

# Cuckfield Life

Inc. Brook St., Ansty, Staplefield & Bolnore Village

Local village talk,  
by the village

Issue #76 : Feb. 2019

Free

Being mindful with Ed

page 28

Bolnore PTA Chair Jo steps down

page 16

Drama double bill

page 14

Including...

**Bolnore**  
VILLAGE

8 PAGE SECTION





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## EDITORIAL



By David Tingley, Editor

After last month's cover depicting the disruption caused by snow, in February it's a pleasure to adorn this issue with the serenity of a **chilly sunrise** – thanks to **Caroline Hansen**. As always she, as the **cover photographer**, will receive a £20 shopping voucher to spend right here on the High Street. Do send your fab photos of Cuckfield throughout the year to: [photos@cuckfieldlife.co.uk](mailto:photos@cuckfieldlife.co.uk).

There are many groups which meet in the village. **Jacqueline Elmore** spent time at **Cuckfield Stroke Communication Group** and gives a taster of what it does and how they need help on **page 42**.

You may not know that **Cuckfield Evening WI** has recently appointed a new chairwoman, and she's the youngest ever! **Luke Mitchell** went to meet **Hayley Wicker-Bradbury** and find out her plans for the WI in 2019. Find out more on **page 38**.

I particularly enjoy February and March as the village social life begins to pick up in the run up to springtime. On **page 14** there's news of the **Cuckfield Dramatic Society's double bill** – if you want to really go to town, I believe there are special pre-show dinner tickets available! Meanwhile **Shirley Carman-Martin** is opening her garden for charity on **15th and 18th** of this month – see **page 24** for details. And, on **page 44**, you can read about what's on offer when you pop out to **Cuckfield Museum** in the coming months. There is a special exhibition on the beginnings of close neighbour Haywards Heath.

Talking of the town, our Bolnore correspondent **Elaine Goodwin** has put together eight pages of **Bolnore village content** starting on **page 16** with a Q&A with **Jo Roberts**.

**Page 28** holds the interview with our **Village People** candidate, **Ed Halliwell**. From 'lads mag' editor to mindfulness guru, Ed has quite a story!

Keep in touch via [editor@cuckfieldlife.co.uk](mailto:editor@cuckfieldlife.co.uk).

Issue #76 – February 2019 –  
3,500 copies printed

Next magazine copydate:  
26th February 2019

Next magazine published:  
12th March 2019

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Cuckfield Life  
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Caroline Hansen  
Horsefield Green at sunrise

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

## Warden Park admissions U-turn

Cuckfield's Warden Park Secondary Academy has issued a statement saying that it won't be changing its admission criteria next year.

The school launched a public consultation in November in which the Trustees proposed changing the policy to prioritise pupils at Sussex Learning Trust's three primary academies: Warden Park Primary Academy, Northlands Wood Primary Academy and Hurst Farm Primary Academy (expected to open in September 2020).

Parents with children living in both Cuckfield and Bolnore, and elsewhere, made their views known, being worried that they wouldn't definitely get a place even though they were 'on the doorstep' of the secondary school.

Jonathan Morris, CEO of Sussex Learning Trust, commented: "The Trust remains committed to its vision for aligned education and the benefits this provides for children from ages 2-16, and will consider how this alignment can be achieved with the retention of the current catchment area. Once again the Trustees wish to convey sincere thanks for such widespread engagement in this process." Adding: "Any further proposed changes would be subject to another public consultation."

## Defib update

After the theft of the defibrillator unit from Whitemans Green, discovered at the end of last year, Cuckfield Life has learned that a funding application to the Sussex Heart Charity was recently approved.

This means that the majority of the cost of installing a new unit will be covered by this grant - with only a small subsidy being required from the local community. Two companies have already offered to help in this respect, in addition to Cuckfield mayor Leanne Knapman promising support from The Independent State of Cuckfield funds.

More on this story in the coming months...

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# Winter Garden

## Wakehurst

For details visit [kew.org/wakehurst](http://kew.org/wakehurst)

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# New dining experience to open next month

Cuckfield will soon have a new restaurant when No 1 Broad Street opens in March.

Philip Bunn spotted the business opportunity quite by chance when dropping his wife at the dentist! As he parked, he noticed the lease was available on the building next door (formerly Gardinia).

Philip, who started his career at The Ritz - working his way from serving to management, owns a business which runs corporate hospitality suites at motor racing venues around the UK. With this background he was keen to create a new local eatery and 1 Broad Street provided an ideal location for his own restaurant.

While Philip runs front of house, Johnny Stanford - a Michelin-star trained chef - will take control in the kitchen. Previously at South Lodge Hotel and coming from the Half Moon near Wisborough Green, Johnny will be serving what he calls a 'modern British' menu. "For me it's always about local and fresh produce, but local can mean the UK where possible," Johnny explains. "For those things we don't produce here, we have to strike the balance of sustainable and smart.

"At No 1 Broad Street we'll be doing something different and exciting with everyday dishes." Johnny's lunch and dinner menu will feature cured



and blowtorched Mackerel with Salsify, Buttermilk and Macadamias, and aged Goosnargh Duck breast, caramelised Chicory and Yorkshire forced Rhubarb, when it opens early in March.

No 1 Broad Street will be open for casual fine dining Wednesday to Saturday lunch 12noon-2pm and Tuesday to Saturday 6-9pm for dinner.

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# Hair-raising Atlantic balloon flight for Deborah

By Claire Cooper

Cuckfield hairdresser Deborah Day is looking to make history later this year as she sets out on a record-breaking balloon flight across the Atlantic with her partner Mike Scholes.

The couple have been regular flying partners since Mike, a former military and commercial airman, lost his sight 11 years ago – but not before he had helped Deborah gain her pilot's licence.

Deborah aims to be the first woman to captain a balloon across the Atlantic and, if successful, will smash world distance and duration records. Mike will also be the first registered blind person to crew on such a flight.

The 2,800 mile fundraising flight from Dartmouth in Canada to Dartmouth, Devon, in aid of Blind Veterans UK is expected to take between five and ten days during which the duo's 85ft Rozière balloon will be lifted by a combination of helium and hot air to altitudes of more than 18,000ft.

"The balloon will fly between 500 and 18,000ft depending on weather," says Mike, who is one of only seven British pilots to have flown at three times that height.

The couple's cramped, 1.8m x 1.4m super-light, British-made basket will carry oxygen cylinders and masks together with natural wool clothing and a sleeping bag to insulate them from the cold. "We will avoid static by wearing wool and cotton," says Mike.

The couple will keep in touch with Mission Control at home primarily via smartphone and a solar-powered iPad, loaded with a unique app that allows Mike to monitor the flight while Deborah is asleep. They'll share the rest of the living space with helium cylinders for the balloon, survival and rescue equipment to be used in the event of a marine landing together with back-up communication.

Mike, a veteran of five record-breaking hot air balloon flights, lost his sight at the age of 53 to Leber's Hereditary Optic Neuropathy – a rare condition affecting mostly young men in the UK.

"Up until then I was running a successful commercial passenger balloon company, but I gave it up because passengers felt more comfortable with a pilot who could see," jokes Mike.

He took up long distance running with a local club, where he met Deborah, an endurance athlete, and went on to set himself increasingly demanding physical challenges, including a trek to the North Pole. But the #BalloonthePond flight will be his toughest yet.

"More have failed than succeeded in crossing the Atlantic by balloon," says Mike, who will go on a sea survival course with Deborah next month before they take on the challenge in June or July.

"I find exercise is a big motivator and a boost, both physically and mentally. I do get frustrated by the lack of independence, and exercise is something you can achieve without being reliant on other people."

The duo are getting their equipment together, but are interested to hear from anyone who'd like to



sponsor a fuel tank, sandbag or clothing for the trip. Call Mike on 07989 321914 for more details. There is also a financial supporters page at: [www.gofundme.com/transatlantic-balloon-challenge](http://www.gofundme.com/transatlantic-balloon-challenge)

Deborah, who has owned Hairworks in Cuckfield for five years, adds: "I couldn't make the Atlantic trip without Mike. Although he cannot handle the landings, he is still a very competent, experienced balloonist. The part I'm most looking forward to is the clarity of the night skies at that height with no pollution."

An advertisement for St Peter &amp; St James Hospice. The top half features a photograph of four children (three girls and one boy) standing in a garden, each holding a large, colorful paper bag numbered 1, 2, 3, and 4. The text above the photo reads: "One day, they might need the same care their Nanny did." The bottom half of the advertisement is a green banner with white text: "1 in 4 of our patients is being cared for thanks to gifts in Wills." Below this is the website "stpjhospice.org/support-us" and the phone number "01444 470710". On the right side of the banner is a logo of a tree with a white silhouette of a person inside it, and the text "St Peter &amp; St James Hospice Hospice care in the heart of Sussex". At the bottom left of the banner, it says "Registered charity number 1056114".



