

FEBRUARY 2019 ISSUE 40



# CRANLEIGH MAGAZINE

FEBRUARY

## From the Heart

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FEBRUARY 2019



## CRANLEIGH MAGAZINE

**WELCOME** to Cranleigh Magazine in the month of February. Life! It's all about passion. What is it that drives us to get up in the morning? Going to work, achieving, falling in love with something or someone who we just click with and see stars in our eyes. Follow your heart!

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  
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[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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© Chris Flood, Pair of Swans on the Wey-Arun Canal

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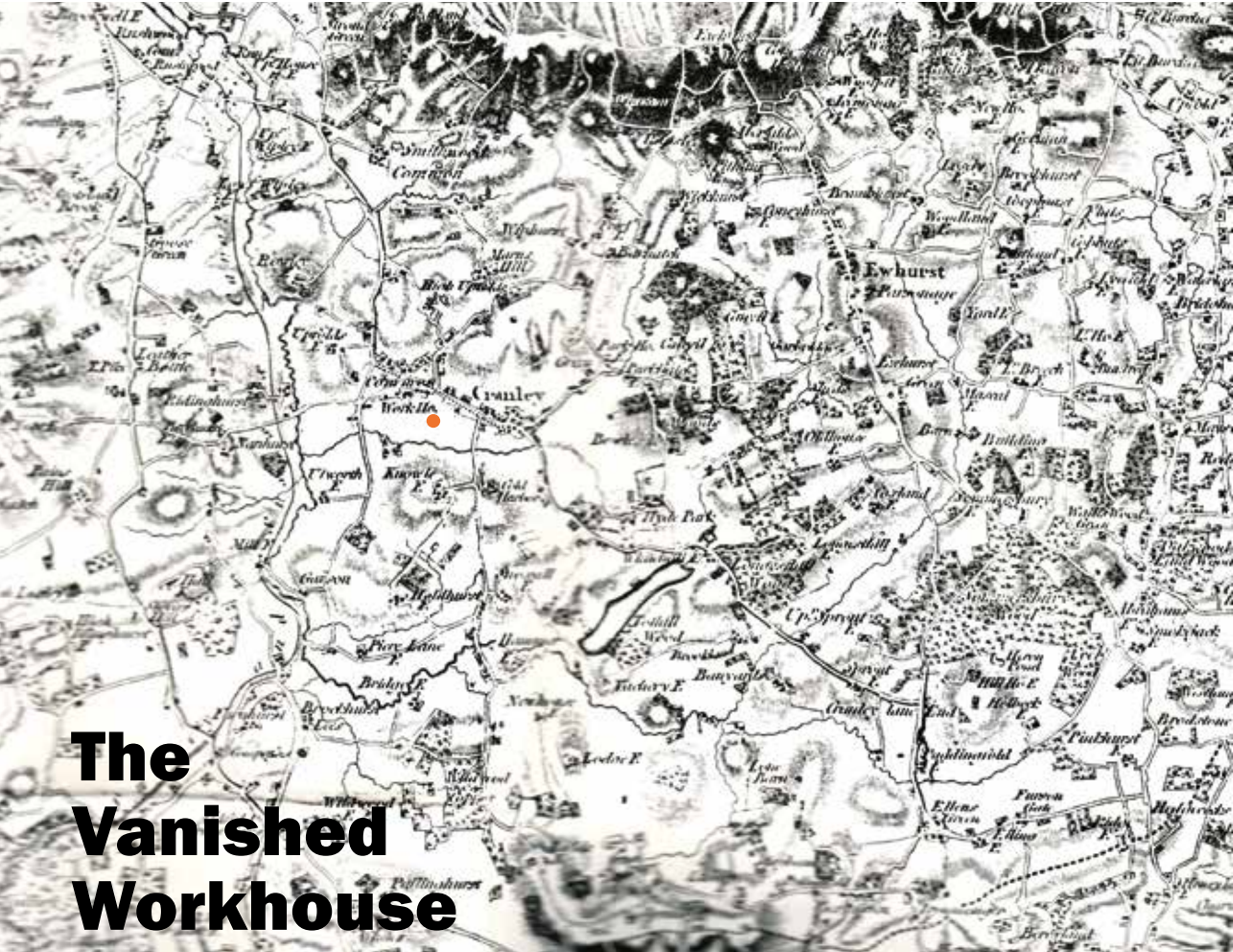


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# The Joy of Cranleigh

**Joy Horn** brings some anecdotes from past times

Now that the centenary of the Great War has passed, the 'Joy of Cranleigh' feature this year is presenting several Vanished Buildings of Cranleigh



## The Vanished Workhouse

Part of the first Ordnance Survey one-inch map (1816), showing the Workhouse

It may come as a surprise to hear that Cranleigh had its own workhouse. There are no known drawings of it, and it was before photography was developed, but it figures on old maps, and quite a lot is known about it and the inmates.

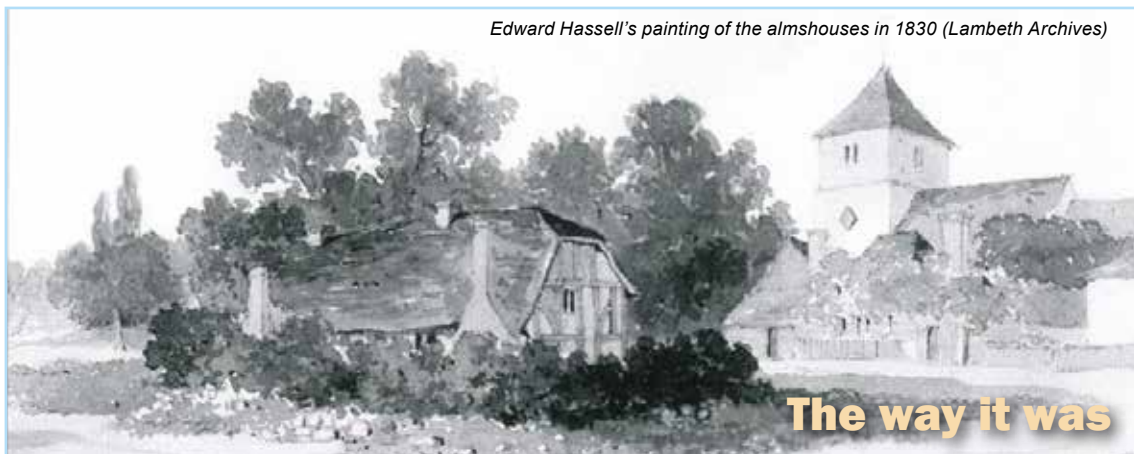
From the time of Queen Elizabeth I, every parish was responsible for their own poor. Every year a 'poor rate' was levied on householders and landowners, and two unpaid 'overseers of the poor' were chosen to distribute relief to the needy. People who fell into poverty away from their own parish were returned there, in theory. In Cranleigh there were almshouses next to the parish church where poor people could be housed temporarily.

In 1793, the Cranleigh Vestry (forerunner of the parish council) took advantage of a recent Act of Parliament and leased six acres of the Common 'to be enclosed for the purpose of erecting a poorhouse or workhouse'. The aim was to accommodate 150 unemployed, sick or elderly people (some accounts say 250).

The workhouse was three stories high, built of stone. My guess is that, like the Village School (Arts Centre), it was built of local stone, brought down from the Surrey Hills. Adjoining it was a hospital, pest-house (isolation house), a 'dying room', two double tenements (houses), stable, barn and other outbuildings. Unfortunately, it was a big mistake to





*Edward Hassell's painting of the almshouses in 1830 (Lambeth Archives)*

## The way it was

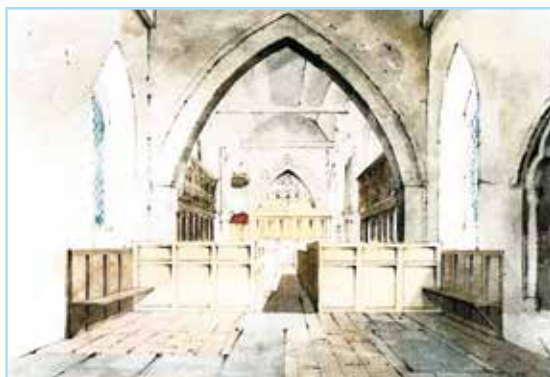
plan on this scale: Cranleigh Vestry expected other local parishes to join in, but only Wonersh did.

The inmates of the workhouse attended St Nicolas's church every Sunday, and in 1798 a gallery was erected to accommodate (segregate?) them at the back of the church, across the West window. The artist Edward Hassell painted it, looking from the chancel (altar) end, down the nave. (There are galleries above both of the aisles, too, and these, together with the box pews, make the church seem very 'closed in'.)

The workhouse was run by a 'governor' or 'master', and we have records of his buying meat from Parsonage Farm for the inmates – a sheep's carcass, a sheep's side, and two hind quarters of lamb. We do not know how it was served up.

The number of paupers in the Cranleigh workhouse never approached anything like 150. The highest number was 25. In 1822 there were only 15. In that year, the Cranleigh Vestry resolved to pull down the West wing and in 1825 they decided to demolish the East wing also, deeming the central block as sufficient.

The Vestry minutes suggest that its members were

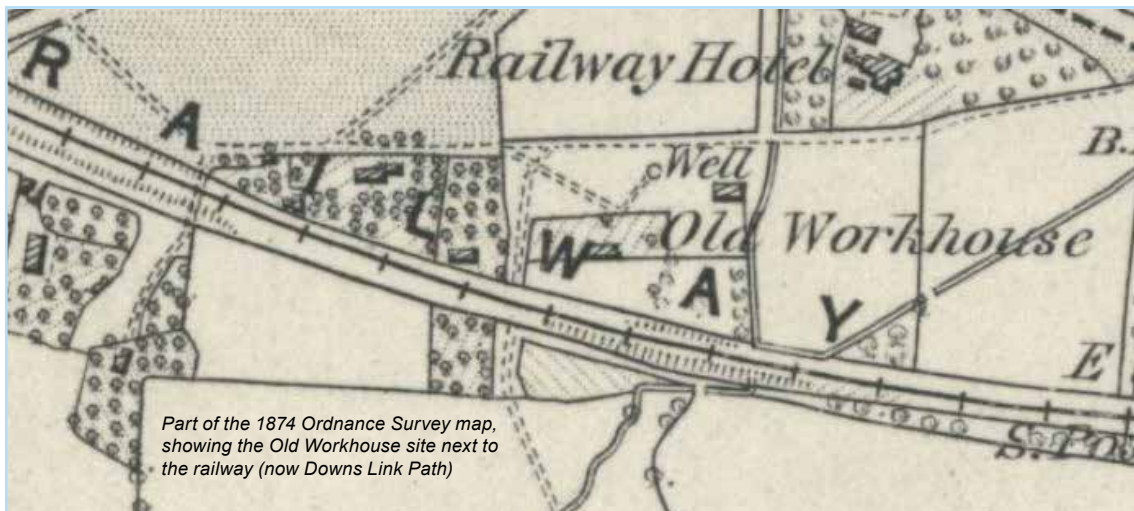


*The church interior painted by Edward Hassell in 1828, looking from East to West (Lambeth Archives)*

humane men, trying to do the best for the poor people. George Chitty, a widower blacksmith, found work at Leatherhead and was allowed to leave his two young children to be cared for in the workhouse.

A Ewhurst woman was paid 1/- per week to look after a pauper girl, Leah Edwards, and the Vestry negotiated an apprenticeship for 'Nathan Haynes's

*continued on page 8*

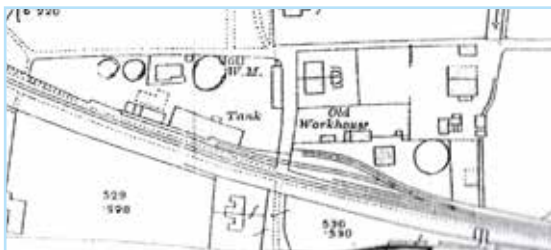


*Part of the 1874 Ordnance Survey map, showing the Old Workhouse site next to the railway (now Downs Link Path)*

*The workhouse site today: Astra House and the rear view of Birchwood*



son' with a local blacksmith, George Steere, paying £5, half of the premium. In 1834, George Elliott, his wife and seven children, and James Toft, his wife and six children were given money to help them emigrate to America.

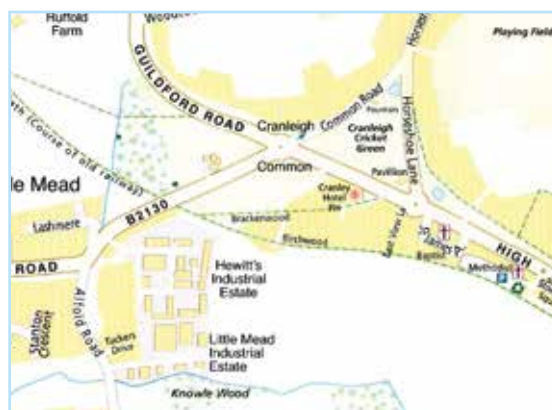


*Part of the 1915 Ordnance Survey map. A large gasometer has now been built on the site, and a branch railway line brought through it*

Nationally, however, the system was proving too expensive. Towns could not cope with the influx of paupers from the country, and it was impractical to return them to their parishes. So the Poor Law Amendment Act was passed in 1834. This planned to organise poor relief centrally, and the country was divided compulsorily into district-wide Poor Law Unions, serving groups of villages. Cranleigh was put into the Hambledon Union of sixteen nearby parishes. The new union workhouses were built to resemble prisons and deliberately had a régime so draconian that people dreaded going into them and in theory would be motivated to find work in order to stay out.



