



AUG 2019 - FREE ISSUE 46

# CRANLEIGH MAGAZINE

AUGUST

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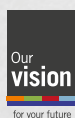


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# contents

AUGUST 2019



## CRANLEIGH MAGAZINE

**WELCOME** to Cranleigh Magazine in the month of August, when haymaking and 'making hay whilst the sun shines' requires rapid action to take advantage of good weather when it's available. Harvesting is the process of gathering a ripe crop from the fields. Reaping is the cutting of grain or pulse for harvest. Let's see if we can harvest and reap good things this month.

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

Why not submit your local news to the Magazine or advertise your business, keeping people informed and connected in 2019

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**6 The Joy Of Cranleigh**

**10 Crane Spotter**

### FEATURE ARTICLE

**12 People Profile**

Tristan Weaver  
Restaurateur, Chef, Breadmaker



**20 Open Air Cinema**

**21 August Crossword And Sudoku**

**22 Dates For Your Diary**

**26 Sow Healthy . . . Reap Healthy!**

**28 Children's Activities**

**31 Bright Care Comes To Cranleigh**

**32 Ewhurst Players**

**34 Cranleigh Rotary - Celebrates 50 Years**

**39 An Easy Fix For Everyday Problems**

**40 Smart Cranleigh**

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



**44 Artists Corner - 'The Art Hound'**

**46 Andy Parsons - Healing The Nation**

**48 Book Review**

**50 Eating What We've Sown** **RECIPE**

**52 August Gardens - Reaping The Benefits**

**53 Poets Corner**

**54 Cranleigh Arts Centre**

**55 Slow Shopping**

**61 The Arts Society**

**62 Cranleigh Swimming Club**

**65 Cranleigh Camera Club**

**69 General Local Information**



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# The Joy of Cranleigh

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

## Vanished Buildings of Cranleigh The Great Barn



### The way it was

**Main Picture:**

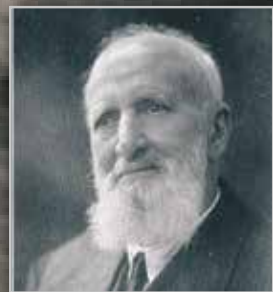
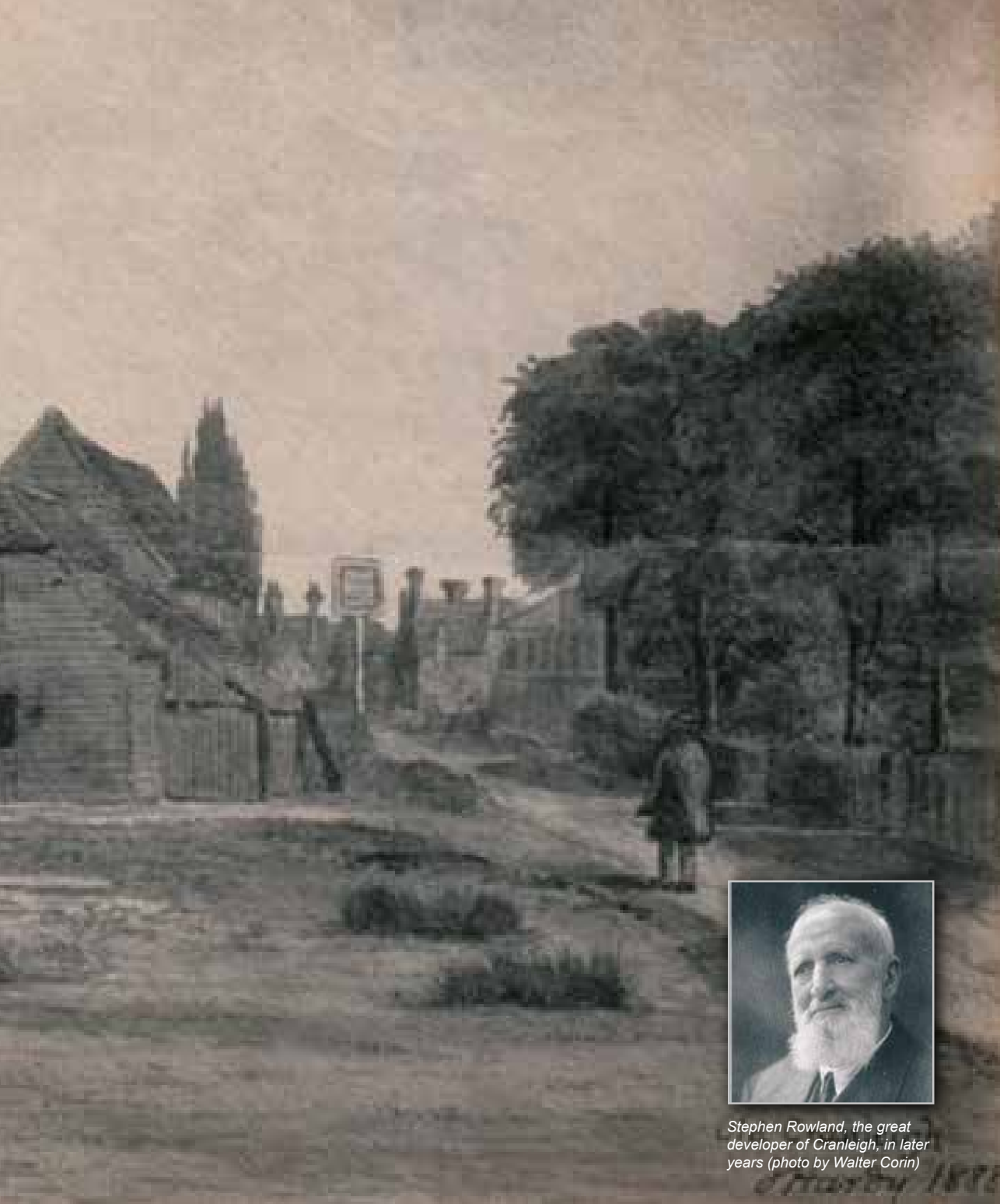
*The Great Barn in 1888, looking east, a painting by J. Hardy, with glimpses of the church, Ivy Hall Farm and the Onslow Arms (Frank Warren Papers, courtesy of Mrs Catherine Ferrier)*

**A**s a traveller to Cranleigh entered the village from the West 150 years ago, almost the first building that he would see was the Great Barn or Birdfield Barn. This vast structure belonged to Ivy Hall Farm (behind present-day Gregory & Seeley's and Oxfam) and it had straddled the end of the Common for centuries. In the second half of

the nineteenth century, Cranleigh was growing and modernising. It now had a railway station, hospital, gas works, piped water, and a public school. There were plans for new estates which it was hoped would attract well-to-do purchasers. This Great Barn began to be seen as an eyesore in a modern village. Ivy Hall was ceasing to operate as a farm,







*Stephen Rowland, the great developer of Cranleigh, in later years (photo by Walter Corin)*

and it seemed to those seeking the development of Cranleigh that it would be a distinct advantage to have the barn removed. In 1887, a committee of energetic local men was formed, including doctors, builders, a prominent tradesman and a solicitor.

The problem was the considerable cost involved in

buying and taking down the barn. Eventually, a deal was struck with Mr Ebenezer Holden, head of the largest building firm (where Marks and Spencer's now is), and Mr Stephen Rowland, developer, for demolishing it. In return, they were each to receive a piece of land facing the Common, further to the

*continued on page 8*



## Committee

<i>A Arthur Napper Chairman</i> <i>Albert Napper</i> <i>Alfred Wynter Leach</i> <i>William Carter</i> <i>Stephen Rowland</i> <i>Ebenezer Holden</i> <i>Frank Worsen</i> <i>James Moly Walden</i> <i>D.W. Holden. Hon Secy.</i>	<i>Broad Oak Cranleigh</i> <i>2 Chichester Place Guildford</i> <i>The Elms Cranleigh</i> <i>Borndale Villa Cranleigh</i> <i>Yew Tree House Cranleigh</i> <i>Bromwell House Cranleigh</i> <i>Kent House Cranleigh</i> <i>Rose Cottage Cranleigh</i> <i>Cranleigh</i>
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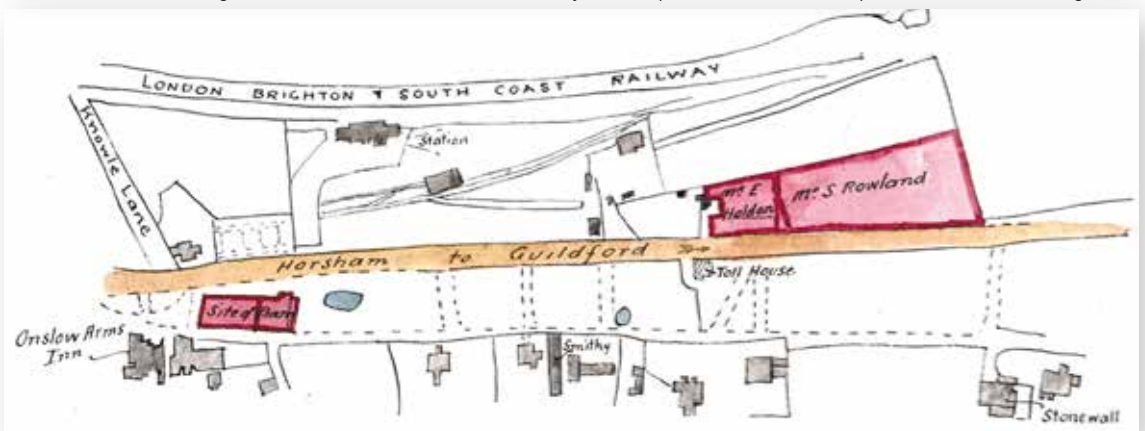
*The Committee responsible for the removal of the Great Barn, with their addresses*

west of the barn. These are marked on a valuable little sketch-map accompanying the agreement. This shows how enormous the barn was. It also marks a large pond next to it, besides the railway station, the smithy, the toll house and Stonewall farm.

Cranleigh's landmark barn was taken down in 1888. The photos recording this give an idea of the huge task that it was. Ebenezer Holden doubtless made good use of all this wood in his timber yard.



At least 5 men are working on the demolition of the Great Barn. Caryll House (then called The Laurels) can be seen in the background.



Sketch-map of 1887 (Frank Warren Papers, courtesy of Mrs Catherine Ferrier)







View of the demolition from the West, and also the large pond



Bank Buildings, post-marked 1908 (courtesy of Roy Pobjee)

The result was the opening-up of the entrance to Cranleigh from the West. A smart new block, Bank Buildings, was now built on the site of Ivy Hall Farm's former orchard. Newcomers to Cranleigh were impressed. All the original occupants were from outside Cranleigh. Meanwhile, shops and houses were built on the land acquired by Stephen Rowland. And about 15 years after the exchange of land, Holden's building firm put up the Wesleyan Methodist church building on the plot of land granted to Ebenezer Holden. ■

N.B. The Cranleigh History Society is not meeting in August.



Appeal for subscriptions for the new church building, about 1902



# Crane Spotter:

## tales from a Cranleigh birder

### August

#### August's 'shooting stars'

**E**yes will be looking up to the skies above Cranleigh, Ewhurst and surrounding villages this month for August's annual free firework display.

The spectacular shooting star show, the Perseid meteor shower, is predicted to be at its best from Friday 9 August to Wednesday 14 Aug 2019.

Now that a lot of Waverley's streetlights are switched off early to save the Council money it means you don't have to go to the Surrey Hills or fields to get good views. You can witness much of it from your back garden.

Meteors, commonly known as shooting stars, dash across the sky and can be seen hurtling by from about mid-July each year. You do need a nice clear night to see them.

But there are other much smaller 'shooting stars' whizzing overhead at night this time of year which we don't see, even if the sky is cloudless. We hear them – if we are lucky.

