

Cuckfield Life

Inc. Brook St, Ansty & Staplefield

Local village talk,
by the village

Issue #31 : MayJun '15

Free



Cuckoo Fayre photo round up

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Cuckfield Archers' success

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EDITORIAL

By David Tingley, Editor

Thanks to everyone who contributes to Cuckfield Life magazine. This issue, like many before it, is a demonstration of just how much there is going on in this community – from news items like the **Cuckfield Cosmos prize-giving (p.4)** and **Cuckfield Archers'** success at a recent regional competition **(p.5)** to news of the **WWII Nuclear Bunker** being open again this summer **(p.23)**.

We love stories about people doing amazing things, and the younger generation are making their own mark this month. Warden Park brother and sister **Nathan and Holly Aylett** have been showing off their cookery skills **(p.6)** and fellow student **Theo Hutchings** spent his Easter holidays taking part in a **charity skydive** and raised £315 in the process **(p.7)**!

The **What's On** section on **page 30** we know is popular, and so we appreciate those who take the time to make sure we know about all the events taking place in and around this village. A quick email to editor@cuckfieldlife.co.uk is all it takes to get something listed there.

Regular contributors are great too! **Fiona Evans** with her slant on the interior design world **(p.24)**, **Margaret Tyzack More** shares environmental ideas and aspirations **(p.25)**, **Simon Dennis** shows us how to create amazing food in our own kitchens **(p.20)** and of course our very own **Mayor, Rob Helliwell**, shares just what being Cuckfield's Mayor is all about **(p.14)**.

Local groups like the **Dramatic Society (p.23)** and the **New England Wood group (p.9)** are also welcome participants in this month's newsreel, and it's great to hear their voice.

Kate Fleming ensures, on **page 12**, that anyone who wasn't able to make it to the **Cuckoo Fayre** earlier in the month gets a chance to see and read what went on.

The only thing that we are missing is **more cover photos**. So, if you have a camera, do please try and capture life in the village. Email your shots to photos@cuckfieldlife.co.uk. Thank you Cuckfield!

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We'd 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

Cuckfield Cosmos Presentation Day

By Rachel Southwell, Club Secretary

Our Annual Presentation Day is taking place on Saturday 16th May from 1pm, with inflatables for the kids, ice cream van, beer, Pimms, football matches, tombola, raffle and curry and BBQ.

If you would like to donate a bottle of wine for our 1st prize, A Wheelbarrow of Wine, or another prize for our raffle, please contact Rachel on the email address below.

Dean Cox will be presenting the Awards. Dean played for Cuckfield Cosmos until he was U13 and then went on to play for Brighton and Hove Albion and currently plays for Leyton Orient.

We are always looking for more boys and girls to join, so please contact us if you are interested (Cuckfieldcosmos@hotmail.com).

Many thanks and we look forward to seeing you.

Search for a Star is back!

Following the huge success of last year's event, The Martlets Shopping Centre in Burgess Hill is once again hosting its Search for a Star Talent Competition on Saturday 18th July from 11am until 2pm.

The talent competition offers the winner a prize of £350, second place with £100 and third with £50.

Ian Goodridge, Centre Manager of The Martlets Shopping Centre, commented: "We are so excited about this year's Search for a Star Talent Competition. The level of talent we witnessed last year was incredible and we were overwhelmed by how many people took part, so we are hoping that this year will be even bigger and better! From dancing to singing or gymnastics to spinning plates, all talent is welcome!"

The deadline for entries is Sunday 28th June (places are limited, so enter as soon as possible to avoid disappointment). Please email martlets@pmwcom.co.uk to request an entry form. Please include your name, email address, contact telephone number and details of your performance, including a video clip if possible. There is no age limit for performers but children under the age of 16 must be accompanied by an adult and animal acts must be supervised at all times.



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Cuckfield junior team are aiming high

Mid-Sussex junior archers excelled at the recent Indoor Sussex County Archery Indoor Championships, taking both the gold and the bronze medals in the team events.

Cuckfield Archery Club's junior team of Aoife Rice, Seb Dickie, Chris Jeffery and Holly Hatch took home the bronze medal, whilst the Ditchling Archery Club juniors claimed the gold.

Cuckfield coach Bridget Dolan said: "The Ditching team was always the hot favourite for the gold, as it was made up of some of the best youngsters in the county, but we were really thrilled at how well our own juniors performed."

