

Cuckfield Life

Inc. Brook St, Ansty, Staplefield & Bolnore Village

Local village talk,
by the village

Issue #52: February '17

Free

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EDITORIAL

By David Tingley, Editor

Now I know that we aren't exactly out of the deep winter just yet, but it's always encouraging for me to see the 'new shoots' of spring by the quantity of news and information which is supplied to our inbox! Welcome to our 48-page February issue.

On [page 6](#) we remind you, if you've been a resident in Cuckfield for a long time, to dig out your Independent State of Cuckfield Passport. Mayor [Wilf Knighton](#) threw down the gauntlet last month when we asked 'how low can you go', in terms of the unique number on the front. Evelyn Stenning shows her hand, and there's a great example from the museum.

[Claire Cooper](#) goes off in search of another story behind the gravestone on [page 10](#). I hope you are enjoying reading them as much as we are enjoying researching them!

Talking of your opinions – I'd love to know what you think of Cuckfield Life and, on [page 16](#), we have printed just a few questions, which I'd be really grateful if you could answer for us. Any entries sent in by post or online with contact details will be included in the random draw for a £50 shopping voucher of their choosing.

[Page 24](#) reveals the next exhibition theme at [Cuckfield Museum](#), since it has recently opened again following its winter shutdown. As ever, its amazing what can be found in attics and back rooms which bring to life days gone by!

On [page 30](#) we welcome the [Dame Vera Lynn Children's Charity](#) to nearby Staplefield, and learn a little of what it is about. While on [page 19](#) you can meet the helpful duo behind [Cuckfield i wear](#) – which celebrates its fourth anniversary in the village this month.

I haven't even mentioned Bolnore news, a very nice looking squid recipe or the fact that [Andrew Reid's](#) Sudoku puzzle is now presented in larger format! But I'll leave you to find these yourself!

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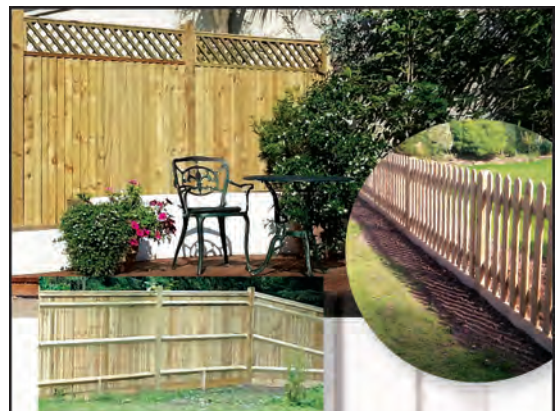


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Ansty & Staplefield vote yes for plan

Residents in Ansty and Staplefield have voted in favour of using a Neighbourhood Plan to determine local planning applications.

A Referendum was held on Thursday 19th January 2017 and the communities of Ansty and Staplefield were asked to vote on the following question:

'Do you want Mid Sussex District Council to use the neighbourhood plan for Ansty and Staplefield to help it decide planning applications in the neighbourhood area?'


The people of Ansty and Staplefield voted overwhelmingly in favour of the plan, with 217 residents voting 'Yes' and 33 residents voting 'No'. The turnout was 20.6%.

Neighbourhood Plans are a way for local people to decide the future of their town or village. Town and Parish Councils work alongside local residents to produce the plans, which set out general planning policies, such as where new homes and offices should be built and what they should look like.

Once a Neighbourhood Plan is complete, a town or village wide referendum is held to ask all residents what they think of the proposed plan. If more than 50% of people in the area who vote in the Referendum are in favour then the Neighbourhood Plan will be used to decide future planning applications.

Mid Sussex District Council will now consider whether the Ansty and Staplefield Neighbourhood Plan should be 'made'. Once the plan is 'made' it will be used by the District Council to decide planning applications in Ansty and Staplefield.

For more information on the Neighbourhood Planning process contact the Mid Sussex District Council Planning Policy team on 01444 477391 or email planningpolicy@midsex.gov.uk



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Great Daffodill Appeal comes to market

Cuckfield resident and professional florist Belinda Campopiano will be taking part in the charity flower event which takes place during the month of March.

Chez Fleur will once again be at Cuckfield Local market (outside The Talbot) on Saturday 11th March selling gift wrapped daffodils to raise money for Marie Curie.

Then, later in the month, Belinda will be holding a workshop at The Old School, where she'll demonstrate how to make a beautiful hand-tied and gift wrapped bouquet. "The workshop would make an ideal gift for

Mother's Day," she commented, "or mums, daughters or sons could all come along together!" At the end of the demonstration Belinda will also be showing ideas of how to arrange supermarket flowers too!

The cost of the workshop (25th March at 10am) is £48 per person and includes everything you'll need to make your own bouquet to take home and tea/coffee. As a special offer to Cuckfield Life readers, if you book before Wednesday 8th March, you'll get £5 off the ticket price. Just mention the magazine. Call Belinda on 07811 892644 for more information.

Finances on target for 2017?

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Dig out your Cuckfield Passport

The search to find the oldest Cuckfield passport is hotting up!

Life-long Cuckfield resident Evelyn Stenning has entered the fray with three original passports numbered 672, 673 and 674.

"Two of the passports belonged to my parents Sid and Olive Stenning and the third is mine," said Evelyn. "We must have got them together as they have consecutive numbers."

She also has a two modern passports from 2009 and 2011 but these are not numbered.

Current mayor Wilf Knighton launched the search for Cuckfield's oldest passport shortly after he was elected in November. He has offered a bottle of champagne to the person with the earliest numbered Independent State of Cuckfield Passport.

The first passports were issued when Cuckfield was declared an Independent State 50 years ago.

Early passports cost five shillings (around £2) and declared the holder as a 'Freeman of Cuckfield' for one year. Passport holders were able to 'pass freely and without hindrance in Cuckfield's Ancient Boundaries', were protected within the boundaries, and were exempt from paying any custom duty on articles bought in the village!

Passports were signed by the Mayor at the time of issue. "Mine and my dad's passports are also signed by Keith Fordyce, a well-known radio presenter at the time," said Evelyn.

Sue Burgess, of the Cuckfield Museum, also sent in a superb example: Cyril Pike's No.73 passport – but as this is an exhibit it won't count sadly!



If you have an earlier passport than Evelyn and would like the chance to win a bottle of bubbly, email a photo of it to editor@cuckfieldlife.co.uk or call 01444 884115 by the end of February.

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Goodbye Auto setting

Cuckfield resident and photographer Sally Nakajima has recently created a new way to help those with high quality cameras to move away from the 'Auto' setting.

The free online tutorial entitled Goodbye Auto is designed to help busy parents in particular get the best out of their Digital SLR.

"Many of my customers tell me that they wish they could use their own camera to greater effect," Sally explained, "so I tried to think of a way in which I could help them to do just that. Whilst auto settings are useful, in order to get the best out of a DSLR you really have to be brave enough to move away from it!"

The bitesize posts can be signed up for by emailing Sally (sally@echobabyphotography.co.uk) and you can see the first one which explains the Aperture Priority setting at: www.echobabyphotography/aperture/



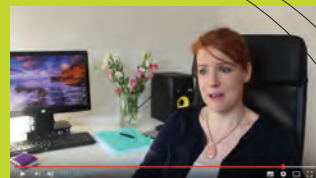
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Ralph Wigram

STORIES FROM THE GRAVES



We continue our series of features looking into the lives of those buried in Holy Trinity Church yard by telling the story of foreign office informant Ralph Wigram. Known as the 'great unsung hero' of the Second World War, Wigram, at great personal risk, kept Churchill informed in detail on German rearmament during the 1930s.

