

Cuckfield Life

Inc. Brook St, Ansty, Staplefield & Bolnore Village

Local village talk,
by the village

Issue #67 : May 2018

Free



Cuckoo Fayre - photos and fun!

page 20

BPM scoops national dance award

page 11

Dr Sarah talks hayfever

page 28

Including...

Bolnore
VILLAGE

7 PAGE SECTION

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EDITORIAL

By David Tingley, Editor

Well, you find this issue 'put to bed' still with the smell of grass and BBQ burgers in our hair after the wonderful

Cuckoo Fayre! We managed to hold the press long enough to ensure that we could feature photos and a write-up of the day on **page 20**, and also a selection of your **#CuckooFayre frame photos** taken on our stall on **page 42**.

On **page 11** we take great pleasure in congratulating the crews of **BPM Academy** on their recent competition successes at different ends of the UK. **Page 12** holds the story of **AFC Bolnore's** sporting achievement as the team secures its fourth consecutive promotion, taking the Division 5 Mid Sussex League Championship.

Bolnore's **Alastair McPherson** spends five minutes telling us a little about himself on **page 17**. And on **page 26 Simon Yeend** tells the story of museum curator **Phillipa Malins**. I'm really grateful to both Phillipa and Alastair for taking the time to be involved. We love to tell stories of real people, and so if you would like to answer the **5 mins with** questions yourself or know someone who would make a fantastic **Village People** candidate – do please have a word to them first, then email us at editor@cuckfieldlife.co.uk to tip us off!

As **Cuckfield Dramatic Society** is about to take to the stage again in a production of *If I Were You*, club president **Joan Collins** shares some of the history of the society on **page 32**.

And on **page 36 Caroline Young** takes a leaf out of the **historic recipe books** to bring us Carrot Cookies. WSCC Recycling Guru **Colin McFarlin** helps us to know what we can recycle and what we can't on **page 40**.

And my last appeal goes out for more of your **Holiday Snaps** with you clutching your copy of *Cuckfield Life* around the world! Email them to photos@cuckfieldlife.co.uk – thanks.



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David Tingley
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Cuckoo Fayre this year

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Mill Hall Farm open garden for NGS

Kate and Jonathan Berry are opening their garden, Mill Hall Farm at Whitemans Green, Cuckfield, in aid of the National Garden Scheme (NGS) for the first time on Sunday 10th June. The NGS raised £3million last year, shared between charities, including Marie Curie, Macmillan Cancer Support and Parkinson's UK.

Jonathan has had Shetland sheep at the farm for many years, though now only eight are left. When Kate arrived from Lancashire in 2010, they decided to start afresh with the garden. Kate saw the wonderful view and started to create a new garden, hoping to enhance the already beautiful landscape using plants she could not easily grow in the North West and other plants which she likes.

It is a young 2½ acre garden with a lovely northward facing view sloping down to a pond with lots of wildlife in and around it, including an occasional kingfisher coming and going when he can find some food to dive for.

Planting began in March 2012 after the house extension was completed. The first tree to be planted was a cercidiphyllum, sometimes known as caramel tree for the light caramel smell it emits during leaf fall. Kate brought this with many other plants, shrubs and trees to



Cuckfield in 2010 from her former garden in Lancashire's Ribble Valley.

There are two ancient oaks in the distance beyond the big pond, and the couple have put in smaller trees including a golden catalpa and a golden metasequoia, some cornus kousas and acers to provide colour, interest and texture closer to the house. There is a small orchard and a separate kitchen garden mostly on raised beds.

Admission £5 (goes to the NGS), children free. Home-made teas and plant sales in aid of Holy Trinity Cuckfield Roof and Fabric Appeal. Mill Hall Farm will be open between 12.30-5pm on Sunday 10th June.

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Staplefield Village Fete and Car Show

With an Elvis tribute act, Ghostbusters, radio-controlled fun cars, Punch and Judy and a host of vintage cars, the Staplefield Village Fete is back again this year, promising to be bigger and better than ever.

The event takes place on the Spring Bank Holiday 28th May between midday and 4.30pm in the beautiful setting of Staplefield Village Green.

This popular event has been a village highlight since the 1920s and draws people from near and far.

"Its continuing success is remarkable for such a small village. This can be directly attributed to the enthusiasm and dedication of our close-knit community, who pull out all the stops to ensure much-needed funds are raised for the benefit of St Mark's Church, St Mark's School and the Village Hall and other local causes," said Maggie Chamberlain, Chairwoman of the Fete Committee.

There is something for everyone, from traditional fairground rides and bouncy slide, games such as Splat the Rat and - new this year - the radio-controlled Amazing Fun Cars.

The Vintage Car Show provides a spectacular display of vehicles from the weird to wonderful, and the Fun Dog Show always lives up to its name.



The fete will open with a display of Maypole Dancing by St Mark's School, and entertainment throughout the day will be provided by the fantastic big band sound of the Perdido Players. This year we are delighted to welcome the renowned Ariel Musicality Junior Choir, one of Sussex's Premier Youth Performance choirs. There will also be an Elvis Tribute from the village's very own Phil Peterson, known locally as "Philvis".

Marky Wild's Punch and Judy Show will also be there, always a hit with children and adults alike. There are many great prizes on offer for the Grand Draw, with a top prize of £100.

Food and drink on offer will include, pulled pork baps, Pavilion teas and cake, strawberries and prosecco, Pimms, beer tent and BBQ. "We take pride that we always provide ample seating and tables in front of the Pavilion near the Band and the food/drink area, and, in



case of inclement weather, shelter, so that people can relax and soak up the atmosphere," said Maggie. "We are pleased to say that this year parking should be easier and there will be designated disabled parking in The Victory Inn car park adjacent to the green.

"There is still time to participate, and we would love to hear from anyone who would like to contribute, take a pitch or exhibit a vehicle."

Contact Maggie Chamberlain on 01444 484825 or email: maggs49@btinternet.com . Alternatively contact Tracey Millis mob 07538952835 or email: traceymillis63@gmail.com

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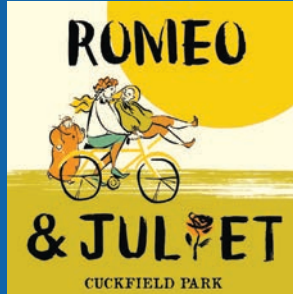
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Shakespeare's lovers in Cuckfield Park

The Handlebards are presenting a performance of ROMEO and JULIET, organised by The Friends of Holy Trinity Church, Cuckfield, at a picnic in the gardens of Cuckfield Park on Saturday 16th June.

The internationally acclaimed HandleBards are the world's first cycling theatre company. Before touring their 'seriously silly' production of Romeo and Juliet around the world, they pedalled it 1,500 miles around the UK by bicycle with all the necessary sets, props and costumes in tow. With the Handlebards all-female troupe you can expect riotous amounts of energy, a fair whack of chaos and a great deal of laughter. And what's the play about? Well - Romeo and Juliet fall in love, despite the fact that both their families hate each other. Hilarity ensues...



Well, sort of.

Bring your picnics and rugs or chairs to Cuckfield Park – gates will open at 2.30pm and the performance begins at 4pm. Tickets in advance are £15 (children under 16 - £5) and £18 on the day. Cash Bar, free parking and wet weather arrangements.

Suitable for all ages – as popular with grown-ups as with children 5+.

Tickets available from FOHTCC@btinternet.com or 01444 454298 and from PepperBox in Cuckfield or Carousel in Haywards Heath.

All proceeds from the event will be used by The Friends (Charity No. 1131432) to help ensure the building and fabric of the church are preserved and enhanced for future generations.



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Garden Fair back in Cuckfield Park

As part of a fundraising initiative for St Catherine's Hospice, Cuckfield Park will host a Garden and Produce Fair on 17th May.

