

Cuckfield Life

Inc. Brook St, Ansty, Staplefield & Bolnore Village

Local village talk,
by the village

Issue # 40 : Feb/Mar '16

Free



News from around the village

page 4

The last 30 years of the ISOC

page 16

What happens to your recycling?

page 26



What can I put in my recycling bin?

No plastic bags please!

Yes please



Paper & card: junk mail; cereal & egg boxes; newspapers, telephone directories; catalogues & magazines



Glass bottles & jars: wine bottles; beer bottles; jam jars; sauce jars



Cartons: fruit juice cartons; soup cartons; milk cartons



Cans & aerosols: food cans; drink cans; pet food cans; empty hairspray & deodorant aerosols



Milk & drinks bottles; bathroom & laundry bottles & tubs; food, fruit & ready meal pots, tubs & trays; large plastic container lids



Clean food & takeaway foil containers; tin foil

No thanks



General rubbish & food



Plastic bags and wrappings such as cling film & bubble wrap



Shredded paper



Polystyrene & foam packaging



Paper tissues & towels



Other glass and ceramics

- All items need to be clean, dry and loose.
- These are not full lists of everything that can and can't be put in your recycling bin.

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EDITORIAL

By David Tingley, Editor

In this month's issue we continue to explore the annals of history for **The Independent State of Cuckfield** - as they celebrate their 50th year this year. Claire Cooper gets exclusive access to their scrapbooks and stories - we share just some of the many highlights on **page 16**. As a regular on it, I was particularly interested in the photo of the Cuckfield bypass road opening in 1988!

On that subject, don't forget that the group is hoping to have a massive **50 candidates** in this year's election race in October. If you are a resident in the village, why don't you throw your hat in?

In nearby **Bolnore** there is some interesting planning news and also talk of a new burger offering at their regular Quiz Night - see **page 19**.

On **page 20 Holy Trinity Church** takes up its new regular spot - giving readers the latest in the church calendar. This month **Rev Michael Maine** writes about the build up to Lent.

I'm very grateful to all our regular columnists, and certainly **Fiona Evans** is no exception, having been a fixture in the magazine for some time now. On **page 23** she talks lighting and advises on some different types you may like to consider.

A feature I was personally keen to run was the article on **page 26** where **Claire Cooper** explains just what does happen to our **recycling** after it leaves our blue bins - something I never really knew but always wondered. I hope I'm not the only inquisitive resident?!

On **page 8** we welcome some fascinating information from **Phillipa Malins** at **Cuckfield Museum** to gently tease us about the new exhibition which only just opened a few days ago. Read the story and then go to see the shoes on display in the popular volunteer-run museum.

Thank you for keeping the **stories** coming, and do please **use our advertisers** regularly, as they make it all possible! Mention Cuckfield Life when you call too.

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Cuckfield Life Published by Kipper



David Tingley
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Sussex Crafts gets new owner

After six months on the market, Sussex Crafts has a new owner.

Primary school teacher Sarah Freeman will leave her job at Balcombe School at Easter to take over the popular business which has been run by Philip Turner and Sebastian Labeyrie for more than 11 years.

"We are really happy that Sarah is taking over the business," said Philip. "I've actually known her since she was born as her mum was a customer of mine when I ran a catering business in Burgess Hill.

"When Sarah was at school I gave her a part-time job washing up!"

Customers will be reassured that Sarah is not planning any major changes and is keen to continue running the popular knitting and craft clubs and workshops. "Although I expect, as a teacher, she will be keen to develop activities for children," said Philip, who is now preparing to leave the village to start a new life in the South of France.

"We are buying and renovating a house, built by Sebastian's father, in the village of Bargemon where the family has lived for five generations," said Philip. Plans include converting the house to offer bed and breakfast. "We'll be very sad to leave the village but opportunities like this don't happen very often and we feel the time is right" said Philip. "We've already had requests for bed and breakfast bookings from our friends in Cuckfield, so we'll definitely be keeping in touch."

Customers wish Philip and Sebastian 'Bon Voyage' by calling into the shop during the week before Easter.

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Church celebrated the opening of its new building



By Andrew Symonds

After many years of planning and preparing, the church was able to celebrate moving from the 1772 building straight into a 21st century building last month.

Following a year of construction, and arousing the curiosity of everyone in the locality, at last we were able to throw open the doors and welcome everyone to look around. Refreshments were served all day and more than 300 people came from the neighbourhood and local churches.

Obviously this facility will be an excellent new resource for the church in its ministry, but also for the wider community, though we need time to get to grips with letting, access, cleaning, heating etc.

The Sunday of the opening weekend saw the building put through its paces with a baptism by full immersion in the morning and a church family lunch for about 90 to follow. We all revelled in the amount of space we now have after so many years of being cramped in every way.

We wish to declare our thanks and gratitude to Almighty God for the provision of the building and a church family that has enjoyed real unity in purpose and practice.

All are welcome! Feel free to pop along and take a look.

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Ockenden Manor in UK's Top 25 spas listing

Cuckfield's Ockenden Manor Hotel & Spa was recently included in a listing of the top 25 hotel spa breaks in the country.

As part of the review, which appeared in The Telegraph, hotel guru Fiona Duncan commented: "The contemporary spa makes a startling contrast to the Elizabethan manor. An uncompromisingly modern building with a startling box-like exterior and an airy and natural interior." She also made reference to the 'excellent' food in the Michelin-starred restaurant run by Stephen Crane.

The full review can be read here: <http://bit.ly/1Kc3a8d>

Marcus shares cricket passion

A Cuckfield cricket coach who joined the village team at just eight years old, rising through the ranks to the first team, will be sharing his passion and talent with young cricketers this spring.

