

Cuckfield *Life*

Inc. Brook St, Ansty & Staplefield

Local village talk,
by the village

Issue #11 : Sept/Oct '13

Free



New Cricket Pavilion opens

page 4

Ansty Village Fair photo round-up

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Cuckfield midwife and super-hero

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EDITORIAL

By David Tingley, Editor

Welcome to this issue of Cuckfield Life. Claire and I have worked hard to try and make sure it's full of genuine local content as always. This is the lifeblood of the magazine and we are always grateful to those who contribute articles and ideas.

An excellent example is **Caroline Whiteman** who writes our recipes page ('**On your table**') every month. On **page 22** she gives us two wonderful ways to use **pears and apples**. Caroline also gets a mention on **page 14** where **Helly Eaton** gives us our regular update on all things green. This month – bees. Plus a new initiative called '**Cuckfield Nature Village**'.

Fiona Evans gives her advice on using patterns in our home decoration plans on **page 27** (I hardly dare tell her that I've just painted everything white in our house!).

In **Village People** this month we feature **Evelyn Stenning** who can claim to have helped over **400 babies** to come into the world, right here in Cuckfield! Claire met with her and shares some stories from her 30 year career and a life lived in the village. Turn to **page 16**.

Someone who shares a similar passion for the joy of childbirth is fellow resident **Ali Norrel**. Ali is, among other things, a **doula birth partner**. If you don't know what that is I shan't spoil the article which she has written and is on **page 28**.

Of course there is the usual **What's On** feature on **page 30** - where we highlight as many local events as we know about. If you are organising something in the village or the area, give us a shout before the 28th of the month and we will try to include it.

And finally, as we also cover Ansty, Staplefield and Brook Street, we give space to the **Ansty Fun Day** on **page 10**. It looked like a fab day and raised over £4k for the new **Village Centre**. Well done to all concerned.

Until next month...

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New cricket pavilion opens at Cuckfield Park

A new chapter in the history of Cuckfield Cricket Club began last month with the official opening of the pavilion extension.

Three spacious new changing rooms have been added to the club pavilion at Cuckfield Park, funded with a grant from the English and Welsh Cricket Board and a generous legacy from Diana Cahill, a long-time club member and resident of the village. Work began last winter and was completed in time for the start of the season.

Club President Geoffrey Longfield said members were delighted with the new improved facilities which are already being well used, with two of the club's four teams playing at home every Saturday and junior teams hosting matches during the week.

"Before the extension was built, the cricket pavilion had two small changing rooms and a cubby hole which we used as a third one!" he said.

But despite the inadequate changing facilities, the village teams have thrived and Cuckfield has become the only club in Mid Sussex at present playing in the Premier League.

Players now have the pavilion they deserve, as the extension has brought the facilities up to date with two

new ground floor changing rooms and a third upstairs.

Plans are also being drawn up to increase the size of the main function room. "It can get rather cramped when 44 players get together after a match!" said Geoffrey.

The extension was officially opened during the club's annual Cricket Week - a long-standing tradition when visiting clubs are welcomed into the village and games are played all day, every day.

The opening ceremony was attended by Sir Richard Kleinwort, whose family has a long standing connection with the Club. After mentioning that his grandmother had opened the existing pavilion some 20 years ago, he congratulated the Club on the extension and invited Peg Swain to cut the ribbon. Her father, Ernest Stuchbury (known as Stuch), was the landlord of The White Harte till 1962 and, amongst other roles, was for many years the groundsman.

Shortly after the opening ceremony a finishing touch was added when a memorial weathervane was mounted on the pavilion roof. This was in memory of the late John Mole who died last year after giving tremendous service to the Club and providing three sons who continue to play.



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Supporter of St Peter & St James are rounding off Hospice Care Week with a splash at their 3rd annual Swimalong on Sunday 13th October at The Triangle Leisure Centre.

Entry is free. All the organisers ask is that each individual swimmer raises a minimum of £25 sponsorship. Participants raise sponsorship for the number of lengths completed in a 50 minute session.

Anybody, of any age, can make a group of up to six swimmers; friends, family, work colleagues or club members (under 8s can be part of the team but must be accompanied by an adult in the water). If you want to swim alone, that's fine too, but you must be aged 8 or over.

Places are limited so text, email or call your friends and enter now! For more information call Jo in Fundraising on 01444 471598 who will be happy to email you an entry form.

Election Night nearly here

The excitement is building as three hopefuls step up their campaigns to become the next Mayor of Cuckfield.

Mike Schlup, Mark Grant and Leanne Knapman are this year's front runners with fourth candidate, current Mayor Lindy Elphick, standing as part of her final Mayoral duties.

