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Cranleigh Magazine

WELCOME to Cranleigh Magazine in the month of December, our 50th issue! 'It's the time of year to create an extra special event or occasion to celebrate the true meaning of Christmas bringing 'PEACE, JOY AND **GOODWILL TO ALL MEN!'**

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

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Cover photo: Stained Glass Window

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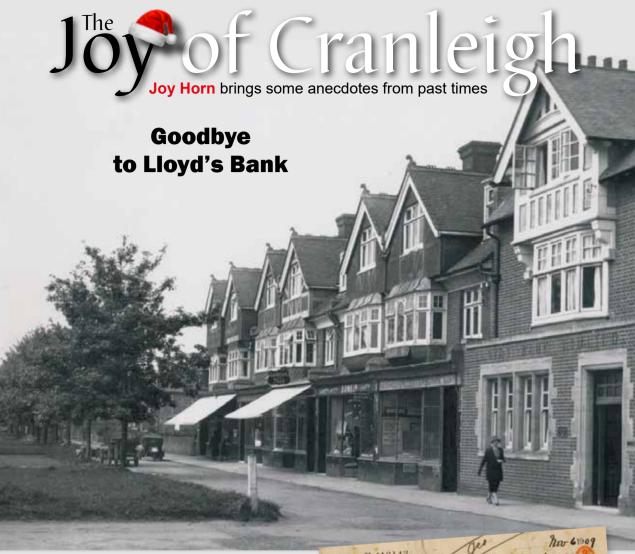
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Under its new name of Lloyd's Bank Ltd, about 1925

adly, the recent closure of Lloyd's Bank follows a pattern with Cranleigh banks. The local branch of HSBC closed in 2016 and NatWest in 2018. Now Lloyd's is departing too.



The Capital & Counties Bank on a postcard post-marked 1909 (courtesy of Roy Pobgee)



A cheque of 1909

It is particularly sad for Cranleigh to lose Lloyd's, which has stood on its corner site for about 120 years. The oldest bank, it is also one of the longest-lived Cranleigh High Street businesses of any kind, and Bank Buildings loses the bank after which it was named.

After the Great Barn which straddled the end of the Common had been demolished, the smart modern block of shops known as Bank Buildings was put up during the 1890s. The bank opened around 1900 and was then known as 'The Capital & Counties Bank'. Based in Winchester, this was a grouping of Wiltshire and Hampshire banks, together with one in London.



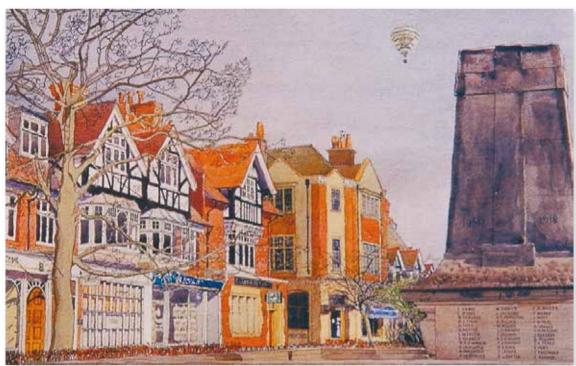
The pair of banks facing each other across Rowland Road, with their original names, around 1910

By 1910 the bank was joined on the opposite side of Rowland Road by the London & County Bank, who opened in the fine building there. Very soon this became the London, County & Westminster Bank, and by 1918 it was the London, County, Westminster & Parr's Bank.

Below: Lloyd's Bank in the 1990s (painting by Nick Galpin)

Unfortunately, the Capital & Counties Bank went into liquidation in 1918. It was rescued and taken over by Lloyd's Bank, which has traditionally been known as the 'Farmers' Bank', so this was an appropriate acquisition. Its rival, over the road, simplified its cumbersome name to the Westminster Bank by 1924.

Continued on page 8



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Throughout the 1930s, these two were unchallenged in Cranleigh. Both of them were open 10.00am to 3.00pm every weekday, and 9.00 to 12.00 on Saturdays.

The bank managers tended to stay in post for many years and played an active part in village life. Mr J. D. W. Jordan, manager of Lloyd's Bank for more than 20 years when he retired in 1947, had been honorary treasurer of more than a dozen local organisations. He also served on the Parochial Church Council during the Second World War, and became a churchwarden after retiring. Mr Cook, who retired from Lloyd's in 1948, had been Hon. Treasurer of the parish church, and received a special presentation. Donations to the Cranleigh 'Christmas Cheer Fund' were organised through Lloyd's from 1939 to 1973, and St Nicolas parish church has had its account there for at least 40 years, and probably much longer.

Barclay's Bank opened in Cranleigh in the 1940s. After Stocklund Square had been built in 1966-9, the Westminster Bank moved there, changing its name once again to NatWest in 1970, when it merged with the National Provincial Bank. About this time, the Midland (later HSBC) started up here.



A former bank customer

A newly-acquired, red setter puppy belonging to a local Cranleigh couple made her contribution to the Lloyd's Bank history in 2005, when, out on a country walk and new to the surrounding area, she uncontrollably took off at high speed from the Cranleigh Prep School playing fields and ignored all commands to come back. Eventually, slowing down near Bank Buildings, the lost dog paused outside Lloyd's, the automatic doors opened, and in she went!

Having lost all hope of finding her, the worried couple returned home, to find an answer message on their phone, saying, 'Hello! It's Lloyd's Bank here. We happen to have your dog here'...The animal-friendly bank staff having rounded the dog up saw the funny side of their new customer and kindly deposited 'Poppy' at Brookmead Vets, where she was reunited with her relieved owners!

The bank survived an attempt to remove its cash point during a night raid in September 2012. Unfortunately for the raiders, their attack at 5.00am was too late, as by then



Restoring Lloyd's cash point after an attempted ram raid in September 2012

a baker was starting work at Celebration Cakes in the High Street and raised the alarm.

Happy memories, Lloyd's! We are sorry to see you go. The Cranleigh History Society meets on the second Thursday of each month at 8.00pm in the Band Room. The next meeting will be on Thursday December 12th, when Michael Miller will be speaking on 'More from the Archives - Clubs and Societies', Festive drinks from 7.30.



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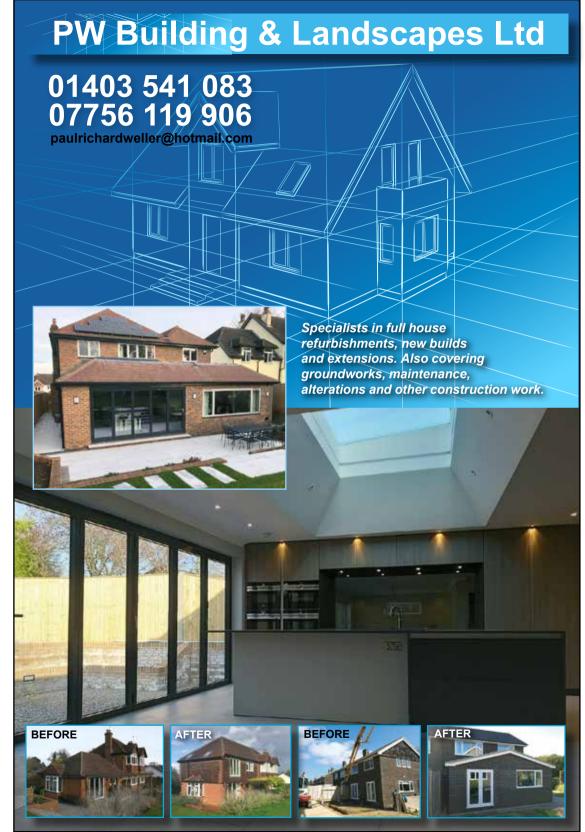




Some say . . .

Can there be any other gift in the world greater than the blessings and goodwill of people

Jackie Shroff



Crane Spotter:

tales from a Cranleigh birder

December

Christmas crackers

ensued after a once-in-a-lifetime bird, a Nighthawk from America, was reported resting in a field.

People rushed to get to the site and were delighted to someone approached a bit closer. To everyone's chagrin it turned out to be a cowpat.

One winter's afternoon a small flock of birds took off near Burpham Court Farm and as I lifted my binoculars the reason became clear. Some crazy guy was disturbing all the wildlife by running through the marsh.

Every few yards he would jump down into one of the pools, kick and splash around a bit, and attempt to swim in the shallows.

was difficult since he was a good quarter of a mile away - and totally starkers. Two female officers arrived and borrowed my telescope for a better view. They decided against risking a mud bath by pursuing him. A case of the one that got away.

lowlegs turned up from America in one of the muddy pools left by some drainage work. The bird - if it was there - was a long way off and metal railings were in the way so a pal and I decided we needed to get over them.

That proved no easy task as the uprights were topped with nasty looking spikes about six inches apart. I went first. Managing to do half the job, I was left standing on the upper horizontal rail with each foot between a spike. Now for the jump.

It should have been such a simple matter to now hop down onto the other side. Unfortunately, as I leapt, the end of my slightly flared jeans got caught on a spike and

Robin (Erithacus rubecula)



I found myself half-concussed and hanging upside down on the side of the path.

This was of course hilarious to my onlooker. He was unable to free me and the only way out of my dilemma was to undo my trousers and slide out onto the ground. It was more a case of Greater Whitelegs – and we never did see the bird.



One group of birders assembled before dawn to try and find a Great White Egret seen the day before. At first light, there it was, roosting near the top of a tree and occasionally moving its wings in the breeze.

It took another 15 minutes before one of them realised the truth: 'Damn, that's not the Egret. It's a white plastic bag!'



In the days before mobile phones, exciting news of a rare Little Bunting visiting bird seeds in a Milford garden saw me there early next day before dawn. There was no sign of it before my host had to leave for work so he allowed me to use his shed as a hide and told me to let myself out through a side gate.

The bird duly showed well and after ten minutes I got up to leave. But I was trapped. The door would not open from the inside. What should I do? I didn't want to yell for help and risk frightening the Bunting away so nobody else would ever see it. And there seemed no way of getting out without breaking the door.

Over the wire fence I then saw a beefy looking guy in a neighbouring kitchen window. Waving failed to attract his attention. But then his back door opened. My big chance! Out popped, not him, but his wife – and still in her night-clothes.

She ambled down the garden path to attend the washing line and it dawned on me that things were not going to be easy. There was I hidden away with my binoculars and her only half dressed. I hoped 'Mr Beefy' wouldn't quickly jump to the wrong conclusion.

I called quite softly at first, and she eventually heard me, but due to the 45-degree angle of the window she could only see the outside reflections. She strained to see where my voice was coming from.

'Hallo', I called through the glass. It would probably have been best not to tell her in my next breath that I was 'only a birdwatcher' because she went straight back indoors to fetch her husband.

Fortunately he believed my story, saw the funny side, and couldn't have been nicer. Phew.



When a rare bird turns up it can bring out the less generous side of birdwatchers' characters. We'd spent hours tramping the muddy path surrounding a copse in Norfolk.

The hoped-for prize, a Black and White Warbler that should have been on its way towards Panama from perhaps as far north as Canada, was proving tough to find. Sightings had been brief for just a handful of lucky souls.

