

MARCH 2019 ISSUE 41

CRANLEIGH MAGAZINE

MARCH

New Life - Fertility

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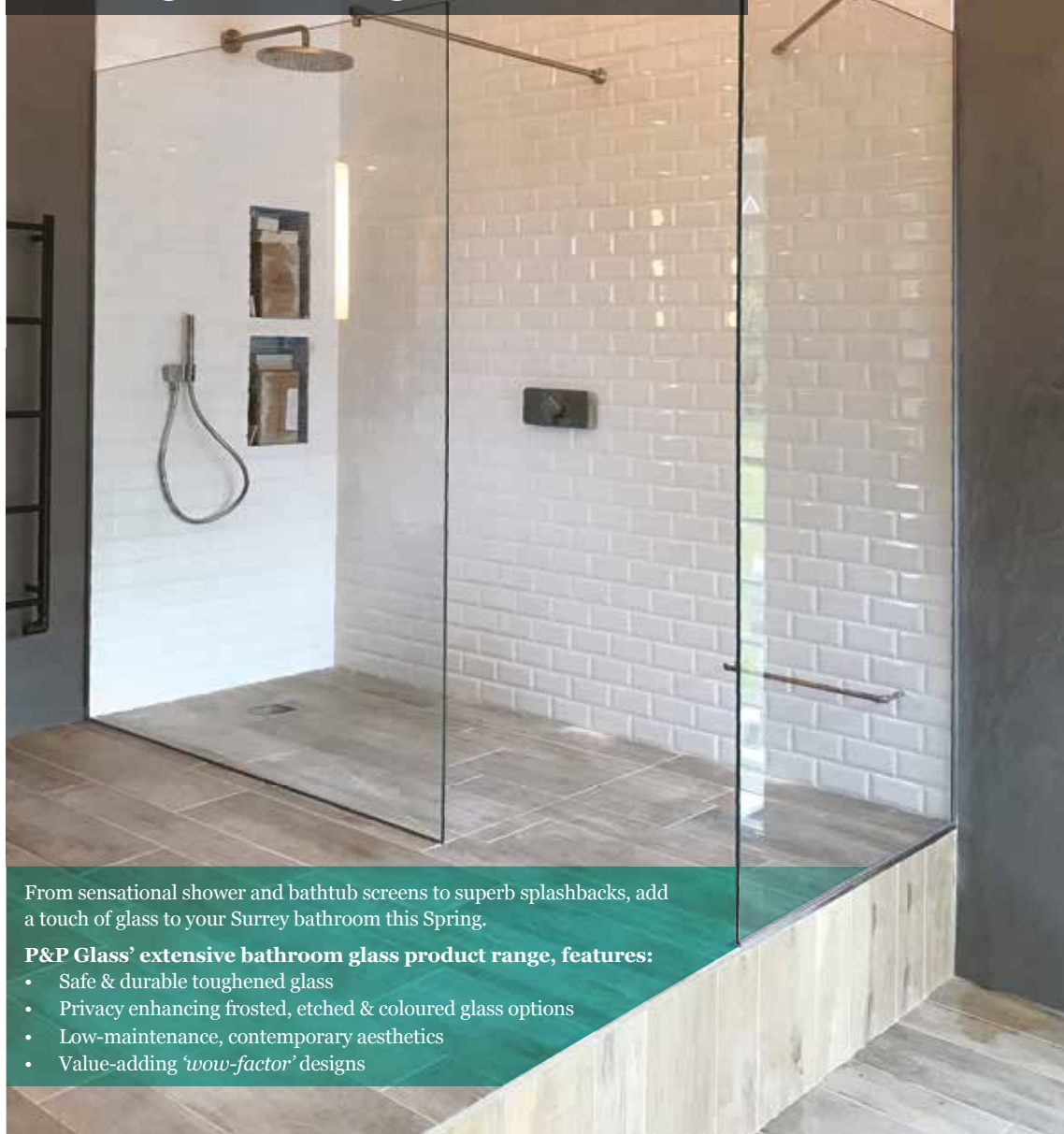
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MARCH 2019

CRANLEIGH MAGAZINE

WELCOME to Cranleigh Magazine in the month of March. Just coming out of the dark nights and deadness of winter, we see the beginnings of plants and flowers reaching out for the daylight that gives us new life. Have you planted anything yet and what will it bring?

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

Why not submit your local news to the Magazine or advertise your business, keeping people informed and connected in 2018

Contact 01483 275054 or email:
paul@cranleighmagazine.co.uk

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



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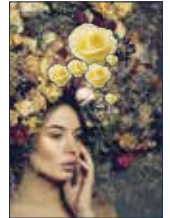
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Joy of Cranleigh

Joy Horn brings some anecdotes from past times

Forges and Smithies

'The Joy of Cranleigh'
is presenting a series of several
Vanished Buildings
of Cranleigh

The way it was

This picture of the forge on the Common probably shows Shadrach Trussler and his son Michael

The last forge in Cranleigh

The number of people with the surname Smith shows how widespread their job was. The term 'blacksmith' came about because iron was the 'black metal'. Smiths created agricultural tools, weapons, cooking utensils and horse shoes from iron. They heated the metal in their forge or smithy, then used tools to hammer, bend and cut it on their anvil. This is called 'wrought iron'; cast iron is poured in a molten state into a prepared sand mould. From medieval times, there was one smithy or more in every village.

Actually, not all Cranleigh's forges have vanished. There is still one on Luck's Green, on the path between Mead Road and Horsham Road. The blacksmith, Lee Golding, produced the 430 stunning poppy heads for the Centenary Garden, opened last November.

However, several forges have disappeared. There was probably one next to the Three Horseshoes (hence its name), and another may well have given its name to Horseshoe Lane. Do not be misled by 'Smithy Cottage' in Ewhurst Road: it was named by a family called Smith!

Perhaps the most important forge was on the Common.

We know details of the blacksmiths here from the time of the first Census, in 1841. From the 1871 to the 1891 Census, Shadrach Trussler was the smith. There seems a certain aptness in his forename, especially as he had brothers called Meshach and Abednego (all sons of the blacksmith in Shere).

continued on page 8

*Poppy heads in the Centenary Garden, November 2018*



Seymour's, 1950 (courtesy of Michael Miller)



Forge Cottage is the middle house: the right-hand one, Maple Leaf Cottage, is built on the site of the forge

By the time Frank Charman became blacksmith here, around 1920, factories and mass production had reduced the demand for blacksmith-made tools and hardware. The spread of the motor-car meant that fewer horses needed shoeing. Frank's advertisement of 1922 shows him diversifying into other trades. Blacksmiths often transferred their skills to cars and became the first generation of car mechanics, and this is what happened at Cranleigh's forge, as the various advertisements and pictures show.

Shadrach Trussler's younger brother Meshach had moved to the Luck's Green forge by 1881, and so for a time there were two Trussler blacksmiths in Cranleigh. Meshach was succeeded at Luck's Green by Daniel Enticknap.

Unfortunately, Daniel slipped into arrears with the rent due to his landlord, Sir Reginald Bray of Shere. He was taken into Hambledon Union workhouse in December 1906, with his wife and six daughters, and died the following month. His son, Daniel David Enticknap, though still under 21, attempted to keep the business going. However, creditors removed the

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Advert in Cranleigh Directory, 1922



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Advert in Cranleigh Guide, late 1950s

two bellows, as they were bought on the 'hire purchase principle' (still novel at this time).

Richard Pobgee, a 'coachbuilder and general smith', asked Bray for the tenancy, and offered to give young Enticknap work. The surveyor Harry Weller valued the remaining equipment at £18 17s 6d. He told Bray that he knew the circumstances of the family very well, and that 'this is practically all they possess in the world'. He suggested that 'it would be a charity' if Bray would take only a small sum to settle the arrears – perhaps £5 – and let the family have the rest.

'It has been a hard case for the child etc., as it was no fault of theirs that their father drank instead of attending to the business'. Pobgee took on young Enticknap, and told Bray that 'he is giving every satisfaction at present'. It is a touching story, showing Cranleigh people displaying compassion and generosity.

(Grateful thanks to Nigel Balchin for alerting me to this incident, recorded in the Bray Papers at the Surrey History Centre.) ■

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 March 14th, when Jane Turner will speak on 'G.F. and Mary Watts and the Watts Chapel'.



**New Life
- Fertility**

Flora, the Roman goddess of flowers, fertility and spring protected the early blossoms. She was generally represented as a beautiful maiden, garlanded with flowers. Her name is derived from the Latin word 'floris' meaning flower.

Today we need to be careful how what and where we plant things, not only in the ground but what we plant in our lives! Our children! Our families, our morals! - for we've all heard the saying . . . 'you reap what you sow.' ■




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Crane Spotter:

tales from a Cranleigh birder

March Bittersweet battlers

Remember the famous cinema quote from Tom Hanks, playing the Forrest Gump character in the film of the same name? 'Mamma always said life is like a box of chocolates. You never know what you're gonna get'.

I always recall those words when I hear or see an increasingly scarce visitor to Surrey Hills' heathlands and forests.

Thanks though to the greater availability of one of its favourite foods you probably stand a better chance of seeing one in your garden than did the last generation of bird watchers.

Look again at your feathered friends battling the freeze around your feeders. Closer inspection may reveal a sweet surprise.

If you see some apparently brownish little birds, about the size of a Goldfinch, do try and study them a bit longer.

That's often not easy when there is a continual flurry of comings and goings, but you may be rewarded with good views of Redpolls.

They just love those oil-rich tiny black seeds in your niger feeders and will often punch well above their weight to be in pole position at the holes.

Add to the avian mix those squabbling Siskins, grappling Goldfinches, and the resident ruffled House Sparrows - all trying to feed from the same outlets - and there is only one way to find out who is toughest. As comedian Harry Hill would say: 'Fight!'

The Redpolls can be feisty and will guard their turn at the feeders with much snarling aggression and pecking gestures towards rivals. And who can blame them - they have come many miles to try and survive the winter with us.

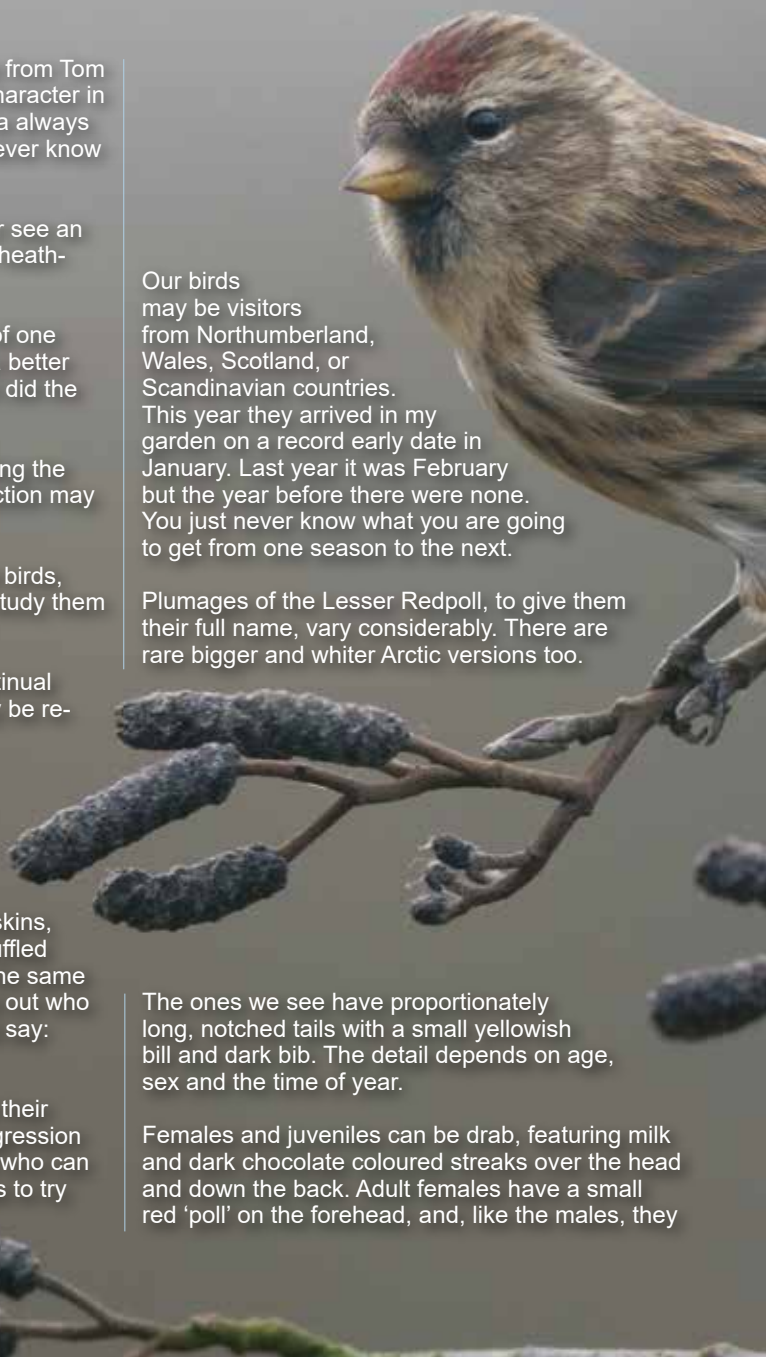
Our birds may be visitors from Northumberland, Wales, Scotland, or Scandinavian countries.

