All held in the Council Parish Council Office unless stated otherwise.

13th March	Planning (7.30pm) Finance (8pm)
27th March	Annual Parish Meeting (Council Chamber) (7.30pm)
3rd April	Planning (7.30pm)
24th April	Planning (7.30pm) Queen's Hall (8pm)
8th May	Council Annual Meeting (7.30pm)
15th May	Planning (7.30pm) Environment (8pm)
5th June	Planning (7.30pm) Roads and Traffic (8pm)

CUCKFIELD PARISH COUNCIL ANNUAL PARISH MEETING

Thursday 27th March
7.30 pm
Council Chamber in the Queen's Hall
High Street, Cuckfield

A new runway at Gatwick Airport? Yes or No?

Come and listen to the arguments for and against and get better informed about an issue that will affect you!

Speakers:

Lindsay Baldwin, Head of Community engagement, Gatwick Airport
Peter Barclay, Vice-Chairman, Gatwick Area Conservation Campaign (GACC)

(Spaces limited to 35
so please get here early!)



YOUR PARISH COUNCIL

Chairman

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nigel.page@nlp-one.com

Vice-Chairman

Ken Gregory: 457547
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mr.sambrook@btopenworld.com

Parish Clerk

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cuckfieldpc@btconnect.com

Nicky Sage (from 1st April 2014): 451610
clerk@cuckfield.gov.uk

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ON YOUR TABLE

Mussels in cider and cream

Serves 4

Mussels are a great sustainable fish dish. They are cheap, plentiful and very tasty and can be bought at the Fresh Fish Shop in Haywards Heath. Wobblegate Cider is available at their Farm Shop in Bolney.

For this dish you will need a large pan with a well-fitting lid. Make sure the mussels are all closed before cooking and discard any that do not open when cooked or have broken shells.

Ingredients

2 medium onions, diced
3 sticks celery, diced
1 clove of garlic, grated
2kg mussels, rope-grown, de-bearded and cleaned
1x 500ml bottle Wobblegate medium cider
200ml organic double cream
A handful of greens (Chard/Kale/Spinach or Parsley), washed and shredded
A large rustic bread (focaccia or ciabatta)
Lemon wedges



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www.roseandcrowncuckfield.co.uk

By Caroline Whiteman

As this is my last piece for Cuckfield Life I wanted to take the opportunity to share with you a few of the wonderful places, people and produce I have discovered during my time here. We are incredibly fortunate to have some truly superb producers close by and this month's recipes showcase some favourites. Toos and Beja at Laines produce top quality vegetables year round with the added benefit of zero food miles, optimum nutritional value and seasonal freshness using techniques that honour and support the local ecosystem. You can buy direct from the farm shop or at the monthly food market in the village. Down the A272 in Bolney, Wobblegate press refreshing apple juices and ciders, plus they have a farm shop where you can taste different varieties. The cheese featured in the Gratin recipe is produced in Horsted Keynes from The High Weald Dairy and can be bought at Wealden stores and the very fabulous Grape and Grain in Haywards Heath. They produce a range including organic hard cheeses, as well as goat and sheep's cheese. With food this good available on the doorstep, eating locally sourced ingredients feels deliciously effortless. Bon appetit!

Method

1. Start by sweating the onions and celery in a little oil until translucent and soft.
2. Add the garlic and turn the heat up.
3. After the pan is good and hot, add the mussels and a good glug of cider, pop the lid on straight away to keep all the steam in the pan to cook the mussels as fast as possible.
4. After a minute give the pan a shake.
5. Leave for another two minutes, then check the contents.
6. Turn the heat down and drop in enough cream to create a velvety sauce.
7. Stir in the greens and season to taste.
8. Serve with chunks of bread, salty butter and wedges of lemon.

See <http://bit.ly/1f5AHWb> on the Cuckfield Blog for another of Caroline's recipes:

Ashdown Foresters Oak Smoked potato, leek and mushroom gratin

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Cuckfield Cosmos

VILLAGE PEOPLE

By Claire Cooper

In 1982 when Cuckfield dad Peter Cheesmur couldn't find a football club for his two sons to join, there was only one thing to do – set up his own.

