

JUNE 2018 ISSUE 32



# CRANLEIGH MAGAZINE

JUNE

## The Art Of Upcycling

A magazine and website for Cranleigh and the surrounding areas  
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June 2018

## CRANLEIGH MAGAZINE

**WELCOME** to Cranleigh Magazine in the month of June, where we feature the idea of upcycling. Living in our throwaway society we are realising we need to change our mind set! The amount of plastic in our oceans is a good place to start the flow of change.

Cranleigh Magazine is a unique publication compared with other everyday magazines. Partnered with its sister website - [www.cranleighmagazine.co.uk](http://www.cranleighmagazine.co.uk) - it creates a connection with people through their work and social networks. Take a look at our website and register your business or enjoy reading some of our exclusive articles.

Why not submit your local news to the Magazine or advertise your business, keeping people informed and connected in 2018. Contact 01483 275054 or email: [paul@cranleighmagazine.co.uk](mailto:paul@cranleighmagazine.co.uk)

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Colin, the Cranleigh Chameleon, is hidden somewhere in the magazine. Can you spot him?



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Cover Photo:  
An art sculpture using recycled plastic bottles



**Saturday July 14th from 2.00pm** at Birtley House, Bramley. Come and meet the bees and see if you are interested in becoming a beekeeper. **£15.00 per person**; advance booking only. Please contact Catherine Carr on **01483 283693** or email: [catherinemcarr15@gmail.com](mailto:catherinemcarr15@gmail.com) for more information.

Some say . . .

Every drop in the ocean counts

Yoko Ono





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# The Joy of Cranleigh

Joy Horn brings some anecdotes of 100 years ago

What was happening  
in Cranleigh  
in June 1918?

## The way we were

**A**fter two agonising months without any news of their son Joe, on June 2nd Chris and Ruth Cheesman of Victoria Road received a letter from him. It had been written on April 18th. The good news was that he was alive, although a prisoner in German hands. 'I cannot tell you how thankful we were to get it, and in your own handwriting too,' wrote his mother. 'Everyone has been so anxious, and yesterday morning some of the chapel friends were crying tears of joy, when they knew we had heard from you. ... As for our children, they seemed like birds let loose. One went one way and one another to tell their Aunties that we had heard. Every one wore a smile on their face.' (There were at least six Aunties to visit.)

Joe Cheesman in uniform  
(by kind permission of Mrs Jill Wood)



Even after hearing from him, Ruth and Chris's letters addressed to him at 'Kriegsgefangenenlager, Limburg an der Lahn' did not reach him. The Post office returned them and official bodies such as the Red Cross and the Central PoW Committee told the Cheesmans that the address was inadequate.

Meanwhile Joe, who was being held in Belgian Flanders, was longing to hear from home. He was allowed to write a letter on June 2nd, and said, 'I don't think I have ever wanted a bit of paper with some writing on it so much as I do now ... I am just longing for some news and something English and homely.' He was still being employed as a motor mechanic, rather than being in a camp. The Great German Advance had now stalled, but the PoWs had not been told this. Instead, he wrote, 'I hear that the Germans are getting near Paris. I don't know whether it is right or not, but I don't think the war will last much longer. Wait till it ends - I'll soon be making tracks for Cranleigh, I know.'

Something that Joe wrote displeased the German censor, because he blacked out two large sections of the letter. A small printed note was attached to it: 'The British Censorship is not responsible for the mutilation of this letter.'

However, Joe was able to give some more cheerful news. 'We have managed to get some wood and made a draught board and draughts, which is a treat for a game in the evening, and the Germans play it too. The bootmaker has been up and borrowed them this afternoon.'

Later in June, he wrote home again. 'I am still alright, in the best of health, and still at the same place with

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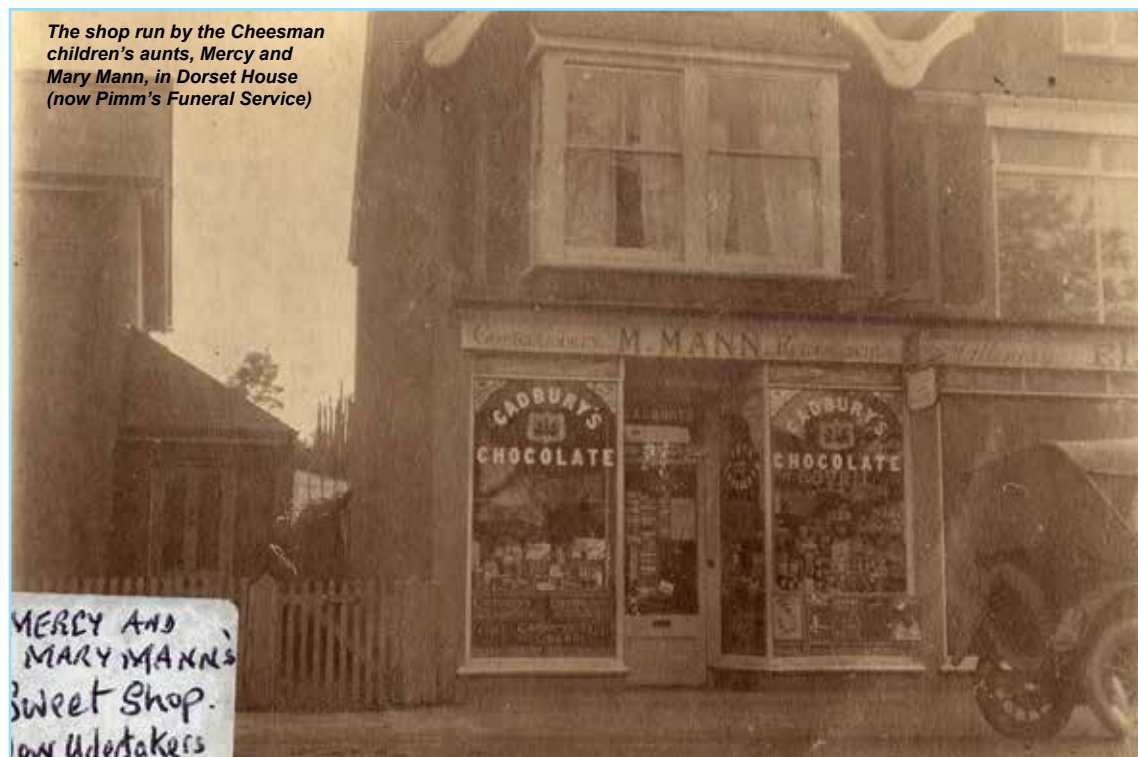
**: Rowntree's, Fry's and Cailler's Cocoas. :**

*An advert for the aunties' confectionery shop*

the same party. We have plenty of work to do with the lorries. I have been working in the shop practically all my time. Our food is still good, although we pine for a bit of English cake or something like that. The only thing we have a job to get is soap. Could you send me some soon? I can't get on without it, nohow!'

Meanwhile, Rennie Crick, whose home at the Northampton Boot Stores in the High Street must have nearly backed on to Joe Cheesman's in Victoria Road, was now stationed at a Casualty Clearing Station at Bruay, south of Béthune, and having survived the force of the German Spring Offensive, he

*The shop run by the Cheesman children's aunts, Mercy and Mary Mann, in Dorset House (now Pimm's Funeral Service)*



32600

June 2nd 1918

Dear Mother &amp; Dad

It is Sunday afternoon & today being so since I lost mine so now it is time again. I will try & fill this side up with a lot of news. We have had no letters at all yet & are beginning to look for one now as it is 6 weeks since we first wrote. I don't think I have ever wanted a bit of paper with some writing on it as much as I do now & all the boys are the same & ~~they~~ we wonder what will be in the first parcel etc. If the you send me some soap.

We are all getting on very well.

We have been to the movies which is much better than when we first came as we had nothing else then. We were paid again last night & got 2 marks 75 pf.

All the now Mother I hope everything is all right & still so much. I hear that the Germans are getting near Paris. I don't know whether it is right or not but I don't think they are too well but much longer. Wait till it is all over.

Above: German censor's work on Joe's letter of June 2nd

Top right: Early 20th-century advert for Lifebuoy soap





was now finding life somewhat easier. 'Not many cases coming in', he wrote in his diary on June 5th. Instead, he was watching or playing a lot of football and being entertained by various revue groups, often of pierrots.



*Pierrot groups suddenly became popular during the war*

There was no organised gathering of Old Cranleighans this year at Whitsun, as normally happened. This was due to the 'difficulties of obtaining food and such things'. However, in Red Cross Week, the Lord Lieutenant of Surrey inspected the Officers' Training Corps at the school. A display of massed physical drill was staged. ■

**The Cranleigh History Society** meets on the 2nd Thursday of each month. The next meeting will be on Thursday June 14th at 8.00pm in the Band Room, when Nicci Pugh will speak on 'From Trafalgar to the Falklands'.



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# Crane Spotter:

tales from a Cranleigh birder

## June

Lucky 13 -  
the Peregrine miracle



*Falco peregrinus*





**T**he Blue Tits' alarm calls earlier this Spring signalled a likely raptor was approaching and as I looked up to see what it would be a magnificent Peregrine Falcon powered south east against the grey sky.

It was a particularly memorable moment as this was the 100th species I have seen or heard, in or from, my house and garden.

And it reminded me of a close encounter I had with this quickest creature on the planet which has been clocked even faster than the new 200+mph Surrey-bred muscle car, the TVR Griffith.

There I was at my desk on the 13th floor of a high-rise block in Sutton when white blobs started raining down outside the window. As it was only the 2nd of November I doubted it was snow.

I soon identified another batch of falling 'flakes'. Feral Pigeon feathers. That pointed to only one thing. Peregrine! I raced for the lift and was soon running across the railway station car park so I could look back above my office to confirm my suspicions.

And there he was. A Peregrine on a top ledge above the 19th floor of the Reed building, plucking its prey and enjoying mid-day lunch.

I had spotted him a few days earlier, flying around the building, but imagined he was just a day visitor. That was back in 2007. The species had 40 years earlier begun its recovery from near extinction, due to pesticide poisoning and persecution, and was already breeding in our county by then.

I was eager to help it do so again. By the afternoon I'd secured permission to climb gingerly onto the flat roof 200ft above the high street to investigate where a nest box might be suitably located for the next season.

This bird had clearly been around for some time because the shingle was littered with an array of feathers, including its own, Moorhen and Great-spotted Woodpecker. On an anti-pigeon roosting wire, stretching around the four sides of the top of the building, was a green plastic ring with some white numbering. I took little notice of this at that point, imagining it was a ring used to hold the wire coils together before they were unwound.

*Falco peregrinus with its prey, caught in mid air*



But after 'doing a Google' to try and identify if the falcon's feathers were from an adult or juvenile bird I arrived at a website recording the progress of a breeding pair at Sussex Heights in Brighton. And I was amazed to see pictures of young Peregrines with rings on their legs - just like the ring I'd seen on the roof wire.

Back up on the roof I got someone braver than me to hang over the edge to retrieve the rogue ring, which bore the number '13'. After some detective work I established it was one of three birds ringed in the coastal town the previous year. I had already named this male Sutton bird 'Lucky', as apparently it must have somehow escaped after catching its leg on the wire in a freak accident.

Well, it turned out that this bird had already been named 'Lucky 13' by a Peregrine conservation team in Brighton. Number 13's siblings, 11 and 12, perished and he then survived a further escapade.

He got blown off the roof before he could properly fly. But he was rescued from the street and taken back to the nesting scrape, via the residents' lift.

*continued on page 18*



# People Profile



**Rosanna Clare**  
*Leather Worker*

Who's who?

## 'Make and mend'

I'm Rosanna Clare and I live and work in the Surrey countryside. I have been running my workshop making leather bags and accessories as well as teaching courses for 3 years now and recently moved from Kent to Cranleigh near Guildford. I now live and work at a craft and business centre called Smithbrook Kilns. Here is a bit about my life and how I got here!

I was born in a military hospital in West Germany as my dad was in the army and stationed there at the time. We moved around every 2 or 3 years as he was posted to different places until my father left the army in 1990 when I was 11. Then we settled in Kent where my parents have been ever since so my teenage years were all spent there. I attended an all Girls Grammar School in Rochester where I spent the whole of my secondary education. From there I went on to study a foundation course in Art and Design, which led me to my degree at Nottingham Trent in Graphic Design. I enjoyed student life in Nottingham and quite enjoyed the course but never felt it was the right one for me. Nevertheless, I completed my degree and then moved to London to find a job!