At last we found it and a crowd soon formed as the bird put on a better than usual show and climbed vertically up tree trunks. All was hush. Suddenly we heard running feet behind us and then a plea for help. A guy trying to join us had taken the wrong track and was now up to his waist in mud. The crowd turned around almost as one and, seeing he had stopped sinking, responded with a stern: 'Shhh.' I think he saw the Warbler though.



Birds attract birders but a flock of birders attracts crowds too. Such was the case on a housing estate in Maidstone which became the temporary winter home of another American gem, Britain's one and only Golden-winged Warbler.

The crowd was in its hundreds and made worse by sightseers who just wanted to see what we all looked like. I think those of us who saw the bird went away happier than they did.

My hunt for another 'Yankee', a Laughing Gull seeing out successive winters with other gulls at Newcastle Royal Infirmary, proved no laughing matter although it all worked out well in the end.

With only a mere two slices of bread to tempt it down into the car park from a nearby roof I set out my bait and waited. But horrors, staff were now arriving for work – and parking on my precious bread!

I crawled underneath one of the cars to retrieve some but I got some very strange looks as I stood up with a piece of crust and announced 'I need this to attract a rare gull'. It was then I realised where I was - by the psychiatric unit

Twitter - @Crane_Spotter





People Profile

Main picture: My own design of the Doctor's Sonic Screwdriver



Christopher Sutton Prop Maker

hristopher Sutton has a passion for creating models and props. We met up with him recently to hear about how this passion came about and his training and experience so far.

I'm a Sussex boy, born and bred, living in Southwater all my life. I have one brother and two dogs!

Everyman need

My Mum doesn't pride herself with being very creative but she's inspired my brother and I to be. My Dad's very creative and has his own marketing company, which involves a lot of ingenuity with ideas and concepts. Both my parents always encouraged us to draw and be creative when we were very young and from that it developed to more exciting things like clay sculptures.

At the moment my brother is working as a wildlife film maker. He recently funded a trip to Africa to film a pilot for a documentary. I'd call myself a generalist prop maker, involving model making, sculpting and things like that so there's quite a variety of talents in our household.

At school when I was younger, I would get distracted at times in certain subjects like maths and history. For me it was the creative subjects that were the exciting ones. We didn't have many art lessons in primary school, but whenever we did, I was very enthusiastic. During every art lesson I always tried to make something instead of just drawing.

I also enjoyed any outside activities too. When I was in year 3, I went on an Art Enrichment course and distinctly remember, we just walked around the woods looking at the trees, soil, bushes and picking up various nature bits and bobs. I recall we were encouraged to tie a bunch of sticks together. I made a crane out of the sticks I found. We had to examine the sticks looking for shapes and I spotted a shape that resembled the head of a crane and just started to make a sculpture there on the spot. I did manage it and have a picture of it lurking around somewhere.

I recognised from a very young age that I wanted to work in film as a prop maker. I've always loved making things in general and I think watching loads of films, which my dad can be blamed for, is what really got me into it. We would watch the Spielberg movies and I would marvel at all the creative ideas involved. Star Wars in particular, is one of my favourite films. Television shows like Doctor Who absorbed my imagination, because they helped me connect with things in our country when episodes included the Daleks or Cybermen and all those creative designs.



Even when very young I would get a lot of satisfaction from building a propo or costume for example, as opposed to buying or being given one as a birthday or Christmas gift.

For me I find I connect with the object far more when I've put my heart into making it and completing the task. As a child I would ask for the tools as gifts and the materials required, to make such a costume. There are resources called Visual Dictionaries, which break apart all the objects you see in a film with detailed photos and descriptions of how they're made and used, where they are made and all that kind of information.

I must have been about 10 when I first thought of being a prop maker and really understood what was involved in the role. That idea sprung from watching a 'Behind the Scenes' feature on one of the Lord of the Rings films. The scenes demonstrated the background with concept art outlining how it all came about. I just got sucked into it through those

continued on page 14

s a shed or . . a

continued from page 13

documentaries, they really were the cause of it all. Lord of the Rings was filmed in New Zealand, on the opposite side of the world but I somehow felt connected in the way they worked and the environments they work with.

When making a prop replica, I can visualise the exact goal in mind and it's the challenge of how to get there and find a way to make it work, that's the thrill for me. On every occasion, I add to my arsenal of skills and techniques. Every project is a learning curve along the way and the more projects I do, the better I get at it.

One of the first props I ever attempted was a Sonic Screwdriver as seen on Doctor Who. At the time I just formed it out of cardboard and wire that sort of thing, I didn't really know what I was doing but I enjoyed the exercise of working out the design. I've actually gone on to make some more quite recently and the new versions would actually be quite saleable on TV. For anyone who doesn't know what a Sonic Screwdriver is, it's a tool that the Doctor carries around to unlock doors. It's not a weapon or anything like most of the characters carry, it's just a device, essentially a very useful plot device and is a key part of the programs that's changed over time.

My journey to becoming a prop maker started with finding scraps around the house, my parents being happy to help with additional selection of bits along the way. Most of the time I try to reuse and recycle anything available. Often the idea evolves from those elements, dictating what I create each time and making it unique.

My work environments have improved greatly since my 'workshop behind the sofa'! I initially moved into the shed. It was my dad's shed, which meant he was shed-less for a time. A man without a shed, no one wants. I remained there for about 5-6 years before some of my bigger projects required a move to the garage, where I still work nowadays.



The shed where it all began . . .



Before departing the shed, I built an extension to it, doubling the size and adding a better floor. I had two different workbenches for different kinds of projects. One side tended to be the messy area, while the other was clutter-free and tidy. It was oddly homely in my shed, I had posters and other things to cheer it up. You've got to be inspired as you work.

When I left school, I attended Collyers 6th form college. From Collyers college I was lucky enough to get onto a course at Northbrook University where they had a massive workshop. It was quite a game of mine to get to know every bit of machinery while I was there, just to add that to my repertoire. Once I learnt new skills, they became second nature. There were hand saws, chop saws, lathes, machine lathes, metal benders, welding equipment, laser cutters, a huge list. I think the tutor grew sick of me being there all the time.

I worked on many of my college projects in the shed back home, because I often found I couldn't work in the art rooms, my projects were far too messy and noisy and I got in the way of other people around me. Solitude and concentration are key for model making. I like to take a step back and spend time just working things out. If there are too many people around it can be difficult to remain focused.

I was at Collyers college for two years, then went onto Northbrook for a further three. In college I did BTEC in Art & Design, Film Studies and English Literature and Language. At university I got a First-Class Hons Degree in Prop Making and SFX. My final year was very different because it was more academic concentrating on writing my dissertation. The dissertation contributes to a large percentage of the final mark. I did quite well with it in the end.

There are so many techniques and tools available these days. There can be a lot of lettering and fine intricate detail involved in some projects, that by hand would be far too fiddly and take too much time to fashion. I tend to use a laser cutter to cut acrylic. The computer software Illustrator, makes it possible to cut it accurately in seconds.

Mastering the various techniques adds its own challenges. It can sometimes feel like being a 'Jack of all trades but a Master of none'. For me, if I was to listen to a tutor telling me how one particular technique should be done, I wouldn't necessarily remember what I was taught. But as soon as I apply it myself, in a real working environment on a project, it sticks in my mind and becomes one more 'tool' in my overall skillset.

I have had a wide range of projects over the years. I made a model submarine during College, out of a material called Styrene, which is a type of plastic, which I discovered works well. I also made a model treehouse at one point, inspired by a book by Jules Verne. I made it out of shipwreck parts. Both of those models went on display in the Horsham Museum at one point during a College Exhibition, which was very exciting.

My diving helmet was a big one for me. When I had the concept, I had no idea how I was going to even begin. Essentially, I had to plan heavily for that project in advance just to make it work. At that point I hadn't used the laser cutter or even fibre glassing, but this launched me headlong into it and now I've got those skills for the future if ever I need it. I could probably make it much faster now if I was to do it again.

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A full size 'Nautilus' diving helmet at exhibit



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In my third year I delved into new processes of lathing, milling and metalwork, which I used to make the newer Sonic Screwdriver replicas. I made one for a friend as well so there was quite a bit of pressure to get that one right.

As you can tell, I've jumped into projects without knowing how to use the machinery at all. Fortunately, there have always been people around me like the technicians at college, to learn from and soon it becomes second nature.

I believe my passion for this kind of work was nurtured by my family who've always encouraged me to generate my own work with some sort of drive. I strive to be creative and find ways to express myself through my work. Films are quite a creative outlet for bizarre projects involving 'weird worlds' and everything that another job would never offer.

I've made ships, similar to those in the Pirates of the Caribbean, recreating scenes from my own imagination. It's a prop maker's dream, to work in that kind of industry.

In terms of going forwards, I've got some commissions, which is exciting. Any new project can be quite difficult and daunting. There's a great deal of planning involved. It's easy to have an idea, go head long into it and get stuck. Planning is one of those things that's evolved for me. It's all about order and knowing your end goal, knowing how long it's going to take and what materials you're going to need. Essentially, I know the exact build in my head before I start. I picture the objects that people describe to me. Once I've picture them, I draw sketches to work them out further. It's all about the order of the operation I've found.

I have been inspired in the past by things I've seen in films like Alien. It's not the prop maker's work that fascinates me necessarily, but a designer like Geiger, the artist, in that film. No one had seen anything like that in a Sci-Fi movie at the time.

So say in the scene when John Hurt is being operated on and there's the explosion that comes of out of his chest - I'd imagine they would have done hundreds of camera tests, just to work out what angles would work. It's down to the

work. It's down to the trick of the camera, trying to make people believe it's the same creature. But it may be a cut from another angle of a different creature, it's not always the same sequence. Getting it coherent and readable is

vital. There's a skill set in pulling the wool over people's eyes. It's sometimes an illusion in film making and to get it to read a specific way is very important, especially anything organic.

I love the Jaws story, in which Spielberg has only a few minutes of actual shark footage where he used a prosthetic shark, the rest is actually only implied not seen, by the theme tune. It's all about the suspense and you don't actually see anything at all.

Ultimately, I'd like to work in a film or TV company, maybe at Shepperton or Pinewood Studios, one of the companies around there. Essentially I'm trying to push my own work at the minute and build up a portfolio and hopefully get some interviews. I would love to work on some big international films, that's a huge dream of mine.

Then years down the line, I'd like to have my own company and create my own work. In the meantime, I never lose enthusiasm, I send lots of emails and accept that many responses are going to be 'no's'. But if I persevere then something will happen. It's important not to give up and keep pushing doors. Inevitably some will open. When I've had positive outcomes, I get such a high and that's a great feeling!

It gives me a lot of satisfaction when I display my work publicly.



Main picture: Model ship for Jules Vern In my final year at uni, for example, I worked with three other students on a project which was placed in an exhibition in Worthing. Everything there was made by our group, even the glass display cases. Just seeing members of the public come in and look at our work, was very encouraging.

The whole theme of the project was to imagine that in the past aliens had visited the earth. We recreated artefacts the aliens might have left behind, implying a story with missing elements and clues. Occasionally we made it seem as if we'd misinterpreted the objects in front of us, so people would want to ask us questions about the

pieces. When they did, we continued the setting acting as we went and implying it was genuine history. There was a real 'feel good factor' with the work. It's important to tell a story through each creative piece, adding more emphasise and passion.