*New name for the workhouse site*



*From the Cranleigh Guide 2018: the old workhouse site can be recognised from its triangular shape by the Downs Link path*

Cranleigh's workhouse was now redundant, as the paupers there were moved to Hambledon Union workhouse by 1837. Some buildings remained on the site, which is labelled as 'Old Workhouse' on maps for many years. Today the development called Birchwood and the industrial site behind it are built on the workhouse site. ■

**The Cranleigh History Society** meets on the second Thursday of each month at 8.00pm in the Band Room. . The next meeting will be on Thursday February 14th, when Jonathan Graham-Brown will speak on 'The history of theatre in Guildford'.

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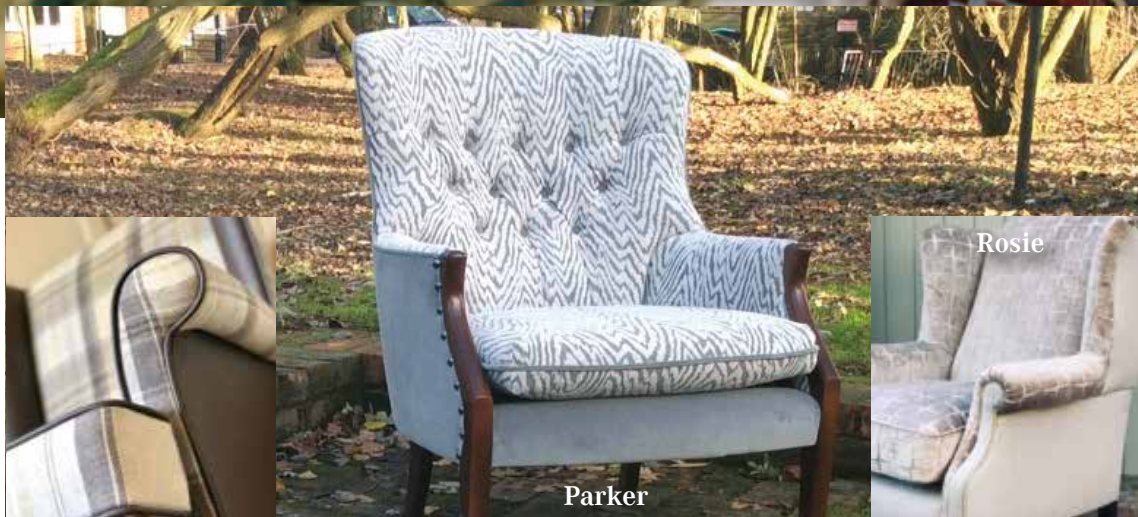




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# Crane Spotter:

tales from a Cranleigh birder

## February **Valentine's special helper**

**W**ith the snowdrops bursting through and the days noticeably longer I had been expecting the return of a powerful songster to announce Spring's imminent arrival.

And late last month he started up again, true to form. The Mistle Thrush. At this time of the year he reappears as if by magic and belts out a string of jumbly phrases to puncture those icy showers. Even when dark clouds govern dreary February days this bird will be cheering us up because he is one of the first reminders that love is in the air again.

So where was he all winter? Around and about in the fields and woodland edges. But he has not been vocal until now and is only a rare visitor to any small garden.

His nickname – the Storm Cock - is well deserved. Like a domestic cockerel, he can be heard a long way off, at least half a mile or more if you are in open country.

The song features some Blackbird-like notes but without such a wide range up and down the scale. This gives his music, interspersed with frequent pauses of up to a couple of seconds, a somewhat forlorn quality. Maybe he will sound happier when he attracts a mate!

The Mistle Thrush, so named for its fondness of mistletoe berries - especially elsewhere in Europe - is the largest of our thrushes and king of them all.

If you had fun at Christmas under the mistletoe, then thank this bird. I think there could be some truth in the old tale that says these berries only germinate if they pass through its body.

For a tough guy he is generally remarkably shy and prefers to feed in the company of others on our fields or on Cranleigh's sports pitches. But he soon takes flight when people and dogs arrive.

Hearing his song is one thing - but pinpointing where it is coming from is another. It is best to look at the tree tops where he invariably stands out as the solo performer.

In flight his identity is betrayed by the obvious white outer feathers to the corners of his greyish brown tail. His back, nape and crown are a similar colour. But face-on the Mistle Thrush has a white breast and rounder black spots than the more common Song Thrush.

The underwings are coloured white and he is portlier than his relative, having a well-rounded belly and longer tail. Overhead he looks heavy and has an undulating flight like a woodpecker.

Another good identification feature is the flight call. Remember those wooden rattles used by football fans? It sounds like one of those.



**Main photo:**  
*The Mistle Thrush (Turdus viscivorus)*







*A Mistle Thrush eating berries (Turdus viscivorus)*


Mistle Thrushes, although moderately common residents in the area, don't necessarily all hang around here for the whole year. A bird ringed as a youngster in Ewhurst one May was in Caen, France – 145 miles south – by the December. And another ringed in that village had made it to Norway by the following year.

I've seen as many as 10 feeding in a local flock below the Surrey Hills in winter, but it takes harsh weather to bring them closer to our homes. Only once have I had one in my garden and that was in bitter winter snow.

Fieldfares had chased off the Redwings, Song Thrushes and Blackbirds and thought they had the red rosehip laden bush to themselves.

But then a Mistle Thrush swooped in and one blast of his 'rattle' was enough to make them give way for their big brother.

Within ten minutes the ravenous creature had devoured every remaining berry. This species is clearly top of the thrush pecking order. ■

Twitter - @Crane\_Spotter 

# People Profile



Who's who?

**Robin Fawkner-Corbett**  
*A Local Family Doctor*

was born in Havant, Hampshire in 1948 and studied at Portsmouth Grammar School before going on to St Thomas' Medical School in London.

Mine was the last of three generations of doctors, all of whom trained at St Thomas'. My father, a GP in Havant, was a big man both in frame and personality, and a doctor who truly loved his patients and his profession.



# Is there a doct





My parents met at St Thomas', where my mother was a Nightingale nurse. In those days, nurses were unable to get married and stay on working at the hospital – how things have changed!

Following their marriage and over the next ten years, my mother had four sons, and I was the third. We were all fairly competitive. My younger brother, Phil, and I were both sportsmen but my eldest brother, John, very much a non-ball player, wisely stuck to sailing! My second brother, David, was into hockey and he also became a GP.

I met my future wife, Valere, when she was also training to be a Nightingale nurse. Having completed my house jobs, working at both St Thomas's and Kingston Hospital, Val and I were married in September 1972, and then departed for our Down Under "overseas experience" - two weeks later! I was lucky enough to have been offered a job in Auckland by a Kiwi professor of obstetrics who I had met in London. This time in the Antipodes gave us the most fantastic start to our marriage, and in one of the most beautiful countries in the world. We have only been back on 13 occasions!

We sailed for Auckland on the old emigrant liner, the \*Northern Star, and I worked my passage as the assistant surgeon. The voyage took six weeks and was just a little delayed by recurring mechanical problems. However there was time to hone my deck cricketing skills and preside over the Crossing the Line celebrations.

*continued on page 15*

**\*SS Northern Star** was an ocean liner built in 1962 for the United Kingdom-based Shaw, Savill & Albion Line's tourist class round the world service via South Africa and Australia. She was essentially an enlarged version of the SS Southern Cross, built seven years earlier. Northern Star sailed out via the Cape and home via Panama, while her fleet mate sailed out via Panama and home via the Cape. From the early 1970s she spent most of her time cruising, but was continually beset with mechanical problems due to inadequate maintenance. With the great increase in oil prices in 1973/4 she became uneconomic and would have required an expensive and time-consuming refit to make up for the deferred maintenance and so was withdrawn from service at the end of her 1975 summer cruise programme. In spite of being only twelve years old her poor mechanical condition made her unattractive to other operators and she was sold for scrapping.

On December 11, 1975 she arrived at Kaohsiung to be broken up by Li Chong Steel and Iron Works  
Source - Wikipedia

*Main picture: SS Northern Star*

# or on board?





**Main picture:** A big family get together at Mike's home in Guernsey - 5 of the six grandchildren appear in the photo - the last, Freddie, was missing from the photo as he hadn't yet arrived on the scene!!! Myself and Val are pictured bottom right



# I thought it was







*continued from page 13*

I spent 20 months working in hospital jobs in Auckland, and so enjoyed working in obstetrics, that I even contemplated specialising in the subject. Then with a series of rural locums in general practice, my interest in general practice developed. In January 1975 we crossed the Tasman for Sydney, and then having acquired further GP experience in Sydney and up country, we returned home to England in May 1975.

In 1976 I spent my GP training year in Emsworth, and enrolled on the combined GP training course at Queen Alexandra Hospital in Portsmouth and the Royal Hampshire County Hospital in Winchester. The course also included a day of industrial medicine – spent, fortuitously, at Gales Brewery in Horndean!

In 1976 I also started browsing the adverts in the British Medical Journal, looking for a suitable GP practice, and was lucky enough to apply successfully for a GP vacancy in Cranleigh, following on in Dr "Tiny" Davies' footsteps. On the day of my interview cricket was being played on the Common – so I even risked a half pint at the Cranley Hotel so I could relax and watch the cricket.

Thus we moved into Durnsford Way in early 1977 and then on to Woodland Avenue in 1979. In 1999 we moved again - to our present home on The Common in Cranleigh and here we are 20 years later!



***Inset:** Our two children, Katie and Mike*

In 1977 our daughter, Katie, was born, followed by her brother Michael, in 1979. Over 40 years later they now have their own families – Katie, in Herne Hill, with 2 daughters, and Mike, in Guernsey with 2 daughters and 2 sons. Neither of my children have followed me into medicine, but Katie now works at the General Medical Council. Mike works for the Guernsey based mobile phone company "Sure".

I spent my working life in Cranleigh at the old Health Centre, but for a time was also the School Doctor at Cranleigh School. The in-patient and minor casualty work at the Village Hospital were also very rewarding responsibilities. I had hoped in my time as a GP in Cranleigh, I could have worked in a medical facility designed for the 21st C, but am delighted that my successors now have that privilege.

*continued on page 17*





*Main Picture: Trekking the Annapurna Circuit after my retirement*



# Keep taking the





*continued from page 15*

General practice can be stressful, but I had gained some confidence working overseas. Relating well to each and every patient is a goal we all try and set ourselves and when successful, this reinforces the confidence. Computerisation has been a huge undertaking for General Practice and has so many advantages - and one of the new arts of general practice has to be the balancing act of what is on the screen with the doctor patient relationship.

Many years ago, a patient of mine was following a struggling England team on its winter tour of the West Indies. He sent me a post card with my call up papers "England desperately need middle order doctor". With my passion for cricket, I was delighted to receive the invitation and was sorely tempted - but was very much aware that my standard of cricketing ability was in a totally different league.

I imagine the demand for medication and especially antibiotics is as great now as it was when I first arrived in the village over 40 years ago. And I rapidly got a reputation as a bit of non-prescriber - knowing full well that common viral illnesses normally require no specific medication. Antibiotics have their place - when used appropriately.



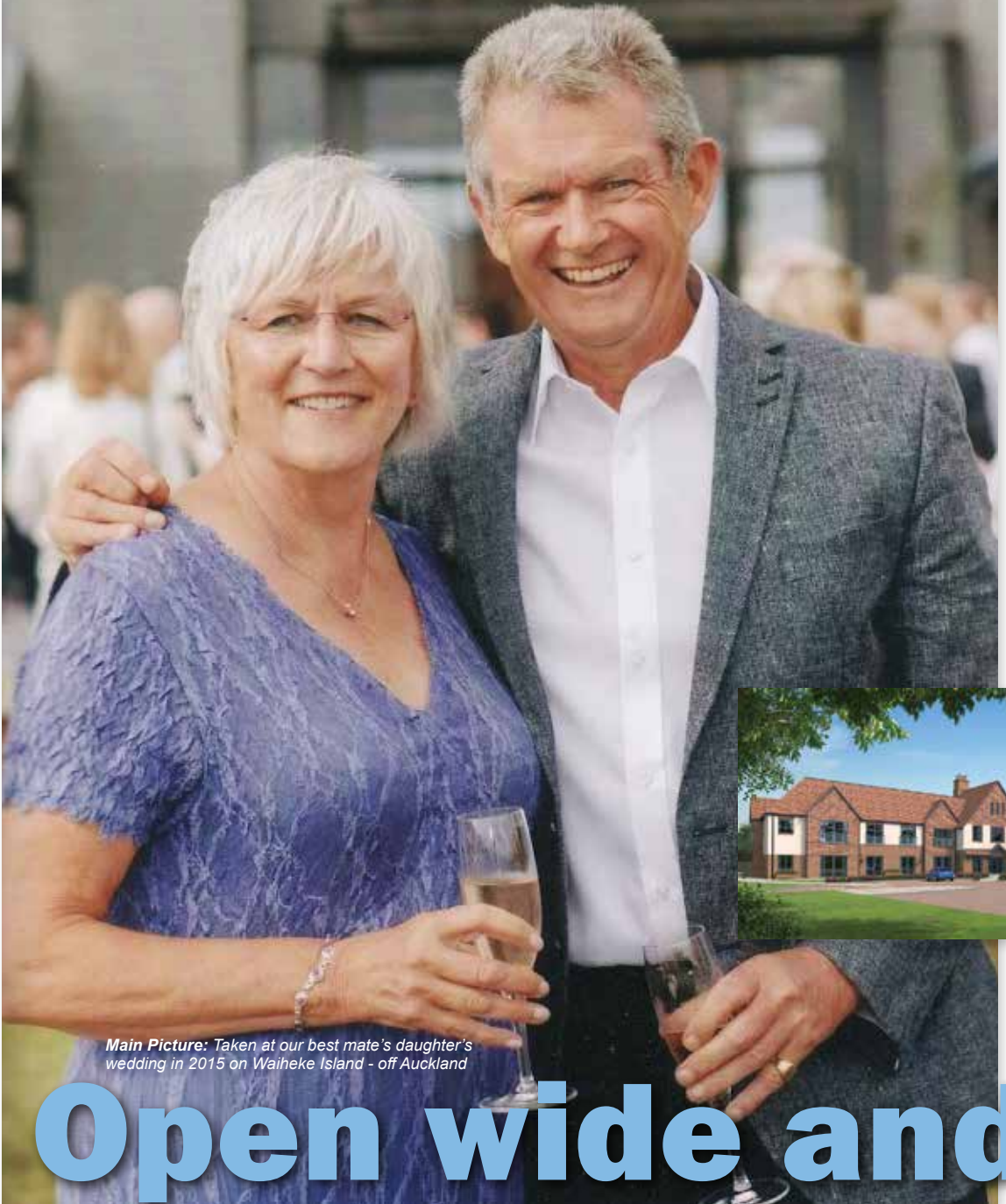
*Part of the old Cranleigh Health Centre building*



