

AUGUST 2020 - FREE ISSUE 58



# CRANLEIGH MAGAZINE

AUGUST

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**WELCOME** to Cranleigh Magazine in the month of August. When you buy a car you need to make sure it's from a reliable source, especially if its had previous owners. Recently, I had to do just that, meeting a car salesman in order to purchase a hybrid petrol, electric car. I never thought I would end up buying such a beautiful car and write about the car salesman's interesting journey in this month's 'People Profile'. Why not read it for yourself on page 12.

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

Why not submit your local news to the Magazine or advertise your business, keeping people informed and connected in 2020

**Contact 01483 275054 or email: [paul@cranleighmagazine.co.uk](mailto:paul@cranleighmagazine.co.uk)**

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



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Cover photo: Simon Jones

### Dear Readers,

In last month's 'People Profile' featuring Sue Potgieter, there was a \*paragraph describing Durnsford Way. Sue mentioned that when she was younger her parents bought a house there in 1970. She wasn't as keen on her home as other places she lived before. She mentioned there was a song at the time about 'little boxes, being ticky tacky' and how 'they all looked just the same'.

We deeply apologise to anyone who was offended by this comment as it was certainly not our intention. We will endeavour to ensure in future we do not include any comments in an article, that may be seen as insensitive.

\* This has also been corrected on our web site.

All the best,  
**The Cranleigh Magazine Team**





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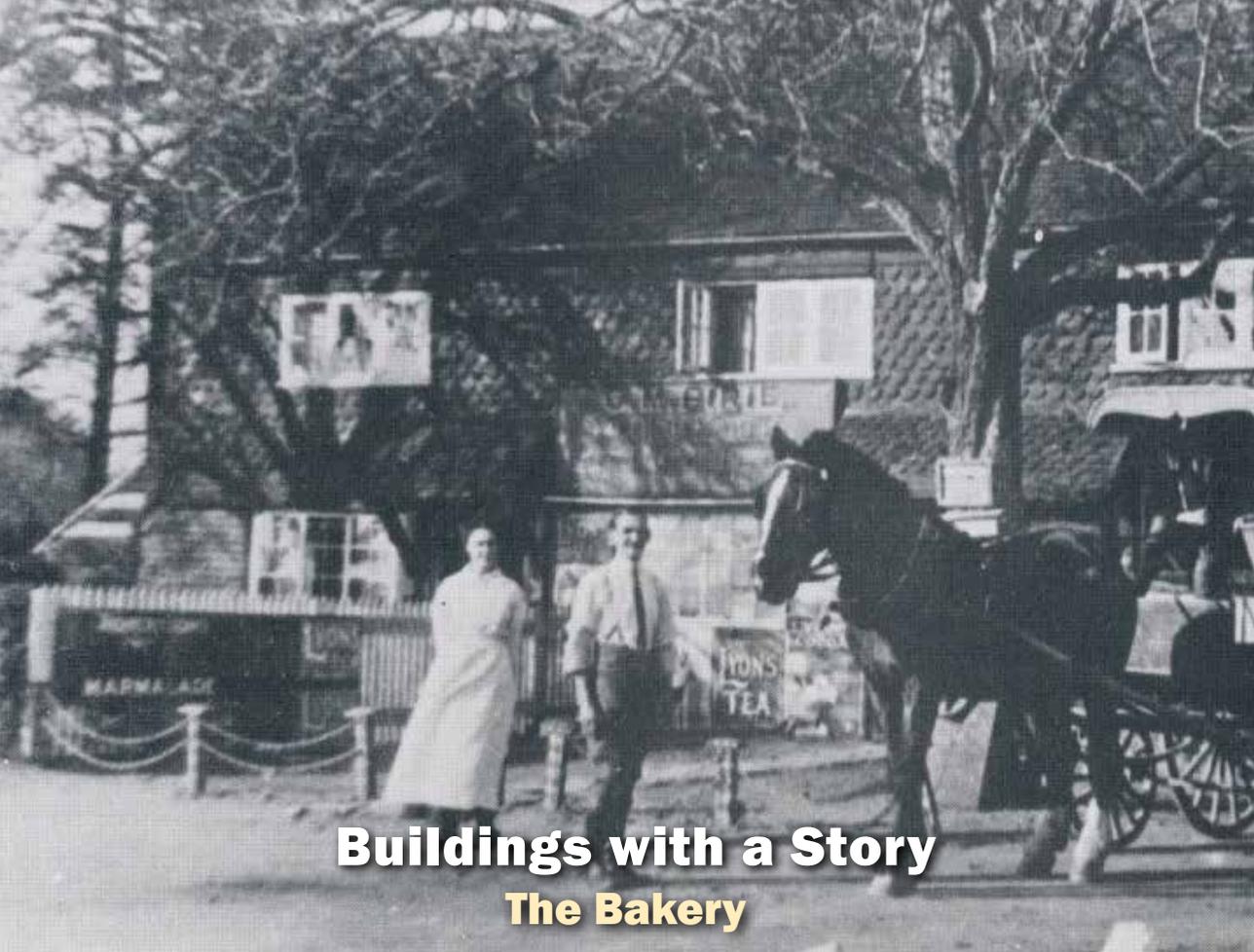
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# The Joy of Cranleigh

Joy Horn brings some anecdotes from past times



## Buildings with a Story

### The Bakery

*George Pirie's delivery man is setting off on his round, with his basket to carry loaves from the van to his customers' houses*

**A**round 1900 bread formed the main item in Cranleigh people's diet. Many of our farm labourers, brick-makers and builders ate bread at breakfast, a chunk of bread with cheese for their midday meal and then more bread at tea/supper. The term 'breadwinner' for the household's wage-earner was entirely accurate. Few people had bread ovens in their homes, so bread was normally bought from a local baker.

The seventeenth-century house called the Old Bakery on the Common (by the present Guildford roundabout) certainly housed a baker as far back as 1891. He was then Harry Killick, 34, who was assisted by his elder sister Emma. The bakery was well sited, a mere stone's throw from the windmill, which provided its flour. (The site of the windmill is a circle of low wooden buildings, on the right of the bridge over the Downs Link Path on Elmbridge Road.)

Unfortunately, the windmill, which was built around 1800, was falling into disrepair. One of its sails broke in 1882, but the Weller brothers, who bought it that year, installed a gas engine to grind corn. Harry Killick's father had been the master miller there, and so had his grandfather, who described himself as 'miller and baker'. Perhaps becoming a baker seemed a logical step for Harry. The windmill was eventually taken down in 1917, but the baker probably continued to buy his flour from Weller's, who ran a corn shop nearby in the main street.

The best bread, and the most nourishing, was made of wheat, but this was also the most expensive, so often bread was made from a mixture of wheat and barley. To make their bread whiter, some bakers mixed their flour with chalk, alum or bone meal. Happily, there is no suggestion that Harry Killick did this!





The way it was

## IT'S THE TASTE THAT TELLS.

In nothing is the truth of that old adage "THE TASTE TELLS" so truly evidenced as in the present national demand for pure unadulterated bread. You may have tried many so called PURE breads, but have you tried

*Bread as manufactured by G. M. Pirie,*

made solely from guaranteed genuine unbleached Flour in which no chemicals are used—Flour which retains all the sweet nutritive elements of the wheat berry.

OBTAIN ONE OF THESE LOAVES FROM

## PIRIE of ST. ANDREW'S BAKERY,

IT CANNOT FAIL TO PLEASE YOU.

Baked in an oven heated by wood in the old-fashioned way, it has a delicious sweet flavour that reminds one of the luscious wholesomeness of old-time FARMER'S BREAD.

Doctors have recommended this style of bread for the U.S.A. Navy, as it retains its moisture for six or seven days at a time; and it contains ALL the nutritious germ of the wheat and therefore builds up the constitution.

*Pirie's advertisement of 1932*

In the 1901 Census, Albert Higgs, 34, was the baker in residence at the Common bakery, and in 1911 George Pirie took it over for the next 35 years. Behind the house were outbuildings where the delivery carts were kept and the horses were stabled. The bread was baked in one of the outbuildings (now called 'the annexe'), to reduce the danger of fire. The business had become known as St Andrew's Bakery, after the large church that had been built next door in 1899.



*Cranleigh's windmill in the late 19th century*

Besides being a baker, George Pirie was a film projectionist, showing some of the earliest silent movies to be seen in Cranleigh, in a barn near the Railway Hotel (now the Cranleigh Hotel).



*The Old Bakery, 2020 (courtesy of Cath George)*

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Grinstead's corn and coal store near the railway station became Weller's by 1912, and was evidently very busy. The left-hand building has now gone, but the right-hand one is Rania Indian Restaurant. Today, the horse on the gable-top has lost its body and is reduced to three legs!

This was a time when flour was increasingly produced by grinding with mechanical rollers rather than between millstones. Rollers left the wheatgerm whole, so that it could be sifted out and the resultant flour was whiter and more attractive, but less nutritious. It is encouraging to learn from his advertisements that George Pirie produced some stoneground bread both in 1918 and into the 1930s. He also made Hovis bread under franchise.

Tragedy struck the Pirie family in 1923, when Lawrence, one of their fifteen-year-old twin boys, was crushed by a



The Pirie twins outside the bakery in about 1915

**SPECIAL NOTICE!**

**G. M. PIRIE**



Wishes to inform the residents of Cranleigh and District that, in the event of their not liking the new **GOVERNMENT REGULATION BREAD**, he will be pleased to supply them with his famous

**Stone-Ground WHOLE-MEAL BREAD,**

which is in great demand among his patrons, especially invalids.

Analyst: Edwy. Godwin Clayton, F.I.C., F.C.S.