They are Whimbrel, mini versions of Curlews, and they are on their way back south to west Africa after breeding in remote areas of places like Iceland, The Shetlands, Scandinavia and even Russia.

August can be a very quiet month for birding in land-locked counties such as Surrey but on a still night there is always the possibility of encountering this wader on its long journey home.

The thing about Whimbrels is they just can't keep quiet. Whether flying north above us in early May, or back again three months later, they are constantly excited to be airborne. I suppose I'd show the same elation if I had to raise my kids in a freezing bog for three months every year.



This visitor's call is a fast and piercing trill that bursts through the silent darkness in seven even pulsating notes of similar tone: 'Pipipipipipi.' It has been well described as a 'rippling titter'.

I have heard them on memorable occasions at night in Cranleigh, both in the Spring and around now. The call is so far carrying that it has woken me up more than once in the early hours and I have had to shoot out of bed to try and gauge how many there could be.

This isn't easy but if more than one is calling at the same time from different directions you at least know there are two. But what about the 'one' that called eight times as it flew south-west over my house one late July? Could it really have been eight birds? Or two birds calling four times, or four birds calling twice?







*Whimbrel*  
(*Numenius phaeopus*)



*Whimbrel (Numenius phaeopus)*

I don't do 'nocmig', but I have heard night migrant Curlews, Oystercatchers and Redshanks. So I'll be keeping my ears primed for something special when I'm looking out for this season's shooting star spectacle. ■

Twitter - @Crane\_Spotter



We will never know. What I'm sure of is that the 'red-listed' Whimbrel is more commonly passing us by in our sleep than we imagine. The growing advances in the recording of nocturnal bird migration – known as 'nocmig' - is enabling us to build up a truer picture of what goes on through the night when even the most committed of 'bird listeners' are safely tucked up.

Local 'nocmig' work by a pal of mine, Ed Stubbs, has confirmed a variety of other exciting waders as well as the Whimbrel, taking migratory night flights routes above us. These include Dunlin, Oystercatcher and Common Sandpiper, and a large flock of Black-tailed Godwits.



*Whimbrel (Numenius phaeopus): you won't see them on the deck around here but if you are by the coast on holiday this month you could hear them. Look out for a small curlew and a 'humbug' face with whitish stripes above the eye (supercilium) and across the crown.*



# People Profile



Who's who?

**Tristan Weaver**  
*Restaurateur, Chef and Breadmaker*

I was born and bred in Poole, Dorset and lived there with my parents until I was about 18. When I left school, I went to live in Africa for a year. I'd suggested to my parents that I could go to University but they discouraged me from embarking on that as they knew it wouldn't suit me, which was very honest of them. I'd had a place to do Product Design at University, but realised it wasn't what I wanted to do. I grew up in an environment at school where the emphasis was to go onto university whether it was the right thing to do or not.

During my school years and after I had tried to be a rock star but failed miserably. I played the bass guitar and end-

# Born and bred





ed up learning to sing as well because we couldn't find a singer who could work and produce the kind of music we were doing. This was during a period from 2008 when I was about 16 years old until I was 20, and to put it in perspective, our band was called 'The Excitable Boys', a name inspired by a song from Warren Zevon.

We kept the band going throughout school until I was about 23. Then I gave up on being a rock star and realised and accepted that I had to get a job. By that time, I had started cooking.



Even when I was in the band I was always into hospitality, working 4 days a week, in 2 pubs, even 3 pubs at one point to supplement the band life. I managed to work long hours then, like I do now. I had a construction job as well.

Around the time when the band broke up I met up with this lady, Naili (my current business partner) in the local pub near my home in Dorset and asked her for a job. I had previously done some cooking in her kitchen, so I thought it would be sensible to get back to it. The band had failed completely and I'd given up my dream of being a musician. It seemed sensible to revisit familiar territory.

My year overseas had given me a passion to travel and I wanted to do more. I knew if I could cook, I could work anywhere in the world. I did a very brief cooking course, just a basic one. I had looked at other College courses, but they all took three years, and I was already 23 years old. I figured the money I would spend on the short course I could earn in those three years. Also, once I was 26, I would be less likely to get into a commercial kitchen, because I would be that much older with less experience. I decided it was easier to get into a kitchen and learn hands-on.

I came up to Surrey and did the 6-month cooking course in Woking. I finished on a Wednesday, got on a plane on the Friday and flew to Australia. I arrived in Sydney in November, without a job. I just basically landed and printed off a load of CVs and walked round and round the city restaurants. I would turn up between 3-6.00pm, to chat to staff while it was quieter.

This approach always gave a better response than when I phoned. I walked in, shook the guy's hand, gave him my CV in person and said 'I want to cook'. Obviously with a lack of experience I didn't have a huge amount of success. I think the only reason I was successful in the end was because the guy didn't actually read my CV, which most chefs don't. When I began that day at Aria, I was completely out of my depth but I survived. The long hours tired me out - I remember sitting at the bus stop one morning, watching the bus come around the corner, and thinking 'Oh here it comes, this is my bus for work', and just watched it go past!

I subsequently moved to another job in a French restaurant which had a very good reputation. I was lucky to get this job on the back of the reputation from my first job at Aria as this would impress people. They would say, "Oh he's worked at Aria, this guy can cook". Unfortunately, the Chef there quickly realised I couldn't cook. It was very traditional French cooking. There were no water baths, no vacuum packing, no squeeze bottles. If a chef put one fish in the oven, I would have to sear two bits of meat to go with it as a garnish, heat up a puree in a pot, maybe some mash potato and some spinach. The head chef himself was very competent, but definitely old school.



*Fast and furious kitchen work*

We started work at 11 o'clock to be ready for dinner. I remember waking up in the morning, when my alarm went off and getting stressed. In the first restaurant I'd had support and could churn out prep in the morning. In this other restaurant I had to get a section ready and if it wasn't it would all be my fault that proceedings got delayed. I remember having this 6ft tall Canadian guy towering over me with a tray of spinach, asking "Is this spinach seasoned?" They used to call me Rabbit, because on my first day I just looked like a rabbit in headlights. He just came out with a mass of expletives at me, "\*\*\*\*\*!", took the tray, slammed it onto my stove and the whole thing went up in flames. I stood there, pan in hand, whole stove in flames and he's screaming "WHERE'S MY SPINACH?!", Gordon Ramsey style. All I could do was put the fire out with a tea towel and get back to work. It was that kind of a learning environment - fast and furious and you had to get used to it.

*continued on page 14*

# in Poole . . . . .



continued from page 13

I moved to New Zealand and worked at a large seafood restaurant down by the docks. I was working on the fine dining side. One day we started buying in whole salmon. The quality of fish was amazing. It was coming in on the day boats from New Zealand, which has some of the best fish. I've not had fish like that in a long time. We started filleting this salmon but I had no training and didn't do it very well. The head chef looked at it, then at me and said, "You've buggered that up haven't you?", and didn't do anything else. Fortunately, there was a Japanese guy working there, who now lives in Bangkok running his own restaurant. He taught me how to use the different knives and how fillet the salmon. I stayed in that position for just under 2 years.

Then in the New Year I went with my girlfriend to New York for two or three months, looking for work. I was offered sponsorship for a visa but it wasn't what I wanted. My girlfriend was a bar tender and she couldn't get sponsorship at all. I kept applying for jobs and got to see some amazing kitchens such as Eleven Madison Park but there was no sponsorship I could secure. So I landed back in London, determined to look for work again. It was all or nothing.



*New Zealand salmon - straight off the boat.*

I was offered a job but the pay was just £16,000 a year. I wanted to work there for the experience but knew I couldn't live off that money, it wasn't possible. Eighty hours a week for that wage just didn't sound right. So I worked as a pastry chef for 6 months at Marcus Wareing's restaurant at The Berkeley. That was really invaluable as I'd never prepared pastry before, it showed me a whole new side of things.

From there I had an opportunity to work with an old friend from cooking school, in a little barbecue restaurant in Soho, named Pitt Cue Co. The restaurant had begun as a food truck. Then someone, who was quite famous sent a tweet about it and the next day there were hundreds of people turning up. Gradually the business built up and the restaurant evolved.

It was very much a developing kitchen, which is why I think I stayed so long. Each time we thought we had learnt everything we could, someone would bring in a new technique or a new piece of equipment, which we would master and make progress.

Over the years I've worked in many different kitchens. Working in the London restaurants during exciting times like the Olympics 2012. Working through the heat waves of 2013 and 2014 in a basement kitchen where I've no idea how high the temperature was. The people I've worked with are still close, we keep in touch. Always working hard, long hours.

When I was in cooking school, I did 2 weeks work experience, during a break at a bakery, in Long Crichel. It was my first commercial bakery experience, with a big, wood-fire oven. There were a couple of polish guys baking there who made it look so simple. I still have some really good recipes from that bakery.

After Pitt Cue Co. I worked in a Japanese sushi restaurant, NoBo and learnt a bit about the processes required. The experienced sushi cooks are quite closed about their style of cooking. They suspect cooks will steal their skills. So the head chef, the best, most knowledgeable guy is at one end of the bar. The better you are, the closer you can work with him. The junior chaps are the furthest away from head chef and the seniors are the closest. You're supposed to observe the guy next to you, watch how he's cutting and then one day there may be an opportunity where he says cut this and you can just do it. You move up the 'ranks' on that basis.

From Nobo I went to work at Kitty Fishers, which was a wood fire grill restaurant. But by then I was getting bored, because I was moving around but not learning anything or progressing. I wanted to take things up a step and start my own restaurant. I messaged Naili, the lady who had given me my first cooking job down in Dorset. I sent her a message as a joke asking if she wanted to buy me a pub.

By then I had started to look for a business myself and was thinking of pushing for a restaurant and bar as well. Unknown to me she had messaged me earlier asking if I wanted to come and open a restaurant with her but for some reason, I never received her message until a long time later. When I did receive it, I was delighted with her proposal and we ended up taking over The Fox Inn, Rudgwick. It was all very sudden and quick at the time.

# I was a vagabond



I left Kitty Fishers in 2015, we started at the Fox Inn on the 29th September, with literally a week's notice that we were coming in. When you're looking to start a business, you've got to go for it.

When seeking a new business, I knew I didn't want to go back to Dorset and be too far away from London. Naili basically chose this pub for me. I didn't really get a choice. The Fox was available, we knew we could work with it. I knew by then I just wanted to be the owner of a restaurant and be in charge, later on I could make adjustments. Which is what we're doing now. Tereza and all the staff have been a massive part of the adjustment. There are things we do now that we didn't have the model for when we arrived. We make the bread now but that wasn't on my mind when we started. It's always been something I enjoy and it naturally evolved here due to the location.

It was a shock coming here in the same way that going to Australia was. I was completely out of my depth. I didn't really know what I was doing. I just sort of jump in life. I'll stay at a level for a while and learn at that level, then once I've done that I'll leap, I'm not a gradual climber. I skipped being a head chef, I skipped being a manager, I skipped all of these and went from being a chef, a nobody, to being a director of a company running a pub. The first few weeks here were crazy, I was still commuting from London.

We've made a lot of mistakes along the way, learning all the time.

### **Making our own bread came out of necessity.**

Initially we would order baguettes, brioche and buns from a local supplier. But there had been a couple of weekends where they'd been short staffed and were unable to deliver our order and it became apparent, we had to start making our own bread.

We began playing with recipes, most of which required a lot of hand mixing and a dough mixer.

Then I was kindly given a 10-year-old Sourdough starter by a regular customer, which is a fermented mass, filled with natural, wild yeast.

### **The Sourdough starter is what makes Sourdough bread rise.**

Once we were confident we could make our own bread, we spent a long time playing around with the recipe. There was a lot of trial and error but once we got the recipe right with the normal flour, we then moved onto the organic flour. The recipe didn't go quite as well and we had to make some little tweaks.