*The new Cranleigh Medical Practice building*

# e tablets!

**"I feel fortunate to have worked for 29 years  
in such an exciting era  
for general practice!"**



*Main Picture: Taken at our best mate's daughter's  
wedding in 2015 on Waiheke Island - off Auckland*



# Open wide and





Continuity of care reaps its own rewards, but I quite understand in today's challenging world, how difficult it is to reach this goal. It was so much easier to deliver that

**"I am so sorry to keep you waiting - I couldn't stop the doctor from talking!"**

care back in 1977, with 5 full time GPs in the practice, each with his own defined list of patients.

I recall one morning surgery, when time was pressing, and I could imagine the waiting patients looking at their watches. The patient, leaving my consulting room, addressed the patients in the waiting room "I am so sorry to keep you waiting - I couldn't stop the doctor from talking!" Appropriate humour can be so beneficial for doctor and patient!

In my first years of practice in Cranleigh, I would be on a 1 in 5 out of hours duty roster. When busy, this could be quite exhausting, as there was still the routine day work to be done. However it did mean the patients were getting a 24 hour service from the doctors. That of course has all changed in recent years with removal of the 24 hour commitment for GPs. This however has been associated with a significant increase in bureaucratic responsibility.

I retired in 2006 and feel fortunate to have worked for 29 years in such an exciting era for general practice.

In 2001, when the Cranleigh Village Hospital (CVH) beds came under threat, I joined forces with a few like-minded people to form the Cranleigh Village Hospital Trust. Our objective was to secure the future of the in-patient beds in CVH. In 2003, following the proposal for a land exchange between Parish Council land (between the Band Hall and Knowle Lane) and land owned by our major benefactor, CVHT, with the backing of the Guildford and Waverley Primary Care Trust (PCT),

NHS policies, the in-patient beds at CVH were closed. As a result of a subsequent Judicial Review in 2010, it was agreed by the PCT that, if the opportunity arose, Cranleigh had justification for the return of 10 of the original 14 NHS beds. In the same year the land swap was agreed and these two decisions gave CVHT a ray of hope for the future.

For the next 4 years CVHT struggled, because of the sheer financial challenge and clinical governance issues, to find the best way forwards. However then, with increasing positivity from the NHS and a much closer working relationship between the now Guildford and Waverley Clinical Commissioning Group (CCG), Surrey County Council (SCC) and the RSCH, CVHT was able, in 2015 to form an all-important Stakeholder Group. Input to this group was also provided by the Cranleigh Medical Practice, the Phyllis Tuckwell Hospice and the CVH League of Friends. It was finally agreed that the best and only financially acceptable way forward was to progress the plans for the return of the NHS beds, as part of a care home development. Several providers were considered but on the recommendation of the RSCH, HC-One very much came into the frame. Having had an encouraging visit to two of their care homes in Yorkshire, Heads of Terms with HC-One were agreed in 2017.

In our Stakeholder discussions it was also agreed that the CVH site was the most appropriate place for the proposed new diagnostic and outpatient facilities. On the recommendation of SCC, we will now include on site social care nursing beds, so instead of the 10 NHS beds we had been contemplating, we are now in a position to provide 20 free at the point of access nursing beds in a dedicated wing of the new development - alongside a 60 bedded care home. This wing will take the name of the GP who helped found CVH in 1859 – Albert Napper. Adjacent to this building a 26 unit low rental health worker accommodation block is also proposed. Such accommodation will make the appointment and retention of health care staff working in Cranleigh and the surrounding area that much easier.



**Photos:** (inset far left), The new (proposed) care home and (left), the old Cranleigh Village Hospital



*Cranleigh Village HOSPITAL TRUST*

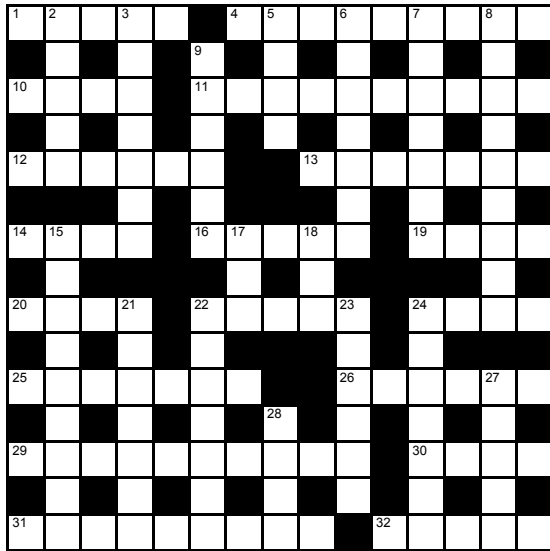
*Robin has been Chairman of the Cranleigh Village Hospital Trust since 2015*

successfully applied to Waverley Borough Council for the building of a replacement Health Centre and Hospital on this exchanged land. It was therefore extremely disappointing in 2006, that, especially after the enthusiastic initial fund raising, and as a result of changes in

CVHT and the Stakeholders now eagerly await the outcome of the planning application to Waverley Borough Council. So, life, in retirement, has not been exactly dull. ■

# say Aaahh!

## February Crossword Puzzle



### Across

- 1 Farm honkers (5)
- 4 Declares formally (9)
- 10 High-pitched flute (4)
- 11 Happening together (10)
- 12 Safe stores (6)
- 13 Casual tops (1-6)
- 14 W W II turning point (1-3)
- 16 Lowest-value chessmen (5)
- 19 Deciduous timber trees (4)
- 20 Cloth colourist (4)
- 22 Portable music players (5)
- 24 Deep voice (4)
- 25 May contain peas or beans, for example (4,3)
- 26 Shows broadcast again (6)
- 29 Mental analysis (10)
- 30 Woodwind instrument (4)
- 31 Graceless (9)
- 32 Up (5)

### Down

- 2 My Fair Lady --- Doolittle (5)
- 3 Author of "Ozymandias" (7)
- 5 Tolled (4)
- 6 Consecutive parts of a meal (7)
- 7 International carrier (7)
- 8 Frequently (4,5)
- 9 Misbehaves (4,2)
- 15 Rainless months (3,6)
- 17 Egyptian cobra (3)
- 18 Indicate agreement (3)
- 21 Profoundly different (7)
- 22 Household chore (7)
- 23 Wanders away (6)
- 24 Obtains temporarily (7)
- 27 Model --- Campbell (5)
- 28 Stupefy (4)



Colin the Cranleigh Chameleon, was hiding on page 30

during the month of January. Did you spot him?

Crossword and Sudoku – answers will appear in the next issue.

## February Sudoku Puzzle 1 - Easy

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

## February Sudoku Puzzle 2 - Hard

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

## January Crossword and Suduko Answers

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

January Crossword Solution

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

January Sudoku Easy Solution

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

January Sudoku Hard Solution



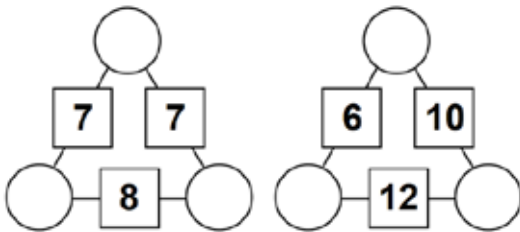




### Connect the Dots

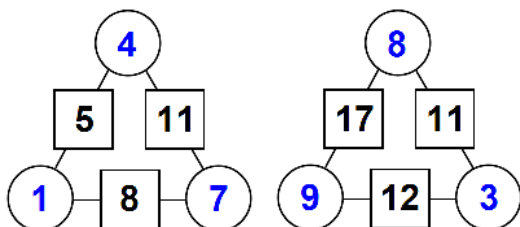
Follow the numbers above and see if you can reveal the picture. What could it be?

### Triangle Arithmagons



The aim of an arithmagon is to work out which numbers go in the empty circles. The numbers in the square boxes are made by adding together the numbers in the circles either side. But the numbers must also add up on the other edges.

### January Arithmagon Solution



## From the Heart

Our heart is such a vital part of our well-being; this large muscle is constantly pumping our life blood around the body. When you put a hand on your chest you can feel the heart's energy as it silently, ceaselessly functions.

Writer's refer to our heart as the centre of our passion and our treasure, a place where our deep feelings and beliefs lie.

These can remain dormant or be fired up and drive our life forward with enormous passion. Feel the beat! ■



### VALENTINE HEARTS ILLUSION:

Although it may look as if the hearts are moving, the shadows and layout just play tricks on the mind!

**Tues**  
FEB



**WALKING  
FOR  
HEALTH**

Join our free, friendly and relaxing walks today.

**Cranleigh Walk**

Tuesdays: at 11am, 60 - 90 minute walk.

**All walks meet at Cranleigh Leisure Centre.**

**Sat**  
FEB

**PARKRUN**



A 5km running event taking place every Saturday at 9.00am, for anybody who wants to simply keep fit.

**Bruce McKenzie Memorial Field**  
Knowle Lane, Cranleigh

**1**  
FEB

**A HUNDRED  
DIFFERENT WORDS  
FOR LOVE**

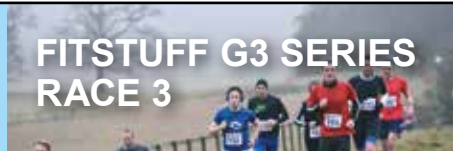


A show about falling in love... and landing broken-hearted. Storyteller James Rowland searches for the words that we can never find. 20:00 - 21:00

**Farnham Maltings, Bridge Square, Surrey**

**2**  
FEB

**FITSTUFF G3 SERIES  
RACE 3**



The Fitstuff G3 Series is Guildford's most popular trail run series; brought to you by local multi-award-winning organisers: aat-events. 8:30 - 12:00

**Newlands Corner, Albury, Surrey, GU4 8SE**

**5-9**  
FEB

**SHERLOCK HOLMES  
- THE SIGN OF FOUR**



Crammed full of adventure and one or two brilliant deductions, This Holmes tale is breath-taking. For times visit their website: [www.yvonne-arnaud.co.uk](http://www.yvonne-arnaud.co.uk)

**Yvonne Arnaud Theatre, Guildford, GU1 3UT**

**8-18**  
FEB

**ECO-WARRIORS  
HALF TERM FUN**



Unlock the eco-warrior inside you for a whole programme of fun activities at the Garden. Normal Garden entry applies. 10:00 - 15:45

**RHS Garden Wisley, Woking, Surrey**

**9**  
FEB

**BIG FISH LITTLE FISH  
FAMILY RAVE**



Calling all caped crusaders – Big Fish Little Fish are back! Come along and sing, dance and play some super-powered party games. 14:00 - 16:00

**Farnham Maltings, Bridge Square, Surrey**

**9**  
FEB

**FAUSTUS 'COTTON  
LORDS' TOUR**



Faustus are delighted to announce their 2nd UK Tour, presenting their brand new EP of tracks from the Cotton Famine Poetry project. 20:00 - 22:00

**Oddfellows Hall, 270 High Street, Dorking**

**4,5,13  
25  
FEB**

**HEALTH & LEISURE WALKS**



**Mon 4 February 10:00am:**  
Coldwaltham. Meet at the Labouring Man pub car park in Coldwaltham Village. 5 miles 2 hours.  
**Leader: Irene 01403 783637**

**Tue 5 February 10:00am:**  
Old Rudgwick Brickworks. Meet in the Old Brickworks Car Park, Lynwick Street. 5½ miles, 2½ hours. No dogs.  
**Leader: Jan 01403 783889**

**Wed 13 February 10.00am:**  
Holmbury Hill. Meet in the car park of the Holmbury St. Mary Village Hall. 5½ miles, 2¾ hours.  
**Leader: Mike 07855 502023**