St Andrew's Bakery advertisement, 1918





*The Old Bakery in 1996 (Brown's sales particulars, courtesy of Jean Shapland)*

lorry, when he was cycling through the Village on an errand. He had been a trainee baker and a member of St Andrew's church choir.

George Pirie was still in business during the Second World War, when government regulations insisted that bread should be 85% wholemeal and no white bread was allowed. Bread could only be sold when one day old. Although people grumbled, this contributed towards the good health of the nation at the time. After the war people could enjoy their unhealthy white bread again. Sliced and wrapped bread was introduced from the US and became highly popular because of its convenience. Many independent bakeries lost out to groceries and supermarkets, and in 1947 the bakery on the Common was turned into a desirable residence with a stunning garden.

(Grateful thanks to Jean Shapland for background information.) ■

**The Cranleigh History Society** will resume its monthly meetings as soon the current restrictions are lifted.

**Some say . . .**

Life takes on meaning when you become motivated, set goals and charge after them in an unstoppable manner.

**Les Brown**

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# Crane Spotter:

tales from a Cranleigh birder

## August

### Array of Med Sunshine

**W**ith the arrival of August it should be holiday time in a nice hot place like Spain or Greece. But the pandemic has put paid to that.

We can only dream of blue skies for days on end, crystal-clear seas, and friendly little harbour restaurants serving the freshest and tastiest seafood imaginable. Like so many of us, I am missing the Med.

Fortunately though, lockdown served up an unexpected 'feast' which lifted my spirits during the early days of Covid-19 when we were only allowed out once a day to exercise.

The 'Med' came to me! In the form of Mediterranean Gulls, that is.

To my knowledge this is the first time any of this species has been recorded in the district of Cranleigh and Ewhurst.

It was sunny but cold with a northerly wind on Easter Monday and there was me indoors thinking what a rubbish way to spend a bank holiday when I could have been down the south coast doing a spot of birding.

Shortly before mid-day I heard what I thought was a cat calling. But as I looked up from my journal (*British Birds* – it had to be) I heard the call again, nearer this time, a loud two-syllable mewing sound – 'yeaha'. And there they were. Two adult Mediterranean Gulls were battling against the wind as they headed north-east just above tree height alongside my garden.

With the sun shining brightly on them the 'Meds' shone out like silver ghosts against the blue sky as they got nearer, calling all the time. Their jet-black hoods stood out and I was just in time to snatch up my binoculars and focus on their blood-red bills and white crescent marks above and below the eye.

They called once more and were swiftly gone in the direction of St Joseph's Specialist School and College. No doubt they would be tracking through the gap in Winterfold's Horseblock Hollow.

'A very uplifting moment', I wrote in my notebook, and was interested to hear later in the day that six more 'Med' Gulls had been seen in Pulborough, also coming from the south west. Some unusual migration was clearly underway.

I thought that would be it but ten days later I was doing my lockdown birding early morning stint in the garden and there had been a dramatic change in the weather. It was a hot, sunny day and the wind had died down.

At breakfast time I was treated to the sight of eight more Mediterranean Gulls passing over, again calling almost constantly. They were following the same route. It was as if the first two had left them an invisible map.

Birders in Beddington, north Surrey, had seen 10 the day before. According to my friend Ed, they were all part of a new Spring movement taking place in March and April, linked to a rapid population expansion.



*Mediterranean Gull in flight*

Adults, mainly, have been moving north to colonise new breeding grounds and fine days are especially favoured for these overland journeys. I happened to be around at just the right time.

I had waited many years to see a Mediterranean Gull around here and have often been to the Cranleigh Cricket Club pitch in winter in the hope of picking one out from among the usual, and slightly smaller, Black-headed Gulls.





*Mediterranean Gull  
Larus melanocephalus*



*Mediterranean Gull Larus melanocephalus*



*'Where's my hoodie gone?' A Mediterranean Gull in winter plumage*

The first Mediterranean Gull only visited Surrey in 1957 but since then there has been a gradual range expansion westwards from its breeding range on the north west Black Sea coast of Ukraine. It first bred in Britain in 1968 and from the mid-1980s I was beginning to see this one-time rarity on the nest in south coast gull colonies.

They have become regular sightings down at Pagham, West Sussex, and in Langstone Harbour, Hampshire, with a record 1,736 pairs nesting there two years ago - a 108% increase on the previous year.

It was from this direction that 'my' birds came so maybe it was a few of them who decided they would sooner find somewhere else to bring up the kids, well away from all those noisy, squabbling neighbours. If they were successful then I doubt they will be by themselves for long.

Next month: A flock of one of the highest-flying birds in the world, which can travel 7,000 miles in one go, give Cranleigh a (quick) visit . . .

Twitter - @Crane\_Spotter





# Getting plugged



# People Profile



Who's who?

**Simon Jones**  
Electric Car Specialist

## Ready to go!

I was born in Dorchester in December 1984, the oldest of two brothers. My father originally came from Wrexham in North Wales, his first posting in the army was in Dorset, where he met my mother. They only knew each other for three months before getting married and they're still happily married to this day.

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# I into what . . .

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Life was good growing up with a father in the army. Both parents encouraged me while I was at school, even though I found it difficult as I couldn't concentrate in lessons. It was discovered that I had Attention Deficit Hyperactivity Disorder (ADHD) and was also Dyslexic. My coping mechanism was to fool around rather than focus on my school work. As a result I was always in trouble. I found the academic bits very difficult, I was much happier doing the physical activities and playing football with my mates, to the detriment of my school work. When I was in the classroom, I was always in trouble. I was never cruel to the other children, I was just disinterested in my school work which led to me being mischievous and inevitably being sent to the Headmaster. In one of the schools I attended there was an isolation box outside the Headmaster's office, more often than not it was me who occupied it. That box became my classroom!



Me at the fairground aged 7, driving a fire engine - I loved to drive

I was initially diagnosed with ADHD when I was about eight and prescribed medication called Ritalin. The main side effects of Ritalin were loss of appetite and drowsiness. I became very thin and was constantly exhausted. I felt so awful I decided not to take my tablets. I used to pretend I'd taken them. It wasn't easy coping with ADHD at school. With my dad constantly on the move with the army, I had to change schools every two years. This was so disruptive that my parents thought it might be best to send me away to boarding school, which would hopefully give me more stability. Unfortunately, as I was so young, I became homesick and I ended up coming back home. I was sent to a British Army school in Germany for a few years, but again I quickly found myself getting into trouble and I was repeatedly sent to the Headmaster to be dealt with to the point where, just before my GCSE's, I was expelled.

When I was 17 years old, I joined the British Army. My mum and dad were hugely sceptical, they joked that I'd only last two weeks and 16 years later realised it was the best thing that ever happened to me. Being in the Army didn't change me at all. I was still the same, mischievous, fun loving, practical person. I found the joking around that would've had me thrown out of a lesson in school was completely accepted in the Army and I was known as a character by superiors. Morale is key and is a very good lift-up in bad situations, it's healthy to laugh and have fun! There are times when it's essential to be professional and be a soldier, I quickly learnt that, and how to switch between the two. My ADHD gave me plenty of energy and the Army accepted me for who I was. I was promoted to Corporal and selected for Ser-

geant but tragically, never experienced the responsibility of that rank as I was badly injured on my 'All Arms Commando Course'.

My role in the Army was as a Recovery Mechanic in the REME (Royal Electrical Mechanical Engineers) which in itself was a very physically demanding job. I was trained in coping with different situations and environments across the world. I became an expert in extracting armoured fighting vehicles, in peacetime or under fire. These were life-threatening situations where the infantry was in serious trouble, trapped in a firefight, pinned down because their vehicle was inoperative. I would be sent in at speed, to extract that vehicle. When I got there I had to rapidly assess the situation, formulate the best plan of action to get them out whilst keeping a cool head at all times. Ensuring my safety, but more importantly the safety of the other soldiers was paramount. I could be in cold climates such as in Norway, Germany, Poland, Falklands or the hotter climates like Iraq or Afghanistan. I worked on amphibious vehicles, armoured road vehicles and main battle tanks.



I joined my first unit in January 2004, in Germany, where I did a lot of my training. I had two years' experience when I moved to the Princess of Wales Royal Regiment (1 PWRR). I went to Iraq in 2006, Op Telec 8, to a place called Alamarah. There we performed many strike operations, patrols, convoys collecting supplies, protecting the supply



Me performing the 'flagpole' manoeuvre and keeping fit

runs, making sure all the water, food and fuel got from A to B safely. We encountered roadside bombs. I've had rocket-propelled grenades (RPGs) fired at me and I've been in convoys hit by Improvised Explosive Devices (IEDs).

I learned much from that time. Skills that I've kept with me throughout my life such as how to control yourself in high stress situations. Situations demanding clarity of thought

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# drives you forw





*Driving a Warrior 2 tank*

# ard in life . . .



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and speed of action where a cool, calculating brain is the difference between life and death. These are the hugely valuable life-skills that the Army taught me.

One of my highlights in Iraq was when I was involved in a very big strike operation. Whilst on that tour, \*Staff Sergeant Chris Lyndhurst was my boss, the Chief Recovery Mechanic who received a Military Cross from the Queen, when a Challenger 2 (main battle tank of the British Army) got 'bogged in'. I was protecting the Challenger 2 with the Princess of Wales Regiment when we got a call over the radio for an immobilised Warrior armoured fighting vehicle. We were informed that one of its tracks had been damaged and that it was also 'bogged in'. I was sent to extract the Warrior Tank and the infantry as they were pinned down by gunfire and mortars. I was working with my Commander, a Corporal, at the site and there was a bad firefight, with mortars landing all around us, exploding everywhere. He was in a position of authority but unfortunately, he got 'shell shock', which doesn't discriminate over rank or file. He refused to get out of the tank because of the enemy fire. Seeing his response was quite distressing for me but that's when the 'fight or flight' response kicked in. I had no choice but to take control. If he'd been out on the ground, he would have been a danger to himself and other soldiers, but by shutting him in and locking the back of the tank, I protected us both. He was safe, I knew where he was. I could then focus on protecting myself as I was under fire whilst extracting the armoured vehicle.