Referred to as West Sussex's mini-Chelsea, it's the perfect way to prepare for spring, offering quality products and plants as well as gardening and food gift ideas.

Last year the event had more than 600 visitors and raised £13,000 for the hospice.

Cakes and lunches are available at the event, but, for those really keen, there are advance 'bubbly preview breakfast' tickets available – which gives guests a sneak preview of stalls ahead of general public entry opening.

For more information about the event go to the following web link: <https://bit.ly/2GTvQfu>

TV horses on show

The Atkinson Action Horses, best known for their appearances in television shows Poldark, Peaky Blinders and Victoria, are the star attraction at this year's South of England Show at the Ardingly Showground.

The Atkinson Action team will be an exciting new addition to the Show, which runs from 7th to 9th June, with visitors able to meet both horses and riders between performances taking place twice a day.

The largest countryside show in the region, the South of England show gives families and friends the opportunity to enjoy an impressive three-day programme of agricultural events.

Spectacular displays and the best examples of British agriculture, horticulture, forestry, equestrianism, rural crafts and skills will offer an intimate and close up countryside experience.

A brand new Entertainment Zone will feature a music stage, the chance to meet Chase and Marshall from children's TV's Paw Patrol (Sat only), open top double decker bus, funfair, simulator, face-painting, blacksmithing demonstrations, Saxon re-enactment and a fabulous food court.

Dogs are best left at home as they aren't allowed in the livestock or food areas. The doors open at 9am and the show closes at 6.30pm each day. Book online for a discount.



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Mr Stoneley to retire from school

Warden Park Academy is losing one of its legends when Head of School Rob Stoneley retires at the end of this summer term after 38 years service to the school.

Anyone aged between 11 and 53 who went to Warden Park will have met Mr Stoneley, that is around 55,000 people!

Mr Stoneley, pictured in his legendary 'Friday Tie', said the decision to finally quit had not been an easy one.

"Having been a part of such a wonderful organisation for so long, this has been a very difficult decision for me," he told Cuckfield Life.

"Unfortunately my birth certificate doesn't lie! The school has gone from strength to strength throughout my time here.

"I have met many fantastic people, students and staff alike. I would like to thank everyone associated with the school for their support over the years. Now it is time for me to relax, play more golf and do all those things I have never had time to do!

"I have worn that tie every Friday for 30 years! The students love it. If I ever forget I am inundated with 'where is your Friday tie?'," he comments.

Warden Park Headteacher Dom Kenrick paid tribute

to Mr Stoneley in the school newsletter:

"Given his length of service and the senior roles that he has held here, the contribution he has made to the success of Warden Park and the support and guidance he has given to many thousands of students and families over many years cannot be overstated," he said.

"Mr Stoneley started his career at the school in September 1980 as a teacher of history and PE. His abilities were soon recognised and he has held a number of key positions in the school, including Curriculum Leader. In 1995 he was promoted to the Senior Leadership Team as Senior Teacher and in 2003 to Assistant Headteacher. In September 2013 he was promoted to Deputy Headteacher and two years ago to joint Head of School.

"On a personal note I am very sorry to be losing such an experienced, highly respected and valued member of staff."

Mr Stoneley has decided to use his retirement as an opportunity for charity fundraising as opposed to a personal gift. His chosen charity is Motor Neurone Disease (MND) Association, a charity close to his heart. His JustGiving page is: <https://www.justgiving.com/fundraising/robstoneleyretirement>



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Illustration by creativeflorence.co.uk

School Summer Fair fun by PTA

By Caroline Dawes

Holy Trinity School's summer fair is taking place this year on Saturday 23rd June from 1-4pm at the school site on Glebe Road.

This is a major event in the PTA's fundraising calendar, and this year the organising team is looking to hold another fun afternoon - everyone is welcome, whether you're part of the school or not!

Held in the school grounds, this is a good excuse to come and explore the amazing outdoor space the school is lucky to have. Last year the grounds team had a great trail through the woods and is looking to do something similar again.

This year there will be a bouncy castle, provided and run by Go Bounce, and we have booked in a fire engine from Haywards Heath to come and visit too. There will be lots of fun games, including a return of Yellow Brick Labs robots and we are hoping to showcase some local talent in our arena.

The raffle this year will feature not only a wheelbarrow of wine but also a wheelbarrow of beer, with our raffle tickets once again kindly sponsored by Cuckfield Bathrooms.

The silent auction was a great success last year with greatly appreciated donations from many individuals and businesses in the village. We are still working on the



Mayor Wilf opening the 2017 fair

items for this year, so keep an eye out for our flyers and all donations are extremely welcome!

The children are all lined up to make cakes for the cake stall, and there will of course be our successful BBQ run by a well-organised group of dads.

If anybody would like to get involved in any way (maybe a Great Cuckfield Cake Off, or has anyone got a classic car they'd like to show off?), we are open to ideas. Please email the PTA team at htsummerfair@gmail.com

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Doing the victory dance

By Simon Yeend

BPM Dance Academy, which holds classes in Cuckfield and Bolnore Village, has scooped top honours at two national championships in recent weeks.

Eleven BPM students across four different crews, aged between 8 and 18, joined forces at short notice to create 'Last Minute'. They were aptly named as they had only three rehearsals to learn a two minute routine – a difficult challenge in itself – to perform at the BDO Championships held in the legendary Blackpool Tower Ballroom.



The hard work of attending competitions across the south in order to qualify for Blackpool and then learning this new routine paid off massively. They were crowned Under-14 Intermediate BDO British Champions against ten other crews. A huge achievement, and the moment was caught on film, with the elation evident on everyone's faces. They also had many students successful in reaching finals in Solos and Duos.

Over the weekend of the 27th April, BPM attended the National Street Dance Challenge in Camber Sands. Another prestigious event in the street dance world, this event was celebrating its 10th year. Students competed in Solos, Duos, Quads, Crews and Big & Little. The parents were not to miss out either, with some taking part in parent crew to be crowned third out of eight crews!



There is a big build up to this weekend as all four crews, Logic, Titan, Eclipse and Nocturnal, attend with extra rehearsals in place in preparation. BPM performed superbly, coming home with a serious amount of trophies across all categories. Logic placed an incredible second out of 11 crews in a very hard age category, Under 14 Newcomers, with the students ranging from ages 6 to 11. Titan were also on top form and came first out of five crews, Eclipse placed second and Nocturnal in the Under 18 Advanced placed second out of four crews. A huge achievement for everyone involved and BPM's founders and choreographers, Kat Chase and Luke Bohanna, came away from the weekend beaming.

Luke said: "We couldn't be more proud of the students – and parents! It's so important for us to see dance have its place in Mid Sussex, as the arts have an incredible impact on everyone's lives. We most recently have become involved with sponsoring Warden Park Dance Department to ensure that dance continues to grow and offer opportunity to local students.

"The 30th April saw BPM Dance Academy celebrate its 7th year in business, and we want to take this chance to thank everyone who has supported us in creating our dream and supporting the next generation of dancers."

Champions.... again!

AFC Bolnore's rise up the Sussex leagues continues at blistering pace after securing its fourth consecutive promotion and taking the Division 5 Mid Sussex League Championship as well.

The team secured the title with a 2-1 away victory at DCK Maidenbower at the end of April and completed the season with a 3-1 home victory against runners up Fletching at the Tim Farmer Recreation Ground.

The team became the Invincibles after going all 18 games of the season unbeaten and won the league by nine points. Aaron Stimson was again the club's top scorer with 25 goals.

The players and management celebrated their success with a well-earned drink (or three!) at the Woodside after the game.

Manager Lewis Claxton said: "I'm so proud of my Invincibles. We've had another great season.

"We hardly played any games in Bolnore over the winter because the pitch was waterlogged, but hopefully the council are going to install new drainage this summer, so you'll see a lot more of us here next season.