By Claire Cooper

Ralph Follett Wigram was born on 23rd October 1890, at Egginton House, Bedfordshire, the only son of retired army officer Eustace Rochester Wigram and Mary Grace Bradford-Atkinson. He was also the grandson of the Right Reverend Joseph Cotton Wigram, Bishop of Rochester and had a younger sister, Isabel.

Wigram was educated at Eton and University College, Oxford where he obtained a second class degree in Modern History. While at university he was a keen 'boatie' and records show he was cox for the Second Torpid and Second Eight of 1920 and the First Torpid and Second Eight of 1911.

When he left Oxford in 1912 he spent time working in a boys' club in the east end of London, was also a scout master and taught at the working man's college, later



lecturing in economics at Leeds University. He is described as gentle and shy with 'an arc of hair falling forwards, cutting across his forehead like an English knight'.

When the First World War broke out he wanted passionately to join the army and serve on the front line, but was turned down.

In 1916 Wigram travelled to Washington DC where he was employed as a temporary secretary at the British Embassy. In September 1919 he passed into the Foreign Office where, as Third Secretary in the central department, he acquired an expert knowledge of the peace settlement and attended many of the post war conferences in France, Italy, and Belgium.

Promotion to Second Secretary in December 1920 was followed in 1923 by a posting to the British Embassy in Paris where he quickly developed a range of important contacts in French social and political life.

Following further promotion to First Secretary in July 1924 Wigram married Ava Bodley, daughter of the author John Edward Courtenay Bodley, in Paris in 1925. The pair had met on a brief tour of North Africa.

They had one child, Charles Edward Thomas Bodley Wigram who was born with a disability, possibly Down's syndrome, cerebral palsy or autism. It is said that moral outrage at the eugenics programme Hitler was developing to try to eliminate inherited birth defects in the Aryan race was part of Wigram's motivation.

In 1927, Wigram was stuck down with polio. Nursed by his wife, Wigram surprised doctors by pulling through, and despite being a semi-invalid, worked even harder, attending every international conference and reception that he could.

After a long period of recuperation, he returned to Paris and was appointed a Companion of the Order of St Michael and St George (CMG) in 1933.

Following Hitler's accession to the German chancellorship, Wigram was recalled to London, becoming head of the Central Department from 1934 to 1936.

Working closely with Sir Robert Vansittart, whose views of the Nazi menace he shared, Wigram watched with mounting anxiety the growth of the German armed forces in contravention of pPart V of the Treaty of Versailles.

He was unmoved by Hitler's professed desire for co-operation with Britain and appalled by the apparent indifference of cabinet ministers and other politicians to his department's warnings about the pace and scope of Hitler's rearmament.

Wigram was particularly anxious about the growth of German air power and, in the spring of 1935, following the announcement of the existence of the Luftwaffe, he secured Vansittart's permission to leak information to the Daily Telegraph about the expansion of the German air force.

Wigram began to list all Hitler's broken pledges from the beginning of his involvement with the Nazi movement to prove, step by step, his intention for world domination.

In April 1935 Wigram visited Churchill at Chartwell to inform him of the rising concern in the Foreign Office about Hitler's rearmament and intentions.

From then on, Wigram and Churchill were in close contact. Starting on 7th April 1935, the Wigrams often spent weekends with Churchill at Chartwell, his country house, and Churchill also visited Wigram's London home. The information discussed seems to have been primarily about the German air force, although more general material about German rearmament, and Hitler's character and likely aims, was included as well.

Wigram never missed an opportunity to nail a Nazi lie, urging, warning and prophesying woe, passing information on the build-up of Germany's armed forces to Churchill who, in turn, raised each item in the House of Commons at every opportunity.

There is some confusion as to the legality of Wigram's passing of documents to Churchill who was, at the time, an MP and Privy Counsellor, and would not have been allowed access to the papers. However, Baldwin's government certainly did not like the passing of information to Churchill. Walter Runciman, the President of the Board of Trade, was sent to see Wigram's wife Ava when Wigram was not at home to try to convince her to stop her husband from passing information to Churchill.

Wigram saw the reoccupation of the Rhineland in March 1936 as a crucial turning point and believed it would now be impossible to stop Hitler without resorting to force. 'War is now inevitable,' he is said to have

remarked to his wife, 'and it will be the most terrible war there has ever been.'

Sadly Wigram didn't live to see the outcome of World War II or the acknowledgement of his role. He died suddenly at his country home in Seaford on 31st December 1936.

The circumstances surrounding his death are somewhat mysterious. Some say he was found dead at home, but a letter from Churchill says he died in Ava's arms. His death certificate records the cause of death as pulmonary haemorrhage, but a letter from Henry Pelling indicates he committed suicide while deeply depressed.

The fact that Wigram's parents did not attend his funeral, at Holy Trinity Church on 4th January 1937 is cited as support for this theory. However, Historian Hugh Axton, put that rumour to rest in 2014: "On the

morning of his funeral Wigram's parents were attending a memorial service for him at Landkey Parish Church near Barnstaple, Devon. Ralph was brought up in the area and many family friends attended who could not have journeyed to Sussex and returned home at short notice in winter."

The funeral however, was attended by Churchill and his family, along with Robert Vansittart and Anthony Eden.

It is likely that Wigram's widow Ava chose Holy Trinity Church for burial as her father's grave, with an almost identical marker, is only twenty yards away.

Ava and the Wigram's son Charles were later buried in the same plot. The headstone in the adjoining grave belongs to Charles's nanny - clearly a much-loved friend of the family.

After Wigram's death, Ava stayed in close contact with Churchill, writing to him about her travels to Germany before the outbreak of war. She married Sir John Anderson in 1941.

Winston Churchill paid poignant tribute to Wigram in *The Gathering Storm*: "He saw as clearly as I did, but with more certain information, the awful peril which was closing upon us. This drew us together. Often we met at his little house in North Street, and he and Mrs Wigram came to stay with us at Chartwell."

Churchill added: "My friend took it too much to heart. After all one can always go on doing what one believes to be his duty, and running ever greater risks till knocked out. Wigram's profound comprehension reacted on a sensitive nature unduly. His untimely death in December 1936 was an irreparable loss to the Foreign Office, and played its part in the miserable decline in our fortunes."

Sources: Oxford Dictionary of National Biography, Wikipedia, The Churchill Society. Thanks also to Richard Constable from Cuckfield Museum for his continuing help and support.



Charity Quiz Night

The Cuckfield NSPCC group will be holding a quiz on Friday 3rd March at 7.30pm in The Queens Hall, Cuckfield.

Teams of six are invited to take part in this annual event. Tickets, available from Wealden Stores, cost £12 per person and include a cold platter and delicious homemade puds. There will also be a bar and a raffle.

This is always a very popular event so do get your team together and the date in your diary! Please ring 01444 459579/450497 for further information.

Wood Management Meeting

The Annual Public Meeting of the New England Wood Trust will be held in the Council Chamber of The Queen's Hall on 7th March at 8.15pm. This is an opportunity for the people of Cuckfield to meet the Trustees and hear the Chairman's report on the management of the wood. All welcome.

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Coro Nuovo returns to Cuckfield

Members of leading Sussex choir Coro Nuovo are thrilled to be making a return visit to Holy Trinity Cuckfield on Sunday 19th March at 2.30pm for their GLORIA! Concert - glorious music, a glorious setting and a celebration of a rich musical tradition!