# Make a change, become a local Councillor

Cuckfield Parish Council is calling on residents passionate about their community to stand in the local elections in 2019.

## What do Councillors do?

Councillors are the champions of their community and give residents a voice on the decisions the council makes. Becoming a Councillor will allow you to make a real difference in your community by engaging with residents, local groups and businesses to find out their needs; making decisions on which services and projects the council should take forward and getting involved locally to ensure the services are meeting your community's needs.

The main areas of focus for Cuckfield are:

- Reviewing planning applications against the Neighborhood Plan and District Plan and making recommendations to MSDC.
- Working with WSCC Highways to identify and implement changes to the roads infrastructure to make Cuckfield a safer place for both pedestrians and traffic.
- Focus on the immediate environment to ensure Cuckfield maintains its green spaces for the benefit of residents and visitors.

Key areas of responsibility are:

- The Cemetery, Observer Field and Nuclear Bunker
- Allotment sites at Courtmead Road and Whitemans Green
- The Queen's Hall and Cuckfield Village Hall
- Horsefield Green
- Summer and winter planting schemes
- Speed Watch and roving Speed Indicator Device
- The annual Christmas Street Festival
- The future transfer of the green site at Buttinghill Drive
- Commenting on all planning applications relevant to Cuckfield

## How long does it take?

The National Association of Local Councils (NALC) Local Councillor Census Survey found that Councillors put aside, on average, three hours a week for council work. This often includes attending meetings, engaging with residents and speaking on behalf of the council to other bodies. All the work is managed through a series of committees, so your time commitment will vary according to how many Committees you choose to join. Currently Cuckfield Parish Council meets once every three weeks for the planning committee, with other committees meeting three or four times a year.

## Can I stand?

There are only a few rules to stand for election. You must be:

- A British citizen, or a citizen of the Commonwealth, or the European Union
- 18 years of age or older
- Live in an area that is served by a local council

## Councillor Nominations

Councillor nominations may be delivered to MSDC any working day from Tuesday 19th March to Wednesday 3rd April 2019 between 9am and 5pm (4pm on 3rd April).

Nomination Packs (Pack 4 is required for Cuckfield) are now available to download here:

[www.midsussex.gov.uk/elections-voting/upcoming-elections/#topic-2019](http://www.midsussex.gov.uk/elections-voting/upcoming-elections/#topic-2019)

## Eligibility of European Union Citizens

EU citizens will be eligible to stand at local government elections in May 2019. If elected, they may serve a full term irrespective of the manner of the United Kingdom's exit from the European Union.

## How can I get involved?

Contact Sam Heynes, Parish Clerk, Cuckfield Parish Council at 01444 451610 or [clerk@cuckfield.gov.uk](mailto:clerk@cuckfield.gov.uk) to find out more or visit [www.nalc.gov.uk/elections](http://www.nalc.gov.uk/elections)

# People of Cuckfield - we urgently need you!

As you may be aware, 2019 is election year for local parish and district Councils. Here in Cuckfield, the Parish Council is run with a maximum of 10 Councillors who work together throughout the four year term to run projects and make improvements to the local village. Projects in the past have included the purchase of the Village Hall on London Lane and the implementation of traffic calming measures throughout the village.

Many of our hardworking Councillors have already served more than one term of four years and are considering a well-deserved retirement from the Parish Council. In order for the Parish Council to continue to function there must be at least four elected Councillors; in order for the Council to complete any major projects,

there must be at least seven elected Councillors.

If we do not have four elected Councillors, responsibility for Cuckfield would be assumed by Mid Sussex District Council, meaning all decision making for Cuckfield would take place at MSDC.

If you do not want this to happen, if you want to keep Cuckfield local and to continue to have a say and influence over what happens within your village, please consider applying to become a Councillor. This is a very rewarding role which gives you the opportunity to have a real say in what happens in your village. If you would like to receive further details, or have an informal chat about what is required, please contact Sam Heynes, the Parish Clerk, on 01444 451610 or [clerk@cuckfield.gov.uk](mailto:clerk@cuckfield.gov.uk).

# Have you made a Will or do you need to change your Will?

Dame Vera Lynn Children's Charity based here in Cuckfield, is holding a Will Writing Week from Monday 25th to Friday 29th March. Solicitors Kreston Reeves is supporting the charity by offering a limited number of appointments to help make or update your existing Will and instead of the usual fees, will be offering reduced rates which will be donated to Dame Vera Lynn Children's Charity.

Making a Will is one of the most important things we can do and is often one of the last things we think about. It is a known fact that one third of people in this country who die each year do so without making a Will.

- A Will puts you in control. You choose who will benefit from your estate and how much they are entitled to and how your possessions will be distributed.
- In your Will you can appoint a guardian to look after your children if they are under 18.
- You appoint people you trust to act as your Executors for your Estate.
- It is far quicker and cheaper to administer an estate where there is a Will.
- A properly drafted Will can help minimise the amount of Inheritance Tax paid.



- By planning ahead and writing your Will, you will have peace of mind knowing that you have done all you can to make things as easy as possible for those you have left behind.

Dame Vera Lynn Children's Charity supports under 5s with cerebral palsy and other motor learning impairments through its early intervention service. It has helped over 600 families from across the South East. It receives no statutory funding and relies entirely on the community to raise funds.

If you would like to take advantage of the Will Writing scheme and make an appointment, please contact Carole Whorwood on 01444 473274 or email: [carole.whorwood@dvfcc.org.uk](mailto:carole.whorwood@dvfcc.org.uk).







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\*The National Institutes of Health



# Agents' 30 years in Cuckfield

Village estate agent Marcus Grimes admits that 'he can't quite believe it' that it was just over 30 years since he opened his first estate agents office on the hill in Cuckfield.

"What's weird is that I don't feel any different today than I did all those years ago, and yet so much has happened in my life since then," he said. "When I made the big decision to go it alone in 1988, I had to decide the biggest question of all - where? Having spent a couple of years in my teens working for Roger Harris & Co in Cuckfield, I knew that, whatever the market threw at me, Cuckfield would always be a fantastic place to live and people would want to settle here. A great location for an estate agent!

"It's been hard work, fun and very rewarding building the business steadily over the last third of a century, with lots of highs along the way," Marcus continued. "Today we have three busy sales and lettings offices across Mid Sussex and we employ a dozen or so people. With the madness that is Brexit in full flow, who knows what the future will hold, but one constant that will 'remain' is the appeal of this lovely village we call Cuckfield and of which I am so proud to be a part."



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## New children's shop opens in the village

P.J. and the Hare opened its doors in Cuckfield last month and is already proving to be a hit with local residents.

The little shop is run by Cuckfield resident Sue Monroe and is filled with children's clothes, gifts and a range of beautiful books.

Sue, who used to work as a children's television presenter and is now a published author, had always dreamt of having her own children's bookshop.

Sue explains: "P.J. and the Hare used to be attached to a shop in Burgess Hill. I was there for a year or so and then, by chance, the opportunity of this little place came up and it was just too good to pass!"

The inspiration for the name of Sue's shop comes from the characters in the books that she has penned – The Moon Hare series.

As well as books, P.J. and the Hare also sells a quirky range of organic children's clothes from independent British brands such as Blade & Rose, Kite and Piccalilly.

Sue is excited about the prospect of life as a High Street trader in the village: "Cuckfield is such a friendly village and the response from people since opening has been very positive. I think over time the shop will evolve into something quite special. I already have lots of plans in place."

P.J. and the Hare is open in The Old Post Office, Tuesday to Saturday from 10am to 4.30pm.



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# February's double bill of drama

Cuckfield Dramatic Society is staging two plays in a thrilling double bill performance later this month – The Browning Version by Terence Rattigan and Dirty Business by Derek Webb.

Directed by Emma Gosling, The Browning Version, often considered to be Rattigan's finest masterpiece, tells the story of a British schoolmaster, a faithless wife and a faculty that has long disdained him.

Due to poor health Andrew is forced to retire from teaching. His wife despises him for his failures and finds consolation in Frank, a younger teacher. She openly taunts Andrew while Frank watches with shame and disgust. The wife knows she has lost Frank but even more bitter is the realisation that he is now Andrew's best friend.

Directed by Lesley Jenks, Dirty Business is a topical comedy about council cuts and the cleaning business.