My mother is a watercolour artist and picture framer and my dad, although he served in the army for much



# Upcycling is wh



*Above: A see saw my Dad built for us as children*

*Right:*

*This is the studio in my parents' garden that my Dad built for my Mum over 25 years ago*

of his working life, is very hands on and brilliant at DIY. His father was a carpenter and so dad has many of his old tools and invaluable skills that my grandfather passed down to him. Rabbit hutches, chicken coop, see-saw, swings, you name it, my dad would build it for us as kids. I grew up thinking all dads did this but soon realised that wasn't exactly true and that he had quite a talent.



One of my dad's most impressive projects was building a studio for my mum in the garden. She finally had a large space in which she

could spread out and work properly as an artist and framer. He has helped me build a lot of my tools and equipment that I use for my business, especially my workbench that I use now which is the 'heart' of my workshop and I could not do without it!

*Right:*  
*My studio workbench made by my father*



So with such creative and crafty parents I suppose it was inevitable that I would do something similar. It just took me a while to find my 'niche'.

As children, my

mother always encouraged my two sisters and me to be creative and got us into making and painting things, mostly to keep us occupied and out of her hair but it did the trick!



*One of the many dresses my Mum made for me*

As well as being an accomplished artist, my mother is a talented seamstress. She is of a generation who learnt to sew and make clothes at school and this has stood her in good stead. Mum would make my sisters and me many outfits over the years, she even made her own wedding dress and bridesmaid dresses for both my sisters' weddings, which was very handy indeed!

# that I love . . . . .

*continued on page 14*





# from an old so



Maybe more out of necessity than desire at the time but Mum was always mending things and I think that mindset has been instilled in me. She has that 'make do and mend' mentality which I think, in recent years, with a backlash to the throw away society we have grown accustomed to, has come back into 'fashion' big time which is a great thing.

Being creative has always been in my blood and is something I was inevitably going to do although being at a very academic school, this wasn't a path I was initially encouraged or driven to take. I was quite good at the academic subjects, science and maths in particular. My older sister followed in my father's footsteps and studied engineering at University. I thought I would probably do the same but realised half way through my science and maths A Levels that this wasn't the path for me. That was when I started doing more artwork by attending evening classes and I put a portfolio together. I hadn't even done Art GCSE, I did design technology and channelled all my creativity into that.

Through my portfolio I got onto an Art foundation course and after my A levels I changed direction and pursued art and design. It was a discovery process and I really enjoyed going down the graphic design route. However, after completing my degree, I realised Graphics involves a lot of work on computers and I knew then that I preferred making things with my hands.

I first became interested in working with leather whilst walking around Spitalfield's market in London not long after I graduated. Looking at the stalls of handmade goods, many by fashion graduates, I was really drawn to the unique designs and quality of the material used, particularly the leather bags! However, as a recent graduate, I simply couldn't justify (or afford) buying one but then I turned down the next isle of stalls and came across a man selling hides of leather. There were all sorts of colours and textures, shapes and sizes and I remember the overwhelming and amazing smell.

Although I had never used a sewing machine, or worked with leather before, I decided there and then that I would

have to learn, bought two pieces of leather and asked my mum to teach me to sew - that was it, I was hooked! I spent the next few years practicing how to make leather bags and purses on my mother's little old Elna sewing machine with just a leather needle and normal sewing thread. It was a hobby that became more and more of a passion. I would buy old bags from charity shops, take them apart, re-use parts of them, look at how they were made and try to reconstruct similar things. A lot of it was trial and error, that itself is design, deconstructing and redesigning something.

One of my earliest commissions was to make a set of wallets for a colleague called Joan. She was getting married and wanted something original and meaningful to give to her four bridesmaids. Joan had seen a photo of a bag I had made from an old leather jacket and liked the idea of re-purposing old but treasured items from both her and her fiancé. I therefore took a pair of her leather boots and his jacket and turned them into purses. I even used the zips from the pockets for them!

Meanwhile, I trained to be a Design Technology Teacher and brought some of the skills I had taught myself into the classroom introducing a bag-making project to my GCSE classes, they loved it! After nearly 10 years teaching in schools, a Masters in Textiles and several courses specifically in bag making, I decided to take the leap of giving up the day job and start my own craft business making leather bags & accessories but also using my teaching experience to run workshops and teach leather craft to adults both in groups and in one to one classes. That was nearly three years ago now and it was the best decision I ever made. The classes are go-



ing from strength to strength and I feel that my teaching career gave me the crucial experience and confidence to teach leather craft.

The main ethos of my work is to use leather that either had a former life as a jacket for example or to use offcuts from the furniture and interior design industry. I try to buy as little 'new' leather as possible. These days we are beginning to realise how wasteful we are and that we need to do something about it. I was listening to an interview on the radio recently with designer Max McMurdo who has just released a book about Upcycling.

*continued on page 16*

# fa cushion . . .



# to a hand



He said Upcycling is just another way of saying 'make do and mend', we have done it for centuries, but up until recently we have become too used to disposing of everything. I think there is now a resurgence happening where people are realising its actually trendy to recycle and reuse things. Max mentioned recycling scaffolding boards. They have been weathered and used, are really cheap and are good for making new things when trimmed off and so forth. Upcycling is definitely coming back into fashion and this can only be a good thing for the environment.

When I started making bags as a graduate, I didn't have much money and so, to be resourceful and save money, I would recycle a jacket and make it into a bag, for example. I would have to come up with designs that worked with the seams of the jacket and so, in the very process of recycling, I would create something totally unique, which I loved.

With the classes I now run, people can bring along an old jacket, or trousers or whatever, mainly in leather, that they deconstruct and turn into something new. Many people have these items in their wardrobe that they don't use anymore but they can't bring themselves to throw or give away. It's a way of reusing something that would otherwise just sit in a wardrobe for years. One such student was Linda who brought along this red leather jacket she hadn't worn for years and turned it into a modern bag!

Apart from workshops, another strand of my work involves repairing leather goods. This is the true meaning of 'make do and mend' and it can often just be re-attaching a buckle or re-stitching part of bag but sometimes it is more involved. One of my earliest repair jobs was to fix a briefcase that had developed a tear in the strap and flap (see page 17). This proved to be quite challenging to fix due to the shape and thickness of the leather but I really enjoyed the task and problem solving is an element to the repair jobs I am asked to do, that I particularly enjoy – giving new 'life' to something that might otherwise be thrown away!

Another recent commission I received was to turn an old leather sofa cushion into a bag. This gentleman came to

my studio with one of 8 large sofa cushions from an old suite he was going to burn! He asked me to transform the cushion cover into a bag for his wife. The photos on page 14 and above show the process from start to finish. His wife loved it so much she came back with some of the other cushions and made two more bags herself in my two-day workshop!



# Old bag or wallet!

Right:  
The finished  
Tote bag



So what could have ended up on the bonfire became 3 unique and useful bags instead, what could be better?

I'm looking into ways of reducing the amount of brand new things I buy. There are certain leathers that I use to make straps and belts for example, that I still buy new.

However, I endeavour to use more fashion and furniture companies that produce waste leather material by buying their offcuts (at a reduced price) they can't use, rather than throw them away I can reuse them and then everyone's a winner!

I really enjoy pushing the concept more and getting people to use their hands. I think there's definitely a repercussion to the whole technological era that's happening. People are going back to craft and creating things with their hands because they are tiring of all the technology that surrounds us and invades so many areas of our lives.

Looking to the future, I am keen to develop products and classes using less leather or a leather substitute. With more and more people giving up or reducing their meat consumption I would like to look at alternative materials to leather. Some companies are now using the term 'vegan' leather for their products which suggests that is it 'environmentally friendly' having not been made from leather, a by product of the meat industry. However, sometimes this is just a 'clever' marketing way to 'hide' the fact that these products are often made from imitation leather such as Vinyl, which is just plastic! This may be better for animals but is it better for the environment?

There have been recent developments using plant substitutes like fungus and pineapple leaves and other things that people are coming up with, as a way of replacing leather. How durable they will be compared to leather I don't know but this is something I want to investigate and possibly develop in the future.

With regards to the marketplace for selling my products I advertise online on Etsy and my products are stocked

*continued on page 18*



Above: An old leather jacket,  
now turned into a great looking  
handbag



Left: Repairs can give new life  
to a jaded old bag





in several shops around the UK. I also attend fairs and markets, which support UK made and hand crafted products and makers. There are, however, some markets where they claim that everything is British hand-made, but some products are imported and they just claim it's British. There's always going to be this kind of competition although it is diminishing and people overall are genuinely becoming more interested in where the things they buy are made which definitely helps small UK based craft businesses like mine.

Customers like the story behind the product as well. With social media and marketing as a whole, it is about telling a story and making it personal. People like to meet the person that made the bag or wallet that they are buying and being able to personalise it. Everybody I teach, especially ones that have never done anything so creative before, who are not really used to using their hands, are quite astonished at what they can achieve in a day and the quality they can accomplish when they are shown the right way to do things. I definitely think people are more considerate about the products they buy and where they originate.

I have recently written a book of leather projects, which includes 20 items from very simple to advanced, including how to make a fully lined bag from a jacket!

The aim of the projects within this book is to teach people the basics of leatherwork and gradually work up to the more complex items. The projects are also designed so that you don't have to spend a fortune on tools and materials to get started and, like me, you can start with a small domestic sewing machine and a few basics with the smallest of budgets (so students/graduates rejoice!).

If you would like more information about my courses, commissions, need something repaired or where to buy my book, please contact me at:

info@rosannaclare.com  
www.rosannaclare.com  
Unit 6, Smithbrook Kilns, Cranleigh, Surrey, GU6 8JJ  
**07979782491**

*continued from page 11*

Over the next few weeks I saw him regularly and was delighted when he attracted a mate. But I was to miss out on subsequent developments. 'Peregrine' means 'traveller' or 'wanderer' but soon it was me and my colleagues who were the ones having to move on.

We were all made redundant and I had to leave it to others to take up the story. I'm pleased to say their efforts paid off and have helped Peregrines breed regularly at this site in subsequent years.

And although I've only once had a Peregrine fly past my subsequent office window, the number 13 ring still hangs above my desk as a reminder of a strong but graceful friend and a modern miracle of survival.

## Now see for yourself!

With the growth in Peregrine numbers their natural nesting sites on crags and cliffs have been supplemented by high rise blocks, skyscrapers, cathedrals and churches. Locally they are increasingly seen but remain rare.

The move to the towns has seen them change hunting strategy. They use the neon lights to pinpoint and pursue passing night migrants, many of them scarce visitors themselves.

Pairs now breed in various parts of Surrey and for anyone wishing to see Peregrines locally, rather than wait for Cranleigh's first tower block development, I recommend a short trip north to Woking town centre.

There they have been successfully raising young on Export House since 2016. I've regularly seen them as I've passed by on the train.

This year the first egg was laid on 17th March and by the 26th there were five. All had hatched by 30th April. You might think they would be safe up there away from humans. But there are other enemies.

One fell victim to the severe cold soon afterwards and the birds have had hassle from a third adult Peregrine visiting the box to steal the chicks' food.

Surrey Bird Club ran a stand last month in Woking Town Centre with telescopes for people who want to view these birds. Further opportunities will be on 9th and 16th June, by which time the remaining juveniles may be viewable outside the box as they take their first flights.

Check the website [www.wokingperegrines.com](http://www.wokingperegrines.com) before you go. They are viewable for incredible close-ups via four cameras. As I write, the female has just popped into the nesting box to feed the chicks and they are cheeping like crazy to ensure they get their share. I hope they make it.