This year they arrived in my garden on a record early date in January. Last year it was February but the year before there were none. You just never know what you are going to get from one season to the next.

Plumages of the Lesser Redpoll, to give them their full name, vary considerably. There are rare bigger and whiter Arctic versions too.

The ones we see have proportionately long, notched tails with a small yellowish bill and dark bib. The detail depends on age, sex and the time of year.

Females and juveniles can be drab, featuring milk and dark chocolate coloured streaks over the head and down the back. Adult females have a small red 'poll' on the forehead, and, like the males, they



have two pale wing bars and white bellies with brown streaking.

But the males can really turn it on with a much bigger and stronger red 'poll' and dazzling pinkie/red extending all down the breast, below the eye, and on the rump. One observer got it just right when he said these varieties looked as if they had dipped themselves in a jar of raspberry jam.

Redpolls show up around the Surrey Hills from October although they have been recorded from the second week of September. Usually they have migrated north by April to breed in wild areas of young conifers or birch forest.

Away from garden feeding stations you can find them munching quietly - often upside down - in alder trees beside the Wey and Arun Canal, or in roadside birch trees.


Usually I hear them first because their call as they flick by overhead, in a somewhat flimsy and bounding flight, resembles a little metallic motor – chi-chi, chi-chi, chi-chi.

In some recent years there have been local flocks of over 100 in good habitat, such as Leith Hill, but in others a flock of 20 might be notable.

They once bred, rarely, in Surrey but in less than an average human lifetime they have gone from reasonably common status to one of bitter decline. It sadly appears there is no evidence they have bred in the county since the 1990s and they are now on the official red-list of species of national conservation concern.

The Redpoll's 'chocolate box' looks like it is fast heading towards empty. We can only hope there is another tier. ■

Main photo:
Lesser Redpoll
(*Carduelis Cabaret*)

Twitter - @Crane_Spotter 



Lesser Redpoll hanging on a branch
(*Carduelis Cabaret*)

People Profile



Who's who?

Helen Tilley
A Local Farmer

For the first twelve years of my life, I lived with my family in South West London, after this time we moved to Surrey. Some of the highlights of my early years, were when my father drove us to the countryside in his car. He encouraged me to stop, look and appreciate the countryside around me and the beauty of nature and God's creation.

continued on page 15

Farming is a wa





y of life now . .





“ I would often astonish
my office friends on
a Monday morning
with tales of farm life ”

... that I would



Main picture:

A herd of our cattle coming up to check me out



continued from page 13

Although a Londoner by birth, he was a countryman at heart. Since then the appreciation of all I see around me in nature, has never left me. In particular, I grew up with a strong love of all animals, so I feel very fortunate that life led me into an occupation which involves living and working with them.

I left school in 1962 at the age of sixteen with no real clue what I wanted to do. I ended up taking a secretarial course, which led to a job in a builder's office where I gained experience in general office duties. However, I always found the outdoors to be a great distraction and loved the freedom of being outside. I later left and moved to a large office in Reigate where I stayed until I married and moved away.

I was eighteen when I first met David, my 'husband to be'. He was a farmer. He worked with his father and brother on a farm at Sutton Green, near Guildford, which was owned then by Paul Getty. They milked a dairy herd of cows and farmed store cattle and sheep. Through spending time with David and his family on the farm, I was introduced to a very different way of life to the one I knew and I loved it.



***Inset:** Young calves born on the farm*

However, I quickly realised that it was not an easy way of life. Farming involves long hours and hard work and alongside David's family this was very evident. But I could see the rewards as well - new birth all around in the spring, with new lambs and calves, the joy and freedom of being outside in the fields taking part in all that needed to be done. I was always happy to help out in any way I could and would often astonish my office friends on a Monday morning when asked what I'd been up to at the weekend, with tales of farm life!

continued on page 16

never swap for



continued from page 15

Later that year we became engaged and married one year later. I can remember the day after I got back from my honeymoon, waking up with the realisation that I had jumped into farming life at the deep end and feeling that my life would quite possibly never be the same again.



There is always work to be done on the farm



Cattle are fed from our own home-grown crops

Main Picture:

Sometimes things can get out of hand - traffic wise - when there's a queue for the telephone.

Time passed and we took on the tenancy of a farm in Egham, Surrey. We lived in an old Victorian farmhouse with many rooms. It was draughty and cold in the winter, with no central heating. That was when the hard work really began. We started with a small herd of dairy cows and some sheep. Over time the farmland was improved and the livestock numbers grown. On top of milking the cows twice a day, David carried out agricultural contract work as well! He was a very hard-working man, in fact some might say a work-aholic. He was always very ambitious for the future and the future of his family.

I would feed the cattle, look after sheep and the farm while he was away. It was tough, especially during the winter months, but I enjoyed it. The springtime was always so welcome when it eventually came. I always



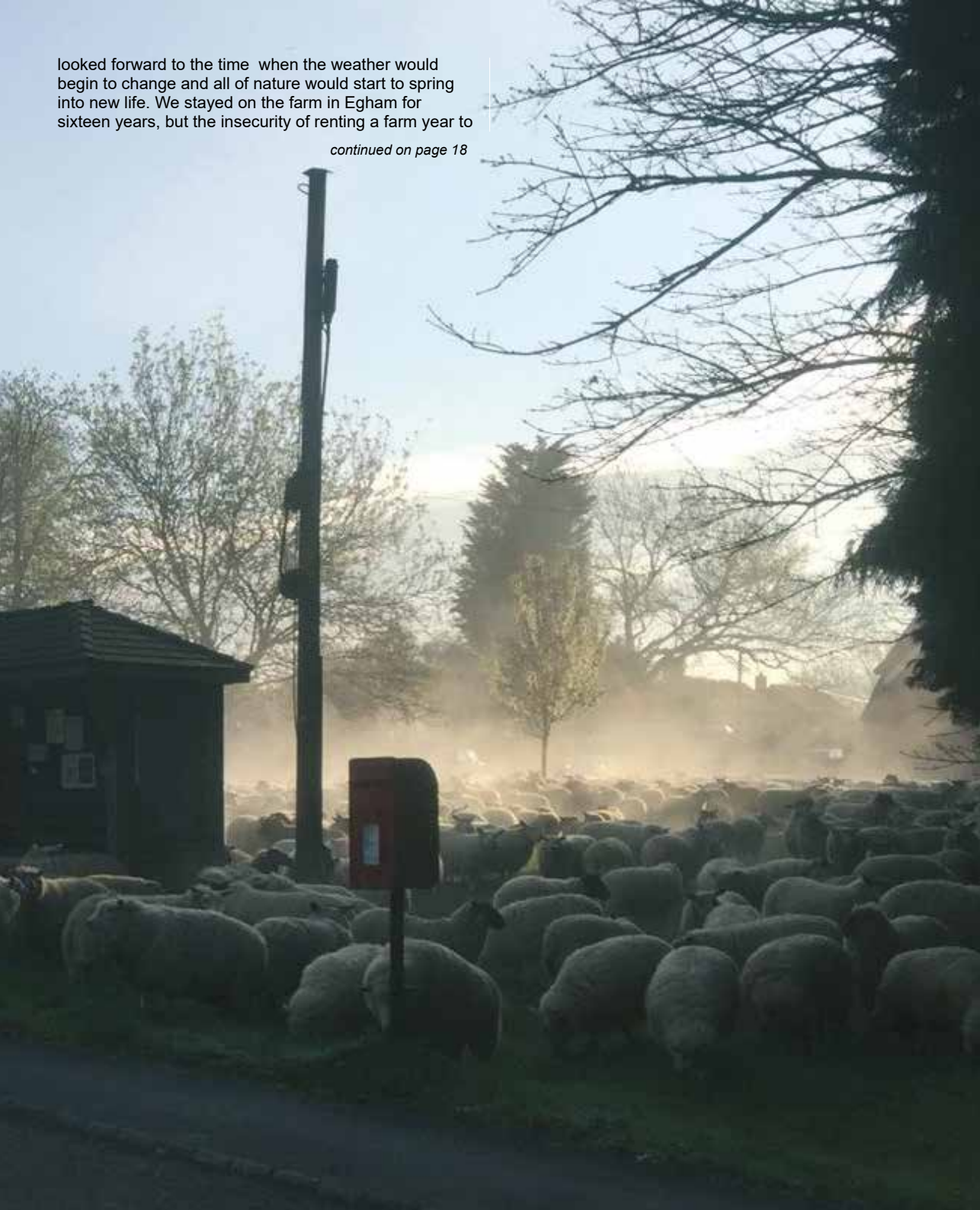
**“ they say the grass is always greener
on the other side ”**

anything in the



looked forward to the time when the weather would begin to change and all of nature would start to spring into new life. We stayed on the farm in Egham for sixteen years, but the insecurity of renting a farm year to

continued on page 18



world . . .

During winter months we farm storelambs, which are sold in the Spring. Occasionally we move them from one field to another along the roadway.

year on a contract basis eventually got too much. In the early eighties we decided to make the move to a larger farm of our own near Cranleigh on the Surrey/Sussex border. By that time, we had actually converted over to beef farming.

Over the years we were blessed with four children, a daughter and three sons. Juggling home life with the farm was often challenging but always greatly fulfilling.

The children were able to grow up enjoying the space and freedom that farm life offered. They were often out in the hayfields or in the cowshed in their pushchairs. We involved them in farm life from a very early age, and they were always with us, helping with what we were doing in whatever way they could.

Though the days were long, farming life meant that I was always there when my children got home from school, I longed for the school holidays when I could have them at home with me all the time. The children grew up to love and enjoy farming just as much as I have over the years, and now they're all farmers in their own right, with their own farms and families

Sadly, in 2010 after a four-year illness my husband David passed away, leaving a huge hole in all of our lives. But I have found comfort in the farm and watching the many grandchildren I've been blessed with, growing up.

These days it can be disturbing to see how detached people are from where their food comes from. There's been a great deal of bad publicity around factory farming and cattle that are housed in poor conditions their whole lives. However, a lot of people are also unaware of how farms such as ours are run. Providing a natural environment with grain, silage and hay that's all home-grown on site.

I really believe education is key and that more children should be taken to farms to experience the environment, learn about how they are run and where their food comes from. Over the past years we've hosted 'day trips' for classes of school children from inner city London and I've been astonished by some of the questions they've asked and shocked at some of the things they're ignorant about. It's very saddening to see lives being lived more and more remotely away from nature.

Farming life has changed dramatically over the years, becoming much more mechanised with larger and more efficient machinery. There are not so many successful small farms in this country now. The majority are subsidised in some way or incorporated into bigger farms where a larger amount of mechanisation is available, helping to keep labour costs to a minimum.