With many events already behind them, the trio are all well on the way raising the funds which will buy them crucial votes, but there are still plenty of opportunities to back your favourite candidate by supporting events in the closing weeks before election night.

Events still to come include: A Poker Night for Mike's campaign at The Rose & Crown on 14th October and Mark's grand prize draw at The Wheatsheaf on 11th October.

The election will be held at The Rose & Crown on 18th October and villagers can vote right up to the polls closing at 11pm. The new Mayor will be announced shortly afterwards.



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Cuckfield Golf Centre prepares for the colder months with new driving range

While many golfers dread the onset of winter, members of Cuckfield Golf Centre can hardly wait!

Work started earlier this month on the new driving range which includes covered and heated bays, giving golfers the chance to keep warm and dry, practise throughout the winter and improve their handicap by next Spring!

The facility, which is being built on the site of the current driving range, will consist of 12 bays – six of them covered and heated. All the bays will be fitted out with new mats and accessories designed to improve teaching facilities.

The area round the bays will be landscaped and three target greens created – a new feature for the centre. The work is expected to take around three weeks.

The project is the latest addition to Cuckfield Golf Centre undertaken by owners Robert and Lucy Dickman. Since taking over 11 years ago the pair have transformed the centre to include a new clubhouse and shop, an improved and enhanced course structure and a resurfaced car park.

“We are really proud to be providing our members with a new, modern driving range which will enable them to practise in comfort all year round,” said Robert.

As temperatures drop, golfers are unlikely to need any encouragement to use the range, particularly as the club is also offering incentives including: happy hour with free cup of coffee, regular Challenges with prizes, bulk ball packages and a choice of practise ball amounts.



The driving range before the redevelopment

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C'est magnifique!



A team of cyclists who pedalled from London to Paris for charity have raised an amazing £22,450!

"It's beyond our wildest dreams - definitely one of the best experiences of my life!" said team leader Antony Warren, who organised the event to raise money for the Alzheimer's Society.

"I'm so delighted that all 12 of the Paris or Bust team made it through the 230 backside-numbing miles from London to Paris on our bicycles in just three and a half days!

"It was a huge physical and mental effort at times, especially unexpectedly having to climb 3,000 foot up massive hills after 60+ miles of an 88 mile ride on day 3!"

Incredibly the team only had 7 punctures and 1 crash. "And I was neither responsible for nor the victim of any of them!" said Antony.

Antony organised the event after his stepfather Tom King was diagnosed with Alzheimer's Disease. A former teacher and housemaster at Ardingly College, Tom is well known in the village for his involvement with the church choir, museum and European Association. His wife Andrea is a parish councillor.

The team included Antony's brother Martin and six of Tom's former students at Ardingly College.

"I'd like to say a massive thank you to every one of you who has donated, sponsored and contributed in so many ways towards our effort," said Andy. He added that donations can still be made by visiting the website: <http://bit.ly/W2QY46>

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Ansty Fun Day

PHOTO ROUND UP

Welly throwing and apple bobbing, pony rides and plate smashing were just some of the attractions at this year's Ansty fun day on Bank Holiday Monday.

Dozens of families gathered on the village green to enjoy an afternoon of traditional games and activities and to raise funds toward the new Village Centre.

Children's sports ranged from old favourites such as the sack and egg and spoon races to the more modern spacehopper race, with gold medals to be won in all age groups.

But the highlight of the afternoon was the dog show, when pets and owners competed for prizes, all hoping to be crowned Best in Show. With classes ranging from the waggiest tail and appealing eyes to best junior handling, there was something for everyone.

The event was organised by the Ansty Sports and Social Club, and Chairman Brian Fletcher said he was delighted with the success of the day. "Our priority is not to make money but to provide a cheap and traditional family event where local people can enjoy simple pleasures," he said.

"But we're very pleased to have raised over £4,000. That's £1,000 more than last year!

"We are indebted to all our sponsors and local businesses for their generous support, our committee members who work tirelessly each year, our exhibitors and most of all the public for supporting us."

Money raised has been added to the 'Ansty Village Trust' fund which is now half way towards raising £900,000 to build a new Village Centre.



Photo captions: 1) Spaniel Brandy, pictured with owner Becky Morgan, was crowned the dog with the most appealing eyes and went on to become runner up in the Best in Show class. 2) Chase Doherty was one of many children who enjoyed a chance to climb aboard a Shorland Armoured Patrol Car. Chase is pictured with Mark Collins from the West Sussex Area Military Vehicle Trust. 3) A photo finish as Jake and Thomas leap to victory in the sack race. 4) The tombola drew a steady stream of customers. Pictured from left, Doris Sotheran, Margaret Fletcher and Rosemary and Peter Chainey. 5) The Dog Show line up. 6) The cake stall was as popular as ever, with cupcakes among the best sellers. Pictured from left, Jo Steadman, Wendy Markwick (secretary of the Ansty Sports and Social Club) and Sue Castle. 7) Benjamin Steadman gives his dog Otto a big hug after winning second place in the 'dog and owner egg and spoon race', watched by brother Oliver who led Otto to second place in the junior handler class.