Twitter - @Crane\_Spotter

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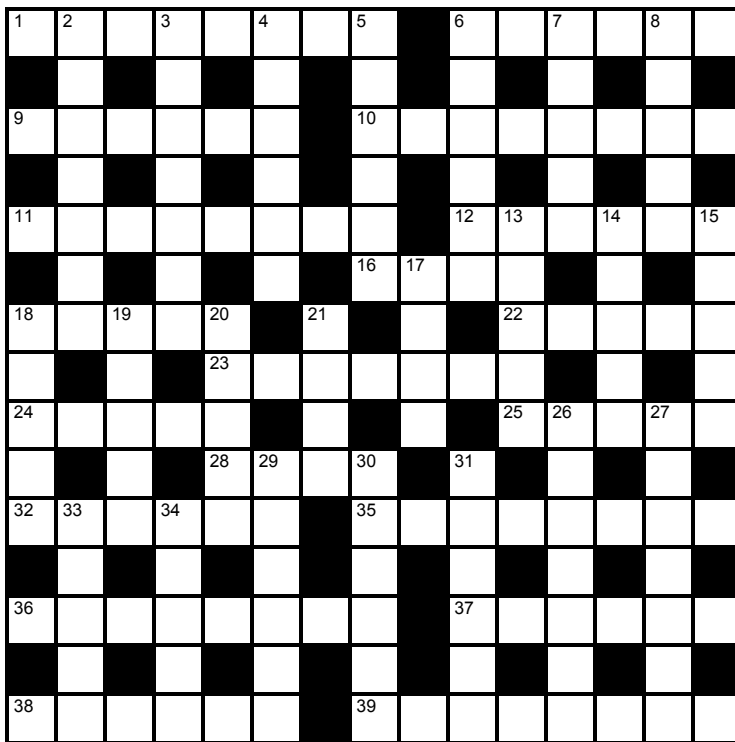
### General

- Garden clearance
- Maintenance
- Autumn clear-ups



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## June Crossword Puzzle



### Across

- 1 Fall apart (8)
- 6 Calls on (6)
- 9 Second-smallest banknote (6)
- 10 Wide view of an extensive area (8)
- 11 Resident of e.g. Tobermory, Portree or Ventnor (8)
- 12 Fast (6)
- 16 Reflected sound (4)
- 18 Storage centre (5)
- 22 Ruin (5)
- 23 Dense collection of housing (7)
- 24 Give consent (5)
- 25 The devil (5)
- 28 60% of us live here (4)
- 32 25% (6)
- 35 Snakes (8)
- 36 Appreciative (8)
- 37 Self-dressing and preparation (6)
- 38 Insecure knot (6)
- 39 Slaughter (8)

### Down

- 2 Supervise (7)
- 3 Once upon a time (4,3)
- 4 Procession (6)
- 5 Die (6)
- 6 Disappear (6)
- 7 Rush (5)
- 8 Shy (5)
- 13 Welsh county (5)
- 14 Wield (5)
- 15 Territory in NW Canada (5)
- 17 Musical staff sign (4)
- 18 Diminutive being of folklore (5)
- 19 Hidden (5)
- 20 Something special (5)
- 21 Positions (4)
- 26 The New World (7)
- 27 Aardvark (3,4)
- 29 Evasive (6)
- 30 Institution for mentally ill (6)
- 31 Boxes (6)
- 33 Contrasting (5)
- 34 Argument (3-2)

Colin the Cranleigh Chameleon, was hiding on page 27 during the month of May. Did you spot him?  
Crossword and Sudoku – answers will appear in the next issue.



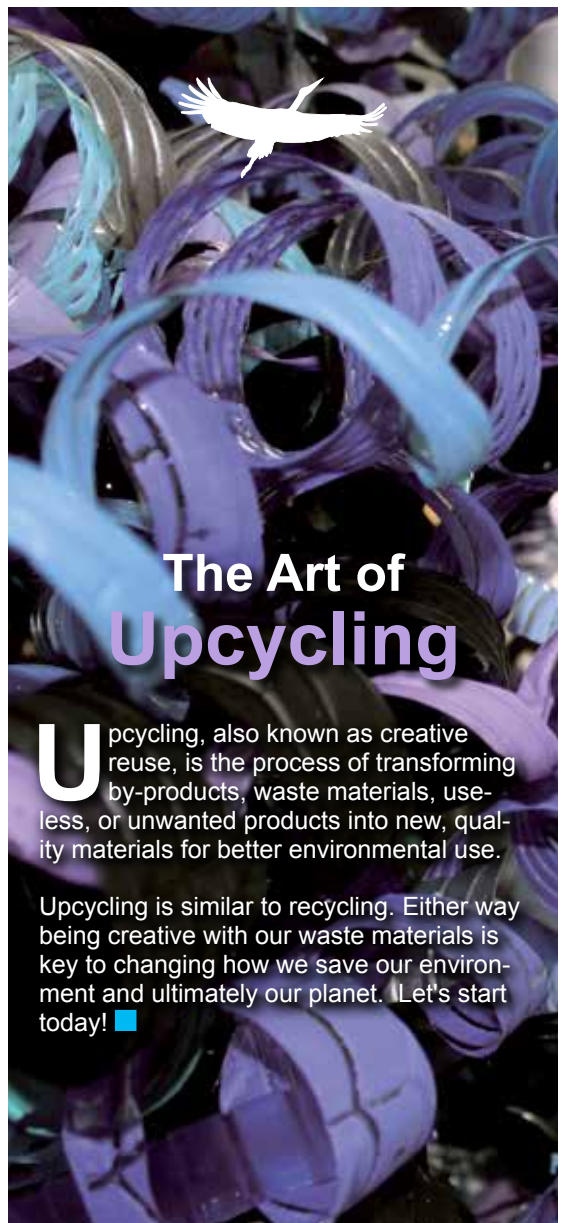


## June Sudoku Puzzle 1 - Easy

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

## June Sudoku Puzzle 2 - Hard

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



## The Art of Upcycling

Upcycling, also known as creative reuse, is the process of transforming by-products, waste materials, useless, or unwanted products into new, quality materials for better environmental use.

Upcycling is similar to recycling. Either way being creative with our waste materials is key to changing how we save our environment and ultimately our planet. Let's start today! ■

1	D	I	S	G	U	I	S	E	D	6	P	E	S	O	S
2	O	H	S			O	U	A	U						L
3	G	R	E	B	E	B	I	O	G	R	A	P	H	Y	
4	S	L	L	S						T	R				L
5															
6															
7															
8															
9															
10															
11	O	T	L	E	Y										
12															
13															
14	S	E	S												
15															
16	C	H	R	Y	S	A	L	I	S						
17															
18															
19	A	E													
20	N	O	D	E	S										
21															
22															
23															
24	R	A	G	T	R	A	D	E							
25															
26	A	L	F												
27															
28	B	E	E	K	E	P	E	R							
29															
30	A	N	R	A	E	R	S	S	L						
31															
32	T	E	S	T	S										
33															

May Crossword Solution

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

May Sudoku Easy Solution

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

May Sudoku Hard Solution

# DDays Dates for your Diary



**Friday 1 June. Cranleigh Country Market will be held in The Bandroom, Village Way, Cranleigh, 9.15 – 11.00 am.** We offer a wide selection of home-made baked items and preserves, all of which contain no added preservatives, hand-made crafts, as well as home-grown produce direct from the producer. Free range eggs and locally produced honey also available. Refreshments served all morning.



All welcome to guided, free, sociable, HDC walks led by trained volunteers; no need to book, just turn-up at the start point. A booklet containing over 250 walks is available from the Walks Co-ordinator on **07720 714306** or online at [www.horsham-healthwalks.co.uk](http://www.horsham-healthwalks.co.uk) Beginners are recommended to contact the Walk Leader: to discuss suitability. All walks can be wet and muddy in places. Forthcoming walks in the Cranleigh magazine distribution area and neighbouring areas are as follows:-

**Thu 7 June 10:00am: Okewood Hill Meet in the car park of The Punchbowl Inn, Okewood Hill, RH5 5PU (TQ132373)** A 5 mile walk, through woods and farmland to the isolated Grade II\* 12th Century St John the Baptist church at Okewood Hill, taking 2½ hours. Can be muddy. Good food and drink available in the pub after the walk. No dogs. **Leader: Lynne 01403 268157**

**Fri 8 June 10.00am: NEW WALK Albury Heath and Farley Green Meet on south side of Albury sports ground (TQ 060469).** Turn off A25 to Albury but continue straight on as road bends sharp right (New Road). Sports ground is a little way down on the right. Alternatively, take the Shere road from Ewhurst and turn left on crossing railway bridge before reaching Shere. This 4 mile undulating woodland walk, taking 2½ hours, is good underfoot,

has lovely views and will pass disused watercress beds. Sorry no dogs. **Leader: Margaret 01403 262311**

**Mon 25 June 10:00am: Box Hill Circular Meet in the car park at Ryka's Cafe (RH5 6BY) off the A24 at the Burford Bridge Roundabout (opposite the Buford Bridge Hotel) (TQ171519)** for an 8 mile all day circular walk The walk taking 5¼ hours will include Mickleham Downs, Box Hill, Headley Heath There will be a lunch stop at a convenient Public House on the route Dogs welcome. **Leader: Mike 07855 502023**

**Tue 26 June 10:00am: Kings Head Rudgwick going East. Excellent views Meet in car park opposite the Kings Head (RH12 3EB, TQ091343), north off the A281 along the B2128 for about one mile towards Cranleigh).** A mostly flat 4 mile circular walk taking 2 hours.(some slopes & stiles) towards Rowhook through woods and fields along the southern slope of the border ridge between Sussex and Surrey and back via Hermongers to the pub.. No dogs. **Leader: Lynne 01403 268157**



## The Sun is Shining – Why Not Try the Sport of Boules?

We are a friendly club that plays Boules (or Petanque) in the leafy grounds of the Cranleigh Village Sports and Social Club, Parsonage Road, GU6 7AN.

We play, all year, on Saturday mornings from 11am to 1.30pm and Thursday afternoons from 2 to 4pm, and some of our members play in competitions at home and at clubs around the South East from April to September. Interested? Just come along and try it out – no experience necessary and we can provide the equipment.

### Want to know more?

See our blog -[cranleighpetanqueclub.blogspot.co.uk](http://cranleighpetanqueclub.blogspot.co.uk) or call our secretary Jane on **01483 276952** or just turn up and join in.

## CRANLEIGH PROBUS

On **June 12 Probus** A club will enjoy a convivial lunch at **The Stables** restaurant, Ewhurst Road, Cranleigh, when members will be updated on club activities for the summer.

To learn about the club and its programme of luncheon speakers please contact:  
Stewart Shepley: Phone **01483 548488**  
or email: [stewart.shepley@btinternet.com](mailto:stewart.shepley@btinternet.com).





Looking out at the courts from our Club room

**W**e are a thriving tennis club situated just off the A281 at Alföld Crossways, half way between Horsham and Guildford. We are now gearing up for the new season and after a very miserable winter are really looking forward to playing in the warmer weather.

**Below are contact details for the club and coach:**

Club Secretary email: [secretary@alfoldtennis.co.uk](mailto:secretary@alfoldtennis.co.uk)  
Akos Szabo email: [akosthecoach@gmail.com](mailto:akosthecoach@gmail.com) or  
phone 07568 549177  
Alfold tennis club: [www.alfoldtennis.co.uk](http://www.alfoldtennis.co.uk)

## EWHURST PLAYERS AUDITION FOR



the award winning Ewhurst Players

### THE ACCRINGTON PALS

by Peter Whelan & directed by Meg Bray.

**5th June 2018 at 7.30pm  
and Sunday 10th June 2018 at 2.30pm.  
At the Village Hall Ewhurst. GU6 7PX**

We are auditioning all male and female roles ranging from 8yrs to 70s. We are particularly interested in male actors late teens to early 30s. We also require 2 boys aged 8 to 14 one of whom is required to sing.

This play will be part of Ewhurst Players tribute to commemorate the 100th anniversary of the cessation of World War One, and will be presented at the Ewhurst Village Hall Nov 14-17 Weds to Sat.

Further details regarding the auditions are available from the director on 01483 278014 or email [bray.meg@googlemail.com](mailto:bray.meg@googlemail.com)

**All current and new members and inexperienced actors are welcome.**



**[www.ewhurstplayers.com](http://www.ewhurstplayers.com)**

## Park Mead's Fabulous at Fifty Summer Fair

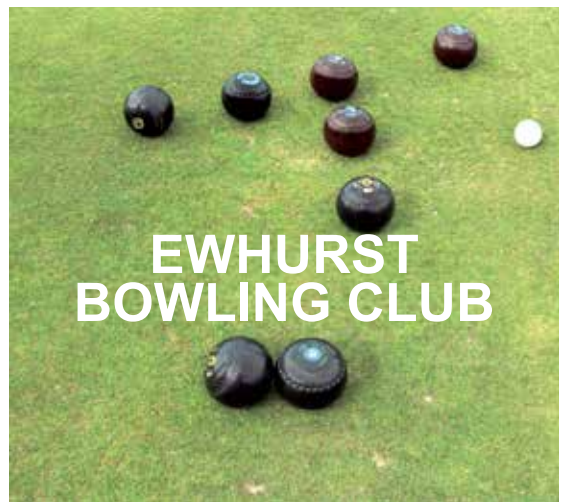
The fair takes place between 3 and 6pm on **Saturday 16th June** on the school field. Entry is **FREE** and everyone is welcome.