Cuts are on their way big time at the local County Council as it struggles to find ways to meet Government spending targets. Josie and Angela are cleaning the office of one of the Council's Department Heads one evening when they come across a file which seems to show that their jobs



are on the line too. Josie, who has a penchant for malapropisms, and Angela, who is Queen of the pub quiz team, are determined to fight the cuts every inch of the way. And if that means playing dirty, so be it!

Performances will be held at the Queen's Hall from Thursday 21st to Saturday 23rd February.

For more information and tickets visit: [www.cdsweb.co.uk](http://www.cdsweb.co.uk) or buy tickets locally from Marcus Grimes on the High Street.

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## The Play Meadow - Your help is needed

By Flis Irving


Many of you will recognise this photo of The Play Meadow at the end of Courtmead Road, Cuckfield, beside the allotments.

Whilst researching the history of the public use of this recreation area, we discovered that there was a long history of people using it as a through route from Courtmead Road to Newbury Lane. We also found documentary evidence that a footpath ran right down the centre of it in a southerly direction. An application was made recently to West Sussex County Council to register this track as a public footpath, with witness statements from users to support it, but it would be great to submit more evidence of its regular use by villagers in the past.

I am asking you to think back to see if you can remember walking through this field as described above. It seems that this was a way that many local people took from the 1950s until the 1990s, when the gates at the bottom may have been padlocked, preventing through access to Newbury Pond and the old golf course beyond.


If you feel that you could help to safeguard the use of The Play Meadow for future generations, please get in touch with your recollections, maps, or photos.

Email [flisirving@icloud.com](mailto:flisirving@icloud.com) or call 01444 415341. Thank you.




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# Friends Chair steps down

By Elaine Goodwin

Jo Roberts has stepped down after nearly three years as Chair of the Friends of Bolnore Village Primary School (FoBVPS). Jo has two children at the school and joined the Friends when her youngest son started in reception. Under her leadership the Friends raised nearly £50k for the school. Jo has received a letter from the school governors, thanking her for her incredible contribution to the school. Jo was kind enough to tell me a bit about her time as Chair.

## Why did you join the Friends?

I wanted to spend some of my time volunteering and the Friends needed more parents to get involved so it seemed like a good choice. I also recognised the increasing pressure that state schools are under with funding cuts and the difference that fundraising can have on how our children experience school.

## Why did you take on the job of Chair?

When I got involved, I didn't intend to become Chair. The previous Chair of the Friends had done a fantastic job and it seemed like a daunting role to take on. Myself and another mum, Amie Cheverst, decided to take on the role together and Co-Chair. This worked brilliantly as we both had different skills to offer. We were able to share responsibilities and sound out ideas with each other to check our ideas weren't too crazy! Amie stepped down due to work commitments in January 2018.



## What's the most rewarding thing about being part of the FoBVPS?

Getting lovely feedback from the children about the events they love, the buzz you get when events go well and working with a great team of parents. It is also really fulfilling to start to see and hear from the school how the funds we've raised are making a difference. For example, the Friends have donated a significant amount to help sustain Forest School in the past couple of years, and the committee were very fortunate to be treated to an afternoon at Forest School. This was a brilliant experience and made us realise how lucky our children are to be able to access this unique learning environment and the skills and resources that go into providing it.



## What did you enjoy about leading the Friends?

It has been fantastic to meet and work with other parents and teachers, and in the process I have made some great friends. It's been great to put my skills to good use for a very worthy cause and, whilst sometimes it has been hard work, it's mostly been fun.

## What did you dislike?

The most frustrating thing is having to accept that there is only so much you can do as a small team of volunteers who only have a finite amount of time to give. We were not able to run the same scale Christmas Fair last year or have the Quiz Night last summer because we didn't have enough volunteers. With more people involved we could do so many more things.



### What was your favourite event?

The events with the kids. The disco, cake sales and film nights are lovely because we are raising funds but more importantly the kids really enjoy it. The Christmas Fair is a lot of work but so satisfying when we manage to pull it off as it is a big team effort. For me personally it has probably been the fundraising for the defibrillator where some fantastic mums completed mud runs and the dragon boat race.



### What was your most profitable event?

The Christmas Fairs have always been great fundraisers and any events where we can get parents along and offer a bar and an auction are very profitable. Last year, along with the awards and grants we won, we were lucky to have a number of parents take on their own sponsored challenges to raise funds for the school. It would be great to see more things like this happen. We have also had a number of parents set up regular monthly donations via My Donate which has also meant we have been able to receive Gift aid which makes a significant difference.



### What has the school spent the money on?

Off the top of my head... a complete set of laptops and iPads for the school, providing Forest School resources and equipment, music provision, a class set of spheros, a defibrillator, outdoor sports and playground equipment, outdoor table tennis tables, rainbow days, book bags for reception children, breakfast for Year 6 before their SATs and Father Christmas Elf Day presents. More recently we have been supporting the school by funding exciting workshops for every year group to enhance their topics.

### Why have you stepped down?

It was a difficult decision as I have really enjoyed the role and think there are lots of opportunities to raise even more funds but it is time for a change for me. I am looking to take on other volunteer roles where I can use the skills and knowledge that I have gained from being Chair of FoBVPS. I also think it's time for someone else to take on the role and bring fresh ideas and enthusiasm. Even if it is not as Chair, the committee is desperately short of new volunteers joining, particularly from our Reception/ KS2 parents and carers.

### Will you stay involved?

I am still going to be involved with the Friends helping to set up and run events but not doing as much organising. I am also keen to continue to help explore other possibilities for grants and awards we can apply for as a charity.



### Any advice for the next Chair?

Make the role what you want it to be, don't be afraid to try new ideas, accept the help and support of fellow committee members. They are a fantastic team of kind and skilled individuals. Most of all have fun!

If you'd like to get involved with fundraising for the school you can contact the Friends via their Facebook page [www.facebook.com/FoBVPS](https://www.facebook.com/FoBVPS) or by emailing [friendsofbvps@gmail.com](mailto:friendsofbvps@gmail.com).

To make a one-off or regular donation visit: <https://mydonate.bt.com/charities/friendsofbolnorevillageprimaryschool>





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5 MINUTES WITH...

## Amanda Saunders

Amanda runs her own business selling children's books and is often known as 'the Bolnore book lady'! Amanda lives with her husband and two sons and wants them all to travel around the world.

**How long have you lived in Bolnore?** Since 2007

**What's the best thing about being here?**

The sense of community; there are so many things going on in the village and everyone says hello to each other!

**Favourite ice cream flavour?** Salted caramel

**How many houses have you lived in?**

Since leaving Uni, first a flat and then three houses

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

A coffee shop

**Favourite holiday destination?** The Maldives

**Song you play the most?** Iris by the Goo Goo Dolls

**What would you do if you won £1million?**

I'd put some into savings for my boys for the future, I'd book amazing holidays around the world, I'd pay off the mortgage and I'd set up a charitable pot for worthwhile causes

**What was the last present you gave someone?**

Lego for my son's birthday

**Strangest thing you've ever eaten?**

Reindeer and bread cheese pizza in Lapland

**What would you rather give up for a month –**

TV or music? TV

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

WhatsApp, I do like to chat!

**What's your proudest moment?**

Well the obvious would be having my two boys, but I'm also proud to provide free books to schools

**Your advice for life?**

Where there's a will, there's a way. Be positive, try new things, enjoy life and be happy!

If you would like to provide your own answers for 5 Minutes With, simply email them to [editor@cuckfieldlife.co.uk](mailto: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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# Sponsorship appeal for Box Kart Race

On 4th May Bolnore Village Cubs will be holding their annual Box Kart Race. The West Sussex Masters (open) is a box kart race open to cub packs in the area. Held at Warden Park Academy in Cuckfield, up to 20 teams from across the country will compete in heats on a figure-of-eight track.



Organiser Shaun Simmons has appealed for sponsors for each heat and an overall sponsor for the event: "Not only will you be helping to put on this great event that is open for anyone to come and watch, but we will display your banners around the outside of the track and we will include your logo in the programme." Shaun is also looking for volunteers to help organise and put on the event. To get involved contact Shaun by email: [boxkart@bolnorescouts.org.uk](mailto:boxkart@bolnorescouts.org.uk).

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# Praise for Maisie

A young girl from Bolnore Village has started her own business to raise money for children struggling with mental health issues. From a young age 11 year old Maisie Pocock was diagnosed with severe anxiety, Autism, OCD and Tourette's. She decided to help other children in her position and started her own business, Amaisieboo, selling handcrafted dog toys via a Facebook page.