We now have a mixed herd of 100 breeding cows and continental bulls on our farm today, and as we come into March time, I'm as excited as ever with the promise of Spring and all that the new season has to offer. Wild flowers are beginning to bloom, and calving season is almost upon us.

I'm at o



Feeding my pet goats

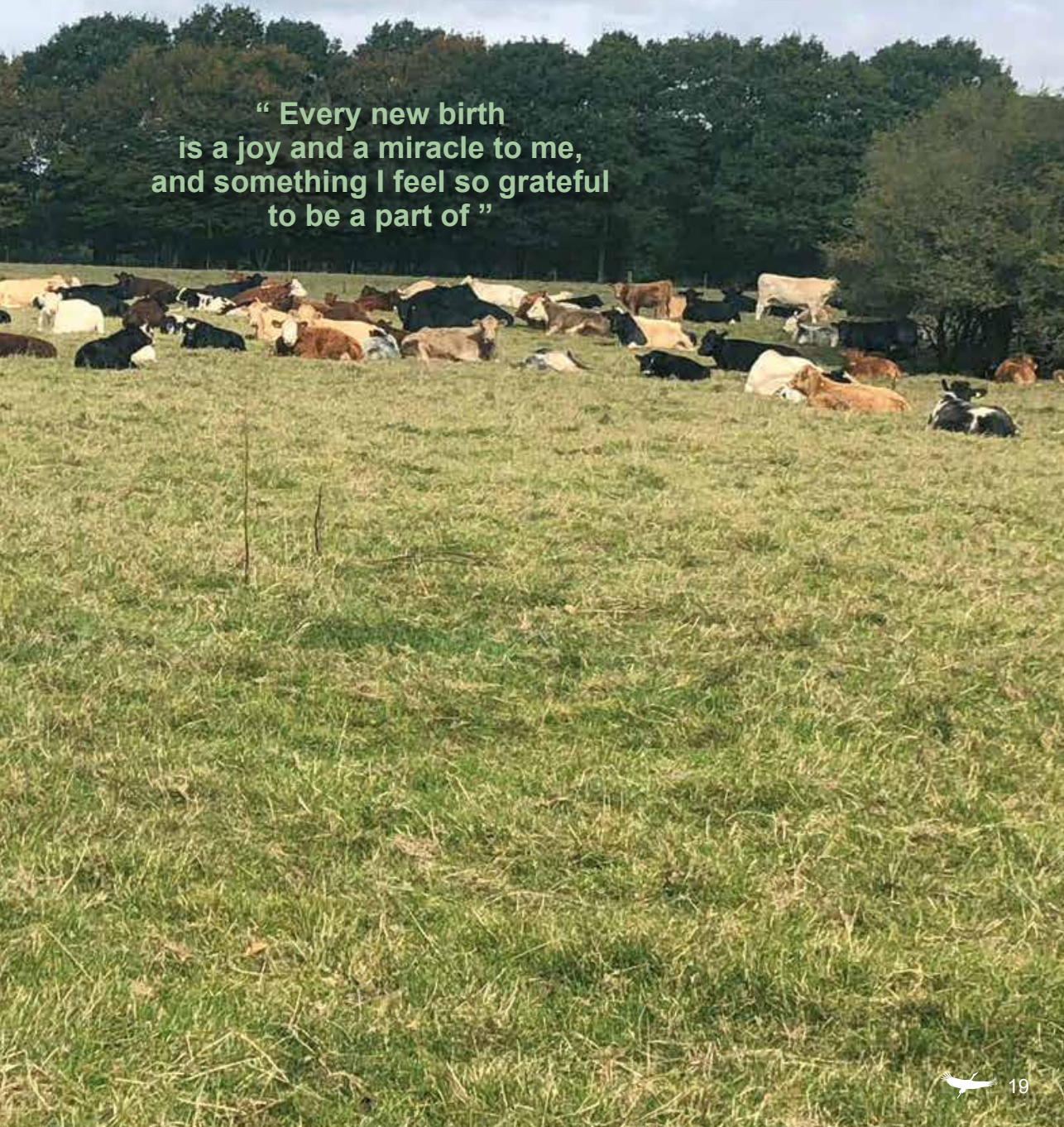


ne with nature.

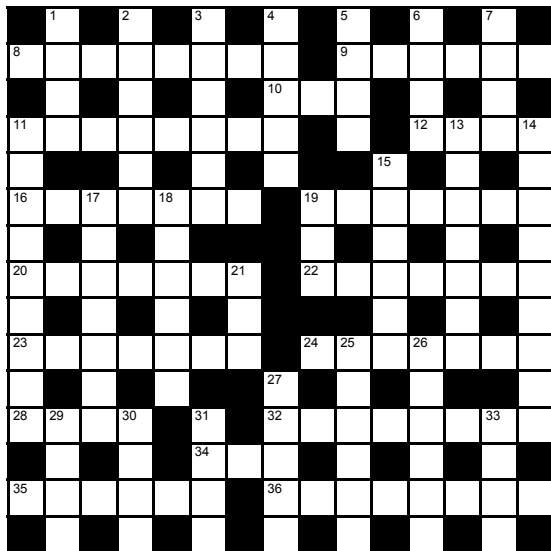
We always keep our calves until they're around two to two and half years old when they are mature animals. They have a very happy life with us on the farm from beginning to end, grazing in the summer and housed comfortably in the winter.

Every new birth is a joy and a miracle to me and something I feel so grateful to be a part of. ■

“ Every new birth
is a joy and a miracle to me,
and something I feel so grateful
to be a part of ”



March Crossword Puzzle



Down

- 1 Game played on horseback (4)
- 2 Capital of Croatia (6)
- 3 He asked "What is truth?" (6)
- 4 One (5)
- 5 Knock (4)
- 6 Very detailed picture reciever (1-1,2)
- 7 Scheme (4)
- 11 Pictures of people (9)
- 13 Applaud (7)
- 14 Twisted into a confusing mass (9)
- 15 Command (6)
- 17 Pepper (7)
- 18 Morning assemblies (6)
- 19 Drinking vessel (3)
- 21 Salesperson (3)
- 25 Nosedive (6)
- 26 Cracked (6)
- 27 Wonky (5)
- 29 Singles (4)
- 30 Assistant (4)
- 31 Tender (4)
- 33 Apiece (4)

Across

- 8 Bucharest resident, for example (8)
- 9 To an excessive degree (6)
- 10 Company known as "Big Blue" (1,1,1)
- 11 Hearty Sunday Lunch (3,5)
- 12 Fan blade (4)
- 16 Mobs (7)
- 19 Close-cropped hair style (4,3)
- 20 Solvent (7)
- 22 Before sunrise (7)
- 23 Piled carelessly (2,1,4)
- 24 As good as it gets (7)
- 28 Scotch partner (4)
- 32 Flattened (8)
- 34 Hard, durable wood (3)
- 35 Seller (6)
- 36 Science of heredity (8)



Colin the Cranleigh Chameleon, was hiding on page 8 during the month of February. Did you spot him? Crossword and Sudoku – answers will appear in the next issue.

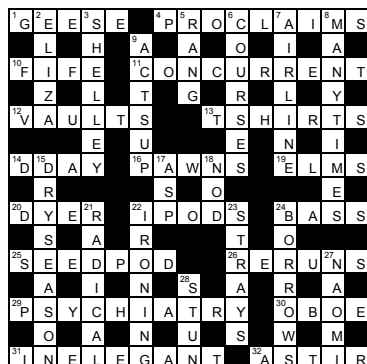
March Sudoku Puzzle 1 - Easy

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

March Sudoku Puzzle 2 - Hard

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

February Crossword and Suduko Answers



February Crossword Solution

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

February Sudoku Easy Solution

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

February Sudoku Hard Solution

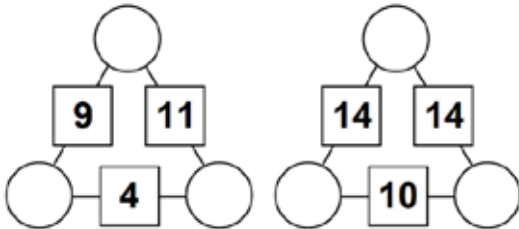


Hidden Pictures

See if you can colour in all the small pictures hidden in the Mother's day scene above!

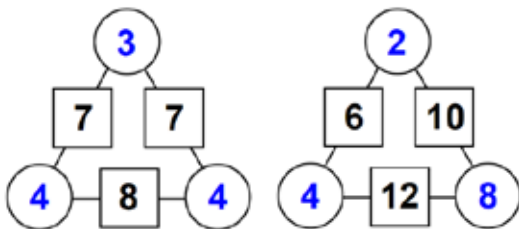


Triangle Arithmagons



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.

February Arithmagon Solution



COLOUR ILLUSION (Far right):

How many colors are present in the image? It looks like a few, but it's only one shade of green and red!

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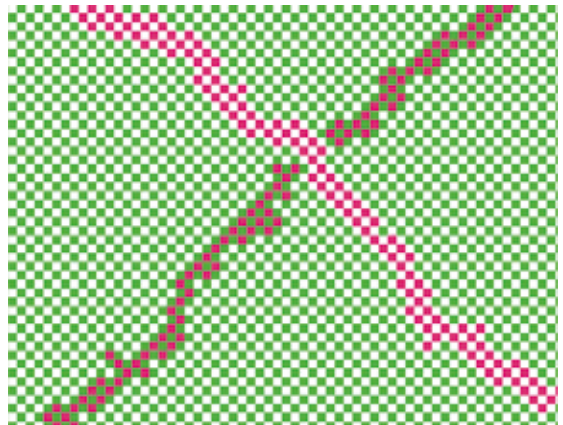
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Sat
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PARKRUN



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Bruce McKenzie Memorial Field
Knowle Lane, Cranleigh

1

MAR

**PAUL MCCAFFREY:
DEBUT TOUR**



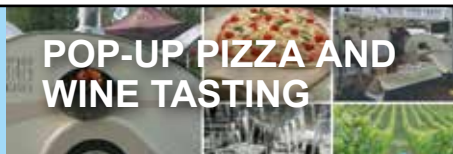
Star of TV and radio, award-winning comedian Paul McCaffrey is now hitting the road with his own debut tour. 20:00

Farnham Maltings, Bridge Square, Surrey

2

MAR

**POP-UP PIZZA AND
WINE TASTING**

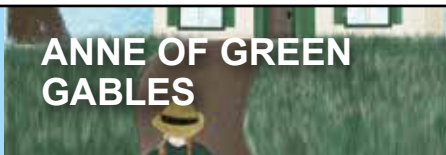


The Wood Fired Larder are popping up at Albury Vineyard with their bespoke teardrop caravan to cook a delicious selection of pizzas. 11:00 - 16:00

Albury Vineyard, Shere Road, GU5 9BW

7-9
MAR

**ANNE OF GREEN
GABLES**



When the Cuthberts decide to bring home an orphan, they get more than they bargained for. For times visit their website: www.yvonne-arnaud.co.uk

Yvonne Arnaud Theatre, Guildford, GU1 3UX

8
MAR

**INTERNATIONAL
WOMEN'S DAY**

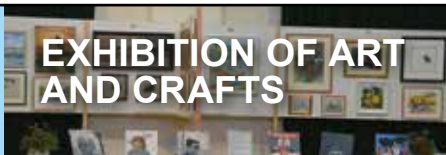


Join experts to discover more about women in the Watts' circle and learn how local women artists continue to be inspired. 11:00 - 18:30

Watts Gallery, Down Lane, Guildford, Surrey

14-16
MAR

**EXHIBITION OF ART
AND CRAFTS**

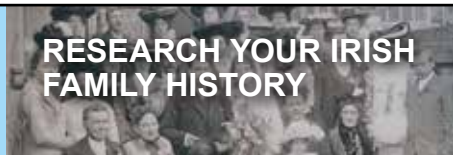


An opportunity to purchase quality original art works and craft items from members of the Cranleigh Art and Crafts Society. 10:00 - 17:00