"Because of the wet weather and the backlog of fixtures, we ended up playing eight games in 26 days in April and won six of them and drew the other two, which shows how committed and gritty this team is.

"They are reorganising the leagues, so hopefully we will go up two or three divisions into Division One of the



Sussex South League. We're good enough. All the young lads in the squad have committed to next season and I'll be looking to bring in some fresh talent."

Captain Adam Barnard, 33, said: "It has been a long hard season, but as a defender I have to add that we have conceded the least amount of goals in all 10 leagues!"

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Solar panels for the school?

By Chris Belton

There's a great push for renewable energy at the moment. The press were recently lauding the fact that the UK managed three days without the need to generate electricity from coal-fired power stations simply on the back of renewable energy.

There are possibilities for renewable energy schemes on a much smaller scale within Bolnore Village, or indeed anywhere else. We just need to make a start! A number of residents already have solar panels on their roofs, so why not on the school or the Woodside?

The Bolnore Village Community Interest Company has initiated conversation both with residents and with renewable energy firms within the local area and the results are encouraging.

At the moment we are in discussion with a local community energy scheme who plan to make a site visit to Bolnore in May. Once that is complete we will hold a further consultation meeting in conjunction with them, at which a potential scheme will be laid out.

All questions can then be answered by the experts on hand. Such schemes generally provide energy at around a one third saving over existing costs and are able to generate returns on investment of around 5% per annum over a 20 year period.

Another idea being reviewed is the provision of electric car charging points in the Village Square which would operate on a 'pay as you go' basis. If you are interested to know more or would like to invest, email us: estate@bolnore.org.uk

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End of the road for Bolnore Lotto

The Bolnore Lotto is no more. The number of members has been declining to around 70 and last month the Bolnore Village Community Partnership (BVCP) decided it was no longer viable to run it.

A BVCP Trustee commented: "Unfortunately, due to a change in resources and a drop in the number of participants, we're ending the Bolnore Lotto.

"Thank you to everyone who's taken part. Over the nearly four years we've run the Lotto you've helped raise nearly £10,000 for the BVCP, which has helped pay for equipment and keep down costs for the various groups that use the Woodside."



A new salon at home

Bolnore resident Becky Coates has recently moved her mobile salon indoors and it's right on the doorstep!

Becky has lived in Bolnore Village for five years and has spent the last four years driving in and out going to appointments as a mobile beauty therapist. However, now she's created a private salon at her home, offering treatments in a calm and relaxing environment.

"I've had a great reaction from clients," Becky explained. "With many saying they like the flexibility and exclusivity of the salon."

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Street food vans postponed

Following a Fish and Chip van's first excursion to Bolnore Village Square last month, Bolnore Village Community Interest Company has decided to place a temporary stop on food vendors coming to the village.

In a statement made on 12th April, Bolnore CIC explained: "We have not 'banned the vans from the village' as some have suggested. But the lack of care and consideration by the Fish and Chip van in particular, was so significant that we are forced to immediately review all commercial use of the square over the next four weeks."

Both Funky Fish & Chips and Fab's Pizza operate on a street trading licence issued by Mid Sussex District Council – and both have indicated that they'd like to return to Bolnore if at all possible.

Fab's Pizza has been coming to Bolnore for nine months. Owner Fabrice Ortarix said: "I was surprised of course. We are offering a service and don't want any negative impact, we want people talking about us in a good way."

Bolnore CIC is exploring other locations within the village centre for such traders, including suggestions which would be public highway (but at a reasonable distance from homes) and therefore not require permission.

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If you go down to the woods today ...

There are more changes going on in Ashenground and Bolnore Woods with the arrival of 700 new trees and the first of a proposed ten benches.

Network Rail has planted hundreds of new saplings around the site of the new pipe that drains water from the railway line into the woods. The hope is that they will soften the impact of the new infrastructure of the pipe and also replace some of the trees that were felled to accommodate the new pipe.

The first bench was also built, overlooking the balancing ponds, and proved an immediate hit!



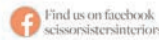
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5 MINUTES WITH...

Alastair McPherson

Alastair is Deputy Mayor of Haywards Heath. He works in the pharmaceutical industry, plays the piano and violin (not together!) and has a yacht master qualification...

How long have you lived in Bolnore? 14 years

What's the best thing about being here?

We're very lucky living within such amazing countryside and woods

Favourite ice cream flavour? Chocolate

How many houses have you lived in? Four

What would you like to see in Bolnore that isn't here?

A vibrant village centre - with all the shops in use at once - we nearly got there a few months ago!

Favourite holiday destination?

Chanteloup - a Chateau in France where we've camped for the last few years and had an amazing time

Song you play the most? Anything from Coldplay

What would you do if you won £1million?

Pay off the mortgage, get a VW campervan and make sure the Woodside is sorted financially... and, with my Councillor hat on, sort out South Road!

What was the last present you gave someone?

Lego Friends Hospital for my daughter's last birthday

Strangest thing you've ever eaten?

Octopus Rice in Portugal

Which would you rather give up for a month - TV or music?

TV - I have a picture in my study that reads 'without music, life would not be fair'

Which App on your phone do you use the most? Sonos

What's your proudest moment?

Apart from getting married and the births of my two girls, it was probably the opening of the Woodside

Your advice for life?

You can't complain if you don't get involved!

If you would like to provide your own answers

for 5 Minutes With, simply email them to editor@cuckfieldlife.co.uk along with a photo of yourself, or do please encourage a friend to send their answers in!

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Marathon heroes

They did it! Despite the heat, the distance and a health scare after 18 miles, Bolnore couple Chris and Sarah Webb both completed the London Marathon last month.

The couple raised more than £2,100 for their chosen charity Action for Conservation, so feel their efforts were well worth it.

Chris explains how the race went: "It was hard going. Really hard. The heat just zapped everyone's energy – a surprising number of people were struggling and walking from just after the first mile!

"I also had some medical challenges, and even spent ten or so minutes in a St John Ambulance tent around mile 18. It was linked to the weather – my hayfever kicked in the week before the marathon with the sudden warm weather and this triggered my asthma. My asthma was making it hard to breathe and I was getting pins and needles in my hands and feet as a consequence.

"It wasn't anything life threatening, it just made running a marathon a struggle! I was OK, or at least not doing any permanent damage.

"Knowing that we weren't going to be setting any records we took our time to stop a few times to chat to my family who had come down to see us. With all of that we ran across the finish together six hours after we started, however it was an amazing day with unbelievable support along every mile of the route - people cheering us on, music around every corner, and



lots of sweets being handed out (a highlight for me was an ice lolly someone gave me!).

We are really pleased with how much we have raised for charity, but any more support would be much appreciated:

<https://uk.virginmoneygiving.com/fundraiser-portal/fundraiserPage?pagelid=852176>

We are hobbling around a bit, but it has been all worth it."

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As many readers will already know, Cuckfield i Wear moved down the road to No 2 High Street in early February. Owners Lin O'Hara and Natalie Cordery are very pleased with the move. "We've seen so much more footfall into the shop down here, it's fab," Natalie commented. So much so that the pair have decided to open an extra day a week! "And any purchases made on Mondays get 15% off to celebrate being open," explained Lin. They also offer over 60s a 15% discount on Wednesday afternoons.

Visit the new (now orange-fronted) shop – open Monday to Fridays 10am-5pm and Saturdays 10am-1pm – where you can check out new brands Seraphin, Ogi and Pull & Bear, now in store.

New writing superstar needed!

By David Tingley

It is with regret that Simon Yeend has now moved on from his role with us at Cuckfield Life - where he has provided brilliant stories and news from within the communities of Bolnore and Cuckfield. I would like to publicly thank Simon for all his work on the magazine over the last year or so - he will be sorely missed from the team.

However, that does mean that there is now an opportunity for someone new to get involved in what we do.