Coro Nuovo enjoys a strong link with Holy Trinity. Some of its singers live in Cuckfield and some are members of the congregation. At the Cuckfield concert, Coro Nuovo will be performing a wide range of music including Vivaldi, a new composition by the organist and composer Jeff Howard and a Welsh medley led by Music Director and international tenor Andy Rees.

Many supporters will know that the choir funds a Young Sussex Musicians bursary each year. Last year members were delighted to award £500 to Hannah Corcoran (saxophone) as the Coro Nuovo Young Musician. Hannah, from Hove, beat off strong competition to win the prestigious award. As part of the prize she will be performing during the Cuckfield concert as a soloist, and with the choir.

Tickets, costing £12, are available from fohtcc@btinternet.com, Wealden Stores and Pepperbox in Cuckfield, and www.coronuovo.org.uk

This year sees the 65th anniversary of the Queen's accession to the throne and therefore the Cuckfield concert will include some royal music. Coro Nuovo's summer concert on Sunday 16th July at the Ascension Church, Vale Road, Haywards Heath will celebrate the broader link between the monarchy and music. The Coro Nuovo Young Musician 2017 will also be chosen during the July concert, and will receive a bursary of £1,000. Tickets will be available through the Coro Nuovo website.



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READER SURVEY 2017

I would love to know what YOU think of our magazine. I'd be really grateful if you would be prepared to spend just five minutes of your time to answer a few questions about what you like and maybe what you dislike about Cuckfield Life. And, of course, if you have any suggestions about how to make the magazine even better, I'd love to hear those too!

You can complete it anonymously if you choose to, however if you would like to be entered into the draw to win a £50 shopping voucher to spend in local shops, then do please give us your name and contact details.

Where do you live?

- Cuckfield Bolnore Village Other

Please indicate your age bracket?

- Under 30 30-49 50-69 70 and over

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 I read features mentioned on the front cover
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Would you like to see more Bolnore content in CL?

- Yes
 No
 I don't mind

How would you react to the following statements?

Cuckfield Life is the best local magazine I've ever seen

- Strongly Disagree, Disagree, Neutral,
 Agree, Strongly Agree

For ease you can do it online - simply enter this short URL into your web browser: <http://bit.ly/2lkyL2U> or click on the link from www.cuckfieldlife.co.uk.

Or cut out the page below and post it to: Cuckfield Life Reader Survey, Kipper, The Barn, Hurstwood Grange, Haywards Heath, RH17 7QX before 10th March 2017.

Thank you!
David Tingley, editor

Complete the Reader Survey online
<http://bit.ly/2lkyL2U>

The articles/content in Cuckfield Life are specifically relevant to me

- Strongly Disagree, Disagree, Neutral,
 Agree, Strongly Agree

Cuckfield Life has a good balance of advertising to editorial content

- Strongly Disagree, Disagree, Neutral,
 Agree, Strongly Agree

Finally, do you have any comments or suggestions for our magazine?

You don't have to, but if you'd like to be entered into the draw for a £50 local shopping voucher then give us your details here...

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Tick one box for each question and post to: Cuckfield Life Reader Survey, Kipper, The Barn, Hurstwood Grange, Haywards Heath, RH17 7QX - before 10th Mar 2017

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Cuckfield i wear

OPEN FOR BUSINESS



Many couples celebrate in February but for business owners Lin O'Hara and Natalie Cordery the month carries greater significance than the traditional Valentines Day.

The pair run Cuckfield i wear which first opened its doors in February 2013 in a ceremony which featured then Cuckfield mayor Lindy Elphick doing the honours with the scissors.

The shop, at 8 High Street, sells spectacles and sunglasses all with superb high quality lenses, fitted on site.

Lin comments: "Between us we have over 40 years experience in the optics industry. I've always been in dispensing and love the customer-facing part of the shop. Natalie has been glazing in her own lab for 19 years, a business which has just grown and grown."

In fact when they opened four years ago it was, in part, to house Natalie's lab in the area. Having the ability to join it with a shop meant they were able to add a retail element to the business.

"We offer something different from our High Street competitors," Lin explains. "We have concentrated on stocking some great quality and interesting brands of frames. We know that our customers love this, and, with our glazing being carried out in house, this makes our prices very competitive."

One such brand is Ronit Furst - February's Frame of the Month. These bright and quirky glasses are hand-painted and each has an individual number painted on the inside of the arm. This eyewear manufacturer was started by chance when Ronit decorated her own glasses in a bid to express herself slightly differently. She received so many comments from anyone she met - all asking where she got them - her and her husband decided to start the production business in 2001.

But its this kind of passion that you can find right here in Cuckfield. If you wear glasses it becomes a big part of your overall look. Why not go and view the large range in store and see how a new pair of glasses might change you? Both Lin and Natalie are experts in seeing what might suit you personally and they'll happily give you the time you need to ensure you are comfortable with your selection.

Cuckfield i wear started life down the road (opposite The Talbot) but took the opportunity for a larger premises 18 months ago. "We love it here," Lin explained. "With beautiful oak beams and exposed brickwork in the bright and airy shop, and our wonderful neighbours and customers, it really is a joy to come to work!" And being residents of the village, they don't have far to travel either!

A virtual tour of their shop has recently gone live on Google, which enables those searching the web to see just what a pleasure it will be when they make the trip to Cuckfield i wear.

One Cuckfield resident, Diane, came into the shop following a fall where she'd bent her existing frames. With some quick repair work Lin was able to send her on way with no charge. The astonished Diane felt the value of true customer service that day, and hasn't stopped recommending Cuckfield i wear to her friends and family since!

You can visit the (dog friendly) shop with a copy of your prescription or just take along your existing glasses - where they can replicate the prescription directly from them. Cuckfield i wear are a dispensing and manufacturing opticians, therefore don't offer eye examinations, however, they can find you a superb new look and clear vision for your eyes at a great price.

To celebrate the shop's fourth birthday the popular Buy One Get One Free offer is being extended to run until the end of March. The shop is open 10.30am-5pm Monday to Friday, and 10am-1pm on Saturdays. Call 01444 459412 or visit www.cuckfieldiwear.co.uk for more information.





Progress being made

By Chris Belton

Managing our village is complex! In one 30m area, three separate contractors have responsibility for maintenance: the council is responsible for the path, Pembroke's appointed contractor, the foreground gardens and the Housing Association for the gardens behind the barriers. The entire Village is structured similarly.

Pembroke has invited several landscape contractors to submit proposals for the ongoing maintenance of the village and I have met with most of them. We are still keen to appoint, where practical, local contractors. It will be interesting to see what each has to offer and, of course, at what price! It is anticipated that a new contractor will formally be appointed in this month.

Remedial work is continuing throughout the Village with gutters being cleaned and repaired, leaves being collected and general tidying up being done. I am also pleased to see that nearly all of the "For Sale / To Let" boards have now been removed which does improve the overall appearance. I am also pleased that Sky Q service has been installed in most of the apartment blocks. This service is possibly to be rolled out throughout the Village at some point but only when the technical issues associated with such a large development have been resolved.

Pembroke anticipate receiving the balance of our funds from FirstPort at the end of February and they will appoint an accountant to audit the service charge account. In parallel the Community Interest Company Directors will sample the year's invoices to validate that work paid for has been completed to our satisfaction

I am pleased to report that my request for volunteers last month proved successful. Thank you.