Cranleigh Village Hall, Village Way, Surrey

16
MAR

**RESEARCH YOUR IRISH
FAMILY HISTORY**



A talk devoted to exploring sources and resources for Irish family history. They will cover most aspects of Irish genealogical research. 10:00 - 12:30

Surrey History Centre, Woking, GU21 6ND

15,19
MAR

HEALTH & LEISURE WALKS



All welcome to guided, sociable walks led by trained volunteers; no need to book, just turn-up at the start. A booklet containing the walks is available from the Walks Co-ordinator 07720 714306 or online: www.horsham.gov.uk/leisurepages/Leisure/sports/walking

Fri 15 March 10:00am: Ockley 4.5 miles 2 hrs. Meet on the south side of the village green, just off the A29, in School Lane. This walk takes us over farmland and to a nature reserve and lake. Some inclines. No dogs. **Margaret 262311 or Emmy 01403 255517**

DATES FOR YOUR DIARY For more info visit our online Event page:

www.cranleighmagazine.co.uk/event-calendar



1-3
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

1
MAR

NEST (FOR PRE-WALKING BABIES)

A stunning multi-sensory experience for pre-walking babies and their parents and carers. 10:30 - 14:35

Farnham Maltings, Bridge Square, Surrey

2
MAR

BEETHOVEN'S APPASSIONATA

Warren Mailley-Smith returns to Guildford to play Beethoven's Appassionata and Waldstein piano sonatas. 19:30

Eastgate Gardens, Guildford, GU1 4AZ

5
MAR

GUILDFORD PANCAKE RACE 2019

Fun in the High Street on Shrove Tuesday. Several races will take place both sprint races and relays for a mixture of ages. 11:00 - 13:00

Guildford, High Street, GU1 3QT

9-17
MAR

SCIENCE WEEK AT RHS GARDEN WISLEY

Celebrate Science Week with a variety of events, showcasing the important scientific work going on at the Garden. 10:00 - 16:30

RHS Garden Wisley, Woking, Surrey

10
MAR

MERCER SURREY HALF MARATHON

The Mercer Surrey Half Marathon is a friendly and local event, which promises a high quality experience for every runner. 9:00 - 15:00

Woking Leisure Centre, Surrey, GU22 9BA

17
MAR

MADE IN MOLESEY CRAFT EXHIBITION

Made In Molesey craft exhibition offers art demonstrations and lots of items for sale too. Free parking in Walton Rd car park next door. 15:00 - 17:00

St Mary's Church, East Molesey, KT8 0ST

22-24
MAR

SPRING PLANT FAIR

Meet the growers and choose quality plants from over 30 specialist nurseries. Plants on sale. Normal Garden entry applies. 10:00 - 16:30

RHS Garden Wisley, Woking, Surrey

23
MAR

KELLY'S CLANDON PARK RUN

Tue 19 March 10:30am: Ewhurst 5.5 miles 2 hrs 30 mins. Meet at the Recreation Ground Car Park Ewhurst. Walk through open fields, west to Cranleigh and east to Forest Green. Some inclines. No dogs. Jan 01403 783889 and David 01483 279713

A hugely popular annual run in Guildford. Teachers and pupils take part alongside hundreds of others from the local community. 11:00 - 17:00

George Abbot School, Guildford, GU1 1XX



VINTAGE CHAIRS REIMAGINED

We rescue vintage chairs that are no longer loved or wanted, tucked away in attics, sheds and garages and give them a new life.

Buy something different, a unique, stylish vintage chair!

Harriet is a luxurious lady, a chair, that hails from the early 1920s, a period when luxury was to be enjoyed and maintained! Her style and fabric of pale gold, velvet with silk trim adds to her allure even today!



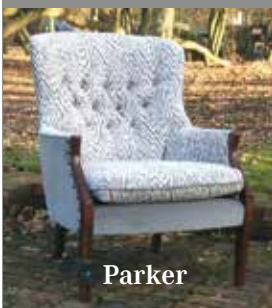
Kirk



Harriet



Rosie



Parker



Parker



April



Kirk



April



Rosie

VINTAGE CHAIRS REIMAGINED have re-upholstered these chairs using stunning designer fabrics that will suit any room in your home. Come and meet Sunshine, Stuart, Purple Star, Daisy, Tiger and many more!

Call us and you can make an appointment to suit you. Open Thursday, Friday and Saturday afternoons.

SITTING IS BELIEVING . . .



ADVENTUROUS GIRLS FROM CRANLEIGH BRAVE THE COLD AT WINTER CAMP



Girls from Cranleigh braved the **freezing temperatures** to sleep under canvas at Girlguiding's extreme winter camp. The Cranleigh Guides joined hundreds of other girls at Sparkle and Ice, a weekend event held at Girlguiding's activity centre **Blackland Farm near East Grinstead** on 2-3 February.

After pitching their tents, the group kept warm by making the most of the activities on offer from going **climbing, roller skiing, ice tubing and abseiling**, to testing their survival skills by making shelters and building fires. And at night, they had the chance to ditch their welly boots for dancing shoes to enjoy the onsite disco. The group then layered up to endure plunging temperatures to take on the challenge of winter camping.

Lucy said: "We survived the cold by wearing loads of layers and putting hot water bottles in our sleeping bags. Girlguiding is all about trying new things and this is the first time I've camped out in winter. It's been an amazing experience; I can't wait to do it again."

Jess said: "I loved all the activities but particularly abseiling and climbing because they were so much fun. It was great to be here with my friends because we all wanted to challenge ourselves by sleeping in a tent in winter. It was cold but brilliant; I'd definitely do it again." This is the third time Sparkle and Ice has been held and hundreds of girls and young women joined the three

camp which happened simultaneously across Girlguiding's activity centres in Lancashire, Hampshire and Sussex. The event was funded by Postcode Children Trust, a grant-giving charity supported entirely by players of People's Postcode Lottery.



Girlguiding gives girls opportunities to have fun and adventure, gain life skills and make friends. Sparkle and Ice is the first of several weekend events to be held at Girlguiding's activity centres during 2019 for girls and young women from across the country, with Magic and Mayhem and Wellies and Wristbands coming up in the summer.

For more information about how to get involved with Girlguiding, the leading charity for girls and young women in the UK, visit www.girlguiding.org.uk.



TROUBLED? LET'S TALK

Come and share your concerns, no matter how overwhelming. I am a qualified Counsellor with a private consulting room in Cranleigh. Free initial phone consultation available.

Areas of experience: depression, anxiety and fears, panic attacks, loss/bereavement, broken relationships, pregnancy issues including stillbirth, infertility, miscarriage, termination, sudden unforeseen changes, suicidal thoughts and low self-esteem.

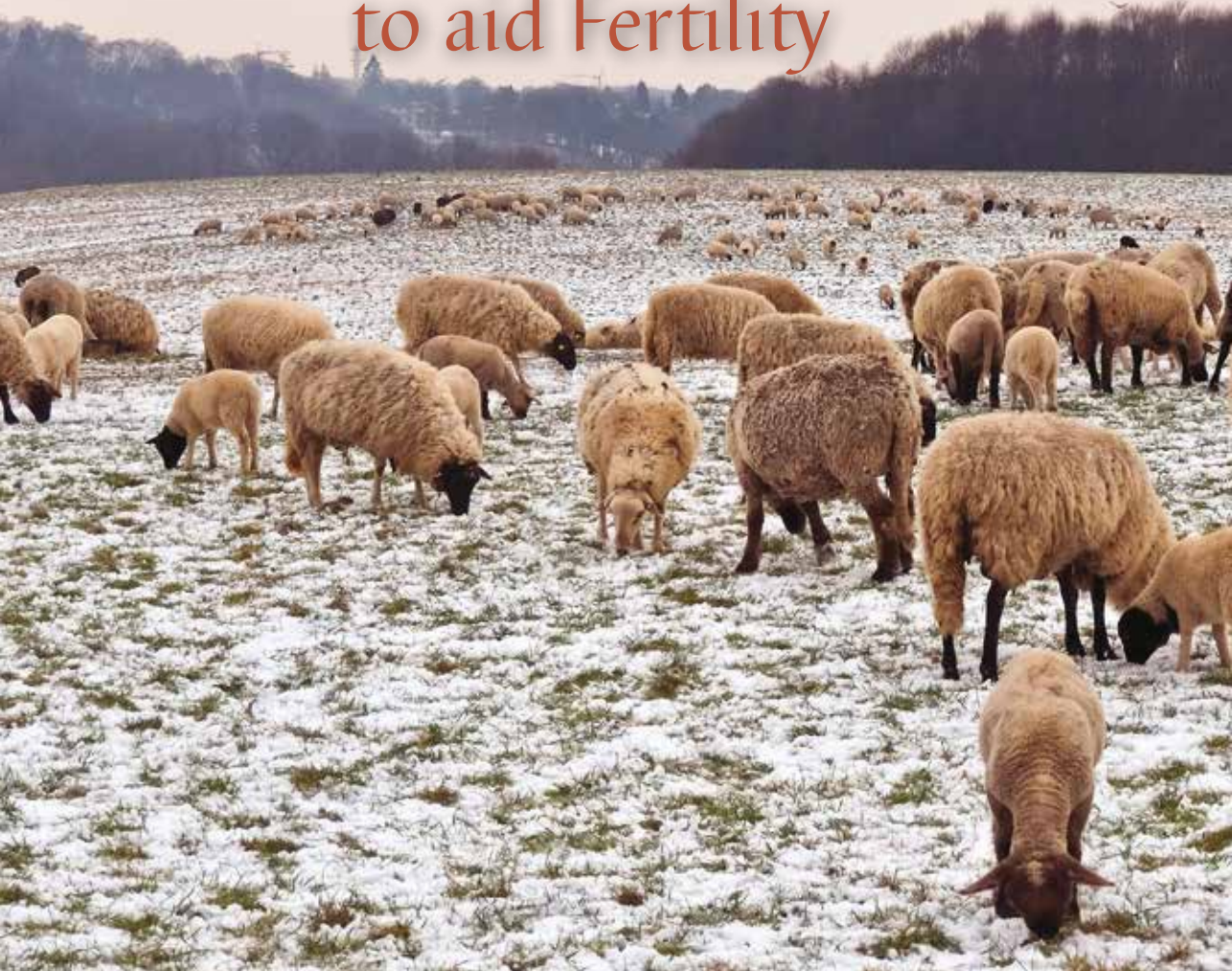
Diane Garnham, BA (Hons), MBACP
Integrative Counsellor

E: info@dgcounselling.uk

W: <https://dgcounselling.uk>

M: 07519 190297

Natural Solutions- to aid Fertility



After the snow a couple of weeks ago, it suddenly feels like Spring is in the air! With lambs being born and rabbits about to start reproducing like crazy it can be very hard for a couple who are trying to get pregnant. New life is all around and yet for some, it's all just a sad and stark reminder of their failure to conceive.

The definition of infertility is 'not having children after one year of regular sexual life without using contraception'. Infertility is one of the major health care problems in all societies worldwide and is on the rise. The average prevalence of infertility in developed countries is **3.5-16.7%** and in developing countries is **6.9-9.3%**. Many couples are now diagnosed with 'unexplained infertility' after all the tests have come back normal; this means that doctors cannot put it down to a specific, observable medical cause. I be-

lieve that infertility is a multi-factorial problem and therefore should be investigated as such. What does that mean? Dr Marilyn Glenville PhD believes that by looking at a variety of issues, such as nutrition and alcohol intake, smoking habits, environmental toxins and the effect of stress in the body we can ascertain whether key nutrients for conception are deficient.

Something as simple as a zinc test done in clinic can tell us whether a couple are low in zinc. Zinc is the most important mineral for both male and female fertility. It's essential for preventing miscarriages and for good sperm quality and motility.

Symptoms of zinc deficiency can include:

- *white spots on the nails*
- *a low sperm count*
- *a poor sense of taste and smell.*



by Sue Potgieter

Nutritional Therapist & Naturopath mANP CNHC



Zinc is available in the following foods: pumpkin seeds, almonds, oats and venison!

