

# Cuckfield Life

Inc. Brook St. Ansty, Staplefield & Bolnore Village

Local village talk,  
by the village

Issue #84 : Oct. 2019

Free



Parish Council newsletter

page 41

Band of Dads revealed

page 26


Roald Dahl Book Day

page 22

Including...

**Bolnore**  
VILLAGE

8 PAGE SECTION

A hand wearing a white, textured knit glove holds a lit sparkler. The sparkler is bright and glowing, with many sparks flying outwards. The background is dark, making the light from the sparkler stand out. The overall mood is festive and magical.

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By David Tingley, Editor

I've never actually been to the **Mayor's Election Night** before, so this year I have marked it in my diary – Friday 18<sup>th</sup> October. Every year it sounds like a great night – why not join me and the rest of the village at The Wheatsheaf. More information on **page 4**. Thanks to **Michelle Miller** for a superb cover photo showing a previous Mayor's Procession on the High Street.

Of course, the other big event at this time of year is **Cuckfield Fireworks** at Cuckfield Park – see over the page for details.

I would like to give a shout out to Cuckfield resident **Richard Butler** for an amazing cycling effort last month. The net result of all his work means that he has raised nearly £10,000 for charity since 2016. Read the full story on **page 11**.

On **page 18** the **Bolnore pages** begin with various pieces of news relevant to the village – but the most fun is on **page 22** where we highlight teachers and school pupils alike as they dressed up for **Roald Dahl Day** last month. Can you spot someone you know?

**Jacqueline Elmore** went to meet **Band of Dads** – which was started by Cuckfield's own **George Budd**. Find out more about this crew on our centre spread on **page 26**.

Elsewhere our 'usual suspects' include **Colin McFarlin** who talks recycling tips on **page 28**, **Rev Michael Maine** who shares his letter to the village on **page 30** and **Caroline Young** gets us just starting to get in the mood for the festive season with her recipes page on **page 32!**

On **page 41 Cuckfield Parish Council** has published its newsletter – so that's where you find out lots more about your locality.

Oh, and thanks for the **Holiday Snaps** sent in (**Sue Burgess** and **Liz & Richard Woods**) – you might recognise a couple of former Cuckfield faces on **page 38!**

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Cuckfield Life Published by Kipper



Michelle Miller  
A look at Mayors Procession from above

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# NEWS

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

## Halloween fun for kids

This Halloween Half-Term there is a bewitching Garden Trail full of spells, potions and mystery at nearby Borde Hill Garden.

Activities throughout the week (26th Oct to 3rd Nov)

to keep young witches and wizards entertained includes pumpkin carving, storytelling, magic shows and getting up close and personal with a scary creepy-crawly!

For the third year running the Gardens will host 'Pumpkin Glow', when the best pumpkin designs will be judged, with the winning witch or wizard receiving a 2020 Family Membership. Take your pumpkin to Borde Hill by 4pm on 27th October. Judging will take place at 4.30pm on the day.



Photo: Alex Rickard Photography

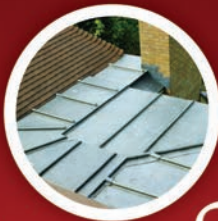
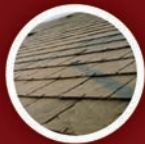
## Welcome the new Mayor

The new Mayor of Cuckfield will be announced on Friday 18th October after the final votes have been counted at 10pm. The excitement starts at 8.30pm and election night is kindly being hosted this year by The Wheatsheaf Pub, Cuckfield. Every penny raised by the candidates counts as a vote, so the more they raise the more chance they have of winning. This year's result is just too close to call at the moment but all the money raised will be distributed to a host of local groups and charities.

Once the winning candidate has recovered from their celebrations, their first Mayoral task will be the Mayor's Procession on Saturday 19th October. With marching bands and colourful floats, the procession is truly the highlight of the Independent State of Cuckfield's year. The procession sets off at 2.15pm from Warden Park School, along London Lane, around Brainsmead and eventually reaching the Talbot in the High Street at around 3.15pm. It is here that the Sheriff of Cuckfield will officially present the new Mayor with the keys to the town.

There's always a party atmosphere on the high street with music, plus special entertainment for the kids by Poppies Parties. So make sure you come out to welcome the new Mayor, cheer the procession on and join in the celebration on the high street. It's not too late to take part in the procession. Just email: [info@cuckfieldstate.org](mailto:info@cuckfieldstate.org).

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# Bonfire and Fireworks

## Sat 2nd Nov

Cuckfield Bonfire Society (CBS) will hosts its annual event in just a few weeks time: Saturday 2nd November at Cuckfield Park.

The giant bonfire will be lit by the newly elected mayor of Cuckfield at 6.45pm. Also featured on the fire will be Guys made by pupils of Holy Trinity School.

At 7.30pm spectators are treated to a professional firework display set to music.

CBS has always supported local charities and this year the beneficiaries will be Cuckfield's Holy Trinity School, Woodlands Meed School and the disability charity Kangaroos, based in Haywards Heath.

A spokesperson for the bonfire society explained: "We couldn't put on this event without the support not only of the professional companies we employ for security and fireworks but also over 45 volunteers who help with car parking and marshalling. We are also very grateful, of course, to the Mayou family for allowing us to use their beautiful grounds."

The organisers expect to host around 6,000 people on the night, where they will also be able to make use of numerous food and drink vendors on site (there is a strict no alcohol policy).

Admission to the event is just £25 for a family ticket (2 adults, 3 children), £8 per adult and £5 for under 16s. On site car parking is available, at a cost of £2. Gates open at 5.30pm on Saturday 2nd November.



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# Classy comedies come to Cuckfield

By John Fisher

Cuckfield Dramatic Society's autumn show at the end of the month is a comedy double bill to keep us feeling good even as the days lengthen. Whether you have heard of the playwrights or not, the shared comedic theme of battles between the sexes is something everyone will enjoy.

**The Bear** by Anton Chekhov is about a very angry man trying to collect a debt from a weeping young widow while her loyal retainer tries to both cheer her up and throw him out. It's all mirth and no melodrama as two very stubborn people get hot under the collar about money and marriage.

Also known for realistic long dramas Chekhov was also a prize winning writer of short stories and plays, including collections of humorous ones, and he is still considered to be a master of that form. **The Bear** is subtitled *A Joke in One Act*.

Director Hazelle Woodhurst says it's a hilarious play – a classic about an archetypal man and woman with some wonderful comic timing. Chekhov it may be but this Russian farce is more *Carry on Comrade* than heavy drama!

**Fumed Oak** by Noel Coward is set in 1930s Clapham where Henry Gow is fed up with his whiny daughter, moaning mother-in-law and demanding wife. But he has a secret and soon it will be out...



Despite being known for plays about high society and having one of the poshest voices ever 'born and bred in the suburbs of London' Coward also wrote about ordinary people, and in *Fumed Oak* horribly funny ones too!

Performances run from Tuesday 29th October to Friday 1st November. Tickets are on sale now at: [www.cdsweb.co.uk/book](http://www.cdsweb.co.uk/book)

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# Contemporary fine dining right on your doorstep

**NO.1 BROAD STREET**



Photo: Richard Paice Photography

No.1 Broad Street is a modern restaurant set in an 18th Century building in the heart of Cuckfield.

The restaurant opened in April this year and is headed up by the legendary Johnny Stanford, who has a flair for British cuisine and creating some of the finest dishes that you are ever likely to try in the county.