**C**ranleigh Bowls Club is welcoming all to come along and enjoy a free taster session of bowling. This is a great opportunity to try Bowling for a first timer, join up with other bowling enthusiasts, or just meet new people in a friendly environment on one of the finest bowling greens in Surrey.

**HOW TO FIND US** We are located at the rear of Cranleigh Village Sports & Social Club in Parsonage Road, which has ample free car parking facilities, changing rooms, and a lively bar.

**For more details please ring Alan on 01483 274682 Bill on 01483 275992 or visit [www.cranleighbowlingclub.com](http://www.cranleighbowlingclub.com)**



**E**whurst Bowling Club situated on the edge of the recreation ground, always welcomes new members, those with experience or newcomers who would like to learn to play. You don't need expensive equipment to start, just a pair of flat shoes to keep our beautiful green in good condition.

Bowls is a game for all ages, members are renowned for their friendliness and the club has lots to offer in the way of social activities too.

If you are interested, please contact Nigel on 01483 272513 or Richard on 01483 277494. Why not come along and see if bowls is a game for you.

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# Mengyang Pan

## thrills the audience at Cranleigh Arts Centre

**T**op piano soloist Mengyang Pan gave an outstanding performance on May 16 which had the audience in raptures. Her stylish mastery gave the large audience thrill after thrill.



Beginning with Liszt "Harmonies poetiques et religieuses" she explained the back ground of Liszt, normally the showman, who was so saddened by the death of Hungarian comrades fighting the Austrian Empire. Mengyang gave strength to the funeral marches with a powerful display, her hands covering large fast moving chords across the whole range of the piano. She then played the famous Paganini Etude in A minor in a style full of character and emotion. By half time the audience was already rising in applause.

Mengyang came to England as a young teenager after passing through conservatoire in Beijing. She completed her studies as a school boarder, away from her family, at The Purcell School and then at the Royal College of Music. She has lived in London for 18 years and considers the UK her home. In a flourishing career, she has played concertos under Vladimir Ashkenazy. Also, in 2011, she was presented to the Queen for her contribution to the British music and art industry. This is on top of many musical prizes.

Her second half begin in a contrasting style of the three "Images" by Debussy. Her shading, use of tone colour, and the most brilliantly clear and precise placing of the

music in the highest register was a real joy to hear. The programme concluded with Gershwin's "Rhapsody in Blue" a very well-known piece which she told the audience she loved because it was so difficult to play! Again, her mastery of tempo in this jazz style gave testimony to her versatility from the different demands of Liszt and Debussy.

At the end the large audience could hardly contain its applause and Mengyang returned for a short etude encore which again had her covering the keyboard with power and style.

This was a truly memorable concert in Cranleigh Arts Centre.

The classical chamber music season at Cranleigh Arts continues on Tuesday 26 June with a gala performance by four soloists from English National Opera singing both serious operatic duets and trios by Mozart and Verdi also with fun from light opera by Bernstein and Gilbert and Sullivan. ■

*Photo: Mengyang Pan pianist with Stephen Dennison  
Cranleigh Arts Centre volunteer*



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# Upcycling sunshine!

by Sue Potgieter

Registered Nutritionist mBANT

**A**s I write this I am sitting under beautiful blue skies with wall to wall sunshine. There is no sound apart from the birds and the odd leaf that falls to the ground. No traffic noise or planes overhead and occasionally there is the sound of a child playing in the distance. I'm in a game park in Limpopo province, South Africa and as the sun warms my skin I begin to think about the amazing conversion process that I like to think of as the sunshine energy relay race.

Cast your mind back to biology classes at school when you were taught about photosynthesis in plants. Plants absorb sunlight, and through the process known as photosynthesis, they convert the sunlight into glucose and oxygen. If we look a little deeper it is actually photons of light that are embedded in organic compounds which then become our food. When we eat plants e.g. vegetables & fruit, that sunlight energy is being removed from our food in the form of high energy electrons. This all happens within our cells. To be precise, it happens in our mitochondria. Mitochondria are the 'batteries' within our cells which produce energy.

The conversion process within the mitochondria is too complex to go into here but in a very simplistic way sunshine is converted within plants, which we then eat and our mitochondria turn that sunlight energy into energy for us. It's an incredible thought that the trillions of mitochondria in our bodies are pumping us full of sunlight energy every single second! Pushing the envelope a bit further, could we therefore say that plant foods are full of light and when we eat them that we become full of light? It's a well known fact that people who undertake long juice fasts or who eat a high raw plant based diet speak of a mental clarity that they have never known and a heightened sense of spiritual awareness. In contrast, foods which are highly refined and processed contain minimal or no sunlight energy. A diet based on these foods often leads to brain fog and confused thinking. Could we then say that these are 'dark' foods? Just a thought!!

When we sit in the sunshine, our bodies turn the sunlight into Vitamin D, also known as the sunshine vitamin. Vitamin D is not strictly a vitamin however and is actually a hormone.



It is vital for maintaining the calcium balance in our body. If exposure to sunlight is minimal then vitamin D can be obtained from a few dietary sources. The richest source is oily fish (sardines, mackerel, anchovies, salmon, herrings) with liver, eggs and butter only providing modest amounts. Vitamin D is a fat soluble vitamin meaning that it is absorbed with the help of fat. People on very low fat diets or who have coeliac disease may have problems in absorbing the vitamin. There is little storage of vitamin D in the body which is why it's vitally important to get out in the sunshine as much as possible.

10 mins sun exposure without any sunscreen, on as much of the body as possible will keep vitamin D at a good level.

Here in the UK, we have marked seasonal variations in vitamin D levels in the body, with the highest at the end of summer and lowest at the end of winter. Even on bright sunny winter days the sun isn't high enough above the horizon for UV radiation at the appropriate wavelength to produce vitamin D.

Taking vitamin D is effective for prevention and treatment of rickets and osteomalacia, and deficiency is also linked to an increased risk of falls in the elderly. Evidence also suggests that vitamin D is excellent for autoimmune diseases such as Multiple Sclerosis and Irritable Bowel Disease (Crohn's disease & Ulcerative Colitis) due to its regulation of certain immune cells. Evidence also now shows that taking vitamin K2 alongside vitamin D3 is beneficial, particularly for bone health in postmenopausal women.



With summer holidays and sunny days approaching, get your vitamin D levels topped up before the long winter months set in once again! ■

**NB. Please always consult a professional before taking supplements, particularly if you are on medication or other supplements as there can be interactions between them.**

For a fully referenced pdf version of this article please email me.

For further advice on health problems or to book a dietary health check please contact me:  
[sue@thegenuinelivingcompany.com](mailto:sue@thegenuinelivingcompany.com)

*Sue*



## CRANLEIGH CAMERA CLUB



*Jump on the Beach - © Pete Baldrey*

**C**ome and join us! This is a friendly, supportive club, where members aim to encourage each other. No matter how much or how little experience you have, you can always learn to improve your images.

You can join at any time or attend a couple of meetings without charge to see if you think it will suit you. Meetings are held at Cranleigh Baptist Church Hall (262, The High Street, Cranleigh, GU6 8RT). You can find the programme and further contact details on our website at [www.cranleighcameraclub.co.uk](http://www.cranleighcameraclub.co.uk).

### Events in June are as follows:

**June 7** Presentation: Tides & Tempests  
**Rachael Talibart**

**June 14** Presentation: South West America  
**Chris Flood**



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Our subscription is not the lowest in the area, but we believe our facilities are second to none and the surroundings superb. Why not pay us a visit at the times suggested, or perhaps contact Membership Secretary, Francesca Stern on **01483893856**?

19 June - 28 October



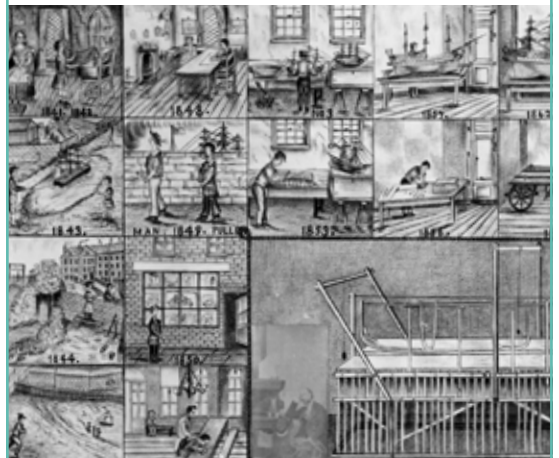
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**Some say . . .**

**We won't have a society if we  
 destroy the environment  
 Margaret Mead**



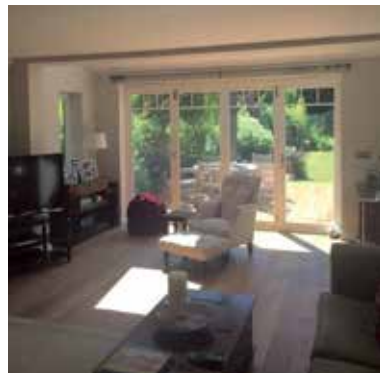




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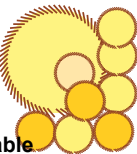
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30 Years Experience References Available



**A**ll gardeners have a bunch of odds and ends hidden beneath the potting bench or behind the compost heap. Just in case they come in handy! Creative recycling in the garden can often birth some of the most innovative concepts, which could save you a small fortune in buying the newest gardening kit.

- Compost bags are worth keeping a hold of. Use them as durable rubbish bags to carry garden waste to the tip.
- Fizzy drinks bottles can be used as mini cloches. Cut the bottoms off and place them over plants to shield them from the weather.
- Keep your iced lolly sticks during summer, they make handy garden markers for labelling your plants.
- Old CD's make brilliant bird scarers. Hang them from strings so that they glint in the sun.
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If your car is under three years old, and still covered by dealership warranty, any work undertaken by Mechanical Engineering Services will preserve that warranty, so you needn't worry about going back to the dealership directly.

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for you, work on it to a level above and beyond the industry standard, fully valet the vehicle, and deliver it back to you at home or work. Even better, both collection / delivery and valet are absolutely free of charge. Leave your car at home and come back in the evening to find it exactly where you left it, but with all required works fully complete.

There are now 9 courtesy cars and 3 courtesy vans available for customers use, at no extra expense. Keeping customers mobile has always been a keen focus for the team. Another ever-popular reason to choose MES as your local vehicle care centre. MES has recently invested in its very own purpose built MOT testing facility on site. Should your vehicle fail its MOT, then a Service Advisor will always contact you before letting the workshop carry out any work at all, and don't forget - any retest required is done free of charge! There are quite often service and MOT deals on offer, so keep an eye out to find a deal to suit you.

As a homegrown local business, Mechanical Engineering Services is a proud example of local Cranleigh ingenuity. Always striving to be top of their game, the team at MES are dedicated to providing local Cranleigh and Guildford customers the most advanced technology available. This, as well as keeping any repairs cost efficient and optimally effective, whilst offering unparalleled customer service.

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# Films for JUNE 2018

# in the Cranleigh area.



6

5

4

## The Arts Centre.

**THE POST (Friday 8 June).** A hugely entertaining telling of the battle by The Washington Post to publish the contents of the Pentagon Papers in 1971. The editor Ben Bradlee and the owner Kay Graham, played by Tom Hanks and Meryl Streep, had to risk going to prison to tell the world how the government had misled about the Vietnam war. The leading actors do their fine impersonations of good people battling for truth. They succeed and it is enjoyable watching that world of pay phones, cigarettes, hot mettle type setting. The whistle blower Daniel Ellsberg, is not given much time to show how he suffered for years before avoiding Jail.