For the third year running, Marcus Campopiano will be bringing his popular cricket coaching courses back to Warden Park Academy from 29th March to 1st April. 'Campo's Cricket Coaching' is a challenging and fun way for young cricketers to improve their game. The courses are suitable for complete beginners as well as those who have already had some cricketing experience. In addition, Marcus offers one to one sessions for those players who want to improve particular aspects of their game.



Batsman Marcus, who was introduced to cricket by his mum Belinda, is pleased to be coaching back in his home village where he picked up a bat for the first time. "My mum has always loved cricket, so was keen for me to play," said Marcus. "I joined Cuckfield cricket club when I was 8 years old and found I loved everything about the game. I've played for the club ever since, working my way up to the first team."

Keen to help other youngsters take up the sport, Marcus passed his Level 2 coaching courses while studying at Portsmouth University. "I love to see young people getting involved in the game," said Marcus. "It's all about being outdoors, making friends and enjoying cricket."

All Marcus's sessions finish with a game of cricket, giving youngsters a chance to practise what they have learnt. It also gives parents a chance to see their children in action. "Parents enjoy arriving early to watch the games as Warden Park has a great viewing platform."

Marcus hopes his coaching will inspire Cuckfield youngsters and provide the village club with a new generation of players.

"There's so much more to cricket than other sports and I hope that comes across in my courses," said Marcus. "Personally I love the fact that it's competitive, you're out in the fresh air and that the games last all day."

Which is just as well as later this month, the day before his 21st birthday, Marcus will be taking part in an indoor 36 hour cricket marathon in Portsmouth!

For more information about the courses and to book one to one sessions visit: www.campo-cricket.com

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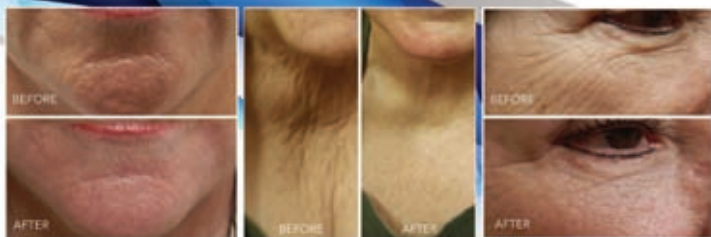
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CUCKFIELD MUSEUM



By Phillipa Malins

Cuckfield Museum re-opened on 13th February with a new display looking at footwear from the last 250 years. The village had its own shoemakers, the best known being Newnham's in the High Street (right) founded in late Victorian times and which carried on until after WW2.

One of the oldest shoes in the collection is an C18th woman's latchet tie shoe, part of the cache of deliberately concealed objects found under the attic floor in 1 Church St in 2002. Perhaps because the shoe bears the imprint of the wearer's foot, they have always been associated with superstition – in this case it is thought the objects were a form of protective magic to safeguard the house.

This cache was hidden near a chimney where harm could enter. The other cache shoes date from the second half of the C19th (right).

We also have a pair of pattens dating from the C18th – these were wooden soles fixed on top of a metal ring and worn under the shoe with a strap to keep them in place. The patten served to raise the shoe out of the mud at a time when skirts were worn to the ankle and there were no made-up roads to walk on. Interestingly, we have been loaned two metal patten rings which were found tied up in a chimney – again probably a form of protection for the house (top far right).

Worthing Museum has generously loaned us some little silk boots from the 1830s, which would have been worn by a gentlewoman in the house. We have been

struck by how tiny women's feet were in the past and how very narrow (middle right).

This narrowness is a feature of a recent gift to the museum of a pair of women's boots dating from around 1916 – modern women, used to wearing open sandals and flip-flops, would find it impossible to wear them (above). We were able to date these boots with the help of Worthing Museum and an advertisement for an almost identical pair, dating from 1916 (right).

What a contrast with the shape of these shoes bought recently from a shop in Brighton – they may be outrageous but they have width and could actually be worn (far right)!

Other shoes in the display include a pair of workhouse child's boots, steel-rimmed with neither a left nor right, a Polish aristocrat's pre-war boots from his London bootmaker, some beautifully made wartime utility shoes and a pair of dizzingly high velvet platform soles which have been made into a set of bookends!

The display will run until June. Opening hours: Wed 10am-12.30pm, Fri and Sat 10am-4pm. More details at www.cuckfieldmuseum.org





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Victoria Consort to play in village



Since the re-ordering, Holy Trinity Church has become a popular performance venue, attracting choirs and musicians from all over the South East.

Next month is no exception, as the church welcomes The Victoria Consort on 12th March.

Heralded as one of the finest choral ensembles in the South East, The Victoria Consort was founded in 2008 by a group of students from the University of Kent and is resident at St Augustine's Church or the Shrine of St Augustine of Canterbury, a Roman Catholic Church in Ramsgate, Kent.

The church, where St Augustine is said to have landed in 400 CE, was also the personal church of Augustus Pugin, the renowned nineteenth century architect, designer, and reformer who lived next door.

Directed by Benjamin Bevan and Thomas Neal, the Victoria Consort specialises in performing Renaissance polyphony and Gregorian chant, both in concert and in the liturgy. The choir frequently commissions new research into sixteenth century polyphony, and often performs from specially prepared scholarly editions and maintains a busy concert schedule both in the UK and abroad.

Recent appearances include concerts in Paris and Brussels, and at the Stour and Canterbury festivals. As well as providing a platform for Kent's finest consort singers, the choir has a commitment to training promising young voices, providing performance and educational opportunities designed to bridge the gap from student to professional practitioner.

Charity daffs on sale

March is traditionally the month of the daffodil and Cuckfield florist Belinda Campopiano has kick-started a national charity initiative which promotes the British grown flower.