Johnny's background right after catering college featured Michelin star restaurants all the way, and he recently finished a long stint at The Pass, South Lodge Hotel as Sous Chef before landing at No.1 Broad Street this spring.

He has hand selected a team of young chefs that are dedicated to delivering perfectly cooked seasonal dishes. They are currently putting together autumn and winter menus using seasonal red deer, treacle cured salmon, scallops and Scottish beef, paired with delicious blackberries, cauliflower, chestnuts and wild mushrooms to name but a few complementary ingredients.

'Creative cooking' are the buzz words around the kitchen right now... new ideas, fresh seasonal produce + creative talent = amazing dishes!

## Facilities

The main restaurant seats up to 30 guests comfortably, with nicely spaced tables set in a series of small linked rooms giving an intimate but buzzy atmosphere to the restaurant. The front of house team are relaxed, friendly and extremely knowledgeable on both wines and the menu. Their main objective is to ensure that guests feel comfortable and welcome without the starched atmosphere of many fine dining establishments, meaning they get maximum enjoyment from their experience.



## Private dining

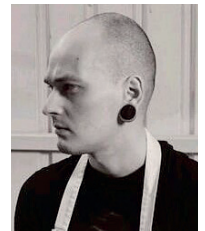
Featuring a beamed open plan room (pictured above) that seats up to 20 guests and makes the perfect party and function room for Christmas parties or a get-together with family and friends.

## Menus

A number of options are available at the restaurant: Tasting menus (including vegetarian) with wine flight (carefully selected by restaurant manager Joel), à la carte, as well as set menus for larger groups.

## No.1 Takeover nights

These are regular events that take place every 2-3 months. The next one features Luka bringing his 'trencher' brand menu as a one-off to our restaurant. Luka is a very talented young chef and baker (he baked the bread for Will and Kate's wedding... yes that one!) Luka has worked alongside Johnny Stanford at a previous restaurant and he now runs a series of pop up events during the year. He will be bringing his no nonsense take on some classic British dishes, each packed with flavour, on Thursday 24th October... you can book your places at this event by calling the restaurant on 01444 455 557.



## New Year's Eve

New Year's Eve is the next special event for No.1. With a carefully created tasting menu, the team have indicated that they will have a few surprises up their sleeves... it will be a great way to see in 2020!

No.1 Broad Street is located at 1 Broad Street, Cuckfield, RH17 5LJ. Call 01444 455 557 or email: [bookings@1broadstreet.co.uk](mailto:bookings@1broadstreet.co.uk) to make your reservation. [www.1broadstreet.co.uk](http://www.1broadstreet.co.uk)



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# Mind Awareness Day event to exercise and entertain

Well-known Cuckfield yoga teacher Diana Laker-Fullilove has a personal experience of the debilitating illness of mental health but is doing something this month to raise awareness of the condition.

It took five years of courage and determination for Diana to regain her life from one of living in the shadows to that of a confident person teaching yoga and fitness in front of packed classes 15 times a week. She realised, that if we are to improve the situation at a localised level it must also involve people at a local level.

Last year she created an event which raised £2,400 for the mental health charity Mind. This year Di is stepping up her game and is hosting a larger event at Clair Hall, Haywards Heath on Saturday 19th October timed to coincide with Mind Awareness Day. This event will be a fundraiser for Mind and bereavement support charity Oscar's Wish Foundation.

During the morning Di will be sharing her own story publicly, running a raffle with prizes from local

businesses and participants will experience a YOGADi yoga flow class with an infusion of pilates, followed by a Les Mills Body Balance class and the morning will close with a gentle, calming yoga and mindfulness class - the perfect way to end your morning and leave relaxed and ready for your weekend!

Realising that many people will want to show their support but may not want to participate in exercise classes, the second half of the event will be run in the afternoon and has been designed to entertain! Dance with Emily's Dance Showcase brings together many dancers from the local community who will entertain

the audience with an extravaganza of dance from Tap, Modern, Jazz and much more!

Book your place at [www.yogadi.co.uk/madevent](http://www.yogadi.co.uk/madevent) or select the afternoon entertainment option. To support financially you can donate here: [www.justgiving.com/fundraising/yogadimadevent](http://www.justgiving.com/fundraising/yogadimadevent)



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## Unfinished business for Richard

Cuckfield estate agent Richard Butler started cycling in 2014. He wanted to increase his overall fitness but also was keen to ultimately take on a personal challenge.

During this time Richard's father had been suffering from Parkinson's disease for a number of years. It was at this juncture in his life that he decided to begin training for the London to Paris bike ride in aid of Parkinson's UK. On the 15th September Richard completed the cycle ride and in the process managed to raise £4,200 for the charity.



In 2016 Richard began training again, but this time his journey would take him from Lands End to John O'Groats. However, due to a badly damaged shoulder, Richard had to withdraw from the event at the last minute. Nonetheless, he still managed to raise a healthy sum of £2,606 for the Parkinson's UK cause.

A couple of years after Richard's attempt to finish the 2016 cycle ride his dad sadly passed away. In memory of that goal, he became determined to complete the task that he had started back in 2014.

Last month Richard finally completed the Lands End to John O'Groats ride for Parkinson's UK. In the process Richard managed to successfully raise a further £2,818. This now leaves the running total raised by Richard for Parkinson's UK at a staggering £9,606.

Richard explains just how getting to that finish line made him feel: "It was amazing and an experience I shall never, ever forget. Nothing can quite prepare you for it. The physical and mental exhaustion that you feel is one I have never felt before. And that's not all you go through. It's an emotional journey too but the moment you cross that finish line and finally achieve that long-awaited goal you realise just how lucky and privileged you are to have taken part in something so important."

Congratulations Richard – job well done!

If you wish to make a donation you can do so either by visiting Mansell McTaggart, High Street, Cuckfield (cheques made payable to Parkinson's UK Sales LTD) or you can send your donations direct to Events Team Parkinson's UK, 215 Vauxhall Bridge Road, London SW1V 1EJ (please quote BUTLER Reference No 611343 on reverse of cheque).

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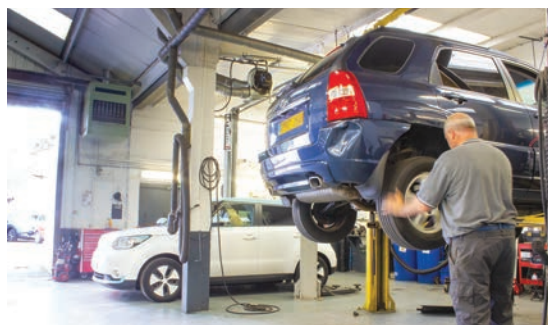
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These days, although the business has changed over the years, Baldocks still enjoys an enviable reputation in the area. After Sales Director David Lancaster explains: "Even though we are no longer a Main Dealer we are Authorised Repairers for both Renault and now Kia. We know that locally we are considered as the only place to go for those vehicles but, in fact, our expertise and equipment are equally suited to any make of vehicle."

The site employs a staff team of nearly 25, including Service, Parts and Sales specialists along with seven highly trained technicians. "We are incredibly proud of our skilled team, a number of whom have been in the business for over 20 years," David went on. "As well as a Renault Master Technician and one currently in training for Kia, the garage also has three Senior Technicians who are specifically trained to understand the different needs of certain electric vehicles on the road today."

When asked what makes Baldocks different, David only gives one word - genuine. "I've heard so many stories of customers not getting what they paid for where car servicing is concerned! What we give is good, old fashioned customer service. Our Electronic Health Check System will allow us to email you a report and photo of any repair work needed in advance. Normally we only use genuine manufacturer's parts but we will, if



you wish, quote you an alternative after-market parts price as an option."