The teenagers were competing against archers from Sussex and all over the South, including Essex, Hampshire and Oxford.

"The Cuckfield club was only started two years ago and had not entered the county championships before," added Bridget. "We knew our girls' team had talent, as they had already brought home the team trophy from a summer competition in Eastbourne, but this was the first time any of our junior boys had shot competitively."

Chris Jeffery, who was the Cuckfield team's top scorer, had only completed his beginner's course with the club in December but is already producing scores



to rival many of the club's adult members.

The Cuckfield Archers have a strong focus on inclusion and welcome members with physical and learning disabilities to train alongside able-bodied members at the weekly meetings at Warden Park Academy.

Anyone interested in taking up archery can contact the club through the website for details at their website: www.cuckfieldarchers.org.uk

Photo – Cuckfield Juniors win bronze: Chris Jeffery, Aoife Rice, Seb Dickie and Holly Hatch

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Young chefs in cookery competition

Cuckfield siblings Nathan and Holly Aylett have been cooking up a storm in a regional competition.

Nathan (Year 9) and sister Holly (Year 8) have been selected to go through to the West Sussex Finals of the National Create and Cook Competition – one of only four pairs of students selected from West Sussex Schools.

The southern area final takes place on 14th May at Chichester College in the catering kitchens, where they have to produce a two course meal for two people in 90 minutes using locally sourced produce. Their day will begin at 10am with students getting familiar with the surroundings and the competition starts at 11am. There will be four judges which, include a head chef from a local restaurant.

The menu, which Nathan and Holly hope will wow the judges, includes: Roast rack of South Downs lamb with fondant potatoes, chargrilled asparagus and pea and mint puree, followed by Montezuma's chocolate fondant with home-made vanilla ice cream and raspberries.



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Charity skydive

Fearless Warden Park student Theo Hutchings made a daring leap for charity during his Easter Break in Cyprus, raising £315 for his daredevil feat.

Theo, age twelve, decided that a sponsored paraglide off a mountain from a height of 2,500 feet would be a good opportunity for him to raise funds for the Academy's chosen charities for this year, The Rocking Horse Appeal, Sudden Unexpected Death in Epilepsy (SUDEP), Kangaroos and The Samaritans.

The jump was scheduled for April Fool's Day but weather conditions were not good, so it was postponed and finally took place on 6th April.

After the jump, a delighted Theo said: "I've done it – and what an absolutely awesome experience! A great flight, fantastic views and a great pilot. I really enjoyed myself and thank you so much to everyone for supporting me."



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New England Wood

By Jean Lyle

This spring, New England Wood is more beautiful than I have ever seen it.

The woodland floor is carpeted with an amazing host of wildflowers, white wood anemones or 'wind flowers' in drifts, violets and early bluebells contrasting with yellow celandines and primroses. Sunlight streaming through the trees, not yet dimmed by the newly developing leaves, spotlights all these plants that flower early before the green canopy turns the walks into cool shady corridors.

For those new to Cuckfield, the wood can be accessed from the corner of the recreation ground or the playing fields at Whitemans Green. Under threat from development, in 1981 the village clubbed together and bought the wood. It is managed by the New England Wood Trust for the people of the village as a nature reserve and for quiet recreation.

There is a wonderful diversity of life within the wood, not only innumerable species of wildflowers and plants but majestic trees, areas of coppice, butterflies, small mammals and birds. You may often hear the drumming of a greater spotted woodpecker or the 'tee-cher tee-cher' song of a great tit.

On Monday mornings a group of volunteers manage the wood to maintain and increase its biodiversity; coppicing, clearing glades and protecting valuable new saplings. Always fragile, such wonderful habitats need to be treated with great care.

The volunteers have also been working hard this last year on the main paths and bridges to make them easier to walk, especially in wet conditions. This has involved moving a mountain of wood chippings by wheelbarrow from the north entrance to paths throughout the wood

to cover base layers of cut and carefully laid branches. New steps and bridges have also been built. A grant from WSCC helped to pay for some of the materials for this work.

Hopefully now walkers can keep to the paths and not stray into the wild areas. Disturbance makes it harder for the birds and animals to thrive, and trampling those lovely spring flowers means fewer survive for next year.

Walking through New England Wood is always a wonderful experience, but there is no doubt that the bluebells are spectacular and will be at their best now. If you visit, please respect the nesting birds and keep dogs well under control.



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Charity golf day



After a hugely successful event last year, Sunday 3rd May saw the second annual Katie Stewart Memorial Trophy Charity Golf Day and Dinner.