It used to be said that we are what we eat, but actually it's more correct to say that we are what we absorb. Any couple planning to start a family should be thinking of preparing themselves nutritionally about 6 months before conception. This could mean giving up alcohol, as research shows it decreases sperm count and prevents the absorption of zinc. In fact drinking any alcohol can apparently reduce your fertility by half!

In today's modern world we are bombarded by xenoestrogens, oestrogen-like chemicals which mimic oestrogen in the body and disrupt your own hormones. These xenoestrogens are caused by pollution from pesticides and the manufacturing of plas-

tics. Swap your cling film for beeswax wrappers and get a BPA, phthalate free water bottle to drink from. I would also caution the use of chemical air fresheners and rather use a diffuser with essential oils or essential oil scented candles. Xenoestrogens can also play havoc with your menstrual cycle or be a contributing factor in the hot flushes you're experiencing during menopause!

How can you help yourself prepare?

- *Get a regular intake of essential fatty acids (also known as healthy fats) as these are essential for hormone balancing and cell structure. Aim for 3 portions of oily fish a week, use a good quality extra virgin olive oil on salads and steamed vegetables, or have a few handfuls of raw nuts and seeds each week.*
- *Eat plenty of vegetables as the fibre in them helps to get rid of 'old' oestrogen. If it's not removed it gets reabsorbed and can lead to oestrogen dominance. A good level of fibre in the diet also keeps the bowels moving and this is important for the removal of chemicals, pesticides, heavy metals and other toxins; all of which may affect fertility.*
- *Cut down or preferably remove all refined carbohydrates and sugar from your diet as these lead to inflammation in the body. Replace them with beans, pulses and certain vegetables.*
- *Consider cutting out caffeine whilst on this journey as research suggests that it may also decrease fertility and delay conception.*
- *Incorporate stress relieving techniques into your life such as deep breathing and mindfulness or meditation. Yoga stretches and walking in nature can also help reduce those stress hormones, particularly when another month goes by and there is no sign of conception.*
- *Avoid commercially produced meat which contains artificial hormones and buy grass fed organic meat, limiting your intake of red meat to 3 times per week.*

With so many factors affecting fertility it is vital to work alongside a practitioner who can guide you on the journey from a holistic, nutritional point of view. If you would like a free 20 min chat with me on any health issue or for a fully referenced pdf version of this article, please email me at the address below. ■

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

Sue



Some say . . .
Be honest, be nice,
be a flower not a weed.
Aaron Neville



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Some say . . .
**A flower cannot blossom without
sunshine, and man cannot
live without love. Max Muller**

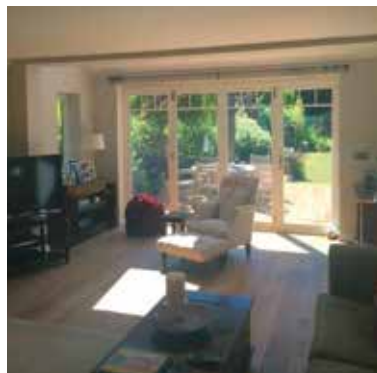




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Cranleigh Rotary Youth Speaks 2019



The winning Intermediate Team from Glebelands School

The local round of this year's Rotary Youth Speaks competition was a clean sweep for Glebelands School in Cranleigh.

The first round was held on Wednesday, 23rd January. Five teams entered at Intermediate Level, comprising three from Glebelands and two from Broadwater School, Godalming. At Senior Level, there was a team each from Glebelands, Rodborough and Broadwater Schools.

Following an interesting series of presentations, with topics including social media, veganism and music, teams from Glebelands were declared worthy winners in both categories.

The winning teams went on to the District semi-finals: the Intermediate Level event was hosted by Cranleigh Rotary on Saturday, 9th February, and the Senior Level event was scheduled to take place at Haywards Heath on Saturday, 23rd February.

The Youth Speaks competition is part of Cranleigh Rotary's ongoing commitment to support local schools and youth activities. The main beneficiary of the Club's Christmas Street Collection was Cranleigh Scouts, with

a donation of more than £1,000. Another £1,200 was raised from the Santa Dash to provide dictionaries and library books to local schools.

Profits from the Rotary Quiz on 1 March will go towards providing shirts for the Cranleigh Cricket Club's Under-14 Girls team. ■

For more information please visit:

www.cranleighrotary.org.uk or email Brian Arendell: arendell@hotmail.co.uk



A letter to the Co-op Staff



Dear Sir,

I would like to thank Cranleigh Co-op for their generosity over the last year.

Rowley's Day Centre – Nearly £7,000
The Lions – Food & money for all of the hampers, given to the elderly. (I think over 100 hampers)
Animal Sanctuary – Food & Money
Food Bank – Trolley in Store
Clothes for Homeless – Outside door

Also, a lady wanted to have a party for the lonely but the hall was already booked. Co-op heard about it and not only hired the Bandroom but also paid for it plus sent loads of food and potted plants for everyone to take home.

Co-op Membership is only £1

Over the year one gets money off vouchers. Also, as I am a member, I was able to have over £35 worth of groceries for **FREE**.

Many thanks to all the Co-op Staff and Management.

From a Cranleigh resident



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MARCH

Begin the spring clean!

The month of March plays an important role in the life of a gardener. As spring finally reaches us, it's time to get busy by prepping seed beds, cutting back winter shrubs and overall tidying up around the garden. Here's a few tips to get you started:

- If any of your garden plants require support this year, put them in now, so plants can grow up through them.
- Feed trees, shrubs and hedges with a slow-release fertiliser, lightly fork it into the soil surface.
- Keep an eye out for slugs as the weather begins to warm up. Pay special attention to soft, new growth, which slugs adore.
- Try covering prepared soil with some sheet of black plastic, which will keep it drier and warmer in preparation for planting.
- Prepare your soil for growing new lawn from seed. Doing this now gives it time to settle before sowing.
- As the weather starts to get warmer, begin weeding - it's easier to control weeds if you remove them while they're young.
- Get rid of slimy patches on patios by cleaning with a broom or a pressure washer. ■



Come and join us!

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



Our open day is open to everyone, and we encourage both beginner and experienced bowlers to come along.

HOW TO FIND US

We are located at the rear of Cranleigh Village Sports & Social Club in Parsonage Road, which has ample free car parking facilities, changing rooms, and a lively bar. **We'd love to see you! All you do is just turn up, we will do the rest.**

FREE INTRODUCTION-TASTER DAY

28 APRIL 2019

Session 1: 10am - 12 noon

Session 2: 2pm - 4pm.

The club will provide all equipment needed, including the bowls; you will be assisted by our qualified coaches, and members. Please wear suitable clothing for moving around in and bring along **A FLAT**

BOTTOM PAIR OF SHOES. Refreshments will be provided. A small competition will be held with prizes to be won. If you are unable to attend, **we are offering sessions for all every Monday from 2pm - 4pm and 6pm - 8pm throughout May.**



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We have a separate child area with toys and entertainment meaning you can hopefully, relax whilst they are content to play.

We serve quality food which we source locally and have been very picky choosing the delicious food we have on offer



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MES has been running for twelve years now, moving to its current site just off the A281 ten years ago. The site has now expanded to become the leading Main Dealership Alternative, and has always been based on its ethos of high quality workmanship, at great value to the customer.



MES work with all makes and models of car, including hybrid models, and boast a staff of highly qualified Main Dealer trained Technicians who specialise in various particular makes - Meet the team and learn their skill sets at www.mescranleigh.co.uk.

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. ■



Putting spring in the air rather than dust!



When the gloom of winter recedes and the vibrant colours begin to emerge, you know it's time for a spring clean, especially when the beams of sunshine highlight the specks you've missed! Throw open your windows, put on some music and get yourself energised. Involve the whole family, it's amazing how just one extra pair of hands can lighten the load.

I'm a great one for lists! Walk round each room noting what needs to be done. Who doesn't love that feeling of accomplishment as you strike through the jobs. Focus on one room at a time but always declutter first; this makes the final clean-up so much faster. Be sure to pace yourself though, spread the jobs over a few weeks or maybe a month, making the whole task much more achievable.

Don't think of spring cleaning as a chore, think of it as improving the health of your family. For example, household dust isn't just flakes of dead skin. It can also contain harmful chemicals such as flame retardants (found in our furniture and electronics) or phthalates (a common hormone disrupter found in plastics).

But who likes dusting? Many people can't see the point of it when all you seem to accomplish is to put plumes up into the air only for them to resettle minutes later on the very same surfaces! Help is at hand. The Norwex Dusting Mitt with its microfibre technology and electrostatic charge, attracts dust like a magnet. Used dry and without the need for furniture polish it will reduce the time you spend on dusting as it picks up significantly more dust than traditional methods. And not using a polish potentially means less chemical pollutants going back into the household air.

While on the topic of chemicals, reducing the number of products you use to clean the house will also deplete the reservoir of potential pollutants in your home. The label of ingredients on many household cleaning agents list phthalates, triclosan and petroleum-based fragrances that are linked to health issues from allergies to severe respiratory problems. A high quality microfibre cloth and water are all you need to clean 90% of your home.



Don't mask the problems either, air fresheners and scented candles can be a huge source of indoor air pollution. Though if you are partial to a scent in your home, instead opt for 100% natural bees or vegetable wax candles, or high quality essential oils to freshen the air, or better still open a window. Living here in leafy Surrey we're lucky that the air outside is fresh and contains many times less pollutants than most of our homes do.

So what are you waiting for? Clean with purpose and wipe away those winter blues. ■

Penny Lynch *Norwex Independent Sales Consultant*
07763 862470

pennyltynch@gmail.com pennyltynch.norwex.co.uk
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Our 2018 collection!



© 2011 LitterAction volunteers

Every year in March a group of about 25 of us from Rudgwick and Ellen's Green put on our Hi-Viz jackets and pick up litter from the King's Head along the B2128 all the way to Thornhurst Brook/Cooks Removals. This year we are planning to undertake our litter pick at 10 am Saturday 23rd March meeting at the village hall Ellens Green.

It would be great to think that a similar group from Cranleigh could continue the clean-up from where we stop, back towards The Cranleigh Arts Centre. This is only one kilometre. In fact someone undertakes to clear the entire length of Somersbury Lane

on their own, joined, we believe, at the Ewhurst end by the Ewhurst LEAP group.

We also aim to litter pick Furzen lane up to Honeywood lane and wonder if any folk from Ockley or Oakwood Hill would like to continue to pick up litter back towards their villages.

Waverley will be supplying sacks, litter picking tools, and Hi-Viz jackets, and we will have two trailers to pick up the bags. Want to join in?

Contact Chris Westbrook on: **01403 822669** or email info@whitstonemusic.co.uk ■

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**



The Annual General Meeting for Cranleigh Probus A Club will be held at the Cranleigh Golf & Country Club on March 12. Members will meet at noon to enjoy pre lunch drinks followed by a two course lunch, after which the AGM will be held. The club would welcome interest from any retired professional and business men. The club meets on the second Tuesday of every month for lunch when a professional speaker is a regular attraction. On three lunch occasions wives of members also attend.

For information on the club please contact the club secretary **David Ingham** at dhingham@gmail.com or tel: **01483 548488**



rewards

DOG TRAINING



Hello again from Rewards Dog Training! It looks like Spring has arrived already with the flowers starting to bloom and the warm weather recently. 🌱🌱🌱

This month I'm delighted to announce that I'm launching a four-week puppy beginners' course at Yew Tree Vets in Cranleigh. I'm passionate about helping people and their pups to live together in harmony. The classes are all very social, fun and cover the basics of life skills. Because I like to have plenty of time with each client, the class is limited to four per course. I have taught at vets' surgeries for years and the benefit of your pup learning to love going to the vets can't be measured. Your pup will want to visit and the vet gets to see happy puppies in the surgery. It also helps the owners to get relaxed around what can be a very stressful environment for everyone. There are lots of things that can be done to help your dog relax at the vets, all of which we cover in the classes.