Already in autumn and heading towards winter, David is aware that it's always worth ensuring that your car is ready for the changing seasons. "Our Winter Health Check looks at tread depth on your tyres, your lights, the battery, that brakes are in good shape and that your anti-freeze is topped up in the engine."

Baldocks can help whether you need advice or work carrying out on your car. With an MOT Testing station, tyre-fitting facilities and state of the art engine diagnostic equipment – their team will be pleased to be of service. With a prior appointment, they will even come and collect your car from Cuckfield and deliver it back to you – free of charge! Plus, see advert on p.25 for a special discount voucher too.

Call David's team on 01444 471521 to find out more or to make a booking. You can also visit [www.baldocks4cars.co.uk](http://www.baldocks4cars.co.uk) to get a quote for the Baldocks Fixed Price Servicing – for all makes and models of car – or even to find your next car to purchase!



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Ian Wilkins, Fundraising and Relationship Manager

## Help for the homeless

Members of the Outreach Team at Holy Trinity Church in Cuckfield held an appeal to help the homeless last month in support of local charity Open House Crawley.

Ian Wilkins, Fundraising and Relationship Manager of Open House, had this to say about the fundraiser: "Crawley Open House has been on the front line serving the homeless and vulnerable of Crawley and West Sussex for 24 years. It covers a huge swathe of West and Mid Sussex. No one locally does more to stand alongside those who have fallen or are falling through the cracks in society, for whatever reason."

Last year the charity managed to resettle around 60% of hostel residents to somewhere more permanent. There were over 24,000 support appointments for residents, day centre users and those staying on the streets.

Crawley Open House is a medium-sized independent charity and relies heavily on the generosity of local Trusts, places of worship, schools, individuals and companies. They receive some statutory funding but are working hard to diversify their income streams so as not to be too dependent on it in an uncertain political and economic climate.

# Cuckfield Baptist Church

We are a Bible-teaching, all-age friendly church in Cuckfield, seeking to know Jesus and make Him known in Mid-Sussex.

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# Christmas Wreath Workshops



**Monday 9<sup>th</sup> December**

9.30-12.00noon - The Talbot, Cuckfield

**Tuesday 10<sup>th</sup> December**

7.00-9.00pm - The Queens Hall, Cuckfield,

Also at Hurst College 5<sup>th</sup> & 6<sup>th</sup> December, 8.30 - 11.30am

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# Wakehurst

**KEW'S WILD BOTANIC GARDEN**

Wakehurst, Kew's wild botanic garden in Sussex, is home to over 500 acres of ornamental gardens, temperate woodlands and a nature reserve teeming with wildlife. Beautiful whatever the season, there is something for all ages to enjoy.

Run and managed by the Royal Botanic Gardens, Kew, Wakehurst prides itself on being home to picture-perfect gardens, an Elizabethan Mansion and hundreds of acres of diverse landscape featuring rare plants from around the world.

This October Wakehurst invites you to zip up your coat and take a wander down our autumn trail. Watch the Chilli bank transform into a fire-bush of colour, hunt for King Alfred Cakes in Bethlehem Woods, weave through the Sweetgums and breath in the smell of the Candy Floss tree. Picture-perfect vistas can be seen throughout the gardens and woodlands, with an Instagram favourite being Westwood Lake for reflections. Redwoods Coffee Shop is a great spot to escape the chill and warm up with hot drinks and tempting treats.

Wakehurst is open daily from 10am. Adults £13.95, children 16 and under free. National Trust members can enjoy free entry to Wakehurst, however car parking charges apply.

## Wakehurst for children

### Spy on scientists at the Millennium Seed Bank

A visit to the most biodiverse place on the planet will enthral older children. They can discover why Kew's scientists are conserving seeds from all over the world and the processes the seeds go through after they arrive at the seed bank until they are stored in vaults deep underground.

### Become a Wakehurst Explorer

Scramble over our daring log trail, Tree Trunk Trek, on which children can crawl, climb and have hours of fun. Hire an Explorer Rucksack from the Visitor Centre for £4, jam-packed with different activities.

### Enter an enchanting garden

Head to the Children's Heritage Garden to get cooking in our mud kitchen (open until 3rd November). Our potting shed houses all budding gardeners need to grow their own plants from seed. Or children can get hands-on in our raised beds filled with soil, digging and replanting wooden vegetables to their hearts' content.

## Upcoming events:

### Bountiful Botanics: 12th-13th October

A fun-filled weekend celebrating nature's bounty with an exciting programme of tours, talks and family activities.

### October Half Term Fun: 26th October - 3rd November

Plenty of fun for all the family during October half term with a range of activities including art, games and a trail.

### Glow Wild: 21st November-22nd December

Glow Wild is a spellbinding night-time experience that all ages will adore. It returns for its sixth year, lighting the beautiful Wakehurst grounds with handmade lanterns and torches of fire. Booking essential.





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# Beauty treatments now available at Honeycomb

This summer beauty therapist Jade Lewis has set up shop in Bolnore's Honeycomb Hair Salon to offer new services to local residents.

Jade has been in the beauty industry for 12 years and has previously worked in spas such as Alexander House in Turners Hill. She commented: "I live locally and a great opportunity came up for me to run my own beauty business within Honeycomb Hair Lounge."

Jade offers a wide range of treatments, including LVL lash lifts, nail extensions and gel manicure and pedicures. Appointments are available from Tuesday to Saturday with late night appointments on offer Tuesday - Thursday. A 15% discount is offered to Bolnore residents, NHS staff, teachers and OAPs. Contact Jade on 07702 611 124 or via the salon on 01444 410 444.



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**5 MINUTES WITH...**

**Bethan Hobbs**

Bethan works at Wakehurst as an interpretation producer, converting all the work Wakehurst does in the gardens, science and conservation into engaging activities, signage and exhibitions. She was previously a teacher and has worked at the British Museum. Bethan loves arts and crafts, foraging around Bolnore and collecting her chickens' eggs.

**How long have you lived in Bolnore?** Six years

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

Love the freedom my children have and the fact that my lovely church and church family are just a Sunday afternoon walk to The Woodside!

**Favourite ice cream flavour?** Classic 99, Mr Whippy

**How many houses have you lived in?** 15

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

Would love a book shop with a coffee shop

**Favourite holiday destination?** I'm partial to Dartmoor

**Song you play the most?** In a busy home rare silence is my favourite background track of choice!

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

Have more fresh flowers inside my house, a loft conversion and support some favourite charities

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

Sherry glasses

**Strangest thing you've ever eaten?** My sister and I

invented some interesting menus when we were kids!

**What would you rather give up for a month – TV or music?** Music

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

WhatsApp

**What's your proudest moment?** Winning a Smarties

drawing competition when I was seven

**Your advice for life?** Love God with all your heart, soul, mind and strength, and love your neighbour as yourself

**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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# Youth Yoga and Mentoring at The Woodside

Bolnore resident and wellness coach Becca Lee is offering yoga and mentoring classes to young people starting this month at The Woodside.

The classes are for children in school Years 6-11 and will involve mindful movement, relaxation, practical tools, themed discussions and life mentoring.

Becca is a qualified and experienced yoga teacher and wellness coach. She aims to help teens who may be suffering with anxiety or depression or who are struggling at school.

Becca commented: "Together in each class, we will connect with and explore ourselves as a whole being, we will build self awareness, self esteem, self confidence, physical and mental strength, focus, patience and much more. All of this can aid anxiety, reduce stress, improve sleep, help self regulate heightened emotional states and support depression."