*continued on page 16*

### **Prep and baking Sourdough bread**



*Sourdough after bulk fermentation*

*A Japanese Deba,  
(fish, butchery knife)*



*Laying out the Sourdough to scale it*

# nd of cooking . .



*continued from page 15*

We began to use Gilchester's organic flour from up north. We could have used normal white bread flour, which produces a lighter loaf, but the flavour of Gilchester's was too great to pass up. Gilchester's flour is stoneground and relatively unprocessed, a lot of "impurities" remain, which gives a superior depth of flavour, almost like an unfiltered wine. Because its unprocessed, every year is different.

The only three ingredients are sea salt, which we buy from Scotland, flour and water. We follow a similar technique to Tartine, which is actually a really old traditional style. There are two choices of technique - to subject the dough to a very intense amount of movement over a short time, or drag it out over a long time and do a lot of stretching and folding.

**3**

**Main picture:**  
Starting to shape the loaf

*The stages of shaping  
Sourdough bread*

**4****5****6**

# learning all | co

Every half an hour, we go back to the dough which we keep at a low temperature, to stretch and fold it out. Essentially, you're 'laminating' the dough and not only is that building and exercising it, it's producing structure inside the dough. That means we can make a 10-kilo dough without using a machine, we do it all by hand. It's a technique they used way back in traditional days when bakeries produced large quantities for the villages, without any machinery at all.

The salt in the bread helps the gluten network provide structure. If you put in a wholegrain wheat, essentially it cuts the gluten, and damages the structure which is why something like a wholegrain will be a heavier, denser loaf as the structure isn't strong enough to aerate as much. We had to play with the salt content to provide the extra strength to get the structure we wanted.

The next problem was the oven. Commercial bakery ovens cost £5,000-£10,000 and we couldn't afford that. We were baking at a very high temperature, 250°C, on a stone floor. A residual heat is required that isn't attainable with a standard oven because when you put 4 kilos of wet flour into a standard oven, it tends to suck the heat out of the metal structure. You need bricks at the bottom to retain the heat, even though it might get sucked out a little, there's that gentle force. So we ended up filling one of our gas ovens with 16 firebricks, different to the ones we've got now, and a few other additions.

A modern bread oven injects a load of water that forces the bread to come into contact with the heat much faster and moistens the outside of the dough so it's stretchier because the dough's wetter. It adds a shine to the crust and does a multitude of other things that we unfortunately couldn't do with our oven.

*continued on page 18*



*Scoring the loaves*



*Scored loaves ready to load*



*Finally into our oven*

# ould on how to . .



# become a great

*continued from page 17*

All we've done is get a little bit of tin foil to block up some of the air vents on the back, which means that when the bread goes in, the moisture doesn't leave the oven as quickly as it might. It's similar to how they did it in the old days, when they had a wood fire oven. They would put



*Just out of the oven*

the dough in and close the door, sealing it completely. The moisture came from the dough itself. When you've got a wet dough, the moisture evaporates and fills the oven with moisture. That's your 10-15 minutes of oven spring, after that time the breads not going to get any bigger, the outside has set where it is and the more you cook it, the less moisture will come out. In turn the less moisture in the oven, the more brown it gets. So it's kind of like a self-making system. The best way to simulate this at home is using a Dutch oven.



*One of our Sourdough breads*

Our homemade bread has become more popular since people discovered we were producing it. It began out of necessity because of supply issues and has become something that makes us unique. Also in another sense, it makes us happy because every morning we venture

downstairs to bake fresh bread. When you have a bad bake, which can happen, it's very upsetting, but when you have a good bake it's really satisfying.

It takes a certain person to be excited about flour and water. It's certainly a slow process we use. It is essentially a 36-hour process.

Something I was taught in the bakery when I was younger, was these modern breads are made very quickly and the yeast doesn't have time to naturally act on the gluten, and doesn't process it properly. This is why all of a sudden there are a lot of people who are gluten intolerant which didn't happen before. With our technique the slow fermentation gives the yeast time to act on the gluten, which makes it more digestible.

Any bread dough created is dependant on many conditions. For example, it's necessary to have the right percentage of water to flour. If you live in a wetter country the flour's going to hold more water naturally just from the humidity in the room than if you live in a dry country. So recipes are always going to change.

Once you've learnt the science and understanding of what each individual component does and why the glutes lower, then essentially you have to put that aside and begin each morning by examining the starter and 'feel' it. If you come down in the morning and it's been cold, the starter might not be ready. You can't just jump in and make the bread as usual because it just won't work. You have to be patient and wait until it is ready. It's a bit of a waiting game. If I was to lose my Sourdough starter, I would've lost 14 years of flavour, history and depth. You can't just manufacture that flavour and depth. I've got my yeast that I was lucky enough to be given, made naturally by the flour it was fed. This creates the unique starter, which in turn



*The crumb*





# chef . . .

makes the bread what it is. All starters are slightly unique. I could take my starter and gradually feed it with a different flour (change it's diet) that will make it a different starter every time. But it doesn't happen overnight.

## Making bread is a thousand-year long tradition across the country.

Looking to the future we are working on a few exciting things that should be operational in the coming months. We are going to introduce our own local beer at The Fox, by taking some of our bread waste and using it in the production of the beer. Recently we've produced our own local apple brandy, which is on sale now. As a new venture, we are showing outdoor movies every Saturday evening while the weather stays good. (See our advert on page 20 for more details.)



*Barrel fermented brandy*

At the Fox, we always strive to source all our ingredients naturally from local producers and suppliers, just like our bread. We reap what we sow. ■



*The Fox Inn, Rudgwick*



## Reap What You Sow . . .

**T**o reap is "to gather a crop" and to sow, "to plant seeds." Sowing is used as a metaphor for one's actions and reaping for the results of those actions which can have immediate, short term or long term effects upon our lives; the people we love or the planet on which we live. The Earth is a beautiful place. We need to keep it that way. ■



*Lamb shank with vegetables*



*Sourdough bread with egg*

**For more information on our bread or the Fox Inn: contact Tristan Weaver on 01403 822386 [www.foxinn.co.uk](http://www.foxinn.co.uk)**



# Open air cinema

## The Fox Inn, Bucks Green Garden

- Every Saturday (weather permitting)
- Absolutely FREE!!!!
- Follow us on Facebook and Instagram to see what the weekly movie will be.
- Starts around 9pm

FREE!!!

FREE!!!

The movie for the first Saturday of August will be GREASE!!!

01403 822386

FREE!!!

FREE!!!

FREE!!!

FREE!!!

FREE!!!

FREE!!!

[www.foxinn.co.uk](http://www.foxinn.co.uk)

## Good as New Charity Sale Bonanza



- Many different stalls in the Barn including Ladies, Men's and Children's Clothes, Bric-a-Brac, Toys, Household Goods, Jewellery, Electrical Goods, Linens and more
- Tombola
- Refreshments – our normal burger van will be back and the ice cream man
- Free Parking including disabled
- Greyhound Parade at 2.00pm
- All dogs welcome. We look forward to seeing you.

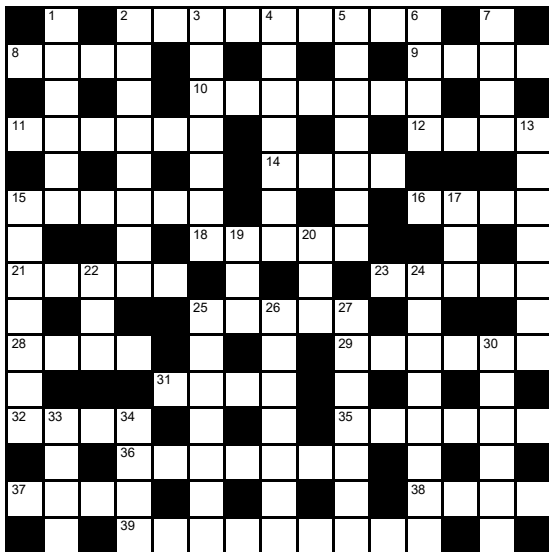
**JUMBLE SALE**  
**Sunday 22nd September**  
**10am -12.30pm**  
 Also at Cranleigh Showground  
 Substantially reduced items  
 at all stalls.

**Saturday 21st September**  
**11.00am to 4.00pm**  
**Cranleigh Showground, Ewhurst Road,**  
**Cranleigh GU6 7DW**

For further info please contact:  
 Jo 01306 712615 or Carol 01252 781917  
[www.celiacross.org.uk](http://www.celiacross.org.uk) Registered Charity 100383



## August Crossword Puzzle



### Across

- 2 Laboratory glassware (4,5)  
 8 Entreaty (4)  
 9 Mesopotamia was here (4)  
 10 Middle East expert (7)  
 11 Useful kind of truck (4-2)  
 12 Employs (4)  
 14 Bombs (4)  
 15 American vulture (6)  
 16 Thickly curled hairdo (4)  
 18 More mature (5)  
 21 Bring together (5)  
 23 Have a taste (3,2)  
 25 Egyptian water lily (5)  
 28 Without purpose (4)  
 29 Kitchen feature (6)  
 31 Great Lake (4)  
 32 "Shane" actor (4)  
 35 Canter round a lure for bees (6)  
 36 Sticks like glue (7)  
 37 Sudden assault (4)  
 38 Rhythmic swing (4)  
 39 Gastric (9)

### Down

- 1 Abnormally white (6)  
 2 Discussed (6-2)  
 3 "Walkin' back to Happiness" singer (7)  
 4 How critical things may come (2,1,4)  
 5 Conveyor (7)  
 6 If it's in place it's in this (4)  
 7 Charge per unit (4)  
 13 Dated (7)  
 15 Pivotal (7)  
 17 Not easily hoodwinked (3)  
 19 The fifth of twelve (3)  
 20 Flightless bird (3)  
 22 In poor health (3)  
 24 Attendance check (4-4)  
 25 Pitched abruptly (7)  
 26 Proposition demonstrated by reasoning (7)  
 27 Registers (5,2)  
 30 Not quite (6)  
 33 Small cells (4)  
 34 Shocking art movement (4)

## August Sudoku Puzzle 1 - Easy

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

## August Sudoku Puzzle 2 - Hard

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

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

July Crossword Solution

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

July Sudoku Easy Solution

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

July Sudoku Hard Solution





**Tues**  
every week



**WALKING  
FOR  
HEALTH**

Want to get more active? We're here to help! Walking's a great way to get fit, explore what's on your doorstep and make new friends.

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

**We meet up at Cranleigh Leisure Centre.**

**Sat**  
every week

**PARKRUN**



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

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

**2-4**  
AUG

**STAYCATION  
LIVE 2019**



Now into its 9th year, Godalming's community music, food and arts festival Staycation Live is back!  
10:00 - 22:00

**Phillips Memorial Park, Godalming, GU7 1EE**

**3**  
AUG

**CATERHAM POP UP  
PRODUCE MARKET**



Caterham's pop up food & drink markets run on the first Saturday of the month, featuring a changing line-up of local producers. 9:30 - 15:30

**Church Walk Shopping Centre, CR3 6RT**

**6-20**  
AUG

**ACCESSIBLE  
BOAT TRIPS**



Enjoy a relaxing trip along the River Wey on a boat trip for disabled people or people with limited mobility and their carers, friends and family. 10:30 - 13:30

**Dapdune Wharf, Guildford, Surrey, GU1 4RR**

**8-10**  
AUG

**GUILDFORD-ON-SEA**



Enjoy all the fun of the seaside this August as we once again transform the banks of the River Wey into Guildford-on-Sea, fun for all the family. 10:00 - 18:00

**The Electric Theatre, Guildford, GU1 4SZ**

**16-18**  
AUG

**WEYFEST 2019**



Wander through an open air museum of life, with the sound of live music everywhere. Young and old share new music experiences together. All Day Event.