For every toy sold, £1 is donated to Chalkhill, a hospital that treats children with mental health problems in Haywards Heath, a service provided by The Sussex Partnership NHS Foundation Trust. The Trust's charity, Heads On, works to support people who use mental health services in Sussex. Felicity Loudon, Head of Charity for Heads On, said: "We are so grateful to Maisie for her fundraising efforts and for taking such initiative to come up with an idea that is so creative. She is a huge inspiration to children and young people and has shown that even with mental health difficulties it is still absolutely possible to achieve your goals."

Maisie's Mum, Rachel, said: "Maisie has already raised £200 which is amazing. She wants to stop other children from going through what she has – she really is making a difference. She has such strength and resilience and I could not be more proud of her!"



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# Railway Path closure



- Key to Map:-**
1. Cascade Path
  - 1a. Pond Meadow Path
  2. Railway Path
  3. Piersces Wood/Brooklands Path
  4. 'Wiggly' Path
  5. Top Path
  6. Middle Path
  7. Boundary Path
  8. School Path
  9. Quarry Hollow Path
  10. South Railway Shaw
  11. North Railway Shaw
  12. 4 Acre Wood Path

**By Elaine Goodwin**

The Railway Path (path 2 on the map shown) from the Bridleway to the Brooklands/Highbanks junction at Piersces Wood has been closed due to Network Rail drainage works. The works involve constructing a new drainage tunnel along the west side of the railway within the Ashenground Woods area, in order to stop the flooding of the track which occurs in heavy rainfall.

The main access route to the site is via Ashenground Bridge which will remain open during the works but for safety reasons will be temporarily closed to the public when deliveries arrive. Work is being carried out on site daily between the hours of 7am and 7pm. During the eight day railway line closure, between Saturday 16th and Saturday 23rd February, the works will be carried out 24 hours a day.

As part of the works a number of trees have been removed on the South Railway Shaw (marked as 10 on the map). The trees will be replaced with saplings after works are completed in June 2019.

Contact Network Rail with any questions or concerns on their 24-hour National Helpline on 03457 11 41 41.

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On a cold and frosty day there is nothing more uplifting than spotting your first snowdrop; a cheerful sign, after the long winter months, that spring is well and truly on its way.

If you'd like to experience an early taste of spring and the chance to enjoy many different varieties of snowdrops you can visit Shirley Carman-Martin's private garden as part of the National Garden Scheme, by appointment only, on Friday 15th and Monday 18th February.

The address is 5 Whitemans Close, Cuckfield, RH17 5DE. Do contact Shirley by phone on 01444 473520 or email: [shirleycarmanmartin@gmail.com](mailto:shirleycarmanmartin@gmail.com) to book your appointment.

The National Garden Scheme raises money for charity and in 2017 donated a record £3 million to charities that include Macmillan Cancer Support, Marie Curie, Hospice UK, Parkinson's UK, MS Society and others.



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# Ever thought of keeping honeybees in your garden?

The first talk at Cuckfield Museum this year will be by local beekeeper Otto Somodi who will provide an illustrated insight into the joys and challenges of beekeeping in Mid Sussex, together with how their industrious activity is critical to our well-being and the difficulties all pollinators face to survive in a changing, modern environment.

Otto was first introduced to honeybees at the age of twelve by an old lady in a village near Sevenoaks. It was several decades later, with retirement on the horizon, that he took the plunge, enrolled on a beekeeping course at Plumpton College, acquired his own bees and hasn't looked back since!

The Buzz of Bees will take place on Thursday 7th March at 2.30pm in the Council Chamber at The Queen's Hall.

To book a place, please phone Mike Nicholson on 01444 457448 or email: [events@cuckfieldmuseum.org](mailto:events@cuckfieldmuseum.org).



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# Take time for tea

VILLAGE PEOPLE



**By Jacqueline Elmore**

What does a cup of tea mean to you? For many it represents a break from the daily grind. For some it makes the ideal companion to a good book. For others it becomes the perfect excuse to catch up with an old friend in a tea room. To local mindfulness expert Ed Halliwell, a cup of tea means a whole lot more.

Ed, who has lived in Cuckfield for nine years, recalls his first meditation practice where he learnt what it really meant to savour a good cup of tea.

"I used to rush through everything. Literally everything. I remember one of the first meditation practices I ever learnt was how to drink a cup of tea. To actually pay attention to the experience of drinking it. To really taste it. To smell it. To savour it."

Ed runs mindfulness courses and workshops at The Old School right here in the heart of Cuckfield village under the banner of Mindfulness Sussex.

"I really love teaching, being with people and sharing the experience of mindfulness with others. We run about ten gold standard mindfulness courses a year in Cuckfield plus some one day workshops."

Ed spent the early part of his childhood growing up in Devon, in particular Exeter, where he attended school before being accepted at Cambridge University to study History.

"It was a very happy time and I learnt a lot about books and the intellectual side of life. However, looking back, I guess what I was missing was that I didn't really learn very much about my own mind."

It was one of Ed's tutors at Cambridge who told him 'my job is to turn you into intellectuals' and, for the most part, Ed has been trying to undo that work ever since. It was not until leaving university that he realised what he had not learnt was how to deal with the real world and, more importantly, real life.

"In no way am I saying that that my work at Cambridge was not valuable to me but what it didn't teach me was how to make decisions about my own life. I wasn't very well equipped to deal with any of it."

Eventually, Ed moved to London to pursue a career in journalism. At that time he was very heavily into music and started working for EMAP - the brand that gave you Q and Smash Hits - on a music magazine, and shortly after, he moved across to popular 90s 'lads mag' FHM.

Ed was seemingly living the dream. He was travelling the world, attending film events and rubbing shoulders with the glitterati. In reality, however, the life he was living was something quite different. Soon began a long and arduous journey through

what resulted in three of the darkest years of Ed's life as he sank into a lengthy period of anxiety and depression.

"I reached crisis point at the age of 28 when I was Deputy Editor of FHM. I crashed completely, and that's when I left the job. I was very unhappy. I was worried about everything and continually on panic alert."

It was at this moment that Ed made the conscious decision to try to find a way out of his depressive state by learning how to meditate.

"Mindfulness courses were not really available at that time but there were lots of suggestions in some of the books that I was reading that meditation can be a useful tool and a positive way to work with our minds. That was when I started practising meditation."

Ed soon discovered that his journey to enlightenment would not be an easy one and that in order to overcome some of his fears he would need to stop trying and simply 'let go'. Ultimately for Ed that meant caring less about material gain and status acquisition and more about his intrinsic happiness.

"It took a long time to bear fruit but it was the letting go that really helped me. I had to drop the whole intellectual striving, achieving and trying to be the best, all of that stuff. In some small sense those things had served me but in reality they weren't actually very healthy."

By that stage Ed had already begun to move his writing away from lifestyle and he had started to work with The Mental Health Foundation. It was here that Ed became interested in training as a mindfulness teacher.

"I suggested that we do a report in the health service on mindfulness and how it could be offered more widely. I was also writing a book at that point with a friend of mine who is a GP. That all led organically into training to teach the courses".

Ed, who has been practising meditation on a regular basis for 20 years, has, over time, seen some tangible, positive shifts in his personality.

"Looking back I generally feel more centred, more present and more resilient. That doesn't mean that I don't still have ups and downs. It's not that they don't happen. What mindfulness has done for me is to give me a greater capacity to surf the waves instead of being drowned by them."

Most of the mindfulness work that Ed does is with individuals or with small groups. One area in particular is in Parliament where he works with politicians to support their mindfulness practice.

"The mindfulness course in Parliament was set up about five years ago and about 150 politicians have been through it. I work with an organisation called the 'Mindfulness Initiative' which supports the APPG (All Party Parliamentary Group). There has been a lot of work looking at mindfulness in the health service, in schools, work places, in the armed forces and in all sorts of places."

Ed lived in London for 15 years before finally deciding to move out of the city to live in Cuckfield with his wife Vee.

"For me, it was in some sense an accident. It was unintentional how I came here and discovered all of this. It's thanks to Vee really; it was her insight and idea actually. I had just trained as a mindfulness teacher and we were just looking at starting up a few courses. She said 'why don't we try some over at The Old School and see what happens?'. And well, here we are!"

It is clear that Ed's life in Cuckfield has been a positive one and one that now represents more calmness and harmony.

"There are lots of reasons why I value living in Cuckfield. I find it very nurturing having so much of life here. We live very close to the church and some of the walks nearby. There is so much vibrancy and warmth here in such a small space. There's so much community available here and a lot of friendliness. That is really important, that sense of togetherness and of community as a whole."



Photo: James Winspear





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## Cuckfest to return to village for 2019

Now that February is here, the organisers of Cuckfield Book Festival are emerging from hibernation and beginning to plan the third Cuckfest!