Classes take place on Mondays from 7-8.15pm at The Woodside at a drop-in rate of £8. A class pass will be available (but not necessary) for the next half-term, beginning Monday 4th November, for £39 (£6.50 per class over six weeks).

For more details contact Becca on 07427 334 249, [beccaleeyoga@gmail.com](mailto:beccaleeyoga@gmail.com).



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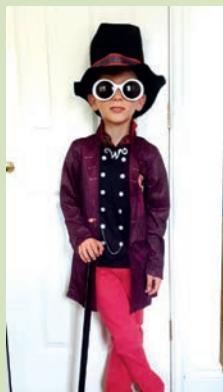
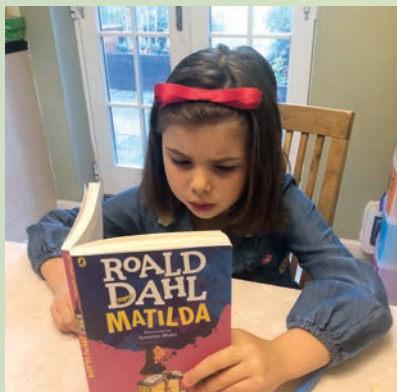
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# Road Dahl Day

## BOLNORE SCHOOL

Teachers and pupils love a dress up day at Bolnore Village Primary School! Last month saw one year group dressing up as Roald Dahl characters as part of their 'Totally Dahlicious' topic. Can you guess who these children and teachers dressed up as?







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## Woodside AGM: get involved

The Bolnore Village Community Partnership (BVCP) will be holding its Annual General Meeting this month.

The BVCP is the charitable organisation that manages the running of The Woodside, Bolnore's community building for building the community.

This AGM is an open meeting for all who would like to hear what's been going on, and well as any wanting to get involved. The trustees are particularly looking for people to join the events committee.

The AGM will take place at Woodside on Friday 18th October at 7pm.



## Kids spooky disco fun

The Woodside in Bolnore will play host to a special themed disco for children. The Halloween Disco will take place on Saturday 26th October between 6pm and 8pm.

Children can win a prize for best costume on the night and they each receive a free squash and goody bag. Email info info@bolnorewoodside.org.uk for tickets, which cost £3 per child (adults free, cash bar open!).

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# Theatre comes to The Woodside

Next month Grace Church will be hosting a play at The Woodside. 'To War With God' is a feature length stage production that follows the life of Monty Guilford, a young chaplain serving in the First World War. The play will be performed by Artless Theatre Company and is based on a true story by Peter Fiennes.

Organiser of the event Bryony Jobling commented: "As part of Remembrance weekend, Grace Church wanted to bring something different to the community of Bolnore that hadn't been done before and that folk might be interested to see. The play grapples with the big questions of faith and suffering that most face and wonder about at some point in life. We hope the audience will therefore find the play thought provoking, and perhaps even helpful."

The performance takes place on Saturday 9th November at 7pm. The play's running time is two hours, including a short interval, and is suitable for age 11 and over.

Tickets cost £10 for adults and £5 for under 16s and are available via [eventbrite.co.uk](http://eventbrite.co.uk): search 'To War with God Haywards Heath'.



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## It's all about the bass

**By Jacqueline Elmore**

The bass guitar is often described as the instrument that no one really notices, yet the sound it creates is the beating heart of any rhythm section. From Sir Paul McCartney's left-handed pop, through John Paul Jones' bluesy rock to Flea's slap-happy funk, the bass guitar can be a varied and interesting beast. The same can be said for the bass player too.

Cuckfield resident, music lover and bass player George Budd (aka the B.O.D father) plays as part of a seven piece line-up called Band of Dads. The bass guitar was not the first instrument that George picked up either. As a young boy he learnt to play both the cornet and the euphonium. Now, some forty years later, George's instrument of choice is the bass guitar.

"In all honesty I don't know what it was that made me want to play the bass," he explained. "All I remember was that I loved the sound that it made so I bought one and taught myself how to play. The rest, as they say, is history."

The story behind B.O.D is that it was initially created for fun. Primarily it consisted of dads (i.e. those who had children!) that missed playing music and who could afford the time to jam together. Luckily most of the band members have a similar taste in music. Preference ranges from 60s and 70s rock and roll through to more modern 'singalong' songs.

"For most of our band members it's about being able to juggle work and family in the hope that we can find the space, somewhere, in our busy lives to enjoy making music. Ultimately, that's what it's all about."







But what about that name?

"We spent a bit of time trying to come up with a decent name. There were some real odd humdingers being thrown around, but I wanted something that people could connect with. Now, whenever we play, members of the band wear our branded t-shirt, and you'll often see people in the audience wearing them too."

Originally from London, George has lived in Cuckfield now for over 20 years, so he knows the community well. He is very much part of village life and over the years has been involved in many fundraising activities.

"We played at Haywards Heath Rugby Club in August as part of their Festival of Rugby to help to raise funds for their much needed new clubhouse. Last month we played the Lindfield Arts Festival for the third time. Most of what we do is linked to the village or surrounding area, so if we can play our music and support the community at the same time then it's a win-win all round."

B.O.D have got big plans for the rest of this year and beyond. They are scheduled to play an event at The Queen's Hall on 16th November. They have also been asked to perform at the Wivelsfield Green Bonfire Night and will be playing the Savannah Bar in Haywards Heath in November too.

"The event we are playing at The Queen's Hall comes after the Mayoral elections and before Christmas, so it's the right time for all of our supporters to come and watch us. This year will be our third year. It's an annual event and any funds raised will go towards the Mayoral Fund."

Band of Dads mainly play cover songs. They have one original composition but mostly their set lists are made up of classic numbers from the 1950s through to the modern day. George's biggest musical influences are The Beatles and The Jam, but ask him to play something by The Strokes or Blur and he will be equally enthusiastic and adept.

"We play a big mix of covers and at our shows we always like to include a few special guests. Last year we had a couple of members from the rugby club join us on stage who played the bagpipes to ACDC. They were dressed in kilts and B.O.D t-shirts. A very elegant look!"

It is clear that George loves his life in Cuckfield. The time and effort he spends supporting the local community appears to give him a lot of joy, notwithstanding the fact that he is able to combine his love for music whilst giving something back to the community at the same time.

"We are like a big family now and it's not just the band. It's everyone around us. That's what this thing has become and we're hoping it will continue to grow."

What about the future, and where would George like to see the band headed?

"Well, we've already created a B.O.D in East Grinstead with new band members from the nearby area. The aim with that now is to try and attract a wider following. I put a post up on Facebook a few months ago in the hope that we might gather some interest to start up a new arm of B.O.D, and I could not believe the response. It turns out that a lot of people want to join us."

For George, a fundamental part of what he and his fellow band members believe is that they support each other and that includes any bright young (or old) thing that may want to join them on their quest for rock stardom.

"Having a bank of musicians who want to be part of this franchise, so to speak, means a bit of juggling but it gives others the opportunity to play and perform at more of our gigs. If that helps us to get our name out there and we can raise some money for charity at the same time then we've achieved our goal."

This year the band are planning to pick three national charities that mean something to each of them, and a percentage of their takings will go to those chosen charities. B.O.D has also just received sponsorship from a brewery in Brighton that is going to supply beer for the event at The Queen's Hall in November. This will result in less overheads and more money being available for the charities.