After arriving at Brighton and Hove Golf Club for tea and bacon sandwiches, the 38 expectant participants were huddled in the warmth, out of the thick sea mist blanketing the Downs - a mist that would put an end to the original plan.

After some quick thinking, and a pro golfer making some phone calls, it was agreed that the gathered philanthropist golfers would make the ten minute journey to Singing Hills, who, on hearing of the purpose of the day, had agreed to host the ten teams for a round of golf.

After a great round of golf, with almost no golf clubs being thrown into trees, we gathered back at The Talbot for a delicious dinner, as well as an auction and raffle. The auction proved a huge success, with lots ranging from a signed Ashes cricket shirt to a painting of a Cuckfield scene by a renowned and widely exhibited local artist.

Since the sad passing of Times Cookery writer Katie Stewart, Andrew, Kate and David have organised the golf day in order to raise money for The Kids Cookery School - a charity providing young people with the education and skills in order to enable them to make healthy food choices.

Kate said: "After the hiccup at the beginning of what was a well planned day, we were all delighted with how the golf and evening turned out. Andrew, David and I would like to thank everyone who supported us this year. On our initial count up, we think we will have managed to double the amount we raised last year. We have already booked for next May Day Bank Holiday weekend 2016, so look forward to another really enjoyable day!"

The winning team was The Has Beens, which was led by Ken Gregory.





Cuckoo Fayre

By Kate Fleming

The sun shone and the weather was dry for The Independent State of Cuckfield Cuckoo Fayre on May Bank Holiday Monday. An event, which lives or dies on the unpredictability of our island climate, once again managed to be successful.

The Mayor, Rob Helliwell, arrived at the Recreation Ground in a 1971 Rolls Royce and officially opened the Fayre. The stalls had already been set up to sell a range of produce, and there were raffle prizes to be won and plenty to eat and drink.

The Village Band entertained the crowds and the Central Arena celebrated the talent, skills and dedication of the youth of our community.

The Karate group presented their martial art in an informative and highly disciplined way, demonstrating the importance of effective self-defence and physical awareness.

BPM is a Dance School which provides opportunities for local children to street dance. Their performance was

energetic, exciting and well presented to a large crowd of supporters and enthusiasts. The young dancers filled the arena with skill and commitment, confidence and fun, and were a credit to Cuckfield.

The Punch and Judy Show attracted a large audience of both old and young, who were all absorbed as Mr Punch sorted Judy and the baby out and encouraged them to participate vigorously in his decisions – oh no you won't... oh yes you will!

The ever popular Dog Show, organised by The Mews Vets in Haywards Heath, was extremely well supported. There were dogs in all categories, handsomest, shiniest and waggiest tailed. There were fancy dress pirates, cops and robbers, peacocks and Bo Peep dogs, but Bonnie the golden labrador came through as the best of show and the cutest of puppies.

A really successful village Fayre, which draws people from all over Sussex but is special to the villagers of Cuckfield.





The next mayor?

FROM THE MAYOR'S TABLE

By Rob Helliwell

It is hard to believe that I have been Mayor of Cuckfield for six months and consequently am half way though my 'official' year. Last October I donned the robes and next October I shall hand them on to the next Mayor. Could that be you?

Don't answer that question yet – wait until you have read the rest of this month's thinking, reflection and news from 'my table' ...

The first step to becoming Mayor is the desire to fundraise, either for your special charity or organisation or just for all those working voluntarily in Cuckfield, or both. The candidate who raises the most money becomes Mayor! However, the prerogative of the Mayor is that I can choose to whom I donate money. This year I chose:

- **GAIN.** The charity that supports sufferers from Guillain-Barré syndrome and Associated Inflammatory Neuropathies. This is a rare and serious condition of the peripheral nervous system. It occurs when the body's immune system attacks part of the nervous system.
- **Woodlands Mead School.** This is a special school in Burgess Hill for children and young people from 2-19 years old with special needs, and profound and multiple learning difficulties.

Hopefully my contributions will help this special school to fulfil the hope that shines from their strap line – Building Unique Futures Together – and for GAIN to continue their crucial medical research.

These two organisations are close to my heart and being Mayor of Cuckfield enabled me to support and recognise the inspirational work that both these worthy causes undertake.