Marie Curie is running the Great Daffodil Appeal next month; it will be

the 30th anniversary of the appeal. Florists wrap the beautiful yellow flower, add a Marie Curie seal on it with a ribbon and it's a lovely gift for Mother's Day.

Shane Connolly, the florist for William & Kate's Royal Wedding, commented: "No-one truly appreciates the extraordinary work of Marie Curie Cancer Care until they experience it in their own lives. It's the duty of British florists to make the public more aware of British grown flowers. To be able to do this, and help raise funds for Marie Curie at the same time, is an opportunity not to be missed."

Belinda's daffodils will be on sale at Wealden Stores over the weekend 5/6th March and the following weekend at the Cuckfield Local Market on 12th March – subject to availability, last year they sold fast!

On this basis Belinda would like to appeal for anyone who may be able to help wrap the 2,000 or so daffodils on Wednesdays 2nd and 9th March please. If you can help she'd love to hear from you (07811 892644).

For more information on Belinda's flower arranging workshop – see the Chez Fleur ad on page 29.



CuckfieldLife

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The annual Spring Craft and Gift Fair is being held at the Old School in Cuckfield on Saturday 9th April 2015 between 10am and 2.30pm. All individuals and organisations from the local area are invited to reserve a stall at this event by payment of the appropriate fee by 29th February 2016.

Allocated stall areas will either be indoor 6ft long (cost £15) or 4ft long (cost £10) or outdoor (cost £15), with setting up from 8am on the day.

For more information or a reservation form, please contact Peter Groves at The Old School office by telephone (01444 456900) or email oldschoolmanager@tiscali.co.uk

Taken any good photos?

We always need more great photos of this beautiful village. Have you been out with your camera? In many cases images from smart phones are high enough resolution these days - if you happened to capture the sky at 'just the right moment'!

Do email in any Cuckfield images you have - portrait orientation and obviously Cuckfield is most useful. Send them to photos@cuckfieldlife.co.uk. Any that are used on our covers will earn the photographer a £20 shopping voucher to spend in the High Street.

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8 HIGH STREET CUCKFIELD

Hickstead launches volunteer scheme

The organisers at the All England Jumping Course are looking for keen volunteers who wish to be part of Hickstead's two flagship summer events – the Equestrian.com Hickstead Derby Meeting (23rd-26th June) and the Longines Royal International Horse Show (26th-31st July).

It's the first time Hickstead has held an official volunteer scheme. "It's something that has become increasingly popular in the horse world, especially after London 2012 and the 'Gamesmakers'," explained Hickstead Director Edward Bunn. "Our volunteer scheme will give people the opportunity to be part of our shows, experience new things, add to their skills and get up close to the action."

Candidates can choose to volunteer at either or both shows, and opportunities will range from assisting in the hospitality areas, helping with the running of the eight national arenas, stewarding the grandstands, crossings or horse walk areas, or co-ordinating the other volunteers.

The volunteers will be required to work a minimum of two days at the show, with shifts generally lasting around 9hrs. The volunteers will swap jobs every 2 hours, making the jobs more diverse. All applicants must be at least 18 years old by 22nd June 2016.

For more details see: <http://bit.ly/1P6kwbt>



Cuckfield on the radio

Cuckfield was recently featured on BBC local radio as part of a feature visiting villages along the A272.

BBC Radio Sussex breakfast presenter Neil Pringle caught up with roving reporters who had set up camp in their radio car in the car park of The White Harte on a wet morning last month as part of the stations Winter Warm Up Tour.

Keen to get the low-down on the community, the feature included interviews with mayor Ken Gregory, business owner Nicky Colvill and our very own Cuckfield Life editor David Tingley!

Ken told some of the story of how the Independent State of Cuckfield came into being - and even issued reporter Simon Jenkins with his own Cuckfield passport.

Interviews from the show can be listened to by visiting the Cuckfield Life Blog on our website, or going to this link: <http://bit.ly/1S0hKbw>

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The last 30 years...

INDEPENDENT STATE OF CUCKFIELD

This year marks the 50th anniversary of the Independent State of Cuckfield and last month we brought you the story of how the organisation began, covering many of the highlights from the first 20 years. This month we look at how the State has evolved over the past 30 years.

By Claire Cooper

1986 was a very special year for Cuckfield as the Independent State celebrated its 20th anniversary.

Events included a special celebration supper at Cuckfield Cricket Club Pavilion which saw 16 former mayors sit down to dinner with current Mayor Ron Knight.

Records were broken when funds from the Mayor's election campaign tipped £4,000 for the first time. The title was also kept in the family as the newly elected Mayor Martin Ingebretson was the nephew of outgoing Mayor Ron Knight.

The record sum may have been due to the first prize in Martin's raffle - two flights to the Seychelles!



In 1988 Mayor Jackie Young had the honour of attending the opening of the Cuckfield bypass, while the following year Chris Murphy, landlady of the White Harte, snatched victory with a handful of votes worth just £3.45 ahead of her nearest rival Steve Lilley.

Chris was also continuing the family tradition as her father, Ron Knight, her cousin, Martin Ingebretson, and

husband Ted Murphy were all former mayors.

Chris's duties including unveiling a civic board in the Queen's Hall which included the names of all the Cuckfield Mayors. The board was made and donated by Pat Gallagher and sign writer Pat Anscombe.

1991 was another special year for the village as the ISOC celebrated its Silver Jubilee.

Contenders for Mayor included the head chef at Ockenden Manor and a representative from the Cuckfield Society, but it was Andrew Heasman representing the Ship Inn who donned the mayoral robes.

Glasses were raised at a special anniversary dinner where guests also celebrated the ISOC raising more than £100,000 for local charities during its first 25 years.