Band of Dads rarely charge a penny for people to attend their gigs. They just want people to show up, offer their support and have a good time.

"That's the beauty of what we do. We do it for a genuine love of people who live here and community spirit in general."

If you would like to join in the fun and support B.O.D then please visit their website to find out more: [www.bandofdads.co.uk](http://www.bandofdads.co.uk)

## RECYCLE THIS...

Colin McFarlin is a Volunteer Waste Prevention Advisor with West Sussex County Council and sheds some light on what can and can't be recycled.

Thank you for all your enquiries about your recycling. By the time you read this I will have replied individually to all your emails. Do keep the questions coming...

Plastic recycling is the most frequent question in my post bag and topic of questions when I am out giving a talk.

### So, what plastic can I recycle?

If it has come from your bathroom or kitchen and if it is a bottle then YES. Clean, dry and loose please with the tops removed. The tops are too small for our mechanised sorting. Place tops in the rubbish bin or give to charity.



Is it a tub or a tray then YES. Again, clean, dry and loose and with tops separate. To be big enough for sorting, top needs to be jam jar lid size or greater. We want all colours, as you can see. We can recycle black plastic in West Sussex, we have the technology!



And now for some of the other items.

We can recycle take away coffee cups and lids in West Sussex. We can recycle 'Tetra Packs', even with windows and can recycle window envelopes.



Finally I would like to mention batteries – do NOT put these into your rubbish bin or into your recycling bin. You can take them back to any shop that sells batteries. By law they must take them back, although there is no need to take them back to the same shop you bought them from.

I do hope that with this information and these pictures I have helped to make recycling simple.

If still in doubt do look up online at: [www.recycleforwestsussex.org](http://www.recycleforwestsussex.org) or email me via the Editor.

Would you like me to give a talk to your local group on recycling? Do you have an individual question on specific items you are not sure how to recycle? An 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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# 'My chains fell off, my heart was free'



Dear Friends,

As the chaos of our political system continues to amaze (or dismay) us, division seems to stalk the society in which we live. I don't ever recall such bitterness on so many fronts. Whenever a statement is made by a person in authority, someone somewhere will be deeply offended! Even within everyday society one hears of terrible situations which seem to spring out of thin air leading to terrible words or deeds. Yet we are all intimately linked to each other through our humanity. Each one of us is called to make the world a better place.

Charles Wesley, one of the brother-founders of Methodism, wrote over 6,000 hymns, all of which are deeply rooted in the narrative of the Bible. The quote comes from what is sometimes called the 'conversion hymn' – And Can it be That I should Gain. Charles wrote it after he and his brother John experienced God within their lives in a radical way at a Moravian church service. John said that his heart was 'strangely warmed'. Thereafter they spent their lives bringing to others the knowledge of the true freedom they found in the Good News of Jesus Christ, a freedom open to all without exception.

This freedom in Christ is one that reminds us that we are indeed linked to one another – to every person on this planet – and, indeed, to the whole of creation; linked through God's Love, which is boundless and free. We are all called to make a difference and bring healing to every situation.

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



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## Mincemeat Crumble Cake

Preheat oven 180° and base-line and butter a 23cm cake tin. For the topping rub 50g chilled butter into 75g SR flour to form crumbs. Stir in 50g demerara sugar, a pinch of mixed spice and 50g broken walnuts. Set aside. Beat 115g soft butter with 115g caster sugar, 2 beaten eggs and 3tbs milk until smooth. Sift over 175g SR flour and 1tsp baking powder and stir to combine. Spoon into the baking tin, evenly spoon 450g mincemeat on top then sprinkle with the crumb topping. Bake 45-50 min or until golden brown. For a festive finish, just before serving hot, sift a little icing sugar over the top. When serving cold decorate with a drizzle of lemon glaze icing.



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By Caroline Young

I have been teaching or writing about food on both sides of the Atlantic all my professional life and certain recipes get requested just time and time again. This is one of them – a delicious alternative to store-bought mincemeat, which always contains some kind of fat and cane sugar in it. This recipe has neither. As an alternative to mince pies try my Mincemeat Cake, either as cake for tea or warm for dessert - delicious topped with a spoonful of brandy or rum butter. The baked cake can be frozen.

Did you know mincemeat originally contained chopped meats along with the fruits and spices, and ancient cookbooks tell us it was used to fill one enormous pie dish and was called 'The Christmas Pie'. It was probably flavoured with rosemary, the herb of remembrance, to honour the Virgin Mary. An enchanting legend tells how a rosemary bush spread its branches for her to dry her baby clothes on during the flight to Egypt.

A pot of the Cranberry and Raspberry Relish would make a delicious Christmas gift. Brandy Butter freezes very successfully, so make ahead then allow to thaw at room temperature.



## Cranberry and Raspberry Relish

(Makes about 300ml)

In a small pan stir 1 small finely chopped onion into 3tbs red wine vinegar and cook, stirring, over low heat one to two minutes until soft. Stir in 4tbs orange marmalade, 1tbs finely grated fresh ginger and 250g each fresh or frozen cranberries and raspberries (if frozen no need to defrost). Continue to cook over low heat, stirring occasionally, until the fruits have softened (the cranberries will pop) and the mixture has thickened slightly. Tip into a freezer container, cool then freeze. Serve at room temperature.

## Brandy Butter

With a wooden spoon beat 75g butter until pale and soft. Gradually beat in 75g caster sugar then, a few drops at a time, 2-3tbs brandy. Beat well after each addition to avoid the sauce curdling. It should be silky in texture. Either serve chilled or freeze until wanted.

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'To remember the many babies who rest near this place'



**By Kate Fleming**

So reads the plaque opposite the feather bench under the Wellingtonia tree in Holy Trinity churchyard. The dedication ceremony of this art installation by Christian Funnell, the Sussex sculptor, took place on Saturday September 28th on a blustery albeit beautiful autumn afternoon. Around one hundred people, familiar and unfamiliar, gathered together to witness the ceremony and remember the stillborn babies buried in unmarked graves in the churchyard, and to recognise this permanent memorial.

Marie Dormer, the instigator of this moving project, began the ceremony by reciting 'Hope is a thing with feathers' by Emily Dickinson. Andrew Symonds reminded us about the special journey that this poignant remembrance has formulated. Finally Father Michael Maine closed the ceremony by reminding us of the extreme love for these tiny souls and the constant need of such a significant memorial.

The consecrated ground of Cuckfield churchyard is a sanctuary for many people. A place where they can walk and sit in peace and tranquility. Where they can enjoy the beauty of Holy Trinity Church, the awesome views of the South Downs and value the loving care given both publicly and privately to this sacred ground where the spirit of the past lingers so powerfully. It can also generate introspection, an awareness of time and a sharp realisation that we are finite beings. Neil Oliver, the Scottish archaeologist, historian and broadcaster, says that it is this that makes us human.

On her last visit to Cuckfield, Kay D'Arcy, the late mother of village resident Simon D'Arcy, was overwhelmed by the potent qualities she felt while in the churchyard.

Kay was a midwife for most of her life and must have delivered many babies. Some who grew up and lived full and healthy lives and some who were deprived of life at birth or lived only for a short space of time. Her poetic questions do, therefore, seem poignantly appropriate.

Many will appreciate a permanent memorial to the babies buried in Cuckfield churchyard and be comforted to know that there is a shrine where they can contemplate and remember the tragically short lives of their much loved babies.

Before she returned to her home in America, Kay recorded her poetic thoughts by asking questions for all of us.

How sleep the dead beneath the snow  
In Cuckfield when the North wind blows?