Sheila Mortimer admits: "It's difficult to believe that it is nearly three years since the idea first came to us. At this stage we're simply announcing the dates – 3rd October until 6th October so please make a note."

Watch this space for more information as it comes out in due course.



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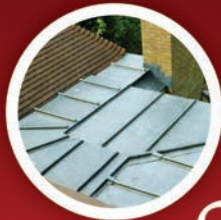
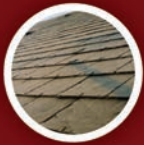
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By Merle Atkins

Just when we thought Christmas was all over, not a chance!

The residents of Tower House Close, Cuckfield, were treated to a post-Christmas lunch organised by the Residents' Association. The event was held at Cuckfield Baptist Church last month.

There was not a turkey, mince pie or Brussels sprout

in sight, but Lulu and her team did serve up some delicious food that everyone really enjoyed. This was topped by some great entertainment, with singalong songs from some of the best-loved and notable musicals of all time.

It made for a wonderful afternoon full of festive buzz.

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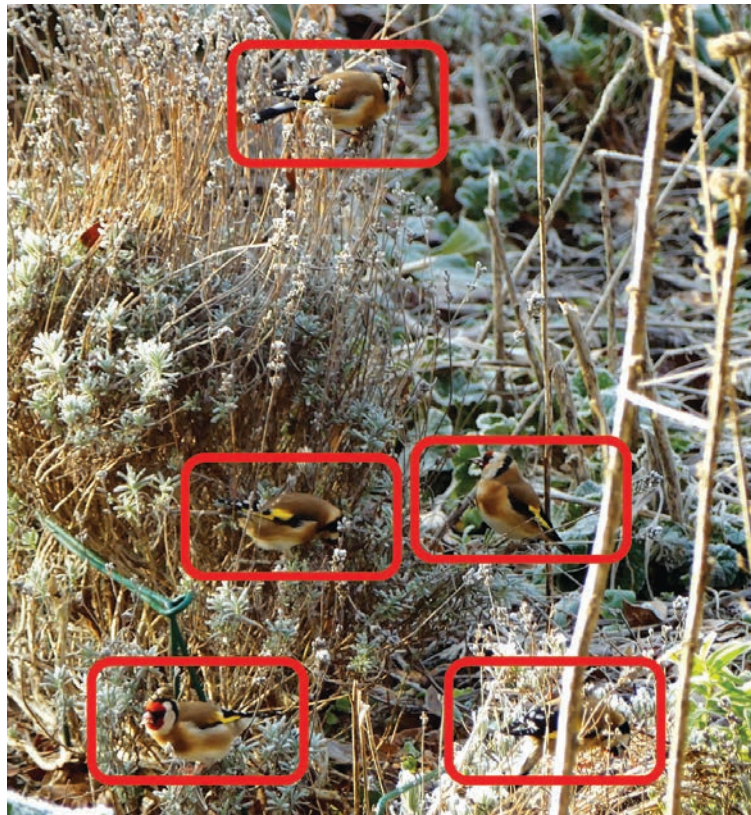
[www.cuckfieldlocal.wordpress.com](http://www.cuckfieldlocal.wordpress.com)

# Benign neglect of Lavender in a garden feeds hungry goldfinches

Conventional gardening advice is to cut back lavender stems after flowering.

If you leave them though, the seed heads are a magnet for goldfinches, especially in this freezing weather. Cuckfield resident and nature expert Peter Lovett has observed goldfinches for days now benefiting from the dried lavender flowers which have been left intact.

His observations of his garden over thirty years are revealed in an illustrated talk: 'The evolution of a formal garden to a nature reserve – how to enjoy a garden more with less effort!' More details at: [www.peterlovetttalks.co.uk](http://www.peterlovetttalks.co.uk)



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# Friendship



Dear Friends,

"Friendship is born at that moment when one person says to another: What! You too? I thought that no one but myself." C S Lewis

Since childhood I have enjoyed a great admiration for the works of C S Lewis. From his Narnia Chronicles, science fiction, religious works (The Screwtape Letters et al) and curiosities like his reworking of the myth of Cupid and Psyche ('Till we have faces'), I have always found that his writing leads me on a journey.

I was a bit of a loner as a teenager, and it was not until I enjoyed the friendship of a remarkable person that I became at ease with myself. Indeed, this friendship steered the course of life into my adult years. Margaret Steuart Pollard was one of the Gladstone family, and one of the most brilliant women of her generation. A polymath, she had enjoyed a long correspondence with C S Lewis. Talented in all sorts of ways, she embroidered The Narnia Tapestry for me – the longest ever made by one person at something over 1,400 feet!

On Saturday 16th February at 6pm I will be presenting 'A Journey through Narnia' in the church - an account of a remarkable and transformational friendship. The embroidery, together with other large-scale works she made for me will be on display in aid of Family Support Work, a fantastic local charity. Tickets (£10) are available from the church office in the Old School and include wine and canapés.

With all best wishes,  
Michael (Vicar)

---

## 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
-





## A quiet month for the mayor

### FROM THE MAYOR'S TABLE

By Leanne Knapman

It's actually been a very quiet month for me on the mayoral side of things as I've been recuperating from an operation on my shoulder.

I'd like to say a huge thanks once again to the lovely children from LVS Hassocks who were on hand to help provide support at the community Christmas dinner during the festive period - they really did a sterling job! And, as you can see, they were kind enough to let me use one of their official photographs taken on the night of the event for this month's article!

I have a few things planned and in the pipeline over the next few months. The lovely people at the Dame Vera Lynn Children's Charity have been in touch to invite me to visit them, which I'm thoroughly looking forward to! If you aren't aware of their work, then do look them up.

In April I will be at Whitemans Green for the Independent State of Cuckfield Easter Monday Walking Race and Easter Egg Hunt. Now, I normally do the walk and have been pondering about the practicalities of walking in my robes, as I fear I will get too hot! Maybe I should look into getting sponsorship for this year's election?!

I also recently met up with some of the lovely shopkeepers from the village, and it's really made me think about how important it is that we support these fantastic little shops. We really are very lucky to have them located right here on our doorstep. Next time you are in the village why not pop in for a look around at a few of them? You might even find a nice little Valentine's gift...

# Is everything sorted?



A single red rose



Chocolates



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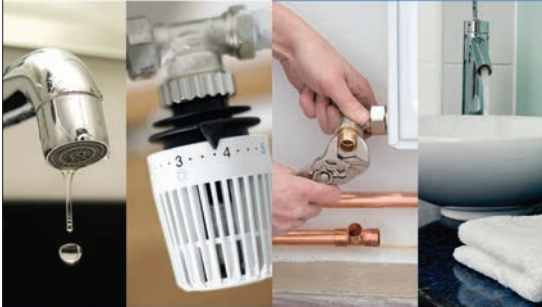
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## RECYCLE THIS...

WSCC 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](mailto:editor@cuckfieldlife.co.uk)



## Green top waste

Thank you for all your individual enquiries about your recycling. By the time you read this I will have replied individually to all your emails to the editor on recycling. Keep the questions coming...

Last month we had the competition for you, and thank you for your wonderful response. I will have the answers and the winner for you in the next edition.

During 2018 I have kept you up to date with what to recycle in your blue top bin, so I thought I would start the year off with information on garden waste.

Many of you use the garden waste collection service with a green top bin provided by MSDC at a cost of £65 a year.

### What CAN be put in the garden waste bin?

- Leaves
- Hedge trimmings
- Grass cuttings
- Prunings from plants and shrubs
- Twigs and small branches – no larger than the width of your wrist
- Old and used compost
- Weeds

### What CANNOT be put in the garden waste bin?

- Pet bedding and waste
- Any kitchen waste such as fruit and vegetable peelings or egg shells – however these can be composted in a home compost bin
- Non-native invasive plants
- Large amounts of soil
- Household waste

If you are interested in home composting there is a discounted offer from WSCC for a compost bin (made out of recycled plastic of course). Go to [www.getcomposting.com](http://www.getcomposting.com) and enter your post code and you will be guided to the discounted offer, black compost bin £15 plus £5.99 delivery. You'll also receive a very helpful leaflet with lots of tips on composting.



Would you like me to give a talk on recycling to your local group? Do keep your individual questions coming on specific items you are not sure can be recycled. One email to the editor, with a picture if possible, and I can let you know.

Looking forward to hearing from you. Keep recycling!

