

# Cuckfield Life

Inc. Brook St, Ansty, Staplefield & Bolnore Village

Local village talk,  
by the village

Issue #38 : Dec/Jan '16

Free



Parish Council news

page 14

Cuckoo Choir sings out

page 20

Christmas events/services

page 16

# SOLD in 2015



Brook Street, Cuckfield



Burrell Green, Cuckfield



London Road, Cuckfield



Whitemans Green, Cuckfield



High Street, Cuckfield



The Brambles, Cuckfield



Brainsmead Close, Cuckfield



Woodhall Close, Cuckfield



Hatchlands, Cuckfield



Blunden Drive, Cuckfield



Church Platt, Cuckfield



Broad Street, Cuckfield

A small selection of the properties sold in the village this year. For advice on sales and lettings in the coming year pop in to our High Street offices or call us now on 01444 451818. Helping people move in Cuckfield since 1988. [www.marcusgrimes.co.uk](http://www.marcusgrimes.co.uk)

**marcus  
grimes**  
estate agents

**By David Tingley, Editor**

Happy Christmas Cuckfield! With this issue we are on the very precipice of the festive season. This is reflected in a number of our articles' themes.

Fiona Evans takes a look at all sorts of decorations and how they change the feel of our homes at this time of year on page 9.

Margaret Tyzack-More recalls the various celebrations and customs and asks us to consider how our simple actions can make an impact on this vast world we inhabit. Read about it on page 10.

We have the two local churches: Holy Trinity sharing its thoughts on the season and listing key services during this month on page 16, and Cuckfield Baptist Church invites you to its Carol Service - see page 18.

Claire Cooper has also been along to the annual Independent State of Cuckfield's Christmas Dinner to grab a photo – see over the page.

Elsewhere we are delighted to highlight two very different types of performers in the village!

On page 20 we focus on The Cuckoo Choir, an over 60s community choir which meets in The Old School every Friday afternoon. We are grateful to Kate Fleming for writing this article.

At the other end of the scale is our Village People feature on page 12, which introduces us to Luke Bohanna and Kat Chase. The duo have taught children street dance, also at The Old School, for many years. Claire Cooper finds out what led to them starting BPM Dance Academy.

The usual What's On is included at the back of our magazine on page 22. As ever, can I encourage you to let us know of any events which are taking place in/around Cuckfield before 28th December please. Our next issue comes out on 15th January - so we'll be looking for anything happening end of that month and February. Email details to: [editor@cuckfieldlife.co.uk](mailto:editor@cuckfieldlife.co.uk)

Issue #38 – Dec/Jan 2016 – 3,500 copies printed

Next magazine copydate: 28th December 2015

Next magazine published: 15th January 2016

**Cuckfield Life**

The Barn, Hurstwood Grange, Hurstwood Lane, RH17 7QX

Telephone 01444 884115  
[www.cuckfieldlife.co.uk](http://www.cuckfieldlife.co.uk)

Editor: David Tingley  
Assistant: Claire Cooper  
<[editor@cuckfieldlife.co.uk](mailto:editor@cuckfieldlife.co.uk)>  
Advertising: Annie Thompson  
<[ads@cuckfieldlife.co.uk](mailto:ads@cuckfieldlife.co.uk)>

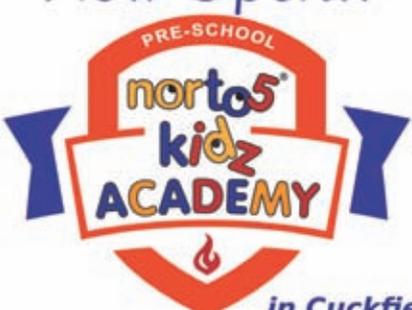
Disclaimer: The opinions expressed within the magazine are of the individual authors and not necessarily those of the editors. Whilst the editors welcome contributions & photographs, this is on the understanding that there is no obligation to include them and that the item may be edited & that there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

**Cuckfield Life** Published by Kipper



 **Andy Walker**  
Christmas lights adorn  
Cuckfield High Street

**Now Open!!**



**in Cuckfield**

A dedicated and specialised  
Pre-school for 3-5 year old children

**Come and see us!!**

**0845 004 5226**  
[www.norto5kidzacademy.com](http://www.norto5kidzacademy.com)



**Leading the way in quality care**



**ELITE CHOICE**  
HOME CARE

*An independent provider of superior quality home care based in Hurstpierpoint.*

From our new office in Hurstpierpoint High Street, our highly experienced team of Carers can deliver a comprehensive range of care services to people within our local community and surrounding areas.

**Our services include:**

- Personal Care
- Administration of Medication
- Companionship
- Shopping and meal preparation
- Laundry and light domestic duties

All our Carers are DBS checked and insured and either hold or are working towards a recognised care qualification.

To discuss how we can provide the very best care, tailored to your individual needs, please phone us on 01273 840625 or make an appointment to pop in and meet us.




101 High Street, Hurstpierpoint, West Sussex, BN6 9PU  
Tel: 01273 840625 E-mail: [admin@elitechoicehomecare.co.uk](mailto:admin@elitechoicehomecare.co.uk)

# NEWS

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

## Water upgrade

After 11 bursts in five years, South East Water is planning a project to upgrade 1.3 kilometres of old pipe in Borde Hill Lane near Cuckfield to reduce the risk of homes and business in the area going without tap water in the future.

The work will be taking place between the junction of Copyhold Lane and a point 400 metres north of River's Road, just south of Upper Rylands Bridge.

Access to all businesses along Borde Hill Lane, such as Borde Hill Garden, will be maintained at all times.

Work starts on 11th January and will last approximately 18 weeks. The diversion route will be clearly signposted and take motorists through Haywards Heath, Cuckfield and Balcombe.

For more information visit:  
<http://bit.ly/1NvOyG6>

## Festive lunch is served

Christmas arrived early in Cuckfield when nearly 100 residents gathered in the Queen's Hall to enjoy a festive lunch.

The annual event, organised by the Independent State of Cuckfield, was open to those aged 65 and over, either living in the village or with strong connections.



Following a welcome by Mayor Ken Gregory, the guests tucked into a traditional Christmas lunch, complete with wine and crackers. Entertainment was provided by the Singing Allsorts, Cuckoo Choir and pupils from Holy Trinity School, and even Santa found time to drop in and wish everyone a Merry Christmas!