There were further celebrations the following year as, in 1992, the village of Cuckfield celebrated its 900th birthday!

Villagers came out in force for a huge party in the High Street. Mayor Jim Ayling was among the 1,000 people who sat down for lunch at tables stretching across the street. The local newspaper reported: "It was a day of joy, colour and music and goodwill as the village thronged with young and old. The bands played, trick cyclists pedalled, the jugglers threw and everyone, simply everyone smiled."

Later in the year, Ken Gregory (the current Mayor of Cuckfield) won his first title. He claimed his victory was all down to a secret weapon - scotch eggs! The landlady of the Rose and Crown, Barbara Talman, had donated the proceedings of a month's sale of her bar snack Scotch eggs to Ken's election campaign!

Among the highlight's of Ken's year was opening the

Cuckoo Fair when he was joined by his French opposite number Jean-Claude Pelion, Mayor of Cuckfield's twin town Aumale.

The weekend saw formal twinning links between the two villages signed and sealed. The Fair included a French style cafe, The Café Coucou, run by the village's European Association.

In 1993 Mayor Bob Sutton made his mark by organising a special youth day with sporting and leisure activities for young people in the village.

In 1997 the title went to Ockenden Manor chef Miles Golding, and in 1998 the election raised a record breaking £5,630. New mayor Richard Woods represented the Cuckfield European Association and was joined in the procession by huge 18 feet tall figures of the Duke and Duchess of Aumale brought over from the village's twin town.

In 2001 Cuckfield elected its first celebrity mayor when cookery writer and television personality Katie Stewart took the title.

During her year as Mayor, Katie joined the celebrations as Cuckfield Museum achieved full registration with the Museums and Galleries Commission, unveiling the registration certificate. The registration was an important milestone for the museum as it gave the go ahead for curators to apply for grants for special projects.

In 2002 Cuckfield was again celebrating in style with a second street party in the High Street to celebrate the Queen's Golden Jubilee.

On a smaller scale Mayor Michelle Ward joined 100 year old resident Ethel Riddles for her 100th birthday celebrations.

In 2003 the election was won by grandmother Lesley Seabrook. As co-founder and co-leader of the Friday Night Live youth group which met at the Old School Lesley was standing as a candidate for the young people of the village.

Children in the village were also celebrating in 2005 when Liz Woods, secretary of Holy Trinity Primary School, was elected as Mayor. Liz was following in the footsteps of husband Richard who was Mayor in 1998.

During her year Liz helped plant the first saplings in a new wood in the school grounds and presided over the 40th anniversary celebrations of the ISOC which, of course, villagers marked with another street party!

In 2012 Lindy Elphick's carefully orchestrated campaign resulted in a landslide victory and 8,000 votes – more than 6,000 ahead of her nearest rival! Representing the Singing Allsorts, Mayor Lindy enjoyed a busy year with events including waving primary school children off on a 2.7 mile charity High Weald Welly Walk and welcoming a group of evacuees back to the village where they were cared for during the war.

The following year Lindy handed over the robes to Cuckfield scout leader Mike Schlup. Mike, whose fundraising campaign included a 24 hour rowing challenge, also has a unique claim to fame – he's the first mayor to have a drink named after him, thanks to the Rose and Crown which sold 'Night Mayor' shots to boost his election campaign!





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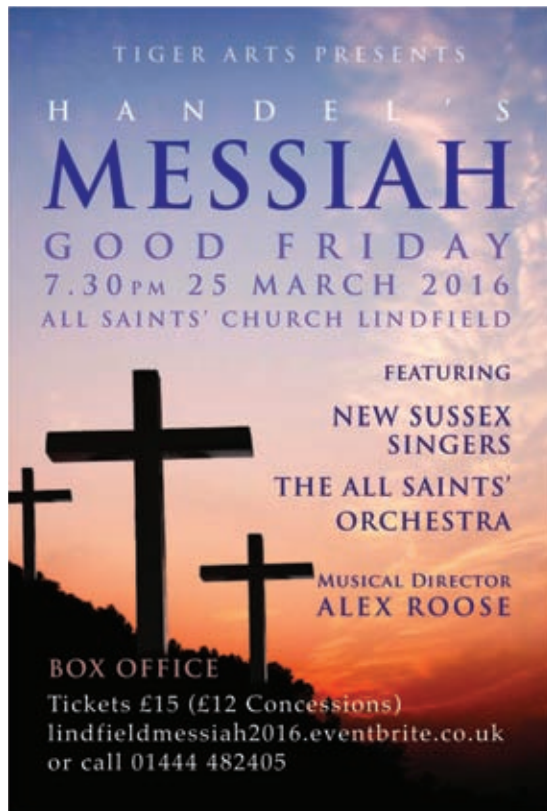
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Construction Traffic change requested

You may recall that in April last year Crest Nicholson submitted two planning applications to amend a number of conditions in the Construction Management Plan (CMP). These related to the routing and delivery hours of construction traffic.

You may also be aware that during discussions with local residents and councillors, concerns were raised about the ability of vehicles being able to pass each other on Bolnore Road. The installation of temporary traffic lights was considered but not supported by the highways authority or the Town Council. As a consequence Crest Nicholson withdrew these applications.

Crest has now submitted two new planning applications to Mid Sussex District Council. These are substantially the same as the withdrawn applications but with the addition of a temporary passing layby on the north side of Bolnore Road, east of Shire Lane.

The new applications and supporting documents are available for public comment on the council's website <http://www.midsussex.gov.uk/8754.htm> references: DM/15/5102 and DM/15/5103.

Approval of the application will put an end to construction traffic leaving the site of Phase 5 of Bolnore (2-3 more years' building work) via Bolnore Village.