Over 30 years later the club, Cuckfield Cosmos, has grown beyond Peter's wildest dreams to become one of the biggest and most thriving youth football organisations in Sussex, providing weekly games and training for more than 375 youngsters.

It's a far cry from the days when Peter started coaching a group of five boys on the recreation ground. "My sons wanted to play football but there were no junior teams in the village," he recalled. "They tried the local rugby club but that didn't suit them. I'd always enjoyed football, so I decided to organise a weekly kick around at the local playing fields. Three weeks later I had 25 boys – enough to start a team!"

As the club continued to grow there was a need for further coaches and trainers, so local dads Graham Roope and John Rolling joined, along with Tony Constable and Derek Rendall.

But Peter soon found out that recruiting players and coaches was the easy bit! "The biggest challenge was finding somewhere to play," he said. But once again Peter used his initiative and approached the village youth club, which gave permission for use of the adjoining field in return for becoming a committee member!

The next hurdle was acquiring goalposts. "We had no funds but fortunately I had a friend, Paul Smyth, who owned KPS, who offered to make some for us," said Peter. "Another Cuckfield resident, Bob Gibson, who had five sons, donated 30 footballs and we were on our way!"

The club was originally called Cuckfield Youth and Minor Football Club and the first games were played against local schools. "We played friendlies with mixed

age groups and mixed sexes," said Peter. "In fact one of our better players was a girl – Charlotte Roope."

At that time, players paid subs of just 10p a week but luckily villagers were on hand to help raise extra funds. "Kate and Les Fleming gave us a huge Easter egg which was raffled in the King's Head pub and raised £30. That was our first fundraising event!" said Peter. "After that the support from the village was fantastic!"

"During this period Bruce Spencer and Pat Gallagher, who were organising summer six a side tournaments for young people, joined with us to increase footballing opportunities for the older village children."

By 1987 Cuckfield Youth and Minors became a 'proper club' having already formed its own constitution and committee. The team was renamed Cuckfield Cosmos and the first president was village stalwart Phyl Bowring, who held the role until her death four years ago. They also adopted the club colours – yellow and black.

At this time training on Saturdays and league matches on Sundays seemed to take over every green space in Cuckfield, including Warden Park School which supported Cosmos with the use of its facilities.

Throughout the years the club has been supported by a strong band of fundraisers and taken part in events such as the Lord Mayor's Procession, where on one occasion teams paraded around the village in an open-top double decker bus, and the Cuckoo Fayre, where the players demonstrated their skills in the centre arena. They held jumble sales, fathers' matches, sponsored walks and many other events in order to raise money to support the club.

Over the years the club has gone from strength to strength to become one of the biggest clubs in the junior league. Last season saw Cuckfield Cosmos teams playing in six out of the seven youth cup finals.

"We now have 375 young footballers playing in 23



teams in the league," said current Chairman Peter Trump. "We also have players in 3 age groups not yet formulated into teams, along with 3 or 4 potential girls' teams."

The club has also welcomed second generations of players. "One of my proudest moments was seeing my grandson Josh run on to the training field in Cosmos colours," said Peter Cheesmur.

But, despite its rapid success, the club has never lost sight of its original goal – to give young people in the village an opportunity to play football. "Our ethos is to provide football in a safe environment for all levels and experience. We will never turn anyone away," said Peter Trump. He explained: "It's not just about football. It's about the wider community and being part of the football team as growth into the community. And we always encourage the whole family to get involved."

"We are never short of youngsters wanting to play but our biggest problem is recruiting coaches," he added. "We can only manage a certain number of boys and girls and unfortunately some of our senior teams have waiting lists. Lots of dads turn up to help and run the line but sadly can't make the commitment to running a team."

One way to tackle the problem is to provide home grown coaches. "We provide opportunities for parents to become coaches and are encouraging some of our older players to referee junior matches," said Peter. "We recently recruited a specialist goalkeeper trainer who will work with all age groups, which is really exciting."