Students from Forest House at Warden Park School were also on hand to welcome and assist the guests.

This year's event was organised by Lianne Knapman a new band of volunteer helpers.

## Local Builders in Mid Sussex



Telephone 01444 454776

[www.helmeandhallett.co.uk](http://www.helmeandhallett.co.uk)

Constructing solutions for our clients with care



Members of the National Federation  
of Builders

Helme & Hallett Ltd

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

# Bosom buddies

By Ginny Rogers

Members of the Mid Sussex Breast Cancer Support Group are hoping to celebrate the New Year with news of grant funding.

The group, which meets at the Old School, provides support for ladies in the area who have been diagnosed with breast cancer and are undergoing treatment or have just completed their treatment but still enjoy the support of like-minded ladies.

"Recently we were informed that the NHS is no longer prepared to fund us," said Ginny Rogers. "We were all pretty devastated as we enjoy the group so much and felt the support has helped so many through their journey. So we made a group decision to carry on regardless and formed a committee."

With the help of a Macmillan Co-ordinator, members have applied for a grant from Macmillan to form an independent group. "The process is still ongoing but even if we do not get the grant, we have decided we will still continue!" added Ginny. "The grant will enable us to fund the cost of the hire of the room, refreshments, and a twice yearly newsletter. We also intend to fundraise between us." She added that the group also hopes to provide transport for members who need help getting to meetings.

Over the years members have welcomed a range of speakers, including doctors, researchers, nutritionists, feel good demonstrators and yoga teachers.



Social events have included pub lunches, outings to places of interest and a visit to the Breast Cancer Care Fashion Show in London every October, see photo above.

"At the moment we have between 20 and 30 members which we anticipate will grow as unfortunately more and more ladies are diagnosed with this dreadful disease," said Ginny. "But with all the camaraderie and support from one another, these ladies are able to get through their treatment and beyond."

For more information or to make a donation contact Ginny Rogers on 07794 068468 or email [ginny.groome@fsmail.net](mailto:ginny.groome@fsmail.net)



## GRAY HOOPER HOLT LLP

SOLICITORS

For all your legal needs

-Haywards Heath and Redhill offices -

Call 01444 411333 or visit

[www.grayhooperholt.co.uk](http://www.grayhooperholt.co.uk)

[info@grayhooperholt.co.uk](mailto:info@grayhooperholt.co.uk)



## Spice and all things nice

**OPEN FOR BUSINESS**

Last month Cuckfield's popular eatery Spice Village celebrated its third anniversary and invited all to come to a special evening which included a free glass of bubbly. The Indian restaurant was opened by owner Mofozzul Miah back in 2012. He saw the opportunity to open his own place having always worked for someone else up to that date. And so Spice Village was born. "We took over the building after the previous business had ceased trading. I knew there was a market for this kind of food in Cuckfield, we just had to do it right," Mo explained.

When perusing the menu - Poppadoms already in hand - we could have enjoyed a range of starters including King Prawn Butterfly, Sheek Kebab or Chicken Chat Puree. In the end we decided on Vegetable Pakora and Onion Bhaji; both of which were light and very flavoursome.

For mains there were many options to choose from. The very hot Chicken Naga, prepared with the notorious Bangladeshi naga chilli. The classic Madras made with either lamb, chicken, king prawn or vegetable; but in the end we decided on something milder. The Lamb Bhoona (similar to a Rogan, we were told, but less tomatoey) was extremely pleasant and went especially well with the Pilaw Rice we had ordered. Alongside (and shared

by agreement!) we tucked in to something we had never tried before: Chicken Handi. Mo suggested the yoghurt-based dish as something a bit different from their Signature Dishes menu. The taste was amazing, and it looked great too with a bright red sauce and green peppers. Accompanying our mains was a side of Saag Aloo (spinach & potato) and the most delicious Peshwari Nan. You could certainly taste the coconut and sultanas, with the soft bread also having some sweet, crunchy edges too.

For pudding we were treated to a speciality Indian dessert made from vermicelli (known as shemai in Bengali). The sweet, served cold, was a creamy texture with the fine pasta, sultanas and cashew nuts. It was a simple and light way to finish a fantastic Indian meal. Mo and his team did a great job and always ensured we were happy, glasses topped up and had what we needed.

Spice Village is open seven days a week (including bank holidays) from 5.30pm. Call 01444 441373 to book your table in the restaurant on Ockenden Lane. They are even taking bookings for Christmas Day at just £29.95 per person. If you just fancy staying in on Friday night, then takeaway is no problem either. See the website [www.spicevillagecuckfield.co.uk](http://www.spicevillagecuckfield.co.uk) for the full menu.



Spice Village | 1 Ockenden Lane, Cuckfield RH17 5LD | 01444 441373 | [www.spicevillagecuckfield.co.uk](http://www.spicevillagecuckfield.co.uk)

the  
*Style Lounge*  
hair-n-beauty



The Style Lounge  
Unit 1, 20 Middle Village  
Bolnore Village,  
Haywards Heath RH16 4GH

## Your hair and beauty salon based in Bolnore Village

At The Style Lounge we offer a wide range of top services, from hair cutting and colouring to elemis facials, waxing and even permanent makeup!

So whether your after a complete restyle, heavenly pampering or a new set of smudge-free perfect brows we have the right treatment for you. There's even a free car park right outside!

Call 01444 410576 to book your appointment today!

*Call today...*

01444 410576

[www.hair-n-beauty.co.uk](http://www.hair-n-beauty.co.uk)

Buy an  
Elemis Facial  
Course and  
get FREE £25  
product!

Offer ends  
31/12/16



## HERE'S AN IDEA...

- ✓ YOU ARE POUNDS/LBS LIGHTER
- ✓ YOU HAVE A TIGHT AND TONED FIGURE
- ✓ YOUR FITNESS LEVELS ARE THROUGH THE ROOF
- ✓ YOU HAVE ELIMINATED STRESS AND FEEL ENERGISED
- ✓ YOU FEEL EMPOWERED WITH SELF CONFIDENCE

LET ME TELL YOU HOW TO MAKE THIS YOUR  
REALITY IN 2016...

We are taking just 16 local residents who are fed up of failing, fed up of falling off the waggon and fed up of not feeling healthy and confident about themselves

You will join our ego free and supportive community that is 100% focused on getting you the results you deserve....Or your money back!

