

Cuckfield Life

Inc. Brook St, Ansty, Staplefield & Bolnore Village

Local village talk,
by the village

Issue #51 : January '17

Free

What a Tree Festival!

page 9

Where's the nearest Defibrillator?

page 16

Bolnore CIC needs you

page 26



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EDITORIAL

By David Tingley, Editor

Life on this side of January often feels quiet in the village doesn't it?

Many of the big events that Cuckfield is renowned for happen later in the year - and spring tends to be when organisers plan other gatherings and fundraisers.

So as we wait for the warmth to come - take a few minutes out of your day to peruse these pages and find out more about the place you love to live!

We can, however, look back with fondness on the brilliant **Christmas Tree Festival** from December. Well done to the team who put it together - see the results on **page 9** - thanks Suzanne for contributing this article.

Around the same time **Wilf Knighton**, unofficial mayor of Cuckfield, handed over a cheque to the **Tennis Club** - as he gets used to donning the mayoral regalia. You can share the moment on **page 5**.

Rev Michael Maine writes his usual letter on **page 12** with some sage advice for the new year.

On **page 16** we have printed a really important article which highlights the location of all the **defibrillators** in both Bolnore and Cuckfield. This idea was suggested by a reader who realised that they didn't know where to go for a defib machine in a genuine emergency. It is our plan to run this content throughout the year, in order to keep it in all our minds. Do have a look and download the app.

Claire Cooper goes beyond the graves again, in a bid to find the stories of those buried in the churchyard. This month it's that of **Henry Kingsley** - who lived in the shadow of his famous brother by all accounts. Read more on **page 20**.

Sebastian Candelon brings us a tasty recipe on **page 24**, specific news items for **Bolnore Village** can be found on **page 26**, meet Cuckfield poet **Nicky Wood** on **page 32** and your regular **interior design** column by **Fiona Evans** is on **page 34**.

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 Amy Hayden
A winter sunrise over
Holy Trinity churchyard

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NEWS

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

February Frolics – tickets now on sale

**Rattled at Southern Railway?
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A two course meal, a one act play and a variety of sketches make this annual event always fun! Just two nights: Friday 24th and Saturday 25th February 2017. Ticket price, including supper, is just £15. The fun starts at 7.30pm at the Queens Hall.

This year the theme is travel, with entertainment about the struggles of travelling whether that be via family car on holiday, the anxieties of flying or just trying to get to work (in the case of the Southern Railways).

A selection of comic sketches themed on travel and a one act play, *On Hold at 30,000 Feet* by Kitty Burns, and a two course meal. Expect fun to be poked at the airlines, traffic jams, roadworks, and the rush hour!

Book now for the best seats! Tickets available from Marcus Grimes, Wealden Stores and www.cdsweb.co.uk

Carol Concert success

A carol concert organised by members of Mid Sussex Dementia Forum, a group of people living with dementia, was held in early December at Holy Trinity Church with an attendance of over 130.



Photo: Ray Major presenting cheque to Sue Rennie

Visitors, including students from Warden Park Academy, and organisers hit the high notes with some carols performed by Cuckoo Choir.

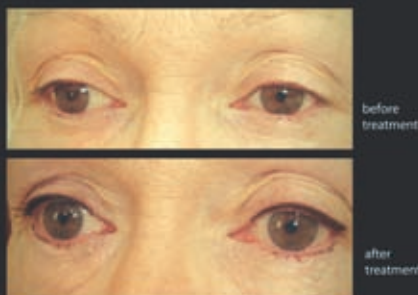
Sue Rennie, Alzheimer's Society Services Manager for West Sussex North, said: "It was a fantastic event which will help raise awareness of dementia in the local area. And the Cuckfield & Lindfield Rotarians also presented us with a cheque for £1,000 too! Thank you."

For more information on dementia and the services available in Cuckfield, call Alzheimer's Society Sussex Helpline on 01403 213017.

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Donation given to Tennis Club



Members of Cuckfield Tennis Club were pleased to receive a generous donation from the Independent State of Cuckfield last month. The club urgently needs to replace the courts and the £5,000 will go some way towards the £30,000 cost. Here Mayor Wilf Knighton presents the cheque to Tennis Club Chairman David Shore.



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Christmas Trees decorated in style

CUCKFIELD TREE FESTIVAL

By Suzanne Reid

The village of Cuckfield was invaded in early December by a significant number of visitors who came to enjoy the spectacle of 78 trees in Holy Trinity Church. Some were inspired by decorations on the trees to go away and emulate them. I was particularly amused by some of the toppings, my personal favourite being, an inflatable dolphin.

I loved the Yellow Brick Road theme from Marcus Grimes, the plethora of crafty ideas on Sussex Crafts tree and the crochet style enormous baubles courtesy of Ensor.

From Tuesday 6th December until Thursday evening, when The Friends of Holy Trinity had a luxury preview, the church was closed. Trees were delivered on Tuesday and installed, electrics followed on Wednesday. On Thursday a rather gloomy forest of trees inside the church was ready to be transformed into the sparkling wonderland enjoyed by this year's visitors, many of whom were visiting for the first time.

The Partner Charity this year, Parkinson's UK dressed its tree in bright turquoise blue with many handmade blue Santas. In the Old School, members ran a stall with seasonal goods, including some of those Santas. Alongside an amazing raffle there was a silent auction of a painting of the Lychgate heading from the village high street towards the church, which Pam Maslin created. It was the second piece of artwork she had completed for the festival. The first formed the advertising material!

Warden Park Academy and Holy Trinity Primary School each provided a musical slot, taking their place alongside other local musicians. The musical extravaganza finished with Cuckfield Church band staying on and playing carols for the closing carol service.