Over the years Cosmos has become known in local football circles as a good place to scout for talented young players and, as a result, many have gone on to join academies at Crawley and Brighton – the most famous being Dean Cox who went on to become a professional player at Brighton & Hove Albion and Leyton Orient.

Many other players go on to join one of the two

senior football clubs in the village - Cuckfield Town and Cuckfield Rangers. "It would be great to eventually see all three clubs operating under one umbrella," Peter said.

Other opportunities for Cosmos players have included overseas football trips and over the years teams have travelled to Holland, Spain and Germany.

"We've worked with the village's European Association to run exchange trips to our twin town Aumale in France, and we have also arranged matches with teams from Haywards Heath's German twin town," said Peter.

Off the pitch, the club has also been evolving and parents have recently set up a club shop selling new and recycled football kit. Plans are also underway for the club's 30th anniversary celebrations.

Despite its huge success and continued support from the village, Cuckfield Cosmos still has one very big dream to accomplish. "We would dearly love to have a clubhouse of our own," said Peter Trump. "People assume that we own the clubhouse on Whiteman's Green but we just hire that for matches.

"We currently have a sub-committee which is developing a five year plan and exploring the opportunity of getting our own club house, and we are working closely with the Parish Council and its Neighbourhood Plan.

"The new homes being built in and around the village will bring us new families and new players and we will continue to grow," said Peter. "This will hopefully give us the opportunities to push the club forward and maybe find a permanent home. That would be our ultimate goal."

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Charity Fashion Show presents cheque



Customers from Jo Jo boutique took to the catwalk in a special fashion show and helped raise more than £1,000 for charity.

The event, held at Elvira's restaurant at Borde Hill, was held to raise funds for the Brighton branch of THANCS – The Head, Neck and Throat Cancer Service.

The evening attracted around 100 supporters who enjoyed seeing six local customers modelling clothes shoes and jewellery.

Jo Dennis, owner of JoJo's, and staff member Vicki Thorne organised the event after a customer, who is also an oncologist, told them about the lack of awareness and funding for head and neck cancer.

Vicki explained: "Whilst head and neck cancer is relatively rare (with around 150 new cases a year in Sussex), it is a cancer that, even when successfully treated, may leave long lasting problems with speech, swallowing or facial disfigurement.

"Brighton and Sussex University Hospitals treat all the Head and Neck cancer in Sussex and have a large multidisciplinary team of surgeons, oncologists, nurses, radiographers, speech and language therapists, dietitians and counsellors who are all involved at different points of the patient pathway.

"THANCS provides financial support towards education and training of professionals who care for these patients, and also practical and financial support for patients. It provides a forum for patients to meet socially and share their experiences."

Cuckfield hairdresser Debbie Day gave up her time to style the models' hair, while beautician Alison completed the look.

Jo and Vicki will be presenting the cheque to the charity next month.

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Beyond paint

DESIGN AT HOME

By Fiona Evans, Limited Editions

A quick lick of paint will brighten up your living space and lift your mood, but where to start? With so many technical advances in the paint world, is it simply a case of choosing a colour from a growing collection of match pots? Gloss, satin or eggshell for woodwork? Moisture resistant, matt emulsion, vinyl matt or chalky emulsion for the walls? For older buildings how about using something more specialist such as lime wash, for a lovely chalky finish best used on porous lime plaster, or distemper for a soft powdery finish. Nano paints are very clever and can for example insulate, absorb odours, self clean or repel bacteria! To spruce up tired floor boards or concrete, a floor paint could be used. There is so much to consider: Is the paint low odour? What are the VOC levels (volatile organic compounds that will further destroy the earth's atmosphere)? Can you wipe it without removing some of the finish? How robust is it? Is it childproof? Is it water based, so that the brushes can easily be cleaned? I would say that a water based paint is the easiest to work with and would probably be low VOC, a wipeable paint is the easiest to maintain and a chalky paint has the most appeal.