THIS IS NO 'QUICK FIX' NEW YEAR'S RESOLUTION  
THIS IS YOUR HEALTH AND FITNESS SOLUTION

APPLY NOW  [www.potentialpersonaltraining.com/solution](http://www.potentialpersonaltraining.com/solution)



LOST 25cm FROM HER MIDDLE



LOST 3 STONE!

POTENTIAL  
PERSONAL TRAINING

CALL US NOW

01444 484129

# BURGESS HILL GIRLS. TUNED IN

APPLY NOW  
FOR PLACES IN  
SEPTEMBER 2016

[burgesshillgirls.com](http://burgesshillgirls.com)



Excellence in Education Since 1906

Charity Number 307001



**RePast**  
HISTORICAL DINING WITH A TWIST



Come and join us in  
Haywards Heath for an intimate  
supper inspired by the food  
from our past...






repastupperclub.co.uk repastsc@gmail.com

**Cuckfield i wear** - All throughout the winter we are offering a **free** single vision pair of spex' (selected frames) with every Varifocal from the Booth and Bruce range! ([www.boothandbruce.com](http://www.boothandbruce.com)) Did you know the sun is lower in the winter? Worse for drivers, so why not get the 'free' pair made into distant sunnies? Just £10 for the tint! A bright idea! Wishing you all a very happy xmas and healthy new year.

01444 459412 [www.cuckfieldiwear.com](http://www.cuckfieldiwear.com) 8 HIGH STREET CUCKFIELD  
WHERE WINDOW SCENE WAS!

## World decorations

### DESIGN AT HOME

**By Fiona Evans, interior designer**

Christmas is around the corner and decorations are being unpacked and hung in place. Glittery stars, clever colour-changing LED lights, vintage-style paper chains, glowing lanterns, baubles and stylish table decorations to complement your theme. Aside from glitzy modern examples, there are decorations steeped in tradition and legend. I have scoured the internet searching for unusual Christmas decorations from around the world.

For example, a Greek tradition going back hundreds of years, when most Greek men worked out at sea, is to decorate model boats; the model boats symbolising the safe return of the men. They are painted gold, decorated with nuts and carried by children when they go carol singing on Christmas Eve.

Whereas in Mexico legend has it that two children named Pablo and Maria were unable to afford flowers to lay by the Nativity scene in their local church, so instead placed a bunch of weeds there as a present for baby Jesus. Instantly the leaves turned bright red and onlookers said it was a miracle. From then on locally grown Poinsettias were placed by Nativity scenes. Their bright red colour leaves and shape symbolize the Star of Bethlehem and blood of Christ.

While in the Ukraine decorating the tree with plastic spiders and spider webs brings good luck! According to legend there was a family who couldn't afford to decorate the pine tree that had taken root outside the cold, tiny hut they called home, so a well meaning spider helped out by weaving webs in the tree on Christmas Eve which glistened in the sunshine on Christmas Day.

Local greenery is used throughout the world, depending on tradition and availability in winter, so that while in Britain holly and ivy are best, in Australia walls will be decorated with bunches of 'Christmas Bush', a native Australian tree with small green leaves and shiny red flowers in the summer and white in winter. Cypress branches with red coffee berries are the choice in Costa Rica, wound into wreaths and embellished with ribbons. Christians in India decorate banana or mango trees, while in Greenland a traditional decoration is a piece of driftwood decorated with heather alongside the many Christmas trees which are imported from Denmark. In Greenland you will also see many illuminated stars hanging in windows to bring light to the long dark nights.

If fir trees are not available, such as in Indonesia, fake Christmas trees are used, usually constructed in plastic but the more elaborate ones are made from chicken feathers.

Fruits and vegetables have their place in Christmas décor, as I gather that German children will hunt for the pickled gherkin shaped bauble hidden deep in the tree, winning another present for finding it, while ornaments shaped like fruits decorate Christmas trees in Croatia. Once upon a time these were real or candied and sometimes dipped in gold.

Happy Christmas everyone.

# Traditions and customs to change the world

## VILLAGE GREEN

By Margaret Tyzack More, Cuckfield Local

Where to begin? There seems to be even more chaos than usual this midwinter season over and above all the planning, buying of presents, preparing menus for the holiday and general Christmas festivities.

There is the issue of climate change for instance, brought to the fore by the great summit in Paris that has just taken place. Is it or isn't it changing? Is it us who have created this? What can we do about it? Lots more about world issues too that we could talk about but not now. Not today. Time to forget all that. Walk in the fresh air, take a turn around the garden, in the woods, be in nature for a while, breathe deeply and be at peace. Peace! That's it! The pure joy of being at one for a moment with all of creation. Pausing to watch a bird, a ray of sunshine reminds me that 21st December is the day the sun comes to rest at the end of its yearly journey south. The light of day is shortest and the dark of night the longest whilst the sun is still before beginning its journey north once more.

From the dawn of civilisation there have been rituals to welcome the returning light. The midwinter feasting and celebrations during the twelve days of misrule in our lands are echoed in our traditional Christmas dinner, where family and friends come together to laugh and enjoy this special time. In ancient Rome the solstice was welcomed

by the joyous and unruly Saturnalia where, by all accounts, anything was allowed. In later centuries they also celebrated the birthday of the unconquered sun on 25th December. This custom originated in Syria apparently, which brings us back full circle to the need for peace.

Julia Butterfly Hill said: "We cannot have peace on the earth until we have peace with the earth." How about we do our bit by thinking about some new year resolutions? No, please don't yawn and turn the page. There's fun to be had. Have a chat with yourself, your partner, your friends and family to come up with a couple of things you could do between you that could be helpful to the earth, our planet home. You might decide to eat less meat, to plant some pollinator friendly flowers this spring, turn the heating down a degree or two or support our local organic farmers. Go on. Get creative. You can do better than I can. This is where the fun begins. Write yourself a 'note of intent' to remind you of what you chose to do. Write a few more and hide them around where they can be found in a few weeks' or months' time. In this way there is a chance of really achieving your New Year Resolutions through 2016.

Cuckfield Local donated the revenue from our December Market to Chestnut Tree House Children's Charity. There will be no market in January.



## Hawkes Upholstery

Hawkes Upholstery is a father and son run business that offers traditional recovery, making new furniture and repairs in many fabrics including leather.