I am on the lookout for someone who is passionate about community spirit and preferably lives in either Cuckfield or Bolnore. I would like to hear from anyone who shares our values as we seek to promote and encourage that spirit through our pages.

It is a part-time role and home-based. If you are someone who loves writing and where you live I would really like to hear from you.

You can find more information about the role on our website (www.cuckfieldlife.co.uk/jobs) including a job description and details of how to apply.

Deadline for applications is 23rd May 2018.



Bathed in warm sunshine!

CUCKOO FAYRE



The first Bank Holiday Monday of May is always Cuckoo Fayre in Cuckfield – but it's not always the beautiful scorcher that was enjoyed earlier this month!

Mayor Evelyn Stenning glided down to the event on the recreation ground in a stunning classic car – the mayor always arrives in style! After a tour round the green, Evelyn wasted no time in declaring the Fayre open.

With around 40 stalls at this year's event there was plenty for residents and visitors to do. For kids there was hook-a-duck, the steam railway, a bouncy castle and radio-controlled cars to name but a few! For everyone else, a fine array of stallholders with goods to browse and buy, raffles, information stands and the well-stocked bar run by 2018 mayor hopeful Leanne Knapman.

Cuckfield Life was in prime position as David and Joe encouraged passers-by to get their photo taken in the big green #CuckooFayre frame – for them to share on social media. See more of this on page 42.

This year's event was something of a transition, as older members of The Independent State of Cuckfield

encourage the next generation to take over some elements of the organisation.

Jo Murphy took control of the mic on the day and kept visitors up to date with what was coming up. "I had a great time," she explained. "Whilst it was daunting to start with and I was worried before the day, I soon found I got into it once we'd got going."

Arena events included street dance, Irish dancing, a children's entertainer, and folk band Straw Dogs kept visitors to Cuckfield amused and delighted in the heat of the day. Plus, of course, Julia Mewes organised the Dog Show away from the main arena.





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Brides and babies

By Sue Burgess

With two royal events in mind, this summer Cuckfield Museum celebrates 'Reasons To Be Cheerful!' – weddings and babies.

One of the things we've learnt in putting this display together is that vintage dresses very rarely fit on to modern mannequins. Women were either naturally smaller in the past or pulled their corsets really tight – one way or another a 20 inch waist seems to have been the norm. Another surprise was the number of girls who chose to get married in colours other than white. For example, we have the blue Victorian fringed bustle two-piece worn by a prosperous butcher's daughter on her wedding day, a dusky blue crepe dress with elegant embellishment for a wartime bride and a home-made purple velvet gown for a local farmer's daughter.

For the babies, we also show simple teething toys and pacifiers that have not really changed much over centuries and cherished examples of christening gowns, handed down through generations, with only one problem – as well as adults, babies are getting bigger too.

In addition to objects from our own collection, generous loans from local residents, the Marian May Collection and from the Brighton Toy Museum, as well as Horsham and Henfield Museums, enable us to show some very special items, the oldest of which date back to the mid-17th century. Do visit the museum, in the Queen's Hall, to find out which they are!



Photo shows a local girl, Lily Fox, marrying her soldier at Holy Trinity Church in 1917. A close look reveals that the guard of honour as they leave the church is made up of wounded servicemen holding up their crutches to form an arch – surely a prime example of optimism in very dark times.

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Glamorous heating

DESIGN AT HOME

By Fiona Evans, Cuckfield Interiors

During cold snowy days not only do you want a warm home to come back to after working hard all day but perhaps something warm, snugly and welcoming. Soft textures and warm colours go some way to add cosiness to an interior, whereas a log burner or open fire with their bright flickering flames warm, relax and soothe those winter blues away with their comforting light.

Central heating kicks in when the thermostat says so or when the boiler (if not frozen) wakes up. Central heating requires radiators, piping and pumps which take up precious space and demand maintenance. Tidier alternatives such as heated skirting boards and underfloor heating are good ways of hiding unattractive systems, while fan heaters, gas fires, electric fires, log burners are all great additional gadgets to boost heat in isolated areas. All functional and reliable, but how about swapping a heating system for one that is eye-catching looks great and ticks all the boxes in terms of doing a good job? Now to the glamorous bit, how about a heater that is disguised as a beautiful piece of artwork, a large family photo, a lovely piece of marble, a mirror, a piece of coloured or plain glass which can be hung on the wall or ceiling and heats the room using infrared? The options on electric infrared panels are vast in terms of design, and a new direction for interior decor. If the panels are attached to the ceiling you have more wall space for art work, photos, shelves etc and no ugly gurgling pipes. Electric infrared panels require less energy and are more environmentally friendly. Of course you will need a back up in case of a power cut but it's something to consider if you are doing a complete refurb to your property, building an extension or to have as a heating boost in a conservatory for example. There is a lot of technical info that needs to be considered, and a great website to provide this is www.acchous.com. The blog by the founder is well worth reading.

Boiler powered central heating powered by gas does appear to be the cheapest option and can be glamorous depending on the choice of designer radiator and heated towel rail. Glass and mirror radiators are also available for central heating water systems if you don't want to change to infrared. There are some truly imaginative styles of radiator for water systems to suite all design styles, sleek, modern, coloured, slimline, tall, slim, cast iron Victorian etc, which would transform an interior. Alternatively cover up boring radiators with a radiator cabinet choosing an off the peg one or a bespoke one to fit the size of the space or to enhance interior style. Alternatively, an easy solution is to paint the radiator the same colour as the wall it's attached to so that it 'vanishes' into the wall and is not a feature as a white radiator against a coloured wall.

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Unlocking the past

VILLAGE PEOPLE

"As soon as we moved to Cuckfield, it felt like the village welcomed us in straight away!"



By Simon Yeend

The pride is evident the second Phillipa Malins selects the correct key from a huge bunch and unlocks the door to Cuckfield Museum.

Ok, she didn't burst through the threshold one arm raised shouting 'Tah-Dah!', but it's obvious she relishes her role as one of the museum's four curators and has an infectious enthusiasm for revealing its treasures.

"Before we chat I must show you around," she says.

Around? The museum, situated upstairs in the Queen's Hall, is only a touch bigger than the average living room. But looks can be deceiving.

There are hundreds of interesting artefacts, carefully and skilfully displayed in cabinets, and Phillipa seemingly has an interesting tidbit about pretty much all of them:

The agricultural bonnets worn by Victorian female farm workers – to stop them getting sun damage as porcelain skin was highly sought-after in that time.

The large ceramic collection that make up the first items donated to the museum, when it officially opened in 1981.

The fascinating secret cache of household items hidden under the attic floor in a house in Church Street.

And a moving collection of World War I memorabilia, including a Dorothy Bag containing the treasured items of a soldier, who survived a gas attack.

All delivered in her wonderful mellifluous voice, sharing knowledge she has acquired in more than a decade in the role.

Phillipa was at first reluctant to be interviewed by Cuckfield Life, not wanting to be seen as hogging the limelight in what is a team effort. "We couldn't run the museum without the other curators and our dedicated band of 48 stewards, who all volunteer to be here every week of the year," she says. "Being able to work in the museum is a huge privilege. Working here I have learnt so much about the village."

Phillipa is a relative newcomer to Cuckfield, arriving 13 years ago after a long spell in Lindfield.

She was actually born more than 4,000 miles from Sussex in East Africa as Phillipa explains:

"I was born in Kenya because my parents both went out after the Second World War to make a new start. My mother had been widowed in the war, so she went out to find a new job. My father came back from India to London and found it depressing, the weather was awful, they still had rationing.

"They were part of this wave of young people going out to Africa, the ship they went out on was full of young people looking for a new life. They actually met at Victoria Station, going to get the boat train to Marseille, and they fell in love on that boat."

Phillipa spent her first three years in Nairobi but the Mau Mau Uprising of the 1950s prompted a drastic change.