Meanwhile Staff Sergeant Lyndhurst had completed the task of recovering the Challenger 2. The Colonel of the Queen's Royal Hussars was overseeing the complete operation also on the ground, from his tank. In the same location we were under enemy fire from all directions. The insurgents fired up flares, signalling to their ranks to get more reinforcements to the area within the hour.

Throughout this time the Infantry driver and I were putting chains onto the tank preparing to winch it out with enemy fire and mortars all around us. All the time I had the infantry protecting me, if any insurgents popped out, they were there to deal with them. Finally, I managed to get the tank free. It took three hours of hard work through the night to complete the task. When I got back to camp it really sank in how dangerous the task had been. When I'd joined the army I was very young and I had never experienced anything like this. It quickly made me aware just how badly situations can escalate.

Back in Germany after Iraq, I struggled getting back into normality. My Officer Commanding who had overseen the recovery operation, had notified me that I would be recommended for an award possibly a military cross, unfortunately the request never came through as he was taken off tour shortly after the task. I never felt that I got any recognition for the dangerous job I had completed. When no acknowledgement came through I reacted quite badly and I found myself rebelling towards the Army. Over time I decided to do my best and remain in the forces.

I was subsequently promoted and posted to 6th Battalion



*My mates and I having a light hearted moment*

Royal Electrical and Mechanical Engineers (REME) in 2012 as a Corporal and I was selected to go on my Commando course. Completing this course would mean achieving Sergeant quicker. Unfortunately, while on patrol on the Commando course I broke my ankle. We were covering 20 miles a day over 3 days. On the last day as we patrolled through a valley, I went over on my ankle and it gave way. I needed medical attention straight away and I had two operations. I was given physiotherapy afterwards but full recovery was slow and it was suggested I might never reach full fitness and that I should leave the Army on a medical discharge.

I was devastated because, in the army, my ADHD had been accepted whereas I understood outside in 'Civvy Street' that might not be the case. I felt I had to persuade the medical officers otherwise. I told them that I had no more pain in my leg or injured ankle. I endured all the army's physical tests, grinning and bearing the pain.

In 2013 I went on tour to Afghanistan. The body armour we were provided with in Iraq wasn't nearly as good as it was in Afghanistan. It was completely different, the body armour we were issued was just a small plate on the front and back of your body, which covered the heart, but left the lungs, kidneys and everything else exposed. I had a really good tour in Kandahar, Afghanistan with the infantry. It was good

# is sometimes h





I thought that my time in the army was probably limited and that this would be a valuable skill to acquire. I found it more and more difficult to keep up, army-wise, with my injury. As much as I wanted to keep going, I'd had my initial injury at the end of 2011 and was in Afghan in 2013, and the Falklands in 2014. My ankle wasn't improving and my body was telling me that I needed to stop. I was worried I would suffer permanent injury.

In anticipation of doing the PDR in the Falklands, I went to a scrapyard before I left and unbolted a door from an old Mini. I flew the door and my tools out with me to the Falklands.



*A Mini door similar to the one I worked on*

All my fellow soldiers thought it was hilarious and enquired when I got off the plane "What's that? Is it a telly you've brought, why have you brought a car door?" I told my friends I've become a dent man. What I would do was to put a little dent in the door then try and take the dent out, then another and another. By continually repeating this process I became quite proficient at it. When I finished the 6 months in the Falklands, it felt like the best tour I'd ever been on. Friends I'd made on this tour helped me face the future and make some difficult decisions. I would need to restart my career.

When I returned from the Falklands I had some MRI scans on my leg which indicated I needed another operation. I returned to the UK at the end of 2014 and went to rehabilitation but finally I was given a medical discharge from the Army.

Being in the Army was a fantastic time for me and set me on a good course, it was 16 amazing years of my life. When you leave school to go into the Army you essentially leave your mum, who's done everything for you. She cooks, washes, cleans and tidies your room. When I joined the Army, I quickly had to learn to fend for myself. The Army is more like a second family as they provide a roof over your head and basic necessities to help you to be independent, teaching me all the skills I needed to learn. When in training, the instructors in the Army have been in the same position so they can relate to where you are and help develop you, teaching you all the skills you need to know. The Army is very much like a pack of dogs, you live together, you train together and you would put your life on the line if needed. There's a strong sense of loyalty and trust between each other, which really helped me to open up and be myself. The friends I made in the Army were drawn to it by being

*continued on page 18*

to work alongside the Special Forces, it was nowhere near as tough a tour as it had been in Iraq in 2006. After that tour I came home and I took some leave, three months in all. I wanted to be proactive and I wondered what could I do with my time.

I began to clear out my house, selling things on Gumtree that I no longer needed. I noticed there were certain unwanted items in my house that sold very quickly. Items like my fridge/freezer, washing machine and tumble dryer. After seeing how quickly these sold, I went on to buy those same items from Gumtree, giving them a clean and then I resold them to make extra money. I found that buying and selling occupied my time very effectively and satisfyingly.



In 2014 I was posted to the Falklands and while I was there, I decided to learn PDR (Paintless Dent Removal) because

# hard to find . . .



# but when you do

*continued from page 17*

very practical and enjoyed working in a team. The Army was very good at noticing my weak points and enrolling me on courses to help improve and develop me academically.

I had to do a couple of things to progress through the ranks, I had to re-do my exams as I didn't have many GCSE's from when I left school. Once back in the classroom I still found my ADHD hard to control. The whole classroom to me was like being in a comedy club it was so funny even the tutor was laughing too. Eventually, I was removed from class and I quickly found myself being isolated. I felt like I was reliving my school days all over again!

Having received my medical discharge I was now out in 'Civvy Street'. Scary as this was, I decided to use some savings I'd banked while in the Falklands to start a new venture. I purchased a nice car, I intended buying and selling the car in the same way I'd bought and sold the fridge/freezers a few years earlier. I discovered it was an easier process with a car. Fridge/freezers have to be collected, driven home, lifted into the house, cleaned, sold, then taken to the new purchaser's house. The experience with a car was far better.

I'd see the car advertised, go to the seller's house, meet them, look at their car and have a social interaction, I enjoyed talking to the customer and bartering. They want to sell the car, they're nice, you're nice, it's a nice experience. You buy the car, take it away and prep the vehicle for resale. I liked the challenge and it kept me busy. The vehicles I hand-picked were the best examples of their kind. It was as I got involved in car sales that I met my friend Richard.

Richard already had the platform of sales; I'd come out of the Army and was very driven. I already knew a great deal about vehicle mechanics because of my Army work. I knew how to do those checks, add to that integrity and loyalty, do the job right, don't cut corners and you will succeed. If you're a likeable person, you can have a laugh and enjoy the process. The paperwork side of it doesn't come naturally to me at all, I find that the most challenging part.

Once I'd come out of the Army Richard and I became business partners. Initially we just dealt in normal cars, which if they broke down we had to repair. The clutches would go, the DPF (Diesel Particulate Filters) would bung up, all very costly items. So we drew up a spider diagram and wondered what could we do differently. We thought of many potential ideas - each time we came back to cars.

Richard spent his money on a Tesla car and bought it outright, and my experience with cars changed dramatically. The Tesla was very reliable, comfortable, and had high tech features, as well as being environmentally friendly. Everything it should be but not what you'd expect of a normal car. It has a built-in iPad-like feature as its main display screen, with Spotify, Google Maps which pretty much controls the entire car with suspension settings and in their latest released Tesla model 3 Performance having an option called "Track Mode"; custom modes with adjustments for stability control and drive train, as well as a being able to use the Dash Cam to record your hottest laps! Tesla are on a

completely different page to the rest of the market. Once we realised this, it opened up both of our lives to a new experience in cars. We discovered the extent of the electric car market - electric cars, hybrids and plug-in hybrids, far more reliable than regular cars.

We agreed to run our business in a more personal way. We were quickly known for providing a service for SOR (Sale or Return). For example, a business man who's in meetings all day,



doesn't want to be handling the sale of his vehicle while at work. We found that people prefer someone they could trust to handle the sale, in much the same way an Estate Agent sells a house. This service we provide has the advantage



of getting more money for the vehicle than if it were part exchanged or sold privately. We would prep and detail the cars to the highest standard and present them on our platform.

Once sold, the vendor had the money in his bank less our sales commission, with this service quickly becoming a large part of the business!

Richard is more academic and I'm more 'hands on' and this made us a great team as we would use each others strengths to our advantage. Richard was the face of the company, 'R Symons Ltd' and we quickly became well known in the Tesla owner's groups on Facebook. I focused on the practical side and remained behind the scenes, buying, bartering, getting stock in and selling, that was my forté. When the vehicles were ready for sale I enjoyed taking the photographs, ensuring the presentation was to the highest possible standard. 'A picture is worth a thousand words'.

We made a good name for ourselves; we would visit local hospitals. On one occasion Richard and I donated a little electric Tesla car to the children's ward. I presented the little Tesla to Dorchester Hospital (which is where I was born, which was a nice touch for me personally). The children could drive it down the hospital hall when going off for an operation or appointment. This would help relieve the worry and pressure for them by focussing on something else. It was a lovely experience for them and I felt it was an amazing thing to do for the children. I was glad to give something back.