Generally this traffic passes around 100 homes, but drivers regularly get lost or attempt to access the eastern end of the Relief Road by driving all the way through Bolnore, passing the school, mounting multiple pavements on the way and exiting via Lower Village.

A slow, short route out of the construction site via Bolnore Road, past approximately 30 houses that are well screened and away from the road, is by far the safest option.

Comments can be made directly and quickly on the MSDC Planning website here: <http://bit.ly/1mi6z7>

Should you require any additional information please contact Steve Carey of Curtin&Co on 0207 399 2295 or stevec@curtinandco.com

Donations needed for new youth club

Donations are being sought for the new Bolnore Village Youth Club which is opening soon (details to follow), but, for now, Charlie and the team are on the hunt for donations of things no longer wanted or needed from locals. We have a low budget and are looking for things suitable for ages 12-19. Anything such as board games/ consoles/sports equipment etc.

Please speak to Charlie if you can help.

GBSS Fashion Show success

Haywards Heath baby charity Group B Strep Support held its first ever Fashion Show in December at Bolnore Village Community Centre.

Jane Plumb MBE, Chief Executive, writes: "It was lovely to see so many new and familiar faces, and the evening proved to be a great success. We would like to thank Travelling Trends for putting on a fantastic show and the team at Bolnore Village Community Centre for making us feel really welcome."



During the evening there were lots of branded fashion and classical items for sale at rock-bottom prices. There was a fabulous raffle, with incredible prizes donated by so many local businesses. The evening raised £536, which is fabulous, and every penny will make a difference.

Group B Strep is the most common cause of life-threatening infections in newborn babies, causing pneumonia, septicaemia and meningitis. Most group B Strep infections in newborn babies are preventable. When they happen they can be totally devastating. In the UK the number of babies infected is rising. The current prevention strategy has failed.

The Charity's next event is an Easter Cake Sale on Thursday 31st March (10.30am-1pm) at the office: Delta House, Bridge Road, Haywards Heath). Come along for coffee and cake, and bring your friends and family.

For anyone interested in finding out more or getting involved, please call 01444 416176 or email jgrout@gbss.org.uk or see the website: www.gbss.org.uk

**Save the date! Sat 9th July
Bolnore Summer Fete**

Quiz Night - 27th Feb

The Woodside in Bolnore Village will be hosting its popular monthly quiz night in the bar on Saturday 27th February at 7.30pm. Launching on the same night will be Flip gourmet burgers, so come along for a fun evening and enjoy a gourmet burger, delicious side and tempting dessert! Takeaway and eat-in options will be available at The Woodside every week.

To order food for quiz night, and to reserve your table, please email Alison at: events@bolnore.org.uk to advise how many will be eating. Your menu choices and payment can be made on the night.



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

Lent is nearly upon us

Dear Friends,

A slightly belated Happy New Year to you! It was great to see so many people over the Christmas period, both at Holy Trinity and at various village events. It hardly seems possible that I have been in Cuckfield for nearly a year, but I do thank you for the warm welcome which so many have given to me.

By the time you read this the Church will have entered the Season of Lent – the forty days leading up to the greatest of Christian festivals – Easter Day. Lent is, I always think, an opportunity for a bit of a spiritual spring clean. Sometimes one hears of people making it into a time of gloomy introspection, but I always recall the 16th century poet George Herbert's thoughts. His poem, 'Lent', begins with the words 'Welcome dear feast of Lent', and talks of spiritual journeying. For Herbert, Lent is a positive journey towards Easter. If you are keeping this season, may I wish you a good journey!

I just wanted to say something about the pattern of services at Holy Trinity. Our main acts of worship are mostly centred on Holy Communion, also known by the Greek word Eucharist (Thanksgiving). At the Eucharist we take bread and wine and recall that Jesus did this at the Last Supper, telling us to 'Do this in remembrance of me'. When we do so, we are united not only in the love of God made known to Christians in Jesus Christ, but also with our sisters and brothers around the world who do the same, remembering the words 'Though we are many, we are one body, because we all share in one bread'.

At Holy Trinity we use both the Book of Common Prayer (the 1662 prayer book which is still a living part of our heritage) and Common Worship – the modern form of worship for the Church of England. Our services are as follows, and please know that you are always welcome at any time. We also have great provision for young people (from 0 upwards!) at Sunday's Cool, which meets in the Old School at 9.45am every Sunday apart from the first in the month (when we are all in church).

With all best wishes, Michael Maine (Vicar)



VICAR'S COFFEE AND CAKE

Enjoy fresh coffee and cake every Wednesday at about 10.45 in the Old School (after our 10.15 Communion Service in church)

LENT COURSE 2016

'Opening Doors' This year we are using the Chichester Diocesan course in the Old School on five consecutive Wednesdays from 17th February – 16th March at 7.30pm. You are welcome to join us for any or all of the sessions. Refreshments provided.

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, 10.15am 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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Natural Capital

VILLAGE GREEN

By Margaret Tyzack More, Cuckfield Local

While our trees are in minimalist mode with branches spread stark against the skyline and mud is underfoot in field and pathway, it's time to hibernate a while, read, dream and plan for the spring seeding.