"My father had been called up as an auxiliary and he was never at home. My poor mum was so anxious about the situation with me and my younger sister that



she felt she had to bring her babies home, so we came back to Hampshire and we lived close to her mother in Southsea."

Phillipa's arrival in Sussex came much later, after husband Jo got a job here, and the family moved initially to Lindfield in the early 1970s, then in various places around Mid Sussex before moving back to Lindfield after their children had grown and flown the nest.

In 2005 it was time to move again, this time to Cuckfield, where they have enjoyed life so much they've stayed put for 13 years.

So having lived in two of the best villages in Mid Sussex, which does she prefer?

"Oh definitely Cuckfield," she says. "When we lived in Lindfield the second time we never really felt that we belonged.

"As soon as I moved to Cuckfield, I knew the curator at the museum so I got involved here. That meant I met so many people almost immediately. It felt like the village just welcomed us in straight away.

"My husband walks our dog and he has discovered so many wonderful places around the village, and he loves living here, too.

"We live in a lovely road with a short walk to Holy Trinity Church and it's just heavenly.

"So many of our stewards will tell you that when they were growing up in the 50s they didn't have to leave the village to get anything. There were so many tradespeople here and a variety of shops, everything could be bought here. There was a department store, clothes, furniture, shoes, whatever. Haywards Heath was a special excursion because you didn't have to leave the village.

"Many Cuckfield shops now are independent and might be regarded as non-essential, but include the likes of hairdressers and dentists too. At least it's still a village with a tremendous amount going on, and hasn't been absorbed into Haywards Heath. It still has its own

identity.

"You can get involved very easily in things, like I did at the museum."

The museum has full accreditation status because of the quality of its displays, lighting, heating and professional standards in care and public services. As an entirely self-funded, volunteer run organisation, accreditation makes the museum eligible for grants, and also means people and other museums are willing to lend their treasured items.

"It's a huge privilege to handle the objects that people loan to the museum and to hear the stories behind them," says Phillipa.

So what would be the dream item someone could leave on the steps?

"Something that has been deliberately concealed that we can add to our cache collection," she says.

"I also have a fondness for World War I memorabilia. Fred Manville's Dorothy Bag is probably the item that is my favourite loan in my time here.

"On the one hand it's just a little bag made out of a scrap of material with an old handkerchief and some buttons and badges, but it represented so much of that man's history in the war.

"While Fred was gassed at that time and wounded more than once, he survived. His older brother, Ernest went through the war unscathed but was then killed in the spring of 1918.

"Ever since I first started learning about World War I at school I've been incredibly moved.

"I did a degree when I left school, worked for a language publisher, as a home visitor for vulnerable people, did another degree in Humanities with the Open University and then ended up working for them. All through my life I've been learning, so working here really is my dream job."

Hay Fever

DOCTOR, DOCTOR

By Dr Sarah Stealy

With spring finally here, for some of us, comes the dreaded signs of Hay Fever.

Hay Fever, is the term for the sneezing, runny, itchy, sometimes blocked nose, irritated and or streaming eyes and general congestion that effects people during spring and summer. It is also known as seasonal allergic rhinitis because the symptoms come back at the same time, or same season, each year. It is common and affects about two in every ten people in the UK; usually starting as a kid, but for most, eventually either completely going away or improving. It can run in families and it is strongly associated with other conditions like asthma and eczema. The good news is even severe cases do not cause serious problems for your overall health.

The main culprit is not actually hay! Well, at least not on its own. It is in fact pollen from the grasses used to make hay (pollen being the powdery stuff plants and trees release to reproduce). Grass pollen is the most common between May and July but tree pollens are also a big problem and start a bit earlier in March. Weed pollen from nettles and docks can also get you from early spring right through until autumn.

The symptoms are due to your immune system reacting to the tiny pollen particles we breathe in or that get into our eyes. The lining of our nose and our eyes release chemicals (such as histamine) in response to the onslaught of the microscopic menace and this causes swelling and irritation. As the particles are so small there is little you can do to avoid exposure, so for some people treatment with medications is required. There are, however, some simple things you can do which will really help...

Check the pollen count and avoid activity that increases your exposure, such as cutting the grass or camping. Switch to showering before bed to reduce the pollen load you are carrying on your hair to eliminate some of your eye symptoms as you won't be rubbing your face in a pillow full of pollen!

There are car air vent filters you can fit, and some 'barrier' ointments you can buy at pharmacies which, applied under the nose, trap the pollen before you breathe it in.

Most of the typical treatments, anti-histamine tablets, nasal sprays and eye drops, are available to buy over the counter. Your local pharmacy team are experts in advising patients on what to try and most of these medications are no longer available on NHS prescription. Some patients need prescription medication, particularly if their hay fever is associated with asthma, so if your symptoms are not improving with the standard treatments and strategies please make an appointment for a routine check up to discuss this. The Allergy UK website is an excellent source of helpful tips and tricks which will prevent your hay fever from stopping you enjoying the season. www.allergyuk.org

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Why go 'limited'?

LISTEN TO THE LAWYER

If you have a legal question do email editor@cuckfieldlife.co.uk and we'll put it to Martyn.

By Martyn Gooch, partner Rohan Solicitors

Question: I am currently running my business as a sole trader, what are the advantages of becoming a limited company?

Answer: If you are a sole trader and your business expands and becomes more profitable it may be time to consider changing its structure to a limited company, especially if you are seeking financial investment to grow the business further. However, the decision has significant legal, taxation and financial implications that you should carefully consider.

As a sole trader you are personally liable for the debts of your business. That may not be an issue if, for example, you are a part-time gardener with ten customers all of which are friends and family. In this case your liability if you cease trading is minimal (if anything). However imagine if you employ staff, you get a business account with a supplier where you buy plants, your customer base grows and you even secure a contract to work on a new housing estate. As a sole trader you would remain liable for the debts of the business. Your liability now is dramatically increased and should you unexpectedly cease trading without, say, paying employees, settling supplier accounts or finishing jobs, you would be personally liable to those creditors.

The primary benefit of changing from a sole trader to a limited company is that you will no longer be personally liable for debts that your company might incur. A limited company has its own legal status. This means your customers and suppliers contract with the company and not with you personally. You, the business owner, will typically be a director and a shareholder. Investors in the business can be granted shares and legal documentation can be put in place to dictate the rights and obligations of the directors and shareholders.

There are tax advantages to 'going limited'. Though you will be liable to pay Corporation Tax on profits that the company makes (the rate of which depends on how much profit is made) these rates are significantly lower than those personal rates that you pay as a sole trader. Furthermore, as a company you can pay yourself (as a shareholder) dividends instead of a salary, which can, in certain circumstances, be more tax advantageous.

Additionally, having limited company status may be regarded by your customers (and your competitors) as being more professional. It demonstrates you take yourself and your business seriously and is likely to instil confidence in existing and potential new customers.

Professional legal advice should be sought when setting up a limited company to ensure that the transition is right for your business, you understand the requirement to report to Companies House and that appropriate legal documentation is in place.

Martyn can be contacted by email on mgooch@rohansolicitors.co.uk or by telephone 01444 450901.

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What do you do when you need to accessorise a dress for a special occasion? This was the quandary that Abi Gurney used to have on a regular basis. "Having an amazing hat is a fabulous feeling," she comments, "but a great hat attracts attention – and then you feel you can't wear it again!" She soon realised that hiring one was the best solution, but she had to travel a great distance to do so.

The rest, as they say, is history as Abi started her own hat hire business right here in Sussex four years ago.

"I have always loved hats," Abi explained, "from the first wedding I ever went to. When I began to attend Ascot the need to impress became amplified and wearing a hat was an excellent way to make a statement. If others are admiring your hat, they won't remember that you wore the same dress two years ago!"