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# New year and new president for the Cuckfield WI

**By Luke Mitchell**

Hayley Wicker-Bradbury moved to Cuckfield in October 2017 and is fundraising manager for The Disabilities Trust, a national charity based in Burgess Hill. Prior to moving from Brighton she had given a talk at the Balcombe Women's Institute – where she got an insight into what they do and subsequently became inspired to join the Cuckfield chapter when she settled down in the village.

Now, after eight months of membership, Hayley has been voted in by her peers as President of the Cuckfield Evening Institute (WI). She believes, at 34, she is the youngest president of Cuckfield's WI in history, and she's looking to develop the group during her time in that position.

Formed in 1915 to encourage women to become more involved in producing food during the First World War, the Women's Institute is a vibrant, busy network, and the largest voluntary women's organisation in the UK. Across 6,300 WIs nationwide there are almost 220,000 members. Their activities scale up from the local all the way to a national context. Monthly meetings with guest speakers in the village are enjoyed by members, as well as participation campaigns and initiatives in partnership with the National Federation. These are generally in the interest of social or environmental issues, and this year's shortlist includes preventing a decline in bus services and the improvement of biosecurity. These resolutions and mandates formulate what the National Federation will call on the government for. The local WI then serves both the purpose of providing women with enriching activities at home and a means of effecting real change further away.

Perhaps this context changed the shape of your mental image of the WI; it certainly did with mine. Before learning more, I had thought that, if they were taking part in community action, it was only on a local level. Hayley highlighted: "It's not just about the tea and cake, it's about pushing a national agenda for what the community wants us to talk about... Nationally, we have a bigger voice by being part of this."

Zooming back into the local function of the WI, an exciting element is guest speaker events. For one of these, local funeral directors P&H Gallagher came in to do a talk on Queen Victoria's funeral and, for another, a female tree surgeon told funny stories of her trade. Hayley pointed towards these as examples of the many enlightening talks given at these meetings. There are many more detailed in the programme for the year ahead.

Looking to the future, Hayley is excited to expand



and develop the group's role in the village. This is with a view to widen membership and 'ready the WI up' for the internet age. "Being part of the younger generation, we are going to change the WI slightly for Cuckfield," she said. "What I hope to bring is some more of my experience: PR knowledge, media knowledge, some of the technological knowledge – so you'll see us more on social media now."

This doesn't mean, however, out with the old and in with the new – it means respect for the old and enjoyment in the new. Hayley discussed how the only way to retain a long-standing membership is by appealing to younger women, but also emphasised the importance of acknowledging tradition and the history of the WI as an Institution. "It's kind of merging us to be a better WI. So, it's not forgetting tradition and it's not only embracing the future, it's kind of an amalgamation of both so we move forward together as a better WI."

As well as expecting to see the WI on social media, you can expect to see them in the community as always. Reflecting on her love for Sussex and its villages, Hayley explained: "It's about embracing Cuckfield life. For me being president has weighting. It means that the members have faith in me and trust me as someone who is an advocate for them. I want to use that to embrace local life and the community."

Evelyn Stenning, secretary of the Cuckfield WI, is looking forward to Hayley's presidency and the year ahead: "She'll be very good. She's going to have new ideas and it's nice to have new blood in the WI."



The year ahead is packed with great events for the WI, with a highlight being an open house cheese and wine evening on 19th March. This is an opportunity for people to come along and meet the WI and see if they would be interested in joining.

For any queries, contact Hayley on: hayley.bradbury@yahoo.co.uk or 07919 923 650.

## What's On at Cuckfield Evening WI



The calendar also includes these events, held on the third Tuesday of each month at 7.30pm in the Baptist Church on Polestub Lane:

- 19th February: The life and works of Sir Archibald MacIndoe with Alex Sewell
- 19th March: Open House – Meet the WI – wine and cheese night
- 9th April: Birthday Dinner – 65 years Haywards Heath Golf Club
- 21st May: Resolutions
- 11th June: Made and Making (gift boxes) with Sarah Brangwyn
- 16th July: 'Head in the Clouds... My time in Tartan' with Linda Short
- August: Garden Meeting
- 17th September: The Brighton Line through Mid Sussex with Colin Burham
- 15th October: AGM
- 19th November: The Commonwealth War Graves with Ian Everest
- 17th December: Christmas party with Roy Plumridge... Magician

Cuckfield Life



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To reserve a place at the Brunch, call Chris Lee on 01444 484063 or email [Fairtrade@growthinternational.com](mailto:Fairtrade@growthinternational.com)

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# Warm meals for cold days

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## Potato, Bacon and Cheese Bake

Cut 2 large peeled baking potatoes into ½in dice. Bring just to the boil in salted water, simmer for a couple of minutes then drain well. Using a large frypan over gently heat, cook 1 thinly sliced large onion and 4 chopped back bacon rashers in 1tbs oil for about 10 min until beginning to soften. Stir in the potatoes, seasoning and a pinch of chopped sage. Cover and cook over gentle heat for a further 15 min or until the potatoes are cooked. Gently stir in 115g diced cheese, Cheshire or Double Gloucester are particularly good, and continue to cook for a few minutes longer. Slip under a hot grill to brown the top and serve piping hot.

## Parsnip and Pear Gratin

Peel and thinly slice 350g parsnips and briefly cook in a little water until very soft. Drain well. Peel, core and slice 3 dessert pears and gently cook in a little butter until soft. (Both parsnips and pears could be cooked in the microwave.) Put the parsnips, pears (with their buttery juices), a pinch of allspice and 3tbs fresh or soured cream into a processor and buzz until just smooth (or use a potato masher). Spoon into a shallow casserole, drizzle with a little melted butter and slip under a hot grill until piping hot and golden brown. Delicious with grilled sausages.



## Preschool Manager, Assistant and Bank Staff Vacancies

Cuckfield Preschool is a long-established, charity, committee-supported, term-time setting situated in the heart of the village. We provide children with a stimulating, happy, caring and safe environment, helping develop their full potential in all areas through playing and learning together - and we're rated Ofsted Outstanding.

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**Assistant & Bank:** Morning and / or Afternoon shifts from 8.15am to 4pm, various days. Relevant Early Years qualification and experience desirable.

For more information and an application form please email [recruitment@cuckfieldpreschool.co.uk](mailto:recruitment@cuckfieldpreschool.co.uk)

The closing date for applications is Monday 4<sup>th</sup> March 2019.

Cuckfield Preschool Playgroup is a Charitable Incorporated Organisation (CIO) registered with the Charity Commission; registration 1178733.

By Caroline Young

The second month of the year may be dark and gloomy but we do have Valentine's Day to celebrate, which legends tell us originated from Roman feasts of Luopercalia and the martyrdom of a saint called Valentine around 269AD. The Victorians greatly developed the idea of sending sentimental cards to loved ones, and their highly elaborate cards, which often included real flowers, feathers and lace, are highly prized antiques today. Why not make a heart-shaped cake for your special person (surely the way to a man's heart?). No need for a special cake tin, simply trim a round sponge layer to a heart shape, split, fill with jam and coat with icing.

This chilly month we all need substantial and warming meals. Try some of my favourites – delicious and inexpensive. They serve two but are easily doubled.



## Chestnut and Carrot Soup

Melt a generous knob of butter in a large pan and stir in 1 finely chopped small onion and 2tsp grated fresh root ginger. Cook, stirring, over low heat until soft but not brown. Add 350g thinly sliced carrots, 200g vacuum-packed roasted chestnuts and 600ml hot chicken or vegetable stock. Cover and cook over low heat for about 15 min or until the carrots are very soft. Buzz in a processor until smooth, adding more stock (or milk) if too thick. Return to the pan, check seasoning and gently reheat. Good served topped with a swirl of soured cream.

## Cheese-Cranberry Toasts

Spoon a generous layer of cranberry sauce on top of freshly toasted bread and cover with a thick slice of cheese, any type, but Stilton is especially good. Pop under a hot grill a little way from the heat so that the cheese heats all the way through and is golden brown. Eat immediately!



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# Support for stroke survivors

CUCKFIELD STROKE COMMUNICATION GROUP



**By Jacqueline Elmore**

Stroke survivors and volunteers came together last month to attend the regular, weekly Cuckfield Stroke Communication Group at the Queen's Hall in Cuckfield.

Carolyn Dodd, who travels to Cuckfield from Horsham every week to help run the Wednesday morning sessions, joined the group five years ago and has been involved with the Stroke Association for 14 years after her own father passed away following a stroke.

Carolyn explains: "Our stroke survivors come to us after the NHS have finished their treatment work. There's a small support service that will help people suffering from the aftermath of a stroke once they have left hospital and have dealt with their speech and physiotherapy needs. After that, they're pretty much on their own. That's where we step in and try to further their rehabilitation."