**DATES FOR YOUR DIARY** For more info visit our online Event page:  
[www.cranleighmagazine.co.uk/event-calendar](http://www.cranleighmagazine.co.uk/event-calendar)





**1-23**  
FEB

**COLOUR IN THE SNOW**

Showing Emma Dunbar's vibrant and dynamic paintings for a much anticipated show, exploring the joyfulness of the everyday. 10:00 - 17:00

**New Ashgate Gallery, Farnham, Surrey**

**1-3**  
FEB-MAR

**THE GREAT BRICK SAFARI**

Search for more than 40 animals and plants in the garden and the temperate and tropical zones of The Glasshouse. 10:00 - 15:45

**RHS Garden Wisley, Woking, Surrey**

**2**  
FEB

**THE ROLLIN STONED  
COME TO GUILDFORD**

Raising money for Global Sight Solutions, which establishes eye hospitals that provide free eye care to the poor. 19:30 - 23:00

**G Live, Guildford, Surrey, GU1 2AA**

**2-4**  
FEB

**HAVE-A-GO  
NORDIC WALKING**

Join Vicky, a qualified Nordic Walking instructor, for a workout in the woods. These sessions help you to get active in the great outdoors. 14:00 - 14:45

**Winkworth Arboretum, Godalming, Surrey**

**9-17**  
FEB

**DARWIN DAY 2019**

A display about Charles Darwin including, on the 12th, the herbarium specimen that Darwin gained on his voyage in the early 1830s. 10:00 - 16:00

**RHS Garden Wisley, Woking, Surrey**

**9**  
FEB

**BRITISH IRIS SOCIETY  
EARLY SPRING SHOW**

Collections and competition classes of early spring flowering iris on display as well and a photographic exhibition, plants for sale. 10:00 - 17:00

**RHS Garden Wisley, Woking, Surrey**

**11-16**  
FEB

**THE LADY VANISHES**

Juliet Mills and Maxwell Caulfield star in this devilishly fun thriller. For times visit their website: [www.yvonne-arnaud.co.uk](http://www.yvonne-arnaud.co.uk)

**Winkworth Arboretum, Godalming, Surrey**

**13**  
FEB

**TORCHLIGHT TOUR  
AT BROOKLANDS**

Join us for a special tour of the Museum as night falls. Warm clothes, sensible shoes and a torch are highly recommended. 17:00 - 21:30

**Brooklands Museum, Weybridge, KT13 0QN**

**22**  
FEB

**UNRAVEL: A FESTIVAL  
OF KNITTING**

Farnham Maltings' annual festival of knitting is here, with over 70 exhibitors selling yarn and accessories in their curated marketplace. 11:00 - 17:00

**Farnham Maltings, Bridge Square, Surrey**

**Mon 25 February 10:00am:**  
NEW Ranmore Common above Denbies. Meet at the Denbies Car Park. 5 miles, 3¼ hours.  
**Leader: Graham 07894 735532**

*All welcome no need to book, just turn-up at the start point.*

## A SHORT STORY

# The Train

by

Ivy Mitchell

As the train trundled along the tracks, I sat on the tartan seat, gazing out of the window into the landscape filled with lakes, coniferous trees and mountains that stretched higher than the eye could see. The scenery looks beautiful! I thought to myself. Hopefully where I'm going is as beautiful as what I'm looking at now!

I felt thirsty and hungry after five minutes of eyeing the countryside, so I lifted myself out of my seat and purchased a croissant with raspberry jam and butter and a cup of rose tea. As I bit into the croissant, the buttery, flaky pleasure overtook my mouth and the sweet and creamy taste of jam and butter danced on my tongue. Even though I was already calm, the rose tea satisfyingly calmed me down even further as the warm liquid trickled down my throat and the fragrance of the rose sang softly while mixing with my breath.

At the same time as I was about to take out my dog-eared *Pride and Prejudice* book, the ticket conductor came up to me and said, "Ticket, please."

Oh!" I gasped, and proceeded to open up my flower purse and take out my train ticket. The conductor thanked me, punched a hole in my ticket and gave it back.

As night fell, I felt my eyelids getting heavy and tried to prop my head up with my jewel-encrusted hand, but my head was too heavy for the hand to hold, and it collapsed under the weight of my head. I fell into a sleep where I dreamed of myself as a young girl swinging on my garden swing while standing up, and my mum and dad sitting out on the white deckchairs, sipping cocktails and talking about little things. I couldn't understand what they were talking about, but I enjoyed their caring voices all the same.

"Miss...Miss...Miss." I heard someone say whilst my sleep was at its lightest.

"Huh?" I replied in a quiet, tired voice.

"You're here"

Oh!" I cried. "Thank you!" And I leapt off the train and onto the platform surrounded by clouds and bright lights.

Excuse me, Miss!" a woman at a counter called, and I approached her.

"Name?" she asked.

"Rose Harrington." I answered.





"Let me see". The woman looked through some notes. The search ended with an "Aha! Rose Harrington. You're the girl who died in the Emerald Express crash, correct?"

"Yes." I responded.

"Welcome to heaven." The woman whispered, and she opened a giant golden gate, and I stepped in and began my eternal peace. ■

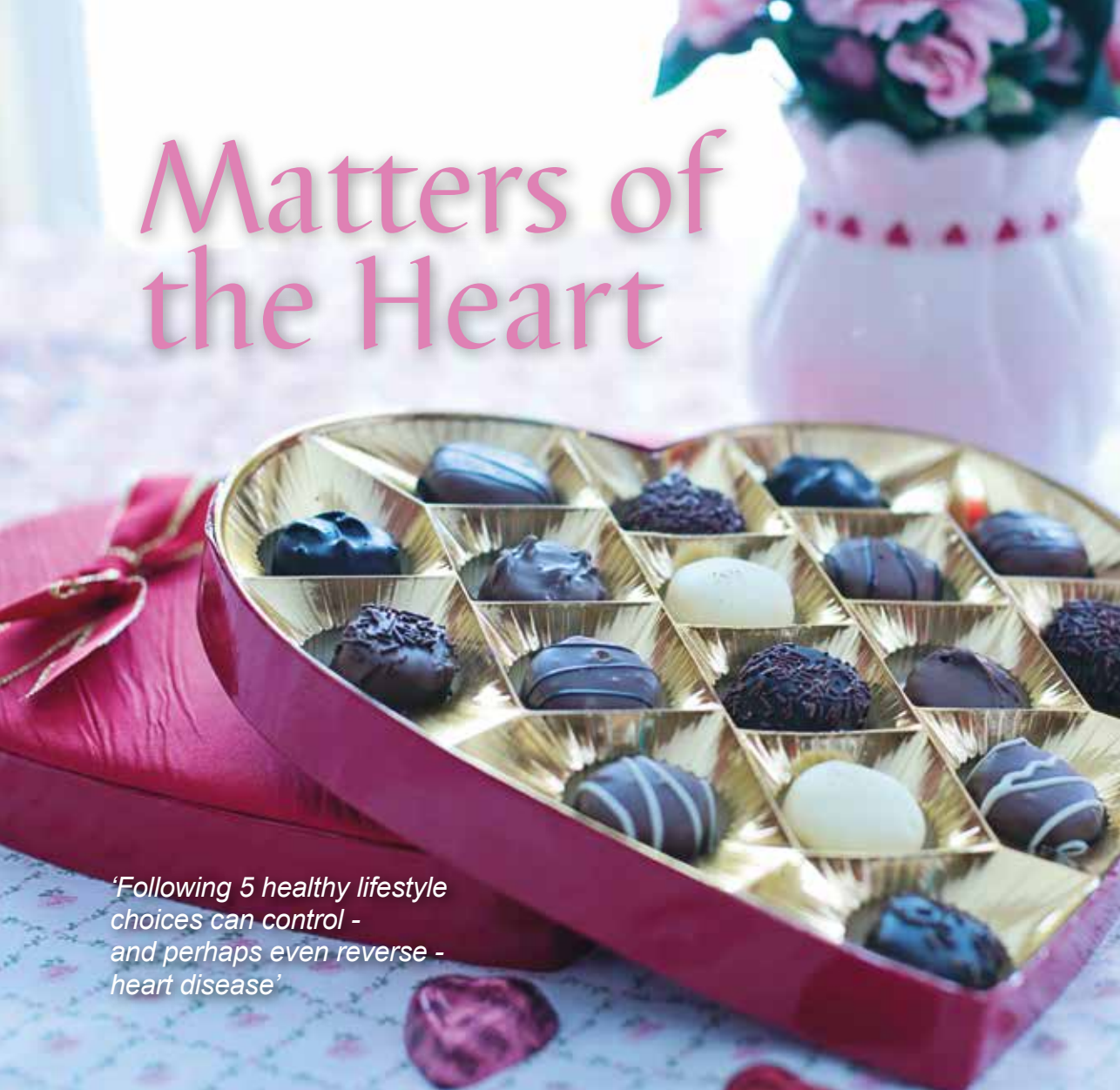


New Barn School

Ivy is a year 11 student at New Barn School in West Sussex who has a keen interest in creative writing. New Barn School is a new special school which caters for autistic pupils from 7 - 19 years old. It was rated GOOD in all areas by OFSTED in May 2019. Since starting at our school, Ivy has honed her skills and has become a competent writer - something that she will be able to demonstrate in her upcoming GCSE English.

This story was written as a response to an mock exam-style task which asked the students to write a short story about travelling on a train. Lis Marxen, her English teacher, and all the staff at New Barn are very proud of Ivy's work!

# Matters of the Heart



*'Following 5 healthy lifestyle choices can control - and perhaps even reverse - heart disease'*

**A**s Christmas and the New Year fade into the distant past we turn our attention to February and Valentine's day. People choose heart shaped cards and heart shaped boxes of chocolates and compose poems from the heart for their loved ones, but I would like to encourage you to take care of your physical heart. Your heart plays a crucial role in your health, pumping blood around your body 24/7 carrying vital nutrients and oxygen to your tissues. What you eat directly influences the health of your heart and eating heart healthy foods is key to it getting the nutrients it needs.

Concerned by the increasing rates of heart disease, departments within the UK and US governments came up with the idea of using the image of a plate divided into portions to show the public what to eat. The

UK's 'EatWell plate' is more detailed than the US version and is based on the longstanding wisdom that fat makes you fat and carbohydrates are a relatively good form of energy. However research now shows that there are several flaws in this wisdom:

- 1) *healthy fats actually lower the risk of heart disease*
- 2) *refined carbohydrates raise cholesterol by being rapidly converted into glucose which triggers high levels of insulin, the fat storing hormone. More body fat is laid down whilst cholesterol levels rise.*

In the early part of last century, there was virtually no coronary heart disease and yet within 40 years it has become the main killer in the West. What changed? Human beings didn't but our food did. We moved from a whole food, natural diet to a large percent-







## 5 Healthy Lifestyle Changes

1. Maintain a healthy body weight
2. Don't smoke
3. Engage in 30 mins moderate to vigorous physical activity 5 times a week
4. No more than 1 alcoholic drink a day
5. Eat a healthy diet, with lots of fresh vegetables and fruit

They add that adopting all 5 points and maintaining them for 20 years or more can control and even reverse the symptoms of coronary heart disease. It's never too late to make changes, and even if you're in your 60s, adopting just one of the above points can lead to a big improvement in your heart health.



The late French scientist Dr Michel Montignac made a hugely important discovery; namely when patients remove hidden sugars from their diets, their cholesterol normalises and their heart disease is reversed. Montignac's diet has been approved by the prestigious Cochrane Collaboration as the best way to lose weight whilst normalising cholesterol levels. In a nutshell, reduce your intake of sugars and carbohydrates and add plenty of fresh vegetables and fruit. ■

For more health tips, follow me on Instagram and/or Facebook @the\_genuine\_living\_company

Need health advice? Personalised nutrition plans? Email me: [sue@thegenuinelivingcompany](mailto:sue@thegenuinelivingcompany)

**by Sue Potgieter**

Nutritional Therapist & Naturopath mANP CNHC

age of processed foods. In Paleolithic times 21% of our total energy came from fat, 31% from protein, we consumed 45.7g of fibre and 591mg of cholesterol. Today's average man in the UK consumes 37.6% of fat, 14.1% protein, 24.9g fibre and 390mg cholesterol. When you introduce a more primitive population to a Western diet, the incidence of heart disease rockets by roughly 31%.

Armed with this information what can we do to help ourselves? Researchers from Feinberg School of Medicine, Chicago have concluded that anyone of any age who adopts the following 5 healthy lifestyle choices can control - and perhaps even reverse - their heart disease:

*Sue*



**Some say . . .  
A loving heart  
is the truest wisdom  
Charles Dickens**





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**Some say . . .**

**You'll never find peace of mind  
until you listen to your heart**

**George Michael**



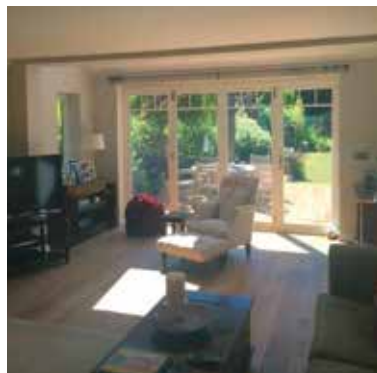




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# Cranleigh Rotary Supports Local and Overseas Charities



*Rotary Club of Cranleigh Street Collections*

**T**his year's street collection by members of Cranleigh Rotary in the days before Christmas was a great success, raising more than £1,700 for various organisations and charities.