Raising sufficient monies

to keep going is hard but
I usually find a way.
The time frames on each
project can vary because
of that. Model making is fairly
low cost and therefore a very
accessible way to initiate a project,
as they start very small and don't
require many materials. Beginning with
model making is crucial for me. As I progress
more money is generated and there are bigger
things to work on. Often starting small is key –

'Start small, think big!'

continued on page 18



Inset: My own design of a model ship for Pirates of the Caribbean

ver he wants



boy in the mai!

continued from page 17

If any young person is considering going into this kind of work, I would suggest you've just got to dive into projects as creatively as possible. People often try to deter and steer you away to do other things with a promise of a more solid income. But if you have the drive to keep going it's absolutely possible to do though you've got to be willing and patient. Always keep your enthusiasm up, there will be moments when you don't know what you're doing and you'll lose track of your project. But there's always a way to find your feet again and work something out.



Who you gonna call . . . ?



Ghostbusters replica backpack

In order to progress and stay motivated in pursuing anything in the creative industries, it's important to surround yourself with the right kind of people. Sometimes you meet people who don't quite understand your ambitions and when you talk about your goals they glaze over and struggle to take you seriously. I'm lucky enough to have some very creative friends and people to talk about bizarre props and our shared creative interests. I met my girlfriend in my final year at uni where she was studying to become a costume designer/maker. She does some absolutely amazing work that always inspires me and the fact we can both discuss creative things together has never failed to keep me motivated on some of the more challenging projects. We recently graduated together which was an amazing experience to share. To me having people around you that understand the subject is key.



My girlfriend and I on graduation day

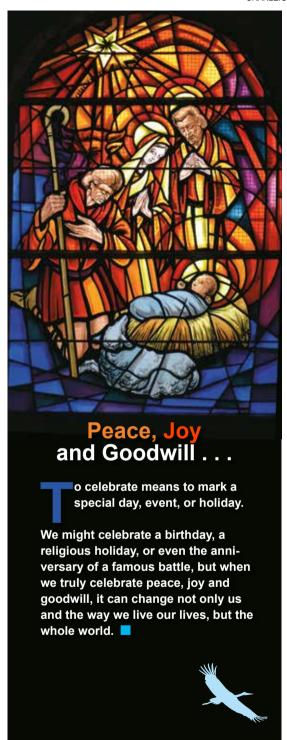
When I was young and first adopted the shed, I made the decision early on to paint it blue. Not just any blue though, Tardis blue. It seemed as though subconsciously this was where I would go to escape and express myself creatively and have adventurous times doing what I do, making things. The fact Doctor Who had always ignited my imagination meant having an environment like the Tardis, seemed fitting. Several coats of paint and years later the shed is still very much blue, 'Tardis blue'!

For more information and commissions contact Christopher Sutton here:



c.sutton601@gmail.com 07412159179

www.csutton601.wixsite.com/christophersutton



Some say . . . I can have peace of mind only when I forgive rather than judge **Gerald Jampolsky**





TIS THE SEASON TO BE JOLLY

COMMUNITY CHRISTMAS DAY LUNCH

Come and join us at **Cranleigh Baptist Church** 262 High Street, Cranleigh

Time 1-4 pm

Traditional Christmas lunch, carols Transport provided if necessary No charge - Children welcome

If you would like to join us please call the church office on 01483 275371 and leave a message or email on office@cranleigh.org.uk no later than the 15th December

If you would like to contribute in any way to the above, please also contact Janet Wallis at the Baptist Church.



December Crossword Puzzle

December Sudoku Puzzle 1 - Easy

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

Across

- 1 Disreputable (6)
- 5 Fraught with danger (8)
- 9 Like most lunch breaks (4-4)
- 10 Longtime Zimbabwean leader (6)
- 11 Sticky snares (4)
- 12 Sparsely distributed amount (10)
- 13 She saw deserts ranged below (10)
- 17 Imperial field measure (4)
- 18 In the proper manner (4)
- 19 Group who stick it to the ball (6,4)
- 20 Grandstanders (10)
- 24 Eliot's were practical (4)
- 26 Landing places (6)
- 27 Develops and utilizes (8)
- 28 Character sketches (8)
- 29 Raised the roof (6)

Down

- 2 Residence (5)
- 3 Sheers off (5,4)
- 4 Often bought with emulsion (5)
- 5 Communicator before texts and smartphones (5)
- 6 Recall past experiences (9)
- 7 Within the rules (5)
- 8 Inner city, perhaps (5,4)
- 14 Like Gabriel, for example (9)
- 15 Dry run (9)
- 16 And so on (3)
- 17 Scholar to sort out where to learn to paint (3,6)
- 21 Bluff (5)
- 22 Bakers? (5)
- 23 Mawkish (5)
- 25 Right of ownership (5)

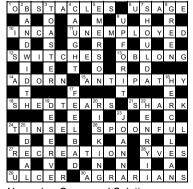
December Sudoku Puzzle 2 - Hard

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

Colin the Cranleigh Chameleon, was hiding on page 40 during the month of November. **Did you spot him?**

Crossword and Sudoku answers will appear in the next issue.

November Crossword and Suduko Answers



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

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

November Crossword Solution

November Sudoku Easy Solution

November Sudoku Hard Solution







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.

1-22

FATHER CHRISTMAS & MRS CHRISTMAS

Pop along and meet Father Christmas and his wife in their cosy festive sitting room. For times visit their website: http://bit.lv/2nGfRJx

Hatchlands Park, East Clandon, GU4 7RT

7 DEC ALFOLD CHAPEL CHRISTMAS SALE

Stalls will include Christmas Plants, Home Cooked Food, Nearly new clothes, Toys & Bric-a-Brac worth browsing. Open to all the family. 11:00 - 18:00

Alfold Village Hall, Dunsfold Road, GU6 8JB

15

GUILDFORD CHRISTMAS CONCERT

The Mayor of Guildford's Christmas Concert is one of the musical highlights of the town's festive season! 19:00 - 21:15

Holy Trinity Church, Plaistow, RH14 0PX

Thur every week

WALKING FOOTBALL

Started a few months into 2019 and have between 10-14 players at a session. Play for an hour, with at least one break. Open to all 18:30 - 19:30

Cranleigh School, Horseshoe Lane, GU6

1-22

SANTA'S SNOW TRAIN & CRYSTAL GROTTO

All aboard! Santa's Snow Train is ready to depart! Take a magical train trip to see Santa in their incredible Grade 1 listed Crystal Grotto. 10:30 - 18:00

Painshill, Portsmouth Road, Cobham

8 DEC CRANLEIGH SANTA DASH 2019

Rotary Club of Cranleigh, Cranleigh Chamber of Commerce and Cranleigh Sunflowers are back again hosting the Cranleigh Santa Dash! 10:00 - 12:00

Stocklund Square, Cranleigh, GU6 8RN

19

JAMES ALDERSON -BRING BACK THE 80's

Join award winning comedian James Alderson, as he takes a hilarious trip down memory lane, in a double A-sided show... 20:30 - 22:00

The Electric Theatre, Guildford, GU1 4SZ

5,10

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

Thu 5 Dec 10:00am: Scarlett Arms, Walliswood 3½ miles 1¾ hrs. Park in the car park opposite the Scarlett Arms pub. A lovely walk which includes passing through Surrey Wildlife Trust conservation area. No Dogs. **Pauline 07779 671568**

Fri every week



Rhymetime sessions are held at Cranleigh Library every Friday morning and are aimed at babies and toddlers, aged 3 and under. 10:30 - 11:00

Cranleigh Library, High Street, GU6 8AE

2



Come to Leith Hill Place this Christmas and make a beautiful Christmas wreath for your home using locally gathered greenery. 10:00 - 12:00

Leith Hill Place, Leith Hill Lane, Dorking

13-16



Sign up to decorate your very own tree. There will be prizes for winning trees! Trees kindly donated by Santa Fir. *All day event*.

St Nicolas Church, Cranleigh, GU6 8AS

21 DEC



Join Manna Theatre Company, in a Christmas musical with moments of joy, tears and moving of hearts back to the real reason for Christmas. 14:00 - 15:30

Cranleigh Arts Centre, 1 High Street, GU6 8AS

LEISURE WALKS

Tue 10 Dec 10:00am: Sidney Wood/Wey and Arun Canal 5.8 miles 2½ hrs. Meet in the Forestry Commission car park. A flat walk through mainly wooded countryside including an old canal tow path. Could be muddy. No dogs. **Geoff 01403 258180**

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

6-5 DEC-JAN ENCHANTED BOTANIC CHRISTMAS

Enter the Glasshouse to view a display of festive plants and magical animals with a little bit of steam punk style. 10:00 - 15:30

RHS Garden Wisley, Woking, GU23 6QB

14

CHRISTMAS ART & CRAFT FAIR

A selection of locally made products including paintings, jewellery, clothing, bags, candles, books, ceramics, fabric gifts and more! 11:00 - 15:00

Shere Village Hall, Guildford, GU5 9HE

22

REINDEER ON THE ROOF

Theatre. It's Christmas morning and Darcey wakes up to a sparkly tree, a stocking full of presents and a Reindeer on the roof! For times visit: bit.ly/2JtKlkS

The Electric Theatre, Guildford, GU1 4SZ

26



Stop by The Lightbox on the last Thursday of the month, and explore all our exhibitions free of charge. Refresh after work at Seasons Cafe. 17:00 - 20:30

The Lightbox Gallery & Museum, GU21 4AA

Who Needs CHRISTMAS?



Come and join us this Christmas at Cranleigh Baptist Church



Sunday 15th December 10:30am: Call His Name
We peel back thousands of years of history to see
Jesus named as Wonderful Counsellor, Mighty
God, Everlasting Father, Prince of Peace.

Sunday 15th December 6:30pm: The Richness of Christmas Enjoy all your favourite earols by candlelight at our traditional carol service, as we reflect on the greatest riches at Christmas.

Sunday 22nd December 10:30am:

Making Sense of Christmas

Come and join us for an All Age
service as we try and make sense
of that very first Christmas.

Sunday 22ndDecember 6:30pm: Three Gifts of Christmas

Take a more contemporary look at those famous gifts, with carols, eye witness accounts and the real message of Christmas.

Christmas Eve 4pm: A Walk through Bethlehem An interactive celebration for all the family, where you have the opportunity to be part of the first Christmas!

Christmas Eve 10pm: 'twas the Night before Christmas

Join us for a more intimate time of late night carols as we worship King Jesus on the evening before Christmas.