Michael Maine was kept busy with children admiring the crib scene in the high altar and explaining that the absence of the baby Jesus was because He did not arrive until Christmas Day. Several times the clamour was so great that he was forced to find the final figure, who was safely waiting in the vestry, and give these young inquisitive Christians a sneak preview.

By Sunday, as the last chords of the last carol died away, the lights went out and on Monday all the glitter was cleared away by a dedicated team of cleaners and clearers, leaving the beautiful Grade I Listed church to resume its usual business until next year.



Photo: Paula Clark



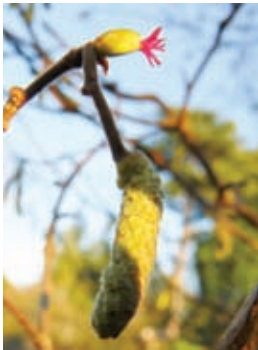
Photo: Paula Clark



Nature spotting this month

By Peter Lovett

These beautiful snowdrops flower in January. Almost open here (right) in Cuckfield on 16th January last year. There are other, smaller, less conspicuous flowers open at this time too, those of wind-pollinated plants. Hazel is one. Not needing to attract insects, it lacks petals. The tiny female red flower stigmas (below) catch passing hazel pollen released from hazel catkins, the male flowers. If pollinated, they develop into delicious nuts in the autumn.



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

Welcome the New Year

Dear friends,



"For all that has been, Thank you. For all that is to come, Yes!"

Dag Hammarskjöld

This quote by Hammarskjöld, perhaps the most talented of all the Secretary-Generals of the United Nations who served from 1953 until his death in an air crash in 1961, is an excellent help in considering the way in which we should approach the New Year we have just entered. Truly giving thanks for the past and seeking to enter the future with the excitement of anticipation can colour the way in which people view the world.

I know many have been saddened by the decision of the parochial church council to close the Friday night Youth Club in the Old School. It was a very difficult decision, and one not taken lightly. It has caused us all much pain. One of the reasons was the realisation that, in spite of repeatedly publishing the need, our pool of consistently available committed adult volunteers was insufficient to provide the safest environment needed for such work. Our resources are finite and although we are proud of what we have achieved within the Youth Club, we felt that we should use our resources to focus more on the increasing number of young people and families attending church.

This does not mean that we are trying to draw back from the community. Far from it! We are wholeheartedly committed to serving and engaging effectively within the parish in the fullest manner possible. Sometimes this means looking anew at what we seek to achieve and occasionally making painful decisions.

We give thanks for the past decade or more during which the Youth Club has run, rejoicing in the contribution of young people, young leaders, youth support workers and volunteers alike. At the same time, we look forward confidently to new engagement and challenges, and in this we can join Dag Hammarskjöld in saying, For all that is to come, Yes!

With all best wishes, Michael (Vicar)

What's On...

Join us for our **Candlemas Procession** at the 9.45am Eucharist on Sunday 29th January to celebrate the Feast of the Presentation of Christ in the Temple

Every Sunday: **Sunday's Cool** – for children from 0 upwards in the Old School (in the church on the first Sunday of the month) @ 9.45am

First Tuesday of the month: **Little One's Church** (pre school) – enjoy a story, some songs and a prayer @ 11am in church

Messy Church – termly: Phone Hilary Turner-King for details, or check the church website: www.holytrinitycuckfield.org

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Jan/Feb 2017

My year begins...

FROM THE MAYOR'S TABLE

By Wilf Knighton, Independent State of Cuckfield

On 9th December Cuckfield came alive! Metaphorically speaking, of course. The road was closed to traffic and people took over the shopping area for the Christmas festival. Lights were festooned between the buildings and a snow making machine installed to help create the right atmosphere.

Twenty seven shopkeepers dressed their windows in a variety of ways to portray Christmas scenes and prizes were awarded: First place Foord Brown, second Hairsmith (Sue Selby) and third went to Cuckfield Dental Practice .

Entertainment was on tap provided by Drum and Bugle corps; Irish dancers; Baptist Church Choir and Mid Downs Radio compered the evening. Many local organisations set up stalls and plenty of opportunity existed for last minute Christmas present shopping in the Old School Hall.

All this would not have been possible without the Parish Council, much appreciated. Such an evening involves many volunteers and we are fortunate so many freely gave their time for the benefit of us all.

Speaking of volunteers a new charity have been raising funds to resurface the tennis courts, no longer maintained by the Council, and it gave me great pleasure to present their Chairman with a £5,000 cheque from the Independent State which will hopefully help towards the enormous cost of renewing the courts next year.

During the evening a visit to the Christmas trees displayed in Holy Trinity Church was well worthwhile and if you missed it this year it is well worth noting the date for next year.

The evening provided an opportunity to meet with some of the 32 local organisations who will benefit from the record amount raised on election night. One of these was the Cuckfield Dramatic Society who excelled themselves by turning the Queens Hall into a night club for the Christmas Cabaret the following weekend. They provided a night of Food, Fun and Frivolity all for £15 per head. Where else could you get such good value for money? Well done the producers Peter, Paul and Kirsty and the performers as well as the volunteers who prepared and served the three course meal.

To conclude, I would like to present a bottle of Champagne to the owner of the lowest number ISOC 'passport'. These were first issued 50 years ago, but I know many are still in drawers and cupboards around the village. Those early passports were signed by our first Mayor Joe Mitchell.

If you have one of these rare objects, do please email in a photo of it to editor@cuckfieldlife.co.uk or call the team on 01444 884115 to register your place before the end of February.

Happy New Year to all.

Lifesaving knowledge

Where's your nearest defibrillator?