In January this year Richard and I decided to part ways from being business partners. Change isn't a bad thing. I have accepted the challenge and have found my feet fast! I'm doing very well despite COVID-19, selling electric vehicles for owners and sourcing handpicked examples for customers. I have now set up my own company S L Jones Ltd, (trading as S. Jones Ltd) situated in Bournemouth Dorset [www.sjonesltd.co.uk](http://www.sjonesltd.co.uk).



# o, it fires you up



**Above:** *The picture says it all*

unlimited access to its network of electric vehicle chargers known as superchargers. But be careful, if a car has been traded back to Tesla, they will remove the free supercharging from their older models and resell them into the market! How can people be so set on diesel and petrol when it's all there in one package? The Tesla Model 3, has been on sale in the UK for a year now and has quickly established itself, with the performance model being one of the most wanted vehicles available right now. The instant torque in Tesla electric cars is amazing, 5-star safety ncap rating and Auto Trader 2020 Best-selling Car. I have owned many different variants of Tesla over the years; a particular favourite of mine being a Model S P85+ Signature. I would highly recommend owning one. I currently own a new Tesla model 3 performance which is incredible value for money. Its new onboard tech really appeals to me with faster charging at superchargers than the older models!

So with COVID bringing the world to a halt, people are re-thinking what they are going to buy and re-evaluating their lives and lifestyle. Now is the right time to get an electric car!

At the moment people are looking for alternative travel arrangements. I've noticed this personally. I don't want to go on a train or bus if I can help it, I don't want to potentially put myself and my family in danger of infection, so what will I

*continued on page 20*



*Myself and Jo, our salesman, presenting the electric car at Dorchester Childrens Hospital*

With the design of an electric car, Tesla needed to think outside the box, so not only did they manufacture a very capable car, but they also have an efficient supercharging network across the world. If you think of BMW, they're a very good car manufacturer but if they owned Shell or BP, it would be a far more powerful company. Tesla outsmarted all the other manufacturers right under their noses by putting Tesla only, electric charging stations all across Europe and America, establishing them quickly and making them a leader in the electric car market. Tesla's Model S Sedans and Model X SUVs, up to January 2017, all come with free,

# for good!



continued from page 19



*My little boy's first driving lesson in an electric car*

do? I'm going to travel in the safety of my own vehicle and if I haven't got a car, I'll buy one. Tesla have the added feature in their premium interior package, a bio weapon defence mode – it's as if they knew this would happen!



*My beautiful fiancé and my two boys*

What car is best at the minute? Certainly not diesel. If you can't afford an Electric car, I'd recommend a Petrol Plug-in Hybrid. Some that I know very well are the Vauxhall Ampera, Golf GTE, or the Audi A3 E-tron.

Once electric cars support the trades that rely on diesel and petrol engines, that'll be it! It will be excellent for the future and most importantly the environment. I'm making this change for my family, for the world they'll grow up in, and the sooner the better. ■

## **Simon Jones, August 2020**

For more information contact Simon on

**[www.sjonesltd.co.uk](http://www.sjonesltd.co.uk) or 07885 327 115**



*\*24817926 Staff Sergeant Christopher Brian Lyndhurst, Corps of Royal Electrical and Mechanical Engineers was awarded the Military Cross Medal in 2014*

*Chris Lyndhurst (MC), worked in the dark for 10 hours while under fire from insurgents. The task was difficult as the tank had thrown both tracks. It was done whilst under fire from small arms, rocket-propelled grenades and mortars.*



## RECHARGED

**O**ur new post-COVID-19 world could do with a recharge regarding its values. Early on in Lockdown we were all 'shell shocked' as the corona virus had its full impact on our lives and we had to stand still. We've had time to reflect in the safety of our homes and as communities we've pulled together.

Nature sprang into fullness around us as all forms of travel were restricted and we had an awakening to its beauty like never before. As we evaluate how we will fuel our lifestyle in the future let's learn something from that time, look at the qualities that have sustained us in 2020 and build those into our lives - goodness, kindness, trust, faithfulness, honesty and professionalism! Are we ready to make the change? ■





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[enquires@CooperHomes.co.uk](mailto:enquires@CooperHomes.co.uk)

**Tues**  
every week



**WALKING  
FOR  
HEALTH**

**During the course of the corona virus pandemic the**

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.**

**Thur**  
every week

**WALKING  
FOOTBALL**



**Government has advised against all non essential**

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 8QQ**

**2**  
AUG

**CLASSIC  
MOTOR SHOW**



Join them for a great day out, with music, food, stalls and much more in aid of Phyllis Tuckwell Hospice Care. 10:00 - 16:00

**Waverley Abbey School, Tilford, GU10 2AE**

**2**  
AUG

**DORKING'S  
ARTISAN MARKET**



Why not pop on over to the West Street car park and check out Dorking's new antique-inspired market in the beautiful town? 11:00 - 16:00

**West Street Car Park, Dorking, RH4 1DG**

**12**  
AUG

**THE RIFLES  
UNPLUGGED TOUR**



Quick-witted songs, rolling guitars and a crucial hint of ska coming from their tighter than tight rhythm section make The Rifles the perfect track. 19:30

**The Boileroom, 13 Stokefields, Guildford**

**14**  
AUG

**COMEDY NIGHT**



Join them for a intriguing night of fun and mystery. Including a welcome drink, 3 course meal and entertainment. 19:00 - 23:55

**De Vere Selsdon Estate, South Croydon**

**16**  
AUG

**PERRYWOOD  
CHARITY FUN DAY**



A field of two halves, one half holds a match, the other half will consist of rides, stalls, live music, raffle etc. 12:00 - 18:00

**Perrywood Sports & Social Club, RH1 5JP**

**21-23**  
AUG

**WEYFEST 2020**



Imagine a music festival without mud! Where everyone is a VIP with access to posh loos and showers. Welcome to WEYFEST! *All Day Event.*

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

**29-31**  
AUG

**HAMPTON COURT  
FOOD FESTIVAL**



Explore Henry VIII's palace, good food, pop-up bars, chefs & experts, try Tudor cookery, shopping & gifts and kids' entertainment. *All Day Event.*

**Hampton Court Palace, East Molesey, KT8 9AU**

**29**  
AUG

**THE LEGENDS  
FESTIVAL**



The UK's largest celebration of the world's greatest pop and rock acts, come along to the Legends Festival! 13:00

**Stoke Park, Parkway, Guildford, GU1 1UP**

**Please check all of these dates in light of COVID 19**

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

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



**Fri**  
every week

**RHYMETIME!**



travel, socialisation and contact with others, so 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**

**Sat**  
every week

**PARKRUN**



please check all of these dates in light of COVID 19  
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**

**8**  
AUG

**PRIDE IN SURREY  
2020**



Featuring a longer parade route that runs into the Pride Park and Return of The Youth Pride zone with Surrey's 'Twister' and 'IAmMe' Youth services. 11:00 - 22:00

**Wheatsheaf Common, Woking, GU21 6QX**

**12-19**  
AUG

**SUN AND MOON  
FESTIVAL 2020**



Sun and Moon is the festival of love and light – A wonderful week of wellness and wellbeing for all ages. 12:00 - 23:00

**Merrist Wood College, Worplesdon, GU3 3PE**

**15**  
AUG

**IBERIAN PERFORMANCE  
SHOW GALA EVENING**



Over 120 majestic Spanish and Portuguese horses in competition and displays to music. Event highlight is the Gala Evening. 21:00

**Merrist Wood Arena, Guildford, GU3 3PE**

**15-16**  
AUG

**BIG MEAT  
& BEER FESTIVAL**



Food stalls showcasing big meat dishes, a man V's food challenge on stage and a beer tent with a large range of ales and craft beers. 10:00 - 17:00

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

**22**  
AUG

**THE SERPENT TRAIL**



Come and run through habitats rarer than rainforest on this journey through the greensand hills, woodland and river meanders of Surrey. *All Day Event.*

**Haslemere High Street, Surrey**

**22-23**  
AUG

**SURREY HILLS  
ARTISAN FESTIVAL**



The Festival has been created to showcase many of the exceptional Artisans from across Surrey, who will share their knowledge, skills and crafts. 10:00 - 17:00

**Denbies Wine Estate, Dorking, RH5 6AA**

**HEALTH & LEISURE WALKS NOTICE**



In light of the coronavirus pandemic the Government has advised to stay at home as much as possible, work from home if you can and limit contact with other people. **We've cancelled all walks until further notice.**

*We will keep you informed on the HDC health walks webpage:*

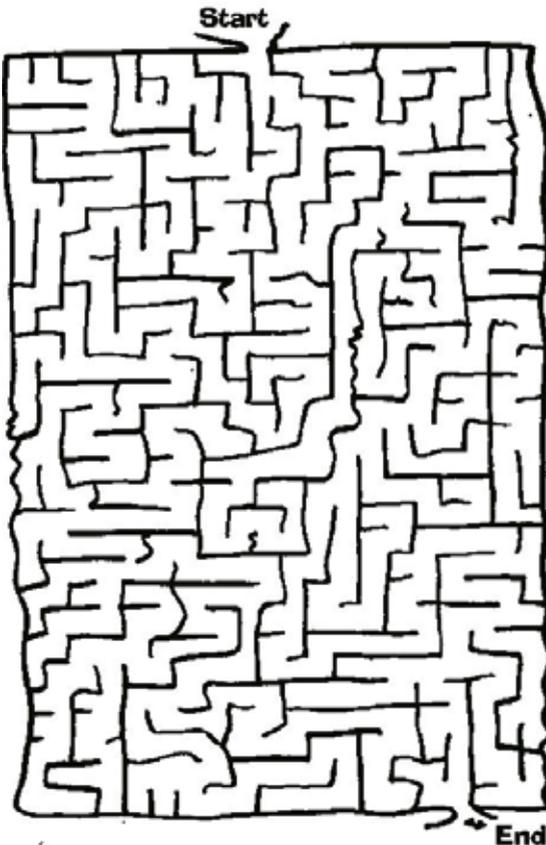
[www.horsham.gov.uk/sport-and-leisure/walking/health-walks](http://www.horsham.gov.uk/sport-and-leisure/walking/health-walks)

**Please check all of these dates in light of COVID 19**  
**DATES FOR YOUR DIARY** For more info visit our online Event page:  
[www.cranleighmagazine.co.uk/event-calendar](http://www.cranleighmagazine.co.uk/event-calendar)

# The Dog and the Horse Hidden Picture



This maze is hard! Can you make it to the end?