For a free estimate call Ryan on 07703 826999 or Peter on 07887 892490

B Lodge, The Farmers Stores, Gate House Lane, Goddards Green BN6 9LD Answerphone: 01273 239932



**Cuckfield Local Market**  
wishes all of its customers  
**A Happy New Year!**

*Don't forget, we have no market in January!*

For market updates follow us on Twitter @Cuckfield Local

[www.cuckfieldlocal.wordpress.com](http://www.cuckfieldlocal.wordpress.com)



## Woodies Bar hosted inaugural beer festival

Around 100 people turned up to the first Bolnore Beer Festival at the Woodside last month. Visitors enjoyed 16 different beers from some of the best breweries, both old and new, in Sussex, several of which came along to support the event. This was all soaked up by delicious hog roast and live music was provided by Kevin Dawson who played a variety of hits from the 60s right through to the present.

Two of the more interesting beers were a Flapjack Jack Stout from the Isfield Brewing Company and a gluten free lager which is now the regular lager on tap at Woodies Bar at the Woodside on Friday and Saturday nights.

Plans are already under way to stage a much larger all day beer festival next summer, to appeal to families as well as beer lovers. For more information or to purchase a souvenir pint glass from the first Bolnore Beer Festival for £5.50 per glass, please contact Alison at [events@bolnore.org.uk](mailto:events@bolnore.org.uk) or at Woodies Bar on Fridays or Saturdays.



## Mobile Foot Clinic

TREATMENT IN THE COMFORT OF  
YOUR OWN HOUSE

Tel: 0755 7870 482

**Do you suffer discomfort from...?**

- ✓ **Corns**
- ✓ **Fungal Nail Infection**
- ✓ **Athlete's Foot**
- ✓ **Ingrowing Toe Nails**
- ✓ **Diabetic Foot Care**
- ✓ **Callus**
- ✓ **Verrucae**
- ✓ **Thickened Nails**
- ✓ **Cracked Heels**
- ✓ **Nail Trimming**

**Other Foot Problems...?**

**To Arrange For an Appointment Please Contact**

**Sajeed (S.A.C Dip, RFHP)**

*Qualified and Registered Foot Health Practitioner*

REG NO:- S175395 ([footreg.org](http://footreg.org))

**Fully Insured & Clean CRB**



# Luke & Kat

## VILLAGE PEOPLE

When Luke Bohanna and Kat Chase launched a Saturday morning street dance class in the Old School in 2011 they were delighted when eight children arrived, as it meant they'd covered their costs.

But just six months later the pair were sharing their passion for dance with more than 100 students and today their academy is regarded as one of the most successful street dance schools in the south.

It's been a whirlwind few years for Kat and Luke as BPM Academy has surpassed their wildest dreams. But, when they're not dancing, Luke and Kat's feet are firmly on the ground as they plan for the future, and attribute their success to shared goals, work ethic and a strong friendship which began at Warden Park School.

### By Claire Cooper

Luke is Cuckfield born and bred. "My mum and grandparents are all from Cuckfield so my roots are very much in the village," he said. "My mum remembers being in the very first Mayor's procession, so I was really keen for BPM to get involved and be a part of it too. Not only does it give something back to the village, it's great fun!"

Luke's grandfather is also a former winner of the annual village Walking Race. "I was proud to follow in his footsteps earlier this year by winning the 'non-residents' category of the race," said Luke, who shares a house in Haywards Heath with Kat.

The pair both attended Warden Park School but it was an after school drama club which really brought them together. "We were one year apart at school, so didn't really get to know each other until joining Stages Performing Arts," explained Kat, who grew up in Wineham.

But when their shared passion for dance and obvious talent was spotted, the pair quickly forged a close bond and were soon dancing together in shows and competitions.

"The dance competitions we entered were 'disco freestyle' – lots of high kicking, glitter and leg warmers!" said Kat. "Fortunately the leg warmers are long gone but we still like a bit of glitter!"

Travelling around the country to dance competitions meant Luke and Kat became familiar with both the dance venues and the judges. Little did they know that one judge would go on to become a household name...

"Len Goodman would always run the competitions at Camber Sands," said Kat. "We were really surprised when we saw him on TV heading up the judging panel on Strictly. He'd been judging us for years!"

During their time with Stages, Luke and Kat gained a



thorough grounding in different dance styles including Freestyle, Ballet, Tap, Modern, Rock 'n' Roll, Street and Musical Theatre, and appeared in shows at the Hawth, the Royal Albert Hall, Sadlers Wells and Disneyland Paris.

They even had their first taste of teaching. "When we were 15 we were encouraged to help teach the younger students," said Luke. "That's when we both discovered that we loved to teach!"

After leaving school, Luke and Kat successfully auditioned for the famous Italia Conti Academy of Theatre Arts in London and were offered places on a Musical Theatre Diploma course, where fellow students included Pixie Lott. "Luke went straight after his GCSEs at 16 but I took my A Levels first, which meant we joined a year apart," said Kat.

The pair soon found themselves commuting to London every day. "We'd sit together on the train and get told off for reciting monologues," Luke recalled. "At college it was nice for us to have someone we knew from back home as stage school can be a very fickle environment," added Kat.

The three year course was fast paced and often gruelling. "It was very high intensity – we danced solidly with just the odd 15 minute breaks to change our leotards," said Kat. "We worked our socks off for three years but it was the most valuable training we could have had," said Luke.



"We now pass this on to our own students, particularly the discipline and the work ethic! Performing arts is very hard work – you have to work to the best of your ability at all times."

After leaving Italia Conti, life became a whirlwind of auditions and jobs including commercials, shows and music videos, including one with Paloma Faith. Kat also featured in a Bollywood film, while Luke joined cruise ships travelling and dancing all over the world.

"I spent eight months on a ship travelling around Australia," Luke recalled. "When I wasn't doing shows I spent most of my time sitting on a beach."

In 2010 the pair found themselves working together again – not dancing but selling clothes at All Saints shop in Gatwick Airport. "We were in-between jobs and working on the shop floor," said Kat.

With a shared dream of setting up their own dance school, the pair decided to set up Saturday morning dance classes in Cuckfield to earn some extra money. "Our first class was on 30th April 2011 at the Old School," Luke recalled. "Eight children turned up."