With 2017 now well underway, many of us will have made (and broken!) a range of New Year resolutions.

However, here's one way you can still make a really positive start to the New Year – by making one very simple resolution which could potentially save a life.

We'd like to encourage everyone living and working in the village to familiarise themselves with the sites of the lifesaving defibrillator machines and learn how to use them.

Cuckfield village has five machines – on the High Street outside Mansell McTaggart Estate Agents, inside the Queen's Hall, at Whitemans Green and one in both schools – Holy Trinity and Warden Park.

There are also two machines in Bolnore Village – at The Woodside and at the Primary School, both of which are publicly accessible.

Several of the machines have been provided by the Sussex Heart Charity and have been bought following fundraising efforts from residents, such as Team Hagan, and the Greater Haywards Heath Bike Ride, and local businesses and groups including the Lions Club. The

Friends of Bolnore Village Primary School raised the money to pay for their school unit with the help of some of the mums!

All of the machines are portable and contain full instructions, but why not give yourself a head start with an online tutorial?

Cuckfield resident Wendy Tracey-Roberts-Macrae needed to make use of the Whitemans Green machine when her neighbour collapsed. Unfortunately nobody on the scene knew where to locate this, so Wendy now strongly recommends we all get to know where our machines are and to have a go at the Lifesaver app, which is British and free to download onto an iPad or any smart phone. The app is also recommended by the resuscitation council. "Anyone, regardless of age or ability, can learn how to help," says Wendy.

"Please give it a go. With our emergency services so overworked, we as communities can get better at helping ourselves, and it really does make a difference."

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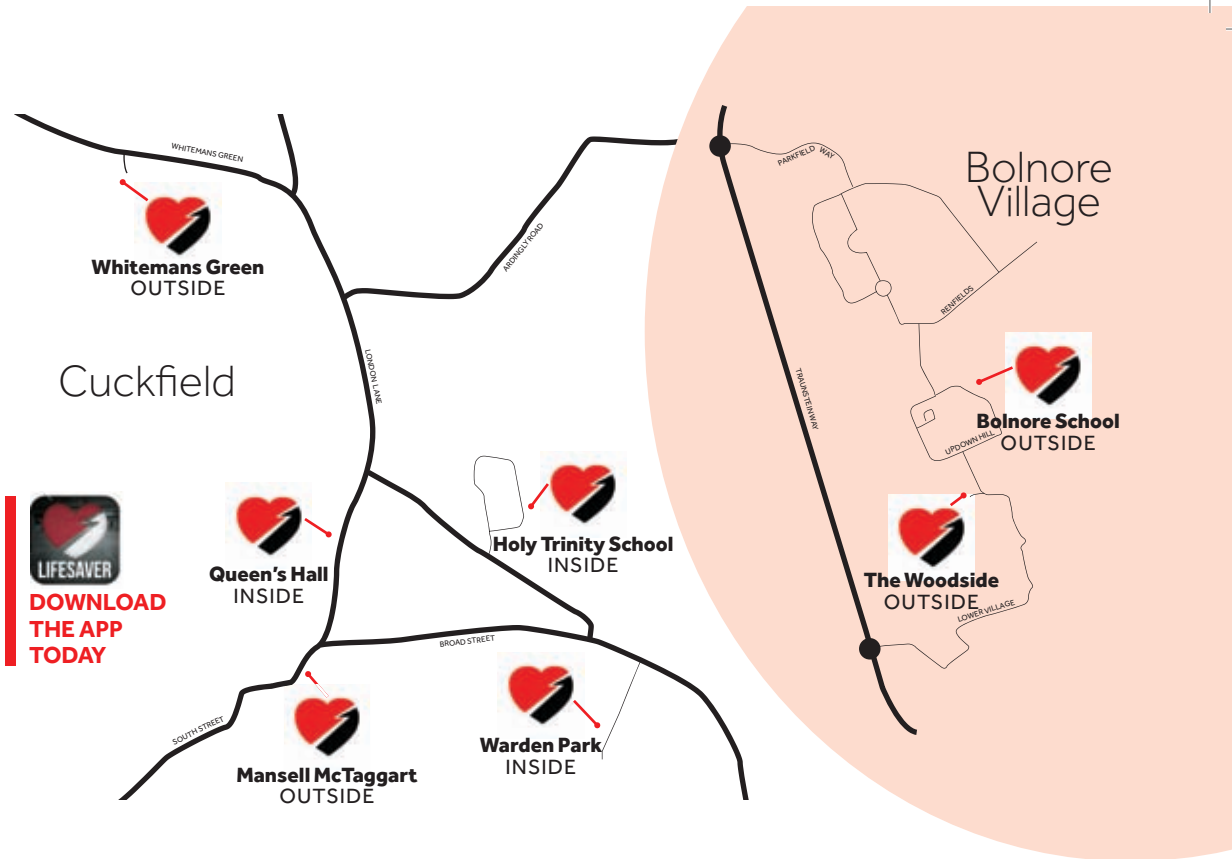
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Sunday Golf Lesson Schedule

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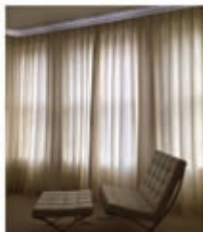
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Henry Kingsley

STORIES FROM THE GRAVES

Henry Kingsley, writer and younger brother of novelist Charles Kingsley (author of the *Water Babies*), is often described as the black sheep of the Kingsley family.

Despite showing signs of brilliance in his early works, the majority of the twenty novels he published were either panned or simply ignored.

Known as a spendthrift who drank heavily, Henry's story is both sad and complex – as he lived in the shadow of his more successful offspring.