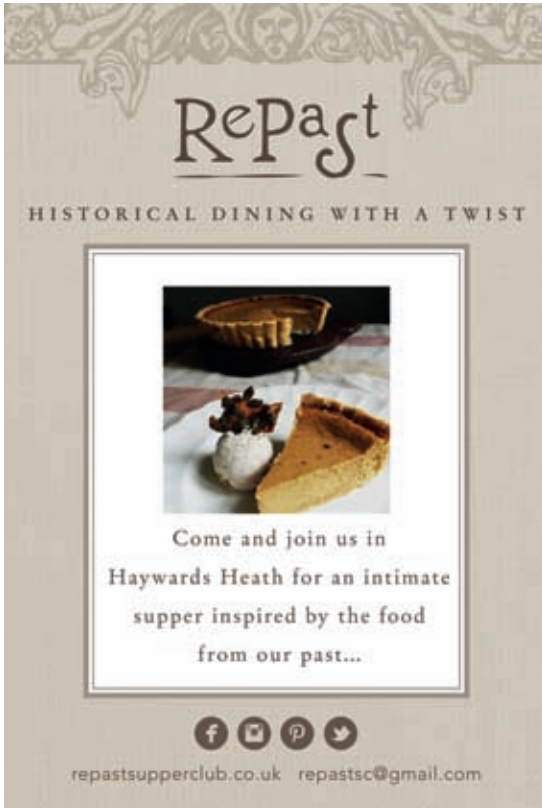
I've been reading about Natural Capital. Yes, the economy but not as one may think: 'Natural Capital can be defined as the world's stocks of natural assets which include geology, soil, air, water and all living things.' It is also referred to as 'ecosystem services' - something that's pretty vital for us all.

We know that lovely rich fertile soil provides food full of the nutrients we need to nurture our bodies. We also need pure air and clean water, but a less obvious support is the inspiration, health and wellbeing we find in the natural environment by walking in the woods, relaxing on a beach or by a stream, exploring the hills and valleys through the highways and byways of our land.


One of the vital ecosystem services we can support is helping pollinating insects - the asset value of the work they do is estimated at £430 million in crop production. Imagine if the current farming methods wiped out these insects. It doesn't bear thinking about. Biodiversity seems to be sidelined at all turns. Last November the World Forum on Natural Capital published this statement. 'That proper appreciation of the value of nature be taken into account in all decision making.' I feel that this is ground for hope.

Over the years we have destroyed much of the natural habitat of these bees, butterflies, moths and other insects. This in turn leaves bats and birds starved of food, so their numbers are also falling. By helping them we can help ourselves. How? By the plans we make in our winter dreaming for spring seeding.

Let's have some bee friendly herbs for our cooking near the back door. CHIVES would be on my list, as the grass-like leaves are delicious and decorative. The pink flowers have a spicy bite but leave most for the bees. No garden? Chives do well on a windowsill. MINT we all know about. Be careful though as the roots spread everywhere. Best to plant in a container in the ground. It could also be in a pot by the back door. THYME is a lovely herb to grow that the bees love. Sprigs of earthy thyme in a stew? Yum! MARJORAM is a real magnet for bees and SAGE varies the choice. 'Sage for age' the saying goes. A cup of sage tea occasionally does the more mature amongst us a world of good. Just for joy, a plant or two of POT MARIGOLD. It's orange petals to toss on a salad, would also be found a place. There you are. Your own natural capital in a herb garden.



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Lighting for interiors

DESIGN AT HOME

By Fiona Evans, Cuckfield Interiors

Bright sunshine is an essential ingredient for a high feel good factor. Our homes bathed in natural white daylight illuminates texture, enhances colour, creates shadows and generates ambience. Daylight is the best way to illuminate an interior.

At the end of the day we light our homes by the flick of a switch which powers lamps that illuminate spaces. But before there was a switch to be flicked there were many questions to answer. Which fittings would look best? Which areas should be lit? Which low energy bulbs should I use? The correct lighting is paramount to a successful interior, and ideally a lighting plan drawn at the start of the project should supply the answers.

When daylight fades electric lighting can be used to maximum effect by breaking the space into zones; general, task and accent. General lighting ideally replaces the missing daylight by thoughtful use of pendant lights attached to the ceiling. A single pendant light may generate enough light for a small room but does little to enhance the overall atmosphere of the space; adding table lamps may soften or a quirky floor standing lamp add to the character. A chandelier in a room will reflect light around the space and provide a sparkling focus. Large metal shades are a fantastic option with their cut out stencilled shapes throwing shimmering shapes across the ceiling.

Task lighting is directed towards any area of close work, typically using a desk lamp or angled spotlights, making sure that the light doesn't cast shadows on to the work or bounce light back creating glare.

Accent lighting illuminates corners or interesting features in a space such as paintings, photos or unusual objects. Lighting behind objects on a shelf can add wow factor and a row of bulbs above a bathroom mirror drama. To light an entire wall with a smooth even coating of light, a wall washer lamp will hide blemishes and make the space look larger. Alternatively, wall grazing by positioning the light at ceiling height or floor level will illuminate and enhance a textured wall such as stone.

Having chosen your light fittings there comes the decision on low energy lamps – vintage decorated filament (VDF), compact fluorescent or LED? VDF lamps are attractive and suit industrial styling very well, a colour temperature of 2700K produces a yellowish glow. Compact fluorescent lamps (CFL) are less depressing than their strip light ancestors, don't flicker and come in a variety of shapes and sizes suitable for pendant light fittings, table lamps, wall lights etc. LEDs are the lamps of the moment and the future. Although the initial outlay is a bit more they are energy efficient, do not get hot, are instantly bright, durable and last for years. They can also be used in strips very creatively around the home, producing bands of white or brightly coloured light.

By layering all types of lighting – general, task and accent – you should end up with a successfully illuminated interior.

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What happens to my recycling?

RECYCLING MATTERS

By Claire Cooper

Do you get confused about what you can and can't recycle? Do you sometimes wonder if it's worth the effort and if the waste you put in your blue bin actually gets recycled?

And what really happens after the recycling lorry leaves your street?