The pigments producing the colour in the paint will catch the light and so will change throughout the day, so it's best to look at paint samples on walls at different times and also in artificial light. Choosing the right tone is only part of the quest as the finish will contribute to set the mood. Chalky emulsions are quieter and softer and teamed up with eggshell on the woodwork are great for older properties. For a brighter look with a real hit of colour use emulsion with a sheen and gloss to bounce the light around the space.

Once you are ready to wield your paintbrush, an easy approach is to unify all interiors with the same neutral background and enhance with colour in accent, and now strong colour is back on trend perhaps it's time to be braver with paint choices. Historical colour palettes helpfully suggest colours for period schemes and these palettes with their strong colours can be used in more modern interiors to add depth and statement. It is also possible to go bespoke and have paint made up to match an accessory or wallpaper in your choice of finish.

Use paint tricks to conceal ugly bumps, heighten or stretch the interior by painting skirting boards and picture rails the same colour as the walls, hide radiators by doing the same. Soften window frames by using the same colour as the wall or frame the view from the window by using a strong colour that stands out against the wall. If you're adventurous, add interest to floor boards by painting on faux rugs or runners on exposed staircases and be creative with the ceiling, especially in a child's bedroom.



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Putting the work in

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It's very common for parents to seek extra tuition for their children struggling with schoolwork and enjoy the satisfaction of seeing them catch up with their peers.

But few imagine that their children could go well beyond that level and develop a thirst for knowledge and the learning skills to reach their full potential.

The Kumon method of learning aims to give youngsters the skills to excel at learning and children in Cuckfield are already reaping the benefits of the international study programme.

"Kumon is not just about helping children who are struggling with maths and English, it's about helping them reach their full potential," said teacher Andy Revell, who runs Kumon sessions in the village. "It's just as beneficial for children who are already excelling and want to stretch themselves further."

The key to success is helping children become self-motivated and confident. "Kumon helps children develop the ability to learn for themselves and not become dependent on others," said Andy. "These independent study skills will be useful in everything they go on to do in the future."

Andy first came into contact with Kumon when his children were pupils at Holy Trinity School. "My son needed extra help in maths, so I enrolled him on the Kumon programme running in Haywards Heath," he said. "My daughter wanted to join her brother and become a whizz at maths! I was impressed at how the bespoke programme was tailored to meet their individual needs and how, from different starting points, they both flourished."

Ten years later, Kumon came back into his life when the local teacher and franchise holder retired. "I was coming to the end of my teaching career and this was the perfect opportunity to work in the village where I was born and to help support local children," he said.

Andy launched Kumon in Cuckfield in January 2013 in the youth club building which had been part of his childhood. "The youth club building was originally two classrooms where children would study woodwork and metalwork, so it seemed appropriate that it should become a classroom again."

Andy runs sessions on Tuesdays and Thursdays and currently has 35 students, aged from 4 to 15 years studying maths, English or both. "Some of the younger students are working on basic pencil skills, while the older advanced ones are heading for GCSE and A Level standard," said Andy.

"What's been most surprising is the diversity of the young people enrolled. We have students from Romania, Bangladesh, the Ukraine and Australia."

Because it's an international programme, Kumon targets are based on the average levels for children all over the world. "It's a sad fact that Britain is lagging behind other countries, particularly in the teaching of maths," said Andy. "It is also common for children to expect to struggle in maths but as their confidence grows they can soon reach the average level for their age and progress much further."

Kumon sessions work on a 'drop-in' basis - children are responsible for collecting their worksheets and progressing through them. Local A Level students are on hand to support the youngsters - timing work, marking papers and listening to children read. "We are also observing posture, pencil work and general motivation," said Andy. "It's a bit like a library where children wander in and work quietly, leaving when they have finished."

Children also take work sheets home with them and are expected to complete around 15 minutes every day. "We ask parents to time the children as they complete each sheet," said Andy. "Once they are able to complete a sheet correctly in a set time, they can move on to the next level. We do, of course, provide parents with the answers!"

Andy will be running a Kumon Open Day at the Youth Club on 5th April from 12.30 to 4pm. The event will include free half hour diagnostic tests for children, which will identify their current level of attainment and areas for further development. Booking is advisable.