By Claire Cooper

Henry Kingsley was born on 2nd January 1830 at Barnack in the Northamptonshire countryside. He was the fifth son and youngest child of Reverend Charles and Mary (Lucas) Kingsley. Soon after Henry's birth, the family moved to Clovelly, Devonshire, and when he was six years old his father became the rector at St. Luke's Church in Chelsea. (Both Devonshire and Chelsea later figured prominently in Henry's novels.) However, much of Henry's childhood was spent in London - perusing his father's well-stocked library and local bookstalls.

Henry's formal education began in 1844 at King's College School, and years later he moved to Worcester College, Oxford. It is said that his time at Oxford was marked by an almost total disregard for his studies and a clear commitment to 'folly and fun'. However, his taste for pleasure and athletic prowess made him popular among his peers - he once won a wager with friend Sir Edwin Arnold by running a mile, rowing a mile and trotting a mile within fifteen minutes.

Henry's behaviour, which included smoking and drinking, often verged on overindulgence, and he and Arnold also formed a short-lived secret society, called the Fez Club, which was based on misogyny (hatred of women) and a commitment to celibacy.

After three wasted years Kingsley suddenly, and much

to his parents' disappointment, left Oxford without obtaining a degree, to pursue adventure and fortune in Australia, which was at the peak of its gold rush. Having accrued significant debt due to his lavish spending, Kingsley was surprised by an unexpected inheritance of three hundred pounds from a great aunt. This money allowed him to settle his accounts and purchase passage to Australia.

However, any visions of wealth or glory were quickly replaced by a harsh reality of uncertainty and deprivation. Henry soon discovered that the glowing letters of introduction he had brought along had no value and for the next five years, with no contact with his family, he moved from job to job. This was his first experience of a hard life, which he described as 'primitive, wild and very rough'. It is said that this sickened Henry's 'fine romantic soul, so sensitive to beauty'.

On his return to the UK in 1858, Henry was pleased to find his mother and father living in Eversley, Hampshire, where his brother Charles was serving as the curate.

Encouraged by Charles, who had established himself as a well-known novelist, Kingsley decided to make a serious attempt at writing, producing several well regarded novels, including *Geoffrey Hamlyn* (1859), set in Colebrooke, Devon, and Australia. Well received in England, *Geoffrey Hamlyn* became a national



phenomenon in Australia, even being called the greatest Australian novel of all time.

Kingsley followed the success of Geoffrey Hamlyn with the publication in 1862 of his second novel, *Ravenshoe*, considered by literary critics to be his best work.

The early 1860s were probably the happiest time in Kingsley's life. He was living with his mother after his father's death in 1862 and enjoying mostly positive reviews of his writing. In 1863, he published his third novel, *Austin Elliott*, which follows the life of its title character in the aftermath of a duel.

On July 19, 1864, Kingsley married his second cousin, Sarah Maria Kingsley Haselwood, and the couple moved to Hillside House, in Wargrave, Berkshire. However, Henry is said to have been dominated by her overbearing nature and after initially leading a pleasant life entertaining literary guests, including authors Adolph Huxley, George Meredith, and Lewis Carroll, he later found himself in financial trouble.

His next novel, *The Hillyars and the Burtons*, received barely a passing glance from critics and the public. Although set in Australia, it failed to excite Australian readers as Geoffrey Hamlyn had.

Over the next four years Henry published four more works: *Leighton Court* (1866), *Silcote of Silcotes* (1867), *Mademoiselle Mathilde* (1868) and *Stretton* (1869). Each received poor reviews and was wholly ignored by the reading public. Desperate to relieve himself of his financial difficulties and beaten down by the successive failures of his writing, Kingsley moved to Edinburgh in 1869 to become the editor of the *Daily Review*, a newspaper run by the Free Church Party.

In 1870 he became war correspondent for the paper during the Franco-German War. He was present at the battle of Sedan, which took place on 1st September 1870, and marked the defeat of the French army and the surrender of Napoleon. The brutality and inhumanity of the war scenes that spread before him captured Kingsley's creative spirit again, and he wrote with distinction of the horrors he encountered.

However, before the end of 1870 Henry stepped down from the job at the request of the owners who were dissatisfied with his level of service. He moved to London and renewed his writing career, rapidly producing several more works.

By the end of 1872 he had published three novels, an allegory, and a story for boys—each with the same lack of success. In 1872 he attempted to regain his place in the literary world with *Oakshott Castle*, *Being the Memoirs of an Eccentric Nobleman*, but critics concluded that the three volume work was 'one of the worst novels ever published'.

Reduced to pleading for funds from his famous brother Charles (whose wife later showed her dislike of Henry by failing to mention him in the biography she wrote of Charles' life), Henry finally found a respite from poverty in 1873 when he received an inheritance upon his mother's death.

With the money, Henry and his wife moved to Kentish Town on the outskirts of London. The following year, upon receiving the news that he was dying from cancer of the tongue and throat, caused by heavy pipe smoking, Kingsley moved to *Attree House* in Cuckfield in 1874. He later wrote: 'Cuckfield is supposed to be the healthiest town in England. The church is one of the most beautiful in England – cared for like a jewel, and the wondrous old houses abutting it would be highly remarkable elsewhere'.

In the two years before his death, Kingsley continued to write, producing four more novels, along with a series of literary essays, but never regained his earlier success. He died on 24th May 1876 and is buried in the graveyard at Holy Trinity Church.

A tribute to Henry, written by Edwin Waugh in the *Sussex News* describes him as: 'a man of culture with a vast amount of general information. An excellent conversationalist with an eccentric sense of humour, always ready to help and encourage his younger less successful writers.'