Carolyn and a band of dedicated volunteers devote their time with the sole aim of helping stroke survivors learn new ways of communicating by offering a wide and varied range of activities at their group sessions. Some of the activities that members can enjoy include: music, singing, floristry, cake decoration, games and outings. All of the group's activities are designed specifically to encourage participation and help to rebuild confidence.

Carolyn continues: "We do an enormous amount of everything. A stroke can cause significant communication problems; not only verbal but also physical, so we have sessions of QiGong, a little bit of golf and some indoor games to help improve weakened muscles and encourage well-being. Not everyone is

lucky enough to get their speech back, but you can help the individual to use other things, like miming, gesturing and drawing and using iPads."

At the moment Carolyn and her volunteers do almost everything to support the group, but they are in need of some extra help in areas such as how to use social media. They are also looking at ways in which they can encourage more stroke survivors and people with other neurological conditions to join the group for help with their speech and confidence.

"We've been jogging along now for five years as a volunteer group, and most people who come to us stay here for an extended period. There is no time limit on how long people can stay with us. That's up to them. I think because our activities are so varied people don't want to leave, or leave the friends that they have made whilst being with us."

Carolyn and her team are keen to attract new members for 2019 from people that will hopefully bring a different dynamic to the group. In particular, the group would like to encourage people from the community to join their new art group which began in January.



Janice Taylor, a volunteer of three years, is keen to garner more volunteer support from a younger crowd. Janice explains: "We'd love to get a young volunteer on board who could get involved and help some of our members learn ways of using some of today's modern technology."

At the end of last year, the group was invited - as they have done for the past five years - to decorate their very own tree at the Cuckfield Christmas Tree Festival in Holy Trinity Church.



Carolyn recalls: "This year's tree was full of pompoms. I'd simply run out of ideas on how to decorate the tree and one of our volunteers came up with this fantastic idea of getting the group to make some pompoms. All of the members got involved and the volunteers too. It was a special time, seeing everyone working together to make the pompoms for our tree."

The group also enjoyed a post Christmas lunch last month at the Hickstead Hotel, where members were treated to a special festive menu and entertainment.

Staplefield resident Marjorie Parker, who suffered a stroke 18 months ago, explains how she feels about



attending the group and what it has done for her and her confidence. "It's just nice to be with a group of people. Everyone that comes along has got something wrong with them, so you don't feel at all out of place. The people here are just so lovely. There's so much kindness and support within the group. That's why I keep coming back."

The Cuckfield Stroke Association Communication Group is a self-funded community ensemble run and supported by local people that have been affected by stroke.

Carolyn concludes: "We are always looking for ways in which we can raise more money to help support our cause especially from local people and businesses. Perhaps someone out there would like to do some fundraising for us by running a marathon on our behalf?"

If you would like to find out more on how to get involved, please contact Carolyn (01403 266173) or Janice (01444 451587) or visit [www.stroke.org.uk/finding-support/cuckfield](http://www.stroke.org.uk/finding-support/cuckfield)

The Cuckfield Group is a Stroke Association Voluntary Group (SAVG).

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# Cuckfield's noisy neighbour

By Phillipa Malins, Cuckfield Museum

The title of Cuckfield Museum's new display hints at the relationship between Cuckfield and its larger, busier and still relatively new neighbour, Haywards Heath. Cuckfield was the small, ancient village which rejected the coming of the modern world when the railway arrived in 1841 so that the station was built in the middle of the Heath – a deserted place with a few scattered farms and cottages and a windmill at its highest point.



Boltro Farm – one of the original farms on the Heath, still at the top of Boltro Road, long since a private house

Cuckfield remained a small compact community until after the Second World War but a town grew up rapidly from the mid 19th century around the station on the Heath as people realised they could live in the country and easily work in London or Brighton, and the town's situation, in the centre of Sussex, was to make it a county hub. Our display opens with an early 19th century painting of the empty Heath contrasted with a densely populated aerial view of the station area from the 1970s.

We look at the early years of the town and men like Thomas Bannister, a local farmer and auctioneer, who realised the potential of the railway in moving livestock when he established the cattle market, originally facing the old station entrance at the foot of Boltro Road, in 1868. This weekly market became the twelfth largest in the UK, handling about 100,000 animals a year, and brought huge amounts of money and custom into the town as the banks and businesses in Boltro Road testify. 'The lowing of cattle' was a familiar sound to anyone working in that part of Haywards Heath right up until the closure of the market in 1989 when it made way for the Sainsbury's superstore.



The railway was also a deciding factor in the establishment of the vast Sussex Lunatic Asylum in the town in 1859. The Commissioners in Lunacy recommended it should be 'convenient with respect to its easy access by Public Conveyances' but not too close to the railway, 'away from nuisances, such as Steam Engines'. The 'open and elevated site' at the edge of the town overlooking the South Downs with a good water supply and drainage was deemed perfect, as was its central position in the county. As well as being able to house around 800 inmates, it employed huge numbers of staff locally, and by 1903 it became the Brighton County Borough Asylum.



Though mental illness was still poorly understood, the asylum could be described as pioneering thanks to the efforts of its first Superintendent, Charles Lockhart Robinson, who thought inmates should be encouraged to work in the open air and learn a trade rather than remain shackled as was often the case at the time. After the war it became St Francis Hospital but in 1995 the handsome buildings were closed and converted to desirable apartments. We show part of the clock from the old clock tower and some implements from the farm.

We also show previously unseen photos and artefacts relating to the town's cottage hospital at Butler's Green, opened by royalty in 1912.

Over the years, Cuckfield has learned to love and value its young, noisy neighbour! Do come along and learn about local history.

For further information please visit:  
[www.cuckfieldmuseum.org](http://www.cuckfieldmuseum.org)

This Haywards Heath exhibition will remain on display for three months. Opening hours: Wednesday, Thursday and Friday 10am-12.30pm and Saturday 10-3pm.

# Golden Years



Three mornings of practical fun and activities for Seniors  
@ Cuckfield Baptist Church

**28-30th March (Thursday to Saturday)**

- Activities include chairbics, crafts and games.
- Practical mini-seminars on issues relating to senior living.
- Short Bible talk about the value of old age and how it's never too late to start following Jesus.

9:45am COFFEE / 10am START /  
12.30 LIGHT LUNCH / 1.30pm FINISH  
All for just £3 per person

To find out more or to register your interest  
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\* Takeaway available \*

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**JULIAN  
HARRIS**

Tara Fraser is a Mortgage Adviser with Julian Harris Mortgages Ltd, authorised and regulated by the Financial Conduct Authority No. 304155. Co No. 3927189. Registered office: Julian Harris House, Minsgrove, Ashford, Kent TN23 7UN.



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## Misrepresentation in property transactions

### LISTEN TO THE LAWYER

By Martyn Gooch, partner Rohan Solicitors

**Question:** I am in the process of selling my property. I have an ongoing dispute with a neighbour regarding shared use of a septic tank. Do I need to tell the buyer about this?

**Answer:** There is a principle in law known as caveat emptor, or 'let the buyer beware'. This places a burden on the buyer to find out everything he wants or needs to know about the property before buying it. However, the seller is obliged to bring to the buyer's attention details of any serious issues with the property which the buyer could not have discovered by a reasonable inspection of the property. Additionally, when selling a property you will be asked by your solicitor to complete several forms, one of which is the Property Information Form (PIF) within which you will be asked to provide details about the property and, specifically, to confirm whether there have been any disputes or complaints regarding the property or if you are aware of anything which might lead to a dispute. The issue you highlight between you and your current neighbour regarding the septic tank is one that should be disclosed to the buyer as it is, by your own admission, a 'dispute' and one that would not be easily discoverable by the buyer when inspecting the property.

The repercussions of giving inaccurate information to the buyer on the PIF, or in response to any additional enquiries made by the buyer, can be catastrophic. A seller that intentionally provides a buyer with an untrue statement about the property (which subsequently induces that buyer to enter into a contract) is likely to be liable to the buyer in 'misrepresentation' should that buyer suffer financial loss as a result. The legal remedies available to a buyer in these circumstances are dependent on the nature of the misrepresentation. A buyer may be able to withdraw entirely from the sale or be entitled to financial compensation, known as damages. If the misrepresentation is uncovered after the sale completes, the buyer may be able to rescind the contract and recover from the seller the full price paid for the property, and any additional costs they incurred, and return the property to the seller.

There is tension between the principle of 'buyer beware' and the legal action of misrepresentation. It is often difficult to strike the right balance between what the buyer should be told and what he should be left to find out for himself. For example, does the buyer need to know that the garage roof occasionally leaks water in heavy rain or is that a matter he should find out for himself? Expert legal advice should be sought if you have concerns regarding what information to tell your buyer.