Abi has a huge selection to choose from at her showroom at Trading Boundaries in Sheffield Park – just 20 minutes from Cuckfield. The business has recently moved to the shopping complex, into a beautiful unit which is packed with over 350 hats and a private changing area so that customers can bring their outfits and try on a selection of hats.

"It's always about choice," Abi explains, "so I work hard to ensure that I have plenty of stock and that this year's trends are included." Abi has added over 40 new styles for this season alone – selecting beautiful handmade pieces from many British milliners, including well-known names like Rosie Olivia, Juliette Botterill and Vivien Sheriff.

"If they are admiring your hat they won't remember that you wore the same dress two years ago!"

You could say Abi is passionate about her work: "I'm like a child in a sweet shop when new stock arrives," the former interior designer said. "Every piece is different. I love helping my clients and changing the minds of those that claim they 'can't wear hats'."

Customers come from all over Sussex but also Surrey and Kent too. "I am a convert, thank you Abi," explained Louisa – a customer. "I have finally disposed of all my ancient and out of date hats. You always make me feel so welcome, never rushed and confident in what you have helped me to choose from your amazing selection. And I always receive the most amazing compliments when wearing them."



So, if you find yourself needing a hat to turn heads you know who to call.

Whether it's Royal Ascot,

Glorious Goodwood, a wedding or a funeral – Abi has styles to suit all occasions. Appointments at Abi Gurney Hat Hire are always by prior arrangement to ensure there's plenty of time find the right one, so speak to Abi on 01825 713448 or 07778 441518.



A short history of Cuckfield Dramatic Society

By Joan Collins, President, Cuckfield Dramatic Society

In the summer of 1994, Stephen Henderson, my husband Peter and I were at the memorial service in London of a delightful man, late of Cuckfield, named Philip Thomson-Walker, MBE and a war hero.

Cuckfield Parish Council had just taken over the running of the Queen's Hall and Stephen was on the Committee. He knew I had a long association with amateur dramatics and asked me if I would restart the Cuckfield Dramatic Society (CDS) using the Queen's Hall for productions – the parish council being anxious for the hall to be used by Cuckfield societies.

There had been a Cuckfield Dramatic Society 30 years earlier. Robin and Angela Fox, parents and grandparents of the well-known acting dynasty, and Basil Boothroyd, a deputy editor of *Punch*, were members. Stuart and Ann Went kept some photographs of the original Society, a selection of which can be seen at the Cuckfield Museum. Although Stuart is unfortunately no longer with us, Ann still lives in Cuckfield. That incarnation of the society closed in the 1960s as people aged or moved away.

At that time I was organising and directing *A Man for all Seasons* in the now defunct Professional Players Theatre in Haywards Heath and thus I could not be further involved initially with CDS.

The new CDS had an enthusiastic meeting later in 1994, following which I asked Angela Fox to be our first president. John McKenzie was our first Chairman with the first committee meeting being held in Angela's house in Ockenden Lane - and the new CDS was on its way!

Colin Tremblett Wood, a retired Head of English at Ardingly College, agreed to direct our first play in the spring of 1995. He chose *Confusions* by Alan Ayckbourn. The production involved - in some capacity - everyone who was a member!

We were a group to some extent made up initially of strangers and therefore limited in our knowledge of the talent - or otherwise - of the members and of the Queen's Hall in regard to putting on a play. *Confusions* also had numerous set changes which required back

stage and teamwork together with front of house. We must have been mad, but, as they say, ignorance is bliss! What we did have in abundance was enthusiasm and that was, and is, the magic ingredient. The play was a great success, and as our reputation grew members from other dramatic societies joined us from time to time. We have won various awards both 'on stage and backstage'.

Another new member was Maggie Williams who succeeded Colin as Head of English at Ardingly College and then worked at The Globe in London writing the programme notes for their productions. In her later years she and her husband David brought their vast experience to CDS.

When we produced *Murder in Play* by Simon Brett, we were honoured by his attendance at the Saturday night performance. He stayed for at least an hour at the end, talking to members of the cast and company.

Some years ago our standards slipped, as eventually happens with most societies. Martin and Harriet Sheldon, with others, worked hard to keep CDS functioning and more recently Paul Davey took us into the computer age. At the moment we are back riding on the crest of a wave again, with the considerable help of enthusiastic new blood and fresh ideas.

Nowadays besides our spring and autumn play we have club nights or social evenings, the annual February Frolics (a one act play and sketches with a meal), and for the last three years we have held our Christmas Cabaret, when the Queen's Hall is magnificently decorated according to the theme of the evening. From time to time we have workshops, while we even have a mini touring company! We have been invited to perform our plays and murder mysteries on other local stages together with fundraising performances for local charities such as the Rotarians.

Richard Willis a professional writer who lives in Cuckfield, together with another member Paul Ruse, wrote the comedy *Bridge to Farce* for us. It began at the February Frolics as a single act before being extended to a full length play as our spring show in 2017. After a great reception we toured with it to Hurstpierpoint



in the summer, and this year Paul and Richard are putting it on at The Capitol in Horsham in August, with many CDS members in the cast.

Please join us either as a member of the audience or as a full member. We are always looking for new skills in any branch of the theatre or just someone to join in with the fun.

You can get in touch with the Society via its website: www.cdsweb.co.uk

The next production...

Tickets are now on sale for CDS's production of *If I Were You*.

The Alan Ayckbourn play, which features married couple Mal and Jill Rodale, who find themselves in each other's shoes, opens on 30th May and runs until Saturday 2nd June.

Tickets start at £7 and can be bought online: www.cdsweb.co.uk

Pre-Theatre Dinner deals are being offered by both Good Evening Thai and Spice Village. See the website for more details.

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Recipes from the museum

SIMPLY GOOD FOOD



Carrot cookies (Eat hot or cold)

½lb carrots
2 tablespoon cooking margarine
3 tablespoonfuls sugar
5 tablespoonfuls self-raising flour.
(I think these would be serving tablespoons not the measuring spoons we use today)

Cream together the margarine and nearly all the sugar, keeping back 1 dessertspoonful. Grate the carrot and beat it into the margarine and sugar. Fold in the flour lightly until the dough is soft and creamy. A tablespoonful of water can be added if the carrots happen to be dry ones. Drop spoonfuls of the mixture into greased patty pans. Sprinkle the tops with sugar and put in the oven and cook for about 25 minutes. Eat hot or cold. NB: no temperature given but try 160°.



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By Caroline Young

On a recent visit to Cuckfield Museum (if you haven't been yet, do go – it is excellent) I came across a leaflet entitled The Kitchen Front. Many of the wartime recipes were contributed by Mrs Phyl Bowring from Little Mizbrooks Farm plus others from the Ministry of Food. They are a fascinating insight into how housewives managed to feed their families with so many key ingredients in very great short supply.

I did not know that Lord Woolton, the very successful Minister for Food during the Second World War, lived with his first wife Maud in Cuckfield. Before being given that position by Churchill he was a very successful business man in retailing. Tasked with overseeing the purchase, control and distribution of supplies he was recognised as being highly successful at the job despite the Nazis' intention to starve us and was known affectionately by the British people as 'Uncle Fred'. Born in 1883 he died in 1961. He was honoured with a pie being

named after him! Consisting of a selection of mainly root vegetables in a sauce thickened with oatmeal it was topped with potato pastry and 'a very little grated cheese' and baked until golden brown.

The leaflet includes recipes for such dishes as Liver Rissoles, Ox Foot Soup (one ox foot would make enough stock to supply soups for a week, with the addition of lentils, vegetables, haricot beans and tomatoes), Stinging Nettle Puree – to be served with poached eggs, Vegetable Sausages and Carrot Cookies. Not so very different from today's Carrot Cake why not try them, perhaps using butter instead of the suggested margarine?



Asparagus Starter

Back to 2018! Enjoy our homegrown asparagus with this simple starter.