And do they stretch when Spring's warm rain  
Brings blossoms to the verdant land  
With memories, which once had been immersed,  
Rising like a mist engulfing the flower-filled vale?

Does the Summer's stifling heat  
invade their beds  
As overhead the Spring sown seeds  
Ripen to lavish fulfilment to the sun?

Then the harvest; Autumn's glorious show  
With scents of swollen iris and wealth of gathered  
crops.

Are they aware, and does their essence rise  
To bless each rivulet, each stone, each clod  
That makes this place a marvel to the eyes.

We'll never know till death's still hand  
Enables us to know this promised land.

(Kay D'Arcy 1933-2018)



# Gardens wanted in Cuckfield for charity fundraiser

Lindfield-based estate agent Jackson Stops has agreed to sponsor St Peter & St James Hospice's annual Open Gardens season. The event, which takes place each summer, offers people the unique opportunity to explore some of the most beautiful private gardens in Sussex, from charming village hideaways to large country house estates.

This year's event attracted almost 4,000 visitors and raised £38,500 towards the hospice's vital services, which exist to support, empower and care for local people living with terminal illness. The hospice is looking to grow the number of Open Garden events across the region and is keen to include Cuckfield residents in the lineup.

Toby Whittoome, co-director at Jackson Stops Mid Sussex, said: "We are passionate gardeners and greatly respect and admire the work of the charity, so supporting this series of events for such a worthwhile cause feels like a natural fit. On a personal level, St Peter & St James cared for my father, so to be able help support and promote the charity in the community, with this wonderful celebration of gardens, is a great privilege."

Carol Hughes, Community Fundraiser at the hospice, added: "We are delighted to have Jackson Stops



on board. Guy and Toby's support is greatly valued. Alongside their financial commitment, their connections across the county will enable us to spread the word of our work and this particular event much further afield."

Next year's Open Gardens season, which takes place from May to August, will include trails in Lindfield, Hurstpierpoint and Burgess Hill thus far, as well as many individual gardens across the county. The season launches with an opening event at the hospice's own stunning 22 acre garden – watch this space for more information!

Alongside South Downs Nurseries, the co-sponsor of the event, Jackson Stops is encouraging more gardeners to take part. If you've got green fingers, have created a space you're proud of and would love to open your garden gates for a good cause, please contact Carol on 01444 470726 or [chughes@stpjhospice.org](mailto:chughes@stpjhospice.org).



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# Be afraid, be very afraid

By Michael Blencowe, Sussex Wildlife Trust

If you're looking for a balanced article about house spiders being misunderstood animals that actually help to keep our homes free of flies, then you're dealing with the wrong man. My name's Michael and I'm arachnophobic. I know, I know. It's completely irrational. They are totally harmless. So why, when I find all other animals wonderful, do these eight-legged arthropods make me so terrified that even typing their name sends an involuntary shiver down my spine?

Is my fear, as evolutionary psychologists believe, an inbuilt self-preservation instinct inherited from the cavemen? Is it a response conditioned by a spider-fearing society? Or is it just because spiders have those creepy, long, hairy legs? All I know is, after researching this article, I'll be sleeping with the lights on till Christmas. I understand that some animals out there actually do have big teeth and need to be feared and respected, but they can be cleverly avoided by not going snorkelling at night in the upper Amazon basin. There is no avoiding spiders. They will find you in the one place you thought was safe. Your home.

There are many spider species which have the audacity to swan into our homes uninvited but the real monsters belong to the genus *Tegenaria* – the house spiders. These spiders love dark, cool places, so when humans invented 'indoors' they happily followed us inside. There's an easy way to identify the *Tegenaria* spiders. If you're hyperventilating, swearing and sobbing while stood on a chair then you've found one.

There are five *Tegenaria* species but the big daddy of the bunch is *Tegenaria parietina*, also known as The Cardinal Spider (named after Cardinal Wolsey, who apparently lived in fear of one of the eight-legged horrors of Hampton Court creeping up his cassock). Its leg span can reach a whopping five inches.

*Tegenaria* are most active in the autumn. The mature males scuttle scarily along the skirting board looking for a bigger, even more frightening female. After mating, he dies and then she eats him. A simple relationship but suitably horrific. She'll then saunter around your house, giving you a minor heart attack as she passes by, before finding somewhere dark and cool to hole up until she lays her eggs in the spring. So, to all the spider-lovers out there who come to our rescue with a glass and a bit of card, I salute you. To the rest of us, I have no words of consolation. Oh, and while you were reading this, I think I saw a really big one crawling behind your sofa.

Sussex Wildlife Trust is an independent charity caring for wildlife and habitats throughout Sussex. Founded in 1961, it has worked with local people for over half a century to make Sussex richer in wildlife. [www.sussexwildlifetrust.org.uk](http://www.sussexwildlifetrust.org.uk)



Photo: Jeremy Early natureconservationimaging.com Sussex Wildlife Trust

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# 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)



Liz & Richard Woods at the South of France B&B of former Sussex Crafts owners Philip & Sebastian



Sue Burgess at Lisbon Cathedral



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## ASSETS, COMMUNITY AND ENVIRONMENT COMMITTEE

### Feather Bench Ceremony - 28th September 2019

The official opening of the art installation on 28th September was very well attended as over 100 people stood in the cemetery to listen to the short ceremony. The gusty wind interspersed with bright sunlight seemed somehow appropriate for the occasion. It was good to see so many people there, united in a common cause, and later chatting over refreshments at the Old School.

This project arose from the desire amongst Cuckfield Parish Councillors to provide an art installation to acknowledge the many stillborn babies, and those who only lived a short time, who were born at Cuckfield Hospital and buried in unmarked graves in the cemetery. The burial records from 1855 to the current day are held by the Cemetery Registrar, P & S Gallagher, and some years ago they were digitised so can also be seen at Cuckfield Museum and on the Parish Council website [www.cuckfield.gov.uk](http://www.cuckfield.gov.uk). They make sad reading and the practice of burying stillborn babies without specific marked graves continued until the 1990s.



Christian Funnell was chosen as the artist after one of our councillors was impressed by his piece 'The Shoal' at Seaford. Christian came to meet councillors in Cuckfield to discuss the project, which is when he suggested the idea of a feather – something that can float freely and has a symbolic meaning in many cultures with spirituality and the soul. We hope that this feather bench will give all those families who grieve a sense of well-being and comfort.

## Christmas Street Festival - Friday 6th December 2019

A reminder to hold the date for this year's Christmas Street Festival. Anyone who wishes to have a stall this year should contact [adrian.podmore@cuckfield.gov.uk](mailto:adrian.podmore@cuckfield.gov.uk), and anyone who would like to offer assistance in the planning of this event, or on the evening itself, should contact [frances.laing@cuckfield.gov.uk](mailto:frances.laing@cuckfield.gov.uk).

## Churchyard and Cemetery

The Parish Council is presently investigating the preservation of the two Lychgates at Holy Trinity Church and the maintenance and repair of the cemetery paths. Both projects will be long-term. Professional advice is being sought from surveyors and conservationists.

## Vandalism and Criminal Activity

The Parish Council shares the local community's concerns about the recent vandalism experienced throughout the village. If anyone has any constructive suggestions to help reduce these incidents, please contact: [clerk@cuckfield.gov.uk](mailto:clerk@cuckfield.gov.uk).

All criminal activity, which includes vandalism, should be reported to the police on telephone number 01273 470101 or by email: [101@sussexpnn.police.uk](mailto:101@sussexpnn.police.uk).