The main beneficiaries of the collection will be Cranleigh Scouts, and members of the local Scouts, accompanied by their parents, who joined in the street collection for the first time.

"This is a magnificent achievement and I would like to thank everyone for giving up their time to make this such a great success," said Rotary President Brian Arendell. "Once the figure for gift aid has been included, it is likely that the 50% contribution to Cranleigh Scouts from the collection will rise to at least £1,000. A great result."

"We had a wonderful three days, very successful in lots of different ways," said Rotarian Jane Briggs, one of the lead organisers. "Raising a total of just over £1,700, we collected £760 of that on the Saturday in just four hours! Rotarians often wore Santa hats, or, in some cases, full outfits, and on Saturday we had lots of help from the Scouts."

"In fact, between three and four in the afternoon in Stocklund Square, the Scouts entertained the public by singing carols and this went down very well!"

## The Club has made the following donations:

**£300** to Melody Memories, a support group for people who are suffering from dementia;  
**£350** for Macmillan Cancer Research;

**£200** to Glebelands School to help with the cost of school prizes;

**£200** for the Cranleigh Churches' Christmas tea and concert;

**£200** for the Churches' Christmas Lunch for those living on their own;

**£250** to the Smart project for coordinating help available to disabled members of the community;

**£285** for Parkinson's disease research, raised from a sponsored walk by Rotarian Gill Leslie;

**£900** for the BBC Children In Need Appeal;

Over **£1,200** from the Santa Dash that will be used to provide books and other equipment for local primary schools. More than **£1,000** for Cranleigh Scouts.



In addition, the Cranleigh Club has once again joined St Nicolas Church to conduct the Christmas Shoe Box Appeal for deprived Romanian children. The Club also paid **£1,180** for two Shelter Boxes to be sent to the site of the disaster caused by the huge earthquake and tsunami that struck in Indonesia at the end of September.

Cranleigh Rotarian James Phiri continues to spearhead a number of development efforts in Zambia. These include delivery of medical supplies and equipment to the remote Chilubi Island Health Centre; fundraising for the Virtual Doctors Project; and efforts to proceed with the Rotary Eye Hospital and Rotary Jaipur Limb project. James has also delivered thousands of pens - provided by Rushmoor Rotary Club - to disadvantaged pupils in Kenya and Zambia. ■

For more information please visit:

**[www.cranleighrotary.org.uk](http://www.cranleighrotary.org.uk)** or email Brian Arendell: **[arendell@hotmail.co.uk](mailto:arendell@hotmail.co.uk)**







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*Dear all SHR clients,  
colleagues and  
referrers,*



**W**elcome to our 1st newsletter updating you on what we have been up to last year and where we are heading in 2019. This year is a celebration of Surrey Hills Rehab being established for 2 years!

Thank you all for your support this past year.

### So, what will 2019 bring us?

The SHR team will be evolving, in order to offer more flexibility for assessments, 1:1 sessions and exercise groups on different days and times, at the studio at Smithbrook Kilns, Home Visits and across other village halls too.

**Sue Mobbs** will be setting up a specialist Children's NeuroPhysiotherapy service. Children's Occupational Therapy services will also start using our studio to make more use of the space available there on days where we are out and about on Home Visits and in village halls.

**Alana Gardner** will be joining us, to focus on services for older people. She is a physiotherapist with post-graduate training in Falls Prevention and passionate about the role of exercise and running groups.

**Megan Flowers** will be joining us as a Rehabilitation Assistant. This is a promotion from joining us on a voluntary basis for the past 3 months. Her background is as a Personal Trainer, but did you know she also had a stroke herself! Amazing lady! Megan will be supporting our exercise groups.

**Jess Neil**, physiotherapist will be offering NeuroYoga sessions.

**Gaynor Wilson** at SplashBack Therapy will be offering hydrotherapy sessions at their pool in Wintershall.



**SMART Cranleigh**  
Connecting our community

We will be supporting **SMART** Cranleigh, a community network to enable people to improve their quality of life and wellbeing. We hope to support their Memory Lane group for people with Dementia and offer Carers the opportunity for self-care and exercise.

We will continue to work with other Charities to make our services accessible to all; PDUK, MS Society, TALK, Dyscover, Headway, TM Society, Different Strokes, Cranleigh Lions, Cranleigh Nursing Association, Cranleigh Community Fund, who have all had involvement with us this year whether it be funding sessions for people in need or joining us with Continued Professional Development training.

Lastly but not least, as some of you may be aware, we had to say good bye to Amanda our Rehabilitation Assistant recently. She is very much missed, and we wish her well. Please do let me know if you want me to pass anything onto her as we continue to be in touch. ■

All the best and we wish you a Healthy and Happy 2019! - **Kim Wilson**



Surrey Hills Rehab are a team focused on empowering people with brain injury, stroke, MS, Parkinson's and other neurological conditions to improve their health, independence and quality of life.

Our aim is to make exercise and rehabilitation accessible to all and we offer a variety of ways to meet this following an individual assessment. This can be through 1:1 sessions, group sessions and/or with trained rehabilitation assistants.

We also provide Neurological Physiotherapy and Occupational Therapy services alongside other exercise professionals. These can be provided via arranged home visits or at our studio:  
**Surrey Hills Rehab, Unit 18 Smithbrook Kilns, Cranleigh, Surrey GU6 8JJ**

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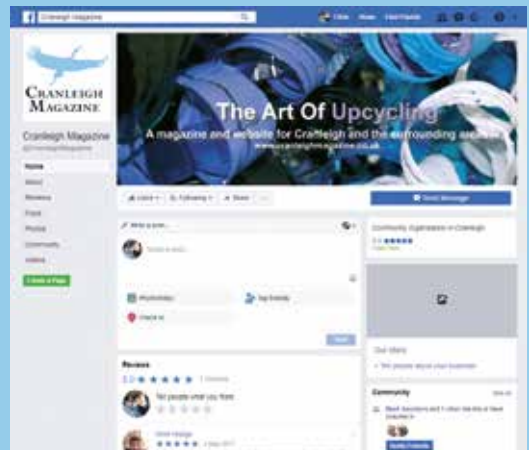
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# FEBRUARY

## The Heart of Our Gardens

**F**ebruary is here! As many people are focused on Valentine's Day, there is a love of our life that needs a keen eye... our gardens. Here are some valuable tips to maintain the heart and soul of your garden, and what makes it special.

- Moss will start growing on lawns before grass will, so now is the time to start killing it off with ferrous sulphate.
- Remove any faded flowers from your winter pansies to prevent them from setting seed. This will encourage a flush of new flowers when the weather heats up.
- The weather can still be chilly this month, so hang fat balls and keep bird feeders topped up to attract birds, who will in turn eat pests in your garden.
- If you garden on heavy clay soil but want to make an early start, build raised beds before the growing season arrives. The soil will warm up faster and raised beds drain faster too.
- Order your seeds and plug plants online now. Having a garden plan organised will help you decide the amounts you need.
- Lift and split snowdrops still 'in the green' if you want to move them or if you're creating more plants. ■

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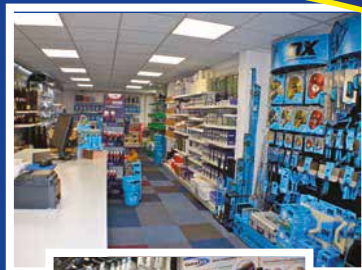
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**M**echanical Engineering Services, founded by Jack Bruford, is situated on the Alfold Road, just outside Cranleigh village.

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If your car is under three years old, and still covered by dealership warranty, any work undertaken by MES will preserve that warranty. As over 65% of the vehicles seen by MES are between the ages of 0-5 the Workshop, Service, and Parts Teams are trained specifically in order to preserve warranty on these vehicles. This is achieved by only ever fitting Original Equipment, Genuine parts, as well as by following strict procedures when it comes to the fitting of components, and the maintenance schedules laid out by the manufacturers themselves.

Vehicles are all different, and whatever the age of your vehicle, the only way to correctly and fully maintain it is to follow the VIN-specific maintenance program as laid out by the manufacturer of the vehicle themselves. MES do not offer, nor follow, a generic "gold/silver/bronze" style of service schedule. You would be surprised how often the team find a vehicle has been "over serviced" previously, with unnecessary expense to the customer!

MES have invested heavily in dealership-level diagnostic facilities as well as the technicians trained to use them, which allows them to deliver a thorough, accurate diagnosis, and fix any problems quickly. Regular in-house training for the technicians has resulted in a team who know your vehicle considerably better than most, from classic vehicles right through to the hybrid vehicles which are becoming an ever more common sight within our facilities.



Unlike many other garages, MES are able to offer the ability to collect your vehicle for you from Home or Work, 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. Of course, no



work is undertaken without your full authority, and your Service Advisor will be in touch during the day to keep you updated on progress.

There are now 11 courtesy vehicles available for customers use. This is the largest fleet in the area, and keeping customers mobile has always been a keen focus for the team.

Whether you require a simple service or a fault diagnosed and repaired, you can rest assured that MES will treat your vehicle as if it were their own, with the upmost of care and attention, and always aim to exceed, rather than meet, your expectations, whilst always at exceptional value. ■



**Is it me or does anyone else have a set of clothes aside for doing the cleaning?** Indeed they are so bleached stained and marked that they can no longer be worn for anything else! Well that was me. I'd never given too much thought to the habitual patterns of cleaning. It was just something that had to be done. Until I asked the question... if these products are having this effect on my clothes what on earth are they doing to me and my family?

It's not just the person who is using them that is affected. Our children shower where they've been used, babies and pets crawl along the floors, and we all sleep in bedsheets that are potentially coated with them.

Did you know that over **80,000** new chemicals have been developed in the last 50 years, but only a handful of them have ever been tested for their effects on human health? Moreover, some of these chemicals are now commonplace in our homes and in items that we use every day. From cleaning products to personal care products, many off-the-shelf consumables contain chemicals of concern. So whether you're doing the laundry, washing your hair or cleaning the toilet you could be using a chemical that is potentially harmful to you, your loved ones or to our environment.

What's more shocking is that up to **200** of these new chemicals have been found in the cord blood of newborn babies! Quite an unnerving thought that before a child is even born their little bodies are having to deal with these alien chemicals.

A recent BBC article quoted that "These chemicals are usually unnecessary; microfibre cloths and

water are more than enough for most purposes." So we now have a choice. High quality microfibre that uses just water to clean your home or your body, for that matter, has been proven to clean as effectively as the harshest of chemical cleaners.



To be classed as microfibre the thread in the cloth has to be at least 1/6th the size of a human hair. The threads in a Norwex cloth are 1/200th the size of a human hair, giving them superior mechanical cleaning power to draw dirt into the cloth without cross contamination. Norwex have made it their mission to radically reduce chemicals in our homes and of course a wonderful knock-on effect of using less chemical cleaners is that you reduce your reliance on plastic bottles. No more cupboards full of chemical cleaners, saving you money on your supermarket shop **every week.** ■

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*L to R, Enrique Cabrera (violin) Victoria Frances (violin) Stephen Dennison (Cranleigh Arts)  
Rosalia Sanchez (Viola) Miriam Wakeling (cello)*

**T**he 2019 classical season at Cranleigh Arts got off to a fine start with Isbilía String Quartet playing to a large and appreciative audience on January 16.

Isbilía regularly tour Spain and the UK and have featured at several London prime chamber music venues including St Martin-in-the-Fields, Wigmore Hall and King's place. In 2016 they won the coveted "John Barbirolli String Quartet Competition".

For Cranleigh they brought three quartets by Beethoven, Brahms and Shostakovich. Beethoven's "La Malinconia", written around 1800, is one of his early quartets. After a lyrical second movement and rhythmic third movement the Adagio opens with the famous theme noted by the composer "to be played with the greatest delicacy" The Isbilía performers certainly lived up to that.

We moved on to the more romantic style Brahms Quartet No 2 with strong tuneable leads from violin and cello. Interestingly, Brahms had earlier written more than a dozen string quartets and scrapped the lots. We are lucky this one survived.

Shostakovich's Quartet no 8 really captured the audience's interest. Written in 5 days during a visit to Dresden it brings to life the dreadful destruction of the city in 1945. In particular, the rat-tat-tat of the Bofors anti-aircraft gun beats out a rhythm in the third movement. Although quite a short piece it moves at a lively pace to paint a musical picture of war that touches the soul.

Isbilía Quartet played with beautiful team work, with powerful contrasts between violin and cello in each piece. This professional group were very complimentary of the auditorium of Cranleigh Arts Centre

as an ideal venue to play, unlike many churches. They felt a real closeness to the audience, and that the whole space captured the emotion of the music. Finally, the quartet dressed in a blaze of colour which enhance the enjoyment of the audience.

The next concert at Cranleigh Arts is Friday 22 February at 1930; piano solo from Amiran Zenaishvili playing Beethoven, Rachmaninoff, Barber and Brahms. Amiran is fresh from his debut at Carnegie Hall, New York and promises an exciting evening. The box office can be contacted on **01483 278000** or tickets purchased online through the new website. ■



**Cranleigh Proboscis A Club** will meet at the Cranleigh Golf and Country Club at noon on **February 12** when the speaker will be: **Jim Kemp**.