There is change happening in the village and this is very good to see after such a long time. The coming year will be a challenge as we begin to return the village to its rightful place in the community.

Dark dance comes to Bolnore

Swoove Ignite launched last month at Bolnore Village Primary School and was a big hit with 30 locals turning up to support the session. Swoove means to sing, whoop and move and is a singalong exercise class. Swoove Ignite is in the dark with disco lights and glow bracelets. Local instructors Esther and Kelly alternate taking the class each Tuesday (7-8pm) and are thrilled with the response it has had.



BuggyBlast is back!

Personal Trainer Gavin O'Mally-Richardson has started his keep fit classes again last month, when BuggyBlast returned to The Woodside. The 45 minute sessions give the opportunity for parents to do some exercise without the need for childcare during the day. The group comes to Bolnore on Tuesdays at 11am.

Fashion Show fundraiser

Friends of Bolnore Village Primary School are holding a Fashion Show with Travelling Trends on Saturday 4th March, to raise money for the school. "This year we have set our sights high and are trying to buy a mini bus for the school," Jo Roberts, from the PTA, commented.

On the night individuals will be able to watch a fashion show with the seasons latest trends and then be able to shop and try on clothes. It will be a fantastic opportunity for a girls night out and also to grab some High Street fashion at bargain prices. There will also be a Wine & Prosecco Bar available as well as a raffle.

Tickets are £10 and include a glass of Prosecco. People can buy tickets by emailing friendsofbvps@gmail.com or messaging us via the Facebook page.



Snake in the grass...

A contractor working in Bolnore Village made a rather unusual discovery last month.

TV contractor Glen Campbell was working on an external cabinet in the Heasewood area in Upper Village when he discovered a two foot length of snake skin! According to locals, who responded to the social media post, grass snakes are native to the woods in the area – but are not dangerous at all.

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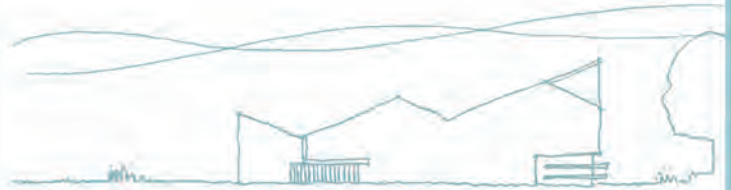
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From Boots to Bustles

CUCKFIELD MUSEUM



From Boots to Bustles – costume finds from Sussex Attics

By Phillipa Malins

Cuckfield Museum's new display runs from 18th February to the beginning of June and features items of costume which have been put away and kept by local families for sentimental reasons or because of their value.

It centres around a collection which the vicar of Cuckfield, the Rev Michael Maine, saved after a Cathedral operatic production in Truro many years ago: he thought the pieces worth keeping and genuine. When we took them to the costume department of Worthing Museum, the curator, Gerry Connolly, said they certainly were genuine – that the oldest, a sprigged muslin dress, dated from the early 19th century.

The most dramatic outfit is a brilliant blue silk bodice and skirt – the blue so striking that we thought it must be a modern imitation but it was an aniline dye, new in the 1870s when the dress was made. The skirt would have been worn over a bustle and we have borrowed a bustle frame and pad from Worthing which we are displaying over a chemise, showing the lengths women went to at the time to create a wonderful curved shape at the rear! It contrasts intriguingly with a dress from 50 years later in the 1920s, lent by a museum patron: a shift of the finest silk chiffon and weighing no more than a couple of ounces.

When Cuckfield heard we were planning a costume display of forgotten treasures, we received a fascinating offer from someone whose father had lived at Tyler's Green. When he died a few years ago, his attic was cleared and a roll of material was found, wrapped around a wooden walking cane and the whole enclosed in a piece of rag. The material turned out to be a panel of exquisite canary coloured embroidered silk. A note said it had been worn at the coronation of William IV in 1830. Enquiries at the V&A showed that it indeed dates from Georgian times though there is doubt that such a brightly coloured piece of material could have been worn at such a solemn occasion. There was a link between the family who owned the panel and the royal physician Sir Henry Hallford so there is an intriguing possibility of a royal link somewhere! The panel is on display still partly wrapped around the wooden cane.

Other treasures include a wedding dress made by the bride herself for her wedding which took place in August 1939, a month before the outbreak of war. The bride was just 22 years of age and the workmanship is exquisite with every tiny button beautifully covered with fabric.



"The most dramatic outfit is a brilliant blue silk bodice and skirt..."

The footwear of the title is represented by two very different pairs of boots. A pair of sturdy countryman's leather boots found when a house in London Lane was cleared a few years ago. Lacing to the knee, they look indestructible and would have seen the owner through the densest Sussex mud: the precursors to rubber wellingtons. The others have been loaned by Worthington Museum and are the daintiest woman's boots dating from our bustle era of the 1870s. They have no left or right but the owner would have marked the boots herself and worn them accordingly. They are in red leather with a curved golden heel - no wonder someone thought to keep them!

Opening hours for Cuckfield Museum are Wednesday, Thursday and Friday mornings 10am-12.30pm and Saturdays 10am-3pm.

More information at www.cuckfieldmuseum.org

Appeal for volunteers

If you enjoy working outdoors, have time to spare and would like to make a real contribution to conservation in Sussex, then why not become one of the growing number of South Downs National Trust volunteers?

The group, which carries out work on behalf of the National Trust, was founded in 1988 by several volunteers who were already working with other conservation groups.

The first work party gathered at Highdown Hill near Worthing, to clear damaged trees following the great storm of 1987. Since then, the group has grown but new recruits are always needed to help conserve the precious countryside.

Members of the South Downs National Trust volunteers come from all walks of life, and mainly work on alternate Sundays, and the occasional Saturday. There are also full weekend tasks, once or twice a year. Travel costs are reimbursed.

Volunteers can log their hours over the year on a '50 hour volunteer card' which, when complete, entitles them to free entry at National Trust properties, and discounts in their shops and restaurants. The group also runs social events for members.

The group welcomes students from Plumpton and various other colleges, and young people working towards their Duke of Edinburgh Awards. Described as



'a friendly bunch' the volunteers guarantee new recruits with warm welcome and, of course, tea and biscuits!

The National Trust relies upon both contributions and donations from members, and the work of volunteers to help maintain its properties and land. If you think you would like to become a volunteer, or would like to find out more please visit <https://southdownsntv.org.uk>

Helpers on the Downs



By Peter Lovett

To keep the South Downs as a rich habitat for wild flowers, scrub needs to be controlled as here on Wolstonbury Hill last year by volunteers under the guidance of the National Trust rangers.

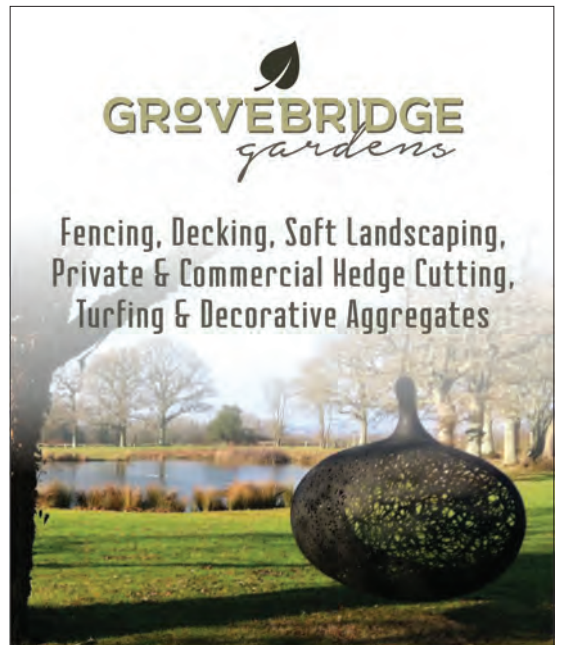
It was a bit early for this toad to be walking about and it was tucked under a log pile to sleep on safely for many weeks more.