**Rural Life Centre, Farnham, GU10 2DL**

**17-22**  
AUG-SEP

**SURREY SCULPTURE  
SOCIETY TRAIL**



Follow a trail of contemporary sculpture featuring more than 100 pieces of work from some of the South East's finest artists. 10:00 - 18:00

**RHS Garden Wisley, Woking, GU23 6QB**

**13,28**  
AUG

**HORSHAM DISTRICT COUNCIL - HEALTH &**



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](http://www.horsham.gov.uk/leisurepages/Leisure/sports/walking)

**Tue 13 Aug 10:00am:** Milton Heath, 5.5 miles 2¼ hrs. Meet at Milton Heath and The Nower free car park (height restriction 2m), off Westcott Road, Dorking RH4 3JT. A couple of steep climbs. Good views. Some stiles. No dogs. **Lynne 01403 268157**

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

**[www.cranleighmagazine.co.uk/event-calendar](http://www.cranleighmagazine.co.uk/event-calendar)**



**1-4**  
AUG-OCT

## SPECTACULAR PLANTS TRAIL

Inspired by the book Spectacular Plants and How to Grow Them by Stewart McPherson, join them to discover Wisley's Spectacular plants. 10:00 - 18:00

**RHS Garden Wisley, Woking, Surrey**

**1**  
AUG

## ROMAN INSPIRED MOSAICS

Taking inspiration from Roman mosaics in Surrey, design and create either your own set of coasters, or one large mosaic to take home. 9:30 - 12:30

**Surrey History Centre, Woking, GU21 6ND**

**3-4**  
AUG

## THE LOXWOOD JOUST

The Loxwood Joust is a family day of mediaeval revelry and mayhem, with knights in battle, a mediaeval market place and living history village. 10:00 - 18:00

**The Loxwood Meadow, Loxwood, RH14 0AL**

**3-4**  
AUG

## MIDDLESEX FOOD FESTIVAL 2019

There will be over 60 different food stalls showcasing their products, marketplace traders selling their goods and a Kids Zone full of fun! 10:00 - 19:00

**Hazelwood Centre, Sunbury, TW16 6QU**

**10**  
AUG

## PRIDE IN SURREY 2019

The First LGBTQ+ Pride In Surrey. Live entertainment, community stalls, food and drink traders and youth Pride zone. 12:00 - 21:30

**Woking Park, Kingfield Road, GU22 9BA**

**12-16**  
AUG

## BROOKLANDS SUMMER FÊTE

Head down to the Museum this summer for all the fun of the fair! Step back in time and re-live the simple days of a traditional village fête! 10:00 - 17:00

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

**21**  
AUG

## XPLORER - FREE FAMILY TRAIL

Explore the park, find the markers, complete the challenge and have fun together...The perfect outdoor activity for families. 10:30 - 12:30

**Snoxhall Fields, Cranleigh**

**26**  
AUG

## PEASLAKE VILLAGE FAIR

Taking place in the picturesque village of Peaslake at the heart of the Surrey Hills, enjoy a slice of village life and all the fun of the fair! 13:00 - 16:30

**Walking Bottom, Peaslake, Surrey, GU5 9RR**

**30-31**  
AUG

## WOKING FOOD & DRINK FESTIVAL

In its 17th consecutive year, the award-winning, three-day festival promises to serve a mouth-watering menu of family activities. 9:30 - 18:00

**Jubilee Square, Woking, Surrey, GU21 6GA**

## LEISURE WALKS

**Wed 28 Aug 10:00am:** Leith Hill 5 miles 2½ hrs. . Meet at the Starveall Corner Car Park, heading north is situated just off the Leith Hill, Abinger Common Road. A circular walk along woodland tracks & heathland. Steep slopes. No dogs. **Geoff 01403 258180**



# DISTRICT SPORTS WINNERS 2019



**S**t Cuthbert Mayne Catholic Primary School in Cranleigh triumphed over four other Surrey schools in the Godalming District Primary School Confederation, to take home the District Sports shield.

Children from Years 3, 4, 5 and 6 competed in Hurdles, Sprint, Long Distance, Throwing and Long Jump in what proved to be an extremely close final with only two points between first and second place – the competition throughout was very intense with many exciting sprint finishes. St Cuthbert Mayne won in the boys overall and Year 3 competition groups to solidify their victory.

The school last won the accolade in 2010 and following a focus on increasing pupil activity in recent years including development of the all-weather playground and a Daily Mile track, combined with KS2 athletics training PE sessions and the Junior Park Run, the children were well prepared going into the competition.

The well-organised and highly anticipated annual event, held at Charterhouse School athletics track on Tuesday, 9th July this year, is the result of the tenacity and hard work of Mrs Helen Duke, ably supported on the day by volunteers including students from Godalming College.

St Cuthbert Mayne is a single-form entry co-educational primary school in the diocese of Arundel and Brighton. Our children receive a Catholic education which enables them to fulfil their spiritual, academic, intellectual, physical, emotional and social potential. Christ is at the heart of all that we do and every decision we make is based on

what is in the best interest of our children. As well as the recent investment in the playground we also have a Wrap Around Care Club for busy families. Please contact us to arrange a visit or come to one of our Open Days. ■

Tel: **01483 274961**

Email: [info@stcuthbert-mayne.surrey.sch.uk](mailto:info@stcuthbert-mayne.surrey.sch.uk)

**Some say . . .**

**We know we cannot plant seeds with closed fists. To sow, we must open our hands**

**Adolfo Perez Esquivel**



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# Sow Healthy... Reap Healthy!

by Sue Potgieter

Nutritional Therapist & Naturopath mANP CNHC rGNC

**N**ewton's Third Law of Motion is loosely referred to as 'action-reaction' and states that for every action, there is an equal and opposite reaction. In other words the force exerted is the action, and the force experienced as a consequence is the reaction.

Whatever your body is like today is the result of the fuel that you have given it over the past year.

What you eat and absorb (action) will affect how your body regenerates (consequence), since your body is constantly regenerating. Some cells are replaced more quickly than others and some body parts never get replaced! Did you know that the lining of your gut is replaced every 3-5 days and your skin replaces itself every 28-34 days? Your fat storage cells shift roughly once every decade whilst we get new liver cells about once every 300 days. Everything works on a cycle of renewal and regeneration and your body is built from the building blocks of your food. By the time you finish read-

ing this sentence, **50 million of your cells will have died and been replaced by others!!!**

**Just think about the last thing you ate:  
was it a protein based meal?**

**Protein is the fundamental building block of the body and here's a few of its tasks:**

- From our bones to our muscles, arteries and veins, skin, hair, and fingernails - we are literally built from protein. Our heart, brain, liver, kidneys, and lungs are also built from tissue made of proteins
- Proteins help carry the oxygen that makes our blood red
- Proteins in the form of enzymes digest our food, synthesise essential substances, and break down waste products for elimination
- If we are lacking fat and carbohydrates, then proteins produce the energy we need for life







*Why not try and grow what you eat*

- *Proteins are required to make your hormones, which regulate the delicate chemical changes that constantly take place within the body*
- *Chromosomes, which pass on our characteristics to our children, have protein in their structure*
- *Protein is needed to "carry" fat and cholesterol throughout the body*

It is safe to say that if you are short of protein then you are lacking the very substance of life. As a Nutritional Therapist I always recommend to clients that by having a palm sized piece of protein with every meal you will balance your blood sugars and prevent those sugar crashes, it will keep you fuller until the next meal and prevent those snack attacks but also you are literally rebuilding your body with what you eat.

When clients complete a 7 day food diary for me I can instantly see how they are sowing an unhealthy future for themselves. 95% of clients that I see have a high carbohydrate diet with minimal protein and some vegetables and lots of high sugar fruit. Add alcohol into the mix and they are planting the seeds of insulin resistance, high cholesterol, high blood pressure, weight issues, fatty liver and possible metabolic syndrome or cancer. A high sugar diet may lead to inflammation in the joints and in later life to neurological diseases.

After lowering the amount of refined, processed carbohydrates, and then including protein with every meal, eating 5-7 portion of rainbow vegetables every day, oily fish 3 times a week and no more than 2 portions of low sugar berries per day, my clients are amazed at the change in their health! Within 6 weeks they generally begin to see a reduction in headaches, aches and pains, skin conditions, bloating, bowel issues, anxiety and stress levels.

### **Why are rainbow vegetables important in the diet?**

Plants produce a group of chemicals called phytochemicals made up of antioxidants, polyphenols, bioflavonoids, beta-carotenes and others. These chemicals are part of a plant's defence mechanism against pests, viruses and disease and when we eat a range of different coloured vegetables we benefit from them. Antioxidants, for example, donate electrons to free radicals to prevent them from damaging our healthy cells. Free radicals are rogue cells which drive inflammation in the body and consequently inflammation is a driver of chronic lifestyle diseases. Eating lots of rainbow vegetables every day (7-9 portions for women, 8-10 portions for men) has been shown to reduce your disease risk. By eating a plate of food consisting of **50% vegetables, 25% protein, 25% healthy fats** and a small amount of complex carbohydrates you are sowing a healthy future for yourself. You are literally rebuilding your body from the inside out!

**Make some different choices with your next meal. Don't wait until Monday or next month or when you get paid. Change your body from today and watch your health improve! ■**

*Need help with rebuilding your health?*  
*Contact me:*  
*sue@thegenuinelivingcompany.com*  
*or 07961 990087*

*Sue*

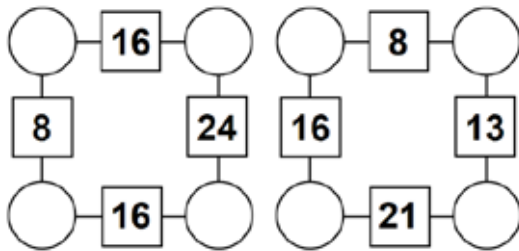


**Some say . . .**

**You have to sow before you can reap.  
 You have to give before you can get  
 Robert Collier**

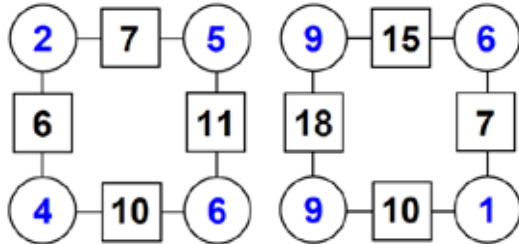


### Square Arithmagons



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.

### July Arithmagon Solution



### Summer Word Search!



See if you can find the summer related words in this August word search:

**Diving**  
**Humid**  
**Tan**  
**Wetsuit**

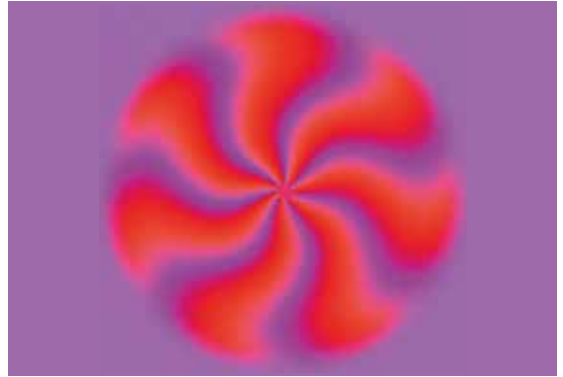
**Flowers**  
**Sandals**  
**Thunder**

**Hot**  
**Sun**  
**Warm**

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



**THE SPINNING SPIRAL:** This image is just stand-still, but if you're reading this text then you're probably seeing it spin out of the periphery of your vision.



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# Bright Care Cranleigh

## In-Home Senior Care & Companionship

At Bright Care, we find joy in alleviating the stress and frustrations associated with quality care provision for family members, and empowering elderly people to live at home.