Another bonus is that it is great to play such an important part in the village activities. Do you remember how much I enjoyed the OAP Christmas Lunch at the Queen's Hall? Wonderful food, company and entertainment. Before that, of course, I lit the massive bonfire which accompanied the firework display in Cuckfield Park. I walked the Walking Race for my pub, The Wheatsheaf, and presented myself with the winning team trophy! This month I opened the Cuckoo Fayre to start yet another successful Independent State of Cuckfield event.

So I am asking you to consider following in my footsteps and start to think about ways to raise funds for your charity or organisation. Whether you represent a pub or a club, a society or your church, or stand as an independent candidate doesn't matter, but step forward and present yourself as a candidate for the next Mayor of Cuckfield.

Future generations will be able to gaze in wonder at the Mayor of Cuckfield Board in the Queen's Hall and say 'Look who was Mayor of Cuckfield in 2015-2016, it was...' and that could be YOU!

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Joshua Raven

VILLAGE PEOPLE

By Claire Cooper

An exclusive interview with Bill Gates would be the pinnacle of many journalist's career – but for Cuckfield's Arif Mohamed nothing beats the moment when he laid hands on his first published novel.

"It's incredible – the best feeling a writer can have," says Arif. "We were so excited and the children were all dancing round the kitchen!

"Seeing my work in print, and welcoming my family and friends to my book signings has been a dream!"

Arif, who writes under the name Joshua Raven, is the author of the 5fingers series of supernatural thrillers. "It's a quintet of five books – the first three, 5fingers: initiation, 5fingers: vortex and 5fingers: trinity have been published and the fourth is well underway," he says.

Aimed at teenagers and young adults, Arif's books have been hugely successful, with many readers eagerly awaiting the publication of the fourth, due later this year.

For Arif, it's the culmination of a dream which began when he was an avid young reader, spending many hours devouring books in Crawley Library.

Inspired by Tolkein, Tolstoy and Dickens, among others, Arif started writing when he was 15. After leaving school he studied English Language and Literature at Leeds University before training as a journalist in Portsmouth.

He went on to become a news reporter working on high profile publications, including The Times newspaper and Director Magazine, travelling extensively and interviewing high profile business leaders including Bill Gates and Michael Dell while working for several leading business/IT magazines. "My scoop on Gates got syndicated around the world," Arif recalled.

After meeting and marrying wife Phoebe, Arif changed direction. "We embarked on our 'American Adventure', moving to North Carolina to run counselling workshops in the Blue Ridge Mountains," said Arif.

"It involved taking married couples and teenagers into the mountains to spend a week with us getting counselling, confronting events from the past and ultimately healing. It was an amazing experience for us all."

On returning to England, the couple settled in Haywards Heath before discovering Cuckfield. "We moved to Cuckfield after the birth of our second child," Arif recalled. "We were attracted by the feel of the village and the sense of community."

The family immersed themselves in village life, joining the tennis club, supporting village events and Arif became a governor at Holy Trinity School. "I spent three years working with the amazing head teacher and staff," he said. "It was a real honour and privilege to work alongside such motivated and talented people."

But more importantly for Arif, the village inspired him to write. "The year we moved to Cuckfield was the year I was inspired to write 5fingers," he said.

"I love the fact that Cuckfield has so many creative people and as a writer that's very inspirational," he said. "I find inspiration all around me here – I walk across the fields surrounding the village and the ideas just flow."

"My children are a huge inspiration too, providing me with lots of new ideas, and you'll often see me sitting on a bench dictating my story or talking to myself as I walk into Haywards Heath."

The name Joshua Raven reflects Arif's fascination with the intriguing, dark and mysterious birds. "Rather



like the content of my books," he says. "Joshua is just a name I've always liked!"

The plots revolve around two central characters – 16 year old Rachel Race and 17 year old Lake Emmerson, who's a budding news reporter.

"The main character is based on several people I know really well," said Arif. "Lots of people have said they identify with her emotions and feelings of insecurity, isolation and sorrow."

Much of the story is set in a fictional seaside town – Griffon. "It's an amalgamation of several British seaside resorts," said Arif. "There's also a grand house that Cuckfield residents might just recognise...."

"The books also span several countries featuring some of the places I have travelled to such as New York, Bali, Slovakia, and Tanzania."

The 5 fingers books are already attracting a cult following and inspiring 'fan art' - when readers create and share their own illustrations from the books. "I've received some fantastic drawings of the panther chase in the first book, the dream fighter characters and lots of images of the main character," said Arif.