Put some trimmed asparagus spears (about 250g for two people) into a shallow dish with a handful of frozen peas. Sauté some chopped streaky bacon, chopped

spring onions and garlic in a little butter until just cooked. Spoon over the vegetables and bake for 15 min 180° - check after 10 min – asparagus should be still slightly firm. Serve piping hot.

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UB40 to play at Borde Hill

UB40 and the Gipsy Kings will headline new festival 'A Boundless Summer' at Borde Hill Garden this summer.

The festival will take place on Saturday 7th and Sunday 8th July 2018. UB40, plus support band Aswad, will be performing on Saturday. While The Gipsy Kings, featuring Nicolas Reyes & Tonnino Baliardo, are the headline act on Sunday. Further special guests are to be confirmed in due course.

The concerts will take place in the beautiful parkland setting in front of the lakes and with the backdrop of the Elizabethan Mansion House. There will be a good quality range of catering and refreshments available to purchase on-site, and guests are able to pre-order a picnic hamper for collection on the evening of the show, to enjoy in the grounds. Attendees will also be able to bring in small camping chairs and picnic blankets from which to enjoy the concerts.

UB40 are celebrating 40 years in the business along with the release of a new album in conjunction with



PledgeMusic. The band has had more than 50 singles in the UK Singles Chart and sold more than 100 million records worldwide.

The Gipsy Kings, featuring Nicolas Reyes & Tonnino Baliardo, will take to the stage on Sunday. It has been 25 years since they captured the world's imagination with their self-titled debut album—a record that became gold and platinum around the globe, introducing millions of listeners to a unique, irresistible blend of traditional flamenco styles with Western pop and Latin rhythms.

Tickets, which start at £40 (plus booking fee), can be purchased at www.bordehill.co.uk/events

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MAY 12TH * JUNE 9TH * JULY 14TH * AUG 11TH

The Talbot Inn Courtyard, High Street

RECYCLE THIS...

WSSCC Recycling Ambassador Colin McFarlin sheds some light on what can and can't be recycled in our domestic blue bins. If you have a question for him, email: editor@cuckfieldlife.co.uk

One of the most frequent questions I get asked is about plastic milk bottles, and tops in particular.

The easy one first...

All plastic milk bottles can be recycled in your blue top recycle bin. Do not worry about removing the label. In the recycling process this is removed.



However, milk bottle tops CANNOT be recycled in your blue top bin. Let me explain. Yes, it is plastic but it is the size that is the issue. When all your recycling arrives at the West Sussex Recycling plant at Ford one of the first processes is to remove glass.

This is done by allowing the broken glass to fall through the holes in the large drum, called a Trommel. However, the small plastic lids are small enough to also fall through the holes and pollute the glass. No plastic lids smaller than coffee jar lid size please.

Did you know that charities collect these milk bottle tops, and raise money? Do let us know if you are aware of a charity that collects these and where they can be dropped off. Or are you a charity that would like to start collecting and raise funds for your charity? I look forward to hearing from you.

I'm always asked about window envelopes. These CAN be recycled in your blue top recycling bin. Historically this was not always the case. However, the recycling process was improved some time ago and we can now accept all window envelopes, white or brown!



This plastic cereal packet CANNOT be put in the blue bin, as it is made of a type of plastic that cannot be recycled. The way to tell if it can be recycled is what we call the 'Scrunch Test'. Crunch it up in the palm of your hand and when you open your hand does it spring back open. If it springs open it CANNOT be recycled. Crisp packets are the same, they CANNOT be recycled.



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#CuckooFayre

FUN PHOTOS FROM THE FAYRE...

We took our Cuckfield photo frame to the Fayre on Bank Holiday Monday and found these good people who wanted to get their commemorative shot taken.

Thanks to those featured here and to the many others who got involved and shared online on the day.



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jeu d'esprit

noun: a light-hearted display of wit and cleverness

Dear Friends,

On Sunday May 20th (50 days after Easter) the Church throughout the world will celebrate Pentecost – or Whitsun, to give it the old English title. One of the greatest Festivals, Pentecost celebrates the Holy Spirit – the indefinable, invisible power of God which Christians believe dwells in all people, and indeed fills creation – an indwelling of Love beyond understanding.

To the first disciples of Jesus, it gave the ability to proclaim that no matter how broken or divided you felt from society, how sinful or lost, the Holy Spirit restored and gave the fullness of dignity to all people, regardless of who they were. This equality is the central pillar of Christianity, revealed through the self-giving love of Jesus Christ.

The dynamic work of God through the Holy Spirit is brilliantly expressed in the poem **Jeu d'esprit** by Ann Lewin (from 'Watching for the Kingfisher' Canterbury Press):

Flame-dancing Spirit, come,
Sweep us off our feet and
Dance us through our days.
Surprise us with your rhythms,
Dare us to try new steps, explore
New patterns and new partnerships.
Release us from old routines,
To swing in abandoned joy
And fearful adventure.
And in the intervals,
Rest us,
In your still centre.

Happy Pentecost!
Michael (Vicar)

Pentecost (20th May)

8am Holy Communion; **from 8.30am** – The Big Brekkie (Old School) – come and enjoy breakfast and give a donation to Christian Aid; **9.45am** – Family Eucharist: balloons, rose petals brass – the lot! A real celebration of the Holy Spirit; **2.30pm** – Baptism Celebration: all welcome as we celebrate with those baptised over the past two years at Holy Trinity, short joyful service in church followed by refreshments in the Old School; **6pm** Choral Evensong for Pentecost

Trinity Sunday (27th May)

8am Holy Communion; **9.45am** Parish Eucharist – preacher: The Venerable Fiona Windsor (Archdeacon of Horsham); **6pm** Hymns and Pimm's – come and sing your favourite hymns followed by a seasonal drink to celebrate our church name-day!

SUNDAYS

(Modern Language unless stated BCP = Book of Common Prayer 1662)

- 8am Holy Communion (BCP 2nd and 4th)
- 9.45am Parish Eucharist (1st Sunday of the month: Family Service - sometimes a Eucharist)
- 11am Sung Holy Communion (BCP – 1st Sunday of the month only)
- 6pm Sung Evensong (BCP) (2nd Sunday only – Holy Communion with discussion)

WEEKDAYS

- Monday, 9am Morning Prayer
- Wednesday, 10.30am Holy Communion – followed by Vicar's Coffee and Cake in the Old School
- Thursday, 9am Holy Communion – Celtic inspired form of worship, with short discussion
- Friday, 11am Holy Communion – BCP



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FROM THE MAYOR'S TABLE

By Evelyn Stenning

As I write this we certainly have had a change in the weather! A week of scorching sun and now back to rain and lightning, but this has been April and a busy month for me as mayor.

On the evening of Friday 13th I went to the final event of the Cuckfield European Association at Jeremy's Restaurant. It was both a happy and sad occasion and there were visitors from our twinned towns of Karlstad and Aumale.

Monday 16th April was the birthday of a special lady Miss Barbara Wiseman, who, at a 103 years old, is I believe the oldest person in the village! I went to see her on behalf of the Royal British Legion Women's Section Cuckfield as our oldest member. She was thrilled with her cards, chocolates and fruit. She still leads a busy life and I only just caught her before she went out to lunch with her niece and nephew.



Wednesday 18th I visited the Next Step Nursery and took part in their outdoor play activities and then spoke to the children about what I do as mayor.

Friday 20th April I had lunch on a Bayeaux Boat on the River Thames with my five mayoral supporters and members of Cowfold Evening WI, which made for a very relaxing and interesting day.

Saturday 21st was National Care Home day and also HM The Queen's 92nd birthday, and Pelham House invited me to their celebrations. I was made most welcome, and Jonathan Cann, a local Magician, entertained the residents and staff in the garden.

In the evening I supported Leanne Knapman's night with BOD, a local band who played for my mayoral campaign last year.