The good news is that here in Mid Sussex we are currently recycling around 40% of our waste. But there's still a long way to go if the council is to meet the government target of 50% by 2020.

To reach this target it's important that we all increase the amount we recycle, but at the same time make sure we're not putting the wrong items in our blue bins.

The most common items placed in bins that can't be recycled include:

- Plastic bags
- Plastic film such as from around magazines and bubble wrap
- Shredded paper
- Paper towels
- Crisp packets
- Pet food pouches
- Polystyrene
- Clothes and textiles

Mixing these items can not only ruin the quality of the rest of the recycling but can also damage the sorting machinery.

It's also important that items put out for recycling are clean, dry and placed loose in the recycling bin (the sorting machines are clever but can't untie plastic bags!)

When recycling is collected from our homes (1), the bins are emptied into a truck which automatically compacts the waste before taking it to the transfer station at Burgess Hill.

The recycling is then weighed (2) and loaded into larger trucks which transport it to the high-tech sorting plant, or Materials Recycling Facility, at Ford.

The mixed material is loaded on to a conveyor belt which leads to a 'trommel screen' (3). This is like a giant washing machine drum which separates paper from containers and cardboard.

As the trommel turns, glass bottles and jars smash and the pieces fall through a set of holes. The smallest pieces are used for aggregate and the larger pieces are sent for re-melt into new glass bottles and jars (4).

Remaining items flow through smaller holes into the 'ballistic separator' which removes small pieces of paper and separates plastic bottles, cans, paper and card. A magnetic belt attracts steel, cans, aerosols and jam jar lids.

Plastic containers then pass through an optical sorter (5), which uses sensors to identify and separate two different types of plastic bottle, splitting them by colour (6).

With the glass, plastic containers, steel and aluminium removed (7), the mixed paper and card, newspapers and magazines go through a final quality control check before being baled ready for sale (8).

Wherever possible materials for manufacture are kept within the UK, and currently all plastic bottles are sent for reprocessing within England.

A plastic bottle sent for recycling could be made into a new product and be back on the shelves within 6 weeks! And 25 recycled bottles are enough to make one adult fleece jacket!

If you are now inspired to reduce your waste and recycle more, here's a few ideas to steer you in the right direction:

Visit the Household Waste Recycling Site in Burgess Hill where you can recycle many more materials - including wood, textiles, garden waste and electrical equipment.

Recycle your shoes clothes and books at one of the many communal recycling banks (often found in supermarket car parks).

Donate unwanted household items, clothes and toys to your local charity shop.

A big proportion of our waste stream is food. For tips on reducing food waste, visit www.lovefoodhatewaste.com

For more information, advice and support visit the recycling pages of the council's website at: www.midsussex.gov.uk/recycling

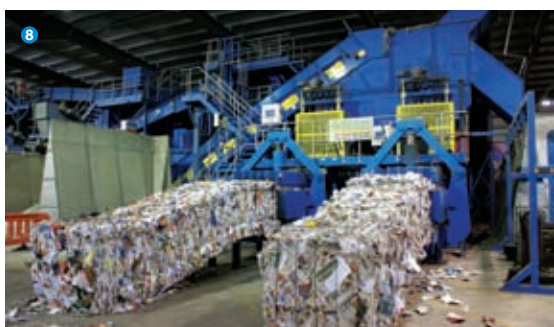


NOT for blue box recycling:

- Plastic carrier bags
- Plastic film
- Shredded paper
- Paper towels
- Crisp packets
- Pet food pouches
- Polystyrene
- Clothes and textiles



A plastic bottle sent for recycling could be made into a new product and be back on the shelves within 6 weeks!



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Another day, another donation

FROM THE MAYOR'S TABLE



By Ken Gregory

This month I have made a donation to Building Heroes from the ISOC funds of £1,100, which was my main charity that I was raising funds for through my campaign last year to become Mayor.

Building Heroes used to be based at the old Court Meadow School in Hanlye Lane, training ex-service people with four-weekly courses to get started in trades such as carpentry, plastering, electrical and a few others.

Sadly, due to unforeseen issues, they had to vacate late last year, but under the leadership of Chief Executive Brendan Williams they are looking for somewhere else locally to carry on the fine work which was going so well.

With spring just around the corner and Easter early this year, it brings me on to our annual walking race on Bank Holiday Monday on 28th. The race is open to all residents of Cuckfield and starts in the recreation ground behind the Queen's Hall at 10am and takes the walkers out down through the village and up to Ansty, down Deaks Lane and back along the top road past the Golf Club and back down to the recreation ground five and a half miles in all. Registration starts at 9.15am and costs £2 per entry new comers to the village more than welcome, and once everyone gets away, there will be an Easter Egg hunt organised for the children (two classes again).

Can I just remind everyone that the Cuckfield Museum is now open again after its winter break – Wednesdays, Fridays and Saturdays. It's always worth a visit to look through the wonderful displays of Cuckfield's past. In the next issue I will bring information about our annual Cuckoo Fayre, which will be on Monday 2nd May this year, held in the recreation ground.

What's on this month

AT QUEEN'S HALL

AND ELSEWHERE

Regular weekly classes (many are drop-in classes):

Monday

- 9.30am **Fluid Physio** (Pilates)
- 10.30am **Fluid Physio** for Injured/Beginners/Improvers
- 11am **Weigh In – Work Out**
- 1.30pm **Join the Line**
- 7.30pm **Haywards Heath & District Canine Society** – Ring Craft

Tuesday

- 9am **Tiny Soccerstars**
- 9.30am **Tinkerbells** - music classes for children
- 3pm **Codanza**
- 6.30pm **Haywards Heath & District Canine Society** – Obedience Class
- 7pm **Pilates**

Wednesday

- 9.30am **Tinkerbells**
- 10am **Stroke Communications Group**
- 12.30pm **Zumba Dance Fitness**
- 1.30pm **Modern Line Dancing**
- 4pm **Codanza**
- 8pm **Best of Ballroom Cuckfield Dance Club**

Thursday

- 9.30am **Tumbletots**
- 9.30am **Tinkerbells**
- 10am **Pilates**
- 7.30pm **Social Ballroom and Latin American Dance**

Friday

- 7.30pm **Evening Flower Club** (2nd Friday/month)

There is now a list of regular activities and classes on the Notice Board that includes contact details.