The talk is titled: Brunel's Billiard Table, Early Years of the Great West Railway. Members will enjoy a two course meal. Preparations for the AGM in March will be presented. New members are welcome and all enquiries should be addressed to the secretary David Ingham: **dmingham@gmail.com**  
**Phone: 01483 548488**



Further information can be found on the club website:  
**[www.sites.google.com/view/cranleighprobosciscluba](http://www.sites.google.com/view/cranleighprobosciscluba)**





# Unique Alfa Romeo joins Ru

**T**he only Alfa Romeo of its kind in the world has joined the collection of Rudgwick-based sports and classic car dealership 'Lightning Quarter Garage'.

The Alfetta GTS 1600 was a UK-only special edition, built in 1979-80. It's estimated that between 25 and 50 were manufactured. Of these, just two remain in existence and the car at LQG is the only one still on the road.

The GTS was the only Alfetta special edition using the sporty 1.6 litre Alfa Romeo engine. Its special features included 'ServoGlide' electric windows, velour seats, chrome beauty rings on the wheels, rear wiper, Hella fog lights front and rear, Webasto sunroof, side protection rubbers, chrome exhaust tailpipe and GTS graphics.

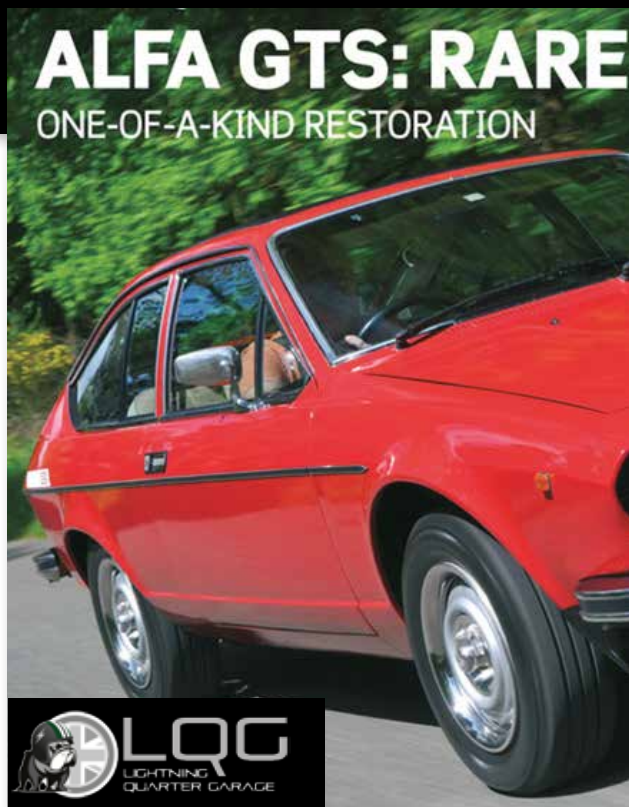
The car retains its original right-hand drive but has spent nearly all its life in Siena, Italy, with its original Italian owner, which explains its excellent rust-free condition. It was brought back to the UK in 2017 and has since benefitted from detailed restoration work by an Alfa enthusiast whose father owned a GTS when he was a child.

The car has a new MOT – despite being exempt – and is ready to be part of a collection, to show or to simply enjoy driving at an asking price of £25,000.

The chances of bumping into a similar car are very slim indeed!

**For further information**, photographs and full details of the restoration, contact Neil or Mark at Lightning Quarter Garage on **01403 289719**, or visit the garage at 7a Rudgwick Brickworks, Lynwick Street, Rudgwick.

The garage holds an open house 'Cars and Coffee' morning on the first Saturday of every month between 10am and noon. All are welcome. ■



**www.lightningquartergar**





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# rewards

DOG TRAINING



I'm Sara Ward and I've been passionate about dogs since childhood. Over the years, I've had many different types of dogs including some with very challenging characters and quirks! It was through my love of working with my own dogs that inspired me to help other owners. With over ten years of training and behaviour experience, I'm delighted to have relocated to the Surrey Hills and, as a Canine Consultant, I'm hoping to bring a new style of training and behaviour work to Cranleigh and the surrounding areas.

My ethos is very simple, I want to bring some **FUN** back into dog ownership for both human and canine clients, whatever age, breed, size or temperament. Having a dog should be a happy experience which enriches your life and that of your dog. It shouldn't be complicated or a chore for either of you.



**Is your dog your valentine?**



Dogs offer us unconditional love and we expect a lot of them. But sometimes we don't love the behaviour we get from them. Pulling on the lead, recall and socialisation are the most common problems experienced by owners. It can mean you don't feel the love on walks and start to resent the whole process. However, it's easy to overlook the reasons why your dog acts like this. If you're struggling to understand your dog, I am able to offer 1-2-1 private sessions to help you speak the same language as your dog. Each appointment is tailored exclusively to you both so you will soon be able to fall back in love with your canine pal! ■

I look forward to meeting you and your dog in the future! **Contact me on 07504 925341 or by email at [sara@rewardsdogtraining.co.uk](mailto:sara@rewardsdogtraining.co.uk)**

**[www.rewardsdogtraining.co.uk](http://www.rewardsdogtraining.co.uk)**



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## BRUSH STROKES

by Marilyn Bailey



© The Wallace Collection

*Doubtful Crumbs, Sir Edwin Landseer (1802 - 73)*

Last week I went to one of my favourite London Galleries - the Wallace Collection. It can be easily found on Manchester Square, just a few streets north of Oxford Street with Bond Street being its nearest tube station.

The collection of furniture, weapons and armour, porcelain and paintings, including many famous Old Master works, is named after Richard Wallace, the last member of the Seymour family whose wife bequeathed it to the nation in 1897. It has a fascinating history, do look at the new web site for a full history and to gain a flavour of the ornate elegance that typifies the Wallace Collection making it a real delight to visit. I was looking forward to wandering through the 30 galleries and letting them work their magical inspiration.

A number of years ago I made a drawn copy of a painting in one of the galleries, Titian's 'Perseus and Andromeda', which I intended to make the subject of this article but the painting had disappeared - gone to be cleaned! It will be back very soon but it was disappointing not to see this well-known friend.

Making a copy is both an exercise of exploration and a quest to understand how a Master made paint come alive. While making my drawing I had begun to know the painting well. But it was not there so I just wandered on catching one of the Wallace's educational team giving a group of school children a lively talk, seeing masterpieces such as Frans Hals' *The Laughing Cavalier* and Rubens' *The Rainbow Landscape* until I turned the corner of a small, downstairs exhibition space and came across an intimate painting of two dogs by Sir Edwin Landseer. I thought of all the many happy, sociable dogs to be met when out walking locally. I felt I had found the perfect subject matter to explain something about painting from an artist's eye by this popular Victorian artist famed for his dogs, horses and people not to mention the Landseer Lions in Trafalgar Square.

### Looking for crumbs that fall from a Rich Man's Table

I hope you will be able to appreciate the painting's charm although my iPhone has not proved an absolutely ideal camera. Still it is not difficult to see a story of companionship between these two, the big sleepy old retainer and the mischievous little puppy. But have another closer look - at one of the white paws for instance. Now, instead of seeing a paw just let your eyes trace the beautifully articulated shape that Landseer has given this relaxed limb. Find the slight and subtle changes of direction in the outline which express anatomy underneath fur. Look for the white brushstrokes used to highlight the talons of his gently placed paw. And now go to the face of the little hungry puppy.

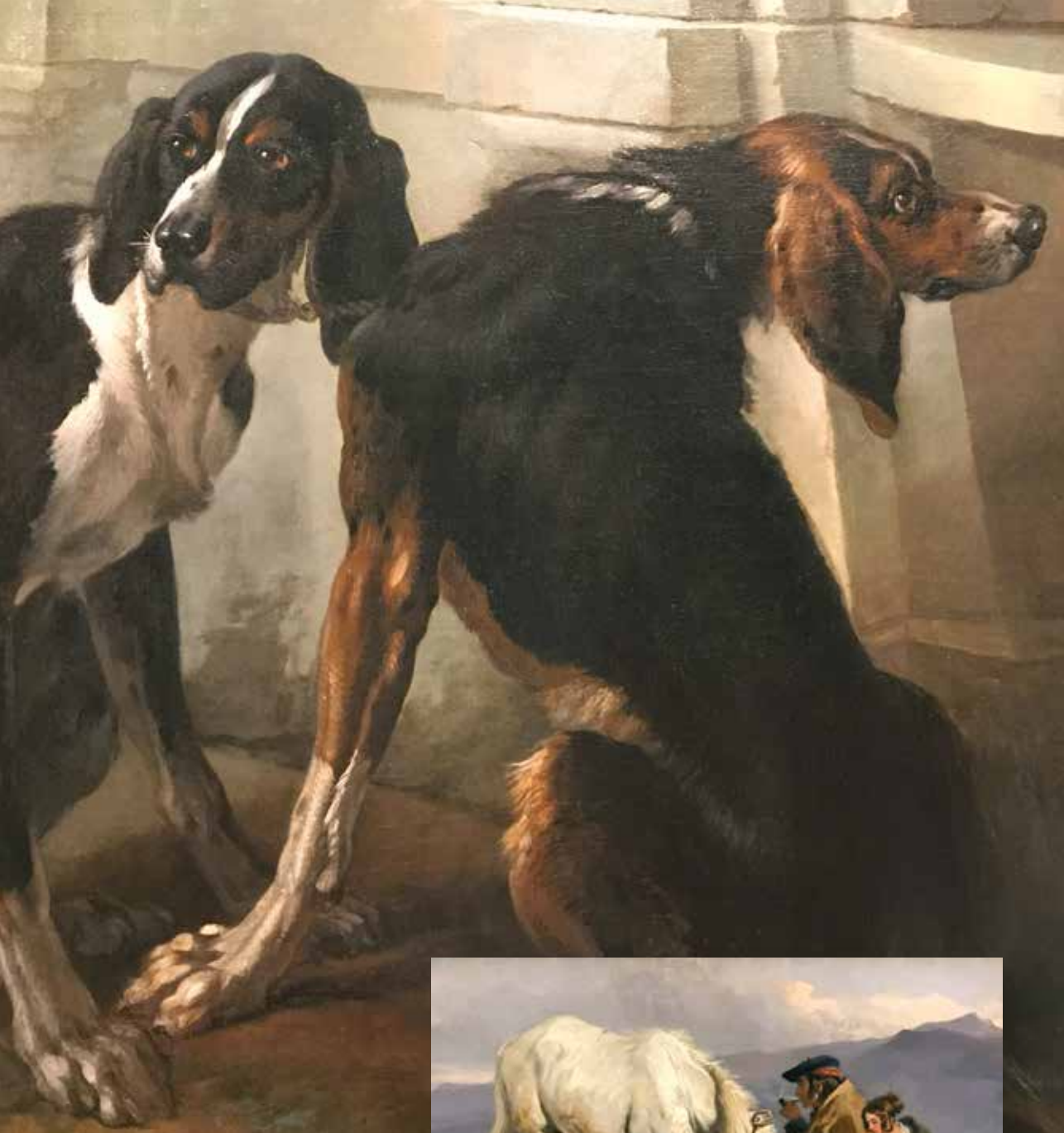
You can see the final whiskery brushstrokes that are used to express his tufty fur and another two strokes of pink - there is the tongue with a pearly drop on the end to accentuate his hunger and hopefulness.

Paintings have many personalities. They have subject matter and how that subject matter is painted in a series of hundreds and thousands of various and varied brushstrokes.

*Doubtful Crumbs, (detail)*







**Above:**  
*The Dead Wolf (detail)*  
 Jean-Baptiste Oudry (1686 - 1755)

When you next look at a painting, do look for these brushstrokes and try imagining the artist holding his brush and palette, as if it was you making those brushstrokes. ■

**See more at:**  
[www.wallacecollection.org](http://www.wallacecollection.org)  
 and Sir Edwin Lanseer.



*A Highland Scene*, Sir Edwin Landseer (1802 - 73)

## Santa & His Team of Elves - Cedar Court



*Santa and his helpers giving gifts to residents*

**T**he Deputy Mayor of Waverley came to the aid of Santa and his team of Elves by helping give out Gifts to the Residents at Cedar Court Care home.

The MMCG homes Deputy Manager Sandra Gherasim and Mrs Santa also joined in the fun. We were delighted when Mary said she would help us said Sandra, for many years the Mayor or Deputy Mayors of Waverley have supported Santa in giving out the homes presents to its residents.

This is a wonderful tradition that I hope will long continue. Our Residents and their families love this afternoon and we can't thank the Mayor's office enough for coming in to help the Santa Squad year after year.

Cedar Court Care home's head of activities Michael Gains was delighted to win the Outstanding Contribution to Social Care award at the Surrey Care Association Awards in 2018. This was for his work as an activities coordinator at the home over the last ten years.

The home activities team has won many awards in that time including a national NAPA award for one of its Volunteer Allan Harvey and a SCA ward for Volunteer Sally Jones.

If you would like to be one of Cedar Courts Volunteers and help them with Activities and act as an escort pushing wheelchairs on minibus outings please contact the home on **01483 275191** or Email **activities.cedarcourt@outlook.com** You would be given a free DBS check and on line training at the home. ■

## CVC Celebrate 20 years of Service to Cranleigh

**Cranleigh Village Care**, a neighbourhood help scheme with 50+ volunteers celebrated 20 years of driving residents to surgeries, hospitals and local medical facilities.

At the AGM, the chairman Dorothy Hanks, together with some of the founder members, cut a cake to mark the occasion and to thank the volunteer transport organisers and drivers.