Word spread and two months later 50 students were regularly dancing with Kat and Luke, who were also running workshops at local primary schools. "By the end of the year we had 100 pupils," said Luke. "We had doubled in size without even trying and even had a waiting list. But more importantly we learnt that we loved teaching more than performing."

The business continued to build with Luke and Kat offering mid-week classes at schools across Mid Sussex. The pair came up with the name BPM (beats per minute) and Luke designed the logo and website.

"We knew there were no other street dance classes in the area but the response was absolutely crazy – we couldn't believe it," said Luke. "We always hoped this would happen but didn't expect it to explode!"

After six months students were ready to enter competitions and BPM launched its first 'crew'. "We always wanted to compete and for students to have the experiences we had," said Luke. Before long students were bringing back the first trophies to Cuckfield and inspiring their fellow dancers. BPM now has 50 students in three crews competing all over the country.

"We take our crews to competitions in Blackpool, Portsmouth, Guildford and National Street Dance championships at Camber Sands," said Luke. "We're

"We used to sit together on the train and were frequently told off for reciting monologues!"

also busy planning for a show next May at The Hawth in Crawley which will involve 190 students." The academy also holds an annual awards night at Clair Hall.

"Every half term we run dance workshops, bringing in some of the best dance teachers in the UK," added Luke. "The kids love it as they have often come across the teachers on the judging panels at competitions."

With classes running all day on Saturdays and after school clubs during the week, BPM now has more than 300 members, ranging from Luke's nephew who is just 4 years old up to 17.

"Teaching young children is relatively easy as they have no inhibitions," said Kat. She added that 90% of children are absolute beginners when they start. "Everyone gains something from learning to dance," added Luke. "Parents tell us they have seen their children's confidence increase and they often do better at school."

Luke and Kat's next goal is to open their own studio and they are currently on the lookout for suitable premises. "We don't want to take the businesses out of the local community, so are looking for somewhere in or near to Cuckfield," said Luke.

"Having our own studio would mean we could run more classes and train more of our dancers to become teachers," added Kat. "We'd also have somewhere to display the trophies the crews keep winning!"





## Winter Advice

The Parish Council would like to ask residents to look after their neighbours and to check on any frail or vulnerable neighbours to make sure they are keeping warm and have all the essentials. We would also ask that, if safe to do so, residents clear the snow from the pavements in front of their homes. Government advice is as follows:- 'Clear snow from a road, path or cycleway. You can clear snow and ice from pavements yourself. It's unlikely that you'll be sued or held responsible if someone is injured on a path or pavement if you've cleared it carefully.'

When you clear snow and ice:

- Do it early in the day - it's easier to move fresh, loose snow
- Don't use water - it may refreeze and turn to black ice
- Use salt if possible - it will melt the ice or snow and stop it from refreezing overnight (but don't use the salt from salting bins as this is used to keep roads clear)
- You can use ash and sand if you don't have enough salt - it will provide grip underfoot
- Pay extra attention when clearing steps and steep pathways - using more salt may help

**The Parish Council would like to wish all residents and their families a healthy, Happy Christmas and New Year.**

## Calling Winter volunteers...

The Council is always seeking volunteers who are at the ready to help clear snow and ice from the pavements. If you are able to help this year or know of anyone who would be interested in joining the scheme, please contact the Parish Office for further information on 01444 451610. Alternatively, you may own a 4x4 vehicle and would be prepared to help if needed, say taking an elderly person to hospital. Please contact the Parish Office with your details so we can add you to our list of people to contact in an emergency. And finally, thank you to last year's volunteers and we hope you will continue to be a volunteer this year with kits at the ready!

## Date for your diary...

Rain or Shine Theatre Company present: A Christmas Carol at The Queen's Hall on Tues 22nd Dec at 7.30pm. Tickets available from the Parish Office or Credit Card Hotline: \*03306 600541 \*standard UK call rate

This newsletter is published independently by Kipper Creative Ltd for Cuckfield Parish Council. The Parish Council does not guarantee or endorse any of the services or products advertised in this publication.

**R H**  
**Cuckfield**  
**Pest Control**  
and  
**Cuckfield**  
**Mole Control**  
**01444-420031**

Incorporating  
**Sussex Mole Control & The Wasp Man**  
Qualified & Insured  
Domestic, Commercial, Agricultural  
Bee swarm removal by a Beekeeper  
**01444-420031**

**SUSSEX WEALTH**  
**MANAGEMENT LIMITED**  
WEALTH MANAGEMENT CONSULTANTS

**A wealth of expertise on your doorstep**

We provide an experienced wealth management service and offer specialist advice in a wide range of areas including:

- Investment planning
- Retirement planning
- Inheritance Tax planning

For further details contact Michele or Ross on:

**Tel: 01444 458197**  
**Michele Mobile: 07984 448526**  
**Ross Mobile: 07985 911364**  
Email: [sussexwm@sjpp.co.uk](mailto:sussexwm@sjpp.co.uk)  
Website: [www.sussexwealthmanagement.com](http://www.sussexwealthmanagement.com)

# P & S GALLAGHER

Family Funeral Directors & Monumental Masons

Fraser House  
Triangle Road  
Haywards Heath  
RH16 4HW

01444 451166



Weald House  
111 Lower Church Road  
Burgess Hill  
RH15 9AA

01444 239869

*Pat, Sandy and Matthew Gallagher, formerly of Cuckfield*

Golden Charter  
Funeral Plans 

[www.pandsgallagher.co.uk](http://www.pandsgallagher.co.uk)



classes now in cuckfield

## fisherpilates

cuckfield golf club, staplefield road rh17 5hy

current timetable  
check website for free taster session dates

Monday	8 pm	Beginner - Improver
Tuesday	8 pm	Absolute Beginner / Back to Basics
Wednesday	9 am	Beginner - Improver
	11 am	Absolute Beginner / Back to Basics
Friday	9.30 am	Beginner - Improver
	10.45 am	Improver - Intermediate

mobile 07961 322 256 [cowfisher@fisherpilates.com](mailto:cowfisher@fisherpilates.com)

[www.fisherpilates.com](http://www.fisherpilates.com)



## Dave 'G'

*Painting & Decorating  
Carpentry & Joinery  
Gardening  
Shed Re-Felting  
Tiling and more...*

Quality Workmanship

Experienced, Reliable  
and Friendly Service

Fully Insured

Free Estimates

Mob: 07719358174

Home: 01444 246538

Email: [dgasson3@aol.com](mailto:dgasson3@aol.com)



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

## Christmas at Holy Trinity

Dear friends,



"When all things were in quiet silence and night was in the midst of her swift course, your almighty word leapt down from your royal throne"

Wisdom 18: 14-15

It's a busy time of year, isn't it?