The following Monday and Tuesday evenings I had another interesting time answering lots of questions from the 2nd & 3rd Cuckfield Brownies about my role as mayor and my life in Cuckfield.

Friday 27th I had the privilege to view the Dame Vera Lynn Centre at The Courtyard, Holmsted Farm. The Executive Manager, Pilar Cloud, showed my friend Giano and I around the purpose-built facilities, including the Sensory Room.

That Friday evening was also the 50th celebration of the forming of the Preschool Playgroup which is now in the Village Hall. Some of the original founders were present and everyone viewed the old scrapbooks and the photos of the playgroup of today.

I will also have opened the Cuckoo Fayre by the time Cuckfield Life lands through your letterboxes, and I will give you a detailed report on my day in the June issue.

I will also have opened the Cuckoo Fayre by the time Cuckfield Life lands through your letterboxes, and I will give you a detailed report on my day in the June issue.



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Sudoku #23

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

Find the solution to #23 in next month's magazine

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

#22 Solution

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



OPEN AIR OPERA

Buy tickets online at:
www.bordehill.co.uk
www.operabrava.com

Britain's leading outdoor touring company present two evenings of summer opera, performed with a chamber ensemble and in lavish costume, against the magical backdrop of the Elizabethan Mansion House.

Puccini's La Bohème

Fri 27 July

Tickets (advance booking required)
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 Child: £10 (5-16 years old)



Opera **B** Brava

Mozart's The Marriage of Figaro

Sat 28 July

Gates open for picnics at 6.30pm
 Performances begin at 7.30pm
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What's on this month

ELSEWHERE

May

- 16th **Song Recital** – 7.30pm
Holy Trinity Church – By Jane Haughton and Nancy Cooley in aid of Lovey Foundation (UK) (Tickets £10 Pepperbox or Post Office)
- 16th **The Arts Society Mid Sussex** – 10.15am
Clair Hall – Lecture by Angela Findlay (Non members welcome: £7 on the door)
- 17th **Garden and Produce Fair** – 10.30am–3.30pm
Cuckfield Park – Charity fundraiser for St Catherine's Hospice (£5 entry)
- 23rd **RBL Women's Section** – 2.30pm
The Old School, Cuckfield – MSOPC (Val Upton)
- 25th **The Party (15)** – 8pm
The Players Theatre, Hurstpierpoint – Hurst Village Cinema film show (www.hurstfilms.com)
- 26th **Plant Sale** – 10.30am–12.30pm
Village Hall, Deaks Lane, Ansty – coffee, teas, home-made cakes, tombola, plants etc (01444 413061)
- 26th–28th **Wild Wood Festival**
Wakehurst Place – (<https://bit.ly/2q5w61e>)
- 28th **Lindfield Village Run** – morning
Starting at Hickmans Lane, Lindfield – 5k family run and 10k run (www.kingedwardhall.org.uk)

June

- 1st **Lunchtime Concert** – 1pm
Holy Trinity Church – Guitarist Paul Gregory performs a programme of Spanish and South American music (Free)
- 5th **NHS Retirement Fellowship** – 10.15am
Franklands Village Hall – Monthly Branch meeting
- 14th **Haywards Heath Ceramics Group** – 10am
Clair Hall – Talk on 'Unity in Variety, Christopher Dresser, Pioneer of Modern Design 1834-1904' (Tickets £8 call 01444 483372/414477)
- 16th **Cuckfield Evening WI** – 7.30pm
Cuckfield Baptist Church – History of Silver by Barbara Ehlers
- 20th **The Arts Society Mid Sussex** – 10.15am
Clair Hall – 'The Punch and Judy Show: A Subversive Symbol from Commedia Dell' Arte to the Present Day' (Non members: £7 on the door)
- 21st **Wayne Marshall Organ Recital** – 7.30pm
St Wilfrid's Church, Haywards Heath – In aid of parish funds. (Tickets £15/£20)
- 23rd **Coffee Morning/Plant Sale** – 10.30am
Ansty Village Hall (RH17 5AS) – Ansty Garden Club hold its summer event

What's on this month

AT THE QUEEN'S HALL

Monday

- 9.30am **Pilates** (intermediate)
- 9.45am **Yoga Boutique** (Term time only)
- 11.15am **Yoga Boutique** (Term time only)
- 10.30am **Pilates** (beginners)
- 1.30pm **Dance Classes for Children**
- 3.45pm **Dance Classes for Children**
- 7.30pm **Dog Training**

Tuesday

- 9.30am **Pre-school Football**
- 1.30pm **Yoga**
- 3.45pm **Dance Classes for Children**
- 7.30pm **Dog Training**

Wednesday

- 10.30am **Pre-school Singing**
- 10am **Stroke Support Activities**
- 12.30pm **Zumba Dance Class**
- 1.30pm **Line Dancing Class**
- 3.30pm **Dance Classes for Children**
- 7.30pm **Yoga**
- 7.45pm **Ballroom Dance Club**

Thursday

- 9.15am **Yoga**
- 9.30am **Pre-school Dance Class**
- 6pm **Dance Classes for Children**
- 7.30pm **Wedding Dance Class**

Friday

- 9.30am **Pre-school Singing**
- 7pm **Evening Flower Club** (2nd Friday/month)
- 7.30pm **Historic Vehicle Trust** (1st Friday/month)

Changes may occur to the above details, especially during the summer – when some events don't take place. Please note contact details for all regular classes/activities are available on the Notice Board at The Queen's Hall.

May

- 24th **Museum Talk** – 8pm
Council Chamber – 'Sussex Literary Landscapes' talk by Geoffrey Mead. Geoffrey looks at the way the county has been uniquely recorded over the past 1,000 years by literature, travel writing, poetry and official documentation illustrated with contemporary and historic images from sources as varied as Graham Greene, Daniel Defoe and the Anglo-Saxon Chronicle. (Tickets from Mike Nicholson 0144 457448 / events@cuckfieldmuseum.org)
- 30th – **If I Were You play** – 8pm
2nd Queen's Hall – Cuckfield Dramatic Society
June production of Alan Ayckbourn's play. (Tickets from £7 from www.cdsweb.co.uk)

AT WOODSIDE

Monday

- 9.45am **Sing & Sign (3 sessions)**
- 4.30pm **Hayley Beeson School of Dance**
- 7pm **DDMX Dance Fitness**
- 8pm **Kickboxing**

Tuesday

- 9.30am **Pilates**
- 5pm **Beavers/Cubs**
- 7pm **Pole Fit**

Wednesday

- 9am **Falcon Health Chiropractors**
- 9.45am **Yoga**
- 5pm **Hayley Beeson School of Dance**
- 7.15pm **Scouts**

Thursday

- 10.30am **Creation Station**
- 5pm **Beavers**
- 7pm **Bounce & Burn**
- 8.15pm **Bounce & Burn**

Friday

- 9.30am **Saplings**
- 3.45pm **Happy Souls Yoga**
- 7pm **Woodies Bar** (subject to private hire)
- 7pm **Pole Fit**

Saturday

- 9am **Hayley Beeson School of Dance**
- 2pm **AFC Bolnore**
- 4pm **Post-football Bar** (matchdays)

Sunday

- 9.30am **Happy Souls Yoga**
- 4pm **Grace Church**
- 4pm **Messy Church** (last Sunday/month)
- 4pm **Woodside Netball Club**
- 7.30pm **Zumba**

Note: The Hub (out of school club) runs every weekday between 7.30-9am and 3.30-6.30pm. Bolnore Village Preschool is open every weekday starting at 9am (term time only).

May

- 19th **Royal Wedding Street Party** – 2.30pm
An afternoon of fun for all the family (Tickets £3/£2 alison.events@bolnore.org.uk)
- 19th **Evening Reception** – 8pm
Top hats and tiaras theme night (£2.50 adults only)

Save the Date:

Bolnore Summer Fete. Saturday 14th July.

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Richard and Mike

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