**We offer daytime, overnight and live-in care options, providing assistance with cooking, housekeeping as well as personal care and companionship.**

**We focus on relationships.**

With visits from two hours or more, we place huge importance on building quality and meaningful relationships.

**We are for self-funding families.**

By choosing not to engage with council services, it means we can offer a fully bespoke and premium service.

**We provide a fully-managed service.**

We take the stress out of managing care provision, so you can spend more quality time as a family.

**We excel at supporting elderly people.**

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Cranleigh, GU6 8AU  
[www.brightcare.co.uk](http://www.brightcare.co.uk)

01483 617 121

**Help the elderly and become a Bright Carer**

We are always looking for exceptional and warm-hearted individuals who are interested in pursuing a career in care in Surrey. All training is provided.



Caring for the generation that first cared for us



# Bright Care Comes To Cranleigh

Bright Care is an award winning and family-run provider of senior in-home care and companionship. They currently care for over two hundred families from their seven local branches throughout Scotland, and in July 2019, the company's inaugural branch in England opened its doors in Cranleigh.



**Lindsay McClive** - Registered Branch Manager

Lindsay McClive is the Registered Branch Manager for Bright Care Cranleigh and here we find out a bit more about her and her family's journey with Bright Care.

“Deciding to move to Surrey from Glasgow with my 14-year-old son Daniel in June was a big decision to make, however, the excitement of growing Bright Care in England was a fantastic opportunity that I had to take. At Bright Care, we talk about 'being all in' and I likewise believe that if you are going to commit to something, then you have to give it your all. So, as a family, we decided to permanently move to Surrey and make a new life for ourselves here.

After visiting many Surrey villages and towns, I was really drawn to Cranleigh; I got such a good sense of its strong community spirit, and the friendliness was overwhelming. The pride in which everyone takes in making the village look magnificent made it easy to adopt Cranleigh as our new home.

Having settled my son in Glebelands School, and after getting to know some great local people and groups, I decided Bright Care's first Surrey branch should be part of the Cranleigh community. I am also conscious of the need for high quality private in-home care

in this area, and I believe Bright Care is the answer to helping families and their loved ones with the challenges they face when care and companionship is required without having to resort to residential options.

I have worked in domiciliary care for 20 years and I feel passionate about providing bespoke private in-home care as well as investing my time in the staffing to create an elite team aligned to Bright Care's values.

My son and I, not forgetting our little chihuahua Nick-nack, are really enjoying being part of the Cranleigh community and look forward to getting to know many more local people. //

## Join Our Team Of Bright Carers

I'm currently looking for Senior Bright Carers and Bright Carers to join our team in Cranleigh and the surrounding areas.

At Bright Care, we choose not to engage with council services, so all our clients are receiving self-funded care. This means we can really go the extra mile in providing an exceptionally high-quality care service. Additionally, we don't believe in 'pop in' visits; **our care visits are a minimum of two hours per visit** which gives you ample time to spend with your matched clients.

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Throughout the summer season from April to September, we play competitively in League, EBA and Surrey Championships and friendly matches against other local clubs, as well as hosting our own club competitions. Why not come along and give the game a try? You will be guaranteed a warm welcome.

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.



For more details please ring

**01483 274987 m: 075168 955833**  
**[www.cranleighbowlingclub.com](http://www.cranleighbowlingclub.com)**



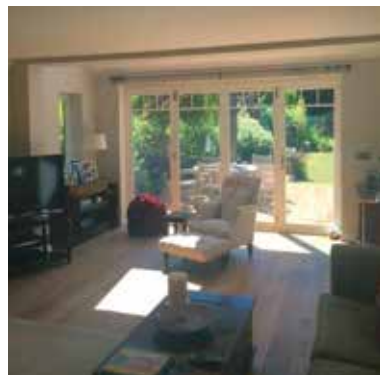
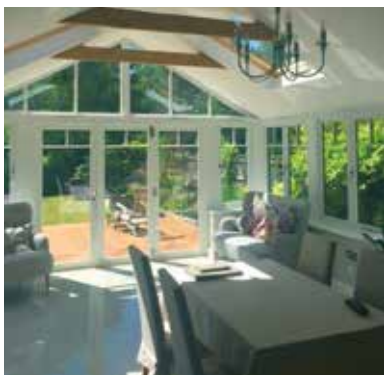




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# Cranleigh Rotary



*Members of the Cranleigh Under 14 Girls Cricket Team in their Rotary-sponsored playing kit*

**A**t the beginning of Cranleigh Rotary's 50th anniversary year, Club members have been busy raising funds for charity and assisting various groups, both in the local community and overseas.

Brian Arendell's year as Club President ended with a flurry of activity. On 13 June, visiting Rotarian Roger Stent was presented with a cheque for **£1,000** for his project supporting Nankhomo School in Malawi.

The Club's support for local schools and youth continued with donations of illustrated dictionaries to pupils at Park Mead School, following on from financial donations to provide learning resources for other local primary schools.

Meanwhile, Cranleigh Rotary financed Kids Out, an event that is held each year. This year, the Club enabled students and staff from Jigsaw School to enjoy a day visit to Chessington World of Adventure. The Club has also provided financial support to three of the local girls cricket teams, which are now resplendent in new playing outfits.

Cranleigh Rotarians also braved the sweltering weather on 29 June to cater for the hungry crowds at the Village Fair, providing the usual menu of delicious burgers, hot dogs, bacon buns and cheeseburgers. All profits will go towards Rotary charities. The following day, Rotarians and friends helped at Cranleigh Show by staffing the horse walk.

Cranleigh Rotarian James Phiri has also played a leading role in the delivery of a container full of supplies and equipment to a rural medical centre in Zambia.

Two major Rotary events coming up are a Festival of Model Railways and a 50th anniversary sponsored walk. The Festival of Model Railways, which is taking place on Saturday, 21 September, will be held in three venues on Village Way, Cranleigh. All profits will go to support the CHASE children's hospice in Guildford.



*Cranleigh Rotarian Andy Kolmar presenting dictionaries to students at Park Mead School*

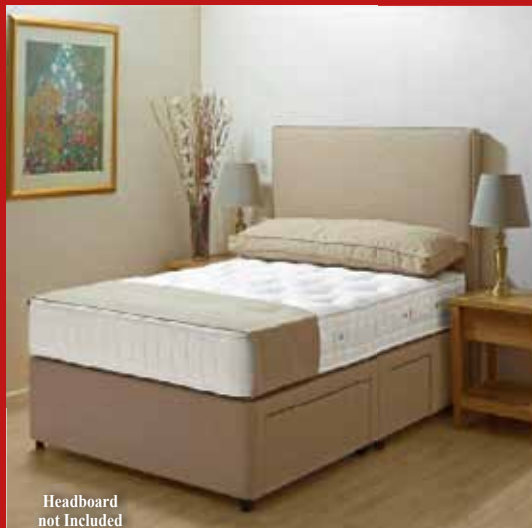
Between 4th and 6th October, Cranleigh Rotarian Gill Leslie will be carrying out a 50th anniversary sponsored walk. Gill will cover 50 miles across the beautiful Surrey Hills in order to raise funds to support two Rotary-supported development projects in Zambia.

Further details about all of these activities and events can be found on the web at [www.cranleighrotary.org.uk](http://www.cranleighrotary.org.uk)



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## An Easy Fix For Everyday Problems

**Tights** - Use tights to stop your vacuum cleaner sucking up coins that have dropped down the back of the sofa. Save money and precious small objects by using the foot of a pair of tights over your vacuum nozzle. It will catch any change, hair bands, earrings and other bits and bobs before they get sucked away.

**Microwave** - If your microwave is looking a little unsanitary after one too many food explosions, don't panic - it can be cleaned in a jiffy. Pop a heat-proof cup of water with half a lemon and its juice into the microwave on a high setting for a minute or two. Leave the mixture in the microwave



with the door closed for 5 minutes for the steam to do its work, then easily wipe down the inside of your microwave. And lemon will leave your entire kitchen smelling clean and fresh!

**Clogged Drains** - Bicarbonate of soda is a marvel at clearing food-clogged drains. Pour down one part baking soda, followed by one part vinegar, cover with a wet cloth as the two react with one another. Wait five minutes and then run some hot water to clear it.

**Walnuts** - Have the children scuffed your bannisters again, or knocked into the table? It sounds odd, but a walnut (without a shell) rubbed onto scuffed or scratched wooden furniture, floors or bannisters will work a treat. Rub in a circular

motion over the scratch, wait 5 minutes then polish with a soft cloth. Voila!

**Moths** - Clothes moths are such a nuisance and always seem to target your favourite clothes. Make a natural repellent for moths by bagging up some dried herbs including lavender, cloves, bay, rosemary or thyme and popping it into your wardrobe and drawers.

**Pots** - If your plastic food tubs have seen one too many packed lunches or leftover dinners, and are smelling or stained, you don't need to replace them. Simply treat them to a night at the spa! Soak them in the sink overnight in warm water with a spoonful of baking soda, and the next day, after a rinse, they'll look and smell new again.

**Aloe Vera** - Burnt yourself on a hot pan from the oven or overdone the sunbathing? Apply Aloe Vera gel, from your



houseplant, directly to minor burns. The soothing and anti-inflammatory gel, from the cut end of the leaf creates a second skin to protect the burn from air. ■

*The first 3 readers to email me with other medicinal treatments Aloe Vera plants can be used for, will receive a free baby Aloe Vera plant (collection Cranleigh).*

**Penny Lynch**

**07763 862470** pennylynch@gmail.com







# Skilling up the Ecosystem within our Community

## Supporting change to improve Health and Wellbeing

**H**ave you ever met someone who was able to chat to you in a way that is clear and makes you feel listened to, and helps you can see a way forward with a problem that's been bugging you for a while?

Clinical research has been done by the NHS to help GP's & Health Professionals adapt the way they speak to us, to help them improve their skills to positively influence people, to encourage them to take action and change behaviour for themselves.

These new methods are based on Cognitive Behaviour Therapy, it's basically asking the right question in the right way, rather than 'telling people', it's amazing what difference this switch of approach makes.

Cranleigh now has an opportunity to lead the way in taking this new method of communication to a whole new level within our own community.

The idea is that it's not only GP's and Health Professionals who we share our problems with. We chat to each other, to shop staff, carers and friends - all of these people have an influence on us. All can be part of empowering us to make changes through the power of conversation.



SMART Cranleigh is working with Surrey Heartlands to enable this community wide unique pilot, teaching a simple but effective conversational skill that makes a real difference to people's lives.

A successful 'pilot' course, called **Making Every Contact Count (MECC)**, was kindly hosted by Cranleigh Arts Centre was held for a cross section of invited people working in shops and local business, statutory and voluntary services including shops, care agencies. Since then interest has been expressed by hairdressers, beauticians, pharmacists, coffee shops, department stores and pub staff, all from Cranleigh!

Gail, who took the free training, said *"it was not what I thought. The 'change behaviour learning' is a life skill. I recommend it to anyone, simple yet so effective and*

*based on evidence CBT. Brilliant trainer and really helped me as a mother to engage with my teenage children. A useful parenting tool that would be very useful for teachers in schools."*

At 9am on a Monday 1st July, a groundbreaking group of 18 Cranleigh people - shop staff and people working with the public in different roles, gave up their time to come to attend the MECC course. The interactive approach helped people develop skills in having positive conversations around our lifestyle choices to promote change that impacts public health overall - this is, after all, everybody's business!

Richard, owner of a prominent local business said *"It helps me to do this confidently in ways I didn't realise and gain a level of understanding beyond what I imagined with very simple actions, showing me where I have been going wrong with conversations, to help the person concentrate on possibilities and putting barriers aside for the moment. Very empowering. I used to think it was not my business, but I will now make it my business to share with others."*

Though applicable in every area of people's lives and the problems they are experiencing, Surrey Heartlands is focusing on the health of the population and ways to prevent some of the triggers, helping people to take action to keep themselves well. These include weight management, mental wellbeing and how much physical activity we engage in, along with the more obvious focus on things like smoking and alcohol intake.