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A buzz about the village

VILLAGE GREEN

by Helly Eaton

How about some good news for a change? Many locals have been noticing a buzz about the village. After bemoaning the widespread loss of bees in our countryside, there's hope on the horizon. The gentle buzz of local bees was first met with excitement and then concern because, although they're all vital and very welcome, the majority seemed to be bumble and solitary rather than honey bees.

Now, though, we have good reason for optimism. A new hive, built by Cuckfield Local volunteer Ian Humphreys at Warden Park community garden and allotments, is already thriving. Fellow volunteer and natural beekeeper Caroline Whiteman brought a 30,000 strong colony of honey bees over from Kent and now they're doing so well that the colony has increased to around 40,000 and has had to have more space created in the hive.

"It's clear the queen is settled and laying eggs," says Caroline. "The bees are bringing in all sorts of colours of pollen from different flowers to make the bee bread for feeding the larvae. They're already well established and thriving."

Another sign the bees are doing well is that they're busy actively protecting the hive from the many wasps who try to get in to steal honey and baby bees as food for their own young.

It's hoped that the children at Warden Park will follow the progress of the new hive and learn more about the relationship between bees and the foods we eat. It's hard to overstate that if we want to go on enjoying fruit and vegetables in our gardens and allotments, as well as wild berries in the fields for the birds (and our jam!), we'd be stumped without the bees and other pollinators playing their vital part.

On a similar theme, Sussex Wildlife Trust (SWT) is running a new scheme called Nature Street to encourage and support neighbours to work together to create ideal wildlife habitats in their streets or communal areas. It's a great project because it enables us all to do something, however small, to encourage and protect local wildlife.

There's a plan afoot to expand this project here and create 'Cuckfield Nature Village' where even small actions, such as making a little hole in your hedge or fence for hedgehogs to get through or creating an 'insect hotel' at the bottom of your garden, could add up to healthy and active wildlife habitats in our local area.

If you fancy being involved or have any suggestions of your own, come and chat with us at the Cuckfield Local stall at the market (second Saturday every month in the High Street) or email Margaret at makaet@yahoo.co.uk. You can also read more about the SWT scheme at www.sussexwildlifetrust.org.uk.

And finally, if you're out for a stroll, you may notice the wildflower bed at the recreation ground has a snazzy new sign which tells you all about the plants and insects there. www.cuckfieldlocal.wordpress.com

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Evelyn Stenning

VILLAGE PEOPLE

By Claire Cooper

The birth of a baby is a magical moment for any new mother and most will never forget the midwife who helped their newborn into the world.

For generations of mums Evelyn Stenning has been that special person, delivering more than 400 babies in her 40 year career.

Now retired, Evelyn lives in the cottage she shared with her parents in Whiteman's Green, just across the road from where she was born.

The youngest of three sisters, Evelyn knew she wanted to become a nurse from a very early age. "We were all members of the Red Cross and my father worked at Cuckfield Hospital – so nursing seemed the natural thing to do."

After leaving Cuckfield Primary School, Evelyn took her first steps toward realising her dream by attending Portslade Secondary School and completing a pre-nursing course.

She then left Cuckfield to train as a State Registered Nurse at Redhill County Hospital. "I loved the training, even though we started at the very bottom working alongside the domestics sweeping the floors and changing the beds," she said. "Every night we had to remove the flowers from the ward, to store overnight in the bath and the following day had to remember which bouquets belonged to which patient!"

Until she turned 18, Evelyn worked on the children's ward before being allowed to nurse on the medical wards. But her ambition to become a midwife remained strong and in 1962 she transferred to St Mary's Hospital in Portsmouth to realise her dream and study midwifery.

The second part of the course was spent working in the community, giving Evelyn her first experience of delivering babies at home. "In those days we didn't have portable heart monitors – we relied on our ear trumpets!" said Evelyn. "And we had to guess the due date from

what we saw and what the mother told us."

After qualifying, Evelyn returned to Cuckfield and to the family home at Chilton Cottage, Whiteman's Green and moved across the road when the cottage was demolished.

She joined the maternity staff at the old Cuckfield Hospital in 1963 where she remained until the hospital closed in 1991. During her time at Cuckfield Evelyn progressed from staff nurse to a senior sister, delivering hundreds of babies many of them from families in the village.