With the change of season, I take the opportunity to give my dog's equipment a full check. I look at their collars, ID tags, harnesses, leads and everything I need for a walk to make sure that it is still in good condition with no breaks, frays or damage. I resell the Dog-Games fleece lined, Perfect-Fit Harnesses and leads so if you are looking for a good quality, long lasting harness and lead, please contact me. I'm happy to come and do a free fitting.

Finally, I start to look at my dog's and my fitness. We've been relaxed during the winter and now I want to get out and enjoy the weather. So lots of short brisk walks to build up, as both owner and dog need some time to work up to longer and more exciting walks! I also start to practice my recall as well. If I'm going to be letting either of my dogs off lead (especially in new places) I want to make sure that they are both coming back! It's important to me that I refresh my dog's recall as often as possible. I'm running a recall workshop in March so visit the website to sign up!

Email sara@rewardsdogtraining.co.uk or call me on **07504 925341**

www.rewardsdogtraining.co.uk

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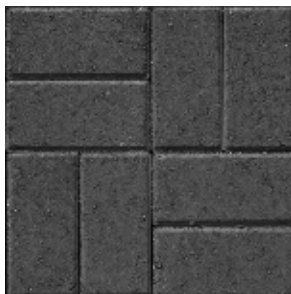


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BRUSH STROKES - Part 2

by Marilyn Bailey

This month I shall continue the theme of brushstrokes as I am very hopeful that you find it interesting and an eye opener! I can do no better than share with you words from one of 20th century's teaching luminaries - Robert Henri - an American artist/teacher and an outspoken advocate of modernism in painting. He taught at the Art Students League in New York from 1915 -1928.



Taken from his book **'The Art Spirit'**, this is his initial definition of a brush stroke. Here and there I have added a few words to help with the meaning which, for a painter, is understood.

'The mere matter of putting on paint.'

(RH is saying this is all that is needed from a brush stroke)

'The power of the brush stroke.'

(RH's description of its elemental realization and nature)

'There is a certain kind of brush stroke that is both bold and bad.'

'There are timid, halting brush strokes.'

'Strokes that start bravely, but don't know where to go. Sometimes they bump into and spoil something else, or they may just wander about, or fade into doubtfulness.'

'There are strokes in the background which come up against the head and turn to get out of the way.'

'Strokes which look like brush strokes and bring us back to paint.'

'There are other strokes which inspire a sense of vigour, direction, speed, fullness and all the varying sensations an artist may wish to express.'

Robert Henri was was a founding member of the Ashcan School. Emerging in the 1900's the Ashcan Artists painted with devotion and vigour to New York's great energetic changes occurring around them. Do go to your computer and look for George Benson, one of the group, and look for his painting of 2 boxers in a bare knuckle fight surrounded by their baying audience. Find other painters of this school and their works. Then you will be able to see the freedom the Ashcan Artists were using to make paintings in a way which seems a very reaction to the energy around them.

This powerful response formed their identity as artists in choosing for their subject matter, the chaotic destruction of huge building projects, rushing crowded streets, the illegal boxing match just mentioned. Their work is madly exciting. As an artist I can only dip into Robert Henri's book, it is so filled with the very spirit of his teaching that each sentence fairly sends me spinning.

Let's finally return to brushstrokes and how the shine of the oil paint can be manipulated according to RH.

'Sometimes the stroke may be made in the direction drawing dictates, and the shine can be killed by a very delicate and skillful blending stroke with a clean brush; thus breaking down the light-catching ridges of the original strokes. This is difficult to accomplish without a resultant weakening or softening of the original stroke.'

In these few words I hope you can gain an understanding of what it is like to actually and physically paint, of what mastery of the skills and with what great familiarity one wants to build one's palette of colours to begin each day.

I am using a portrait sketch as a demonstration. We were inside an old Tuscan barn and the terracotta floor was casting this wonderful, warm glowing depth to the face. It was a fast alla prima sketch (literally at first) - which means it was completed in one sitting, with the first paint as the finished work. Though I have to admit I had to return to 'tweak' it using a photo. You can see lots of brushstrokes that give vivacity and life to my method of working. ■





References:

*The Art Spirit - Robert Henri
(pronounced Henrye)*

*The Ashcan School -
A school of New York
painters in early 1900's*

www.marilynbailey.com

Instagram:

[marilynpaintbrushbailey](https://www.instagram.com/marilynpaintbrushbailey)

Facebook:

[marilyn.bailey.333](https://www.facebook.com/marilyn.bailey.333)

Count Dracula Sculpture - Richard Johnston



Richard Johnston
Artist, Designer and Illustrator

The Art of Model Making - **Just an idea!**

In the original 1897 version of Bram Stoker's book 'Dracula', we are first introduced to the Count when Jonathan Harker is invited into his castle in Transylvania. He is described as a "tall, old man, clean shaven but with a long white moustache, aquiline thin nose, arched nostrils, massive eyebrows, pointed ears, scant hair around the temples, domed forehead, white face, thin red lips, red gleaming eyes, wearing black from top to toe."

Having re-read the book recently and thoroughly enjoyed it, I decided to try and create my own interpretation of Old Dracula especially as I have never seen an accurate version in film or TV (Please do let me know if there is one!).



Sculpting the head



Setting up for photo shoot

FW Murnau's fantastic Count Orlok from the 1922 film 'Nosferatu' comes close and Francis Ford Coppola's wonderful 1992 Dracula has many similarities but is not quite accurate. Also, the story itself does not present Dracula as a 'lover' but as an Un-Dead, Un-Holy and Damned monster, who



Artists

Corner 2



Above:
Construction of
the bookcase

Left:
Making good
the wig

Right:
The finished
piece

was once a Romanian warrior prince from antiquity who has lived for centuries, controlled nations, is 20 times stronger than a normal man, can move 'panther-like,' climbs walls like a lizard, thinks nothing of stealing a baby to snack on and then controls wolves to tear the mother apart – this truly is a terrifying and horrific character!

Importantly the only thing that can weaken him is daylight (it does not say it burns) and he is repelled by the Cross of Christ and the Communion Wafer.

So, this is my presentation of Old Dracula and I'm sure he is VERY pleased to meet you! – head sculpted from plasticine, painted with acrylics, painted and varnished eyes, wig hair stuck on and styled, coat made from black fabric and wadding, bookshelf made using plastazote and leather offcuts – plus a little Photoshop. ■

Richard Johnston
Artist



"It is the fault of our science that it wants to explain it all; and if it explains not, then it says there is nothing to explain."

– Bram Stoker



To contact Richard about his work/commissions

Email: richard.johnston@sketchworksdesign.com
or visit www.sketchworksdesign.com

Tel: 07910 002537

BOOK REVIEW

Spring on the Little Cornish Isles: The Flower Farm

by Phillippa Ashley

'Filled with warm and likeable characters. Great fun!' - **Jill Mansell**



Fans of Jill Mansell and Carole Matthews will love this striking book from the author of the bestselling *Cornish Cafe* series.

Jess has lived at the tranquil flower farm on the Isles of Scilly her entire life. But when her boyfriend Adam leaves without reason, Jess discovers that even her little slice of Cornish utopia can be lonely.

'A wonderful, tempting taste of Cornwall. I could almost taste the salt of the sea air as I read it'
- **Jules Wake**

For the first time in **Will's** life, he's met someone that's always on his mind. But it's not so simple when the woman of your dreams works for you.

'The perfect read for wherever you take your holiday, but chances are if you read this, you'll want to be heading to Cornwall!' - **Bella Osborne**

Gaby is running away from hurting memories, and where could be more flawless than a remote island off the Cornish coast? But to put the past behind her, she must always be moving...however much she may want to stay.

Available online and in book stores ■



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Employment Contracts!

As an employment lawyer I often see cases where, just because there is nothing in writing, the client thinks they do not have an employment contract. This is not correct.

Every person who is paid to do work for someone else has a contract of employment. In cases where there is nothing in writing the contract is a verbal contract, which is just as enforceable as a written contract. The difference is that it can be much more difficult to decide what has been agreed if there is nothing in writing. This can lead to uncertainty and possible disputes over what obligations exist.

By having a clear written contract both sides can understand what is expected of them and the chance of any misunderstanding is greatly reduced. Although it might be possible to "rub along" whilst there are no disagreements, as soon as an issue arises the absence of a written agreement can create problems for employer and employee alike.

In fact there is a legal obligation on employers to provide a written statement of the basic terms of the employment contract. The statement must be given within two months

of the start of employment and if an employer fails to do so the employee can bring proceedings in the employment tribunal who may order compensation to be paid.

Finally, although basic contracts are available online, a "tailor made" contract will contain more sophisticated terms, including terms preventing the poaching of customers or the misuse of the internet whilst at work.

If you have any employment law queries please phone Richard Brown at Lynn Murray & Co. ■



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Spring into

1 NETTLES AND POTATO SOUP

Serves 4

Ingredients

150grams Fresh nettles
3 medium size potatoes
1 large white onion
1 litre vegetable stock
1 table spoon of Extra Virgin olive oil
Salt and Black pepper

Stock Ingredients

2 carrots
1 celery stick
1 large onion
1 tomato (optional)
2 litres of water

Preparation

Always remember when dealing with Nettles to wear a pair of kitchen or latex gloves to avoid any skin irritation!

1. First, wash the nettles in cold water and then leave them to dry either in some kitchen roll or in a dry cloth
2. Prepare the vegetable stock. **NB:** If you're really busy or don't have much time, you can use gelatine stock that's now available in most supermarkets. To do this put 2 litres of cold water in a large sauce pan. Add all the ingredients when the water is cold, to better extract all the nutrients from the vegetables
3. Start to peel and roughly chop the carrots, onion and celery stick. I also love to add a large tomato cut in half for a bit of extra flavour, but I leave this up to you
4. Put all the chopped vegetables in the cold water pan and move the pan to the stove on medium heat. Once the water starts boiling turn the heat down to moderate, leave it to cook for 1 hour and 30 minutes. After that we will remove the vegetables from our stock. **NB:** You can use these vegetables as a side dish



“There is no love
sincerer than the
love of food.”

George Bernard Shaw

Food

with a dressing of olive oil and vinegar. From the original 2 litres of water we should be left with around 1 litre of stock. It's now ready

5. Peel the potatoes and cut them in small cubes, then cut the onion as finely as possible
6. Pour the olive oil in a large sauce pan and when it is hot add the finely chopped onion and let it cook for 2 minutes. After that add a ladle of the stock and continue to cook until all the stock has been absorbed from the onion. Now add the potatoes and 2 more ladle of stock and let it cook for a further 15-20 minutes, until the potatoes are nicely cooked and soft
7. Finally, add the nettles together with one more ladle of stock and let it cook for 10 minutes. It's now ready to serve. If you prefer a more creamy texture just use an immersion blender before serving



Recommended Wine: Margaret River



2 LAMB WITH EGG & CHEESE SAUCE Serves 4

Ingredients

1kg diced lamb
7 eggs
150grams extra mature cheddar (grated)
1 small stick of rosemary
100mls of dry white wine
1 table spoon of Olive Oil
4 juniper berries
1 bay leaf
1 large onion
Thyme, Salt and Black pepper

Preparation

1. Before you start the recipe, check the lamb cubes. With a sharp knife, remove any small nerves and any excess fat. You'll need a bit of fat to keep the meat tender and give it that extra flavour. But if it's too much, especially in the lamb, it will overpower all the ingredients
2. Pour the olive oil in a large frying pan, once it's hot add the onion finely chopped and juniper berries. Cook for 5 minutes on a low heat
3. Next, add the lamb, the rosemary stick, the bay leaf and the thyme. We bring the heat up to moderate and we let it cook for 5 minutes until the lamb is nicely seared
4. Now add the white wine and let it evaporate, which will take around 5 minutes. Once the wine has evaporated, add enough water to cover the lamb. Next put a lid on the pan and let it cook on a moderate heat for 35 minutes. Keep turning the lamb every 10 minutes to prevent it from drying up. After 35 minutes the lamb should be nice and moist. Turn the heat down from moderate to low. **NB: If you notice the lamb drying while cooking, add more water**
5. Place the eggs and the grated cheddar cheese in a large mixing bowl and with a whisk or a spatula, mix it all together. With the lamb heat still low, add the mix into the pan and cook for 3-5 minutes. Serve when the texture of the eggs are nice and creamy.