By the time you read this, the great Christmas Tree Festival will be taking place at Holy Trinity and preparations will be in place throughout our community for the celebration of Christmas and New Year. Decisions will have to be made. Who shall cards be sent to? What presents are to be given? To whom? Who will be invited to Christmas lunch? Turkey? Mistletoe? A real tree? What a host of questions, and yet I expect that in spite of all of the questions of preparation, most people really enjoy Christmas, tinsel and all. I know that I do!

At the heart of this celebration, however, is the utter simplicity of a stable – the first dwelling place of a new-born baby. The words I quoted above seem to me to capture the mystery of God's reaching out in time and space to reveal his love for each and every one of us through the birth of Jesus together with his walking life's journey alongside each one of us. The irony is that the almighty word turns out to be a baby born in the humblest of circumstances.

We see so much in the world which shocks us, very often shaking us out of complacency. Yet the birth of Jesus assures us that 'Emmanuel' – God is with us' – is with us in each of our situations. In fact, he meets us where we are and loves us for who we are. Now that is something to celebrate and give thanks for – signs of hope to a troubled world.

May I wish you a wonderful Christmas and joyous New Year from all at Holy Trinity.

Michael Maine (Vicar)

## The Cuckfield Nativity Friday 18th December at 6pm

A first! Join us as we journey from the church, travelling with Mary and Joseph around the churchyard and area singing carols. We find angels, shepherds and kings before we reach the new-born baby Jesus at the Old School and then enjoy mulled wine etc. together. The Nativity lasts about 40mins. and is suitable for the whole family. Bring a torch and wrap up warm!



#### **Friday 18th December**

6pm The Cuckfield Nativity – starts in church

#### **Sunday 20th December**

8am Holy Communion

9.45am Family Carol Service and Nativity

6pm A Festival of Nine Lessons and Carols

#### **Thursday 24th – CHRISTMAS EVE**

2.30pm Crib Service

4.30pm Crib Service

4.30pm Stable Service (The Old School) particularly suitable for small children, who are welcome to come dressed as shepherds and angels and help to tell the Christmas Story.

(These three services are ticketed - free - available from the church office during office hours Monday to Friday 9am to 12noon)

11.15pm Midnight Mass – a joyous celebration of Jesus' birth

#### **Friday 25th – CHRISTMAS DAY**

8am Holy Communion

9.45am Family Eucharist with carols

#### **Sunday 27th – Feast of St John the Evangelist**

8am Holy Communion

9.45am Parish Eucharist  
(No Evensong)



A VERY

DIFFERENT  
*Christmas*



WHAT ARE YOU

HOPING FOR

THIS YEAR?



COME AND FIND OUT MORE AT  
OUR CAROL SERVICE

*Cuckfield Baptist Church*

Sunday 20 December at 4pm

Carols around the tree, a short service & seasonal refreshments

*Last chance to join us for carols in our old building  
before we move into our new one*

Cuckfield Baptist Church, Polestub Lane, RH17 5GP

for more Tel: 01444 473531

Email: [cuckfieldbaptistchurch@outlook.com](mailto:cuckfieldbaptistchurch@outlook.com)

# How could I miss such great village events?

## FROM THE MAYOR'S TABLE

By Ken Gregory

Being away on holiday for a couple of weeks meant that I missed a couple of events in the village.

The annual London to Brighton Veteran Car Run has always been one of my favourites ever since the route was directed off the A23 and through our village. This year the day was bright and dry and large crowds turned out to give the veterans great support.

Bonfire Night was also well supported and, after a wet day, the weather dried up for the evening celebrations. Let's hope the organisers made a lot of money for charity.

Last month the Independent State of Cuckfield sponsored the Golf society's first event of the Calendar year at Pyecombe golf course and earlier this month I was pleased to join the celebrations at the annual Senior Citizens Lunch. (I'll be giving a more detailed report on this next month.)

As another very successful year for the ISOC comes to a close, on behalf of the committee I would like to wish you all a very Merry Christmas and a happy and prosperous new year.



Veteran Car Run photo: Nigel Wilson Photography



## SUNDAY SPECIAL

4 COURSE MEAL for £11.95 pp

Including any starter any main any side dish any rice or any nan you can choose from the main menu.  
(King prawn mixed grill salmon fish £2.50 extra)

Tel: 01444 441 373 or 01444 451 123

Spice Village, 1 Ockenden Lane, Cuckfield, West Sussex RH17 5LD

Open 7 days a week 5.30-10.30pm  
[www.spicevillagecuckfield.co.uk](http://www.spicevillagecuckfield.co.uk) \* Takeaway available \*



# NHS AUDIOLOGY SERVICES

Using the most advanced digital hearing aids available

Action for Deafness 

For more information, please contact our head office:  
☎ 01444 415582 📠 01444 415587 📞 01444 415593  
✉ [info@actionfordeafness.org.uk](mailto:info@actionfordeafness.org.uk)  
🌐 [www.actionfordeafness.org.uk](http://www.actionfordeafness.org.uk)

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

MAKING THINGS HAPPEN for Deaf and hard of hearing people

Charity No. 1122579 Company No. 6205458





## Being part of the family

### THE CUCKOO CHOIR

**By Kate Fleming**

Christmas, they tell us, is all about family. Getting together, caring for each other, celebrating, empathising and belonging.

If that is so, then Christmas happens early every Friday afternoon in The Old School in Cuckfield where The Cuckoo Choir meets to sing.

One Friday afternoon, as the time approached to sing in earnest, the pianist Fiona, flourishing in her 80s, had not appeared. Everyone was anxious... 'she's never late', 'perhaps her car has', 'maybe she thinks that'. Concern penetrated through the group, and then she arrived, swept in exuding an aura of stardom, sped to the piano and struck the first chords. Relief, warmth and closeness exploded and the singing began.

This over 60s choir is open to everyone who fits into that age category, and the range of musicality is extensive – professional, amateur, experienced, non-experienced. The only requirement is a love of singing and an appreciation of friendship and companionship. They gather early for tea, biscuits and plenty of chat then, after an hour or two of singing, adjourn to The Talbot for something to relax and nurture those stretched and weary vocal chords.