"I've delivered a few babies in the car parks and some on the bathroom floor," said Evelyn.

"In the early days mums spent a whole week in hospital," she said. "It seems like a long time now, but it gave them a chance to gain confidence with feeding and caring for the baby before going home. And when they arrived at home there would often be an extended family to help. Today it's very different as mums can go home after just a few hours and sometimes there is very little support, which is sad."

For Evelyn every birth is special but some are particularly memorable. "I've delivered several of my friends' babies – which was always lovely," said Evelyn. "I've also delivered the babies of children I delivered many years earlier." Evelyn also kept in touch with one mother from her days in Portsmouth. "It was one of my first home births and we remained friends for around 30 years until she died a few years ago."

And while Evelyn couldn't possibly recall each birth, it seems all mums remember her. "I've been stopped as I walked down the street by mothers who remembered me delivering their children," said Evelyn. "Recently a lady passing my house in her car wound the window down to tell me I delivered her premature son who is now at University!"



"Caring for premature babies was an extremely rewarding part of my job, particularly when you see them finally leave hospital and go home."

Two premature babies have a particularly special place in Evelyn's heart and came back into her life following a chance meeting in Cuckfield Museum, where she works as a steward.

"I was on duty when a lady asked me if I was Sister Stenning who worked at Cuckfield Hopsital," said Evelyn. "It turned out that I had delivered her premature twin daughters.

"I remembered them immediately as we called them the 'Sugarbag Babies', as they each weighed less than a bag of sugar!"

The baby girls were born 10 weeks early and spent several weeks in a special care baby unit in Brighton before returning to Cuckfield and finally going home.

Shortly after the meeting in the museum, Evelyn was reunited with the twins Susan and Vivien Leverett - 33 years after the birth. "I had often wondered what happened to them, so it was lovely to chat and catch up on everything that has happened over the years," said Evelyn.

During her 30 years as a midwife Evelyn has seen many huge changes and perhaps the most significant was the introduction of scans.

"We used to have great surprises whenever we delivered a baby as the parents never knew whether they would be taking home a boy or girl" said Evelyn. "The earliest scans were unpredictable too and the surprise was even greater!"

Another major change has been having fathers present at the birth. "It's generally been a good thing," said Evelyn. "It certainly saves us having to run down the corridor to find them!

"Having the father at the birth is very special but it

really depends on the couple and it's unfortunate if some men feel pressured into being there."

Although new technology has dramatically changed the maternity services there is still an air of mystery around every birth. "Babies will come when they want and how they want regardless of what you do!" said Evelyn.

One of the saddest events in Evelyn's career was the closure of the old Cuckfield Hospital.

"I was on duty the day it closed and, after all the mums and babies had been transferred, we were left to close up and go home.

"Walking back home through the fields for the last time was incredibly sad. The hospital had been part of my life since I was a child and my father worked there. It felt almost like we'd had a death in the family."

Evelyn transferred to the Princess Royal Hospital, where she delivered her last baby in 1992 and retired the following year.

But retirement has not meant putting her feet up and Evelyn takes an active role in the community as a museum steward, Chairman of the Royal British Legion Women's Section, secretary of the Cuckfield Evening WI and a member of the National Health Service Retirement Fellowship.

In 2008 she was chosen by Cuckfield village to receive an award from Mid Sussex District Council for Outstanding Services to the Community, which turned out to be a reunion of long lost colleagues!

"I was invited to a lovely garden party where I met up with three former colleagues who were also receiving awards," said Evelyn.

And with 400 babies all passing through her hands, there are sure to be many more reunions ahead.

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Over and out from me

FROM THE MAYOR'S TABLE

By Lindy Elphick

My year as Mayor of the ISOC is nearly over and I have enjoyed the role immensely. I am glad to see that the three candidates who are 'going for it' this year are really making a brilliant effort to fundraise and I am sure the results night will make for an interesting and exciting election night on Friday 18th October. This year the election will be held at the Rose & Crown pub, so please come along and witness our annual corrupt election.

In these days of government cutbacks we are very fortunate as a community to have this quirky tradition, because the ISOC committee distributes all the funds raised by the mayoral candidates back into our local community. The one question I was asked more than any other during my fund raising year was "where does the money end up?" So I took the opportunity this year to ring around and ask the beneficiaries how they spent the funds received from the ISOC and how essential was it to their charity or organisation. The answers of how the money was spent were really varied but the reply to how essential was the same – very! Here are some examples of what recent ISOC funds have been spent on:

Orchard House, Cuckfield, looks after children with complex disabilities – our funds have helped with looking after the garden, sensory light equipment, ball play room, outings and holidays for the boarders.