To contact Andy phone: 01444 417431 email: haywardsheath@kumoncentre.co.uk

For further information on Kumon visit: www.kumon.co.uk/Haywards-Heath

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The Queen's Hall – but not as you know it

Cuckfield Museum reopened last month with a display looking at the effects of the First World War on those living in the village and how Cuckfield could be seen as a microcosm for the country as a whole. The title comes from the book by Alan Miller, on sale in the Museum, which looks at Cuckfield in 1917 using local resources like the Mid Sussex Times of the day.

Parish magazines show the changes in the village month by month. By March 1915, as in many other communities, so many men had volunteered that there was a shortage of labour on the land and parents could apply for labour certificates for their sons to leave school at 12 instead of 14. By April 1916 a creche was being set up to allow women to help with farm work.

Many women who would before have gone straight from home to marriage, now had the chance to train for work. We have photos from the album of Olive Turner, the daughter of a well known family, who became a nurse at the VAD hospital set up in the Queen's Hall, Cuckfield. The photo (above) shows the hall entirely recognisable today but with beds down the side and tables in the centre.

As time went on, the death toll of village men became ever more acute. The parish magazines list the memorial services, which by 1916 were held almost every month for those who had been lost. We have a handbill for a service in 1916 where, between the time of printing and the service itself, two more names have had to be added by hand. We look in particular at Lance Corporal George Botting, a Cuckfield man who was killed in 1917. We have created a tableau around the fireplace

in the Museum, inspired by the scene on one of the postcards sent to George by his wife May.

We have been lucky enough to have been loaned some fascinating objects by local residents. Lin Wood has lent the pocket sized sketch book which her father, Geoffrey Squire, took to war at the age of 19. Already enrolled as an art student and later to become a commercial artist and illustrator, he showed great humour and skilled observation in recording what he saw as a gun team driver with an East London Regiment in the Royal Field Artillery.

Two albums of postcards from Dr Arthur Osborne to his daughters Una and Kathleen show the range and popularity of this brief and simple way of communicating at this time. Cards were of all types - sentimental, factual with views of the devastation in Northern France or wryly humorous. A silver cigarette case was one of the few objects which the family of Pte Archibald Crouch had to remember him by when he was killed in a shell blast on the Somme in Sept 1916. He has no known grave and the case has been loaned by his nephew, Roger Crouch.

The display will remain until June. The Museum is open on Wed and Fri 10-12.30pm and Sat 10-4pm. More information can be found at the website www.cuckfieldmuseum.org

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Nature Village

VILLAGE GREEN

By Margaret Tyzack More, Cuckfield Local

'Beyond our WILDest dreams!' High fives all round after the first 'Cuckfield Nature Village' event. Laura Brook, Conservation Officer at The Sussex Wildlife Trust came to present her 'NATURE STREET' initiative, the inspiration behind our 'NATURE VILLAGE.' The event was fully booked, with enthusiasm, willingness to share and the love of nature the order of the evening.

In gardens, the value of nature's services can be enhanced. Given this winter's endless rain, one of the most topical services is the ability of lawns, garden beds and orchards to slow down flood water run off. Paved patios and front gardens may not appear to matter in your road but the unintended consequences for other areas could be considerable. It's not what you do but the way that you do it. As the Environment Agency works on water flow management, we gardeners can do our bit to make a difference for the future. The bigger picture matters too.

As you may know, we have already begun to map the gardens in Cuckfield that have ponds, flowers for pollinators, bird feeders, insect hotels and so on. Why not let us know what you can see in yours? The Sussex Wildlife Trust is collecting this kind of information and registering date, time and species that will give a picture of wild life in gardens. So far the records have been for species in Nature Reserves but it seems that there could be more biodiversity in urban areas than rural now. Amazing! A unique aerial survey of the gardens in Brighton came up with the estimate that 30% of the area is garden. Is this mapping project new to you? If so, come and have a chat with us at the next Cuckfield Local Food Market on 12th April 9.30am to 12.30pm at The Talbot to find out all about it and how to register what you see.