**DARKEST HOUR (Saturday 23 June).** The story of how Churchill overcame his cabinet colleagues, the press and the king before he could get on with beating Hitler. The reluctance to fight was partly because of memories of WWI, partly because the Germans were regarded as too strong, but also, frankly, a hard core of sympathy with fascism. Fortunately for us all Churchill overcame the resistance and Gary Oldman convinces with the help of much body padding, as the great man who changed history. The film tends to emphasise the obvious but the story is worth telling.

## Shere Village Cinema.

**THREE BILLBOARDS OUTSIDE EBBING MISSOURI (Thursday 7 June).** Directed by Martin McDonagh this film swept the board at the Oscars and entertains in the best black comedy tradition. What it tells us about our world today is up to you to work out. The confrontation between a tough but dangerous mother and the useless law enforcement in this Middle West area is a terrific battle.

She wants justice for her daughter who was raped and murdered. The bigoted, racist, lazy police just want to do nothing. Frances McDormand deserved her Oscar. This may be an effort to show how ignorant rednecks can hinder justice or it may just be a satire for our times. On **June 17** Shere Village Cinema is showing **The Post**.



## Cranleigh Film Club.

**THE SALESMAN (June 28 at 7.30pm).** The Oscar winning movie from the Iranian director, Asghar Farhadi, repeats his great success with *A Separation*. The ironic contrasting of the lives of two actors playing in *Death of a Salesman*, and the dramatic developments in their own relationship when the wife is molested in her own home., shows Farhadi's ability to tell an adult story with excellent pacing of the narrative. A wonderful film to end the season with on the same night as the AGM.

All the information about the venues and arrangements for the above films can be found on the websites of Cranleigh Film Club, Cranleigh Arts Centre and Shere Village Cinema. ■



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**Aldo Leopold**



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# BOOK REVIEW

## Modern Upcycling

by  
Susanna Zacke

'A nice book with lovely photos and simple ideas. Great for DIY instructions and casual design ideas.' - **Amazon Customer**



**D**on't just get rid of old materials leftover from finished projects. Upcycling is today's biggest growing trend in craft and decor, and expert crafters Susanna Zacke and Sania Hedengren show how it's done in their insightful new guide, *Modern Upcycling*.

Discover exclusive ideas to spark your creativity and personalise your home with those fabric fragments and odds-and-ends you currently have in your kit. Make rustic place locales from crocheted yarn and stitching, salvage old pallets to make furniture on wheels, hang paintings with window panes, and create fruit bowls from concrete.

Separated into five chapters of concrete, wood, yarn, paper, and fabric, offering fast motivation, *Modern Upcycling* offers sixty-five projects accompanied by snapshots and step by step guidelines. Follow Susanna and Sania into their realm of strong colours, cosy spaces, and pieces that are both striking to look at and serve an everyday purpose.

If you enjoy crochet, garden, cast in concrete, or even making ornaments from paper, *Modern Upcycling* is sure to help you rejuvenate and distinguish your home. ■

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## Local Bollywood dance instructor publishes inspiring book



**Shalini Bhalla**, well-known Cranleigh resident and Director of local Bollywood dance-fitness company Just Jhoom!, has just published a revealingly honest book about her mental health and relationship with late husband and local man, Jeremy Lucas.

Launching in June 2018, *Always With You* is about her personal battles with mental illness, the coping strategies she relied on to regain a positive mental state after severe depression and the loss of Jeremy to cancer. In this emotive memoir, Shalini writes about her experiences of depression, attempted suicide as well as family estrangement, and struggles with religion and national identity.

Shalini wrote the book so she could share her story with others, offering an inspiring message of recovery and renewal as she looks to face the future with strength, hope and anticipation.

*Always With You* will be launched in June, with a book-signing event at Manns of Cranleigh during the Cranleigh Carnival – Saturday 30 June. Shalini will sign your copy of her new book and you'll be treated to live, Bollywood dancing from the glamorous Just Jhoom! Dance Group. ■

You can buy ***Always With You*** by Shalini Bhalla online at [www.justjhoom.co.uk/shop](http://www.justjhoom.co.uk/shop) and Amazon.

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## RECIPES

# 1 TOMATO SOUP WITH A DIFFERENCE



## Ingredients

25ml olive oil  
25g of Butter  
125g thin sliced potatoes  
100g white leek finely chopped  
½ carrots diced small  
1 stick of celery cut small  
3 cloves of garlic crushed and chopped  
150g red pepper chopped  
1x400g tin of chopped Italian tomatoes  
30g tomato purée  
600ml good vegetable stock  
15g chopped fresh basil  
Salt and pepper mill

## Preparation

1. Use a non-stick large sauté pan, heat the oil and butter together
2. When hot fry the tomato paste until caramelised
3. Add the chopped vegetables except the tomatoes and quickly cook for 5 minutes stirring all the time, then add the tomatoes
4. Bring to the boil and cook for a further 3 minutes
5. Add the stock and simmer for 20 minute
6. Liquidise to a smooth texture and season to taste

*Serve hot in a large tureen with the basil sprinkled on it and crouton separately*

*P.S This soup could be served cold; if so dilute it to taste, with chicken or vegetable stock*

# Used U

## 2 INSALATONE TREVISO (Mixed meat and salads)

My mother used this term to indicate a three meats and vegetable salad that she first sampled when she was a student in the town of Treviso. She served us with it on Thursdays. The reason for that day was that by then we had some different cold meats to use up before Friday when only fish was "de rigueur". The mixture you will see below is really interesting and a delicious alternative to just cold meat and salad.

## Ingredients

150g of chicken meat diced  
150g of beef meat diced  
150g of ham diced  
100g of grated carrots  
100g of grated celeriac (or 2 large chopped celery sticks)  
100g of diced boiled potatoes  
2 small cooked beetroot diced  
50g of finely slice heart of a raw cabbage  
50g of shelled peanuts  
100g of cooked Borlotti (or kidney) beans



# p bites

16 leaves of Radicchio  
60ml of olive oil  
15ml of wine vinegar  
2 cloves of garlic crushed  
Salt and pepper mill

## Preparation

1. Take a large bowl and rub the garlic on the inside, making sure that all the surface is impregnated with the garlic flavour. Chop the garlic and leave in the bowl
2. Place in it the 3 meats, peanuts, Borlotti and the chopped/sliced/grated vegetables. Add the oil, vinegar salt and pepper; mix the lot avoiding mashing up the ingredients
3. Divide the mixture in 4 dinner plates on 4 leaves of radicchio in each
4. Serve with crusty bread rolls

Some say . . .

The environment is everything  
that isn't me

Albert Einstein



3

**CROSTATINA AL  
RABBARO**  
(Rhubarb Tart)

My step-mother used to make this dessert and once I lived in England, I realised it was similar to a crumble, though there is a slight difference. I trust you will like it too.

## Ingredients

500g Rhubarb lightly poached in little water with 80 g of granulated sugar  
50ml Marsala wine or medium dry Sherry  
120g flour  
80g ground oats (flaked would do)  
50g flaked almonds  
180g Butter (or a good Margarine not too soft)  
20ml of olive oil  
120g of soft brown sugar  
Pinch of salt

## Preparation

1. Drain the rhubarb and place in an oven proof dish.
2. Sprinkle over it the Marsala or Sherry. Rest for half an hour
3. Place the flour, almond and oats in a bowl, mix well.
4. Add the sugar, salt, oil and the butter cut in small pieces.
5. Mix well together but keep it light.
6. Place this mixture over the Rhubarb and cook for 25 minutes in a hot oven at 175° C

Serve with vanilla ice cream or whipped cream.  
Custard? Why not!

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# Cranleigh Rotary's Quiz Is A Hit!

**C**ranleigh Rotary's ever-popular annual quiz was run this year for the benefit of Cranleigh in Bloom and we were delighted to welcome a near-record 20 teams of players, with 122 people ready and willing to test their knowledge.

A most enjoyable evening was had by all and the animated nature of the event left the questioner almost inaudible during parts of the evening!

The event was a great success and the final result surprised all concerned. At the end of the hard fought contest, two teams turned out to be joint winners: The Historians, led by Michael Miller, and the Crew of the Black Pig, led by Caroline Todman.

All members of the winning teams will share the trophy for twelve months and they also received a bottle of wine each, kindly provided by Pernod Rickard UK.

The event raised a total of £740 net. The proceeds of the raffle (£279) will be donated to Cranleigh in Bloom, in support of the village floral displays this year, and the remainder will go to various Rotary charities.

Our sincere thanks go to all who supported the quiz this year, including those who kindly donated prizes for the raffle, and Pernod Rickard, who donated the 24 bottles of wine that were distributed to the members of the winning teams.



*Rotarians Gail Woodford and Patrick Leake on the Cranleigh Rotary Stand in the Village Hall as part of our campaign to increase awareness of the Club in the local community.*

Thanks also to all the shopkeepers in Cranleigh High Street who featured our advertising materials in their windows. We look forward to next year's event!

If you would like to know more about Cranleigh Rotary visit:  
<https://www.cranleighrotary.org.uk/>

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Yoga and Meditation have established long histories of benefits in terms of health, mental stability, intuitive awareness and so forth. Sound healing is also an ancient art but its rising popularity (classes in London are often over-booked) reflects a growing acceptance of its medical and mental benefits. What better way to get over the stresses of life, or to follow up on the idea of taking better care of yourself?

Classes are held in Rudgwick and supervised by Stephen Hill. He's a local teacher and healer qualified in all three disciplines, as well as holding a Degree in Philosophy. For more information go to Stephen's website: [www.sjhyoga.com](http://www.sjhyoga.com)

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## Cranleigh Arts Centre June 2018

We've got a great line up of Live Streaming, Films, Comedy, Music Theatre & Crafts just a step away - Come & support your local, community arts centre & have fun!



### Entertainment: James Phelan – Trickster (magic) Friday 1 June, 8pm

James Phelan presents his unique magical prank show that is both jaw-dropping and laugh

out loud funny. Anything can happen - people are tricked, phones are destroyed, needles are swallowed - no-one is safe. Nephew of the late Paul Daniels and Strictly Come Dancing's Debbie McGee - don't miss this night of hilarious mind-blowing entertainment. **Tickets: £14.50**



### Live Music: Judie Tzuke – 'Peace Has Broken Out Tour' Saturday 2 June, 8pm

Judie is back on the road performing and celebrating her new album, 'Peace Has Broken Out'. This intimate evening of old favourites and new songs, combined with stories from her life and career. Judie Tzuke is

one of the UK's finest Singer/Songwriters, known for her song, 'Stay With Me Till Dawn', with many top 10 albums, including the classic, 'Welcome to the Cruise'. **Tickets: £22.50**

### Volunteer Week: Celebrate Volunteering at Cranleigh Arts Centre Wednesday 6 June, 10.30 am to 12pm

Come along and meet existing volunteers and discover which role might suit you. Katie, our Volunteer Coordinator will be on hand to answer any questions and there will be refreshments and plenty of friendly faces. Please email [katie@cranleighartscentre.org](mailto:katie@cranleighartscentre.org) or call **01483 278000** to register your interest in attending.



### Adult Workshop: Pottery Classes (4 weeks) Tuesdays 5 to 26 June, 2 – 4.30pm or 7 – 9.30pm

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### Live Theatre: Wuthering Heights Thursday 7 June, 7.30pm

'Whatever our souls are made of, his and mine are the same.' When Cathy's father brings home an orphaned Heathcliff, the effect will echo for generations. Emily Brontë's novel is a timeless Gothic classic of passionate love, revenge and

despair. Shropshire-based Hotbuckle Theatre Company bring their unique magic to this powerful and emotional story. **Tickets: £13.50**



### Film: The Post (12A) Friday 8 June, 8pm

Katharine Graham (Meryl Streep) is the first female publisher of The Washington Post. With editor Ben Bradlee (Tom Hanks) Graham races to catch up with The New York Times to expose a massive cover-up of government secrets that span three decades and four U.S. presidents.

**Tickets: £8.25 Adults; £7.25 Friends; £5.50 under 16s**



### Family & Children's Entertainment: Jazz Cat Saturday 9 June, 11.30am – 12.15pm

Most cats hiss and meow and purr, but Ella Cat...can only scat! She doesn't want to be different. But soon she learns that the thing that makes you different is the best thing of all.