The standard of singing, however, is high. One might be tempted to have thought that this was a 'round the piano singsong for a couple of hours' but how wrong that assumption would have been. Under the talented baton of Jane Haughton this choir produces an excellent sound. Four-part harmony from male and female voices brings texture and depth to a wide range of music delivered with delight, commitment and a breadth of choral expertise.

Daphne Stuart, for example, an original Cuckoo Choir member, Cuckfield born and bred, sang for years in the Holy Trinity Church Choir and John Bunn, who used to live next door to Daphne's grandmother, was a choir boy there 70 years ago. He can still 'hold his audience' when requested. 'Are you ready darling?' he checks with Fiona before he slides effortlessly into The Mamas and the Papas 'Dream a little dream of me', capturing the romance and allowing us to momentarily drift into the oblivion of happy love memory. 'Say nighty night and kiss me' indeed! Brian sings bass; he has always loved singing and comes from a musical background. His mother was a talented pianist. His life, however, has been devoted to sport. He wrestled for a living for some years but has always sung, even if it was only in the rugby dressing room with the lads. Now, he jokes, his voice is the only part of his body that remains undamaged.

Norma sang professionally in the Royal Opera House chorus for many years and here, in her ninth decade, she performs the solo in Handel's 'Lascia Ch'io Pianga' with sheer beauty, emotion and confidence. 'When the night's over the sun will rise again' is now indelibly printed on the musical memory of everyone privileged to be present for that special Friday afternoon moment.

Originally Norma was accompanied by her stepdaughter Dee, who enjoyed it so much that she stayed and is now a staunch member.



Sarah Cheesmur's idea for The Cuckoo Choir was inspired by her mother, 92 year old Mo. She had been a music and history teacher at Warden Park School since the opening in 1956, and her love of singing has always been strong. Sarah wanted to provide an opportunity for Mo and others to sing together. Hence The Cuckoo Choir was born. Along with her husband Pete and many friends, plus the invaluable financial support from The Independent State of Cuckfield and West Sussex Community Initiative Fund, the firm foundation of the choir was established, ensuring that the organisation and administration is quietly efficient so that the enjoyment and rewards for everyone, singing and listening, are rich and plentiful.

Jane Haughton is a powerful catalyst in the success of this community choir, leading from the front in all ways. She is enthusiastic and encouraging, fun and inspirational, demonstrating when necessary, always positive and complimentary. Showing that positive reinforcement is not the sole prerogative of the classroom and childhood but is important throughout life. Underlying her charm and affection, however, is a hard taskmaster; returning to complex sections of the scores to make sure that choir confidence is high and that their musical knowledge and expertise moves forward and performance constantly improves. As an audience you feel they want you to listen to them, enjoy their singing and get as much pleasure out of hearing as they get out of singing.

Banter, laughter and fun permeate the afternoon; the atmosphere is joyful. Arrive tired, stressed and out of sorts with the world and leave refreshed calm and at ease; that seems to be the plan for The Cuckoo Choir. There is a restorative quality embedded in the power of the arts which nourishes wellbeing and is strengthened by the collective nature of singing together to produce an artistic achievement.

The 21st century has many wonderful advantages. We are healthier, live longer, know more, travel across the world, enjoy so much more about this amazing planet, and beyond, but it also has a dark side which perhaps we have created ourselves. Lifestyles are demanding for both young and old and community structure has insidiously altered to suit contemporary culture. Meeting up to sing together once a week, creating a great sound, laughing and joking, enjoying a cup of tea or a glass of wine, developing talent and belonging seems to be a great idea and might even shine a light on that dark side of this wonderful century.

The choir have been rehearsing their Christmas numbers in readiness for their appearance at the Christmas Tree Festival, which recently took place in our beautiful Holy Trinity Church.

Happy Christmas and a peaceful healthy 2016 from The Cuckoo Choir. If you are one of those people who relate to the glam rock 70s band Wizzard and ... 'wish it could be Christmas everyday' or even if you are not, then drop in to the Old School at 2pm on a Friday afternoon 'when the choir starts singing and Fiona begins to play' where, at least, it can be Christmas every week!

"Thank  
you for  
bringing  
music  
back into  
my life"

Norma

# What's on this month

## AT QUEEN'S HALL

## AND ELSEWHERE

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

### Monday

- 9.30am **Fluid Physio** (Pilates)  
10.30am **Fluid Physio** for Injured/Beginners/Improvers  
11am **Weigh In – Work Out**  
1.30pm **Join the Line**  
7.30pm **Haywards Heath & District Canine Society** – Ring Craft

### Tuesday

- 9am **Tiny Soccerstars**  
9.30am **Tinkerbells** - music classes for children  
3pm **Codanza**  
6.30pm **Haywards Heath & District Canine Society** – Obedience Class  
7pm **Pilates**

### Wednesday

- 9.30am **Tinkerbells**  
10am **Stroke Communications Group**  
12.30pm **Zumba Dance Fitness**  
1.30pm **Modern Line Dancing**  
4pm **Codanza**  
8pm **Best of Ballroom Cuckfield Dance Club**

### Thursday

- 9.30am **Tumbletots**  
9.30am **Tinkerbells**  
10am **Pilates**  
7.30pm **Social Ballroom and Latin American Dance**

### Friday

- 7.30pm **Evening Flower Club** - (2nd Friday/month)

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

### December

- 22nd **A Christmas Carol** by Charles Dickens performed by the Rain or Shine Theatre Co  
Doors open 7pm, show starts 7.30pm  
(Tickets from QH office, or online at [www.rainorshine.co.uk](http://www.rainorshine.co.uk))

### December

- 18th **The Cuckfield Nativity** – 6pm, starting at Holy Trinity Church with a short walk around churchyard to The Old School. Suitable for families. More info p.16  
20th **Carol Service** – 4pm, Cuckfield Baptist Church  
24th **Crib Service** – 2.30pm & 4.30pm, Holy Trinity Church. (FREE tickets from church office)  
24th **The Bolnore Family Christingle Service** – 4pm The Woodside, Bolnore Village. Hosted by Grace Church  
24th **Stable Service** – 4.30pm, The Old School Particularly suitable for small children (FREE tickets from church office)  
25th **Holy Communion on Christmas Day** 8am, Holy Trinity Church  
25th **Family Eucharist with Carols** – 9.45am Holy Trinity Church