"She's quite striking; half Indian, half English, with black hair and blue dipped ends."

The books are pacey, exploring deep issues such as isolation, betrayal, friendship and hope. "The stories are plot driven but ask big questions about life and morality and can be enjoyed on a number of levels.

"And there's plenty of suspense, mystery and cliff-hangers."

Arif is regularly invited into schools to run creative writing workshops and his books have been well received, even making their way on to the English curriculum.

He's been encouraged to find that, in spite of fears about young people's obsession with computer games, children are still reading widely and being creative. "When I ask what they like to read I get a really good range of responses – from humour and romance to horror," said Arif.

"My passion is to encourage young people and adults to be creative and to enjoy reading and it's always a joy to see how creative and articulate young people can be."

During his workshops, Arif challenges children to write stories in just six words. "I recently attended a World Book Day event at St Wilfrid's School in Crawley where more than half of the 150 pupils wanted to share their six word stories. It was amazing how different they were."

Arif is also 'author in residence' at two schools in Brittany, France, and runs creative writing courses for adults at Brantridge Park, near Balcombe. "It's wonderful to help adults create and write in such a beautiful setting."

Arif still works as a freelance writer for major companies including Hilton Hotels, Barclays and Microsoft, and enjoys the variation in his work. "No two days are ever the same," he said. "A recent week saw me writing thousands of words for a major blue chip company, running a copywriting training course in Luton, a creative writing event at a school near Bognor and a school assembly on the life of a writer!"

He also recently performed at WordFest in Crawley along with other well established novelists. "That was particularly special as it took place in Crawley Library which was almost like a second home to me when I was growing up!"

Flexible work means being able to spend time with family and Arif is often at home at the end of the school day. "My work life balance is so much better now," he said. "It's a huge privilege to have this life."

An audio version of the first book is available, read by Joshua. "But if I could choose an actor to read my books it would have to be Morgan Freeman," he says.

"It would be wonderful to see them made into films too!"

Later this month Arif will be taking himself off to the New Forest to put the finishing touches to his fourth book before handing it over to seven editors and a cover designer.

Then work starts on book five. "It's a bit like building a house – counting out the bricks and knowing how you are going to build it," said Arif. "Finishing will feel like reaching the summit of a mountain. Maybe then I'll take a holiday!"

For more information about the 5 fingers novels visit www.5fingers.co.uk

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Spring salad

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By Simon Dennis, head chef at The Rose & Crown

Here is a lovely spring salad, fresh and easy to prepare and you can serve it with so many lovely things. We like to serve the Nicoise with a charred and cured salmon which really brings an elegant side to the dish. I hope you enjoy making this but, if you don't have the time, come in and I will serve you our beautiful starter from the menu.



Salad Nicoise

Serves 4 people

Ingredients

For the dressing

- 2 garlic cloves, peeled, finely chopped
- 175ml/6fl oz. extra virgin olive oil
- 2 tbsp red wine vinegar
- pinch sea salt
- freshly ground black pepper

Method

1. For the dressing, whisk the garlic and oil together in a bowl.
2. Place the eggs into a saucepan and cover with cold water. Bring up to the boil, switch off the heat and leave for five minutes. Cool under a cold running tap for 2-3 minutes and then peel the eggs.
3. For the salad, arrange all of the salad ingredients (except the chervil and basil) in a shallow dish. Pour over the vinegar and garlic oil and season to taste with salt and freshly ground black pepper.
4. Finish with a sprinkling of chervil and basil and serve at the table.

For the salad

- 4 radish, finally sliced
- 4 free-range eggs
- 4 very ripe tomatoes, skinned and quartered
- 16 black olives
- 4 spring onions, sliced
- handful fine green beans, topped, tailed, blanched
- 1 tin anchovies in olive oil (or 1 tin good quality tuna belly in olive oil)
- 1 tbsp freshly chopped chervil
- small handful fresh basil

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Cuckfield Royal Observer Post Open Weekends

In 1962 an underground bunker was built near Cuckfield churchyard as part of the Royal Observer Corps Post. It formed part of the Cold War early warning system and stayed in place until 1991 when the Post was closed. Mark Russell and Ed Combes have restored the bunker to how it would have looked at closure.

For more information visit: www.facebook.com/cuckfieldnuclearbunker and www.rocremembered.com or telephone Phillipa Malins on 01444 452307.