Come and sing along and help Ella find her voice. A new children's musical from Melanie Gall, creator of four-star (Broadway Baby) Fringe hit Opera Mouse. **Tickets: £6.50**



### Live Music: We'll Meet Again – Vera Lynn, Forces Sweetheart Saturday 9 June, 2pm

We'll Meet Again', 'White Cliffs of Dover', 'A Nightingale Sang' - Dame Vera Lynn's nostalgic songs defined a generation. She was awarded a

Damehood, the Burma Star medal, and was the first centenarian with a top 10 album. Melanie Gall takes you back to a time when the world was at war, and when Vera Lynn's music galvanized and inspired troops.

**Tickets: £12, £10 for over 60s**



### Event Cinema: ROH Live: Swan Lake Tuesday 12 June, 7.15pm

The Royal Ballet presents a new production of Tchaikovsky's magnificent classical ballet. Prince Siegfried chances upon a flock of swans while out hunting. When one of the swans turns into a beautiful woman, Odette, he is enraptured. But she is under a spell that holds her captive, allowing her to regain her human form only at night.

**Tickets: £19.75**



### Live Music: Sam Kelly's Station House Band Friday 15 June, 8pm

Sam Kelly's Station House (Sam Kelly, Paul Jobson, Tony Qunta, Richard Sadler, Jerome Marcus, Rowena Poole) is a "groove" band with dancing in mind.

Their sound is influenced by New Orleans second line,

soul, jazz, reggae and funk. With 3 'lead' singers and a tight rhythm section, the result is an fusion of music with its roots in the blues. **Tickets: £12**



**Workshop:**  
**Gently Jazzy, Dance Taster**  
**Workshop for Adults**  
**Saturday 16 June, 11am – 1pm**  
Run by Quicksilver Dance Company. A fun, workshop for

adults from 18 to 80, who are new to dance, or returning to dancing. It includes a gentle warm-up, an introduction to ballet barre, and a chance to learn some repertoire from Quicksilver's show, 'A Dance For All Seasons' on 30 June. No previous dance experience required.

**Workshop Fee: £12**



**Exhibition:**  
**An Impression of Ochre**  
**Tuesday 19 June to Saturday 30**  
**June, 10am to 4.30pm**

Exhibition of fine art prints and textiles selected from the Ochre

Print Studio members' Summer Show, demonstrating the variety of printmaking and the talents of members. Ochre print Studio is an open access print studio welcoming and encouraging artists and printmakers of all abilities to engage in the creative processes of traditional printmaking and contemporary technology. **Free**



**Spoken Word Night:**  
**1000 Monkeys (poetry)**  
**Thursday 21 June, 7.30pm**

Take a seat, grab a drink and enjoy poetry readings from Dónall Dempsey, Kitty Coles, Kyle McHale,

Ray Pool, Janice Dempsey and others. There will be an open mic for readers from the audience, so come along and share your own poems for up to 5 minutes at the mic. An informal evening of listening and sharing poems in a friendly atmosphere. **Free**



**Live Theatre:**  
**An Evening with Hurtwood House**  
**Friday 22 June, 7.30pm**

Come along and enjoy a dramatic presentation from some of the sixth form students involved in the Acting Company at Hurtwood School. **Tickets: £11**



**Film: Darkest Hour (PG)**  
**Saturday 23 June, 2pm & 8pm**

A thrilling and inspiring true story at the precipice of World War II as, within days of becoming Prime Minister of Great Britain, Winston Churchill (Academy Award nominee Gary Oldman) must face one of his most turbulent and defining trials: exploring a negotiated peace treaty with Nazi Germany, or standing firm to fight for the ideals, liberty and freedom of a nation.

**Tickets: £8.25 Adults; £7.25 Friends; £5.50 under 16s**

**Community: The Great Get Together**  
**Saturday 23 June, 10am**

Come and join us for refreshments and meet your neighbours. In celebration of MP, Jo Cox's life, who said 'we are far more united and have far more in common than that which divides us'.

**Children's Workshop: African Masks**

**Saturday 23 June, 2 - 3pm**

A fun, creative workshop led by local artist Miriana D'ambrosio, suitable for ages 5-7 years.

**Workshop Fee: £5**



**Fundraiser: English National Opera Gala Performance**  
**Tuesday 26 June, 7.30pm**

The Trustees of Cranleigh Arts Centre, reg. charity no. 284186, invite you to a fundraising event in support of live music at Cranleigh

Arts. English National Opera soloists Karen Foster (Mezzo), Claire Pendleton (Soprano), Adam Sullivan (Tenor), Paul Sheehan (Baritone) and Simon Haynes (Piano) give a gala performance of well-loved operatic arias. Appearing by kind permission of the ENO. **Tickets: £25**



**Live Dance:**  
**A Dance For All Seasons**  
**Saturday 30 June, 7.30pm**

An evening of dance and music presented by Quicksilver Dance Company and special guests.

Featuring dance from across the

genres, from lyrical jazz and ballet, to contemporary folk and Spanish. Quicksilver is a Surrey-based dance performance company for dancers aged fifty and above, with no sell-by date! **Tickets: £15**

**Community: The Men's Shed**

**Every Thursday, 10am to 1pm**

The Cranleigh Men's Shed is about social connections and friendship building, sharing skills and knowledge, and of course a lot of laughter. Part of a national scheme, The Men's Shed is a community project for men to connect, converse and create. The group, mostly working with wood, meet every Thursday in the Arts Centre Pottery room. **Free**

**Community: Colour at Cranleigh**

**Every Tuesday 10am**

Did you know that colouring has been scientifically proven to calm the mind? Enjoy a colourful break in your day in our drop-in sessions. Have some 'me' time whilst meeting new people with friendly chatter in a relaxed environment.

**Free**

**Community: Knit & Natter**

**Every Friday 10.30 – 12 noon**

Are you nifty with needles or fancy being a wonder with wool? Join us for knitting and nattering in our Gallery. All abilities welcome. Bring your own yarn and needles. No booking necessary - just turn up! A small donation towards tea would be welcome. **Free**

## BOX OFFICE INFORMATION

**01483 278000** (Tues-Sat 10am-4.30pm) or visit [www.cranleighartscentre.org](http://www.cranleighartscentre.org)

## PRESS ENQUIRIES

For further information or images - please contact **01483 278001**. Box office **01483 278000** [www.cranleighartscentre.org](http://www.cranleighartscentre.org) / sign up to our e-newsletter / facebook / twitter





Once again the annual tour of Ewhurst's Secret Gardens will take place on Saturday June 16th and **Sunday June 17th, 2-6pm**, when visitors can enjoy gardens that are usually hidden behind walls, fences and hedges. This year we are focusing on the middle section of the village where there will be a variety of sizes and styles, each with their own unique charm.

Two tea venues will be available with our usual variety of delicious cakes, and signs will be displayed in the village to show which gardens are open, as well as a map on the back of the tickets, which are available from **Hazelbank Country Stores** or at any of the gardens on the day. A large plant stall will also provide something for everybody! Proceeds are shared between the Village School and other village charities that benefit the youth of the village.

**Entry is £6.50** which covers both days (**£5.50 OAPS**) with **50p discount** if purchased in advance. **Accompanied under 14s free.**

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**St John Ambulance**

## APPEALS FOR YOUTH LEADERS IN CRANLEIGH

Organisers of St John Ambulance's Cadet Unit in Cranleigh are appealing for people to volunteer as youth leaders, to support young people wanting to become the next generation of life savers.

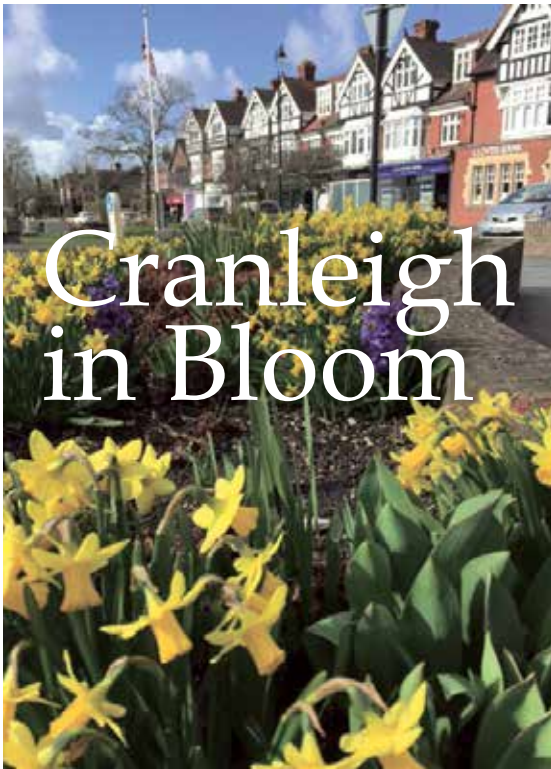
St John Ambulance believes every young person should have the opportunity to learn basic life saving skills in a fun, safe and supportive environment. Cadets, who are aged from 10 to 17 years old, learn a huge range of important life skills, including first aid, as they work towards their Grand Prior Award – the highest award a Cadet can achieve.

Anyone interested in volunteering should be prepared to give a minimum of two hours a week. All training, including a first aid qualification, essential skills for youth work and safeguarding children, will be provided by St John Ambulance. The role may be suitable for someone who is seeking a career in youth work.

For more information please contact James Roberts on **07825 713 949** or email [james.roberts2@sja.org.uk](mailto:james.roberts2@sja.org.uk) Or visit the volunteering vacancies page on the website at [www.sja.org.uk](http://www.sja.org.uk) or call **0303 003 0101**.







# Cranleigh in Bloom

**C**ranleigh is filled with colourful floral displays and hanging baskets which make our village such a lovely place to live and work. In preparation for the South & South East in Bloom Judging day on the 3rd of July, volunteers will be working hard to keep the village weed and litter free. We hope everyone will help to make Cranleigh look as good as possible and as a result enjoy the benefits of a beautiful flower filled village for residents and visitors to enjoy.

South & South East in Bloom encourages communities to work together to improve their environment and Cranleigh in Bloom volunteers have helped with several projects in the village.

## How to get moving?

Working in partnership with Waverley Borough Council, log piles have been built around the three village ponds to enhance the habitat for wildlife.

The neglected front garden at Cranleigh Village Hospital has been improved, weeds removed, overgrowth cut back, fresh compost added and donated plants planted. A volunteer mows and edges the lawn weekly. Cranleigh Village Hospital was the first cottage hospital to be opened in England and is a precious landmark in the village.

During the Spring volunteers cleared rubbish, cleaned the patio and removed old plants at Rowleys Centre for the Community. Herbs have been planted in the raised bed and there are plans to further improve the floral displays.

A wildflower area has been created outside the public conveniences in Village Way. Working in partnership with Cranleigh Parish Council and using the kind donation of wildflower turf from Waverley Borough Council, volunteers painted the fences fashionable grey, prepared the ground and then laid the wildflower turf. This spring native wildflower seeds have been sown to bring more colour to the area.

Sunflower seeds and pots have been given out to encourage children to plant and grow sunflowers. A place has been reserved near the Library so that the children can plant them and watch them grow.



Cranleigh Rocks was launched in the Easter holidays. Painted pebbles were hidden in & around the village and has this generated an amazing response from residents & visitors alike. In excess of 500 pebbles have been painted and hidden with more being added each day by families who are joining in.

The Parish Council has dedicated a corner of Snoxhall Fields to be a tranquil natural woodland style Centenary Garden. Work started in April and Cranleigh in Bloom will be involved with the planting and will help to look after the garden.

Donated by Waverley Borough Council a new bench has been installed (take out repetition of 'a new bench') outside the village hall to celebrate Cranleigh being awarded the Town Award 2016 by South & South East in Bloom.