The Police Community Support Officer (PCSO) designated to Cuckfield visits the village on a regular basis.

## Wheele bins

A number of residents and visitors to the village have complained about wheele bins being left on pavements. It is felt they are not only unattractive but unsafe if left on the side of the road indefinitely. Residents who reside in the conservation area, in particular South Street and Broad Street, are kindly requested to consider placing their wheele bins on the kerb on collection days only.

## Recreation Grounds

Please be reminded that Worsley Recreation Ground, High Street and Whitemans Green Recreation Ground are both owned by Mid Sussex District Council. All enquires and any issues should be reported to MSDC.



## ROADS AND TRAFFIC COMMITTEE

### London Lane Improvements

The long-awaited improvements to London Lane commenced on 24th July with completion on 30th August. The main work involved the widening of the pavement from around Glebe Road to Chatfield Road. For safety reasons the work was carried out with a road closure in place for this period. SGN were also in London Lane for approximately three weeks to carry out gas main and service replacements. In order to keep traffic flowing, parking restrictions along the diversion route, High Street and Broad Street, were necessary. The diversions and parking restrictions caused some unavoidable inconvenience to residents. Early examination of SID reports suggests there is a slight decrease in the average speeds being witnessed along London Lane since the road re-opened.



## Get ready for winter in Cuckfield

- Priority one roads will always be gritted in periods of ice and snow
- Priority two roads will follow once the above are clear in prolonged periods of ice and snow. Other roads will then follow on.
- You will not be sued if you clear snow outside your property to gain access to the road
- Make sure you know where the nearest gritting bin to your property is located. There are thirteen in Cuckfield and all will be filled before the start of winter.
- Be aware of elderly or vulnerable neighbours who may need help with shopping or doctors' appointments.
- CPC has a list of volunteers who are contactable 24/7 in cases of emergency
- For more information refer to:  
[www.cuckfield.gov.uk/administration/winter-plan](http://www.cuckfield.gov.uk/administration/winter-plan)

## PLANNING COMMITTEE

Mid Sussex District Council is about to commence consultation on its latest Strategic Housing and Economic Housing Land Availability Assessment (SHELAA) – part of the agreement with the Planning Inspectorate at the District Plan Examination last year. The District has to find additional houses as a result of the increased target, and Cuckfield, as a Settlement 2 category settlement, is slated as taking an additional 222 dwellings. Following the SHELAA process, the open field adjacent to Horsegate House off Hanlye Lane has been identified as an 'allocated' site and marked as 'developable' for part of this. This goes against the Cuckfield Neighbourhood Plan policies and assessments. Cuckfield Parish Council is therefore currently preparing a response to the consultation on this proposal.

A six week public consultation opened from 9th October 2019. All members of the public who wish to pass comment on this Site Allocation Plan should go to the MSDC website for information (weblink not available at time of going to press). Details of the Strategic Housing and Economic Land Availability Assessment reports can be found via this link:  
<https://bit.ly/30VNBRb>



## YOUR PARISH COUNCIL

Cuckfield Parish Council – Opening Hours  
Monday to Friday 10am - 3pm

For full details of all our Councillors please see our website:  
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# Thank you

## FROM THE MAYOR'S TABLE

By Leanne Knapman

I was especially honoured to be invited to attend the dedication ceremony of the new feather bench at Holy Trinity Church last month. The event was a chance for people to remember all the stillborn babies that were buried in unmarked graves in the churchyard and to recognise the newly erected plaque that sits opposite the bench, under the Wellingtonia tree.

We are also fast approaching election night, so if you would like to find out if I have been defeated or if I claim victory again please come along to the Wheatsheaf Pub on the 18th October to find out more.

There are some strong contenders this year, so it should make for an interesting night.

As this could be my final column as Mayor of Cuckfield I thought it would be quite fitting to take this opportunity to thank the community for all their support over the last year.

I have had such fun and have met so many interesting people during my time as mayor. I really would encourage anyone who takes over the role to use it as a reason to get out and about and meet more people within this fantastic community.

There truly are some amazing groups and charities within Cuckfield and the surrounding area – and had I not attended some of the linked events over the last year I might never have known about them.

Final word - so, to the new incumbent I say this: Embrace it, enjoy it, live the role to the full but make sure that you are still having fun in the process!

Mayor out!



## Beauty Events this autumn...

We would love you to join us at one of our beauty events this autumn, we have lots going on: Discounted treatments and products, 121 consultations and make-up advice, dinner out, and a pamper night in with friends and Christmas shopping made easy!

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**22nd -24th October**

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Girls Night In

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## Nocturnal soundscapes at Glow Wild

Hundreds of glowing lanterns and torches of fire will bring trees, ponds and woodlands to life at what will be Wakehurst's sixth Glow Wild later next month.

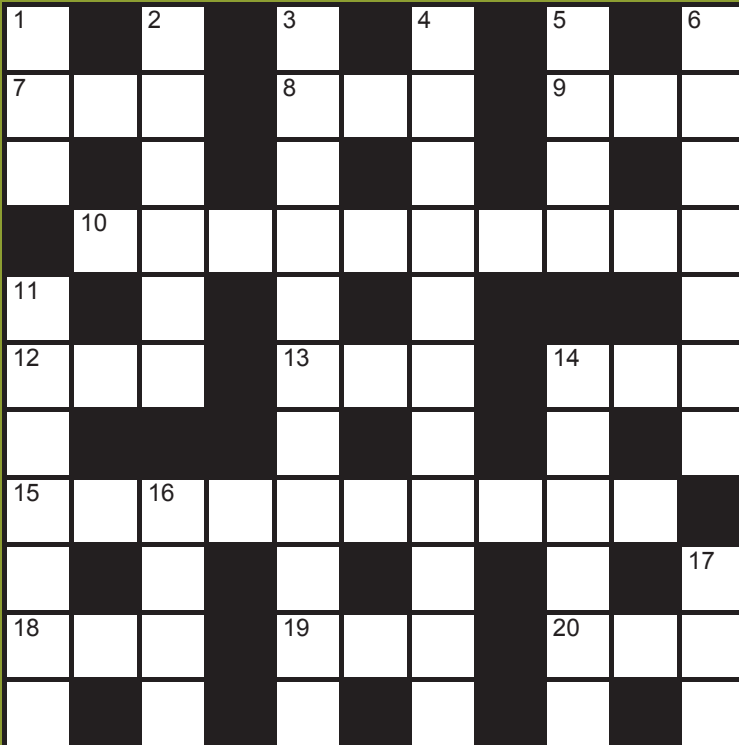
Among the new artists helping to create this year's festive experience is ITHACA. This Brighton-based company has created a bespoke and immersive nocturnal soundscape based on the animals that call Wakehurst their home.

Iain Parkinson, Glow Wild's creative lead, said: "These newly created soundscapes will be a truly magical experience and will make you feel that pleasurable, eerie feeling where the hairs on the back of your neck stand up. Our visitors will feel completely drawn into the landscape - an experience you won't forget in a hurry."

Visitors will become part of the Glow Wild trail by picking up a handheld lantern at the start of their journey. On the mile-long path there will be many magical installations that have been created by artists who have drawn their inspiration from the beautiful Wakehurst landscape.

Glow Wild, which features the tallest living Christmas tree in the UK, takes place between 21st November and 22nd December at Wakehurst in Ardingly.