### January

- 5th **NHS Retirement Fellowship Mid-Sussex** – 10.15am, Franklands Village Hall 'A Hearing Dog' by Sue, Ian & Jasmine  
19th **Cuckfield Evening WI** – 8pm, Old School 'Ghosts of West Sussex' by Rupert Matthews  
21st **Mid Sussex Association of the National Trust** 2.30pm, Clair Hall, Haywards Heath 'Japanese Gardens, an Appreciation' by Stephen Morphew  
20th **Mid Sussex Decorative and Fine Arts Society** 10.14am, Clair Hall. 'Paula Rego: Tales of the Unexpected' by Linda Smith. Non Members welcome (£7)  
23rd **Burns Supper** by Mid Sussex Caledonian Society at Cottesmore Hotel Golf and Country Club. It will be a traditional Burns Supper with a piper and toasts. (Further information 01403 252694 or see [www.midsussexcaledoniansociety.org.uk](http://www.midsussexcaledoniansociety.org.uk))  
26th **Royal British Legion Women's Section** – 2.30pm, Old School, Cuckfield Dramatic Society  
31st **Ensemble Reza Concert** – 3pm, Holy Trinity Church. A wonderful afternoon of music featuring Dvorak's String Sextet in A major Op.48 and Tchaikovsky's Souvenir de Florence. (Tickets from Wealden Stores or Pepperbox)

## Thanks for the crossing

"Dear Cuckfield Life, please say a great BIG 'thank you' to the Parish Council for the new crossing on London Road. They do listen! Thanks again."  
From the residents at Tower House Close

# Our advertisers

## CALL THEM!

### Services

Marcus Grimes (estate agent) .....	2
Elite Choice Home Care .....	3
Helme & Hallett (builders) .....	4
Gray Hooper Holt LLP (solicitors) .....	5
Cuckfield Pest Control.....	14
Sussex Wealth Management.....	14
P&S Gallagher (funeral directors).....	15
Dave G (decorator) .....	15
Lead On Pet Services .....	23
Mansell McTaggart (estate agent) .....	B

### Out & About

Spice Village .....	6
Repast Supper Club .....	9
Cuckfield Local Food Market.....	10

### Retail

Cuckfield i Wear .....	9
------------------------	---

### Education/Childcare

Norto5 Kidz (pre-school).....	3
Burgess Hill School .....	8

### Health/Lifestyle

Potential Personal Training.....	7
Perfect Toe Foot Care.....	11
Fisher Pilates .....	15
Action for Deafness.....	19

# Promote your business here every month...

Be in front of thousands of local readers as they find out more about their community



Call David today on  
01444 884115 or email  
ads@cuckfieldlife.co.uk

[www.cuckfieldlife.co.uk](http://www.cuckfieldlife.co.uk)



**CONTACT**  
07837 656722  
leadonpet@btinternet.com  
leadonpetservices.co.uk

### SERVICES

 <b>Dog walking</b> Group walks or individual walks	 <b>Pet sitting</b> Please call for consultation
 <b>Puppies &amp; older / less mobile dogs</b> Home visit, gentle exercise & playtime	 <b>Pet transport</b> Please call for consultation
 <b>Cats &amp; smaller animals</b> Home visits	



**"We sell more property  
in the Cuckfield area than  
any other agency"**

That's right, more people in the Cuckfield area rely on Mansell McTaggart to sell their home than any other agency\*.

Sellers choose us because with 17 offices, we're the largest independent agency in Sussex, giving us a buyer-reach like no other agent.

**£100**  
to your favourite  
Cuckfield school  
or nursery when  
you sell with  
us

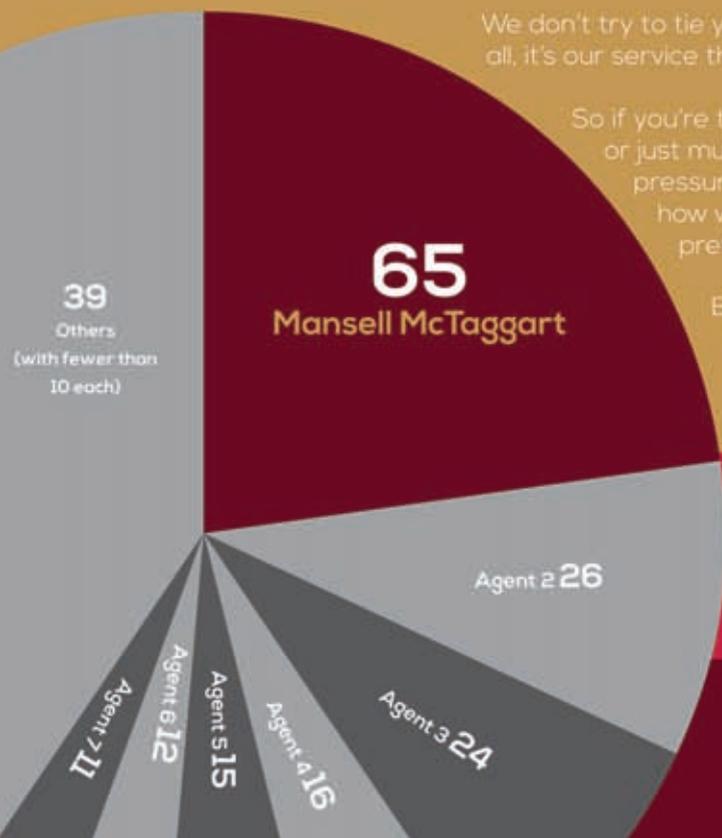
We don't try to tie you in to excessive contracts either. After all, it's our service that should keep you with us, not the law!

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

Best wishes

*Richard, Mel and Michael*

\*Source: rightmove.co.uk, all residential sales agreed in RH17 in the year to 16 Sep 2015



phone **01444 417600**  
email [cf@mansellmctaggart.co.uk](mailto:cf@mansellmctaggart.co.uk)  
web [mansellmctaggart.co.uk](http://mansellmctaggart.co.uk)  
tweet [@mansellcuck](https://twitter.com/mansellcuck)  
pop in **The Nook, High St, Cuckfield RH17 5JX**

**MANSELL  
McTAGGART**  
ESTATE AGENTS SINCE 1947