It is with thanks to generous sponsors and volunteers that this initiative can continue. The public areas are watered and maintained by volunteers. If you are able to help with this, Cranleigh in Bloom would love to hear from you. Our email address is [Volunteers@cranleighinbloom.net](mailto:Volunteers@cranleighinbloom.net)





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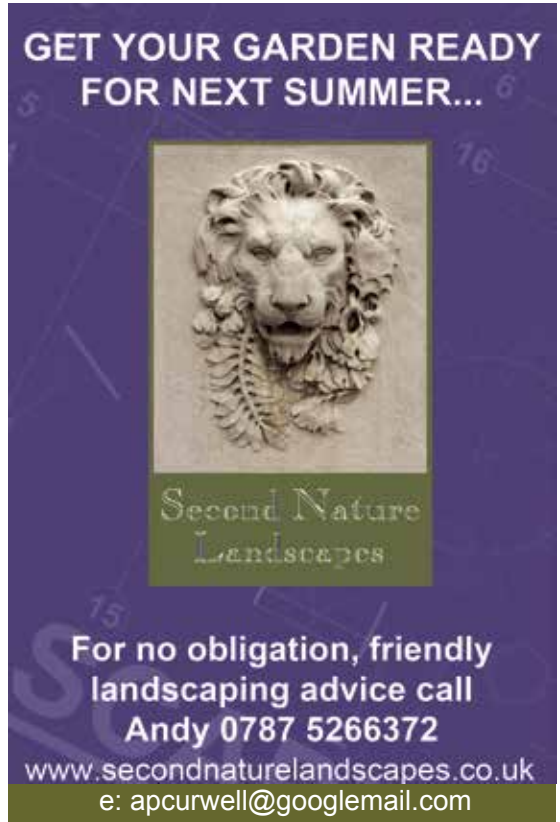
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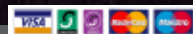
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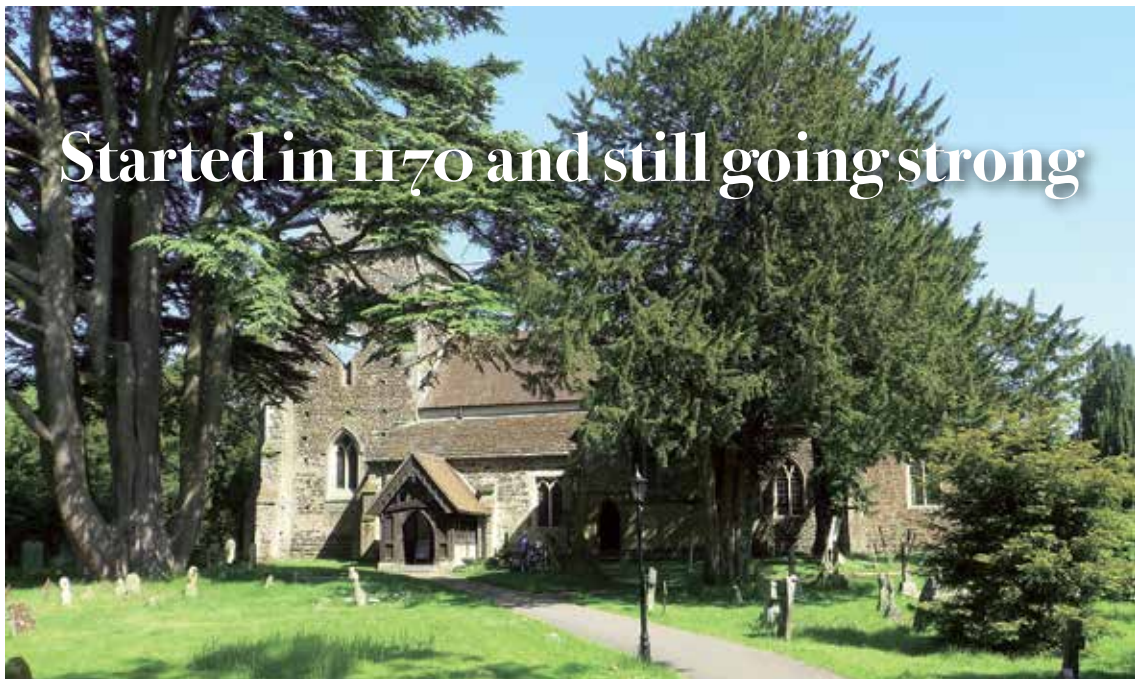
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# Started in 1170 and still going strong

**W**hilst it all started in 1170, what we have today is the benefit of the commitment and dedication of many thousands of people across the centuries to give us a heritage asset and place for the village of Cranleigh to call its own.

***This year's appeal for help will be on Thursday 7th June and Saturday 9th June.***

## So what of last year?

Of course, across the centuries regular attention to the condition of the structure of the building has been required. Last year the section of the roof covered with Horsham Stone has been repaired as well as some of the large stones (quoins) on one corner of the tower.

Also taken place is the removal of the former Lych Gate step up from the pavement so that safe access is improved together with stabilising work to strengthen the structure. All this as a result of your

support for this unique heritage asset in Cranleigh visited by many during the year

## Next on the repair agenda!

How about sponsoring a Quoin which is one of several corner stones that are structurally important and take the brunt of the weather? Replacing these will pass on this precious heritage to the generations to come. Depending on size and with fitting these cost £450.



## How about sharing the cost of one in a family or even a local business?

Just contact the church office on **01483 273620** who will be pleased to hear from you and provide simple detail of how you can help with this restoration work. Of course, do have a look around whenever you like. There are printed guides available as well as a children's trail with questions and an answer sheet for the adults – but don't tell the children. ■



## St Nicolas Church Fete:

**14th July 12-4.30pm**

St Nicolas Church Fete High St, Cranleigh  
A very truly traditional afternoon of fun for all the family, plenty of stalls buy, win and play for all ages from 0 to 100+ years old also best hat competition.

# Cranleigh Amateur Swimming Club



## Training, Training . . . and more Training!



*Inset: Cranleigh Swimmers from St. Cuthbert Mayne*

**T**raining continues at Cranleigh ASC as we head into the summer season towards Regionals, a local Gala and our very own Cranleigh Open meet on 10th June. This event attracts club, swimmers and parents from other clubs in the area and is always great fun. We offer a range of options for local businesses to sponsor the event so please contact us if you are interested.

Spurred on by the lighter nights, David has the swimmers training very hard before exam season sets in at schools . . . 2 hour sessions now sometimes seeing 6km of swimming for the senior group – they certainly burn off the odd ice cream!

Excitingly some of our younger swimmers who attend St Cuthbert Mayne Primary School qualified 3rd the region in the Surrey Small Primary Schools gala. They went on to compete in the South East Primary Schools Team Championships (Schools Regionals) on Saturday, 12th May at Spectrum Leisure Centre in Guildford, in the Mixed Stroke Relay event. The team swam amazingly well and came 4th, just missing out on the Nationals by 0.08 seconds! This was a qualifying round for the national finals which will take place in Sheffield on 16th June. The team swam Backstroke, Breaststroke (Sophia Craig), Freestyle (Abi Southwell) and Freestyle (Emma Small). Well done Cranleigh girls!!

Its great to see how the swimmers are starting to really focus on what they are achieving and progress accordingly. Many swimmers in our junior squads are learning fast, improving and moving up.

If you are interested in joining Cranleigh ASC, please come down and see us on a Sunday evening at Cranleigh Leisure Centre from 4.30pm onwards or visit our website [www.cranleighsc.org](http://www.cranleighsc.org)

We are offering **two free taster trial sessions**, for children wishing to see if they enjoy it **AND... A SPECIAL OFFER** for the month of June - we are offering **FREE** month membership just quote code "cran30" (after successful trial) ■

## Cranleigh Adult Masters Swimming Club

Are you a good all round swimmer and need to get into some serious fitness? Then join the 'Adult Masters Swimming Club' Tuesdays and Thursdays **9 - 10am**. The pool comes with a professional instructor at **£6.00** per session for a mixed class.

For more information contact Mike Wilson on  
**01483 271 733**







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**Mrs Johnson, Godalming**

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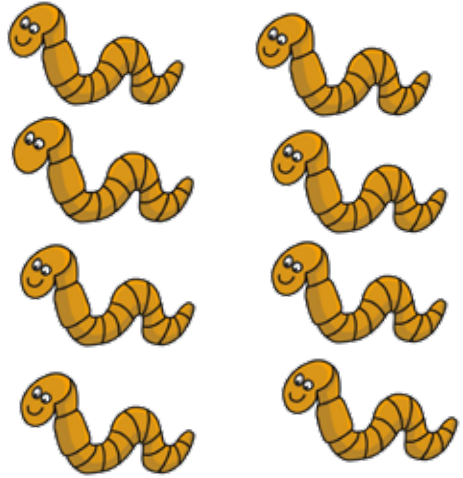
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# AGE UK SURREY SEES AN INCREASE IN ANXIETY AND DEPRESSION AMONGST OLDER PEOPLE



The latest wellbeing data from the Office of National Statistics shows that overall satisfaction with health (including mental health) is declining and more people are suffering from anxiety and depression year on year. Research commissioned by YouGov and Age UK has confirmed that around half of the over 55s say they have experienced anxiety. This trend is also borne out by evidence gathered by Age UK Surrey, the charity that supports people in later life. In the last 6 months over a third (36%) of counselling clients have presented with anxiety as their prevailing issue. This is in contrast to a year ago when only 14% of counselling clients reported feeling anxious.

Mental Health Awareness week (14-20 May) gives us an opportunity to consider what mental health is all about, and what steps we can all take to improve and maintain our emotional wellbeing.

Put simply, mental health is about the ways we think, feel and behave. Everyone feels down or worried from time to time, especially at times of change such as the loss of a loved one, or relationship breakdown. In fact a small degree of stress in life is perfectly normal. But living in a chronic state of stress can lead to serious problems both physical, including heart disease, and emotional, such as low mood that interferes with day to day life. Anxiety is excessive worry and if not managed can lead to panic. Anxiety and panic often manifest in physical symptoms such as increased heart rate, sleeplessness, Irritable Bowel Syndrome and tension headaches.

Counselling is one way that can help. Having someone to talk to who is non-judgemental and who can give practical techniques to help manage symptoms can make a real difference and positive impact to a person's life.

Jo Williams, Age UK Surrey's Counselling Co-ordinator said "A lot of older people are struggling with stress and anxiety and perhaps don't feel they can talk to their close friends and family about it. Talking to a trained counsellor in complete confidentiality can make a real difference to a person's outlook and wellbeing. Best of all, we can see the client in their own home, and we can get to them quickly – which is usually what someone who is worried or upset needs. The average lead time from initial telephone enquiry to the first face-to-face counselling session is currently only 12 days." ■

For more information about Age UK Surrey Services, including Counselling across the County please visit our website: [www.ageuk.org.uk/surrey](http://www.ageuk.org.uk/surrey)

## Ghouls and Spooks: Cranleigh Choral Society Concert. June 23rd 7.30 pm. Cranleigh Village Hall.

**Ghouls and Spooks** – perhaps not the expected programme for a mid-Summer's evening, but an entertaining one, we can assure you! Joseph Horovitz's spoof oratorio, *Horroratorio*, tells the ghoulish tale of the wedding of Dracula's daughter to Frankenstein's monster. To continue the supernatural mood there will also be a few arias and choruses from Gilbert and Sullivan's *Ruddigore* (*The Witch's Curse*), the story of Sir Ruthven Murgatroyd, enamoured of the lovely Rose Maybud but doomed by a terrible curse. Marcus Pashley conducts. Come and hear Cranleigh Choral Society in its less serious mode and join us for a glass of wine afterwards.

**Tickets £12: 01483 274455**  
[secretary@cranleighchoralsociety.org.uk](mailto:secretary@cranleighchoralsociety.org.uk)  
or on the door.

# Governors wanted at Charity Schools for Dyslexic Children



**T**he Moon Hall Schools Educational Trust is undergoing some exciting new developments with the appointment of two new Head Teachers. The Trust was established in March 1990 and is a registered charity, running two schools for around 160 dyslexic children at Holmbury St Mary and Leigh in Surrey.

Experts differ on the extent of dyslexia in the population but the consensus is that between 10% and 15% of people are dyslexic. Dyslexia occurs in people from all backgrounds and of all abilities. Examples of well known people with dyslexia include Richard Branson, Tom Cruise, Jamie Oliver, Steven Spielberg and even Albert Einstein.

Dyslexia causes problems with literacy and/or numeracy such that the children experience learning difficulties in mainstream education. Emma Fraser, the Head at Holmbury (on the site of Belmont School) near Dorking explains that "the Trust provides specialist education from age 7 to 16, including GCSE. The Trust is funded by payments made by parents from their own resources, by local education authorities or from the Trust's own funds by way of bursaries. There is currently no state institution that replicates the specialist education provided by the Trust."

In view of the specialist requirement involved in teaching children with dyslexia, the Trust closely follows ongoing academic research. For example, the Trust recently hosted a PhD student from University College London who is involved in a substantial research project at the University.