The National Trust depends on volunteers to carry out diverse interesting activities. See www.nationaltrust.org.uk/volunteer for opportunities in Sussex.


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sing *verb*:
make musical sound with the voice,
especially words with a set tune.



Dear friends,

It is an extraordinary coincidence that both the vicar and the Baptist minister of Cuckfield were both formerly music teachers! I don't know about Will Cockram, but nothing quite gladdens my heart like hearing people singing robustly, both in church and other places. From a great football or rugby crowd singing in a stadium, to the joy of hearing the children at our school enriching assemblies with songs they enjoy, the lives of both participants and listeners are enriched.

Singing can be transformative and life enhancing, as many will know within the village who are members of The Cuckoo Choir or The Singing Allsorts, both led with wonderful enthusiasm by Jane Haughton.

Richard Jenkinson has recently become our new Organist and Director of Music at Holy Trinity. Richard has a distinguished career both as an organist and choir trainer, having held important posts both in London and elsewhere as well as running several choral societies and musical ensembles. He would be delighted to welcome new singers to the church choir. If you feel that you would like to join, even just to see how you get on, you would be most welcome.

Most importantly of all, Richard also plans to establish a CHOIR CLUB on Friday evenings, with activities and refreshments as well as singing, for children and young people. If you think your children or youngsters would enjoy this new challenge, please do contact him on 01444 882398 (r.jenkinson00@gmail.com); or come and say hello after a Sunday service.

With all best wishes, Michael (Vicar)

What's On...

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

New Year, New Home

DAME VERA LYNN CHILDREN'S CHARITY

A charity which offers vital support and activities for children with cerebral palsy and their families has made its new home on the outskirts of Cuckfield village.

Staff from the Dame Vera Lynn Charity have enjoyed an exciting few weeks settling into their new premises at Holmsted Farm, which have been converted to become fully accessible and family friendly.

As they look forward to a busy few months, welcoming visitors, launching new services and celebrating Dame Vera Lynn's 100th Birthday, staff from the charity tell us about their work and why they are looking forward to becoming part of the local community.



We are delighted to announce we have moved into our new premises in Cuckfield, to expand our services to be able to help more children with cerebral palsy in the South East.

Dame Vera Lynn Children's Charity has been supporting families and children under five with cerebral palsy and other motor learning difficulties since 2001, and we have now embarked on an exciting new chapter in our history, as we celebrate our President, Dame Vera Lynn's 100th Birthday next month.

We have opened the Dame Vera Lynn Children's Centre which will continue to provide an early intervention service alongside a new range of services for our families including Saturday and holiday clubs, outreach support in the home, and access to a parent support network. Children will also have access to assistive interactive technology, such as white boards, tablets and magic carpets. This early intervention service builds confidence and self-esteem for both parent and child in a supportive environment where parents are able to talk openly about their child's activities and share an understanding of each other's situation.

Conductive Education is at the core of our service which uses a holistic approach to physiotherapy, teaching and learning aiming to give children better control over their movements and posture. We support children 0-5 years of age and parents and children work together in small group sessions, enabling mums and dads to actively participate with their child's learning and development. Children learn through play and supportive physical

techniques to unlock their inner strengths and these practices can then be applied in the home environment.

All our new services will be shaped by the families we currently work with, and those we look forward to supporting in the future.

We have just started offering taster sessions of our early intervention service to families with young children under the age of five. These sessions will run each Monday 9.30am-12noon and 1-3.30pm and Friday 9.30am-12noon. Please note that you do not need a formal diagnosis or a referral to access these sessions.

We will also be holding coffee morning drop-in sessions on Tuesday 21st and 28th February from 10-11.30am at our Children's Centre. We will be joined by the Sensory Bus, an accessible customised vehicle with a range of sensory equipment, for you to enjoy.

To register your interest in any of these sessions or to find out more, please call us on 01444 473274 or email info@dvcc.org.uk

Our charity receives no statutory funding and we rely entirely on the community to raise our funds. We have been lucky to have received some fantastic support in raising funds for our new centre including a substantial donation from Newman's Own Foundation which has helped us tremendously.

We are looking forward to working with the local community, schools and businesses in Cuckfield and to celebrate Dame Vera's 100th Birthday are launching our #VERA100 campaign to raise £10,000 to purchase a magic carpet for the children to use at our new centre. We would love to hear from anyone who would like to get involved in helping us raise funds and we are on hand to give you lots of ideas and support, so please contact a member of our fundraising team.

Nikki Cannon, Challenge Events Manager and



Community Fundraiser said: "As the charity's Community Fundraiser I am excited about the opportunities that lie ahead in our new community in Cuckfield. We have already been so warmly welcomed by our new neighbours and I look forward to meeting many more local community members and businesses over the coming year and beyond. We are already planning to fully immerse ourselves with Cuckfield life and will be attending the Cuckoo Fayre and joining the Mayor's Procession in October so if you see us, please do pop over and say 'hi'."

Last chance for a place at Brighton Marathon 2017

We are searching for special runners to run on our behalf at the iconic Brighton Marathon, taking place on Sunday 9th April. Renowned for its buzzing atmosphere and roaring crowd support, the course winds through the city streets and finishes on Brighton seafront.

Our charity places are subject to a £50 registration fee, to secure your place, and a minimum fundraising target of £300. If you are lucky enough to have your own place in the marathon and are looking for a local Charity to support - look no further! Join our exclusive Brighton marathon team and receive ongoing support from the fundraising team.

Make this the year that YOU make a difference to local families and their very special children.

For more information or to apply for a place contact Nikki on nikki.cannon@dvcc.org.uk or call 01444 473274.

See the website for more info: www.dvcc.org.uk



100: A Tribute to Dame Vera Lynn

A special concert is being held on Saturday 18th March at the London Palladium to celebrate the life of our Forces Sweetheart in support of Dame Vera Lynn Children's Charity. This once in a lifetime opportunity features some of the country's most beloved singers, dancers, actors, West End Stars and TV personalities.

Tickets for this event can be purchased at <http://rutlive.co.uk/event/100-a-tribute-to-dame-vera-lynn/>

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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 gives us a new angle on serving squid...



Vietnamese Stuffed Squid

Serves 2

Things to grab:

- 2 small squid
- 2 oz rice noodles
- 2 tbsp oil
- 1 spring onion, finely chopped
- 4 mushrooms, sliced
- 120 g minced pork
- 1 garlic clove, chopped
- 5 tbsp oyster sauce
- 1 tsp caster sugar
- 1 tbsp finely chopped fresh coriander
- 1 tsp lemon juice
- salt and ground black pepper

Cut off the tentacles of the squid just below the eye. Remove the transparent 'quill' from inside the body and rub off the skin on the outside. Wash thoroughly in cold water and set aside. Bring a saucepan of water to the boil and add the noodles. Remove from the heat and set aside to soak for five minutes. Heat 1 tbsp of the oil in a preheated wok and stir-fry the spring onions, mushrooms, pork and garlic for four minutes until the meat is golden. Drain the noodles and add to the wok, with the oyster sauce, sugar, coriander, lemon juice and salt and pepper to taste. Stuff the squid with the mixture and secure with cocktail or satay stick. Arrange the squid in an ovenproof dish, drizzle over the remaining oil and prick each squid twice. Bake in a preheated oven at 200°C for 10 minutes. Serve hot with any of the remainder of the filling underneath.