The last of our Spring Talks is by David Mortimer, author of Sussex Wildlife, about 'How's our wildlife doing around Cuckfield?' It's on 11th April at The Queens Hall 7.45 for 8pm. To make sure of a ticket, buy in advance from Sussex Crafts or Wealden Stores. Then we have our mini workshops around the theme 'If you build it they will come' on 26th April at Holy Trinity School. Grounds Days at the school are a wonderful opportunity for nature lovers to have a look at what the school has done to encourage wildlife and to share with our children the wonderful adventures to be had outdoors. A hidden treasure in the heart of Cuckfield. Why not put this event in your diary now to be sure not to miss a lovely day? Look out for the details around the village and in this column next month.

To find out more or to get involved in CUCKFIELD NATURE VILLAGE or Cuckfield Local email Margaret at makaet@yahoo.co.uk



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Orchard House

FROM THE MAYOR'S TABLE

By Mike Schlup

One of the main beneficiaries of the funds raised during last year's mayoral campaign was Orchard House.

Orchard House is a 15-bedded unit which offers care and accommodation for children who have a severe learning disability, normally from the age of 10 to 18, who have been assessed as needing residential placement. The home functions as three units. The long-stay unit is a homely arrangement offering a sitting room, dining room and all the children are able to have single bedrooms. The short-stay unit has a large dining and separate lounge, with a combination of single and double rooms. Finally, the Lodge provides a smaller environment designed to meet the needs of one or two younger people.

The following is a letter from the manager Sue Wadey which explains how the funds from the mayoral campaign will be used.

'As always we thoroughly enjoyed joining in the Mayors Procession. It's lovely to be involved such a positive aspect of village life and our young people really respond to the praise and applause they experience whilst taking part.

Our Amenity fund is used for many of our more ambitious projects, which cannot be funded through usual budgets.

This year we are taking a young man on a special holiday to experience some steam engine journeys. He has a real love of trains and has done the local ones, so staff have made a plan to take him to York for a week where I'm told there are some more impressive railways!

We are also renovating a garden building to accommodate a railway track, as this is an interest for several young people here, and more generally is often something enjoyed by young people who have Autism.

Last year we were able to put a ground level trampoline in the main garden and this has been a huge success – addressing some safety concerns but also making trampolining accessible to more children.

We now also provide services from the Lodge, which used to be part of Court Meadow School, and we would like to put the same style of trampoline in the garden there. When the weather improves your donation will enable us to progress both of these projects.

Thank you so much for both the fun of the procession and your contribution to these resources that will benefit the children all year round.'

It is clear that the support from the Independent State of Cuckfield and the mayoral campaign has been very important to Orchard House and the next project, suggested by the children, is to buy 2 tortoises and a vivarium to house them. For this support to continue we need more candidates to take part in this year's campaign. If you are interested, or would like to nominate someone, then please contact the Chairman, Jim Ayling, at the White Harte pub on 01444 415434.

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Celebrating 50 years of Helme & Hallett

This year, as spring appears from the wettest winter on record, Helme & Hallett Ltd has also set a record – working from the Cuckfield office and yard for the last 50 years.

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The type of work carried out has changed according to lifestyle, technical advances, financial climate and fashion.

Houses were merely altered or redecorated in the 60s and 70s.

The 1980s saw old barns redundant and barn conversions in fashion as planning allowed. A lot of underpinning and insurance repairs to buildings followed the droughts of the mid-late 1970s when the Weald clay shrunk.

The 1990s saw extensions and new building, with basic insulation standards changing the way buildings

were constructed for the first time in decades.

In the new millennium insulation increased again as we started to be concerned about climate change. Living spaces became part of the kitchen and underfloor heating started to become the norm for new rooms.

In the last decade large folding sliding doors became fashionable to connect the house and garden and give lots of light. At the same time ever rising fuel costs encouraged wood burning stoves, ground source and air source heat pumps, solar panels and PV panels.

The building regulations are now a constantly evolving set of rules that government uses to try to encourage property owners to upgrade the housing stock.

People are now more likely to work from home and unused outbuildings are converted to serve as offices, work from home or annex areas, giving more flexibility for future owners.