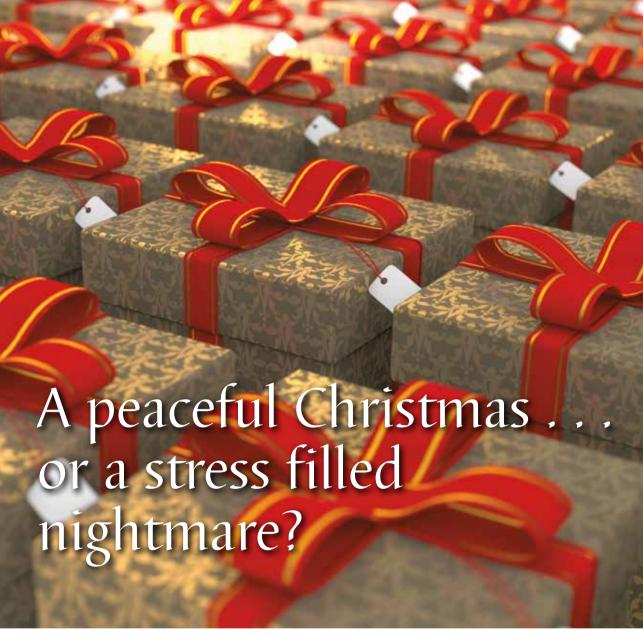
Christmas Day 10:30am: All I Want for Christmas

Come and hear the glad tidings of Christmas, as together we celebrate the birth of Jesus, the one we all truly need this Christmas.



CRANLEIGH BAPTIST CHURCH, 262 HIGH STREET, CRANLEIGH WWW.CRANLEIGHBAPTISTCHURCH.CO.UK 01483 275371





magine this . . . Children playing quietly with their new Christmas presents, wonderful smells of Christmas lunch wafting in from the kitchen and parents enjoying a quiet cup of coffee before family arrive. Or maybe your scenario looks more like this . . . children racing around the house screaming, a harassed cook in the kitchen trying to juggle all the jobs and super stressed with family arriving any minute.

Is it possible to navigate the Christmas period peacefully? Is it possible to reduce stress even in the most stressful of circumstances? Yes! Some of the more common symptoms of high stress are: fatigue, headaches, lowered immunity, sleep issues, mood swings, sugar and caffeine cravings, irritability, gut issues. How many of these regularly crop up in YOUR life over the Christmas holidays? Would you like to reduce your stress levels? Then read on!

There are two different approaches to reducing the impact of stress on your health and both are important.

Reduce the amount of stress you experience.

Removing stress is not always possible but we must do what we can to reduce our exposure to it. How do we do that?

- Dearn to say NO! Do what you know you can handle and don't take on extra commitments.
- Avoid people who stress you out. At the risk of offending 'Auntie so and so' put your health and that of your family first. Be diplomatic and maybe suggest that this Christmas your family needs time together.
- Limit screen time and get out into nature for a brisk walk, wrapping up warm. It helps to regulate blood sugar levels easing some of the physical stress that occurs with poor blood sugar regulation.



Avoid pointless arguments which are totally unhelpful.

Draw up a list of no go subjects!

Don't take on extra debt. Check out how to save money at Christmas online.

Take a critical look at your to-do list. Is everything ABSOLUTELY necessary? Will Christmas be more or less stressful if you do/don't do the last 10 items on the list?

Lessen the harmful effects of the stress which you can't avoid.

Research shows that stress has many far reaching negative effects on our bodies and therefore it is up to each one of us to take steps to reduce those effects.

Christmas tends to be a time of over indulging in everything from rich food to alcohol, chocolate to

watching hours of TV. These excesses place huge stress on our organs, especially the liver and therefore I suggest that for every unhealthy binge add in a healthy smoothie packed with greens (email me for recipes) to offset the increased inflammation in the gut.



Eat a rainbow of vegetables every day: 6-8 portions (women), 8-10 portions (men). A portion is 80g or a fistful. These are full of vitamins and minerals and antioxidants which are vital for your body to function and repair itself.

Be careful not to become dehydrated. Dehydration leads to inflammation and a higher intake of alcohol and coffee further remove water from the body. Sitting indoors with the central heating turned up high also dehydrates us and water is vitally important for us to function. Have a glass of water in between alcoholic drinks and put a glass next to the kettle to remind you to drink some water.

 Listening to music is scientifically proven to bring pleasure to your life

Make sure you laugh a lot...play a funny board game or watch a comedy...laughter is the best medicine, releasing endorphins and reducing stress.

Hug your family regularly...it releases oxytocin, the bonding hormone and is important for mental health

Make time for yoga or meditation, reading a book, painting or drawing; whatever gives you some rest and relaxation and brings joy to your life.

The upcoming holidays are an opportunity to unwind, a time to relax and recover from what has been a tough year for many and to get prepared for the year ahead. This New Year we also begin a new decade and so I encourage you to take the time for some self-care this Christmas. Everyone around you will benefit from a calmer, rested and relaxed you!

If you find yourself over indulging anyway and need help after New Year, don't look for a quick fix diet but invest in yourself with a long term plan for permanent change. In mid-January I will again be running my very successful 9 week Detox your Life online course. One of many testimonials is from Michelle: 'I did Sue's last course and have felt great ever since. I lost a stone in weight, my belly fat has gone and my friends have noticed

Want to know more? Email me:
sue@thegenuinelivingcompany.com

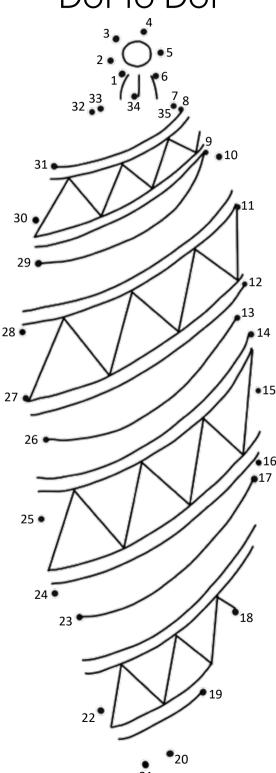
that I'm glowing with health!'

or call me: 07961 990087



Christmas Bauble

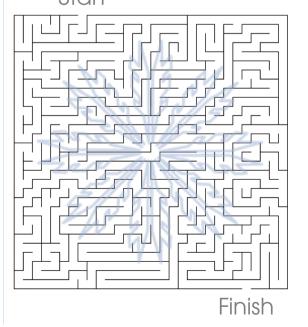
Dot to Dot





Winter Maze

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New Cranleigh Music Club -Cranleigh Parish Council



We would like to provide a music opportunity for young people who don't have access to music.

ranleigh Parish Council's Youth Council wishes to provide an affordable weekly music club for young people aged 11-18 to have the opportunity to learn music in one of the parish council's local venues. In an area where the secondary school is unable to provide music opportunities, funding will help support the purchase of musical instruments and equipment to enable the club to start and be run by volunteers under the supervision of the Parish Council. The parish council will provide the venue free of charge, DBS check volunteers and supervise the operation of the club.

This cause brings people in the community together by providing a safe environment for young people to learn new musical skills in a community building.

Support this cause here: coop.uk/33Cqbm2



Some say . . .

The bond that links your true family is not one of blood, but of respect and joy in each other's life

Richard Bach

Sports Club Fair



are having a Sports Club Fair on the 14th January at Cranleigh Leisure Centre between 5.30-9pm for local sports clubs to show case their sport with a view to attracting new members.

We are hoping this will catch those wanting to "get fit" after the Christmas indulgence as exercise is much more fun if you are doing something you enjoy. Entry is free to all clubs and those wanting to attend. For further details please email: annapritchard@pfpleisure.org

Cranleigh Friends' Candlelit Christmas Carol Service



Sunday 8th December 2019

A carol service for Old Cranleighans and friends of Cranleigh School, taking place at the Cranleigh School Chapel, Surrey, GU6 8QQ.

Caroline Clarke S.A.C Dip FHP S.A.C Dip FHT Mobile Foot Health Practitioner

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Christmas Shepherds

s a writer of historical fiction, I am always looking for unique insights into well-known events. I try to find the unusual details that make a story come alive, often focussing on ordinary people doing extraordinary

We all think we know the Christmas story, and nativity plays seem to follow time-honoured traditions. When my children were young, each year I would hunt down the most authentic-looking tea towel I could find, and dig out the slightly grubby lamb from the bottom of the toy box, so my son could adopt the role of the shepherd he was inevitably cast as in the school play. But are these traditions really based on fact?

It's conventional to see the shepherds as a reminder that Jesus came as much for ordinary country folk as for high born and educated men. But when I delved a little closer into this well-known story, I discovered some surprising

As a writer I am drawn to characters who are complex so I was interested to find contradictory reports about how shepherds were viewed at the time. In scripture, shepherding is often depicted as an honourable occupation: bible heroes such as Abraham, Isaac, Moses and David all looked after sheep. However, Philo, a Jewish sage in Egypt and a contemporary of Jesus, wrote that shepherds 'are held to be mean and inglorious' and the Babylonian Talmud presents shepherds as being lawless, dishonest and unreliable, often because they had a habit of trespassing onto other people's land to graze their flocks. So it's not a clear picture. The plot thickens...

Talking of plot, I also found some twists and turns in the backstory that are not evident in popular versions of the shepherds' experience. The shepherds written about in the gospel of Luke, according to the Jewish Mishnah, were not ordinary shepherds but those rearing sheep for sacrifice in the temple in nearby Jerusalem. The Jewish historian Josephus, writing in the first century, records that at the Passover up to 265,000 lambs would be sacrificed in the Jewish temple. The Passover lamb was known as the 'Lamb of God' - a term later used to describe Jesus. It was the shepherds' job to make sure only perfect first-born male lambs were selected.

In a valley where these sacrificial sheep were reared, situated only one thousand paces from Bethlehem, was a tower that had stood for nearly a thousand years. It was known as Migdal Eder or 'tower of the flock' and served as a great look-out for shepherds watching their flocks.

The prophet Micah, writing seven hundred years before Jesus' birth, foretold:

'And you, O tower of the flock, Hill of daughter Zion, to you it shall come, the former dominion shall come, The sovereignty of daughter Jerusalem. (Micah 4 v. 8). He then went on to write, a few verses later, 'But you, O Bethlehem of Ephrathah, who are one of the little clans of Judah, from you shall come forth for me one who is to rule in Israel, whose origin is from of old, from ancient days.

When these sacrificial lambs were born they were wrapped up in strips of cloth to protect them and placed in a manger at the base of the tower, until the priest could come by to inspect them. So when the angel said to the shepherds, 'This shall be a sign for you. You will find the baby wrapped in swaddling clothes and lying in a manger' (Luke 2:12) the men would have understood exactly what the angels described.

It seems these ancient shepherds, with their somewhat mixed reputations, were the people best placed to announce the arrival of the human 'Lamb of God.' We can only imagine their astonishment and excitement when they ran to Bethlehem to discover the baby wrapped in identical swaddling clothes to those they used to protect their sheep, and lying in a similar manger to the one they used for their own lambs. I wonder if they grasped at the time that the baby they rushed to see would himself become a sacrificial lamb thirty-three years later.

When I write novels, I have to constantly check to make sure all my facts fit the story and that any loose ends are tied up at the end. In my research into those biblical shep-herds, I was amazed that an ancient old testament prophecy was fulfilled in a new testament account, and that the seemingly inconsequential props of the shepherds' profession became significant elements of the nativity story.

I will never look at a tea towel in the same way again!

Gill Thompson's new novel 'The Child on Platform One', inspired by the real-life escape of thousands of Jewish children from Nazi-occupied Europe on the Kindertransport trains to London, is available

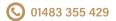






Visit us to find out more







Knowle Lane, Cranleigh, Surrey GU6 8RF Sales Suite & Showhomes open daily 10am-5pm (Thursdays until 8pm)

*Prices correct at time of going to press. Photography depicts streetscene and Showhome and is indicative only.