ROC Post open weekend dates:

- Sat 6th June 11am to 5pm and Sun 7th June 10am to 1pm
- Sat 18th July 11am to 5pm and Sun 19th July 10am to 1pm
- Sat 15th Aug 11am to 5pm and Sun 16th Aug 10am to 1pm
- September date to be confirmed

Photo: Ed Combes and Mark Russell at the Cuckfield ROC Post

The Importance of Being Earnest

Fresh from their success with *Racing Demon* in November and their annual February Frolics, members of The Cuckfield Dramatic Society are turning their attention to a classic comedy – Oscar Wilde’s *The Importance of Being Earnest*.

This satire on Victorian manners and morals finds a pair of young gentlemen, Jack Worthing and Algy Moncrieff, taking on the guise of Ernest in order to woo two highly eligible young ladies, Misses Cecily Cardew and Gwendolen Fairfax.

Their subterfuge leads to confrontation with the inimitable Lady Bracknell (Gwendolen’s mother) before the secret of the neurotic Miss Prism, (Cecily’s governess) is exposed.

At Cuckfield the role of Lady Bracknell will be taken by Philip Robinson, who impressed everyone as the pompous rhetoric spouting Bishop of Southwark in *Racing Demon* and as the hapless Norman in February’s short play ‘*Bridge Too Far*’.

Treading in the footsteps of theatrical Dames, (Evans, Dench and Smith), Philip will play the role straight rather than in falsetto or with any kind of pantomime performance!

This is not the first time that Lady Bracknell has been played by a man. Geoffrey Rush played it in

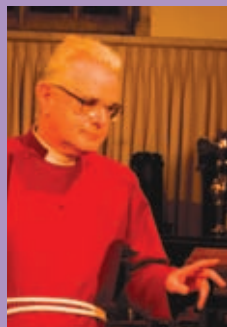
Melbourne and Brian Bedford took the role on Broadway to great acclaim. And in July this year, former Poirot David Suchet will put on Lady B’s dresses in the West End. As this was announced just after the Cuckfield casting, there has been a persistent rumour that this was consolation for his failing to get the role at the Queens Hall!

Other cast members at Cuckfield include some newer and younger faces, with Emma Gosling as Miss Prism, David Corbett as Jack, Tom Hounsham as Algy, India Whitehouse as Gwendolen and Sam Oliver as Cecily.

The play runs from 27th – 30th May at 8pm at the Queen’s Hall.

Tickets, from £8 to £10, are available from Mansell McTaggart in the High Street and Wealden Stores at Whitemans Green.

They are also available from the CDS website, www.cuckfielddramaticsociety.com



Becoming a designer

DESIGN AT HOME

By Fiona Evans, Limited Editions

One of the exciting elements about being an interior designer is the initial learning process which is required to achieve a suitable qualification in interior design. Having done so, practice and expertise results in inspiration and ideas when working on a project. My studies included a wide range of subjects focusing on visualising spaces in both residential and commercial sectors. I particularly enjoyed learning the history of interior design which took me back to the classical interiors and architecture of Ancient Greece and Rome, their stunning work being the foundation of modern design. Reading about and seeing beautiful interiors created throughout history across Europe has made a lasting impression on me and given me a tremendous admiration of the creators.

Today, trends in interior design continue to evolve and many age old crafts have been replaced with machine made items which are still beautiful but it's the handmade objects which add a unique touch to the interior. A stunning hand knotted rug, an original painting or hand crafted piece of furniture etc creates a unique interior and generates wow factor.

Style reflects personality and many people enjoy decorating, DIY, up-cycling and updating their homes. However, if you're not that way inclined and become stuck for ideas as to what to do with your living space (such as decoration, extending a room, adding another bedroom or knocking down walls) to achieve the best possible outcome, perhaps you should consider hiring an interior designer who is a member of BIID (the British Institute of Interior Design). You might ask yourself, what is an interior designer? People have different ideas. Many mention paints, wallpaper and cushions but the true definition given by the BIID includes "Qualified by education, experience and applied skills..." An interior designer can alter floor plans, visualise spaces, create lighting plans, pass on knowledge about materials and surfaces and finish the interior with bespoke furnishings and fittings not seen on the high street.

After taking many details from the client, including a budget, use of space and how many people will use it etc, the designer will compose a brief and will work hard to come up with ideas. Visuals include perspective drawings, sketches, a floor plan, images and fabric samples, flooring samples etc, all presented on a mood board. A designer will have a good eye for colour and not be limited to one style, as the style is all about the client and if done successfully means that their personality will shine through. Having the interior project managed by the designer and refurbished by his or her team of tradespeople means that the whole project should be hassle free.