This traditional recipe is really dear to me. Originally from the central Italian farmer community, prepared in the Lent period.

Recommended Wine:
Tempranillo Rioja Reserve

continued on page 52





3 CREAM CHARLOTTE

Serves 4

Ingredients

4 egg yolks
200grams of butter unsalted
100grams of granulated sugar
75mls small glass of rum
30 sponge fingers
1 pirex baking dish or glass roaster dish (it has to be a clear container to show the layers of the Cream Charlotte)

Preparation

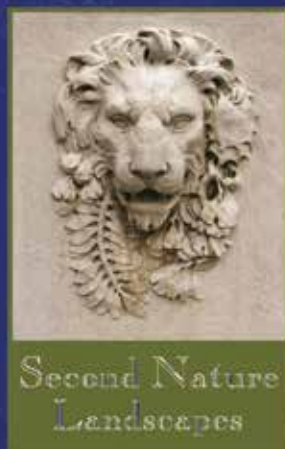
1. Place the egg yolks, the butter and sugar in a large mixing bowl. With a whisk, start mixing them. *NOTE: Remember to take the butter out of the fridge 20 minutes before you start cooking, so it will be easy to work*
2. Once the cream starts to come together, slowly add half a glass of rum. You'll use the rest of the rum to dip 15 of the sponge fingers in
3. Get the pirex baking dish and grease the base and sides with butter. Place the dipped sponge fingers on the base of the baking dish, then add a layer of cream on top. Add another layer of sponge fingers (without rum) and another layer of cream on top of it. *NOTE: depending on the size of your pirex baking dish you can add more layers to the pudding. Also if you share it with your kids, you can replace the rum with maple or golden syrup*
4. Place it in the fridge for 1 hour to settle before serving. Feel free to decorate it to your own taste

Recommended Wine: Asti Martini

Simone Conti ■



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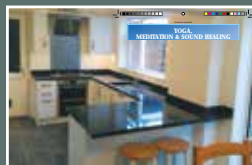
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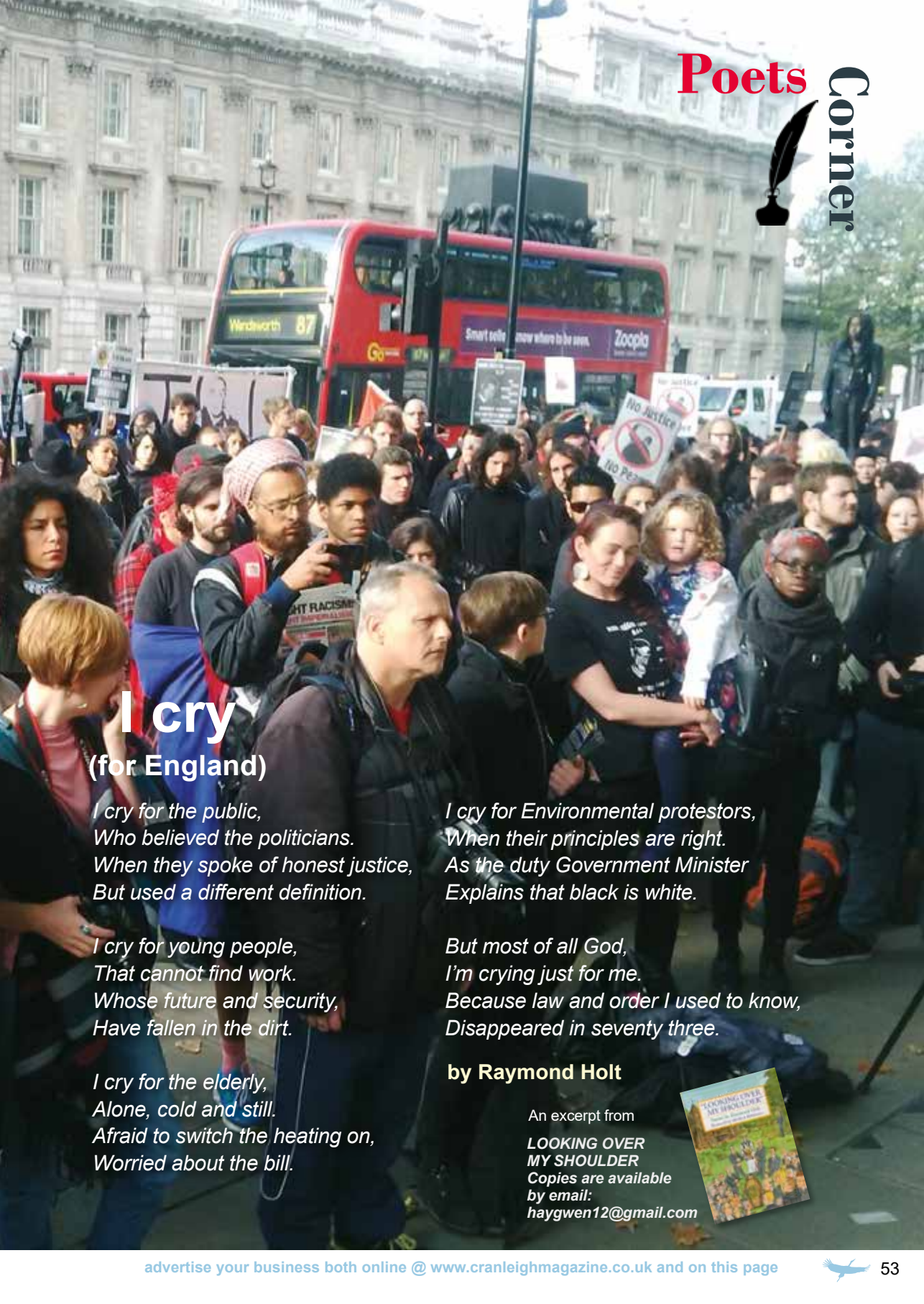


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I cry (for England)

*I cry for the public,
Who believed the politicians.
When they spoke of honest justice,
But used a different definition.*

*I cry for young people,
That cannot find work.
Whose future and security,
Have fallen in the dirt.*

*I cry for the elderly,
Alone, cold and still.
Afraid to switch the heating on,
Worried about the bill.*

*I cry for Environmental protestors,
When their principles are right.
As the duty Government Minister
Explains that black is white.*

*But most of all God,
I'm crying just for me.
Because law and order I used to know,
Disappeared in seventy three.*

by Raymond Holt

An excerpt from
**LOOKING OVER
MY SHOULDER**
Copies are available
by email:
haygwen12@gmail.com





Cranleigh Arts Centre March 2019

Celebrate Cranleigh Literary Festival at your local arts venue! From Tuesday 5 - Saturday 9 March Cranleigh Arts' programme transforms into a book-lover's dream, with something for everyone to enjoy. Other highlights for March include improv comedy, family theatre and live music. Whatever brings you through our doors we promise a warm welcome and a good time.



Exhibition:

Meath Exhibition

Friday 1 March – Saturday 2 March Enjoy a fantastic collection of work created by clients of

the 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**



Live Music:

Phil Beer: String Theory Saturday 2 March, 8pm

Charming, disarming and exceptionally talented, multi-instrumentalist 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



Literary Festival: Literary Festival Launch & Spoken Word Night Tuesday 5 March, 7.30pm

Join us and celebrate the opening of the Cranleigh Literary Festival 2019! Get a drink, take a seat, hear about all the amazing events taking place. This will be followed by poetry readings

from the 1000 Monkeys and Cranleigh Writer's Group with an open mic for readers from the audience.

Free Entry



Literary Festival:

Pop-up Book Store

Tuesday 5 March – Saturday 9 March, 10am – 2pm

Daisy White's pop-up book store

is here all week, so come along and have a browse! Stock is sourced from independent publishers, authors, artists and makers creating a vision of literary lushness. You can join Daisy for a talk on Saturday 9 March to discover how to get your work published, or how to put together a winning submission package. **Free to browse**



Theatre (Literary Festival):

Where is Mrs Christie?

Wednesday 6 March, 7.30pm

In 1926, Agatha Christie was at the centre of a mystery as perplexing as any of her fiction, a series of events which sparked one of the biggest police hunts in history. Her crashed car was discovered in Surrey and the author was missing

for eleven days. Did Agatha Christie suffer from amnesia? Was it a publicity stunt? Or was there a darker secret involved in this disappearance? In actor Liz Grand's new one-woman show 'Where Is Mrs Christie?' the answers will be revealed! Performance sponsored by Informed Choice.

Tickets: £13.50



Talk (Literary Festival):

Am I a Writer?

Thursday 7 March, 7.30pm

Adrienne Dines is an author, speaker and creative writing tutor, who works with preachers, prisoners and other published authors to hone the craft of storytelling. Whether you are a complete

beginner or a writer in need of some guidance and support, her very interactive workshops and talks are guaranteed to get you writing! **Tickets: £12**



Film: The Children Act (12A)

Thursday 7 March, 8pm

Fiona Maye (Thompson) is an eminent High Court judge, but she has paid a heavy personal price for her workload, and her marriage is at breaking-point. In this moment of personal crisis, Fiona is asked to rule on the case of Adam, a brilliant boy who is refusing the blood transfusion which will save his life. Three

months from his 18th birthday and still legally a child, should Fiona force him to live? When Fiona visits Adam in hospital, their meeting has a profound impact on them both. **Tickets: £8.25, £7.25 Friends, £5.50 Under 25s**



Literary Festival: Ian McMillan & Luke Carver Goss, Between You & Me

Friday 8 March, 7.30pm

Poet, broadcaster & comedian Ian McMillan and Olympic composer Luke Carver Goss

present a hilarious night of words, music & breath-taking comedy, featuring songs, stories and a musical created out of thin air! Bard of Barnsley Ian McMillan hosts weekly hit radio show The Verb. He's Poet-in-Residence for Barnsley FC, The Academy of Urbanism and, until recently, English National Opera. His rip-roaring poetry shows are legendary. 'Luke Carver Goss is a composer who creates big worlds of sound... British music at its most ingenious' (The Guardian). He has recorded & performed with the acclaimed Carver Trio, The Ian McMillan Orchestra, Tea Hodzic, Tina May and Daniel Morden.



"one of the best evenings of entertainment I have ever experienced" - Clwyd Theatr Cymru
 "world-class – one of today's greatest poetry performers"
 - Carol Ann Duffy
 "joyous ... great wit" - Songlines **Tickets: £13.50**



Talks (Literary Festival):
Publishing with Daisy White
Saturday 9 March

Join best-selling author and award-winning entrepreneur Daisy White and learn how to get your writing noticed by publishers in one - or both - of these illuminating talks. Daisy will be

signing copies of her new book 'Remember Me' after both sessions.

Talk: How to get Published 10.30am – 11.30am

Talk: How to Put Together a Winning Submission Package 12noon – 1pm

Tickets: £12, or both talks for £20



Kids' Craft: Wool 'n' Glitter Letters
Saturday 9 March, 2pm – 3pm

It's Cranleigh Literary Festival! Get creative and decorate a letter of your choice in a fun creative workshop led by local artist Miriana D'Ambrosio. A fantastic way to brighten up your bookshelves.

Tickets: £5 per child



Film: First Man (12A)
Thursday 14 March, 8pm

On the heels of their Academy Award-winning smash, La La Land, director Damien Chazelle and Ryan Gosling reteam. First Man tells the story behind the first manned mission to the moon, focusing on Neil Armstrong and the decade leading to the Apollo 11 flight. A visceral and intimate account, exploring the triumphs and the cost - on Armstrong, his family,

his colleagues and the nation - of one of the most dangerous missions in history.

Tickets: £8.25, £7.25 Friends, £5.50 Under 25s



Comedy:
The Noise Next Door
Friday 15 March, 8pm

The Noise Next Door are the UK's premier improv comedy troupe who have taken the comedy world by storm. Taking audience suggestions, the cheeky and charming

quartet, transform them into fantastically funny scenes and songs in the blink of an eye with a perfect blend of ludicrous characters, witty one-liners, epic stories, and explosive physicality. The Noise Next Door have appeared on BBC One, BBC Three, ITV1, BBC Radio 1 and BBC Radio 4, they were nominated for a Chortle Award in 2014, and have performed alongside Michael McIntyre, Al Murray and Harry Hill.