Cuckfield Cosmos, youth football – line marker, goal post and improvement to the grass on the pitch.

Cuckfield Brownies – help subsidise those without the funds to attend Brownie camp, book bags, sports equipment, copier/scanner.

Cuckfield Pre-School Playgroup – sandpit and essential running costs.

LiveWire Youth Club – replace sofa that was falling apart.

Ansty Children's Christmas Party.

Cuckfield Scouts – essential funding to help with scout hut and running costs. Our local scouts are so successful they have a waiting list and need more help if anyone out there has some time to give.

Cuckfield Choir – a new choir set up this year for our senior residents. Singing is a wonderful way of bringing people together and is very beneficial to both mind and soul.

These are only a few of the examples – but hopefully enough to show you that any funds you give to any of the mayoral candidates leading up to the Election Night, or in the Village Procession collecting buckets on Saturday 19th October, will be redistributed to the most deserving, welcoming local causes.

So now I sign off as the 2012/2013 Mayor – it has been the most wonderful year for me. Thank you to those on the ISOC committee for their hard work and dedication. ISOC is approaching its Golden Anniversary in a couple of years and I hope with your support it will continue for a further 50 years!



More than a special school

CHAILEY HERITAGE

Living where you do, it's likely that you drive past Chailey Heritage from time to time. You'd be forgiven for believing it's a local special school on the A272. Nowadays it's so much more... This year the non-profit-making charity was renamed Chailey Heritage Foundation - formerly Chailey Heritage School - in recognition of the work they do with children and young people from the age of 3 to 25.

The charity was founded in 1903 by Mrs (later Dame) Grace Kimmins, a young nurse who was working in the East End of London with adults suffering from poverty-related diseases and deformities. Deeply moved by the many children born 'crippled' (as it was termed then) as a result of these circumstances, she made use of an old workhouse at Chailey in Sussex. It had no electricity and the nearest telephone was three miles away in Plumpton. She arrived with seven disabled London boys, determined to educate and teach a craft to ensure independence in adulthood. By 1936 her charity had progressed to create a boys' school and a girls' school, both equipped with operating theatres and medical facilities where education and treatment could be practised together.

Dame Grace's legacy continues today as the charity recognises a need, then works to fulfil it.

Today, the Foundation encompasses Chailey Heritage School, Children's Home and Futures@Chailey Heritage. The School achieved 'outstanding' status at its last two Ofsted inspections and is a pioneering centre of excellence for 3-19 year olds with complex physical disabilities. It shares its site with Chailey Heritage Clinical Services, part of the South Downs Health (NHS) Trust, allowing a multi-disciplinary team of expert teaching staff, therapists and medical professionals all on the same site. The Children's Home offers flexible care

packages up to 52 weeks a year. Futures@Chailey Heritage is a new transition provision for 19-25 year olds. Young adults with physical disabilities are helped to develop life skills in preparation for adulthood.

One arm of Futures@Chailey Heritage is specialist residential care for young adults. The other is the newly opened Futures Life Skills Centre, a state-of-the-art facility with a range of activities not readily available to young adults in the community with physical disabilities. The Life Skills Centre functions like a leisure/community centre for disabled young adults, on a pay-as-you-use basis, and it is currently able to extend its provision to those over 25.

When visiting the Life Skills Centre, young adults with physical disabilities at all levels of complexity are empowered with choices which include the use of a specially adapted gym, sauna and spa, both for leisure and for therapy purposes. Those requiring rehabilitation after injury can also book in. There are arts & crafts facilities including a 'rise & fall' potter's wheel, a wheelchair-friendly ICT suite with 3D printing and all the latest assistive technology, living skills and cookery training with 'rise & fall' counter tops, oven & cupboards plus talking appliances. There's music therapy and a range of services including manicures, pedicures, aromatherapy, reflexology and Indian head massage. Nearly ready for use is a salon for other treatments such as hairdressing and chiropody and there's a disability-friendly café - "GK's" (named after the founder), which is also open to the wider community. Any profits from the café are ploughed back into funding equipment for the Life Skills Centre, so when customers are enjoying their freshly made cappuccinos and home-made cakes and pastries they are helping a great cause!

So, if you thought you knew what Chailey Heritage was all about, it's time to think again!

Photo above: One young customer of the specially adapted gym got to meet HRH The Duchess of Cornwall recently. She officially opened Futures Life Skills Centre on 5th June.

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Celebrating Cuckfield's fruit trees

ON YOUR TABLE

Pear and Almond Cake

A scrumptious and gooey pear and almond cake.
Delicious served warm with clotted cream - or cold!