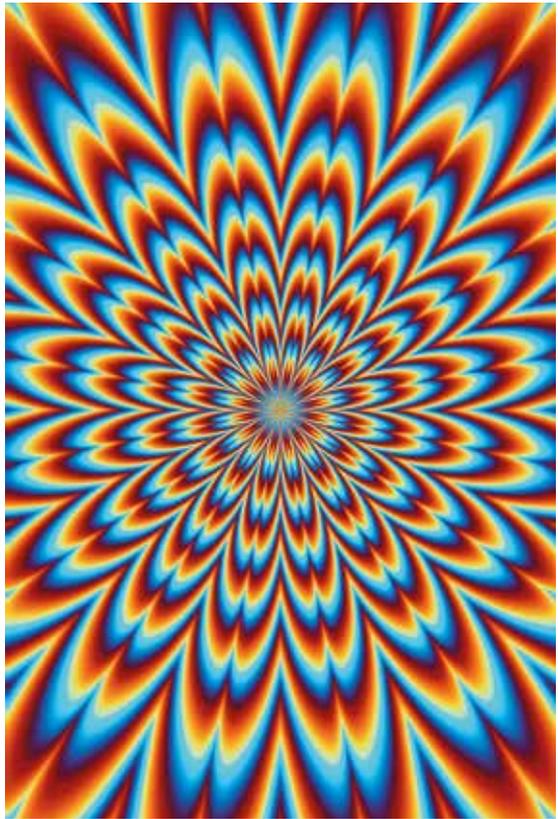

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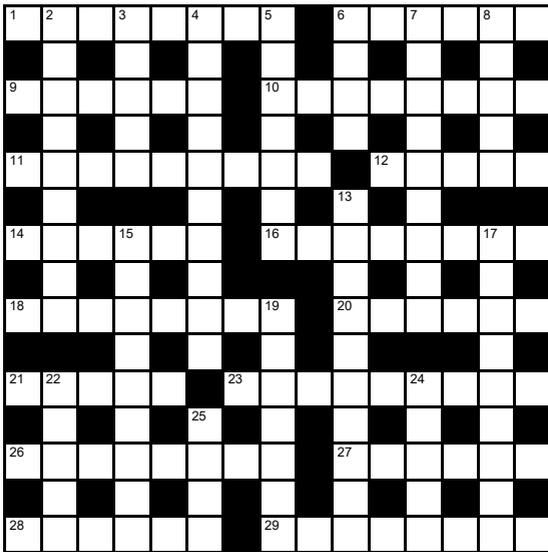
For more information, contact us on

**t: 01483 267437**  
**f: 01483 267384**  
**m: 07860 623122**

Email: [bernard.brace@btconnect.com](mailto:bernard.brace@btconnect.com)  
 52 Smithbrook Kilns, Cranleigh,  
 Surrey GU6 8JJ



### August Crossword Puzzle



### August Sudoku Puzzle 1 - Easy

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

### August Sudoku Puzzle 2 - Hard

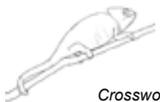
1					9			8
	8		7					
		3					9	
2		5	3	9		1		
3	4	8		5		6	9	2
			1		4	8	3	5
			6				5	
					3		6	
	1		5					7

**Across**

- 1 Pulled a face (8)
- 6 Deeply felt (6)
- 9 Business combination (6)
- 10 Rain gently (8)
- 11 Orts (9)
- 12 Hangs around (5)
- 14 Undiluted (6)
- 16 Units of sound intensity (8)
- 18 Weird things (8)
- 20 Charge with a crime (6)
- 21 Expect (5)
- 23 Stopped (6,3)
- 26 Fighting axe (8)
- 27 Scheduled (6)
- 28 Public address (6)
- 29 Rule out in advance (8)

**Down**

- 2 Returned to office (2-7)
- 3 Power (5)
- 4 Murderous painter of "The Supper at Emmaus" (10)
- 5 Craved (7)
- 6 Calvary inscription (1,1,1,1)
- 7 Retired (4,2,3)
- 8 Team race (5)
- 13 Providing grounds for a lawsuit (10)
- 15 Bring into being (9)
- 17 Midlands cathedral city (9)
- 19 Conceited and snobbish (5-2)
- 22 Shout with joy (5)
- 24 Whimsically funny (5)
- 25 Sprint (4)



Colin the Cranleigh Chameleon, was hiding on page 18 during the month of July. Did you spot him?  
Crossword and Sudoku answers will appear in the next issue.

### July Crossword and Suduko Answers

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

July Crossword Solution

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

July Sudoku Easy Solution

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

July Sudoku Hard Solution



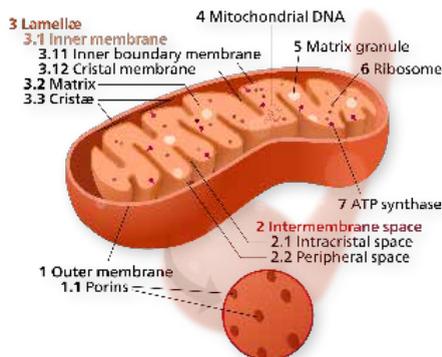
# Recharged

by Sue Potgieter Nutritional Therapist & Naturopath mANP rGNC

**A**re you someone who likes to buy new batteries when the old ones run out or do you prefer rechargeable ones? According to a well known website 'Rechargeable batteries offer a cost effective option of using devices which require portable power, as the energy supply is recharged and reused'. Did you know that, with the exception of blood cells, we have batteries or 'powerhouses' in every cell of our bodies? These batteries within are called mitochondria and their main task is to produce the energy which your cells need to function and to regulate cellular metabolism.

In the past decade there has been an exponential growth in the understanding of how these cellular powerhouses work, particularly with regard to chronic health conditions. There are 10 million billion mitochondria in an adult human being, approximately 10% of our bodyweight!

Each cell has their own 'shuttle service' that transports chemical energy within the cells. The brain and the heart



*Mitochondria float freely throughout the entire cell. Mitochondria are made of an outer and inner membrane. The outer membrane covers the organelle like a skin. The inner membrane folds to create layers call cristae. There is a fluid in the mitochondria known as the matrix. Mitochondria is often referred to as the "powerhouse" of the cell. They work as a digestive system; they take in nutrients, break them down, and create molecules with energy for the cell.*





Plenty of sunlight and exercise is always good for you

have the highest energy demands in the body and therefore create the most of these transporting molecules, known as ATP, up to 6kg a day! In fact the energy charge created is almost equivalent to a lightning bolt! Amazingly, a healthy person at rest produces their body weight in ATP every day! This is due to the fact that ATP cannot be stored.

#### These ATP transporters are made from:

- carbohydrates (grains, seeds, root veg etc)
- fats (nuts, avocado, fish, olive oil etc)
- protein (meat, fish, lentils, eggs etc)

Eating more however does not mean that you will have more energy! In fact, over eating or over-nutrition can eventually lead to a decrease in ATP production. Mitochondria are also very flexible and alter their behaviour based on whether the incoming fuel source is carbohydrates or fats.

#### What happens if mitochondria don't function correctly?

Mitochondrial dysfunction can play a major part in Parkinson's disease, Alzheimers, metabolic syndrome and many cancers. It has also been associated with migraines, fibromyalgia, chronic fatigue syndrome and cardiovascular disease. Symptoms may include fatigue, digestive problems, muscle aches and respiratory problems amongst others.

**How do they become damaged?** Mitochondria are especially susceptible to nutrient deficiencies, a sedentary lifestyle, high levels of stress, poor sleep, sugar & processed foods, alcohol, chronic infections and environmental toxins such as POPs (persistent organic pollutants found in pesticides & solvents). Many prescription drugs (especially aspirin, L-dopa, anti-inflammatory pain killers and statins) prescribed frequently or taken for a long time may impact mitochondria as well.