Rotary Railway Festival Helps Hospice



Cranleigh Rotary's 50th anniversary year is being celebrated by a number of major public events and fundraising activities.

One of these was the Festival of Model Railways, which took place on 21 September. About 20 exhibits were on display along Village Way and inside the Village Hall, Guide HQ and the Band Room

Some 400 adults and children attended and the profits from the event, (including a top-up donation by the Club), were donated to Shooting Star Chase Children's Hospice near Guildford.

On 8 November, Club President Richard Kenyon and Rotarian Tom Cornwell presented a cheque for £2,200

to Anne Bridgman, Head of Care at the hospice (see attached photo).

The following day, Cranleigh Rotary hosted a special 50th anniversary celebration in the village Arts Centre. The event highlighted Cranleigh Rotary's history and current role in supporting Cranleigh and surrounding areas.

Invitations were sent to leading members of the community and speakers included the Mayor of Waverley, Cllr. Mary Foryszewski, as well as local historian Michael Miller and several Rotarians. Halfway through the afternoon there was musical entertainment by Rev. Roy Woodhams and others from St Nicolas Church.

Cranleigh Rotarians have also been busy helping with the collection of shoeboxes from local schools. These are filled with gifts for disadvantaged children in Romania who will otherwise have very little at Christmastide.

Rotarians have also held a very successful street collection in support of Children In Need.

Santa Dash

On Sunday, 8 December, the popular Santa Dash will once more be taking place, with the start in Stocklund Square at 10am. Set up and registration is from 9am. and there will be a table of cakes and other goodies available to eat for all who pass by, shoppers, runners, family and friends! Entries are limited to 300 and all are encouraged to wear Santa outfits or buy them at the event for £3 each. There are even elves outfits for the youngsters!









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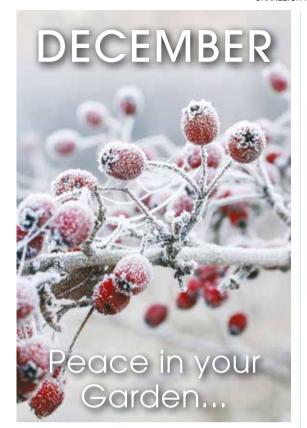
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ecember can sometimes be a quiet month in the garden, but there are more things to sort out than you may realise. With limited daylight as we come to the shortest day of the year, this month's cold weather can be gorgeous but bitterly cold in equal measure.

Give your garden peace and tranquility this winter with these tips:

- Group potted plants together in a covered spot in the garden to shield them from the toughest winter weather.
- If some of your rose bushes suffered from blackspot or rust this summer, collect and get rid of any fallen leaves to decrease the chance of infection next year.
- If your strawberry plants are 3 years old or over, order some new strawberry runners to swap them out. Old strawberry plants can harbour diseases and could begin to lose vitality and efficiency.
- If you haven't previously done so, clean out the greenhouse methodically. Wash the glass, the floor and the staging with horticultural disinfectant to get rid of any overbearing pests and diseases.
- Work some manure into greenhouse borders to set them up for next spring. Leave plenty of space to add compost later on.
- Water plants sparingly to keep them a dry atmosphere as much as possible.



Christmas Lunch



Cranleigh Probus A Club 10th December 2019

n December 10th, **Cranleigh Probus A** club will hold its Christmas lunch at the Cranleigh Golf and Country club on Barhatch lane. The occasion is the third Ladies Lunch of the year when members bring their wives. Other guests would be welcome but intention to come, choices from a three course menu and payment must be completed before the end of November.



Please contact Stewart Shepley on **01483 548 488**, or at **stewart.shepley@btinternet** for full details. In January the club will continue with its normal monthly lunch on the second Tuesday when there will be a speaker and guests are invited to apply to attend via the same contact as above. To all who read the monthly news items about Cranleigh Probus A club, the club's committee wish you a Merry Christmas and a Happy New Year.

Some say . . .

Interest makes some people blind, and others quick-sighted.

Francis Beaumont



t is widely reported that the average home contains 62 toxic chemicals! Quite shocking isn't it! Indeed an estimated 80.000 new chemicals have been created over the last 50 years, but what's hard to believe is that only about 200 of them have ever been tested for their effects on human health

One of the new groups of chemicals that has been extensively studied are phthalates (pronounced thalates) and the findings do not make good reading. These noxious chemicals have been linked with conditions including asthma, breast cancer, ADHD and obesity.

Phthalates are widely used in the manufacture of plastics, personal care products and household cleaning products. Because they are so widespread in our homes we breathe them in, we swallow them and we can even absorb them through our skin. So how do we minimise our exposure to them in our homes?

Dust and Vacuum Regularly

These products are so widely used in our homes that they are ever present in household dust. Keeping your home as dust free as possible will limit how much you breathe in every day. Dust, using just a duster, slightly dampened, no furniture polish required (that could contain phthalates!), on a weekly basis will limit the build-up. Vacuuming will also help limit dust that is lurking in your carpets. Those most vulnerable are small children as they spend a lot of time playing on the floor so vacuuming will also reduce their risk of exposure.

Avoid Plastic Storage Containers

Try to limit what food you buy in plastic containers or plastic bags and use food storage containers that don't contain phthalates. (see information on recycling below). And especially don't put warm food into plastic storage containers as chemicals are more likely to leach out. Instead choose glass or metal containers.

Look for "Phthalate-Free" Products

The best way to avoid them in personal care products and cleaning products is to look at the ingredients list. On a product label the term "phthalate" is generally in the name, such as "diethyl phthalate". However if a product has a fragrance manufacturers are not required to list the actual ingredients. So instead look for products where the scent's ingredients are listed individually. Choose alternative products that contain essential oils, or are labelled as having "no synthetic fragrance" or are "phthalate-free". Anything that simply says "fragrance" should be avoided!



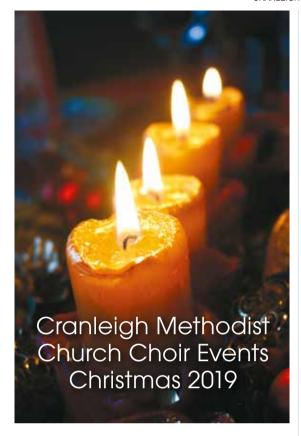
Know your Recycling Symbols

As we're coming up to Christmas and many of us will be buying toys for children it's hard to avoid plastic altogether. Choose products with the recycling symbol 1, 2, 4 and 5 and avoid completely those with the recycling symbol 3 and 7. In an ideal world we would avoid plastic completely for the youngest members of the family who are prone to putting everything into their mouths!

Penny Lynch 07763 862470

pennytlynch@gmail.com



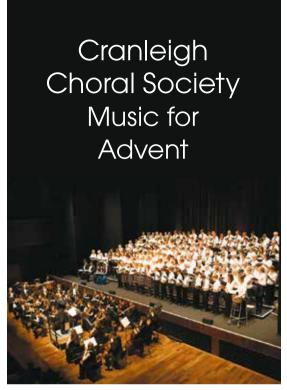


o celebrate returning to our premises, Cranleigh Methodist Church is pleased to present again the popular Christmas Tea and Concert at Cranleigh Methodist Church on Saturday 21st December – open to everyone in the community. Transport can be arranged. If you would like to reserve a place or to book transport, please contact Sue Pink 01483 276374 or Jane Briggs 01483 276100 – joleary@oaktax.com. The concert will commence at 2.30 pm until approximately 5pm.

For over 30 years, Cranleigh Methodist Church has presented a Christmas Concert at Elmbridge Village. This year is no exception. A concert will be held on Tuesday 17th December at Elmbridge Village Hall, starting at 3.00pm. This year, we have included a light tea which will be served during the interval. Just turn up or to ensure a seat or to obtain further information, please contact Joan Brennan 01483 277946.

Voluntary donations to "Action for Children" are welcomed at both events.





ranleigh Choral Society has been a regular feature of village life for over 100 years. Today it continues to provide opportunities to participate in music-making at the heart of the local community and to become part of a circle of music enthusiasts, both in and out of rehearsals.

Cranleigh Choral Society present Music for Advent, on **Saturday December 14th at 7.30pm** in Cranleigh Village Hall; together with Susan Jiway, soprano, Paul Hopwood, tenor, and the Merriman Chamber Orchestra, conducted by Andrew Thomas.

The concert begins with F. Schubert's Mass in G Major, followed by the Concerto for Violin & Oboe in C minor, by J.S. Bach, performed by the Merriman Chamber Orchestra, leader Kevin Weaver with Sarah Williams on oboe.

After the interval the choir will sing 'O Magnum Mysterium' by the American composer Morten Lauridsen, and the concert will conclude with the choir and soloists performing J.S. Bach's lovely Christmas Cantata 'Wachet auf, ruft uns die Stimme'.

Tickets are available from choir members, or on the door, for £12.

We will be holding an Open Rehearsal on **Monday 16th September** for anyone who would like to see what we are all about.

For more information call 01483 268694.



mbrace the festive season and join the Surrey Hills choirs for a wonderful concert of traditional and contemporary songs and carols this Christmas. The choirs will present two concerts, each with their own distinct character.

The first concert is a family friendly event for everyone, including very young children. Featuring performers from age 5-65 from all four of the Surrey Hills Choirs — Training Choir, Young Voices, Singers and Chamber Choir — the concert will be diverse and entertaining from start to finish. There's nothing more magical than the sound of children's voices and well sung carols at Christmas and this annual concert has become a staple event for many local families. This year, our Family Christmas Concert will be held on Sunday afternoon, 8th December, at 2pm, at Cranleigh Village Hall.

The programme will include performances to show case each choir individually, as well as the choirs combining to produce a magnificent sound that will engulf the hall. Highlights in the first half include a fun medley from Jungle Book sung by all the children; the Training Choir will transport you back in time with their rendition of "My Favourite Things" from The Sound of Music; whilst the Young Voices will entertain with a selection of songs from the musical "Annie". The unauditioned, but very talented "Mum's" choir, the Surrey Hills Singers, have a lovely group of well-known songs to share, including "White Winter Hymnal" and "Puttin' on the Ritz". Finally our experienced and award winning choir, the Surrey Hills Chamber Choir, will perform a selection of songs including the mesmerising "Only in Sleep" by Ēriks Esĕnvalds.

The second half of the concert will take you into the festive season with a variety of Christmas songs and carols. Interspersed with traditional audience carols, the choirs will perform Christmas favourites, including the traditional French carol "Sing we now of Christmas", "Love Shone Down" from the film The Nativity, "The Finest Kings" from the musical Angel Express, Ruth Elaine Scham's beautiful "Whispering Snow", the medieval carol "Gaudete, and delightful traditional "Past Three A Clock". If you've been thinking about joining one of the choirs, this is a great opportunity to come along and see us in action.

If you prefer a more sophisticated concert, then join the adult choirs for the Candlelit Concert on **Sunday evening 8th December at 8pm** in the magnificent setting of St Nicolas Church, Bury Street, Guildford. In addition to the songs sung on Saturday, the two choirs will sing additional items. As is the Surrey Hills custom, great care has been given to staging each song to give the audience different visual and aural experiences of the performances.