# 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.51

## Across

- 7 17th letter of the Greek alphabet (3)
- 8 Tint (3)
- 9 Exclamation of surprise (3)
- 10 The lot (10)
- 12 Container (3)
- 13 Possess (3)
- 14 Very small (3)
- 15 Path of a projectile (10)
- 18 Anger (3)
- 19 Self-esteem (3)
- 20 Born (3)

## Down

- 1 Globe (3)
- 2 Curved outward (6)
- 3 Temperature measuring instrument (11)
- 4 Journey's end (11)
- 5 Positions (4)
- 6 Abrade (7)
- 11 Refrain voluntarily (7)
- 14 Did not exist (6)
- 16 Matures (4)
- 17 Perceive with the eyes (3)

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# Sudoku #40

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

Find the solution to #40 in next month's magazine

## #39 Solution

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

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

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# Action Group encourages the switch to green energy

With global climate change in the news daily, heatwaves and drought at home and abroad on an increasing scale, the hottest July date ever recorded, a very wet UK August and now the Amazon ablaze, who would blame people for feeling concerned and worried? Sussex Green Living (SGL) believes that community action can make a real difference across the world. It is a multi-award winning growing green network offering many climate mitigation solutions. Its mission is to inform, empower and inspire people to make more sustainable choices and encourage one world living, now and for future generations.

The group can offer free clean energy advice and an easy switching service, their exciting eco schools work is hugely inspiring and they have masses of good ideas to mitigate climate change effects. Thanks to the highly popular Repair Café concept (there are good ones in Chailey and Horsham) many items can be repaired, including clothing, electronics and other goods.

On green energy, Catherine Edminson, a volunteer based in Cuckfield says: "What many people do not realise is that wind turbines and solar farms, as well as power stations feed their energy into the National Grid, like rivers running into a big pond. When you switch to clean energy, your supplier guarantees that however much electricity you take out of the 'pond', the same amount of clean energy will be put in. The more people who switch to clean tariffs, the more renewable energy that goes into the pond. This means that the energy sector is producing less pollution and carbon, which is crucial if we are to reduce global warming and climate change."

Governments have been talking about climate change since the early 90s. It is only now that we are seeing fast escalating action, with more than half the UK's principal local authorities having declared a climate emergency in the last eight months.

Carrie Cort, co-founder of the Horsham Repair Café and founder of Sussex Green Living, explains: "Switching to clean energy is part of the solution within everyone's grasp and is the biggest action anyone can take in the fight against climate change." She adds: "Everyone (bar one household) I have helped to switch has saved between £90 and £366 in their first year, so surely it is a no brainer to change?"

## What's on this month

### ELSEWHERE

#### October

- 15th **Cuckfield Evening WI** – 7.30pm  
The Baptist Church, Polestub Lane - AGM
- 16th **The Arts Society Mid Sussex** – 10am  
Clair Hall, Haywards Heath - Lecture: 'The History of the Harp' by Sarah Deere-Jones (Non members welcome £7 on the door)
- 18th **ISOC Mayor's Election Night** – from 8pm  
The Wheatsheaf Inn
- 19th **ISOC Mayor's Procession** – leaves 2.30pm  
Begins at Warden Park School, ends The Talbot.
- 19th **Violin Concert** – 7.30pm  
St Wilfrid's Church, Haywards Heath - Alexandra Lomeiko - violin with piano accompanist (Tickets £15/£5 HHMStickets@outlook.com)
- 21st **Friends of the South Downs Stroll** – 10am  
Start at The Ardingly Inn - This 6.5mile route around Ardingly Reservoir, the College and Showground
- 26th **Sometimes Always Never (12A)** – 8pm  
Scout Hut, Hurstpierpoint - Hurst Village Cinema host this film night ([www.hurstfilms.com](http://www.hurstfilms.com))
- 30th **Ansty Garden Club** – 7.45pm  
Ansty Village Hall, Deaks Lane, Ansty - AGM/ Auction (Derry 01444 474660)

#### November

- 2nd **Cuckfield Bonfire & Fireworks** – gates 5.30pm  
Cuckfield Park (£8/£5 or £25 family ticket)
- 5th **Mid Sussex NHS Retirement F'ship** – 10.15am  
Franklands Village Hall - Sussex Air Ambulance
- 7th **Dementia Cafe** – 2-4pm  
Court Bushes Community Hub, Hurst
- 8th **MNDA Quiz Night** – 7pm  
Haywards Heath Golf Club - Charity quiz night, teams of six, £12 per person  
(Book: [liz@mndwestwestsussexnorth.com](mailto:liz@mndwestwestsussexnorth.com))
- 8th **Cuckfield Evening Flower Club** – 7.30pm  
HH Methodist Church, Perrymount Road - Jean Plaskett: SOLO PLASTIC
- 9th **Cuckfield Local Food Market** – 9.30am-12.30pm  
High Street – Seasonal produce
- 9th **Sussex Chorus** – 7.30pm  
St Andrew's Church, Burgess Hill - An evening of French Music (Tickets: £15/£5, 01444 412579 or Carousel Music)
- 13th **Mid-Sussex Franco-British Society** – 8pm  
Clair Hall - An illustrated talk in French by Rene Gimpel (Barbara Stevens 01444 452385)

# What's on this month

## AT THE QUEEN'S HALL

### Monday

- 9.30am **Pilates** (intermediate)
- 9.45am **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**
- 11.45am **Relaxation Session** (every other Tues)
- 1.30pm **Yoga**
- 3.45pm **Dance Classes for Children**
- 7.30pm **Dog Training**

### Wednesday

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

### Thursday

- 9.30am **Preschool Dance Class**
- 7.30pm **Wedding Dance Class**
- 7.30pm **Yoga**

### Friday

- 9.30am **Preschool 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.

### October

- 18th **Craft and Vintage Market** – 9.30am-1pm  
Stalls and café

### November

- 14th **Museum Talk** – 2.30pm  
'West Sussex at War: 1939-45' talk by Matthew Jones. This illustrated talk by archivist Matthew Jones is based upon photographs and documents held by West Sussex Record Office and looks at different aspects of war, coastal defences, evacuation, civil defence, air raids and victory celebrations (To book a place, please phone Mike Nicholson on 01444 457448 or email: events@cuckfieldmuseum.org)
- 29th **Craft and Vintage Market** – 9.30am-1pm  
Stalls and café

## AT THE WOODSIDE

### Monday

- 9.45am **Sing & Sign (3 sessions)**
- 4.30pm **Hayley Beeson School of Dance**
- 7pm **Becca Lee Youth Yoga and Mentoring** (term time)
- 7pm **Tai Chi**
- 8pm **Kickboxing**
- 8.15pm **Becca Lee Yoga**

### Tuesday

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

### Wednesday

- 9am **Falcon Health Chiropractors**
- 10am **Make A Mess**
- 1pm **Pilates**
- 5pm **Hayley Beeson School of Dance**
- 7.15pm **Scouts**

### Thursday

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

### Friday

- 9.30am **Saplings**
- 7pm **Wellbeing Group**

### Saturday

- 9am **Hayley Beeson School of Dance**

### Sunday

- 10am **Burgess Hill Town Juniors**
- 3pm **Messy Church** (last Sunday/month)
- 4pm **Grace Church**
- 4pm **Woodside Netball Club**

**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).**

### October

- 18th **BVCP AGM** – 7pm  
All are welcome to come along and hear more about the running of The Woodside
- 26th **Halloween Disco** – 6-8pm  
Kids fun disco (book tickets from: info@bolnorewoodside.org.uk, £3 per child)

### November

- 9th **'To War With God'** – 7pm  
WWI play hosted by Grace Church



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