There are different levels of entry into the BIID depending on qualifications and experience, including a level for students should you be interested in joining. The institute is currently celebrating 50 years and working hard to regulate the profession.

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Unseen society

VILLAGE GREEN

By Margaret Tyzack More, Cuckfield Local

Here we are in the Merry Month of May. My heart has been very merry this spring as beauty unfolded all around. New songs joined the birds' chorus with great, furry queen bumble bees adding a base note as the myriad of blooms celebrated the warmth of the sun after the grey, still winter. A friend mentioned having heard a cuckoo, but not in Cuckfield sadly. If you hear that iconic call when out and about, give a thought of gratitude and a hope for all the endangered species at risk in the world.


Recently this expression came to mind – 'sharing the unseen society's living space'. Does this mean coming face to face with a large spider behind a curtain or finding all kinds of creepy crawlies under a stone? These are in our own living space. Upon reflection I was taken to the bees, not just in Sussex but in other countries too. The bees that pollinate the almond blossoms in the great orchards of California and the sea creatures and birds of the Pacific ocean are hidden from us here. However, the world is one global community so the unseen bees dying in large numbers as their colonies collapse in California and the marine creatures and birds dying from eating our plastic rubbish are in our living space too. Thomas Berry has this to say, "the universe is a community of subjects not a collection of objects".

Recently I met an unseen local member of my society. My father had an expression that he would use – 'You learn something new every day'. The little insect that I met was bee-like, hovered and had a long proboscis. Excitedly I took photographs and thought it something rare and extraordinary. Having drawn a blank in identifying the great discovery I had a chat with the lovely lady on Sussex Wildlife Trust's Wild Call (01273 494777), "Oh yes. That's a bee fly," she said. "They're quite common but this year we have had more enquiries and reports than usual." I did learn something new that day but everyone I spoke to about bee flies seemed to know about them already. Hey Ho! So much for rare species.

Now for a book review. Tony Juniper, environmental campaigner, writer and advisor, has a new book 'What Nature does for Britain'. This looks at how our environment provides the things we need – soil, water, food, health, energy – and concludes that our economic system is working against our own best interests. His solution is to work with nature rather than against it. Reading his earlier book 'What has Nature ever done for us?' was a real eye opener. There is so much about natural capital that I didn't know. If this appeals, get a copy one day and find new things to learn.

The next Cuckfield Local Food Market is on 13th June at The Talbot from 9.30am to 12.30pm. Hope to see you there.

Website: cuckfieldlocal.wordpress.com



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Lets Race's blacked out sim room comes alive and spectators can sit in the grandstand to watch the race unfold making sure that everyone feels like they are part of a real Formula 1 race. Down on the illuminated grated floor their 10 networked sims allow users to experience a wide variety of circuits, meaning drivers can race on the same tracks as the real F1 superstars.

For a chance to win a simulator experience for you and your dad, just send us your name, address and telephone number by email to us at competition@cuckfieldlife.co.uk. Closing date for entries is 28th May. Winners will be notified by email.

For more information on Lets Race, please visit www.letsrace.co.uk



COMPETITION TERMS & CONDITIONS:

Terms & Conditions: Entrants must be over 1.5m high. The experience is valid for two people and must be redeemed before November 2015 on a mutually convenient date. Weight/Mobility restrictions apply – please visit www.letsrace.co.uk for further information. Employees of the publication, Lets Race and any agencies connected with the competition and their families are not eligible to enter. The winner will be picked at random and the decision is final – no correspondence will be entered into. Lets Race nor any connected agencies accept liability for entries that have been lost or stolen. The prize is subject to availability. There is no cash alternative. Entries received after the closing date will not be included in the draw.

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Coro Nuovo at the Movies!

Coro Nuovo, who were recent performers at Holy Trinity Church back in February, are delighted to be hosting their own concert at the Ascension Church, Vale Road, Haywards Heath on 27th June at 7.30pm.

The concert has an unusual theme : Coro Nuovo at the Movies! The choir are celebrating great music which has been used in film: Mozart Requiem of course was part of Amadeus, Shine has many classical themes – Vivaldi in particular, and then of course there are the more modern classics like The Sound of Music and My Fair Lady plus a few surprises! The international tenor Andrew Rees is Music Director and Gareth Hancock, repetiteur at ROH and Glyndebourne, is accompanying.