Property owners are the caretakers for future owners but have their own needs to alter or upgrade for the current generation lifestyle, so remember that Helme & Hallett Ltd can help you with all of the above. We have, after all, 50 years experience in doing so.

Spring Festival – Bluebells and Brimstones!

Celebrate spring at a new festival being held at Wakehurst Place near Haywards Heath, the glorious country estate of the Royal Botanic Gardens, Kew.

The Bluebells and Brimstones festival, running during April and May, will be a celebration of Wakehurst's spring flowers, with a variety of events including guided walks through the beautiful woodlands and arboreta, special open days at the estate's Loder Valley Nature Reserve, and falconry displays.

During May visitors will be able see Wakehurst's newborn Southdown lambs take their first steps, and follow the nature-inspired Wildweave sculpture trail around the gardens.

Wakehurst is renowned for its spring flowers, and seasonal highlights around the 500 acre estate will include drifts of daffodils, crocuses, bluebells and primroses, which all provide dazzling displays of spring colour, along with rhododendrons and magnolias. Exact flowering times vary according to weather conditions but this year could be a bumper display following the mild, wet winter.

Festival highlights include the Loder Valley Nature Reserve Open Days at Easter weekend (18th-21st April) and over the May Bank Holidays. There is also a family activity over the Easter Weekend entitled 'Sugar and spice and all things nice', where children can make a collecting activity bag to take a chocolate egg home in. The cost is £2.50 per child and includes trail, chocolate



egg and craft activity (normal admission applies).

On 27th April and 4th & 5th May there are guided Spring walks by Wakehurst's volunteer guides, starting at 11.30am each day.

Strictly Gardening

Strictly Gardening returns to Haywards Heath on Saturday 10th May, with even more community involvement and attractions.

The celebrity panel will be back to answer questions, chaired by Jean Griffin of BBC Radio Sussex. She will be joined by Daily Telegraph gardening guru, Helen Yemm, who will also open the event. It's anything goes as far as the questions are concerned, the more intriguing the better!

Local care and nursing homes are being encouraged to get involved this year and create garden mosaics. The event, run in conjunction with Haywards Heath in Bloom, is being supported by Rogers Ceramics which has donated a huge array of tiles.

Grants from Mid Sussex District Council and West Sussex County Council will help homes create their own Sensory Gardens to help to stimulate senses and give real pleasure. A special workshop for children and young people with learning disabilities will also be run to introduce them to gardening.

The popular Strictly Schools Challenge will again include the 'Edible Metre', which aims to educate another generation in sustainability as well as inspiring gardeners of the future.

To find out more, contact Nicola Bird on 01444 410 620 (NBird@fandcreit.com) or Ruth de Mierre on 01444 453 399 (ruth@i-dmc.co.uk)

Local Wedding and Fashion Show

Brides-to-be arriving at The Wedding and Fashion Show at The Orchards Shopping Centre in Haywards Heath on Sunday 11th May can pick up a special gift for the big day.

As well as getting inspiration and ideas for their wedding, and sampling champagne and canapes, each bride-to-be will be given a silver sixpence to put in her shoe on the big day!

Orchards' Manager Nicola Bird, who also gets married this year, will see the Centre transformed into a catwalk and exhibition of local wedding and fashion suppliers, from 11am to 4pm.

From gowns and outfits for the family to hair, flowers, cakes, wines, cars and venues, all the very best of Mid Sussex talent will be on show. Beauticians and hair stylists will also be on hand with tips and ideas.

"We've ordered the most beautiful huge fairytale marquee and I can't wait to watch the fashion show to get lots of ideas for my own wedding!" said Nicola.

a passion for life

Sharing God's **Passion** for People

Songs of Praise

Sunday 30th March

6:30pm @ Cuckfield Baptist Church

Lives Changed by the Passion of Christ

Saturday 5th April

7:30pm @ The Dolphin Leisure Centre

Why Bother with God?

Sunday 13th April

4:30pm @ The Old School, Cuckfield

Want to find out more about Christianity? About God?