**Martyn can be contacted by email: [mgooch@rohansolicitors.co.uk](mailto:mgooch@rohansolicitors.co.uk) or by telephone: 01444 450901.**



# Holiday snaps

As ever, Cuckfield Life readers have taken their copy of the magazine away with them. Do send yours in to [photos@cuckfieldlife.co.uk](mailto:photos@cuckfieldlife.co.uk)



Annemarie Brookland in the snowy Dolomites



Liz Woods at Central Park, New York



Richard Woods by the 9/11 Memorial Ponds in New York

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Illustration by creativeflorence.co.uk

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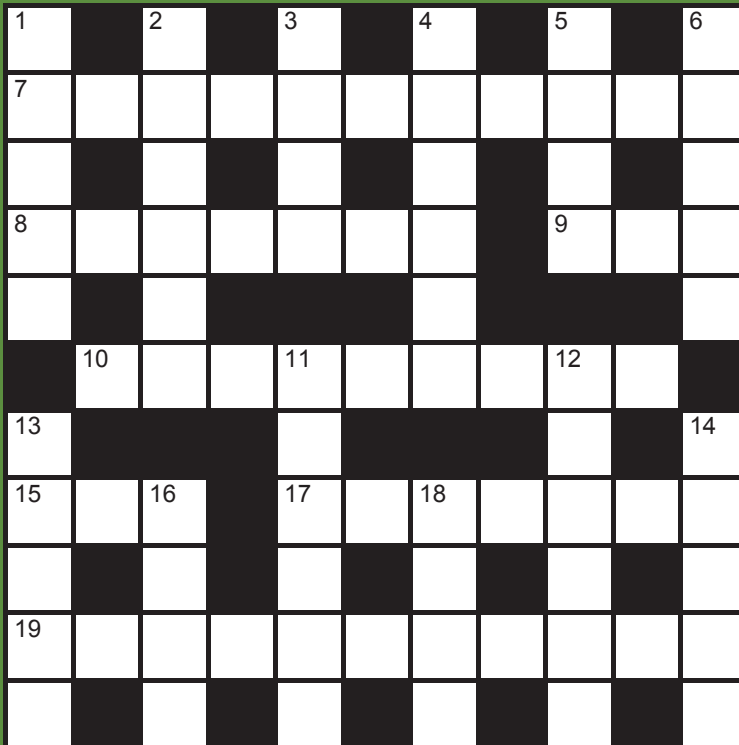
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# Family crossword



Got 20 mins spare?  
Have a go at this crossword - which should be varied enough for all ages to answer some clues.  
Answers listed on p.55

## Across

- 7 Large self-service store (11)
- 8 Blocking of light (7)
- 9 Immerse (3)
- 10 Medley (3-6)
- 15 Exploit (3)
- 17 Jewish German dialect (7)
- 19 Flock minder (11)

## Down

- 1 Trembling poplar (5)
- 2 Ancient Greek god (6)
- 3 Harvest (4)
- 4 Capital of Lesotho (6)
- 5 Slip (4)
- 6 Halts (5)
- 11 Mind (6)
- 12 Showered (6)

- 13 Lathery (5)
- 14 Elected (5)
- 16 All time (4)
- 18 Flit about (4)

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or book online at [www.theperrymount.com](http://www.theperrymount.com)



ACUPUNCTURE  
THE PERRYMOUNT

# Sudoku #32

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

Find the solution to #32 in next month's magazine

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

## #31 Solution

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



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## WILL WRITING WEEK: MONDAY 25TH TO FRIDAY 29TH MARCH 2019

**We are delighted to have the support of Kreston Reeves Private Client LLP in Horsham who are running a Will Writing Week to support our Charity.**

They have generously offered a limited number of appointments to help you make or update your existing Will and instead of their usual fees will be offering reduced rates, which they will be donating to Dame Vera Lynn Children's Charity.

**Single Will £180 • Joint (Mirror) Wills £280  
Codicil £120 • Joint (Mirror) Codicils £200**

If your needs are of a more complex nature than that of a standard document, we will need to charge an appropriate fee in addition to the donation and this will be discussed during your appointment.

Dame Vera Lynn Children's Charity supports children under 5 years of age with cerebral palsy and other motor learning impairments realise their potential.

- Parents and children work together in a supportive environment to improve a child's physical, social and emotional skills.
- We offer hands on structured one-to-one and small group sessions. Sessions are based on the principles of Conductive Education.
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- No referral is needed. We receive no statutory funding and rely entirely on the community to raise our funds.
- We have helped over 600 families from across the South East.



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Carole Whorwood on 01444 473274  
or email: [carole.whorwood@dvcc.org.uk](mailto:carole.whorwood@dvcc.org.uk)  
[www.dvcc.org.uk](http://www.dvcc.org.uk)

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## Unscramble the signs

Last month, on page 34, we gave you 11 road signs in anagram form. A number of you entered the race to be first in with the correct answers (see below) but it was Debbie Schlup who wasted no time 'hitting send' on the email!

1



2



3



4



5



6



7



8



9



10



11



# What's on this month

## ELSEWHERE

### February

- 14th **HH Ceramics Group** – 10am  
Clair Hall - Talk: 'A Mug chasing Mugs' by Mike Turner. Free entry in February for anyone coming along for the first time.
- 14th **Mid Sussex Association National Trust** – 2.30pm - Clair Hall - Talk: 'Charles Darwin and the Galapagos Islands' by Derek Barton
- 18th **Meditation Class** – 7.30pm  
Haywards Heath Town Hall – Every Monday. Free the Mind from Negativity through meditation and Buddhist teachings (drop-in fee £7, info@meditateinbrighton.com)
- 19th **Cuckfield Evening WI** – 7.30pm  
Cuckfield Baptist Church, Polestub Lane – 'The Life and Work of Sir Archibald MacIndoe' by Alex from East Grinstead Museum
- 20th **The Arts Society Mid Sussex** – 10.45am  
Clair Hall - Lecture: 'Discovering MacDonald Gill, Architect, Artist and Mapmaker' by Caroline Walker (£7 on the door)
- 27th **Royal British Legion Women's Section** – 2.30pm  
The Old School - Bees and Beekeeping by Otto Somodi

### March

- 5th **NHS Retirement Fellowship Mid-Sussex Branch** – 10.15am  
Franklands Village Hall, Haywards Heath  
Why was the shepherd delighted. Bill Avenell
- 9th **Fairtrade Brunch** – 10-11.30am  
King Edward Hall, Lindfield – Locally sourced brunch with Fairtrade refreshments organised by Fairtrade Lindfield (£5/£2.50 on the door, or call Chris Lee 01444 484063)
- 14th **HH Ceramics Group** – 10am  
Clair Hall, Haywards Heath  
Claire Durham on 'Ceramics and Celebrity - the Influence of Popular Culture on the Potting Industry' (£8. 01444 483372/414477)
- 19th **Cuckfield Evening WI** – 7.30pm  
Baptist Church, Polestub Lane, Cuckfield  
'Open House – Meet the WI'
- 27th **Royal British Legion Women's Section** – 2.30pm  
The Old School, Cuckfield - Crosslands Nursery by Ben Cross



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# 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 **Tiny Teckers**
- 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**
- 10.30am **Yoga**
- 7.30pm **Wedding Dance Class**
- 7.30pm **Yoga**

### Friday

- 9.30am **Pre-school Singing**

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.

### February

- 14th **Parish Council Meeting**
  - 7.30pm – Planning
  - 8.15pm – Environment & Wellbeing
- 21st- **Cuckfield Dramatic Society** – 8pm
- 23rd Double bill: **Dirty Business & The Browning Version** ([www.cdsweb.co.uk](http://www.cdsweb.co.uk))

### March

- 5th **New England Wood Trust AGM** – 7.30pm  
Council Chamber
- 7th **Parish Council Meeting**
  - 7.30pm – Planning
  - 8.15pm – Roads & Traffic

## AT WOODSIDE

### Monday

- 9.45am **Sing & Sign (3 sessions)**
- 4.30pm **Hayley Beeson School of Dance**
- 7pm **DDMX Dance Fitness**
- 8pm **Kickboxing**
- 8.15pm **Becca Lee Yoga**

### 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**
- 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

- 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).**

### February

- 23rd **Quiz Night** – 7.45pm  
The monthly Bolnore event seeks teams of between 2-6 people for a fun and varied quiz night - just turn up to register your team ([alison.events@bolnore.org.uk](mailto:alison.events@bolnore.org.uk))

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