**NB. NEVER stop taking prescribed medication without first having a discussion with your GP.**

#### Here are some strategies to improve your mitochondrial health:

- Eat an anti-inflammatory diet such as the Mediterranean diet (a plant based eating plan made up of fresh fruit and vegetables, with 3 portions oily fish a week, limited dairy and reduced amounts of red meats)
- Reduce sugar, processed foods & alcohol
- Make movement part of your daily routine
- Improve your sleeping habits
- Use intermittent fasting (eat during an 8-10 hour window, fast during the remaining 14+hrs to allow your system time to rest & recharge)
- Practice deep breathing to reduce the 'fight or flight' stress response
- Get plenty of sunlight for good levels of Vitamin D
- Drink good quality water

One vital nutrient for the mitochondria is Coenzyme Q10 (CoQ10) which is found in grass fed meats, wild caught fish, grass fed butter, avocados, olives & olive oil, broccoli, cauliflower and sweet potato. Many GPs now prescribe CoQ10 alongside statins to combat the reduction of CoQ10 in the heart mitochondria by the statin medication. Other nutrients required for the production of ATP are magnesium and B vitamins. A good multi vitamin which has CoQ10 included can be very supportive. Personalised nutrition protocols are very successful at optimising health and wellbeing particularly as practitioners understand the role which an individual's diet and lifestyle choices play in chronic health issues and disease. If you are concerned about any issues raised in this article and would like a free 30 minute phone call to discuss how I can support you on your journey back to health please email me: [sue@thegenuinelivingcompany.com](mailto:sue@thegenuinelivingcompany.com)  
**07961 990087**

Sue



\*\*Next month I will be doing a Q&A session so if you have any health questions that you would like answered please email them to me at the above email address\*\*

\*Don't forget to follow me on Facebook and Instagram! (@the\_genuine\_living\_company)

# TUMBLE DRYERS

(for better or for worse)

by Sharon Duggan

I'm going to own up now - **I HATE TUMBLE DRYERS**, which is why I've never owned one, but I realise that they're very convenient for a lot of people, especially with larger families. Did you know, however, that turning on a tumble dryer for an hour is the equivalent of turning on 225 light bulbs all at the same time? Yes, you heard right – the equivalent of 225 lightbulbs - now that's not funny!

I appreciate that in this country, drying our clothes can be a bit of a dilemma when it's cold, or cold and wet. I do think it's worth saying though that I still manage to dry clothes on the line some of the time even in the winter. The rest of the time, I use radiators or clothes airers. I'm lucky though, as I've never found that I get lots of condensation - perhaps because I'm always opening windows, even in the winter (well, not all the time if it's very frosty outside!).

Let's be clear though: drying clothes on a washing line is by far the best thing to do, so if you've got access to one - use it!

Something else that helps is to ensure that your clothes are spun sufficiently. Occasionally, I'll go to remove something from the washing machine and it's really still a bit too wet so I put it on "spin" again to ensure that as much water as possible has been spun out. It's also important to mention that it costs far less to spin water out of clothes than to dry them in a dryer.

I also plan when I'm going to wash (I've never been someone who washes a little bit every day - I tend to do washing when there's plenty of it, so it can be more than one line-full at a time).

Perhaps because I walk in the countryside each day, I'm always very keen to see the weather forecast details and I also make a note of when will be good drying weather - so if tomorrow, for example, looks like it's going to be warm and sunny - and even better if there's going to be a bit of a

breeze (which of course dries everything at "turbo" speed!), then I'll take advantage of that.

If you have to dry indoors, then it's really important to let the moisture out by opening windows - and quite frankly, it's also really important to have some fresh air circulating in your home; far better and safer than synthetic air fresheners, that's for sure!



#### If you absolutely have to use a dryer:

- ensure you fill it up rather than just doing lots of loads with hardly any clothes in the drum, which uses loads of energy!
- ensure your clothes are separated and not tangled up when you load them, as enabling air to circulate will help to get to all the parts of the clothes and help them to dry quicker.
- try to put similar materials together in a load. It's a bit of a no-brainer really because when you think about it, lots of different types of clothes will inevitably have different drying times!
- again it may seem obvious when pointed out, but try to place the dryer in a warm place in your home rather than out in a garage or utility room. This means the dryer doesn't have to work as hard to dry everything and again will use less energy (less being a bit of a contradiction in terms!).

The bottom line though is that tumble dryers **EAT ENERGY FOR BREAKFAST!** As such, whatever model you get and if you use it regularly, it will put your bills up significantly and really isn't good for the planet – so, try to work towards living without one. ■

[www.facebook.com/howtoliveagreenerlife](http://www.facebook.com/howtoliveagreenerlife)





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# WILD WONDERS

By Miki Marks

**A**re you feeling weedy? My grandmother would ask this if she thought I looked wane and feeble. An odd expression, as in my experience weeds don't tend to suffer from feebleness. They are just waiting to colonise any space that might offer an opportunity. A crack in the pavement, a gutter, the fork of a tree – all can be home to some adventurous plant.

In my road, the convention is to park on the south side only, not to impede the traffic flow. The council road sweeper cannot get its brushes into the gutter that side and this year the resilient wild flowers have hopped from verge, over the kerb, into the road. There is now long thick green swathe of chickweed, plantain, lesser bindweed, silverweed and pineapple plant. Pineapple plant – *Chamomilla suaveolens* – smells to some of pineapple, to others of apples. The name derives from Greek from 'apples on the ground'. Or, the name might have come from the rounded, yellow flowerheads suggesting a certain pineapple-ishness.



Every year the weather creates conditions which favour one plant over another. Could be a cold winter, or a wet spring or even a previous hot summer. But what could be the reason for noticeably larger sow thistles? They seem to have grown to monstrous proportions this year – I measured one at **6ft!** Triflids.

When romantics think of fields of wild flowers, perhaps sow thistles do not immediately come to mind; they are definitely in the unloved 'weed' category. Even their Latin name ***Sonchus*** is less than musical. There are two forms; the prickly and the smooth, and they are often to be found growing together, and are one of the first colonisers of disturbed land.

Their name derived from the early belief that the juice in the stem increased the milk yield of sows – even nursing mothers were thought to benefit from drinking the latex.

The smooth leaved variety, according to the Roman historian Pliny the Elder, was turned into a sort of porridge and given to Theseus before he did battle with the Minotaur – to give him strength and courage. It is said that the leaves can be eaten raw in salad. Perhaps as an antidote to 'weediness'?

Our green spaces have been particularly valuable during these recent months. Conservation work has continued on **Beryl Harvey Fields** – with volunteers attempting to bring a balance between the arch-colonisers like rosebay willow herb – and our much loved orchids. What to do about ragwort? This bright yellow flower has hugely multiplied – it is a most prolific seed-setter. It is a prescribed weed and mentioned in the 1959 Weed Act's list, but it is great for butterflies, bees and other insects – and in particular the caterpillars of the stunning cinnabar moth.



Many people have told me how much they have loved going to **Beryl Harvey Fields** during this difficult time. It has been a place for quiet meditation, even some therapeutic tree-hugging of our large oaks. ■

**If you would like to know more about our conservation site in Cranleigh please contact Philip Townsend at [townsendp99@gmail.com](mailto:townsendp99@gmail.com)**





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## Cranleigh Arts Centre - August 2020 An Update on our Closure

**D**ue to the difficulties of COVID-19 we are not yet ready to reopen, but behind the scenes we are all planning when and how this can be done, while following government guidelines to ensure the safety of all who come into our building.

We really value the community's support through emails, social media, surveys and your kind donations which all enable us to plan confidently for the future and our eventual reopening. Keep in touch with through: [www.cranleighartscentre.org](http://www.cranleighartscentre.org), Cranleigh Community Radio: [destinationcranleigh.net/radio/](http://destinationcranleigh.net/radio/) and social media to see how we are still enriching and inspiring from a distance and news of when we will be able to entertain you again in person.



### Have you been creative in lockdown? Join our virtual Gallery.

**C**ranleigh Arts has created a virtual Gallery at: <https://bit.ly/2Z2CWX0> so our artistic and creative supporters can show what they have been up to at home since we have been closed. We can't meet but we can share.

If you've seen Grayson Perry or Bob Ross on TV you'll know how healing any creative activity can be and is probably what has kept many of us going through these difficult times. Cranleigh Arts grew from a group of people wanting to "have a go" and then be inspired by others. Will you join in too?

We'd love to see any wonderful "works of art" that you have made and would like to share to inspire us all. Images of anything in any form can be sent to: [cranleigh@cranleighartscentre.org](mailto:cranleigh@cranleighartscentre.org). Beginner or more experienced, young or old, your view from lockdown is unique and can help others and be a record of these extraordinary times.