Ingredients:

- 150g unsalted butter, softened
- 125g caster sugar
- 2 medium eggs
- 75g wholemeal self raising flour
- 75g ground almonds
- A good pinch of cinnamon
- For the caramelised pears:
- 3 pears (reasonably firm but not rock hard)
- 25g unsalted butter
- 1 tbsp granulated sugar

Method:

1. Preheat oven to 170°C/gas 3. Grease a 20cm diameter springform cake tin and line the base with baking parchment.
2. Peel, core and quarter the pears.
3. Melt the 25g butter in a frying pan big enough to take all the pear pieces, over a medium high heat. When it's bubbling, add the sugar and stir gently until it has dissolved into the butter. Add the pears and cook gently, turning once or twice, until they have softened and are starting to colour – 5-10 minutes. Set aside to cool.
4. In a mixing bowl, beat the softened butter with the caster sugar until pale and fluffy. Beat in one egg at a time, adding a spoonful of the flour with each to stop the mix curdling.
5. Combine the remaining flour, the ground almonds and the cinnamon, and fold into the mixture. Scrape into the prepared tin. Arrange the pears on top and pour on any buttery juices left in the pan.
6. Bake for about 40-50 minutes or until a skewer inserted into the centre of the cake comes out clean.
7. Stand the cake in its tin on a wire rack to cool for a few minutes, then release the tin.

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By Caroline Whiteman

Sussex was once renowned for its wonderful orchards but many of these have been grubbed up and developed or given over to grazing in recent decades. Since 1950 Natural England estimates that overall orchard area in England has declined by 63%. Most fruit now comes from supermarkets and is often flown in from South Africa, Argentina and New Zealand! It's not all bad news though, many of us are lucky enough to have fruit trees in our gardens or community spaces that this year will be gifting us with their glorious harvest. Friends and family often have fruit to share from their trees. There is a kind lady in the village (who shall remain nameless) who has allowed me to collect apples from her sensational garden for the past few years. Tasting all that exquisite fruit is such a blessing as these varieties simply can not be found in shops.

Below are a couple of recipes you might like to try which allow the flavours of the apples and pears to really shine through...

Apple Pancakes

Ingredients:

125g/4 oz spelt or wholemeal flour
1 teaspoon baking powder
(or use self-raising flour)
1 teaspoon cinnamon (optional)
1 teaspoon caster sugar
1 egg
1 tablespoon plain yoghurt
150ml milk
1 apple
Oil or butter

Method:

1. Sift the flour, baking powder and cinnamon into a large bowl. Stir in the sugar, and make a well in the middle of the mixture.
2. Break the egg into the well and add the yoghurt. Using a wooden spoon, start stirring them into the flour. Gradually add the milk to make a thick, smooth batter that drops off the spoon.
3. Peel and core the apple and slice thinly. Add the apple slices to the batter.
4. Heat a griddle or a heavy based frying pan, and brush with a little oil or melted butter.
5. Drop tablespoons of the batter, well spaced apart, onto the hot griddle or frying pan. The batter should sizzle as it hits the metal.
6. Cook over medium heat until bubbles start to appear on the surfaces and the pancakes are golden underneath.
7. Flip the pancakes over and cook until the other sides are golden brown. A knife and fork works well for this, rather than a spatula.
8. Keep the cooked pancakes warm in a clean folded tea towel while you cook the rest.

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Ging Gang Goolie

Are you good with knots, great with numbers or skilled at pitching tents? Then the 1st Cuckfield Scout Troop needs your help!

The Troop is looking for more volunteers to help run its 3 sections - Beavers (age 6 to 8), Cubs (age 8 to 10) and Scouts (age 10 to 14). "We have a great team of volunteers helping to run the different sections and also an executive committee working hard behind the scenes to ensure the group has enough funds," said leader Mike Schlup. "But the group currently has a long waiting list of children wishing to join and the more volunteers we have then the more chance there is for the boys and girls on the waiting list to be able to join the group."

Mike is particularly keen to hear from former scouts or parents whose children have benefitted from joining the scouts. "Many readers of Cuckfield Life will have children who are currently in or have been through one of the Cuckfield Scout sections. Some of you were no doubt

Scouts or Guides in your youth (remember the smell of baked beans over the camp fire to the sounds of Ging Gang Goolie?!).

"1st Cuckfield Scouts depends entirely on volunteer helpers to keep going and we are always looking for new faces to get involved. Whether you're good with knots, great with numbers or know how to pitch a tent, if you'd like to find out more about helping out then please get in touch."

The group needs fundraisers, quartermasters, a group secretary and helpers to assist each section. Although the roles are voluntary, anyone who helps with the Group will receive a discount on their child's membership if they join.