You are invited to a series of events organised by Cuckfield Baptist Church and other local churches.

Further information on these and other events from **Cuckfield Baptist Church** on 01444 473531 or email david@cuckfieldbaptistchurch.co.uk or www.cuckfieldbaptistchurch.co.uk

What's on this month

AT QUEEN'S HALL

March

15th **Cuckfield Vintage Emporium**

21st **Craft Fair**

11th **Life Line Screening**

April

19th **Cuckfield Vintage Emporium**

11am–4pm. A beautiful village hall full of vintage treasures, decorative homeware, rustic gardenalia, pre-loved cashmeres & silks, handmade jewellery and country antiques. Free tea/coffee with our delicious homemade cakes. Try our pies too! Entrance £1. Free prize draw. Supporting CHICKS, the charity for UK disadvantaged kids. (Darcy Shepherd 07773 360631)

25th **Craft Fair**

Dramatic Breakfast play

News of the forthcoming Cuckfield Dramatic Society play has been released. The play is "Anyone for Breakfast" by Derek Benfield. It will be performed Wednesday 28th - Saturday 31st May in Queen's Hall.

Its a good old farce though not a la Brian Rix. It is extremely funny and fast moving with the inevitable lies, damned lies and confusions.

Tickets will be available from Saturday 10th May from Mansell McTaggart (initial sales at the Cuckoo Fayre stall).

Cast

Shirley	Caroline Denholm
Jane	Kirsty Bishopp
Mark	Simon Perkins
Gilbert	Laurence Leng
Helga	Samantha Oliver
Roger	Paul Davey

Harriet Sheldon is directing and rehearsals are under way already.

PO reopens

The Post Office on Cuckfield High Street is set to officially reopen on Wednesday 26th March. Giles Darling opened the shop earlier in the year, but Post Office services will be available after this date.

AND ELSEWHERE

March

18th **Cuckfield Evening WI** – The Old School 8pm. "A Bike ride from Britain to Bulgaria" Eileen Sutherland.

19th **Mid-Sussex Decorative and Fine Arts Society Lecture** – Clair Hall, Haywards Heath 10.15 for 10.45 am. "The Country House in the 20th Century" by Roger Mitchell

20th **The National Trust, Mid Sussex Association, winter lecture** – Clair Hall, Haywards Heath 2.30pm. "Endangered Species of Borneo" by Ray Hale

26th **Royal British Legion Womens Section** The Old School 2.30pm. Cuckfield Museum, David Jamieson.

April

1st **NHS Retirement Fellowship** – Franklands Village Hall, Haywards Heath 10.15am. Ceramic Restoration" by Sheila Southwell

9th **The Big Red Tea Party** – Staplefield Village Hall afternoon tea. Tickets: adults £7.50; children £5; under 4s free. Profits to the Angus Rowland Forget Me Not Fund and the Mark Henry Archer Tribute Fund. (Elizabeth, 01444 400677)

10th **The National Trust, Mid Sussex Association winter lecture** – Clair Hall, Studio, Haywards Heath 7 30pm. 'Battle Abbey' by Geoff Hutchinson

12th **Sussex Chorus, Handel's Messiah** St Bartholomew's Church, Brighton BN1 4GP 7.30pm. Tickets: £15, concessions £12, students & children under 16 £5. Available from: www.sussexchorus.org or Sussex Chorus Ticket Manager 01444 412579

13th **Bunny Run for St Catherine's Hospice** Victoria Park, Tickets before 6 April: adults £10; children £5; family £25 (2 adults 2 children). On the day: adults £15; children £8; family £40

13th **Mid-Sussex Ramblers' Early-purple Orchid Walk** – Hurstpierpoint Trinity Road car park 11am

16th **Mid-Sussex Decorative and Fine Arts Society Lecture** – Clair Hall, Haywards Heath 10.15 for 10.45 am. "Contemporary Silver: Its Development in the 20th. and 21st. Centuries" by Rosemary Ransome-Wallis

21st **Cuckfield Walking Race** – Cuckfield Rec. 10am. Entry £2 and registration starts at 9.15am

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