February

- 26th- **Cuckfield Dramatic Society presents**
- 27th **February Frolics** – an evening of comic entertainment and food! (Tickets £15 from Mansell McTaggart and Wealden Stores)

March

- 1st **New England Wood Trust** – 8.15pm
An opportunity to meet the Trustees and hear the Chairman's report on the wood. All welcome.
- 4th **NSPCC (Cuckfield Branch) Annual Quiz** – 7.30pm Teams of 6. Tickets will be available shortly from Wealden Stores, Whitemans Green at £12
- 5th **Cuckfield Pre-School Playgroup** – Jumble Sale
- 18th **Cuckfield Society AGM** – 8pm
Members meeting followed by presentation by New England Wood Trust

February

- 16th **Cuckfield Evening WI** – 8pm, Old School
'Gongoozing For Beginners' by Neil Sadler
- 17th **Mid-Sussex Decorative and Fine Arts Society**
10.15am, Clair Hall 'The Elgin Marbles' talk by Dr Stephen Kershaw. Visitors Welcome £7
- 24th **Royal British Legion Women's Section Cuckfield**
2.30pm, The Old School – 'DO IT YOURSELF'

March

- 1st **NHS Retirement Fellowship**
10.15am, Franklands Village Hall
'From Wards to Lords' by Baroness Audrey Emerton
- 3rd **Let the evening be Gin!** – 7.30pm, The Talbot
Gin-inspired charity fundraiser, £20 a ticket
(email: sam@kangaroos.org.uk to book your space)
- 4th **Royal British Legion Branch**
11am The White Harte, Cuckfield. New members welcome. It is always the 1st Friday in the month.
- 4th **Lunchtime concert** – 12.30pm, Holy Trinity Church
- 4th **Service for Women's World Day of Prayer**
3pm, Holy Trinity Church
- 12th **Cuckfield Local Food Market** – 9.30am-12.30pm
The Talbot Courtyard
- 12th **Concert by the Victoria Consort** – 2pm
Holy Trinity Church
- 15th **Cuckfield Evening WI** – 8pm, The Old School
'Wartime Childhood in Poland' by Louise McCall
- 16th **Mid-Sussex Decorative and Fine Arts Society**
10.15am, Clair Hall. 'Thomas Heatherwick
The Da Vinci of our times' talk by Anthea Streeter
Visitors Welcome £7
- 20th **The Crucifixion by Stainer** – 6pm, Holy Trinity Church
- 24th **Sung Eucharist** at 7.30pm followed by the watch at 10pm (Maundy Thursday) – Holy Trinity Church
- 25th **Family Stations Service** (Good Friday) – 9.45am
Holy Trinity Church
- 25th **Noon Meditation for Good Friday** – 2pm,
Holy Trinity Church (The Liturgy with Holy Communion)
- 26th **The Easter Vigil** (and first Eucharist of Easter followed by Resurrection Party) – 8pm, Holy Trinity Church
- 27th **Easter Day** services – Holy Trinity Church

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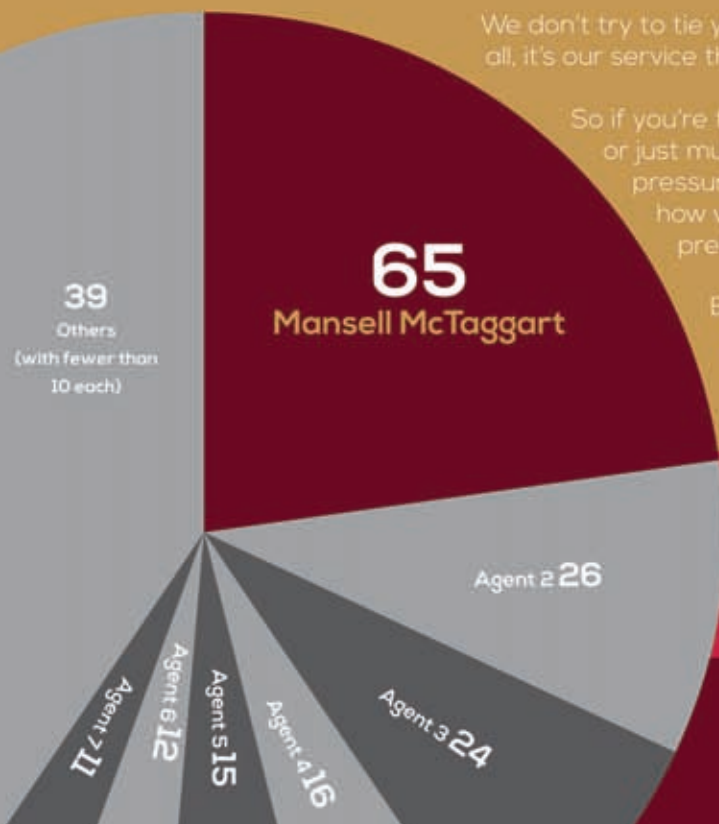
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Best wishes

Richard Mel and Michael

*Source: rightmove.co.uk, all residential sales agreed in RH17 in the year to 30 Sep 2015



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