Another biographer later said that comparing Charles and Henry Kingsley was like a comparison between Dickens and Thackeray – they were both great.



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By Sebastian Candelon

Sebastian Candelon has owned the well-established Fresh Fish Shop on Commercial Square, Haywards Heath, for nearly ten years now. His passion for food and seafood can be seen with his broad selection of quality fish in the shop and also his carefully selected and locally sourced range of products to complement fish. His recipes are mainly inspired by the cooking demonstrations held at the shop regularly.

Here he dishes up a classic winter warming meal...



Cod with crisp herb parmesan breadcrumbs

Serves 2

Things to grab:

- 2 x 6oz portions of cod (haddock, coley, hake or pollock can also be used)
- ¼ pint milk
- 1 large egg
- 1 tbsp olive oil
- 4 tbsp dry breadcrumbs
- 2 tbsp finely grated Parmesan cheese
- ½ tsp dried oregano
- ½ tsp dried thyme
- ¼ tsp salt
- 1 lemon, quartered

Preheat oven to 200C. Place pollock in a shallow dish, pour milk over and turn to coat well for 15 minutes. In a medium bowl, whisk together egg white and oil. In a shallow dish stir together breadcrumbs, cheese, oregano, thyme and salt. Dip each piece of fish in the breadcrumb mixture, then in the egg white mixture, and again in the breadcrumb mixture, coating completely. Set on a greaseproof tray and bake for 12 minutes until lightly browned and opaque in the middle.

Sebastian's Serving Suggestions

Fantastic served with roasted garlic courgettes and mashed potato... Yummy!

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What can YOU do for the Bolnore community?

Now that the Bolnore Village Community Interest Company is proudly in situ and working towards bringing the community together and improving the environment of the village, the group would like to add a few more volunteers to help with a range of issues. These are not Community Interest Company Director positions.

The CIC is keen to engage the residents and to make use of all the available resources!

If you have experience in any of the following fields and would like to volunteer, please email: estate@bolnore.org.uk

The Environment:

Create a strategy to improve the 'green' image of the village. For example looking at lighting and other possible improvements and maintaining relationships with groups such as Friends of Ashenground & Bolnore Woods, Sussex Wildlife Trust and the various councils.

Monitor the current ecological plan and recommend improvements/changes.

Marketing and Communications:

Develop and implement a marketing and communications strategy for the village.

Take control of the website/e-Newsletter/the Community Interest Company Facebook page.

Monitor the various social media sites and alert us to issues that we need to review.

Create a social media strategy to promote the village.

Planning Applications:

Review planning applications, raise any relevant issues and comment on behalf of the Bolnore Village Community Interest Company on any relevant applications that affect people living locally.

Involvement in possible future projects to influence the way new developments are managed.

For more information about any of the above roles please email: estate@bolnore.org.uk



The clean up begins

Newly appointed management company for Bolnore Village, Pembroke Property Management, began the cleaning of public areas in the village last month. One of the first elements cleaned was the stones at the entrance to the development. Quite a difference!

New co-chairs for Saplings group

Popular Bolnore Village baby and toddler group, held every week at The Woodside has a new team leading it. Bolnore residents Hannah, Sam and Lisa are the new co-chairs with immediate effect.

The group meets between 9-11am every Friday - all are welcome to join the fun. Cost per meeting is just £2.

Youth club closed in Bolnore

Bolnore Youth Club has had to shut its doors at the present time due to a lack of adult volunteers.

Dan Sneller, the group's leader, is appealing to residents to support the local young people.

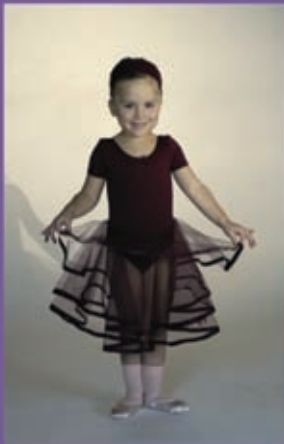
The youth club ordinarily works with secondary school aged children on a Thursday evening at The Woodside.

As well as volunteers, Dan is also looking for businesses and local people to financially sponsor the club - which will help pay for employed youth workers in the area.

Anyone willing to help should contact Dan as soon as possible by email: drsneller@googlemail.com

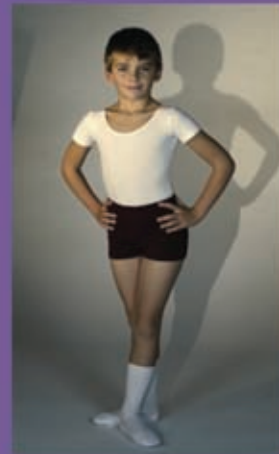
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Christmas fun in Cuckfield



By Councillor Marie Dormer, event organiser

On the evening of 9th December Cuckfield Christmas Street Festival was held in the High Street, and what a successful, joyous evening was had by all.

Thronges of people attended, enjoying the festive spirit, with children excited and eager to see the snow fall! Father Christmas was busy seeing scores of children. The sounds of Christmas being played by Mid Downs Radio, the Baptist Church Choir singing carols, and all started off with the Surrey and Sussex Drum and Bugle Band.

The event was organised and funded by Cuckfield Parish Council and they would like to thank the following people who helped make this event such a success: Sam Tims, Burgess Hill Bonfire Society and Shaun Simmons, Marshalls who managed the road closure keeping everyone safe. Also, our thanks go to Cuckfield Society, Cameron Malik, Victoria Groombridge, Irish Dancers, Jill Butler from the Baptist Church and Mid Downs Radio. Thanks to Mayor Wilf Knighton for judging the competitions and opening the event, and the Candy Store and Cuckfield Society for their continuous support providing prizes.