Lucy, another Cranleigh member, said *"I thought that this was really useful as I am in contact with people regularly. ...Motivational interviewing is a new additional skill. I have put my name down to become a champion and passed the information on to my colleagues"*

The background to the reasons instigating this training was the joint research done by SMART Cranleigh and Public Health Surrey in 2017.

SMART Cranleigh and Public Health Surrey worked closely to research the issues in Cranleigh affecting health and social wellbeing; including recent public health research on Cranleigh East specifically. Here are some of the things we found in our community engagement:



Compared to the rest of Surrey, did you know Cranleigh rates higher than average in the following areas:

- Children carrying excess weight
- 0-4 year olds hospital admissions for injuries
- Binge drinking
- Higher levels of long term illness, depression & dementia
- High levels of carer burden and ageing carers
- Only 1/3 eat healthily
- Loneliness and isolation

These things are compounded by transport access and expense along with long GP waits.

Other issues that were uncovered were unsafe pavements, inaccessibility to buildings, lack of information of what is available in one place and shops feeling under equipped to help some customers.



Kath said "I now don't feel burdened by all the problems people bring into the shop as I am now able to know what to say and give them tools to help themselves"

Adam, a local retailer said "It's about letting the person decide, rather than push all the options at them – definitely something we will use"

The participants said that after the course they felt confident to have conversations with people that can make a difference and help them recognise opportunities to plant a seed for change, followed by knowing where to access further support (signposting). Participants were given access to resources and messages to raise awareness, boost motivation and encourage more informed decisions.

If you'd like to take part in a free training session please contact SMART Cranleigh on [info@smartcranleigh.org](mailto:info@smartcranleigh.org). As soon as we have enough people for another session, we'll make arrangements and get back to you with some possible dates.

It's surprising what we can do when we pull together as a community and focus on positivity . . . and making life a bit easier for each other, and for ourselves! ■

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## **Welcome Coffee Mornings** (Connecting the Community)



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# Cranleigh Probus A Club

## 13th August 2019



**C**ranleigh Probus A Club will hold their second Ladies Lunch of the year on **Tuesday August 13**, at the Cranleigh Golf & Country Club. It will be a delicious two course lunch with choices for the main and the dessert course followed by coffee and mints. Wine and other drinks can be purchased as desired. Members must notify the club's lunch organisers no later than July 31 if intending to come.

It is important to note the club is encouraging members to bring friends, male or female, to any regular lunches, who may be interested in hearing the speakers, but must inform the table secretary by the Thursday before the particular lunch. The club brings many fascinating speakers to inform and entertain members and their partners or friends. Last month's speaker Brough Scott, who talked

about Winston Churchill as a horseman, appeared on ITV during all five days of Royal Ascot presenting pieces about our Queen as a horse lover, owner and breeder.

*Probus A club meets for the monthly lunches at the Cranleigh Golf and Country Club on Barhatch Lane, Cranleigh, GU6 7NG, on the second Tuesday of every month.*

**Please contact the club secretary David Ingham by email: [dhmingham@gmail.com](mailto:dhmingham@gmail.com), phone: 01483 548488, or visit the club website for a complete club profile and current news.**

**Alternatively, email: [stewart.shepley@btinternet.com](mailto:stewart.shepley@btinternet.com) or phone: 01483 548488. All guests are welcome with advance notice as indicated above.**

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# The Art Hound

by Richard Johnston



*Hound and pup template for 2019*



**T**he loyal Art Hound patiently holds his Master's brush in the studio...or that's the story anyway!

This is my painted contribution to **Haslemere Hounds** charity event this year where local businesses are invited to get these fibreglass hounds painted, decorated and then auctioned off for charity. I adapted the fibreglass hound slightly, so he could be holding the brush in his mouth. Appropriately, he is sitting outside the Art Shop!

Although NOT specifically intended as a 'Fundraising exercise', more than **£85,000** has been raised so far for a variety of Local and National good causes.

The project is using local Artists and Schools to decorate more than 100 fibreglass Hounds that will be displayed throughout the area from May 'til September 2019.

*Richard's workshop of wonders*

Haslemere Hounds 2019, is the successor to Haslemere Hares, the highly successful Community Arts project that took place in the summer of 2018, and Haslemere Hogs in 2017.



*2017 Best Hog - Lady BACON Powell by Haslemere Girl Guiding*



# Artists Corner



*Richards take on the  
Haslemere Hound -  
The Art Hound*



For more information on Haslemere Hounds,  
visit: [www.haslemerehounds.co.uk](http://www.haslemerehounds.co.uk) ■

For further information and images from Richard,  
contact: [richard.johnston@sketchworksdesign.com](mailto:richard.johnston@sketchworksdesign.com)  
[www.sketchworksdesign.com](http://www.sketchworksdesign.com)  
Instagram: @swd\_designer  
LinkedIn: Richard Johnston 07910 002537





# ANDY PARSONS: Healing The Nation in Cranleigh!



"Cracking adlibbing...a joke-rich rallying call for a better Britain" – **THE GUARDIAN**

"Coruscating live performer specialising in lacerating topical gags" – **THE INDEPENDENT**

**Y**es, he's back. A year and a half since his last tour Peak Bullsh\*t, household name and nonsense-nailer Andy Parsons is back on the road with **HEALING THE NATION** - and Andy is confident that playing to a whole host of theatres across the UK will undoubtedly mend the myriad divisions this country faces.

If current media tropes are to be believed everybody exists in their own social media bubble and are up in arms about everything – Brexit/ climate change/ transgenders/ badgers. So come and celebrate what it means to be British in 2019 – freedom of speech, tolerance, tolerance of freedom of speech, freedom of intolerant speech, less freedom with more intolerant speech but still some tolerance.

As seen on *Mock the Week*, *Live at the Apollo*, *Q.I.* etc. – and repeated on Dave. As also seen on *BBC's Question Time*, *The Daily Politics*, *This Week* and *Newsnight*. In the last year, Andy has hosted People's Vote rallies at the

Electric Ballroom, Central Hall Westminster and in Parliament Square to over 100,000 people as well as fronting Independent Age's latest Campaign Against Loneliness.



Since being a writer on the legendary *Spitting Image*, Andy won the Time Out Comedy Award in 2002 and has performed stand-up all over the world. To date he has done five sell-out national tours and released the DVDs *Britain's Got Idiots*, *Gruntled*, *Slacktivist* and *Live & Unleashed – But Naturally Cautious*. He was also responsible for the *Slacktivist Action Group* podcast, which played host to a wide range of MPs, journalists and comedians. *The show rocks up at Cranleigh Arts Centre on Friday, 13th September 2019 at 8:00pm* ■

Tickets: **£13.70** per person.



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**Some say . . .**

**No one can reap the fruit before planting the trees**

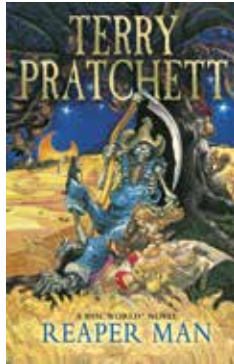
**Luiz Inacio Lula da Silva**

# BOOK REVIEW

## Reaper Man

by Terry Pratchett

*"If you're an established fan, you'll enjoy this as much as the others; if you're new to Pratchett, what the hell took you so long?" - Time Out*



**D**eath is supposed happen. That's what bein' alive is all about. You're alive, and then you're dead. It can't just stop.

*'One taste, and you'll scour bookstores for more' - Daily Mail*

Oh but it can. And it has. Death is missing, presumed... er... gone (and on a little farm far, far away, a tall mysterious stranger is turning out to be pretty good with a scythe). Which leads to the kind of chaos you always get when an imperative public service is withdrawn.

If Death doesn't come along, then what are you meant to do in the meantime? You can't have the undead drifting about like lost souls. There's no telling what could happen, particularly when they discover that life really is only for the living...

*'Pratchett's humour takes logic past the point of absurdity and round again, but it is his unexpected insights into the human morality that make the Discworld series stand out.'*  
- The Times

What can the harvest hope for, if not for the care of the reaper man?

*'If you like Discworld, you won't be disappointed. One of my first Terry Pratchett novels, after reading it for the first time some years ago I couldn't wait to get my hands on more.'* - Amazon Customer

Available online and in book stores ■



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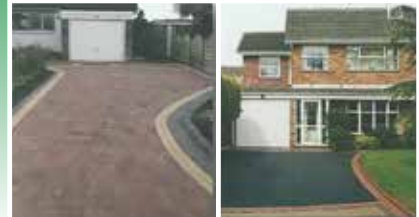


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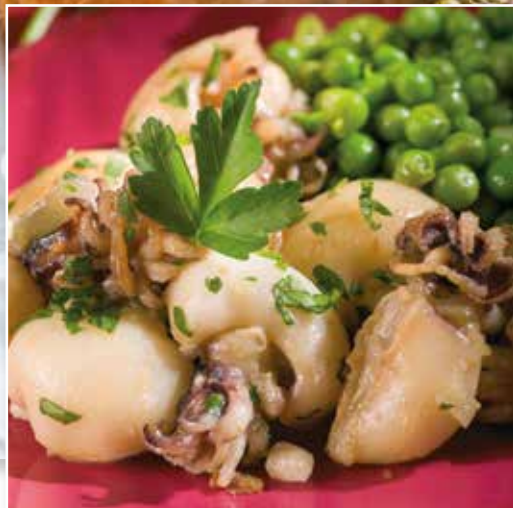


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# Eating what we've sown



*I wish all the readers of the Cranleigh Magazine happy holidays, in particular the kids to enjoy the summer break!*

— Simone Conti

## 1 SLOW COOKED CUTTLEFISH WITH GARDEN PEAS Serves 4

*I love this dish because it is easy and cheap to prepare. It has a great taste and it is so healthy! It is the perfect starter for a nice lunch on a sunny day.*

### Ingredients

1 kg clean Cuttlefish  
500g fresh or frozen garden peas  
1 white onion  
500g chopped tomato  
1 glass of white wine  
1 small bunch of fresh parsley  
Salt and pepper to taste

### Preparation

1. Finely chop our onion. Then prepare the cuttlefish by first, washing it under cold water to remove any possible impurity. Once clean, cut it in to small stripes. Then cut the tentacles and the head too-these are the tasty parts!