What makes Coro Nuovo different is that they love to introduce a young performer and this concert is no exception. Corey Wickens, at only 20, is already showing huge promise as a young violinist. She went to Hurspierpoint College as a pupil and then on to the Royal Northern College of Music, where she graduates this year. Corey will be having her own 'spot' at the concert as well as supporting the choir.

The choir has a strong link with Cuckfield as some of its residents are singers – many people will recognise Rebecca Milford and her dad Orlando who sings bass. Richard Carter sings tenor and Alastair McPherson sings bass. Diana Davy, as well as being Chair of Mid Sussex Sinfonia, also has time to sing soprano with Coro Nuovo!



We look forward to welcoming Cuckfield residents to our Movie concert on the 27th June and tickets are available from the website www.coronuovo.org.uk or from Kate on 07740 946276 and cost £12.50 until the end of May and then £15.

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What's on this month

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AND ELSEWHERE

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

Monday

- 9.30am **Fluid Physio (Pilates)**
11am **Weigh In – Work Out**
7.30pm **Haywards Heath & District Canine Society – Dog Training**

Tuesday

- 9am **Tiny Soccerstars** for 18 months to 5 years
9.30am **Tinkerbells** - music classes for children
3pm **Codanza**
6.30pm **Haywards Heath & District Canine Society**
7pm **Pilates**

Wednesday

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

Thursday

- 9am **Tumbletots**
9.30am **Tinkerbells**
10am **Pilates**
7.30pm **Social Ballroom and Latin American Dance**

Friday

- 7.30pm **Evening Flower Club**
(second Friday of the month)
7.30pm **Historic Vehicles Preservation Trust** – first Friday in the month October to May each year

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

May

- 15th **Coffee Morning in aid of Age UK**
29th & 30th **Cuckfield Dramatic Society** perform 'The Importance of Being Ernest'

Advance Notice

July

- 15th **Singing Allsorts Summer Concert**
Holy Trinity Church, Cuckfield 7.30–10pm.
Local amateur, 50 voice, choir present their annual summer concert (raising funds for local charity Kerwin Court and Alzheimer's research).
Tickets: £8 pre-booked or £10 on the door

May

- 16th **Cuckfield Cosmos Annual Presentation Day**
1pm. Inflatables for the kids, ice cream van, beer, Pimms, football matches, tombola, raffle and Curry and BBQ
- 19th **Cuckfield Evening WI**
The Old School 8pm. Resolutions Meeting
- 20th **Mid-Sussex Decorative and Fine Arts Society Lecture** – Clair Hall 10.15 for 10.45am. 'The Turner Prize: Its History and Controversies' by Barry Venning (www.mid-sussexdfas.org.uk)
- 27th **Royal British Legion Women's Section**
The Old School 2.30pm. Canine Partners
- 27th–30th **Cuckfield Dramatic Society**
The Importance of Being Earnest, Queen's Hall 8pm. Tickets: £8 –£10, available from Mansell McTaggart, Wealden Stores and www.cuckfielddramaticsociety.com
- 31st **The Greater Haywards Heath Bike Ride**
Registration from 7.30am The Broadway, HH (www.hhbikeride.co.uk)

June

- 5th **Lunchtime Concert** – Holy Trinity Church, 1pm (Hot soup served from 12.30pm) with Jonathan Berry and his early music Viola da Gamba group
- 7th **Children's Concert** – Beethoven's 6th Symphony ('Pastoral') Clair Hall – 5.30pm (approximate length 45 minutes). Concert aimed at children aged 7-11, including introduction to the orchestra. Ticket prices: £1 for children and £2 for adults (www.midsussexsinfonia.co.uk/concerts)
- 13th **Cuckfield Local Monthly Food Market**
The Talbot – 9.30am to 12:30pm
- 13th **Beethoven's Violin Concerto** – Clair Hall, HH 7.30pm. Soloist: Clare Howick. Programme also includes Mendelssohn's Scherzo from Midsummer Night's Dream and Beethoven's 6th Symphony ('Pastoral'). (Tickets and info from www.midsussexsinfonia.co.uk/concerts)
- 17th **Mid-Sussex Decorative and Fine Arts Society Lecture** – Clair Hall 10.15 for 10.45am. 'This is Wren - the Classical, the Baroque and the Coty of London Churches' by Tony Tucker (www.mid-sussexdfas.org.uk)

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