Special thanks goes to the local people who were affected by the road closure, the support team in the Parish Office and all those who came along to support the success of this festive event.



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Work starts at Wakehurst to help restore views

Wakehurst's gardeners have started work to thin out the trees and shrubs in Westwood Valley - the steep ravine running from the Water Gardens to Westwood Lake.

The three month project will see both the selective removal of trees and the heavy pruning of other trees and shrubs. Westwood Valley is part of the Asian Garden and houses a valuable collection of trees and plants that grow well in the wet, moist conditions of the Sussex Weald.

The initiative is part of a 15-year plan for Wakehurst that will see each area of the 558 acre estate edited, as in Westwood Valley, or intensified by more planting or created afresh with a completely new design.

Over the years Westwood Valley's vegetation has become extremely dense and there are now more than 3,500 trees in the area. The mature oaks lost their tops in the 1987 Great Storm and grew new branches lower down the trunks. The canopy tops have now regrown and it is the perfect time to remove the low branches, so the young trees and vegetation below can become healthier and grow into their natural shapes.

Cutting back will also open up the stunning views towards Westwood Lake that haven't been seen for 80 years.



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Award-winning poet doesn't let Parkinsons diagnosis hold her back

By Claire Cooper

When Cuckfield poet Nicky Wood was diagnosed with Parkinsons four years ago she was devastated.

"It came out of the blue and was a complete shock," she said. "I experienced a wide range of emotions and went from researching the condition on the internet and (of course) finding the worst possible scenarios, to being in denial and refusing to take any medication."

However, four years on, Nicky's attitude has completely changed. After joining her local support group and meeting others living with Parkinsons, Nicky now believes the condition has enhanced her life in more ways than she could have imagined, bringing new opportunities, inspiration and success in her writing.

That success was evident last month when Nicky found that her poem 'Music Therapy' had been selected as one of 20 finalists in this year's Great British Write Off competition.

Launched in 2014 to give poets and writers the chance to win cash prizes, the national competition has no set theme and welcomes poems, novel extracts, short stories and prose. The winner receives a prize fund which increases by 50p every time an entry is submitted.

With more than 1,300 entries from all over the British Isles, this year's prize fund looks set to top £650, and the overall winner and two runners up will be announced later this month.

The poem is one of many Nicky has written since being diagnosed with Parkinsons. "I've been writing poetry since I was eight years old, but Parkinsons has got my creative juices flowing and given me new ideas," she said.

Other successes have included Nicky's poem 'Indestructible', which was highly commended in the 2013 Mervin Peake Awards, which 'recognise the creative talents of people with Parkinsons'.

Nicky was delighted to attend this year's 15th anniversary celebrations of the awards, which included an exhibition of entries at the prestigious OXO Gallery on London's South Bank.

She was also a finalist in the 2014 Poetry Rivals competition, which attracts entries from all over the world, with her poem 'Supermarket Boy'.

But Nicky is not alone in discovering a positive side to Parkinsons.

"So many people find that Parkinsons enhances their creativity," she said. "I've met so many inspirational people all living with the condition - from writers, artists, and poets to sculptors and even a stand-up comedian!

"Parkinsons is very physically challenging but in other ways it's very uplifting. You learn to develop the areas of your life that you still have control over. For me, I can still choose and control what I write and when I want to write, and it keeps me going when other aspects of my life aren't going so well.

"Creativity is a spiritual thing. When you can't rely on your body to be the same as it was, you become more aware of a spiritual dimension to yourself, and creativity can help this to shine more brightly."

Nicky is an active member of the Mid Sussex Parkinsons support group. "I've learnt so much since joining the group and have made so many new friends," said Nicky. "There are so many opportunities out there

– from singing and dancing to speech therapy. It's very important to keep as active as possible. I've recently taken up yoga and am exploring other alternative therapies."

Sharing her experiences with others with Parkinsons has also provided Nicky with new subject matter for her writing, which includes a newly found talent for humour (illustrated in her poem Many Hands). "I'm really enjoying bringing humour into my writing, which keeps me going when other things in my life are uncertain," she said.

"I have what I call my 'power five' – creative writing, music, humour, nature and my soul."

Nicky is also part of a team working on a creative toolkit for people with Parkinsons to encourage them to explore and develop their creative talents. "Even though you have Parkinsons you're still you and you can discover lots of new dimensions which aren't connected to your body," said Nicky, who has some sound advice for anyone struggling with a Parkinsons diagnosis.

"Keep active – don't give up, and exercise as much as possible," she said. "Don't feel ashamed or self-conscious and definitely join a group for invaluable support and companionship.

"I like to think I'm a good example of the fact that you should never write off someone with Parkinsons!" she added.



Many hands will make my life work

By Nicky Wood

Please change this frail machinery
The circuits need rewiring,
My use-by-date has come and gone
As pieces keep expiring.

I haven't given up just yet
I'm putting up a fight.
I'm Happy, then I'm Grumpy,
Though I'll never be Snow White.

So if you could rebuild me
I'd like to make a start.
Here's my dream list of components
If you can get the parts.

I'd like the body of an athlete -
Usain Bolt will do.
Angelina Jolie's face,
And Stephen Fry's IQ.

The voice of Derek Jacobi,
A lemon twist with honey,
AA-powered by Duracell
So I'm that switched on bunny.

I'd like four hands if possible,
A gardener who can cook,
Throw in a world class lover
And a J.K. Rowling book.

Dressed like Mary Portas
With flaming auburn hair;
Add Woody Allen's humour,
And the charm of Fred Astaire.

David Attenborough's eyes –
Think of what he's seen,
Please bring me back as Dr Who –
He's got a time machine!