### More Volunteers Are Needed

The chairman confirmed that the level of requests for help is increasing rapidly putting pressure on the volunteer resource. During the last year the number of requests increased from 620 to 760!



*Members of CVC Celebrating 20 years with a delightful cake!*

To ensure that CVC can carry on providing this essential service, it would welcome and really needs more volunteers.

Anyone interested in undertaking these extremely fulfilling roles can ring **07908976394** (between 10am and 12noon –Monday to Friday). ■



### Volunteer first aider appeal for St John Ambulance Cranleigh

St John Ambulance in Cranleigh is recruiting volunteer first aiders (18+) to join the local unit. No previous experience is needed as full training will be provided. For more information, please contact Unit Manager William Brown on

**William.Brown@sja.org.uk** or call **01483 278175**





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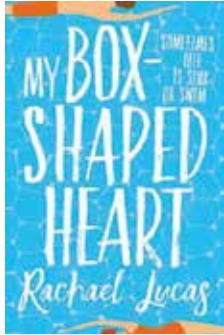
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# BOOK REVIEW

## My Box-Shaped Heart

by Rachael Lucas

'A romantic and life-affirming story which trials social issues and left me feeling totally motivated.' - **Cathy Bramley**



**M**y *Box-Shaped Heart* is an intriguing story of an unlikely friendship from Rachael Lucas, author of *The State of Grace*.

Holly's mum is a hoarder, and she is fed up with being picked on at school for being different, having the wrong clothes and sticking out. All she wants is to be unseen. She loves her swimming, because in the water everyone is the same.

*'So vivid that the characters stick with you long after the last page. Each character was wholly true to life, the scenarios so easily distinguishable. Not afraid to touch on tough subjects - but done in a way that merged them naturally into the story.'* - **Waterstones Reviewer**

Ed goes to the swimming pool because the entirety of his life has changed. In his old life he had money; was on the swimming team; knew who he was and what he wanted.

Holly's swimming one direction and Ed's swimming the other. As their universes collide they find a doorway into each other's lives - and learn how to meet in the middle.

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Lynn Murray & Co. can assist you in preparing a legal and professional Will which ensures you decide who receives your assets and appoints the guardians for your children, and your wishes are respected.

You also benefit from the peace of mind of knowing that you have relieved your family of the burden of dealing with these matters at a stressful time.

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We offer constructive and compassionate advice about obtaining a Grant of Probate or Letters of Administration to help settle the affairs of a relative or partner who may have passed on without leaving a Will.

And we help you ensure your own affairs are in order and your wishes carried out – whatever fate may bring in the future.

### Lasting Powers of Attorney:

We can help you make Lasting Powers of Attorney specifying who can look after your affairs and your treatment if you lack the mental capacity to make decisions because of an accident or illness. This will stop the Court of Protection from taking over – leaving your family powerless to make decisions on your behalf and ensure your wishes are carried out. If you would like to come in and have a chat with our staff, please call for an appointment. ■





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“One cannot think well,  
love well, sleep well,  
if one has not dined well.”

— Virginia Woolf

# Food for the



## 1 STRACCIATELLA SOUP

Serves 4

### Ingredients

4 eggs  
3 chicken legs or thighs  
1 large white onion  
1 carrot  
1 celery stick  
2 potatoes  
150g bread crumbs  
100g parmesan cheese  
Salt & Black pepper

### Preparation

1. Let's start from preparing our chicken stock, fill up a large boiling pan with cold water
2. Peel the potatoes and the carrot and then roughly chop them, adding the celery stick, the onion and the chicken. Place all these ingredients in the boiling pan. Remember to

always add the ingredients when the water is cold to get all the nutrients out of the vegetables and the chicken

3. Now turn the gas on and keep it on a medium heat for around 2 hours, wait until the last 20 minutes to add salt
4. Once your chicken stock is ready remove the vegetables and the chicken (you can have them on the side) and pass the stock through a strainer to remove any impurities
5. In a mixing bowl add the 4 eggs, the bread crumbs and the parmesan cheese, then with a whisk mix all the ingredients together. Don't worry if you get few lumps from the bread crumbs
6. Once you are ready to serve, get the stock boiling and pour in the mix, keep whisking for around 3-5 minutes
7. Your stracciatella soup is now ready, just garnish with some parsley and enjoy it

**Recommended Wine:** *Chenin Blanc*







# Heart

## 2 PORK FILET WITH HONEY AND GINGER Serves 4

### Ingredients

500g pork fillet  
25g fresh ginger  
30g soya sauce  
1 medium size red chilli  
2 tablespoons of Honey  
2 tablespoons of sesame oil  
Salt

### Preparation

1. Let's start by cutting the pork fillet in medallions around 1 inch thick and place them on a plate, then season with salt and black pepper
2. Now we will cut the ginger and the chilli in long stripes (remember to remove the seeds from the chilli)
3. Pour the sesame oil in a medium frying pan and put it in a medium heat. Once the oil is hot add the ginger first and after 2 minutes the chilli and let it cook for 4-5 minutes so the oil will infuse

4. Now let's add our pork medallions and let them cook until they are a nice golden colour which usually takes around 5-6 minutes, turn so they get cooked evenly on both sides
5. Once they start to get the golden colour add the honey and the soya sauce and let them cook for further 5-6 minutes until the sauce is nice and thick
6. Once ready just plate and serve with some basmati rice or just some lovely roast potatoes

**Recommended Wine:**  
*Cotes Du Rhone AOC*



## 3 PERSIAN LOVE CAKE Serves 8



### Ingredients

360g almond flour  
150g white sugar  
200g brown sugar  
pinch of salt  
125g butter (room temperature)  
2 eggs  
250g Greek yogurt  
pinch of nutmeg  
25g crushed pistachio nuts  
10g rice flour or any flour  
icing sugar to decorate

### Preparation

1. In a large mixing bowl place the almond flour, add the white and brown sugar and the pinch of salt
2. Now cut the butter in to small cubes and add it to the mix. Remember to use at room temperature so it will be much easy to work

*continued on page 52*



3. With your hands start to mix all the ingredients together until well mixed or until the dough gets a sand like texture
4. Now let's divide our dough with a scale weighing 360g and leave the rest on the side
5. We will need a round cake mould about 10-inch-wide, butter the mould inside. Place 360g of dough inside it and this will be the base of our cake. With the back of a table spoon just spread the dough nice and evenly in the base of the mould
6. Get remaining dough and add to it the eggs, the Greek yogurt and a pinch of nutmeg, mix it well with a wooden spoon
7. Once is well mixed we will pour it on top of the base like we did before in the mould. Make sure it is even on the top, use a spatula or the back of a tablespoon to spread it evenly
8. Now add the crushed pistachio nuts on top of the cake
9. If you have a static oven cook at 180 degrees for 45-50 minutes. If you use a ventilated oven then 160 degrees for 35-40 minutes
10. To be sure the cake is cooked just use a toothpick, push it into the middle of the cake and if it comes out dry then the cake is ready
11. Once the cake cools down, take it out of the mould and just sprinkle the icing sugar on top to garnish

**Recommended Wine:**  
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## Sometimes the nights are far too long

by Raymond Holt

*Sometimes the nights are far too long  
And the truth won't let me sleep  
Sometimes I speak before I think  
And the pain runs far too deep.*

*But the most important thing in life  
Is the family and the home  
But sometimes I wonder who I am  
And I guess I'm not alone.*

*So girls keep trusting your instincts  
They will seldom let you down  
And boys keep loving your mother  
She won't always be around.*

*And when I think I know it all  
I look towards the sky  
And when the stars shine down on me  
I kiss my confidence goodbye.*

(An excerpt from the  
book of poetry  
"Looking Over My  
Shoulder")



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## Cranleigh Arts Centre February 2019

We offer the best in live music, theatre, comedy, film, event cinema, creative workshops, family events and free-to-explore exhibitions. From classical recitals to children's activities – our vibrant programme has something for all ages. Whatever brings you through our doors we promise a warm welcome and a good time.



### Fundraising Event: Wine Tasting & Jazz Friday 1 February, 7.30pm

Calling all wine lovers! You are invited to a fun and light-hearted wine tasting with live music from the Reprobates Dixieland

Jazz Band. Everybody brings a bottle of their favourite wine. We hide the label. Everybody tries the wines and gives them a score and at the end of the night, the person who brought the wine with the highest score wins a prize! All proceeds go to support Cranleigh Arts Centre (registered charity 284186) **Tickets: £5**



### Live Music: Ron Green Big Band Saturday 2 February, 8pm

6 saxophones, 3 trumpets, 3 trombones, piano, guitar, a vibrant rhythm section of bass and drums, plus vocals - The

Ron Green Big Band returns to Cranleigh Arts with a whole host of well-known favourites, sure to get those toes tapping! The popular local band currently perform under the musical direction of Xav Riley, a musician from Ewhurst. **Tickets: £7**



### Talk: A Guildford Gazette Extraordinary: an introduction to the archives of Lewis Carroll

Wednesday 6 February, 7.30pm  
Guildford and its environs were a part of Lewis Carroll's private and family life for 30 years, and he is buried there, in the Mount Cemetery. The

Lewis Carroll collections now at Surrey History Centre are a focal point for the study of the man and his life, and this talk gives a brief history of his connections with the county, the evolution of the collections and some of the strengths of the Surrey History Centre's holdings.

**Tickets: £7**



### Film: King of Thieves (15) Thursday 7 February, 8pm

The incredible true story of the spectacular Hatton Garden diamond heist, the biggest and

most daring in British history, humorously told through career best performances from a stellar cast; Sir Michael Caine, Jim Broadbent, Ray Winstone, Michael Gambon, Tom Courtenay and Charlie Cox. **Tickets: £8.25; £7.25 Friends, £5.50 under 25s**



### Live Music: Red Stripe Band Supported by Tormead Girls Wind Band

Friday 8 February, 8pm

Red Stripe Band's colourful career has seen their latest CD reach no. 10 in the London Jazz Charts. 2019 marks 25 years since the band was formed by eccentric raconteur and boogie woogie front man Neil Drinkwater, aka Red Stripe. They have since played at virtually every jazz and blues festival in the UK and picked up best newcomer at Montreux Jazz Festival 2010. Expect to be entertained with an energetic mix of original songs, boogie woogie, swing and rock n roll classics in an engaging, ever-moving and comical show. "Unmissable" Stephen Fry **Tickets: £15**



### Kids' Craft: Valentines Pop-up Cards Saturday 9 February, 2pm – 3pm

Spread the love this Valentines and make a beautiful homemade card in a fun creative workshop led by local artist Miriana D'Ambrosio. These pop-out designs are sure to delight and amaze. Suitable for ages 5+ **Tickets: £5**



### Exhibition on Screen: Young Picasso Saturday 9 February, 2pm

Discover the early years of Pablo Picasso; the upbringing and the learning that led to his extraordinary achievements. Three cities play a key role: Malaga, Barcelona and Paris. Young Picasso visits each and explores their influence on the artist. Looking carefully at two key early periods – the Blue Period and Rose Period – the film takes us all the way to 1907 and the creation of a critical painting in the history of art – Les Femmes d'Alger. It was a painting that shocked the art world but changed it irrevocably. Picasso was only 25 years old.

**Tickets: £13.50**



### Film: The Wife (15) Wednesday 13 February, 8pm

Behind any great man, there's always a greater woman. Joan Castleman (Glenn Close) has spent forty years sacrificing her own talent, dreams and ambition to support her charismatic, philandering husband Joe (Jonathan Pryce) and his brilliant literary career. But their

faithful pact reaches breaking point on the eve of his being awarded the Nobel Prize for Literature. "A smart, supremely watchable and entertaining film" *The Guardian*

**Tickets: £8.25; £7.25 Friends, £5.50 under 25s**



### Theatre: Fagin? Friday 15 February, 7.30pm

Who was Fagin? Was he the Fagin in Dickens' Oliver Twist? Was he the Fagin in Oliver! the musical? Was he based on a real-life character? Join Fagin as he reviews his situa-





tion during his final night in prison before being hanged. As madness envelops him he is 'visited' by some old acquaintances. Find out who he really was and how he ended up as one of the best known, yet unknown, of Dickens' characters. Think you know Fagin? Think again. Written and directed by Simon Downing; starring Keith Hill, Giles Shenton and Georgia Butt and produced by Kick in The Head. *"impeccable performances" The Reviews Hub*  
**Tickets: £13.50**



**ROH Live: Don Quixote**  
**Tuesday 19 February, 7.15pm**  
 Love and friendship triumph in Carlos Acosta's vibrant production of this dazzling ballet.