To find out more about joining the 1st Cuckfield Scouts, or if your son or daughter wants to be part of the group then visit <http://1stcuckfield.org.uk>, email exce1stcukfield@yahoo.co.uk or call Guy Thornett on 07976 081011.

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Former Radio 1 DJ on tour

The last British person to interview John Lennon, broadcaster Andy Peebles, is kicking off a speaking tour at Clair Hall in Haywards Heath.



Andy, who was a DJ on BBC Radio 1 for 13 years, will entertain by talking about some of the hundreds of music, sport and political personalities he has interviewed. More than just a music radio presenter, Andy has interviewed three British prime ministers, commented on cricket for the BBC and regularly presented shows on national radio for four decades.

This year Andy is celebrating 40 years in broadcasting with a tour which will be visiting Clair Hall on Thursday 26th September. He will be sharing memorable moments of his career, including excerpts from the interview with John Lennon and Yoko Ono conducted two days before the former Beatle was murdered in 1980.

We have a pair of tickets to give away to one lucky reader of Cuckfield Life. Simply email your name and address to competition@cuckfieldlife.co.uk before Friday 20th September. One person will be drawn at random and notified.

Tickets to the show can be booked via Clair Hall's website at: <http://bit.ly/1dtPScb>

Using pattern in the home

DESIGN AT HOME

By Fiona Evans, Limited Editions

Is your living room looking a bit washed out or your bedroom a little tired? Would you like to give your home a bit of an uplift? Using pattern is a great way to add depth, create focus and generate interest. Inspiration can come in various guises, most obviously by sourcing patterns in complementary colours to those already in the interior. As always nature in the world around us is a constant source of inspiration, providing us with such patterns as leaves and flowers, animal prints, honeycombs etc.

Once we have sourced the relevant design with the suitable pattern to uplift the interior in question, the trick is to achieve the right balance of pattern against a plain background, whether you simply want patterned scatter cushions and window treatments or a striking piece of patterned art in the form of a bespoke rug, snazzy bespoke upholstered chair or dynamic wall art, or perhaps you would like to keep it subtle? Consider the scale of the pattern and the size of the room. A small pattern in a large interior will look more like a texture and a large pattern in a small room will dominate, especially when thinking about wallpaper or curtains. A patterned wallpaper will enclose an interior if used on all walls but limited to a small area it can make a statement and act as a focus. Let patterns bounce around the space, avoiding a cluttered feel by mixing the same colour combinations at different scales and designs. It's a careful balance, knowing how much to add to avoid cluttered chaos and which to add to the mix. If the existing scheme is neutral there is a blank canvas to add to and you can really go to town adding sympathetic coloured patterns. You may want an explosion of cushions in complimentary patterns on your sofa, with a picture behind it or a gentle pattern on the rug in front. Or perhaps one or two cushions to lift the scheme or a throw to add interest or comfort.

If adding coloured patterns to a scheme really isn't an option as you would like to keep the space neutral, it can still receive a boost by incorporating pattern through texture and woven design in your chosen neutral.

Alternative to taking inspiration from existing upholstery and colour schemes, patterns are present in the bare bones of the house. These may be easier to see if living in an older property where architectural details are a gift. Shadows cast through the frames of beautiful windows, an image taken from an encaustic tile, the shape or style of a piece of detailing, the design of an old radiator, by just using a bit of imagination patterns can be seen and recreated. A striped rug inspired by a chunky radiator for example, perhaps a twisting pattern suggested by a spiral staircase or a pattern echoed from Art Nouveau or Art Deco details. Apply pattern with fabrics, paint, pieces of art, accessories such as vases or by grouping pieces together.

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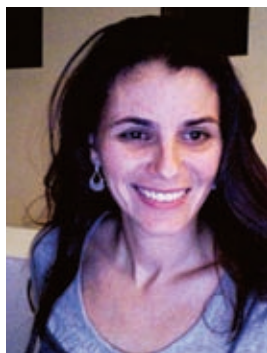


What does a doula do?

Ali Norell is a Cuckfield resident who carries out reflexology, massage and is also a fertility, pregnancy and birth support for women. Here she explains what it is that a 'doula' does...

By Ali Norell

Back in 2007, when I undertook my first serious piece of doula training in central London where I lived, the awareness of doulas (pronounced 'doola') was low, and their presence at births often questioned. Basically, a doula is an experienced woman who offers practical and emotional support to a mother-to-be from somewhere around



midway in her pregnancy to the birth itself, and often beyond. Two popular phrases which help to describe what a doula does are 'holding the space' and 'mothering the mother'.

We are not medically trained and, contrary to some popular belief, neither are we there to challenge the medical profession. Rather, we are advisors to and advocates for an expectant couple; helping them to navigate the often tricky and confusing waters of birthing and hopefully enabling them to feel a sense of empowerment and confidence in what is unarguably one of life's greatest challenges and achievements. We attend births in hospitals and homes, for however long or short a time that birth takes; we are a constant presence, we never leave our client's side.