Sebastian's Serving Suggestions

Fantastic served as it is, as it is a meal in itself but you could serve some stir-fried pak choi which would give it some more vegetable content and colour... Yummy!



March Food Market

Sat 11th 09:30 - 12:30

Cuckfield High Street



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What does green mean?

VILLAGE GREEN

By Margaret J Tyzack More, Cuckfield Local

As I write it's cold outside, heavy frost and freezing fog. Just a few days ago saw me sitting wrapped up in a sunny garden corner. The sun was hot on my face. Water trickling into the pond, good earth underfoot and a gently breeze made a sanctuary of peace and calm. Blessings indeed. I was surprised how many birds I could hear chirping and cooing. I am no birder but dreaming in the sun took me to memories of a favourite holiday spot: the Isles of Orkney. Approaching The Ring of Brodgar one autumn I noticed the dead, standing stalks of many wild flowers and plants either side of the path. A notice explained that some were to provide seeds and others to create shelter for birds in the long cold winter. This is one of thirteen reserves that the RSPB manage on Orkney, a birder's paradise.

Dream over. Back to Cuckfield. Many of you will remember we collected small plastic tops, lids and so on at the market. Our chain of connection to the recyclers broke. Now it's only red, blue and green milk bottle tops that we are able to take.

Browsing the net last week led me to the World Economic Forum, held every January in Davos.

Global leaders, business CEOs all attend this event. What made me sit up and take notice was this: THE NEW PLASTICS ECONOMY: catalysing action, a joint report by the Forum with the Ellen MacArthur Foundation. Dame Ellen is a retired solo long-distance yachtswoman who learned much from watching nature on her voyages and how it works in circles. She now works towards creating a circular economy. If this sparks your interest go to www.ellenmacarthur.com

A plan in the report is to increase the reuse and recycling of plastic packaging to 70% from present 14%. A big problem in this respect is the amount of small lids, straws, sweet wrappers, little packs of shampoo, not forgetting single servings of ketchup, mayo, salt and pepper incafes and service stations worldwide. Beginning the process, material is screened for dirt, small stones etc that could damage the recycling machines. Small items also fall through the mesh and are incinerated or sent to land fill because it is not economical to recycle them. Were we Cuckfieldians way-showers in recycling these little bits of plastic?

A great invention by an Italian designer is the NEPENTHES bottle based on the tropical pitcher plant. Biomimicry at its best. The bottle is fully flexible, recyclable, refillable and closed without a cap! Think shampoo, conditioner, shower gel. See here: www.merged-vertices.com/portfolio

Don't forget that our next Cuckfield Local Monthly food Market is on Saturday 11th March in the courtyard of The Talbot 9.30am-12.30pm. Fresh fish, local cheeses, vegetables, yummy cakes, home made jams, good bread. What's not to like!

Dave 'G'

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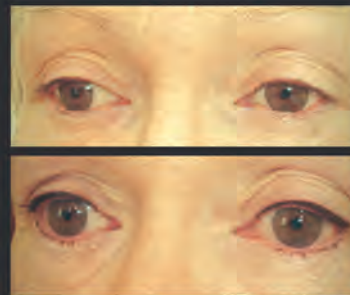
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Haywards Heath Music Society

75th Season 2016-2017

NEXT CONCERTS

18th Mar 2017: **Riyad Nicolas (piano)**

This Syrian-born Countess of Munster artist comes to us with an impressive list of awards, prizes and performances. His programme will include works by Beethoven, Chopin, Liszt and Ravel.



8th Apr 2017: **Laura van der Heijden (cello) and Tom Poster (piano)**



Laura was awarded the title of BBC Young Musician 2012; she has also won many other prizes and awards, and toured extensively. She will be accompanied by the highly-regarded pianist Tom Poster.

Their programme will include works by Schumann, Debussy, Martinu and Fauré.

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

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

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

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Celebrating musical talent

HAYWARDS HEATH MUSIC SOCIETY



By Claire Cooper

The Haywards Heath Music Society was founded in 1941 by Gertrude Lampson 'to promote the presentation of public concerts and recitals'.

"During the war years, people avoided going out in the evenings, so concerts were always held in the afternoons," said member and former Chairman Gwyneth Paine. "With concerts held in public halls and schools in Haywards Heath, Lindfield and Cuckfield, the Society filled a real need for live music performances."

In 1974, concerts moved to the newly built Clair Hall. By this time the society had built up a reputation for excellence with its programme of six evening concerts and recitals each season, many featuring leading international musicians.

Over the years performers have included Gerald Moore, Evelyn Rothwell, James Blades, and more recently Anthony Rolfe Johnson, Steven Osborne, Emma Johnson, Julian Lloyd Webber, Cleo Laine and Dame Evelyn Glennie.

In 1991 the society celebrated its Golden Anniversary with events including a Chamber Concert given by pupils from the Yehudi Menuhin School.

Organising such events is a huge task which requires months of careful planning and hard work and the ability to keep calm when things don't go to plan!

"I remember meeting Evelyn Glennie at Haywards Heath station and finding that her pianist had been taken ill and couldn't perform," said Gwyneth. "She came home with me and worked all afternoon to change her whole programme.

"On another occasion we had to find a last minute stand in when pianist Richard Rodney Bennett, who was due to fly in from New York, broke his arm and couldn't play. Luckily we were able to get Marian Montgomery, with pianist Laurie Holloway."

She added that in winter, she's been called upon to massage cold hands for musicians, and has become an expert 'page turner'!

Away from the concert halls, members have enjoyed lectures, discussions and musical evenings listening to recordings.

The society has always been passionate about encouraging young people to play, enjoy and appreciate music. In 1996 around 40 children enjoyed a percussion workshop at St Wilfrid's Church. "I remember it well," said Gwyneth. "The youngsters practised all day using 25 dustbins!"

But by the evening, the youngsters, many who had never played an instrument before, were performing on full sized professional timpani, xylophones, marimbas and other instruments!

Over the years, the society has not only built a reputation for promoting concerts and recitals by leading international musicians, it has also been active in helping the careers of young, local talented musicians by promoting recital concerts for them.



This includes the Young Musicians Showcase (formerly known as the Young Musicians Concert when it started in 1949).

The showcase sees dozens of youngsters of various ages and abilities, (from Grade 1 to 8,) take to the stage to perform. Applications are invited for youngsters from ages four upwards, either individually, as duos or in small ensembles. All instruments are welcome as well as singers.



"The showcase isn't a competition," explained Gwyneth. "It's an opportunity for young musicians to experience auditions and to perform in front of an audience. They learn how to behave on stage – how to walk on and off, smile and respond to the audience. These can be among the hardest things to learn.

"It's wonderful to see and experience the wealth of musical talent, and to hear the comments of the audience afterwards. So many of them are surprised by the quality of what they have seen. It also reflects the high quality of our local music teachers."

Many Showcase performers have gone on to become professional musicians, including Alexis White who now teaches at the Yehudi Menuhin School and at St Paul's in London, and cellist Pavlos Carvalho from Ensemble Reza. There's also Christopher Willis who lives and works in the USA writing music for The Walt Disney Organisation. "They like to use British orchestras to record the music," said Gwyneth.