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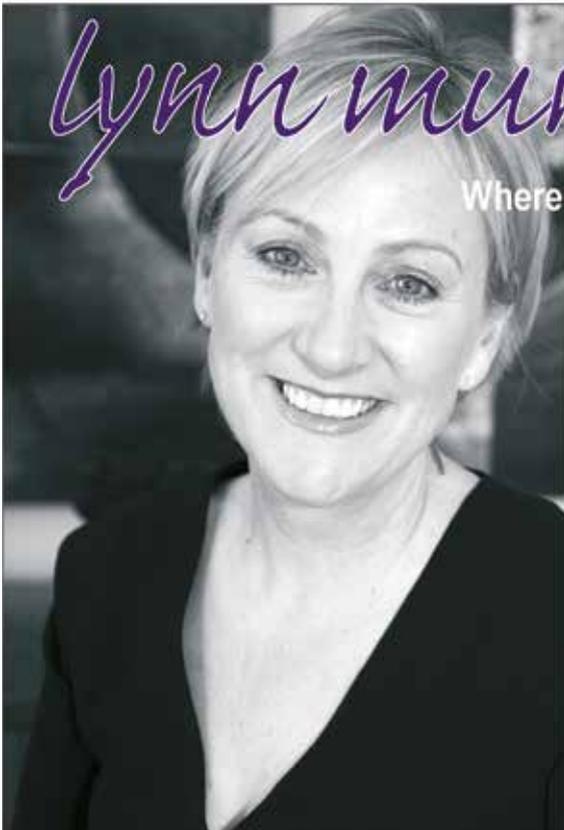
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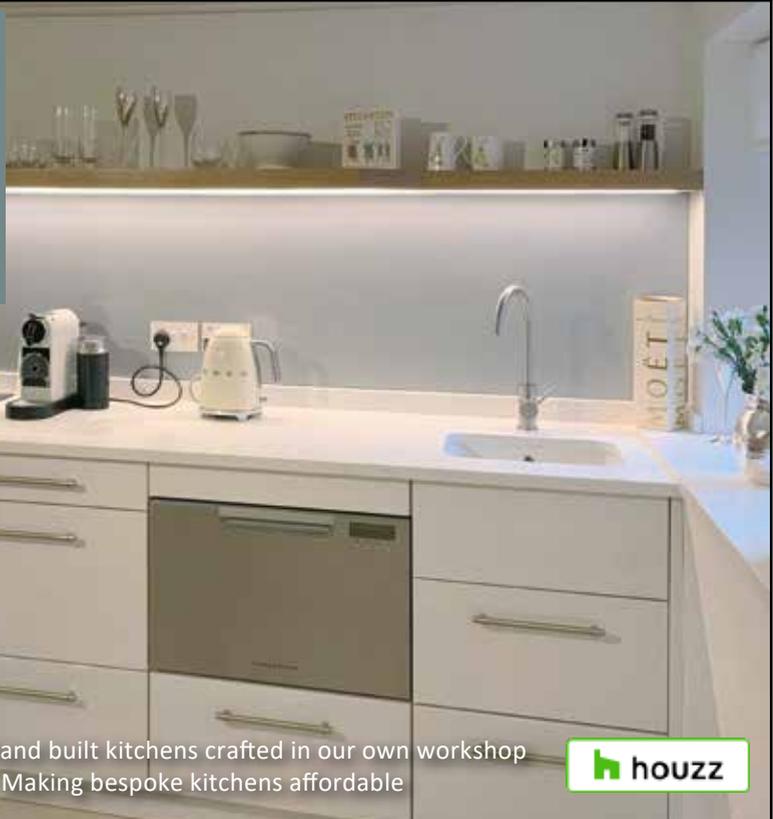
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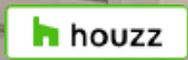
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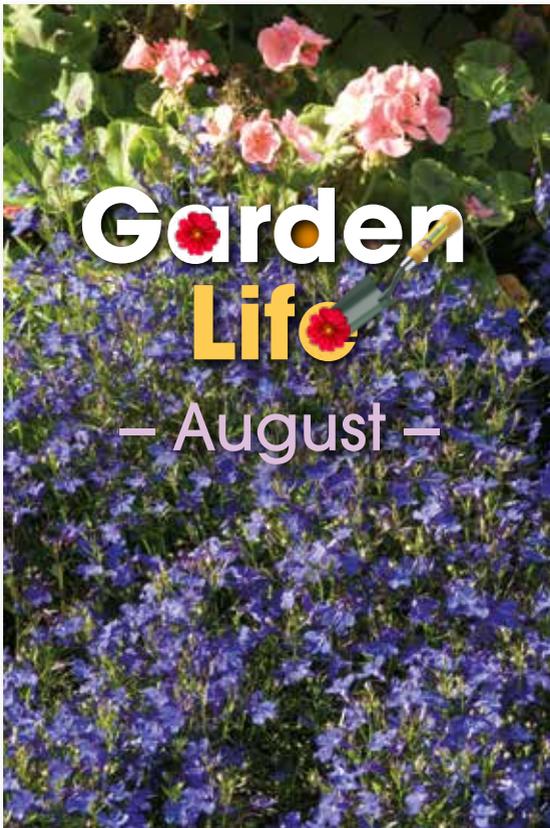


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- JACK BRUFORD  
MANAGING DIRECTOR



**W**e are now half way through 2020 and are all slowly realising that the 'New Normal' is going to be our way of life, certainly for the rest of the year. So, we have all had to try to find new coping mechanisms and the main one for me has been the garden. The day before 'Lock Down', I was to be found raiding Notcutts for every little treasure that I could sow, grow and eat over the coming months – my form of stock piling was in full swing! I hasten to add that I was blithely blinkered to the actual size of my veggie patch and set about sowing seeds and potting up my tiny treasures and just presumed that if I ran out of space then I could supply produce to my friends. So, I think everyone that I know has had gifts of delicious edible plants and I am having such fun growing and munching them.

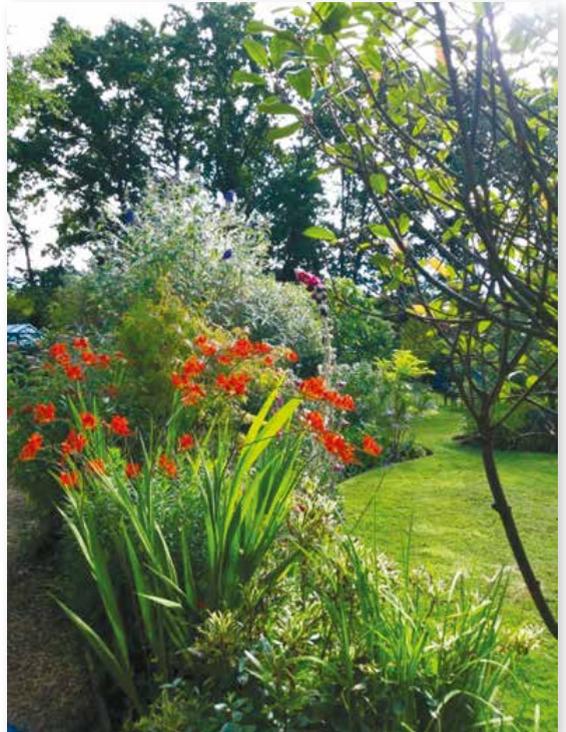


Home grown veggies seem to be totally unaware of supermarket conformity, as you can see from my friendly carrots - they may be odd shapes but the flavour is wonderful! The slugs and snails have not flourished in the hot, dry weather and the good news is that it is not too late to pop more varieties in! So, even though

a lot of veggies are cropping there are still some that can be planted, such as leeks, cabbages, broccoli, cauliflowers and also tomatoes and runner beans, which are still available. I find that veggies are best grown in raised beds

filled with good compost, or grow bags and pots if you have limited space but they do need regular watering.

I fell in love with gardening at the age of 3 and eventually trained as a Garden Designer. Helping other people to develop their gardens has made me understand how gardens can be a huge benefit to our mind, body and spirit, especially in these concerning times. If you are lucky enough to have a garden, do take the time to wander round, really looking at the myriad of greens, listen to the wind rustling in the leaves, smell the delicate perfumes around, hear the bees and insects buzzing on the flowers – even sip the



rainwater inside a rose! Breathe in the smell of the earth, especially early in the morning, or late evening and treat yourself to a bare footed walk around, peeping through the plants and relax. If you don't have an outdoor space then wander round a local park, along a river bank, or across fields to enjoy the calming effect of nature.

I leave you with a poem by Georgia O'Keefe:-

*'A flower is relatively small. Everyone has many associations with a flower - the idea of flowers. You put out your hand to touch the flower - lean forward to smell it - maybe touch it with your lips almost without thinking - or give it to someone to please them. Still - in a way - nobody sees a flower - really - it is so small - we haven't the time - and to see takes time like to have a friend takes time. If I could paint the flower exactly as I see it, no one would see what I see because I would paint it small like the flower is small.'*

Gill Ford ■





# A Place For Everything, And Everything In It's Place

by  
**Penny Lynch**

**T**he COVID-19 pandemic and the resulting lockdown has been challenging in many ways, but there have been some positives too. For many of us, it has provided some much needed "down-time" to get the garage and loft sorted and bring a semblance of organisation into our homes.

However, with the easing of lockdown our lives are getting busier again and it is tempting to slip back into our old habits of not putting things away where they belong. But letting clutter accumulate around you can elevate your stress levels and reduce your ability to think clearly.



Putting things away in an organised fashion, which would take literally seconds to do, will inevitably reduce frustration and save us valuable time. For example, some of my family members, (no names mentioned!), are forever for misplacing their car keys causing havoc and strife when

they next need to go out! Sound familiar? Why not designate a drawer or container or even a cupboard with hooks to avoid last minute panic?

Have a home for everything, that way it is easy to put the item away and even easier to find it next time.

Another good strategy is to store things close to where you actually use them. The DIY tools I use for little jobs around the house are a good example. I used to store these tool outside in the garden shed and after use they would be left sitting, often for days, on the side waiting to be put away. So instead I brought a small selection of tools indoors and found a little box in the utility room to store them in. Now it's easy for me to find them and put them away when the job is finished.

Often we think we've not got the time to put things away but mostly it's that we don't have the motivation to do it. If putting something away takes less than 2 minutes it's worth doing there and then.

It has been proven that if you have an organised place to work/live you can perform tasks more productively. Clutter overloads your senses, causing anxiety level to rise and reduces your ability to think straight and be creative. How good does it feel to walk into a room where everything is in its place? Pure bliss. **So, nip clutter in the bud.** ■

**Penny Lynch 07763 862470**  
email: pennylynch@gmail.com





**D**o you live in Cranleigh and own a classic car or motorbike? Would you like to help the Lions raise much needed funds?



Following the cancellation of our Classic Car Show, Cranleigh Lions are planning a unique "Classics on the Drives" event to take place on the 6th September and are looking for Cranleigh Classic owners to take part.

If you live in Cranleigh, own a classic car or motorbike and would like to find out more about this event, please email Lion Peter Baverstock - [baverstock01@aol.com](mailto:baverstock01@aol.com)



Our **Sunflower Site** is still open and has a number of handmade garden products for sale.

We are now also able to offer cotton-based face coverings made by a small group of Lions ladies. They are washable at temperatures of 60 degrees and therefore reusable. Recommended donation of **£3** or two for **£5**. All proceeds go to our Lions charity to help our community.