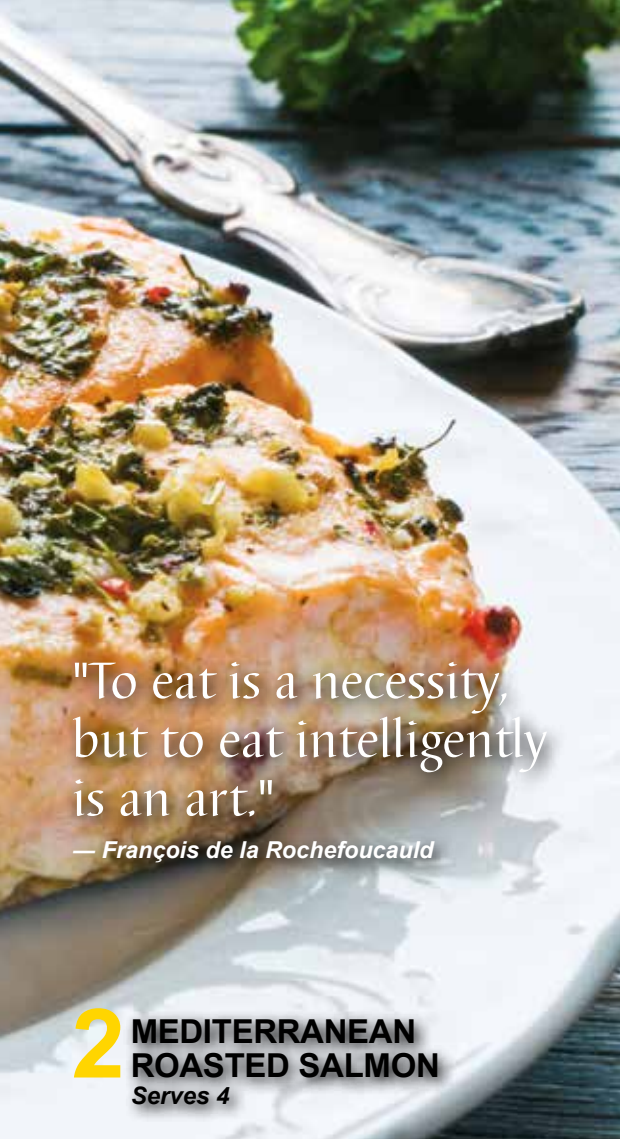
2. Now that the main ingredients are ready we can start cooking. Pour a tbsp of olive oil in a large saucepan and add the finely chopped onion, let it cook in a low heat for 10 minutes (add half glass of water to keep the onion soft). Once most of the water has been absorbed add the cuttlefish cut in small strips.
3. Add salt and pepper while the cuttlefish is cooking it will release some water, so keep it to a low heat until most of the water has evaporated. Add the white wine and then let it cook for further 10 minutes then add the garden peas.
4. Cook for 10 more minutes and add the chopped tomato. Now with the pan still on a low heat, leave it to cook for 30 minutes with the lid on and keep mixing it every 5 minutes. After 30 minutes taste the cuttlefish which should be nice and tender. At this point check if you want to add more salt and pepper. Finally add the chopped parsley just before serving, ideally with a lovely crusty bread.

*Remember the secret in this dish is the low heat when we cook, so make sure to keep it low all the time!*

**Recommended Wine:** Vinho Verde (Portugal)







"To eat is a necessity,  
but to eat intelligently  
is an art."

— François de la Rochefoucauld

## 2 MEDITERRANEAN ROASTED SALMON

Serves 4

### Ingredients

4 fresh salmon fillets (around 800-900g)  
400g fresh cherry tomato  
80g black olives (pitted)  
1 stick of oregano  
1 small bunch of Parsley  
2 cloves of garlic  
10g of capers  
1 stick of thyme  
100ml white wine (optional)  
Salt and black pepper to taste  
Olive oil

### Preparation

1. Start by preparing the tomatoes. Wash and cut each tomato into 4 parts and place them in a medium size mixing bowl. Once cut, marinate in olive oil, garlic, herbs and salt and pepper. **Remember to cut the garlic in two halves and always remove the small stalk inside!** Cover the mixing bowl with cling film and let it macerate for 2 hours at room temperature.
2. Once the 2 hours have passed, prepare a medium size baking tray by placing 3/4 of the tomatoes in the base of the tray. Then place the salmon fillets on top of the tomatoes. **Remember to salt the salmon fillets!**

Cover the salmon with the leftover tomatoes, adding the capers, black olives and just a sprinkle of olive oil.

3. Pre heat the oven at 180c or mark 7. Then place the salmon in the oven for 15 minutes. After this it is ready to serve. Alternatively you can add 100ml of white wine to the salmon after 5 minutes of cooking, this will give it a bit more of a punch. But if you small children you may prefer to use the original recipe!

**Recommended Wine:** Albarino (Spain)



## 3 Oven Baked Stuffed Peach

Serves 4

### Ingredients

800g of fresh ripe yellow peaches  
100g of dark chocolate powder  
80g Amaretti biscuits

### Preparation

1. Wash the peaches and cut in half. Remove the stones and sort, keeping the best looking half aside from the others which we will use for stuffing. Take a sharp knife, cut the peaches in small cubes and place in a small mixing bowl. **Note:** you can also use a food mixer if you want a smooth texture.
2. Crumble the amaretti biscuits. If you prefer a fine texture use a food mixer! Or if you prefer more of a texture break up by hand. Add the crumbled amaretti biscuits to the peach cubes and with the help of a fork, mix well until it reaches a nice texture. Add the dark chocolate powder and mix well until our stuffing reaches a nice texture. **Remember if you want to make it very creamy use a food mixer.**
3. Take the best half peaches that were put aside, and with the help of a spoon, gently make a hole where the stone was, a little larger. We are now ready to stuff our peaches. Using a spoon stuff the peaches into the cavity and place it in a baking tray with the stuffing facing upwards. Pre heat the oven at 180c or mark 7 and once it is hot, cook the peaches for 55 minutes. When cooked serve with a scoop of vanilla ice cream making a lovely contrast between hot and cold. Enjoy!

**Recommended Wine:** Muscat Blanc (France)

**Simone Conti** ■





# AUGUST



## Reaping The Benefits

**T**he last month of summer is the best time to enjoy your garden while it's still at its very best. The school holidays are on, the harvest time is here and there's much fruit and veg to fill your plate.

As the harvest is under way, see these tips you can sow and grow:

- Keep patio container plants well watered and feed with a liquid fertiliser every fortnight.
- Dead-head bedding plants and perennials to encourage them to flower into the autumn and stop them self-seeding.
- Clear away any diseased and spent foliage around your veg plants to discourage pests and diseases spreading.
- Cut back herbs to encourage a new flush of tasty leaves that you can harvest before the frost. Dry or freeze leftover herbs to use in the kitchen later on.
- Protect your crops with a bird scarer made from CDs tied to string.
- Use blinds or apply shade paint to prevent the greenhouse from over-heating in sunny weather.
- Don't feed your lawn with a high-nitrogen fertiliser now as this will encourage lots of lush new growth which is easily damaged by autumn weather.
- If you're planning on laying a new lawn this autumn, prepare the area now to give it time to settle.
- Use boiling water as a weed killer on your paved areas. Weeds wilt and die within a few days. ■

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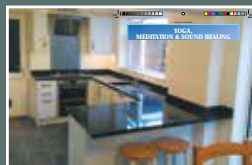
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# I Lost My Pride That Summer's Day

by Raymond Holt

An ex Cranleigh village Bobby

*I lost my pride that summer's day  
Cycling in the shade,  
When this gentle Cranleigh lady  
Gave me ice cold lemonade.*

*So comfy in her summer house  
Cool and rather shady –  
She talked of Cranleigh times gone by –  
A perfect little Lady.*

*What happened to the windmill,  
The little church nearby?  
The brewery and the manor house?  
The truth is sometime shy.*

*She walked me round her garden  
She always held my arm  
She knew the name of ev'ry flower  
Together with their charm.*

*And when she could not walk  
I sat beside her bed  
And now she's gone I miss her  
And all the things she said.*

*I'm not ashamed to say Lord  
It's perfection that I lack –  
It's strange we can go forward  
By simply looking back.*

An excerpt from the book

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## ARTS



## Cranleigh Arts Centre August - September 2019

There is a lot going on behind-the-scenes this summer, as Cranleigh Arts undergoes a series of renovations to develop and improve our venue and facilities. Renovations include updated WCs and pottery facilities, with increased washroom capacity and improved access to many of our ground floor spaces.

We hope you enjoy the results!

From 30 July – 2 August access will be open to Cranleigh Arts' Gallery and Box Office only. The Arts Centre will be closed to the public from Saturday 3 August, re-opening on Tuesday 10 September 2019 with a special screening of Margaret Atwood: Live in Cinemas. Don't forget, booking is available 24/7 at [www.cranleighartscentre.org](http://www.cranleighartscentre.org)



### Open Air Shakespeare:

#### The Winter's Tale

Friday 2 August, 7.30pm

Leontes has everything a man could want; wealth, power, friends and a family that loves him. But he is not at peace. Inside he harbours a bitter jealousy that drives him to destroy all he holds dear. Many years later, in a

distant country, a journey begins that may ultimately heal his pain and reunite his family. With all the crazy antics of **Changeling** Theatre, beautiful costumes and just hint of ...ABBA. The play contains Shakespeare's most famous but challenging stage direction: 'Exit, pursued by a bear.'

£16 adult, £13 under 16s



### Event Cinema:

**Margaret Atwood, Live in Cinemas**  
Tuesday 10 September, 7.30pm

On Tuesday, September 10th The Testaments, Margaret Atwood's highly anticipated sequel to The Handmaid's Tale, is revealed. The momentous literary event will be celebrated with an exclusive live cinema broadcast, as Fane Productions present an evening

with the Canadian novelist, poet, literary critic and inventor. The publication of Atwood's The Handmaid's Tale in created a cultural phenomenon, as handmaids have become a symbol of women's rights and a protest against misogyny and oppression. Live from the London stage, Atwood will be interviewed by broadcaster and author Samira Ahmed in a conversation spanning the length of Atwood's remarkable career, her diverse range of works, and why she has returned to her seminal handmaid story, 34 years later.

£17.50, £14.50 under 25s

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

### PRESS ENQUIRIES

For further information or images please contact Phoebe Farr on 01483 278001 or email [phoebe@cranleighartscentre.org](mailto:phoebe@cranleighartscentre.org)



## Loxwood Village Fete & Fun Dog Show

Despite the horrendous weather conditions on Saturday 8th June, Loxwood Village turned out in force to support our now well established Village Fete and Dog Show. Considering how bad the day was, the Fete Committee are more than pleased with an overall profit of **more than £5,000** that will be distributed to various local good causes.

The number of entries for the Dog Show was exceptional this year, we would like to thank our Judges, Lizzy Robinson and Mark Bridger-Pescott, for their time and their expertise.

Due to the weather conditions, the Fete Committee had to make last minute changes to the programme. Fortunately many people were able to enjoy the entertainment that was provided in the dry in the Village Hall such as Slinfold Concert Band, The North Singers, Loxwood Singers, Ukes Away and a Magic Show for the children.

Without the support of many local businesses and organisations, the Loxwood Fete would not be the event that it is now. We would particularly like to thank the Billingshurst Lions, Billingshurst Rotarians, the Loxwood Medical Practice, Loxwood Sports Association and all of our advertisers and sponsors.

We would like to make special mention of all our volunteers who manned stalls, helped with the setting up of the Fete as well as the taking down and the many hours spent organising the events, producing the programme, cake making, generally helping out and supporting this fantastic village community event.

**Please make a note of the date for the 20 Loxwood Village Fete and Fun Dog Show which will be Saturday June 6th.**







# SLOW SHOPPING

## Helping more of us enjoy our great High Street

**S**low Shopping provides dedicated shopping times for those that find going shopping a challenge. This includes those of us living with physical or cognitive disabilities, visible or invisible.

- Have you ever wanted to take a short rest while shopping?
- Wouldn't it be easier if supermarket shopping was quieter and calmer?
- How much better would it be if you feel less rushed with staff who understand that you need more time?
- How good would it be if staff were trained to be aware of customers who may need some additional support in subtle ways?

SMART Cranleigh is working in partnership with the Chamber of Commerce and supermarkets to develop Slow Shopping in the village which we hope will start in the Autumn. Funded by retailers and Surrey County Council, our aim is to provide more support for people on one morning or afternoon every week. This will involve training supermarkets and those shops that participate to make very small changes that will improve the shopping experience for those experiencing difficulties.

Slow Shopping aims to reduce the number of isolated people by encouraging them to more confidently shop, knowing there will be someone with more patience and understanding. We already know that the state of pavements, having a place to sit and find a loo nearby are also important.

We hope this will encourage more people living in and around Cranleigh to come into the village High Street, con-

fident in the quality of customer care and kindness, that makes all the difference. Activities such as a leisurely trip to the shops, a coffee with friends or a visit to the Arts Centre's free exhibitions can be the first steps to a healthier and fulfilling life. We know that many Cranleigh shops are already doing a great job with some inspiring stories about the lengths many staff have gone to, but we can do better!