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2017 interior trends

DESIGN AT HOME

By Fiona Evans, Cuckfield Interiors

What will be in, what will be out? If you like to follow trends, here are some interior trends and ideas for 2017.

I've always had a thing for green, so was really pleased when Pantone announced that Greenery 15-0343 is the colour for 2017 representing 'refreshment, rejuvenation and rebirth'. To me the colour is a breathtaking, bright, glowing lime green and would be an exciting and brave choice for an interior. Whereas Dulux has revealed that Denim Drift is their colour choice for 2017, an attractive smoky greyish blue. Striking colours and strong neutrals continue to dominate enriching interiors; navy blue seems to be the new black.

Patterns are also strong for 2017, with butterfly motifs and designs a favourite choice (and not just for children) with for example Osborne and Little, Graham and Brown and Designers Guild creating fabulous butterfly inspired wallpaper designs. Geometric patterns are still up there as a vintage choice.

It looks like mixing patterns to create a unique look will continue in popularity and is a fun, artistic and creative way to decorate. Here are some ideas:

Start with a dominant colour or neutral and use several patterned fabrics in complementary designs and colours. When making curtains, combine fabrics to create horizontal stripes or bands of different fabrics for that unique look and use different, complementary patterns or plain fabrics for furnishings and cushions. Other ways to mix patterns include patchwork, not only in fabric but in tiles and flooring, by carefully building up layers of patterns to produce a balanced look.

How about a fold up three or four panel screen to temporarily divide an open plan interior or add interest to a dark corner? This is a great way to divide or open up space for entertaining, create a quiet corner for a desk or hide a pile of washing etc! There are many styles to choose from, decorated or plain, wooden, fabric, striped, louvred, new or antique and are right on trend.

Anything with a faux finish such as faux fur made to look real or crazy furry things in bright colours; fur inspired cushions, rugs and throws add texture and warmth to the interior. Faux stone or wood adds another dimension; such as fake marble surfaces stretching across the bathroom or kitchen, looking super cool in a neutral interior and easier to clean than the real thing.

Handmade items are a trendy choice for 2017, including woven rugs, hand glazed pottery or anything knitted! Chunky knitted anything is a fun 'crafty' choice for 2017. The world seems to have gone crazy for stools, chairs, sofas in knitted covers, knitted effect wallpaper, knitted rugs, anything goes in large, medium or small stitches. Place the knitted rug on a very trendy polished wooden parquet floor for an attractive collision of texture and pattern. Look for wallpaper and murals with knitted effect designs in gigantic, chunky, cable knit or even Fairisle patterns.

Have you ever wondered what makes people tick?

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What does green mean?

VILLAGE GREEN

By Margaret Tyzack More, Cuckfield Local

Welcome to our Village Green! Welcome to the clean sheet of the year to come! What stories will we write upon it? What pictures will you draw in your mind's eye as it imagines your dreams for the months ahead?

As you browse through the seed catalogues will it be a thriving plot of fruit and vegetables? Will it be vibrant herbaceous beds following on from spring bulbs? Plants and flowers for butterflies, bees and insects to feed the birds? Night scented flowers for the insects that bats love? All this goes to make our village a green and beautiful haven for wildlife refugees displaced by new housing developments. Do we care? Let's hope so. If all you have is a window box or a pocket handkerchief of a garden don't think you can't play too. Pots on the doorstep or up the garden path can be rich in pollen and nectar if the plants are chosen carefully, and the feel good factor from doing one's bit is a reward too. On the subject of sowing seeds, new shoots come to mind as one looks forward to the first snowdrops playing an overture to the spring to come.

Bees are particularly in my mind at the moment and I'll tell you why. A great Cuckfield friend moved to the West Country a few years ago, too far to pop in for a cuppa or to drop off a pressy. Since then we have chosen to buy each other one of the Oxfam gifts each Christmas.

This year we adopted each other a beehive! This is an initiative of the British Beekeepers Association. The hive keeper is chosen depending on where one lives, hers being in Somerset and mine in the south east. We shall receive a newsletter every so often telling how the bees are doing. One can choose a gift of honey and Burts Bees offer a voucher for when buying their products online. Hats off to my friend for spotting this one.

Village Green? Just what does green mean to you? Something different for each one I suspect. The many shades of green that is our countryside of course. The growth of players in the party political arena. In the eastern traditions emerald green is the colour of the heart centre. Cuckfield, in the heart of Sussex, shows the way of kindness, community and care for each other and for all of creation. Buddhist monk, Vietnamese Zen Master and Nobel peace laureate Thich Nhat Hanh has a word for this, to interbe. What we do to each other we do to ourselves so, as my old father used to say 'be kind to each other'. This then leads us to be kind to wildlife and to the Earth itself. How green is that?

Cuckfield Local Food Market Saturday 11th February in the Talbot Courtyard 9.30-12.30pm. Wrap up and come along to find tasty offerings, yummy cakes and good fresh bread.

Finances on target for

2017?

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Getting active and letting go

MANAGING PAIN

By Sophia Barlow, registered osteopath

So, we know that stress, especially long-term stress, can have an adverse affect on our health. And when one considers the many other benefits to be gained from a little exercise every day, it seems obvious that one should, especially at this time of year, start thinking about which type of exercise to do rather than whether or not to do it... So, from a near endless list, here are a few of the different types of exercise, and other stress busting activities that many of my patients benefit from.

Swoove - this combination of an aerobic work-out coupled with pop singing is especially suitable for those who find it hard to switch off, it is impossible to become mentally embroiled in a 'to-do' list when you are trying to stay balanced and in tune at the same time!

Running - cheap, accessible and if you can get yourself to park-run 5k level, quite sociable too. Start off with the NHS couch to 5k plan for a gentle walk/run introduction.