Gwyneth's daughter Caroline, who took over running the Showcase three years ago, has also performed in previous concerts, as has granddaughter Sarah.

"In this year's Showcase we are aiming to incorporate 75 years of the Music Society by featuring music from different eras," said Caroline. "We are also hoping to welcome pianist Fiona Fawssett who performed in the very first Showcase and has been on the Society committee for many years."

This year's Young Musicians Showcase is at 2.30pm on 11th March at St Wilfrid's Church in Haywards Heath. Tickets cost £3.

The remaining two Music Society concerts are on 18th March when top Syrian concert pianist Riyad Nicolas from Aleppo will give a recital while on 8th April a concert will be given by 2012 BBC Young Musician of the Year, cellist Laura van der Heijden, accompanied by top British pianist Tom Poster.

Both concerts are at St Wilfrid's Church in Haywards Heath starting at 7.45pm.

Tickets for all concerts are available from Carousel Music in Haywards Heath.

Looking to the future, members of the Music Society Committee would be delighted to hear from anyone interested in continuing to support and promote live professional music in Mid Sussex.

For more information, visit their website www.haywardsheathmusicsociety.org.uk

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Know a fab kid?

The search is on for secondary school children who have gone the extra mile and deserve to be awarded for their achievement.

South Link Logistics is looking for nominations for its newly launched GEM Awards which aim to recognise these unsung heroes.

Schools, family members and friends are being asked to nominate a young person who has done something great in their local community such as organising an event to raise money for charity, or dedicating their spare time to volunteering. Each GEM winner will be presented with a Samsung Galaxy Tablet.

Rob Sutherland, Associate Director at South Link Logistics, commented: "Sometimes young people don't get the best press, but there are some amazing youngsters in the local area."

South Link will also be giving a further two GEM Awards to students who have displayed great sporting talent and shown fantastic school spirit.

Nominations can be emailed to SouthLink@pmwcom.co.uk. The deadline for nominations is midnight on Friday 24th March. All entries should include both the nominator and nominee's names and contact telephone numbers, the age of the nominee, the name of their school and why they deserve to be rewarded.

Warden Park pitch gets good use

The new 3G sports facility at Warden Park Academy has had a successful first term hosting matches and training sessions from a variety of local teams and clubs.

Head of PE Mr Gentry said: "The new 3G has made a massive difference to PE and after school sport at Warden Park Academy. All students and staff tell me the surface is excellent and we need never worry about muddy fields or fixtures called off again. The lights also give us flexibility for matches in winter."

Howard Collins, Grants & Fundraising Manager added: "It is also attracting lots of community usage and sponsorship. So far, twelve local organisations are using it and six local businesses have their brand pitch side."

Anyone interesting in hiring, or sponsoring the facility should contact Howard on 01444 476551 or hcollins16@wardenpark.co.uk

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Glass in the home

DESIGN AT HOME

By Fiona Evans, interior designer

Beautiful, fragile, transparent, delicate and useful; Glass features in so many aspects of our lives but does it make a statement in the home?

Textured, etched, cut, bevelled, transparent or opaque, historically glass has been in use for about three and a half thousand years originally created by heating sand to make glass beads. The clever Romans developed the technique of glass blowing, making glass vessels by blowing molten glass on to a mould. Nowadays glass is a dominant feature in our lives and comes in many clever guises both decorative and useful. Below are some examples of the many choices of glass we have for the home:

Antique pressed glassware can be found in antique fairs, charity shops and online. Durable plates, bowls and the like in pretty decorative patterns are collectable household items. The process was patented by John P Bakewell in 1825 in USA and manufactured in Europe and Sweden from 1930s. Molten glass was pressed into moulds to produce inexpensive mass produced glassware. Pressed glass includes Carnival glass known as 'poor mans Tiffany glass' it was patterned and looked more expensive than it was. Some of the patterns were geometric and some imitated cut glass. All the pieces have an iridescent, metallic shimmer and were very popular in the 1920s. Pressed glass was more affordable than cut crystal glass.

Not all glass in the home can be seen, such as that present in fibreglass. Fibreglass is a type of plastic reinforced with glass fibres and can be used to make furniture by moulding the material into shape; fantastic examples are Mid Century modern Charles Eames dining chairs.

Tempered safety glass is used throughout the home. Glass is heated to make glass which can only shatter and not break into shards, an amazing material used for windows, shower screens, shelving etc. It looks fantastic with the addition of LEDs shining through emitting white or coloured light, e.g an interactive dance floor made from tempered glass and lit by LEDs.

Today glass plays a major part in interior design partly due to the innovative glass technology that produced laminated safety glass. Glass sheets are sandwiched together by one or more adhesive layers which can be coloured and layered creatively to build up a design. Layers could include fabric, metal meshes, painted scenes or patterns for a truly unique panel. Between two layers additional technology can be added to enable the conduction of electricity allowing glass or mirror radiators to emit radiant heat at the click of a button. Clear glass screens or windows can become opaque also at the click of button and returned to clear again when desired, an amazing addition to a hi-tech bathroom window! The birth of smart AV systems means that TVs can be cleverly disguised as mirrors which mysteriously take on their true identity at the flick of a switch. Such clever and exciting stuff!



Lions Swimathon to support Chailey Heritage's new centre project

The Haywards Heath Lions Club's Swimathon, now in its 34th year, is an annual charity fundraising event held at the Dolphin Leisure Centre on Good Friday 14th April 2017. Teams of six swimmers are invited to swim in a 55-minute-long relay to raise money for a good cause of their own choice and for the Lions' selected good cause.

In 2017, the Lions have chosen to support Chailey Heritage Foundation in their new project - the D.R.E.A.M. Centre.

The D.R.E.A.M. Centre Appeal is an ambitious plan to create a modern and vibrant indoor activity space large enough for children and young people aged 3-25 with very complex disabilities to participate in a mixture of arts and physical activities.

The D.R.E.A.M. Centre will feature a league-recognised sports court for wheelchair football and power chair driving, a raised stage for drama and dance, a built-in trampoline for rebound therapy, a space for celebrations and awards as well as a 4-dimensional immersive sensory learning environment. More information can be found on the website www.thedreamcentreappeal.org.uk/about

To enter the Swimathon, please visit www.hhlionsswim.co.uk and complete the online application form.

Teams can be from an organised group or just a group of friends. Previously, teams have included families, schools, Guides, Brownies, sports clubs, churches, youth clubs, special needs groups, and luncheon clubs. Cuckfield Baptist Church have entered a team (pictured above) for the last three years.

Swimathon teams always find the event well organised and enjoyable. So why not enter a team and raise funds for your own special good cause and help raise much needed funds for the Lions chosen good cause at the same time. Come and join us! Its great fun!



Peppa Pig launches new Muddy Puddle Walk this spring

This spring, Entertainment One's Peppa Pig is teaming up with the world's leading children's charity, Save the Children, to launch a fundraiser like no other.

Between 8th and 14th May 2017, nurseries, early years groups, families and children up and down the country are being encouraged to take part in a Peppa Pig's Muddy Puddle Walk for Save the Children.

Organising a Muddy Puddle Walk is a great way for your little ones to explore the world around them and jump in muddy puddles, like Peppa Pig, for a worthy cause. However you fundraise – you'll help Save the Children make life better for children around the world.

There are lots of easy ways to raise money on your

Muddy Puddle Walk for Save the Children. The free fundraising pack is full of great activities and fundraising ideas, so you can choose which option will work best for you and your children. Your little ones can get sponsored to walk or splash in puddles at the park, or they can simply donate to join your muddy puddle walk. You can even top up your total by baking and selling Muddy Puddle cupcakes!