Tickets for Sunday afternoon: £12 Adults and £3 for children (16 and under). Tickets for Sunday evening: Adults £12 and £5 for children 16 and under. Tickets for both concerts include programme, wine and refreshments and are available to purchase online at www.surreyhills-choirs.co.uk until 9pm the night before the performance. After the online ticketing closes please email graham.webb@tangleweave.co.uk or call 07513 523933. Please book early as the concerts are very popular.



Cranleigh & District Lion Tamers are holding a Christmas Bazaar in the Cranleigh Village Hall on 7 December 2019 from 10.30am to 1.30pm. If anyone would be interested in hiring a table to sell their own crafts and gifts please contact Dot on 01483 273680 for more information.



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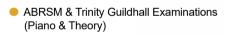
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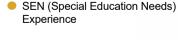
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Artists



The finished guitar, No. 1, just off the conveyor belt

arlier this year, after selling my picture framing business to Alan and Amanda James, I began working on my guitar building hobby in my converted garage workshop. Newly retired I had all the time in the world to do just that.

As the months went by, my dream slowly came into fruition and I've based my first guitar around the classic Fender Telecaster shape that many will recognise.



Back body, the finished shaping

Using the best materials I could to attain the best result, with the goal to create the perfect guitar for me, I finished the guitar in early November, strung it and hesitantly plugged it in. I certainly wasn't expecting it to sound so good! Better still it played well with a very comfortable neck. I was pleasantly delighted!

There were a few things I knew straight away I'd have to change and I asked two accomplished guitar players round to appraise it. They both gave it the thumbs up and interestingly gave me some pointers of things to improve.



High quality fittings throughout

Going forward I'll be applying what I've learned to the next build, a guitar for my son who's drawing up the spec. I heard a quote recently that "you can't build guitars until you've built a guitar". Truer words were never spoken.

All of the photos show my completed guitar from different angles and you can see how the beauty of the wood with its flaws, enhances the look, something I'll certainly be looking out for rather than the perfect piece of wood. The unique difference in design is what makes each guitar special.

I've also been experimenting with different woods for the scratch plate. Here's a photo with an alternative American black, walnut scratch plate with a maple layer that I made.

I've played it live a couple of times and all in all I'm very happy. I can't wait to start the next one, only the future holds what design I'll make next!



Cost of materials for this build was approximately £450 Dave Snell d.snell1@ntlworld.com





Cranleigh Baptist Church

Minister Rev Dave Burt 01483 275371 dave@cranleigh.org.uk

Sunday 15th December

6:30pm The Richness of Christmas -Traditional Carols Service by Candlelight

Sunday 22nd December

10:30am Making Sense of Christmas -All Age Christmas Service 6:30pm Three Gifts for Christmas -A Contemporary Carol Service

Tuesday 24th December, Christmas Eve 4pm A Walk through Bethlehem -An interactive celebration for all the family 10pm 'twas the Night before Christmas -Late Night Carols

Tuesday 25th December, Christmas Day 10:30am All I want for Christmas -All Age Christmas Celebration

St Nicolas Cranleigh

Rector: Rev'd Roy Woodhams 01483 800655 roy@stnicolascranleigh.org

Sunday 15th December

4pm Christingle Service

Wednesday 18th December

12pm Park Mead Carol Service 7pm Preparing for Christmas in Words and Music

Friday 20th December

6:30pm MU Christmas Communion

Sunday 22nd December

6:30pm Village carol Service

Tuesday 24th December, Christmas Eve

3:30pm + 5:30pm Crib Services 11pm Midnight Holy Communion Wednesday 25th December, Christmas Day 8am Holy Communion (CW) 10am Family Carols 11:30am Holy Communion (BCP)

Jesus Christ Redeemer of Mankind, Catholic Church

Parish Priest: Fr. David Osborne rcchurchcranleighbramley.org.uk

Tuesday 24th December, Christmas Eve 6pm JCROM Mass of Christmas 11.30pm STM Midnight Mass of Christmas

Wednesday 25th December, Christmas Day 9am STM Mass at Cockcrow 11am JCROM Mass of Christmas Day

Cranleigh Methodist Church

Minister: Rev. Keith Beckingham 01483 575667 keithcbeckingham@gmail.com

Sunday 8th December

10:30am Gift Service for 'Action for Children'

Sunday 15th December

10:30am Carol Service

Saturday 21st December

2:30pm Community Christmas Tea with carols and other Christmas music. Free tickets from 01483 276374

Sunday 22nd December

10:30am Morning Worship

Sunday 22nd December

6:30pm United Carol Service at St Nicolas

Tuesday 24th December, Christmas Eve 11pm Christmas Eve United Service at St Nicolas

Tuesday 25th December, Christmas Day

10:30am Christmas Day Celebration, Family Service



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BOOK REVIEW

Christmas Joy: Novel

by Nancy Naigle

"This is a real Christmas book and perfect to get you in the holiday spirit. Highly recommended."

- MB, Amazon Reviewer



heartwarming Christmas story about family, friendship and finding love in unexpected places.

Joy Holbrook may be all work and no play, but that all changed when her Aunt Ruby takes a fall that lands her in a rehabilitation centre before the holidays. Joy takes a leave of absence from her job as a market researcher to look after the family farm, even though the timing may thwart her chance at gaining the promotion of her dreams.

Ben Andrews isn't your normal accountant. He also happens to be the handiest guy in Crystal Falls. He's assisted his elderly neighbour, Ruby Johnson, prepare for the annual Christmas Home Tour, and win, the last several years. He's not about to let some drop-in niece ruin their winning streak.

Ruby appears overly troubled about Joy being able to handle Molly. Under the impression she's denoting Molly the bunny that is one of the menagerie of animals, Joy's not concerned at all until the next morning when a little girl named Molly turns up. For the sake of her aunt, Joy is forced to partner with Ben while Ruby is on the mend to help with preparing for the Christmas tour and, in turn finds her career-focused heart dreaming of a family.

"Christmas Joy offers a charming tale of family, friendship, love, loss and the real meaning of Christmas."

- Reader to Reader Reviews

"This is a sweet story of a woman figuring out what she really wants with the help of a guy, a stray kid, and enough decorations for several Pinterest boards. Steer fans of inspirational fiction toward this one as well." - Booklist

Available online and in book stores



Received 4.5 stars out of 5 on Amazon.co.uk

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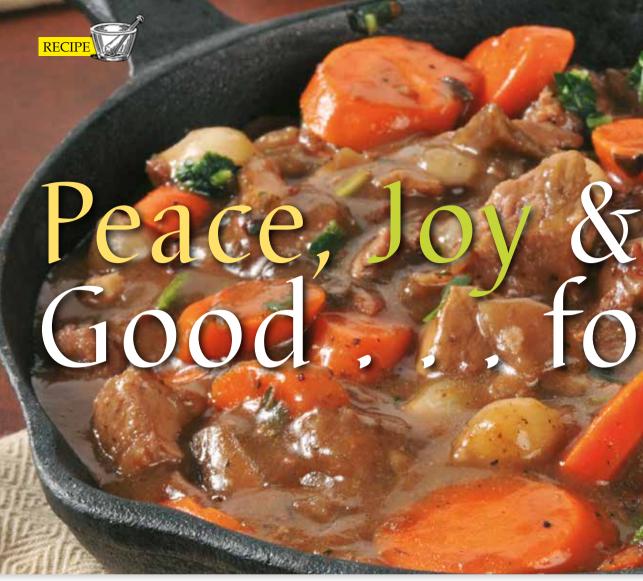
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CHRISTMAS SALMON 'MEATBALLS' Serves 6

This is a very easy recipe and it's perfect for the Christmas period. It can be a starter or an apéritif before dinner, with a nice bottle of sparkling.

Ingredients

600g fresh salmon, 100g soft white bread, 100ml Milk, 200g Breadcrumbs, Fresh herbs (I usually use oregano and parsley but feel free to add any herb you like), 1 egg yolk, 2 eggs, Frying oil, Salt and Pepper to taste

Preparation

- 1. Begin by cutting the fresh salmon with a sharp knife. Cut it really fine like doing a tartar. It's very important to use a knife in this process and not a food processor. You'll want to keep a nice texture and can only achieve that with a knife.
- 2. In a large mixing bowl, place the soft white bread and the milk, then start to mix it together until all the milk has been absorbed. Then add the finely cut fresh salmon, the egg yolk, salt, black pepper and the herbs. NB: Regarding the herbs always try to break it with your hands and don't use a knife, I know it is a little bit time consuming but believe me, you will get a much more intense flavour out of your chosen herbs.



- 3. Now mix with your hands all the ingredients together until the mixture is smooth. Let's start preparing the salmon 'meatballs'! NB: From this mix you should obtain 18 balls the size of a Clementine. As you would do with minced meat, put a bit of mix in the palm of your hand and shape it.
- 4. Once all the balls are ready, prepare 2 small mixing bowls. One bowl with the 2 beaten eggs. The other with the breadcrumbs. NB: I usually grate the zest of one lemon and add it to the breadcrumbs to add that nice citrusy zing. Pass the salmon meatballs first in the beaten eggs bowl and then in the breadcrumbs. Repeat this process two times to make sure that the Salmon meatballs will stay crispy once they're fried.
- 5. Once all the meatballs are ready, place a frying pan on a medium heat with enough frying oil to cover the salmon meatballs. Make sure that the oil is hot before starting to add the meatballs. Once they are fried place them in some grease paper to get rid of the excess oil. You are now ready to serve but before you do add some dipping. I usually use tartar sauce or hollandaise sauce.

Recommended Wine: Prosecco (Italy)

2 RED WINE BEEF SHOULDER STEW Serves 6

This is an amazing festive dish! You can serve it with mash potatoes or soft polenta. There are two secrets to get the best out of this dish! The first one is the marinade. The second secret is the wine. We should make a small investment in the wine, you can't use any cheap cooking red wine. It has to be a good full body red. I usually use a nice Chateauneuf du Pape or a Barolo from Italy. Feel free to use any other red wine like cabernet sauvignon or Shiraz, but they have to be good quality wines. This investment will pay back when you eat your delicious stew, I promise!

Ingredients

1.6kg Beef shoulder, 2 onions, 4 Celery sticks, 2 Bay leaf, 2 Carrots, 2 Glass of red wine, 2 Glass of vegetable stock, 50g butter, Olive oil, Salt and Black pepper

Marinade:

1/2 Bottle of Red wine, 1 Bay leaf, 3 Sage leaf, 1 Sprig of rosemary, 4 black pepper peppercorns, 2 clove

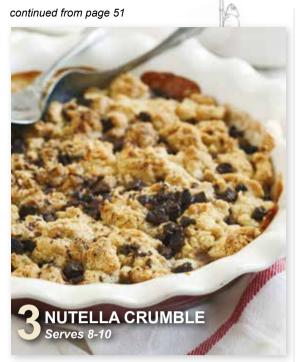
Preparation

- Start by cutting the shoulder of beef. Remove any excess fat and we will cut it into regular cubes, but don't cut them too small.
- Prepare the marinade. It will tenderize the meat and add all the other flavours from the spices. In a large mixing bowl, place all our marinade ingredients (roughly
 - break with your hands the sage leafs and the bay leaf), the wine and the chopped shoulder of beef. Cover the mixing bowl with a clean kitchen towel or cling film and leave it to marinade in the fridge for at least 10 hours.
- 3. Once the 10 hours have passed, you're ready to start cooking the stew. Get one large frying pan and one large stewing pot. Remove the beef shoulder from the marinade and let it dry for 5 minutes. Pour 3 tablespoons of olive oil in the frying pan and place it on a medium heat until the oil is hot. Once the oil is hot start adding your pieces of beef shoulder and searing them for 4-5 minutes, then remove the meat and place it on a resting dish.
- 5. You can now prepare the base for the stew. Finely chop the onions, the carrots and the four sticks of celery. Place the butter in the stock pot and put it on a medium heat until all our vegetables are starting to get soft. Then add the bay leaf and the cloves. Now it is time to add the previously seared beef shoulder, stir it well and add the flour. Keep stirring it until the flour is absorbed, now add the two glasses of wine. NB: It will be even better if the wine is warm. After the wine add the salt and cook it for 25 minutes then cover with a lid. Now the stew has to cook for 1 hour, every 20 minutes add a bit of the vegetable stock.
- Always keep the lid on and stir it regularly!