Marius Petipa choreographed this sparkling ballet about the

encounters of the man from La Mancha and his faithful squire Sancho Panza. At its heart are virtuoso roles for the lovers Basilio and Kitri. The vibrant staging brings together the whole Company in such roles as exuberant villagers, passionate gypsies and even fantasy flowers. The story follows Don Quixote's picaresque journey to do deeds in honour of his imaginary noble lady, Dulcinea. Sunny, charming, funny and touching – Don Quixote is a ballet as full of uplifting emotion as it is of astonishing ballet technique. Approximate running time: 2 hours 45 minutes, including one interval. **Tickets: £19.75**



**Film: The Little Stranger**  
**Thursday 21 February, 8pm**

The Little Stranger tells the story of Dr. Faraday, the son of a housemaid, who has built a life of quiet respectability as a country doctor. During the long hot summer of 1948, he is called to a patient

at Hundreds Hall, where his mother once worked. The Hall has been home to the Ayres family for more than two centuries. But it is now in decline and its inhabitants - mother, son and daughter - are haunted by something more ominous than a dying way of life. When he takes on his new patient, Faraday has no idea how closely, and how disturbingly, the family's story is about to become entwined with his own. Based on the bestselling novel by Sarah Waters

**Tickets: £8.25; £7.25 Friends, £5.50 under 25s**



**Classical Music:**  
**Amiran Zenaishvili (piano)**  
**Friday 22 February, 7.30pm**

Amiran has performed as a concert soloist and chamber musician all over the world,

including in such prestigious venues as Carnegie Hall in New York, and Wigmore Hall in London. This recital features in comparison two great Sonatas: Beethoven op.110 and highly virtuosic Barber Piano Sonata op.26 accompanied by majestic cycle of two Brahms Rhapsodies op.79 and a selection of sublime Rachmaninoff miniatures. Both Sonatas are one of the greatest sonata cycles ever written for piano and undoubtedly Beethoven works served as a huge source of inspiration for Barber. **Tickets: £14**



**Live Music:**  
**Phil Beer: String Theory**  
**Saturday 2 March, 8pm**  
 Charming, disarming and exceptionally talented, multi-in-

strumentalist Phil Beer is something of a national treasure on the folk, roots and acoustic scene. One-half of award-winning powerhouse Show of Hands, Beer is equally as in demand for his solo shows. In early 2019 Phil sets out to share some of his most-loved songs at carefully selected venues across the UK. With the odd laugh thrown in for good measure, Beer's flawless musicianship and rich vocals will leave you wide-eyed and wanting more.

**Tickets: £16**



**Exhibition: Women's Support Centre, New Beginnings**  
**Friday 1 February – Saturday 16 February, 10am – 4.30pm**

The Women's Support Centre promotes participation in the arts to women in Surrey prisons and those in contact with the Criminal Justice System. This year's theme is 'Hear my Voice', which celebrates 100 years since the first women were granted the vote in Britain.

**Free Entry**



**Exhibition: Meath Exhibition**  
**Tuesday 19 February – Saturday 2 March 2019**

Enjoy a fantastic collection of work created by clients of The

Meath Epilepsy Charity. The aim of The Meath Epilepsy Charity is to enhance the lives of people who have complex epilepsy and related disabilities by ensuring they receive the support, expert care and encouragement required to build confidence, acquire new skills and maximise independence in their daily lives.

**Free Entry**

**Community: Men's Shed**  
**Every Thursday, 10am - 1pm**

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

**Community: Craft at Cranleigh**  
**Every Tuesday 10am - 11am**

Whether you are an experienced crafter or want to practice something learned in one of our workshops, find a warm welcome and meet likeminded makers at our all-new Craft at Cranleigh drop-in! In the Arts Centre's Gallery. **Free**

**Community: Knit & Natter**  
**Every Friday 10.30 – 12 noon**

Are you nifty with needles or a wonder with wool? Come and knit (or crochet) and natter in our Gallery. All abilities welcome. Bring your own yarn and needles. No booking - just turn up. **Free**

**BOX OFFICE INFORMATION 01483 278000** (Tues-Sat 10am-4.30pm) or visit **www.cranleighartscentre.org**

**PRESS ENQUIRIES** For further information or images - please contact **01483 278001**. **Box office 01483 278000**  
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## CRANLEIGH CAMERA CLUB



Events in February are as follows:

- 7th FEB** - 3rd PDI + mono prints competition, Ken Scott
- 14th FEB** - Presentation of Themed Panels, Members participation
- 21st FEB** - 4th Colour Print Competition. Set Subject, Title with 'cat' in it, John Warren
- 28th FEB** - Entries for Exhibition

You can find the programme and contact details on our website at [www.cranleighcameraclub.co.uk](http://www.cranleighcameraclub.co.uk)

The Club meets most Thursdays at 7:30pm (September to June) at the Baptist Church Hall, 262 The High Street, Cranleigh, GU6 8RT.

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# Cranleigh Film Club **FEB 2019**



Cranleigh Film Club is showing **Paterson** (15) on Thursday 28 February starting at 7.30pm; doors open at 7.00pm. As usual our film will be shown in the Band Room, GU6 8AF, and there is ample parking in the adjacent Village Way car park. **Refreshments are available.**



## Paterson (15)

**Our February film is American, quiet, enigmatic - in contrast to January's Lady Macbeth!**

Played by Adam Driver, Paterson is a bus driver and poet; his muse and wife Laura (Golshifteh Farahani) dreams of being a country music star and opening a cupcake business. Set in Paterson (NJ), it's inspired by local poet William Carlos Williams.

Jarmusch, the director, grew up in Ohio, always interested in film. He moved to Paris, spent most of his time at the Cinemathèque Française, and on a whim applied to a graduate film school in New York. His work is independent, unhurried, focussing on mood and character. He's also a musician; "he has music in his head when he's writing a script so his film is more informed by tone than by anything else," said van Wissem, a Dutch composer who has worked with him.



The review magazine *Roger Ebert* said, "The man, the bus, the passengers, the bar patrons, all pour into the poetry. It's a movie that grows more enigmatic on a second viewing. Asked at one point why he doesn't carry a smartphone, Paterson responds that it would feel like a leash. The film feels as if nothing is happening, but it's not happening beautifully, and then there finally is an event that's heart-breaking and comical."

And Tim Robey in the *Telegraph*: "It's an honour to know Paterson, and a serious ache to say goodbye. Farahani's adorably daft performance as Laura manages to avoid all the manic-pixie traps – just as Paterson does, we cherish our time with her, and we also value a bit of sanity and space. The film has incidents rather than plot: disruptions, minor mishaps, happy accidents. How Jarmusch takes this matchstick house and fills it with such calm and wisdom is a mystery with only one real answer: he's an artist. What's consoling for us, and will honestly make this a film a treasure for years to come, is getting to partake in it. In a culture of manic oversharing, Paterson undershares – he doesn't even have a mobile phone, let alone social media."

"Driver has never been more beguiling as an actor," *Guardian*.

**Membership costs £30 per year, covering all 12 films.** To join please email your details to the Membership Secretary, Sara Lock at [saralock1950@btinternet.com](mailto:saralock1950@btinternet.com). We make a £5 charge for guests at each film. Do come along and enjoy the atmosphere! ■





**W**e hope you're looking forward to 2019 as much as each of us at Cranleigh Amateur Swimming Club. We're hoping for a great year to build on the successes of 2018.

We ended last year with two social events to reward the hard work of all our swimmers and coaches. The first was a fun inflatables session at the Leisure Centre for our younger swimmers. Next up was our awards evening where we celebrated the achievements of the club. Girls and boys across the age groups received awards recognising attendance and performance.



At the evening, our Head Coach, David, gave an overview of the past year. Qualifications for the Surrey County Championships provide a good benchmark for success. In 2018 we achieved qualifications in 63 events, across 24 swimmers. This is a giant step forwards from the 4 events that were swum by 2 swimmers in 2017. Well done to all, it's

a real testament to the dedication of all swimmers and coaches.



For the swimmers, coaches and committee the hard work and commitment has continued. This included a good turn out at some extra training between Christmas and New Year. Eyes are now on the County Championships over 3 weekends later this month and in February. Beyond that we're planning the year ahead and how to do even better in 2019. Our coaches already have some ambitious targets and everyone is keen to meet them. ■

## 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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Are you taking your health seriously? If not, why not start from within and give your colon the equivalent of a visit to the gym to help cleanse, re tone and re educate your digestive system?

All our therapists are fully trained insured and have many years of experience.

## SPECIAL OFFER!

(Applies on Wednesday and Fridays only)

**From January until the end of March we are offering packages of colonics at a reduced rate.**

**2 or more sessions\***

**(Other appointments available Saturday, Sunday and Monday)**

Prices (incl. VAT) are as follows:-

**Single Treatment £80.00**

**2 Treatments £150.00**

**3 Treatments £220.00**

**4 Treatments £290.00**

**Appointments are available on Wednesday and Friday from 10 am to 6.30pm**

\*T&C's Apply

If you would like any further information about the offer or Colonic Hydrotherapy, please do not hesitate to give us a call or visit the Colonic Hydrotherapy Page on our website which has detailed information about the Colonic Process.

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TOP SECRET



*Violette Szabó who was posthumously awarded the George Cross*

## CRANLEIGH'S SCHOOL FOR SECRET AGENTS

Cranleigh Arts Centre is pleased to partner and host the Secret WW2 Learning Network, a registered educational charity promoting knowledge and understanding of clandestine warfare in the Second World War.

The Network is presently researching the role of selecting and training secret agents played by 'Winterfold' the Special Training School (STS) that was operated by the Special Operations Executive (SOE) on the outskirts of Cranleigh. SOE was the wartime secret service instructed by Prime Minister Winston Churchill to "Set Europe Ablaze" and the stately home of 'Winterfold' saw hundreds of trainee agents, mostly French, Dutch, Belgian and British pass through its doors. Many served heroically in occupied Europe. Many did not return.

A morning presentation and update on the Network's findings, including links to the locality and a newly-discovered part played by Cranleigh's former Regal Cinema, includes details of two agents who 'graduated' from 'Winterfold'. A sandwich lunch will be provided within the price and the afternoon session will consist of a showing of the classic 1958

Lewis Gilbert film *Carve Her Name With Pride* which tells the story of SOE's tragic heroine, Violette Szabó who was posthumously awarded the George Cross. Only in recent years has it come to light that Violette's selection and initial training was at 'Winterfold'. ■

*PS. Winterfold House is now private property and not publicly-accessible.*



*Winterfold House*







*The event's draft programme is:*

## CRANLEIGH'S SCHOOL FOR SECRET AGENTS

– Saturday 22nd June 2019

**10.30** - Doors open and registration  
- early arrivals can purchase refreshments from the CAC café

**11.00** - Welcome, description of partnership approach CAC/SWW2LN, thanks to any sponsors, housekeeping etc Peter Hunt and Paul McCue

**11.10** - Introductory presentation on the SWW2LN, the Special Operations Executive (SOE), the establishment at Winterfold and its use by SOE's Belgian, Dutch and French Sections. Paul McCue

**12.00** - Case study 1 of a Winterfold-trained female agent. Carol Browne

**12.30** - Case study 2 of a Winterfold-trained male agent. Paul McCue

**13.00** - Sandwich lunch, tea and coffee provided

**14.00** - Introduction of film and SOE agent Violette Szabó. Paul McCue

**14.15** - Carve Her Name With Pride PT1

**15.15** - Intermission

**15.45** - Carve Her Name With Pride PT2

**16.45** - Closing remarks. Paul McCue and Peter Hunt

*The ticket price will be £20 for the day.*



[www.secret-ww2.net](http://www.secret-ww2.net)

Paul McCue - Trustee  
01483 429364

E-mail: paulmmccue@gmail.com

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## Local information

### LIBRARIES

#### CRANLEIGH LIBRARY

High Street, Cranleigh. Tel. 0300 200 1001

**Opening times:** Mon: Closed all day  
Tuesday to Saturday: 9.30am – 5.00pm

**Rhymetime: Fridays 10.30 – 11.00am**

**Storytime:** Tuesday 3.30pm – 4.00pm &  
Saturdays 10.30am – 11.00am

Follow us on Twitter at @CranleighLib



#### 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. Keith Beckingham

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.

## Local Clubs

#### ALFOLD TENNIS CLUB

Recreation Ground, Dunsfold Road, Alfold GU6 8JB

E-mail: secretary@alfoldtennis.co.uk 07899 925237

#### CRANLEIGH BOWLS CLUB

Located at the rear of Cranleigh Village Sports & Social Club, Parsonage Road

Alan 01483 274682 or Bill 01483 275992

#### EWHURST BOWLS CLUB

Cranleigh Road, Ewhurst, GU6 7RN

Nigel 01483 272513 or Richard 01483 277494

**CRANLEIGH PENTANQUE CLUB** Cranleigh Village Sports and Social Club, Parsonage Road, GU6 7AN

Jane 01483 276952

#### BIRTLEY TENNIS CLUB

Birtley Road, Bramley, Guildford GU5 0LF

Francesca Stern 01483893856

#### CRANLEIGH BADMINTON CLUB

Glebelands School, Parsonage Road, Cranleigh, GU6 7AN

Maura 01483 267634 or Mike 01483 276667

## 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

Boots Village Way **01483 273274**  
Boots High Street **01483 274207**  
Cranleigh Pharmacy **01483 274323**  
Rudgwick Pharmacy **01403 823791**

### 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

New Directions Counselling **01483 268008**  
Horizon Counselling & Consultancy Services  
**01483 275999**



**01483 276780**

### RESTAURANTS IN CRANLEIGH

Lemongrass **01483 275891**  
Bricks Cranleigh **01483 276780**  
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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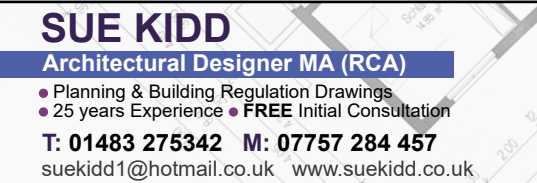


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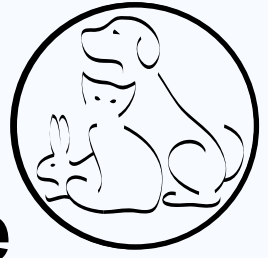


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