Sign up your nursery or family now at www.MuddyPuddleWalk.org to get your free Muddy Puddle Fundraising Pack, full of fundraising ideas and tips for great walks and activities indoors and out – including free Peppa stickers and Save the Children balloons too!


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Are you aware of ovarian cancer?

This March is Ovarian Cancer Awareness Month and this year research charity Ovarian Cancer Action has chosen the theme Listen In!

Ovarian cancer isn't as well-known as some other female cancers, yet it is the sixth most common - with more than 7,000 diagnoses in the UK each year. The UK has one of the lowest survival rates in Western Europe.

Ovarian Cancer Action says one of the reasons for the UK's poor survival rate is that the disease is often spotted too late. The charity's Chief Executive, Katherine Taylor, says: "Ovarian cancer is particularly difficult to diagnose yet early diagnosis is crucial. When women are diagnosed in the early stages of ovarian cancer they have a 90% chance of surviving for more than five years but this reduces to 22% when diagnosed in the later stages."

One obstacle to making the all-important early diagnosis is a lack of symptoms awareness. Ovarian cancer is often referred to as the silent killer due to a belief that it's symptomless. This, however, is not true. The four main signs of ovarian cancer are persistent stomach pain, persistent bloating or increased stomach size, difficulty eating or feeling full quickly, and needing to pee more frequently.

Detecting ovarian cancer can be difficult due to the fact that these symptoms are vague and easily confused with other ailments.

? Weeing more

? Stomach pain?

? Struggling to eat?

? Bloating?

Don't ignore these symptoms.

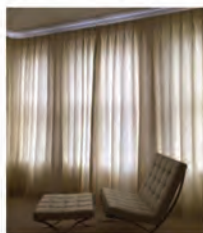
ovarian cancer action
ovarian.org.uk

Have you been affected by ovarian cancer? Would you like to raise awareness in your community? Become a Voice for Ovarian Cancer Action!

Voices are women, men, family members, friends and carers who have been affected by ovarian cancer. Voices raise awareness in a number of ways, from sharing their own stories and writing blog posts to talking in their local communities. Email Ross Little at Ross@ovarian.org.uk to find out more.

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Sudoku #8

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

Find the solution to #8 in next month's magazine

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

#7 Solution

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

Ashdown Forest walks

Nature lovers and keen walkers can discover more of the Ashdown Forest this year with a line-up of guided walks from Cats Protection's National Cat Centre.

The walks, which are held on the first Saturday of every month, are free to join and set off at 11am from the Visitor Centre.

Lasting around an hour, the gentle hikes will allow walkers to take in the breathtaking scenery of the Ashdown Forest.

The next few guided walks will be held on Saturdays 4th March, 1st April and 6th May.

Centre Manager, Dee McDonald, said: "Whether you're a keen walker looking to find out more about the Ashdown Forest, or a family that wants to kick-start the weekend with a breath of fresh air – our guided walks have something for everyone.

Cats Protection's National Cat Centre is open seven days a week and provides a great day out for all the family and includes a children's play area and cafe.

The National Cat Centre is the largest of its kind in the UK and is situated in Chelwood Gate, on the A275 between Wych Cross and Danehill.

To find out more about the work of The Conservation Volunteers, which organises the walks, please visit www.tcv.org.uk/southeast/volunteer-south-east/east-sussex-healthy-walks

Council grant to help businesses grow

Mid Sussex District Council is encouraging micro businesses in Mid Sussex to apply for grant funding of up to £2,000 to help their business grow.

The funding has been provided by West Sussex County Council as part of a £500,000 investment across the whole of West Sussex. The money comes from local Business Rates and each District and Borough is being provided with £83,000 to reinvest back into the local business community.

The grants of up to £2,000 are available to any Mid Sussex business that has less than 10 employees and an idea for a project that will help their business grow. Up to £1,500 is also available to help micro businesses take on an apprentice.

"The Council is committed to supporting local businesses and sustainable economic growth in the district and this funding could really help you to take your business to the next level," said Councillor Jonathan Ash-Edwards, Mid Sussex District Council Deputy Leader and Cabinet Member for Resources and Economic Growth.

For more information or to apply online visit www.midsussex.gov.uk/businessgrants.

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

- 7th **New England Wood Trust** – 8.15pm
Council Chamber of the Queen's Hall, Cuckfield.
The Annual Public Meeting. All welcome

March

- 1st **Museum Talk** – 2.30pm Council Chamber
'The Coach Roads to Brighton' Geoffrey Hewlett will tell the story of the coach roads between London and Brighton during the coaching era, and will include tales of the coachmen, coaching accidents, robbery, ghosts and gallows as well as many other incidents of note (01444 457448)
- 3rd **Cuckfield NSPCC annual quiz** – 7.30pm The Queens Hall, Cuckfield. Tickets are available from Wealden Stores, £12 per person to include a cold platter and delicious homemade puds. Tables of 6. 01444 459579/450497 for further information
- 9th **Cuckfield Evening Flower Club** – 7.30pm AGM
- 17th **Silent Film Night** – 7.00pm for 7.40pm
The Rotary Club of Cuckfield and Lindfield is hosting a silent film night and meal in Queen's Hall, £20 with profits raised going to Gillian Fabb Memorial Fund. Tickets and more info from Andy Harrison, 415719

AND ELSEWHERE

February

- 15th **Mid-Sussex Decorative & Fine Arts Society** – 10.15am for 10.45am Clair Hall, HH: '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 Association National Trust** – 2.30pm Clair Hall, HH: Truth to Nature – The Development of Landscape Painting By Jackie Parry
- 21st **Cuckfield Evening WI** – 7.30pm Cuckfield Baptist Church: 'Egyptian Ladies' Carol Andrews
- 22nd **Royal British Legion Women's Section** – 2.30pm The Old School Cuckfield: 'Further Travel Delights' a talk by Evelyn Stenning

March

- 7th **NHS Retirement Fellowship Mid Sussex** – 10.15am Franklands Village Hall: Physical & Geographical Environment talk by Bill Avenell
- 7th **Lindfield Afternoon WI** – 2.15pm to 4.15pm meet at King Edward Hall (opp Pond) contact la16wi@gmail.com or Jacquie on 01444 454816
- 11th **Cuckfield Local Food Market** – 9.30am-12.30pm Courtyard of The Talbot
- 15th **Mid-Sussex Decorative & Fine Arts Society** – 10.15am for 10.45am Clair Hall, HH: 'Easter Presents from Faberge' Lecture by Clare Phillips to celebrate the work of the goldsmiths and the skilled designers. Non members welcome (£7 on the door)
- 16th **Mid Sussex Association National Trust** – 2.30pm Clair Hall, HH: Lady Arbella Stuart – The Lost Queen and Hardwick Hall by Heather Woodward
- 19th **Coro Nuovo Concert** – 2.30pm Holy Trinity Church Cuckfield. Tickets costing £12.00, are available from fohtcc@btinternet.com, Wealden Stores and Pepperbox in Cuckfield, and www.coronuevo.org.uk
- 21st **Cuckfield Evening WI** – 7.30pm Cuckfield Baptist Church. 'California Dreaming' Neil Sadler
- 22nd **Royal British Legion Women's Section** – 2.30pm The Old School Cuckfield. The Kleinwort Family Maureen Rea & Carol Andrews

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