 6. The stew is ready. Remove it from the heat and add the black pepper. Put the lid back on and let it rest for 30 minutes. Once ready just reheat it and serve it with your favourite side. I'm sure the all family will love it!

continued on page 52





This is a really easy and delicious dessert to realize. Comfort food at its best!

Ingredients

400g 00 flour, 2 Eggs, 150g Cold Butter, 140g Brown sugar, 2tbs yeast, 300g Nutella or any spreadable hazelnut chocolate

Preparation

- Start by preparing the base of our crumble, in a large mixing bowl, start by adding the butter, cut in small cubes and the flour. Use your hand to mix it and the heat of your hands will help to soften the butter and achieve a better mix. Now add the sugar, the eggs and the yeast and keep mixing with your fingers until you obtain a crumble texture.
- Get a 10inch wide cake tin and butter it, so our crumble will not stick to it. Place half of the mix in the tin and spread it evenly. Add the Nutella in the middle and spread it BUT not too close to the boarder of the tin.
- On top of the Nutella pour the other half of the mix and again spread it well. The crumble is now ready for the oven. Preheat the oven at 180 or mark 7 and cook for 30/40 minutes.
- 4. Our Nutella crumble is now ready to be served nice and hot. I personally love it with a scoop of vanilla ice cream. Perfect!

Recommended Wine: Port Wine (Portugal)

"To the team at Cranleigh Magazine and all its readers, I wish you a very Merry Christmas and a Happy New Year."

- Lots of love and peace, Simone Conti and Family

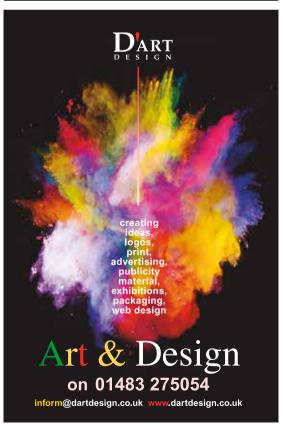
Simone Conti



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Poets

An Independant man

(tribute to John Wiskar)

by Raymond Holt

An ex Cranleigh village Bobby

I could hear the sound of silence That cold dark winter's night When the mist fell asleep on my eyebrows As daylight gave up the fight.

And sitting on the headmaster's doorstep Was a fully-grown man in tears Just waiting to see his old teacher But lost count of the passing years.

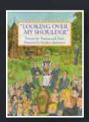
He always listened to this wise old man Although retired from teaching long ago He understood his words of wisdom With a lifetime's experience to show.

Such an independent man and so unique Many wish he were still alive And to remind us of his sad passing They built John Wiskar Drive.

And when stars shine down on Cranleigh You can sometimes smell his pipe Wafting gently around his flower beds Until darkness turns to light.

So forgive me for labouring the point This is not a history lesson -But why is it some folk we forget And others leave a lasting impression?

"And when stars shine down on Cranleigh"



An excerpt from the book

LOOKING OVER MY SHOULDER Copies are available by email: haygwen12@gmail.com for a list price of £7.99



Cranleigh Arts Centre - December 2019

From The Nutcracker to Aladdin Panto, there is lots to enjoy at Cranleigh Arts this month. Oh yes there is! Doors open 45 mins before evening events, so why not head down early and pick up a drink before the show? You are welcome to bring refreshments purchased on the premises into the auditorium to enjoy during the performance.



Music:

The Cranleigh Community Choir & Friends Christmas Show Thursday 5 December, 8pm

The Cranleigh Community Choir & Friends Christmas Show is no ordi-

nary choral show! It's a true variety show with dancers, soloists, instrumentalists, duos and, of course, the choir. Highly entertain-ing and guaranteed to put you in the festive mood, the Community Choir Christmas Show is a fan-tastic event for all the family. £9 adult, £7 under 12s



Music:

Paul Lamb & The King Snakes Friday 6 December, 8pm

Known around the world as a foremost blues harmonica exponent, Paul Lamb is forging himself a place

in the history books as one of the greatest players of our time. Having been inducted into the British Blues Awards Hall of Fame Paul continues to bring his infectious brand of soulful blues to his fans around the globe. £16



Family Show: Aladdin Panto Sunday 8 December, 11am & 2pm

Help Aladdin with the help of his Mum, Widow Twankey, beat the evil Abazanzar to the magic lamp and win the hand of Princess Jasmine. 'Aladdin' promises to be our funniest and most spectacular pantomime ever!

£14.50 adult, £12 child, £48 family of 4



Lunchtime concert: Violin & Piano Tuesday 10 December, 1pm Sarah McKenna (violin) and Nao Mae-

bayashi (piano) present:
Brahms Violin Sonata in G m

Brahms Violin Sonata in G major Op 78 (28') / Tango Por Una Cabeza arr

John Williams (5'). Part of a new series of free lunchtime concerts for the winter months. Free admission, with a retiring collection. No booking necessary!



ROH Live: Coppélia Tuesday 10 December, 7.15pm Thursday 19 December, 7.15pm A classic returns to The Royal Bal-

A classic returns to The Royal Ballet repertory with Ninette de Valois' charming and funny Coppélia – a

story of love, mischief and mechanical dolls. The intricate choreography is set to Delibes' delightful score and shows off the technical precision and comedic timing of the whole Company. £19.75, £15.50 under 25s



Music: Five Star Swing at Christmas Wednesday 11 December, 7.30pm

Swing 'n' sing-along into Christmas with the unique Swing Time Christmas show – as featured at London's Leicester Square Theatre. Enjoy your favourite Christmas songs with the Big Band treatment. From Glenn Miller, Sinatra, Basie and Nat King Cole! £19.50, £18 under 25s



Music: Pulse Saturday 14 December, 8pm

Pulse specialise in playing the music of Pink Floyd, with a set to satisfy any Floyd fan including songs from "Dark Side of the Moon", "Wish you

Were Here", "Animals", "The Wall", "The Division Bell" and other albums, including some from Pink Floyd's early days of the late 1960s. £18 Early bird offer: first 50 tickets £16!



ROH Live: The Nutcracker Tuesday 17 December, 7.15pm

The Royal Ballet's Nutcracker, is the production par excellence of an all-

time ballet favourite. It is Christmas Eve and Herr Drosselmeyer the magician sweeps young Clara away on a fantasy adven-ture in which time is suspended. Approx running time: 2hrs 15min

£19.75. £15.50 under 25s

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

PRESS ENQUIRIES

For further information or images please contact Phoebe Farr on 01483 278001 or email

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Cranleigh Film Club Friday 13 December 2019



the bird. The film got 11 award wins and 14 nominations.

Charley, a teenager living with his father, a promising stu-

dent and athlete with an unstable background, finds work

caring for an ageing racehorse named Lean On Pete. He learns that Pete is booked for slaughter, and embarks on

an odyssey across America in search of a long-lost aunt, a place to call home. The screenplay was co-written with

Willy Vlautin, on whose 2013 novel the film is based. Charlie Plummer (b1999 New York State) plays the lead. He felt a deep desire to play the role, writing to Haigh expressing his passion for the project. The film was premièred at the Venice International Film Festival where his performance received critical acclaim; he was awarded the Marcello Mastroianni Award for best emerging actor. Steve Buscemi plays Del, the horse trainer.



Mark Kermode, Observer, reviewed the film: "there's an unsentimental tenderness at the centre of Haigh's movie - a counterpoint to the grim realities of life from which our young hero flees. Haigh paints sympathetic portraits of all the characters, the good, the bad and the ugly. Ray may not be an ideal father, but there's tenderness in the scenes with his son and a sense of closeness even during his frequent absences. Del, the horse dealer, is a chancer who dopes, exploits and dumps his horses, yet there's a gruff paternal affection in his advice to Charley to 'do something else before there's nothing else you can do'. While the narrative may be read as a coming-of-age story, there's something more elementary in Charley's search for a beloved aunt, who comes to represent his idealised yearning for a lost family life. In Lean on Pete, this rising star proves his mettle in a role for which he is simply perfect." Peter Bradshaw, Guardian, called it a "sad and lovely film. Plummer gives an excellent performance: watchful, sensitive, delicate and yet possessed of a survivor's impassive quality."

Come and join us!

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

Some say . . .
Peace begins with a smile.
Mother Teresa

A Joy Worth Remembering!



Evervone having fun

hat a joyous occasion was thoroughly enjoyed on a Monday afternoon in October. Quite a refreshing change from activities normally enjoyed by those experiencing dementia.

Memory Lane had a welcome visit from seventeen children with ages from one to four years young, bringing their mothers with them to watch a non-stop performance normally carried out each Tuesday morning at 'Giggle & Wiggle'. Led by Alice Jane Clement Smith, the toddlers, mums, carers, volunteer team and even those with dementia were keen to sing, shake rattles, bells, wave scarves, dodge bubbles and after fun by everyone with the parachute sequence, the toddlers finish with their 'Sleep Bunnies' Song as Memory Lane responded with their own 'Goodbye-Goodbye' song.

Everyone agreed how the afternoon benefitted the elderly to be uplifted by the happy young children and in turn how



well the young ones respected those reverting to childhood. With all wishing to repeat the happy occasion, Alice is planning to fit in with the Memory Lane programme, a once a term gathering around Christmas, Easter and Summer.

The owner, (Pauline Crowder) and manager, (Suzanne Sandell) of Acorn Nursery School were most encouraged by their visit to Memory Lane in October and in comparing the intergenerational interaction with what they achieve at Moat Lodge. On the second Wednesday of the month, Lucy Hunter the Senior Living Community Officer at Moat Lodge (the old Cranleigh Rectory), entertains the Preschoolers from Acorn along with a number of tenants who enjoy a playtime, story-telling and practical fun with the children. This is open to anyone who would like to visit and support the toddlers or to just sit and enjoy the fun over a cup of tea in a welcoming homely ambience.

For further information:-

Wiggle & Giggle (10.00am – 12noon Tuesdays) in the Band Room, Village Way, Cranleigh Alice: ally_lorenz@hotmail.com

Moat Lodge (Waverley Borough Council)

Lucy: (Intergeneration time 10.30am – 11.45am 2nd Wednesday of the month; (term time only) Moat Lodge, Parsonage Rd. Cranleigh.Current Contact: Rowena (SLCO) 01483 271976 rowena.ballard@waverley.gov.uk.