Together, we must find new solutions to reduce and prevent unnecessary everyday struggles. Slow Shopping will help both the customers and the retailers, recognising the uniqueness of the High Street. Although Slow Shopping is being rolled out across England, Cranleigh would be the first community in Surrey to bring SLOW shopping to its high street.

SMART Cranleigh is also developing a Community Directory and Calendar. Please do drop into Oliver House Community Point to have a sit down, coffee and chat and find out more about what is going on.

Slow Shopping - Making Cranleigh a true destination. Come along and find out more!

There will be training sessions available for businesses and other interested organisations on **11th September**. More information from: [Info@smartcranleigh.org](mailto:Info@smartcranleigh.org) ■

**Rosemary Hurtley**



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## Charity Donation by Ewhurst Bowlers



I'm sure you all remember "Noah's Ark Monday" last month when the heavens opened and the roads were awash. That day Vanessa Smith from The Brigitte Trust met Brian Allen from Ewhurst Bowling Club in a very soggy Cranleigh for a warming cup of tea and a scone, and received a cheque for **£450** from the club. "This donation was from the winter season" said Vanessa "and will cover the cost of training and supporting a new local volunteer for a whole year!"

The Trust offers emotional and practical help at home when cancer or any serious illness is diagnosed. Brian added: "we are keen to support small charities which are active locally and couldn't be prouder that our gift to this brilliant charity will be used to train a local volunteer visitor." ■

The next training course starts in September – please call Ingrid on 01306 881816 or visit [www.brigittetrust.org](http://www.brigittetrust.org)



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**T**he purpose of The Arts Society Cranleigh is to promote interest and the appreciation of a wide range of art, not just paintings, but also, for example, music, architecture, photography, furniture, gardens and much more.

An integral part of the Society's promotion is to offer 10 talks each year, presented by accredited specialists in their own fields.



Such topics as The Art of 19th Century Vienna, Mille Miglia – cars and culture, Arts of Zen and Great Artworld Feuds are examples of topics covered this year.

As certain subjects require a more detailed investigation, the Society presents Special Interest Days, held on Saturdays twice a year, when two or three talks are given on the same topic. A history of the Shaker movement, and the background to Stonehenge are the two fields covered this year.



As well as talks, the Society organises group holidays with Arts themes – this year to Malta and Suffolk.



Less time consuming are day visits, to such places as Winchester, Mottisfont Abbey, the Blue Idol Quaker Meeting House, a London Tour of places relevant to the Suffragette movement, and a private tour of Westminster Abbey with the Purcell Club.

The Society also seeks to foster interest in The Arts to young people, through Young Arts, which coordinates the funding of art projects involving local schools, in particular an annual exhibition of the work of students at the Cranleigh Arts Centre.

**Church Recording** also comprises part of the Society's brief, by which a comprehensive record of everything within a local church is prepared – all details of such items as stonework, woodwork, textiles, paintings, and memorials are recorded, and a bound copy presented to the Church, with further copies given to the Victoria & Albert Museum, and similar institutions.

#### **Forthcoming talks of the Society include:-**

*Modern British Sculpture*  
*The Music and Life of Franz Schubert*  
*The Silk Road*

#### **A visit to Waddesdon Manor at Christmas**

The Society welcomes new members. All are welcome, to any of our monthly talks, held in both the afternoon and evening on the fourth Wednesday of each month, except August or December. ■

**Please visit our website for more information –**  
[www.theartsocietycranleigh.org](http://www.theartsocietycranleigh.org)



Martha Horstead (left) and Paige Howells-Davies (right)

## A Busy Calendar

**T**he summer-time sporting calendar is certainly full. Today, as I write this article, the semi-final of the Cricket World Cup is playing out. On a different channel, Wimbledon is nearing the end of another good tournament. And that's not to mention the Tour de France, the recently completed Women's Football World Cup or the upcoming Netball World Cup.

Alongside it all, swimming at Cranleigh Swimming Club goes on. At least for another few weeks, until the season-end at the end of July.

As I'm sure you've come to expect, our swimmers have been busy since the last article. The countless hours in the training pool are par for the course. On top of that, there has also been some great competitive swimming too.

Over two weekends in June, many of our swimmers competed in the 2019 Surrey Age Group Summer Meet. As a development gala, with less competitive qualifying times than the main County Championships, this provided a great chance to compete against swimmers from across the county.

Our swimmers took that opportunity with relish. Of the 41 swims in the gala, 40 of those yielded personal bests. In a sport where so much is about competing with yourself, that was exceptional. There were also many medals too. Our swimmers won **7 golds** (Connie Emmet, Ellen Shayler, Juliette Small, Lana Howells-Davies, Lucy Andrews and Will Stanley). There were also **2 silvers** (Connie and Ellen) and **9 bronzes** (Alice Bruce, Connie, Ellen, Jack Westerman, Juliette, Lucy, Millie Hastie and Yasmina Voogd). Add to this the **4 club records, all set by Connie**, and we can consider it to be a very successful meet.

Next up in the calendar was the Club Championships weekend in late June. Club Championships are licensed galas restricted to Cranleigh swimmers. As a club, we used these Championships to feature two longer distance events. Swimmers were given the chance to test their stamina in the **400m Individual Medley (Friday)** and the **400m Freestyle (Sunday)**.

Yet again our swimmers proved up to the test. In the medley, 12 swimmers achieved county qualifying times. In freestyle, 5 county times were set. In each case, 3 swimmers also broke club records for the event. Special mention goes to Paige Howells-Davies and Martha Horstead for their efforts in the 400m Freestyle. As the two youngest swimmers taking part, swimming this distance as one of their first competitive swims was a monumental effort.

As July has rolled in, we have turned our focus again to growing the club. We are always on the look-out for new swimmers to join our ranks. Swimming is a great way to have fun with friends, build great discipline and get really fit. We recently welcomed swimmers in the Cranleigh Leisure Centre to take part in a fun Learn to Swim gala against swimmers in our Junior squads. It was a great success and we are very grateful to Cranleigh Leisure Centre for helping us to run this event. If you took part in this event or saw us at the Cranleigh Fete and maybe took a leaflet, please do get in touch for a trial. We would love to welcome you to our club. ■

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



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





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Do you enjoy photography?  
Do you have use of a camera?  
Would you like to improve your skills?

If so, see over on page 66 and think  
about joining Cranleigh Camera Club.

# Cranleigh Camera Club

## 2019-2020

*Standing Alone © Pete Baldrey*



Desiccated tree trunk with sandstorm behind © Chris Flood



**M**embers have a range of skill levels from near-beginners to advanced. Their preferred subjects in colour or black and white vary from wildlife and landscapes to urban street photography, sports, public events, travel, portraits, architecture and still life. The club has a varied programme which includes visiting speakers, talks and demonstrations by club members, evenings of advice on members' work, regular internal competitions (participation is voluntary), friendly competitions with other clubs and an annual exhibition in which members can showcase their images for the public. Each year visits are organized to outside events or places of interest.

The atmosphere is friendly and supportive: members aim to encourage each other. No matter how much or how little experience they have, everyone can learn to improve their images. Besides the techniques of shooting photographs, this can also include discussion of how pictures can be post-processed. Some members prefer to leave their photographs as they come out of the camera, while others develop skills in manipulating their images with the aid of user-friendly software programmes. Learning to produce prints of good quality and mounting them for display is another aspect of the activity.

*Come and join us! The club's weekly programme for this season starts on 19 September 2019 and runs until 4 June 2020 (with breaks for Christmas and Easter), but you can join at any time or attend a couple of meetings without charge to see if you think it will suit you.*

Meetings are held at the Baptist Church Hall (262, The High Street, Cranleigh, GU6 8RT). You can find the programme and further contact details on our website at: [www.cranleighcameraclub.co.uk](http://www.cranleighcameraclub.co.uk)

Email: [enquiries@cranleighcameraclub.co.uk](mailto:enquiries@cranleighcameraclub.co.uk)



Street portrait of a travelling man © Chris Flood

Some say . . .

The return we reap from generous actions  
is not always evident  
Francesco Guicciardini







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## Exercise with Parkinson's: an addition to medication, with no bad side effects

**T**here is a growing body of evidence that appropriate exercise can slow the rate of progression of Parkinson's – and who wouldn't want to do that? Exercise is like a new medicine but without the negative side effects of a drug. The only side effects are possible stiffness at first in areas not normally stiff, then a feeling of satisfaction and achievement. Not bad!

Studies have shown that exercise has a beneficial effect on the brain, which we can't see, as well as positive effects on Parkinson's symptoms and general well-being which we do see. There are two guiding principles: start some sort of exercise as soon after diagnosis as possible with proper supervision, although it is never too late to start something, and do something you enjoy and that is within your capabilities. Walking, swimming, cycling, Nordic Walking are just some options. Group exercise is often more motivational than solitary effort.

People in Cranleigh with Parkinson's also have a variety of bespoke opportunities through Surrey Hills Rehab at Smithbrook Kilns. Specific PD classes have the advantage that everyone is in the same boat and no one is judgemental. The mutual support and encouragement is part of the beneficial process – you come away feeling uplifted and that you have taken some control over your condition. There is also a group specifically for people with Young Onset Parkinson's on a Saturday morning so not to interfere with work commitments.

Physiotherapist led classes based on PD Warrior emphasise the need to make big and exaggerated movements, fooling muscle memory into accepting oversize as the new normal. Then when PD inevitably constrains and shrinks



movement, there is further to go before movements become very small and slow.

NeuroYoga is great for breathing control and relief of stress as well as the obvious advantages of maintaining flexibility, strengthening core and limb muscles and improving balance. NeuroPilates also works on strengthening core muscles and keeping flexible. Your practice is individual, not competitive and there are styles of exercise to suit everyone, even if you can't get down easily to the floor.

Anyone who belongs to an organisation who wishes to learn more about living with Parkinson's can contact Valerie Box, ([vbox@parkinsons.org.uk](mailto:vbox@parkinsons.org.uk)), the area's volunteer speaker for Parkinson's UK. She will willingly come and give a free talk, about the condition, current research, and the support available locally and nationally.

*Written by Valerie Box, Parkinson's Warrior.* ■

**Kim Wilson**

Specialist Physiotherapist in Neuro-rehabilitation

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**St John Ambulance**



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

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**Madame de Stael**

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**Rhymetime: Fridays 10.30 – 11.00am**

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

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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](mailto: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

**Malcolm 01483 276938 or Richard 01483 277494**

**CRANLEIGH PENTANQUE CLUB** Cranleigh Village  
Sports and Social Club, Parsonage Road, GU6 7AN  
**Duncan 01483 271455**

#### BIRTLEY TENNIS CLUB

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**Francesca Stern 01483893856**

#### CRANLEIGH BADMINTON CLUB

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**Maura 01483 267634 or Mike 01483 276667**



# Helpful Telephone Numbers



## PHYSIOTHERAPISTS & OSTEOPATHS

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

## PODIATRISTS / CHIROPODISTS

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## DOCTORS AND SURGERIES

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Rudgwick Surgery **01403 822103**  
Wonersh Surgery **01483 898123**  
Shere Surgery & Dispensary **01483 202066**  
Cranleigh Village Hospital **01483 782400**  
Royal Surrey County Hospital **01483 571122**  
Dementia & Carer Support **01483 274398**

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## COUNSELLING

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## DEMENTIA & CARER SUPPORT

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National Missing Persons **0500 700700**  
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Crimestoppers **0800 555111**  
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RSPCA **0300 1234999**  
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NCT Helpline **0300 3300770**



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Flight Enquiries for Heathrow **0844 3351801**  
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RAC Emergency Breakdown **0333 2000 999**

## LEISURE

Cranleigh Leisure Centre **01483 274400**

## LOCKSMITHS

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## HELPLINES

Surrey Drug & Alcohol Care  
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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**  
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