Alison Hedley, the Head at Leigh, comments that "as a dyslexic school we realise the importance of ensuring our curriculum meets the learning needs of our pupils and one of the most important strategies we are currently implementing is the development of our pupils' communication skills. Last year, we launched a new programme to develop oracy skills within English lessons, which has been incredibly successful with outstanding results achieved in ESB and LAMDA examinations. We are continuing to strengthen this excellent foundation by being part of the national Oracy Programme Voice 21."

To help the Trust deliver its objectives in this important area of education, the Trust would be delighted to hear from individuals who might like to offer their support as Governors of the two schools. Experience may be in education (perhaps with direct experience of dyslexia), or in business management, or in financial management / accountancy, or in IT systems, or in marketing & business development. The Trust also wishes to appoint a new Chair to lead the Board. For further information, please contact Dr Bruce Dean, Chairman of the Finance Committee: [brucedean@statacom.net](mailto:brucedean@statacom.net) or tel **07763 146521**.

Details of the two schools can be found at [moonhallschoolreigate.co.uk](http://moonhallschoolreigate.co.uk) and [moonhallschooldorking.co.uk](http://moonhallschooldorking.co.uk).

*Cromwell Coffee House-Homemade Food*



# Celebrating 50 years



**D**uring the week beginning **11th June**, we are celebrating **50 years of education at Park Mead**. The Infant school opened first with 36 children as the estate was being built and the older pupils transferred to the Junior school to form their first intake of 99 pupils. Over the years, many changes have taken place; transition to first and middle schools, Grant Maintained and Foundation Status and the schools' rapidly expanding pupil population peaked at just under 950 in the late 1970s. Class numbers in the high 30s was not uncommon and the largest recorded was 44. This in the days before the advent of Teaching Assistants and support staff! In September 2003, the Primary School opened as an amalgamation of the Infant and Junior Schools.

The week promises to be an exciting one, packed with activities and events for past and present pupils, staff, parents and grandparents. School meals will be served in the manner of menus of the 1960s, culminating in a street party on **Friday 15th June**. The curriculum will incorporate historical events of the time, music, art and how Cranleigh itself has expanded. We may even study pre-decimalisation measures in mathematics!

Past pupils are welcome to take part in guided tours of the school to see the changes in the buildings and layout during the mornings of **Tuesday 12th, Wednesday 13th and Thursday 14th June**. Please contact the school office on **01483 274315** or [info@park-mead.surrey.sch.uk](mailto:info@park-mead.surrey.sch.uk) for more details. A more formal tea-party event for past and present staff is planned for **Tuesday 12th from 6.00 pm**. Our current School Council will prepare a time capsule for future generations and on one evening we hope to host an 80s style Roller Disco.

The week will culminate in the annual summer fair with a 'Fabulous at Fifty' theme and entertainment will be provided by staff and pupils. There will be refreshments, raffle, tombola, games, bouncy castles, fun in the nature garden, glitter tattoos and much more. Take a look around our Park Mead museum to view photos of what the school was like over the decades. The fair will take place on **Saturday 16th June between 3 and 6 pm** on the school field. **Entry is free and all are welcome.**

A lasting feature will be a monument comprising a mosaic of painted pebbles by all current pupils and staff. Former students and staff will have the opportunity to paint their pebble at the summer fair. ■

Some say . . .

**Try to leave the Earth a better place  
than when you arrived**

**Sidney Sheldon**

## Smart Cranleigh Volunteer Community Connector

**S**mart Cranleigh is a not for profit community interest company with a Mission to "Connect the Community".

Our purpose is to improve community wellbeing by active relationships with providers of services; signposting and coordinating their accessibility by the community. We will improve the life experience and well-being of the people of all ages of Cranleigh, Ewhurst and adjacent hamlets by reducing gaps and duplication of support.

We support community projects that make a positive difference to the lives of local people.

Following extensive engagement with the community loneliness has been identified as a key issue. We aim to identify and facilitate the reduction of isolation and loneliness, working alongside existing organizations and groups, large and small.

The Directors wish to engage one or more part time volunteer Community Connectors who will provide cover totalling five mornings a week at its shared office on the High Street in Cranleigh. This role will appeal to a committed and experienced volunteer who wishes to be part of improving life for all ages in Cranleigh and surrounding villages through better communication and connected promotion of the good work being done by voluntary, charitable, health and social care organisations.

An outline job description and application pack relating to Smart Cranleigh's Mission is available from [info@smartcranleigh.org](mailto:info@smartcranleigh.org)

Applications are invited by 15th June and should be sent by email to [info@smartcranleigh.org](mailto:info@smartcranleigh.org) Interviews will be held in Cranleigh the week of 25th June. ■





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The recently refurbished hall is double glazed with full central heating, a fully fitted kitchen with tableware for 80 people. It is ideal for holding parties, family gatherings, business meetings and classes. Bi-fold doors open on to a large secure playing field, For further information or to arrange to view the hall please contact

Valerie Miles: **01306 627248** or

[email:valerie@fivemiles.co.uk](mailto:email:valerie@fivemiles.co.uk)



**HOLIDAY BIBLE CLUB 2018**  
**BIBLE BY THE BEACH**  
 MONDAY 30<sup>TH</sup> JULY - FRIDAY 3<sup>RD</sup> AUGUST



Start: 9.15am  
 Craleigh Cricket Field

Finish: 12.10pm  
 Craleigh Baptist Church

**Free & open for all aged 4-11 years**  
 Must be 4 by Sunday 26th July 2018

**CBC**  
 Craleigh Baptist Church

**t: 01483 275371 m: 07984 679 407**  
**andy@cranleigh.org.uk**  
**www.cranleighbaptistchurch.co.uk**

## Studio Fitness Classes in Cranleigh

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## Cranleigh Badminton Club welcomes new players



**C**ranleigh Badminton Club can help you get fit, lose weight and meet new friends – what more do you need!

If you are looking for a good way to lose some pounds, or you just want to give yourself a relaxed workout in a friendly atmosphere, Cranleigh Badminton Club has the answer! Cranleigh Badminton Club (CBC) is based at Glebelands School, Parsonage Road, Cranleigh.

The club has been established for over 25 years and caters for all standards of player male and female. We can offer friendly advice for those with less experience and we can also offer good-standard competitive games for more experienced players. We are a friendly club that plays at a social but competitive level with players ranging from 16 to 70. We play every Friday from 8pm to 10pm.

There is no annual subscription, you just turn up and play. All you have to do is pay each night you attend – it's only £5.00 per night! For all new players, once you have paid for your first night then the next time you come you get a free night. There is plenty of free parking and the sports hall facilities are excellent. We provide feather shuttles, all you need is a racquet. There is no strict dress code, but we suggest shorts/ track suit bottoms and a t-shirt. Any pair of trainers/court shoes will be fine.

For further information contact club Secretary Maura on **01483 267634** or by email at [maurasyed@hotmail.com](mailto:maurasyed@hotmail.com), or our club Chairman, Mike on **01483 276667**

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## Local information

### LIBRARIES

#### CRANLEIGH LIBRARY

High Street, Cranleigh. Tel. 0300 200 1001

Mon. closed all day  
Tues. 9.30 a.m. to 5.00 p.m.  
Wed. 9.30 a.m. to 5.00 p.m.  
Thur. 9.30 a.m. to 5.00 p.m.  
Fri. 9.30 a.m. to 5.00 p.m.  
Sat. 9.30 a.m. to 5.00 p.m.

#### BRAMLEY LIBRARY

High Street, Bramley. Tel. 0300 200 1001

Mon. closed all day  
Tues. 10.00 a.m. to 5.00 p.m. Wed. closed all day  
Thur. 2.00 p.m. to 5.00 p.m.  
Fri. 10.00 a.m. to 5.00 p.m.  
Sat. 10.00 a.m. to 4.00 p.m.

### CHURCHES & CLERGY IN CRANLEIGH

#### Church of England

Rev. Roy Woodhams.

The Rectory, High St. 01483 273620

#### Roman Catholic

Father David Osborne

St Nicolas Avenue 01483 272075

#### Methodist

Rev. Dr. Claire Potter

Church Office, High St. 01483 575 667

#### Baptist

Rev. David Burt

Church Office, High St. 01483 275371

#### Free Church

Mr Cyril Wearn

Alfold Chapel, Alfold Road, Alfold 01403 752167

### CITIZENS ADVICE

#### WAVERLEY CRANLEIGH BUREAU

Village Way - Cranleigh 0344 848 7969

Monday, Tuesday & Thursday

10.00 a.m. - 4.00 p.m.

**CRANLEIGH Clean** t: 01483 346503  
[www.cranleighclean.co.uk](http://www.cranleighclean.co.uk)

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e: [robashbee@cranleighclean.co.uk](mailto:robashbee@cranleighclean.co.uk)

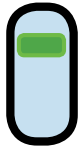
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## Helpful Telephone Numbers



### PHYSIOTHERAPISTS & OSTEOPATHS

Cranfold Physical Therapy Centre  
**01483 267747**  
Cranleigh Osteopathic Practice  
**01483 268628**  
Cranleigh Chiropractic Clinic **01483 200358**

### PODIATRISTS / CHIROPODISTS

Cranfold Physical Therapy Centre  
**01483 267747**  
Cranleigh Foot Clinic **01483 276178**  
Mrs R.A. Wimbledon SRCh **01483 277505**

### DOCTORS AND SURGERIES

Cranleigh Medical Practice **01483 273951**  
Loxwood Surgery **01403 752246**  
Rudgwick Surgery **01403 822103**  
Wonersh Surgery **01483 898123**  
Shere Surgery & Dispensary **01483 202066**  
Cranleigh Village Hospital **01483 782400**  
Royal Surrey County Hospital **01483 571122**

### CHEMISTS / PHARMACY

Cranleigh Pharmacy **01483 274323**  
Rudgwick Pharmacy **01403 823791**  
Boots/Boots High Street **01483 276799/01483 274323**

### DENTAL SURGERY

Warren House Dental Practice **01483 274664**  
Cranleigh Dental Centre **01483 268999**  
Kelsham Dental Practice **01483 274552**

### VETERINARY

Brookmead Veterinary Surgery **01483 274242**  
Alfold Veterinary Surgery **01403 753500**  
Yew Tree Veterinary Centre **01483 275665**  
Hunters Lodge Veterinary Practice  
**01483 276464**  
Rowley House Vet **01483 272999**

### COUNSELLING

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Lemongrass **01483 275891**  
Ask Cranleigh **01483 271555**  
Take It To The Table **01483 274036**  
The Curry Inn **01483 273992**  
Rania Restaurant **01483 267800**  
The Richard Onslow **01483 274922**

### EMERGENCY

Police (Emergency) **999**  
Police (Non-Emergency) **101**  
NSPCC **0800 800500**  
National Missing Persons **0500 700700**  
Rape & Sexual Abuse Support Centre (RASASC) **0808 8029999**  
Crimestoppers **0800 555111**  
Childline **0800 1111**  
RSPCA **0300 1234999**  
Samaritans **0845 7909090**  
NCT Helpline **0300 3300770**

### TRAVEL

AA Emergency Breakdown **0800 887766**  
Flight Enquiries for Gatwick **0844 8920322**  
Flight Enquiries for Heathrow **0844 3351801**  
National Rail Enquiries **0845 7484950**  
RAC Emergency Breakdown **0333 2000 999**

### LEISURE

Cranleigh Leisure Centre **01483 274400**

### LOCKSMITHS

Locksmith Godalming-24/7 **01483 320143**  
Be Safe Security Ltd **01483 860708**

### HELPLINES

Surrey Drug & Alcohol Care  
**Freephone 0808 802 5000**  
Age Uk Surrey **01483 503414**  
Alcoholics Anonymous **0845 7697555**  
Cranleigh Village Care **07908 976 394**  
(Volunteer Transport Service)  
Citizens Advice **0344 848 7969**  
Cranleigh Community Line **01483 267999**  
Cruse Bereavement Care **01483 565660**  
Legal Line **0906 5534545**  
Victim Support (Surrey) **0845 3899528**

### CHARITIES

Cranleigh & District Lions Club **0845 8332711**  
Ewcare **01483 277606**

### COUNCILS

Cranleigh Parish Council **01483 272311**  
Surrey County Council **0845 6009009**  
Waverley Borough Council **01483 523333**





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