Lucy: 01483 275975 (Senior Living Community Officer) lucy.hunter@waverley.gov.uk

Memory Lane (2.30pm – 4.30pm 1st & 3rd Mondays) Cranleigh Arts Centre **Michael**: 01483 274398 mamwild@aol.com

The Acorn Nursery School
Pauline Crowder (09.00 -15.00 Mon to Fri)
Church Lane, Cranleigh 07710 317267
headofnursery@theacornnurseryschool.co.uk

Acorns & Oaks

"From little acorns mighty oak grow"

Our Intergenerational Group
The Acorn Nursery School & Moat Lodge

2nd Wednesday of every month, 10.30 to 12.00 (term -time only)

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At Moat Lodge Senior Living Scheme, Parsonage Road, Cranleigh, Surrey, GU6 7UB Moat Lodge 01483 275975/Acorn Nursey



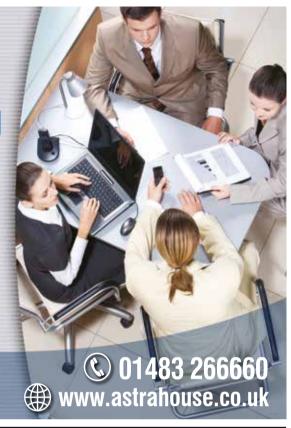
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I cannot fault Duncan and his team. From the initial conversation through to the last sweep up they were knowledgeable, professional, considerate and friendly. I can't recommend them highly enough!

Mrs Johnson, Godalming



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Cranleigh Amateur Swimming Club The month of anticipation!

s the year draws nearer to its end, the mood at Cranleigh Swimming Club is one of anticipation. Looking to the period ahead, there are thoughts of excitement and celebration. If you think that I am writing about Christmas, then, of course, many of our swimmers will be looking forward to this special time. But for many of our members, extra anticipation comes from the upcoming Surrey County Championships, early in the New Year.

To swim at the County Championships, a swimmer needs to get a qualifying time at a licensed swimming gala. The cutoff for achieving these times is 8th January. This means that autumn is typically a time where clubs enter many meets, giving their swimmers the opportunity to get those times. Cranleigh Swimming Club is no different. Since I last wrote, our swimmers have been very busy competing.

The largest event that the club has taken part in since the last article was the Haslemere Open Meet. In recent years, the club has taken part in the Dorking Open Meet, which happens on the same day. However, this year, Haslemere was our focus, providing a different challenge for swimmers and coaches alike. The pool at Haslemere is a great facility and our swimmers did the environment justice.

Out of just under 100 events swum, county qualifying times were achieved in 12. Of these, new times were obtained by Siena Reilly and Lucy Andrews. There were also plenty of PBs, with 36 swims being new bests for our swimmers. These numbers are very good when recent swims are

taken into account. With our own Club Open Meet and Club Championships both less than a month before, many swimmers had swum these events very recently.

In the final results, gold medal winners were Thomas Craig, Martha Horstead, Lana Howells-Davies, Harry Jupp, Chris King and William Stanley. Silver medals went to Lucy Andrews, Millie Hastie, Martha, Harry, Ellen Shayler and Siena. Millie, Martha, Paige Howells-Davies, Will O'Brien, Siena, Callum Stevens and Jess Tomlinson all took bronze medals. Special mention goes to Martha who braved the 100m Butterfly and was rewarded with a new Club Record for 9-year-olds.

Either side of the Haslemere Open the club also ran our own Club Championships. These are more low-key competitions, which are restricted to Cranleigh swimmers. Club Championships take place in our normal training slots and are a perfect introduction to competitive swimming for our younger swimmers. They also provide more opportunities for County Times. Across the two weekends, 15 new qualifying times were achieved and 10 were improved. There was also a new Club Record for Thomas Craig in the 200m Freestyle.

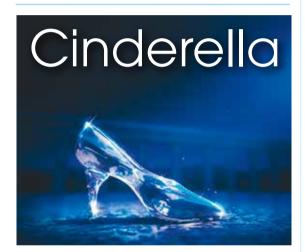
It is fair to say that for our less experienced swimmers, the 2020 County Championships are not the target. Regardless, these swimmers have been swimming well and continue to make great progress. Many of this group have been promoted to the next training squad this autumn. And

many have also had their first taste of swimming, taking part in the galas described above.

This all means that the lower end of the club is thriving and an exciting place to be, with many happy swimmers. If you have children who are keen to experience this, please get in touch. On this note, the club is also offering a new recreational "fitness" squad. Perhaps your children love swimming and would like to be part of a club, but are not able to commit to the hours of the competition squads. If this is the case, please contact us to find out more.

If you are interested in joining Cranleigh ASC, do come down and see us on a Sunday evening at Cranleigh Leisure Centre from 4.30pm onwards or visit our website www.cranleighsc.org.

We offer **two free taster trial sessions**, for children to see if they'd enjoy it.



he SHADES (Shamley Green Amateur Dramatic and Entertainment Society) are proud to announce their 2020 Pantomime of 'Cinderella' will take place in the Arbuthnot Hall on Thursday 23rd & Friday 24th January at 8pm, and Saturday 25th January at 3.30pm and 7.30pm.

A traditional family favourite, our pantomime tells the tale of a young girl Cinderella, who's Wicked Stepmother and horrible Stepsisters treat her like a slave, all under the nose of her loving Father. A chance meeting in the forest with a mysterious old lady and a handsome stranger, Cinderella's life is changed forever, but will she get her happy ever after? There will be the usual magic and mayhem you have come to expect from a SHADES pantomime.

Tickets available at www.shamleygreenshades.co.uk from 1st December and from Celebration Cakes of High Street, Cranleigh and the Bricklayers Arms Public House, Shamley Green Country Stores and Hair Gallery, all in Shamley Green, and through the Box Office line on 01483 274530 in mid December. Ticket Prices Adults £7.00 Children/Seniors £5.00 (Thursday night special Adults £5.00 Children/Seniors £4.00).



Ifold Chapel are to hold a Christmas Sale in the Alfold Village Hall on **Saturday**December 7th at 10:00am till 1:00pm.

Stalls will include Christmas Plants, Home Cooked Food, Nearly new clothes, Toys & Bric-a-Brac worth browsing.

There will also be a free Prize Draw. Open to all the family. Refreshments available.



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CRANLEIGH CAMERA CLUB





Events in December are:

5th DECEMBER - 2nd PDI and mono prints competition - Set Subject: Stone, *Graeme Wales*

12th DECEMBER - Christmas Party, including announcement of the Chairman's Challenge, Members' participation

Rest of DECEMBER - Christmas Break

JAGUAR © Peter Jillians

ranleigh Camera Club was established in the 1960s and currently has around forty members of various ages and photographic abilities. We have a variety of internal club competitions, talks by members and guest speakers on many varied subjects, workshops designed to improve our chances of good competition scores, trips away both to take pictures and to compete against other clubs, Christmas social evening, and an Annual Exhibition held in the Cranleigh village hall.

If you enjoy photography and may be looking to improve your skills, then do come along to one of our meetings.

Although digital photographers now outnumber film photographers, all are very welcome and no distinction is made between film and digital prints for the purpose of workshops and competitions. Anyone interested in joining the Club need not feel that meetings would be too technical and we invite you to attend a couple of meetings to see if you like us.



IN REMEMBERANCE © Ann Smith

The Club meets most Thursdays at 7:30pm (September to June) at the Baptist Church Hall, 262 The High Street, Cranleigh, GU6 8RT, Consisting of talks, demonstrations, competitions and practical sessions.

You can find the programme and contact details on our website at: www.cranleighcameraclub.co.uk





Join us in December for some magical role play fun; children can deliver Santa's gifts around our play town, decorate the Christmas tree, create seasonal cookies, give a health check to Santa and his reindeer and get dressed up in our fabulous festive fancy dress and accessories.

Available during all sessions 1st - 23rd December.



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e are a team of Neurological Physiotherapists focused on empowering people with Neurological conditions including Parkinson's Disease, Multiple Sclerosis and those who have had a Stroke, to improve their health, independance and quality of life through exercise, peer support groups and rehabilitation therapies.

Our team provides Neurological Physiotherapy services both within our studio and through home visits. Whether you are looking for 1:1 rehabilitation sessions or group exercise sessions our team of specialists make rehabilitation and exercise accessible to everyone.

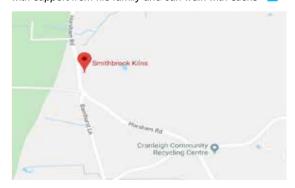
Benefits of exercise

Not only is exercise essential in maintaining movement and independence, research shows it can have a positive impact on neurological conditions but needs to be tailored to your individual needs.

The UK Chief Medical Officer recommends that all adults do muscle strengthening activities at least twice a week and 150 minutes of moderate activity or 75 minutes of vigorous activity a week. Those 65 years and over should also do balance and flexibility activities twice a week.

Testimonial

"Mr L was discharged home from a specialist neurorehabilitation unit requiring 2x 24 hour specialist brain injury carers and a specialist postural management programme to manage his extensive contractures following a severe stroke requiring neurosurgery. Surrey Hills Rehab worked intensively with specialist Occupational Therapists, Speech and Language Therapists, Rehabilitation Consultant, Orthotists and Psychologist. He now lives with support from his family and can walk with sticks"



Surrey Hills Rehab

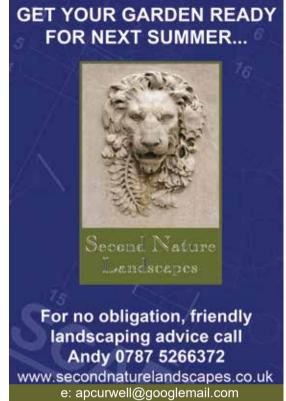
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Email: kim@surreyhillsrehab.co.uk

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Contacts: Dorothy **01483 273508**, Peter **204045**, Rosy **273376**







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Robins is our restaurant/snack bar at Rowleys offering a range of lunches and desserts daily including roasts on Wednesdays. Our cook Jenns source all her meat and fish, fresh vegetables and fruit from local suppliers. All the meals are nutritious and extremely good value for money. Why don't you give us a call or just pop in and see for yourself or Tel: 01483 277155

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01483 277155

Rowleys is based at: Victoria Road Cranleigh GU6 8NT



Volunteer first aider appeal for St John Ambulance Cranleigh

St John Ambulance in Cranleigh is recruiting volunteer first aiders (18+) to join the local unit. No previous experience is needed as full training will be provided. For more information, please contact Unit Manager William Brown on William.Brown@sja.org.uk or call 01483 278175

Some say . . .

It is only in sorrow bad weather masters us; in joy we face the storm and defy it

Amelia Barr









Local information

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CRANLEIGH LIBRARY

High Street, Cranleigh. **Tel. 0300 200 1001 Opening times:** Mon: Closed all day
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Saturdays 10.30am – 11.00am

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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

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Recreation Ground, Dunsfold Road, Alfold GU6 8JB E-mail: secretary@alfoldtennis.co.uk 07899 925237

CRANLEIGH BOWLS CLUB

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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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