"Comedy Gold" - The Guardian

"Immaculately well executed" - The Times

"Hilarious... a superior kind of chaos" -

The Daily Telegraph **Tickets: £14**



Children's Theatre:

Bird's Nest Billy -
The Boy with Three Wishes
Saturday 16 March, 2pm

Bird's Nest Billy is an adventurous, playful show for 3-7 year

olds and their grown-ups. One day when his best big brother is at school and Billy has no-one to play with, a magical bird chirps out of his curly, bird's nest hair. The bird grants him 3 wishes... Fidget Theatre bring Billy's fantastical wishes to life using imaginative storytelling, puppetry and playful audience interaction. Approximate duration 1 hour. "It had lots of parts where we could join in- we could be part of the show too, I loved that because I was an actor too." Year 2 pupil **Tickets: £9**



Music: American Troubadour
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Saturday 16 March, 8pm

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1968-1978. Songs from artists as prolific and influential as James Taylor, Bob Dylan, Simon and Garfunkel, Johnny Cash and Kris Kristofferson. "His songs are delivered with genuine conviction and heartfelt emotion" Maverick Music Magazine **Tickets: £12.50**



Classical Music:
Júlia Pusker (violin)
Accompanied by Renáta
Konyicska on piano
Friday 22 March, 7.30pm

Hungarian violinist Júlia Pusker frequently appears as a soloist with orchestras such as the Budapest

Festival Orchestra and the Liszt Chamber Orchestra. For Cranleigh Arts she presents the following programme:

Bach G minor Violin Solo Sonata BWV. 1001
 Beethoven G major Violin Sonata Op. 30 No. 3
 Schubert Rondo Brilliant in B minor, D. 895
 Ysaye Solo Sonata No. 1, Op. 27
 Dvorak Sonatina in G major Op. 100
 Bartók First Rhapsody Sz. 86 **Tickets: £14**



Live Music: King Pleasure &
The Biscuit Boys
Friday 29 March, 8pm

With more than 6500 performances under their belt, King Pleasure & The Biscuit Boys are more than just the world's great-

est jump, jive and swing band – they're an institution! They have opened shows for B.B. King, Cab Calloway and His Orchestra, Ray Charles, and toured with the real Blues Brothers Band. The band line up as King Pleasure [vocals & baritone saxophone], Boysey Battrum [alto & tenor saxophones], Bullmoose K Shirley [guitars], Mighty Matt Foundling [piano], Shark Van Schootop [bass], and Gary 'The Enforcer' Barber [percussion]. "The hardest act to follow since the parting of The Red Sea" Paul Jones, BBC Radio 2 **Tickets: £18**



Fundraising Event:
Harlequin Chamber Choir
Saturday 30 March, 7.30pm

Come and join Harlequin Chamber Choir as they celebrate the



coming of spring. They will bring us a wide variety of beautiful choral music – from ancient to modern, from the serious to the light-hearted – inspired by the many different joys of springtime! This is a fundraising event in aid of Cranleigh Arts (charity no. 284186) and Smart Cranleigh.

Tickets: £14



Exhibition: Don Noble: Five Collections 1990 -2018
Tuesday 5 March –
Saturday 30 March

Five collections of work by local artist Don Noble including beautiful Sussex Wild Plants, Abstract Flowers and Landscapes, which includes painted triangular prisms and pieces designed to be moved to create different combinations. Landscapes of Predicament, Portraits and a selection of Don's more recent work. **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 Phoebe Farr on **01483 278001** or email phoebe@cranleighartscentre.org

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Events in March are as follows:

6th MAR - 3-way competition against Godalming/Haslemere. To be held at Godalming,

Marcus Scott-Taggart

7th MAR - Presentation: RHS and beyond,

Nigel Chapman

14th MAR - 4th PDI + mono prints competition.

Set Subject, Title with 'cat' in it, *David Eastly LRPS*

21st MAR - Presentation: Travelogue - Hawaii Islands, *Jan Roberts*

23rd MAR - Annual Exhibition, *David Mendus*


28th MAR - Using Lightroom & Elements demonstration, *Chris Flood*

You can find the programme and contact details on our website at 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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William.Brown@sja.org.uk or call **01483 278175**

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Cranleigh Film Club March 2019



www.cranleighfilmclub.org.uk

Cranleigh Film Club is showing **Sunset Song** (15) on Friday 8 March 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.**



Sunset Song (15)

Written by the director, Terence Davies, from Lewis Gibbon's novel set in the 1910s, Cranleigh Film Club's offer for March tells the life of Chris (played by Agyness Deyn), an inquisitive and intelligent girl, one of the numerous children of a tyrannical Aberdeenshire farmer struggling to survive. She dreams of being a teacher. The years bring hope and disillusion, mirth and sorrow, dreams and toil, sweetness and

violence, love and hate, peace and war. Finally they bring the dignity of a new Chris, a woman who has lived several lives. As she says, "nothing endures but the land."

Terence Davies' previous films include *House Of Mirth* (2000), a tragic love story from Edith Wharton's novel, with Gillian Anderson, Dan Ackroyd and Eleanor Bron ("radiantly sad," *Telegraph*); *Rattigan's The Deep Blue Sea* (2011) with Rachel Weisz, Tom Hiddleston, Simon Russell Beale, Oliver Ford Davies and Barbara Jefford; and *A Quiet Passion* (2016), the story of American poet Emily Dickinson.

Sunset Song is Scotland's favourite novel, according to a 2016 BBC poll. James Naughtie, who grew up in the area, wrote about it in the *Guardian*: "Gibbon portrays the cataclysmic impact of the war on a generation and their expectations. Chris loses her men, she has to cope with rumours of cowardice, and she sees the territory around her transformed. Life was hard. The story makes a natural drama because Chris is one of the great women of 20th-century fiction, but also because the setting is so alluring."

Peter Bradshaw, wrote in the *Guardian* of "this deeply satisfying tale of a rural community before the first world war. It's



a story that counterpoints the passing joys of youth and love ('lovely things that didn't endure; the lovelier for that') with that unending glorious earth. A sad, sombre drama."

Mark Kermode, Observer: "A lyrical triumph, the director at the height of his powers. Song, ringing out through the rustle of wind and bird and harvest, threatens to transform this drama into a musical. What sings clearest, however, is the ravishing cinematography that takes us from the confines of candlelit interiors through glowing fields of gold and green and up into skies of blue, grey and white. Through it all, the land, like this exceptional director, endures."

Please note it's on a **Friday**, not the usual Thursday.

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. We make a £5 charge for guests at each film. Do come along and enjoy the atmosphere! ■



Cranleigh Amateur Swimming Club



Sophie Moore (centre) on the winner's podium

The Life of a Swimming Family

Although February is known to be the bleakest month, the swimmers are carrying on regardless. We have already seen two rounds of Surrey County Championship galas and some fabulous swims. Super star Sophie Moore took Gold in the 200m breaststroke to become U13 Surrey County Champion! Well done Sophie! Juliette Small bagged 8th position in U15 200m breaststroke - well done Juliette! Other notable swims from Lana Howells Davies, Callum Stevens, Yasmin Hooker, Jack Westerman in the Surrey County Champs at the iconic London Aquatic Centre where the London Olympics was held.

You may be wondering what it takes to achieve this. So I thought I would give a little view on the day in the life of a swimming family...It starts with waking up to the sweet smell of chlorine as towels are draped on every radiator and swimming costumes hang from every door knob tempting the poor puppy to jump up and pull them down!



Juliette Small (left) and Sophie Moore with their awards

In my case my girls wake up at 6.30am to get ready for school, they eat egg and bacon muffins and croissants most days as they are hungry from swimming the night before. They leave for school at 7.15am on a good morning and earlier if there are early morning school clubs. At school for the day they see school friends and often have clubs and other fun activities. Then school bus home, to eat a snack at 5pm when they flop through the door and fight off the excited dogs! Homework is fitted in during independent study time at school or when they get home. Then they eat a good dinner and of course dessert, before they go to the next swim training...as soon as they arrive in the changing room the chatter starts...catching up with non-school friends about what is happening in their swim world. Onto poolside for training and a few laughs as they go back to the showers after a few kilometres swim, for more chatter and banter with their friends. Back home to yet another snack, towels and swimsuits to be hung around the house to dry and off to bed to prepare for it to start all over again...the timings may be different for some swimmers, but in the end I am sure it's a fairly similar day often with other activities such as dance/hockey/netball/running/rowing/karate club added to the mix.



Yasmin Hooker (left) and Lana Howells Davies?

Reflecting on this I realise my girls eat a lot! Constantly hungry with all the swim training! I also realise how good they have become at managing their time. They have to fit in school, eating, homework and other clubs in order to still make training. As they've got older the homework and school load increased and they've become better accomplished at managing their time to fit it all in. It also helps you focus on achieving goals as the amazing swimmers at the Surrey Champs have done. Even to qualify is an amazing achievement.

So, swimming brings you fitness and friendships...it also helps you learn how to manage your time and your body (eating and drinking) so you can fit it all in, achieve your goals and do it all...Probably with a few donuts along the way! ■

If you are interested in joining Cranleigh ASC, please come down and see us on a Sunday evening at Cranleigh Leisure Centre from 4.30pm onwards or visit our website www.cranleighsc.org We offer two free taster trial sessions, for children wishing to see if they enjoy it.

If you are a local businesses who would like to sponsor our next Open Meet then please contact Paul Stevens of CASC on 07759 661949





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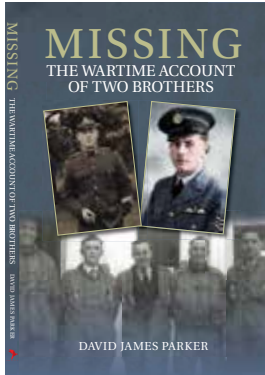
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A new book from a local first-time author



MISSING The Wartime Account of Two Brothers

A book about two brothers from Manning's Heath has just been launched. Written by David James Parker, it concerns the stories of Harry and William Warman. Harry was in the Royal Air Force, flying Bristol Blenheim

bombers from the outbreak of the Second World War. A pre-war airman, having joined the RAF in 1936, he was flying operations over the North Sea on anti-shipping patrols, he took part in the Norway campaign, flying from Lossiemouth and finally operating over France and the Low Countries, covering the retreat to Dunkirk. Harry was shot down and killed on the 27th of May 1940.

William was a regular soldier, having joined the Royal Artillery in 1930. After serving in Hong Kong and Aden he was posted to Singapore in 1939. Captured at the fall of Singapore on the 15th of February 1942 and after a few months in prison camps on the island, he was a member of a party of prisoners taken to Ballale as forced labour. With the Allies closing in and their work finished the Japanese killed the remainder of the prisoners, some having been killed in air raids and some dying of disease.

David has also mentioned other people who were involved in this story, their cousin Harry Jones being one of these. Horsham's first casualty in the Second World War.

The author has researched this over a number of years meeting up with people that knew the brothers along with a couple of family members.

Not only is this a war story, it is very much a human story.

David is a chimney sweep, working around the Horsham area. This is his first venture into writing, apart from a few magazine articles. He has been interested in history from a young age. His interest was fuelled by the history teachers at Forest Boys School.

David's interest in these two brothers stems from being given Harry's RAF mess tunic by Miss May Oakey, former teacher at Lower Beeding who had adopted Harry in the 1920's. Fifteen years later he ended up with Harry's medals and a discharge certificate which gave him the key to start unlocking the story.

David is also becoming known for giving talks about the First World War, Second World War Home Front and his life as a sweep.

Published by Redshank Books, this can be ordered on line direct from Libri Publishing at www.libripublishing.co.uk. Also available from local book shops and Horsham Museum. Priced: £9.99

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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

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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

Duncan 01483 271455

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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