Just like a birth, a doula's work is varied and can never be planned or structured. Some of the services I have performed for my mothers-to-be range from writing birth preferences, spending an evening demonstrating various positions to help 'turn' a breech baby, giving reflexology,

holding steady a birthing mother while speeding through traffic in a blue-light ambulance, cutting umbilical cords, helping to administer gas and air while an expectant father passed out, making and delivering post-natal herbal baths, teas and chicken casseroles and advising on breastfeeding. I have never argued with a midwife and have stayed in touch with many of my 'clients' over the ten years I have been attending births.

I do not know the number of births I have attended because I fell into doulaing by accident. As a reflexologist specialising in fertility and pregnancy work, there came a time when I started being asked to go along to births to give reflexology. At the time I was working in the small team of renowned obstetricians Dr Gowri Motha and Dr Yehudi Gordon and was privileged to attend many births at the wonderful Hospital of St John and St Elizabeth in London, which has since sadly closed its maternity wing doors. I worked with many celebrities during this time and can attest that they experience the same anxieties and exhilarations during pregnancy and birth as the rest of us!

I came to this work after a number of career choices failed me and can honestly say that this is less of a career and more of a calling. Since becoming a mother it has come to mean even more to me, as I feel that the mysteries of birth have been opened up and I have even more knowledge that I can share. I birthed both my children at home and was privileged to have two amazing experiences.

What is particularly special to me is getting to know a woman before she conceives, giving her reflexology treatments during her pregnancy, supporting her through her baby's birth and then welcoming her and her new baby at my baby massage class in Cuckfield.

Not every birth turns out as the mother has hoped, but the role of a good doula is to support the expectant couple through whatever journey their baby has chosen to take with them and help them to feel positivity and empowerment during one of life's greatest experiences. That, for me, is the true privilege of a doula's work.

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- 20th **Craft Fair**
- 27th **Cuckfield Vintage Emporium**
An unrivalled selection of vintage homeware, gardenalia, designer labels and country antiques from Sussex's most original stallholders
11am – 4pm

October

- 11th **Craft Fair**
- 19th **Cuckfield Vintage Emporium**

ADVANCED NOTICE

Cuckfield Dramatic Society's Murder Mystery Play with a meal served between acts.
Thursday 31st October & Friday 1st November
www.cuckfielddramaticsociety.com

AND ELSEWHERE

September

- 18th **Mid-Sussex Decorative and Fine Arts Society Lecture** - 'Roman Britain and Christianity' by Sam Moorhead. 10.15 for 10.45am at Clair Hall, Haywards Heath.
- 19th **The National Trust Mid Sussex Association Winter Lectures** – Clair Hall, 2.30pm
'The National Trust & the South Downs National Park' by Jane Cecil (NT General Manager – South Downs)
- 21st **Haywards Heath Music Society opening concert**
Pavlos Carvalho and Ensemble Reza
St Wilfrids Church, 7.45pm. Tickets £12 (£11 conc)
www.haywardsheathmusicsociety.org.uk
- 25th **Ansty Garden Club talk by Clive Gravett**
'The History of Lawnmowers'
Ansty Village Hall, 7.45pm
- 27th **Macmillan Coffee Mornings** at both
The Old School and Ockenden Manor Hotel & Spa
Both events start at 10am

October

- 4th **Quiz Night** for Holy Trinity PTA and Farm Africa
Holy Trinity School, 8pm
- 4th **Open Mornings** at Great Walstead School
& 5th Starting at 10am
- 10th **The National Trust Mid Sussex Association Winter Lectures** – Clair Hall, Studio 7.30pm
"Richard 111" by Mark Perry Nash
- 11th **Mark Grant's Mayoral Campaign's Grand Prize Draw** at The Wheatsheaf Inn, 8pm
- 12th **Charity Poker Night** at the Rose & Crown
Open to novices and poker kings and queens
Registration from 7.30pm, play starts at 8pm
£10 to enter plus an optional £5 top up
Cash prize for the winner and runner up
Proceeds to Mike's Cuckfield Mayor campaign
- 12th **Cuckfield Local Food Market**
High Street, 9.30-12.30pm
- 18th **ISOC Mayoral Election Night**
The Rose & Crown from 8.30pm. Polls close at 11pm
- 19th **ISOC Mayor's Procession**
Cuckfield High Street, 2.30-5pm. Leaves Warden Park School at 2.30pm. Assemble from 1.30pm
- 25th **Opera Night** with Jo Appleby and Andrew Rees.
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