Boot Camp/personal trainer - these guys, well qualified and committed, really know how to get the most out of you and get you up to maximum fitness in the quickest time. One word of advice, always work within your limits.

Swimming - easily accessible, usually my first port of call when recommending exercise to patients. Low

impact, high energy burn - not much less than a run, bone strengthening through resistance, brilliant for improving the efficiency and fluidity of long muscle chains.

Yoga - one of, if not the, best integrated physical exercise that it is possible to do. Who doesn't want strength, poise and flexibility? Not to mention the innumerable benefits, specifically regards stress, that go hand in hand with the meditation and diaphragmatic breathing associated with the practice of yoga.

Pilates - Extremely effective for improving and maintaining good core support, essential in keeping a well functioning musculoskeletal system. It is as simple as that. With well trained teachers and group as well as one-to-one classes available, it is very accessible to most patients.

Mindfulness - uses ancient techniques that can help us become more present to our experience and manage thoughts, emotions and body sensations more effectively. Doing a class that informs your day to day living, in my experience, is how bad habits are broken and new ones built up gradually.

Owning a dog - Brilliant for keeping my more elderly patients mobile, active and pain free for longer. It is also great for teens who have become disenfranchised with keep-fit/sport.

If you have a class or group that you attend that you think is brilliant, I would love to hear about it, sophia_barlow@yahoo.co.uk.

I can sense my patient list reducing as I write!

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Sudoku #7

	5		7					
9	1					8		
6				3	1	2		
		7				3		4
	9				6			
8				5				
5			9			1	2	
			2					
						5	4	3

7	3	2	4	6	5	8	9	1
4	8	1	5	9	7	2	3	6
3	5	9	8	2	1	7	4	6
8	2	1	6	3	7	5	9	4
2	9	4	8	2	5	7	1	3
7	6	4	3	5	8	1	9	2
5	2	3	6	7	4	8	1	9
4	8	1	2	3	5	7	9	6
1	4	7	1	9	2	6	3	5

<< #6 Solution



Find the solution to #6 in next month's magazine

Courtesy of <http://andrews-sudoku.blogspot.co.uk>

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What's on this month

AT QUEEN'S HALL

Monday

- 9.30am **Pilates** (intermediate)
 10.30am **Pilates** (beginners)
 1.30pm **Dance Classes for Children**
 7.30pm **Dog Training** (ring craft)

Tuesday

- 9.15am **Pre-School Football**
 9.30am **Music Class for Children**
 1.30pm **Yoga**
 3.45pm **Dance Classes for Children**
 7.30pm **Dog Training** (obedience)

Wednesday

- 9.30am **Music Class for Children**
 10am **Stroke Support Activities**
 12.30pm **Zumba Dance Class**
 1.30pm **Line Dancing Class**
 4pm **Dance Classes for Children**
 8pm **Ballroom Dance Club**

Thursday

- 9am **Balance Class for Children**
 7.30pm **Wedding Dance Class**
 7.30pm **Yoga**

Friday

- 9.30am **Music Class for Children**
 7pm **Evening Flower Club** (2nd Friday/month)
 7.30pm **Historic Vehicle Trust** (1st Friday/month)

Changes may occur to the above details. Please note contact details for all regular classes/activities are available on the Notice Board at the Queen's Hall.

February

NOTE: **The Cuckfield Museum** is now closed for the winter and will reopen on 18th February 2017

- 10th **Cuckfield Evening Flower Club** – 7.30pm
 Aqua Flora by Margaret Williams
- 24th-
 25th **February Frolics Show** – 7.30pm
 Cuckfield Dramatic Society
 (Tickets and more info: www.cdsweb.co.uk)

AND ELSEWHERE

January

- 18th **Mid Sussex Decorative & Fine Arts Soc.** – 10.15am
 'King George IV; The Greatest Royal Collector of Art' lecture by Oliver Everett on the many works of art collected by King George IV for his many palaces. Non members welcome (£7 on the door)
- 19th **Mid Sussex National Trust Association** – 2.30pm
 Clair Hall, HH: 'Tales from the River Bank'
- 21st **Mid Sussex Caledonian Society Burns Supper**
 6.30pm – Cottesmore Hotel Golf & Country Club
 (To book 01403 252694 or secretary@
 midsussexcaledoniansociety.org.uk)

February

- 7th **Lindfield Afternoon WI Meeting** – 2.15pm
 King Edward Hall, Lindfield (opp Pond)
 (Contact la16wi@gmail.com or
 Jacqui 01444 454816)
- 15th **Mid Sussex Decorative & Fine Arts Soc** – 10.15am
 Clair Hall, 'Gallery on the Street - Public Art in the City of London' lecture by Alexandra Epps. Discover the wealth of modern and contemporary art in the streets of London. Non members welcome (£7 on the door)
- 16th **Mid Sussex National Trust Association** – 2.30pm
 Clair Hall, HH: 'Trust to Nature - the development of landscape painting' by Jackie Parry

March

- 12th **Wedding Fair** – 11am-3pm

Cuckfield Village Hall - regular weekly activities

- | | |
|------|---|
| Mon | AM - Pre-school Playgroup
PM - Pre-school Playgroup |
| Tues | AM - Pre-school Playgroup
3.30pm - Maths/English Study |
| Weds | AM - Pre-school Playgroup
PM - Pre-school Playgroup
6pm - Pilates |
| Thur | AM - Pre-school Playgroup
1.30pm - Kids Dance Class
3.30m - Maths/English Class |
| Fri | AM - Pre-school Playgroup
PM - Pre-school Playgroup
8pm - Zumba Class |

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