Don't forget to listen to this week's Cranleigh Radio and our Presidents quiz: <https://bit.ly/3f8jVln> ■

## Ellens Green & Rudgwick Gardening Association



*Class F13 / 1st in class / Brenda Westbrook*

**T**he Ellens Green and Rudgwick Gardening Association (EGRGA) has announced some winners in their Virtual Summer Show – a display of photographed show entries on the association's website.

Chairman Richard Haigh said "The popular classes attracted lots of photos so we awarded first, second and third rankings where we could. Of course we missed doing the real thing, but our virtual show brought a bit of much-needed cheer to the community". The Association is now working on its Virtual Open Gardens event, to be launched later in the summer.

To see the winning entries, go to: [www.gardenreg.org](http://www.gardenreg.org) ■



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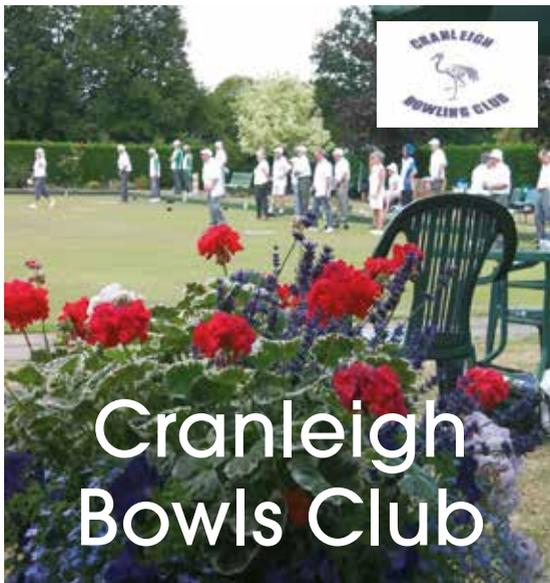
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**We are now able to introduce a limited programme of social bowling since June 1st 2020.**

Government guidelines allow us to play singles only with a limit on the number of players on the green at any time. Full details will be sent out to all club members shortly. Rinks must be booked in advance.

To access the Login page for RINK BOOKINGS visit: <https://bit.ly/2Aq1Gyl>

## How to find us

*Cranleigh Bowls Club is part of Cranleigh Village Sports and Social Club in Parsonage Road (GU6 7AN), just off the High Street.*

If you are interested please contact David Andrews on **07495 491639** or e-mail [davidrandrews777@gmail.com](mailto:davidrandrews777@gmail.com). You can also visit our web-site at [www.cranleighbowlingclub.com](http://www.cranleighbowlingclub.com) to find out more information and to sign up to our news alerts. ■

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**Lidia Bastianich**

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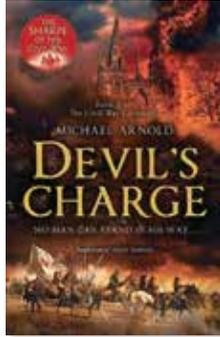


# BOOK REVIEW

## Devil's Charge

by Michael Arnold

*'A dark-hued romp, livid with the scents, sounds and colours of a country on the brink of implosion...impressive'*  
- Daily Express



**D**evil's Charge, the second in The Civil War Chronicles, Michael Arnold's acclaimed series of historic thrillers, witnesses battle-scarred hero Captain Stryker, 'the Sharpe of the Civil War', fight for his life and honour.

England stands at odds: king fighting Parliament, town versus country, brother against brother.

For Captain Stryker, marked hero of a dozen wars, the rights and wrongs of the cause is nothing. His devotions are to his own small band of brothers in arms, and to Queen Henrietta Maria's gorgeous and most lethal agent, Lisette Gaillard. So when Prince Rupert assigns him with a secret mission to discover what became of Lisette and the man she was guarding, a man who could hold the key to Royalist success, naught, not false imprisonment for murder, ensnarement, a doomed siege or a deadly religious fanatic will stand in his way.

*"Michael Arnold's Devil's Charge featuring the battle-hardened English civil war veteran Captain Stryker, skilfully blends the author's own inventions with the real events of 1643."* - Sunday Times

*"Fans of Cornwell's Sharpe novels will love Captain Innocent Stryker - he's uglier, meaner and cleverer than Sharpe. Tremendous!"* - Ben Kane

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# Getting char

## 1 Fresh Haddock Mousse

Serves 6

I love this dish! You can have it in so many ways, as a starter in a family dinner, for a healthy lunch or for a snack. Haddock is a good source of vitamin B6 and B12, magnesium, niacin, phosphorus, and selenium.

A raw fillet contains around 143 calories, 31.5g of protein, and 0.9g of fat. It contains no carbohydrates or sugar, perfect to recharge our body and mind in healthy and delicious way.

### Ingredients

350g Haddock fillet, skinned, 25g butter, 1 bay leaf, 30g plain flour, 200ml milk, 6 peppercorns, 7.5ml powder gelatine, 15ml Dijon mustard, 30ml tomato ketchup, 5 Worcestershire sauce, 90ml double cream, 150ml mayonnaise, 20ml lemon juice, Salt and Black pepper

### Preparation

1. Place the haddock in a frying pan, pour over the milk and add the bay leaf and peppercorns with a good pinch of salt. Bring slowly to the boil, cover and simmer for 5-10 minutes or until the fish flakes easily when tested with a fork.
2. Meanwhile, place 30ml of hot water in a small bowl and sprinkle the gelatine. Stir briskly until dissolved, then leave to cool. Strain the liquid from the fish and reserve. Flake the haddock, discarding any bones.
3. Melt the butter in a medium saucepan, add the flour and cook gently, stirring for 1-2 minutes. Remove from the heat and gradually blend in the fish juice you kept. Bring to the boil, stirring constantly, then simmer for 3 minutes until thickened and smooth. Remove from the heat and stir in the soaked gelatine.
4. Mix the sauce, fish, mustard, tomato ketchup, Worcestershire sauce, salt and pepper in a blender or food processor until smooth. Turn out into a bowl and cool. Lightly whip the double cream.
5. Stir in the mayonnaise and lemon juice with cream. Adjust the seasoning if need be, place the mix in a food container and refrigerate for 4-5 hours.
6. When firm, cover with cling film. Always remember to remove it from the fridge 30min before serving. Excess chilling takes the edge off the flavour of the fish.



### Recommended Wine:

Gewürztraminer (Germany or Austria)



# ged up!

## 2 Chicken, Parsnip and Mushrooms *Serves 4-6*

This is a variation of the very famous classic French dish pot-au-feu. I love this classic dish, the broth, the tender poached chicken and the nutty mushrooms. A healthy feast that will recharge the body and mind.

### Ingredients

3 tablespoon olive oil, 2 leeks, washed and thickly sliced, 2 parsnip, peeled and cut into chunks, 4 bay leaves, 8 cloves garlic, unpeeled, 12 shallots, 1 small handful thyme, 200g assorted mushrooms, cleaned, 1 large (1-1.2kg) chicken, trussed and rubbed with 1 teaspoon salt, Salt and black pepper

### Preparation

1. Heat oil in a large deep saucepan or casserole dish (one can fit the whole chicken, preferably with a tight fitting lid). Fry the leeks, parsnip, bay leaves, garlic and shallots until they begin to turn golden. Add thyme and mushrooms and fry for one minute.
2. Sit chicken on top of the vegetables and pour in enough boiling water to just about cover the chicken. Bring to the boil, then lower the heat to a simmer, cover and poach for 60-90 minutes. The chicken is cooked when the meat on the thigh is no longer pink - test with a skewer.
3. Once ready add a little salt and pepper to taste, then leave to sit in the broth for 15 minutes off the heat.
4. Remove the chicken and place it on a serving plate, cut up the chicken and serve with the vegetables and mushrooms. Place the broth in a jug and use as the sauce. Enjoy!



**Recommended Wine:**  
*Pinot Noir (New Zealand)*

*continued on page 52*

### 3 Nectarine Stuffed with Pistachios and Honey Serves 4

*This is a different take on an Italian classic. You can serve it warm for a family dinner or at a picnic.*

#### Ingredients

4 large free-stone nectarines, 150g unsalted butter, 1 cup shelled, unsalted pistachio nuts, coarsely chopped, 100 ml light honey, finely grated zest of 1 lemon

#### Preparation

1. Preheat oven to 180c or mark 4. Half the nectarine and

remove the stones. Using a teaspoon, scoop up a little of the flesh to allow more stuffing.

2. Lightly grease a roasting dish with butter and place the fruit halves in, cut side up.
3. Bring the pistachios, honey, remaining butter and the lemon zest to boil in a small saucepan, stirring slowly. Boil for a few minutes until it starts to caramelise.
4. Spoon our mix into the fruit cavities, bake for 20 minutes or until the pistachios start to go a golden brown colour.
5. Rest them for 15 minutes before serving with whipped cream. All done!

**Simone Conti** ■

"My Doctor told me I had to stop throwing intimate dinners for four unless there are three other people."

- Orson Welles



# “It’s good to talk”

by **Raymond Holt**

An ex Cranleigh village Bobby

*He liked to sort out bullies  
When young was bullied himself  
He remembered the pain and suffering  
A weaker person felt.*

*Although a man to help all others  
It came as no surprise  
That when he needed help himself  
He bottled it up inside.*

*Problems hard to deal with  
Are worse without much sleep  
But as the sun is rising  
They seem easier to meet.*

*Why didn't he share his problems  
With a friend or mate?  
Someone said “read the Bible”  
Or was it just too late?*

*What is the point in having books  
To decorate a shelf?  
Better by far to read them  
And educate oneself.*

*And now it is too late to help  
Or so that's what I heard  
It's strange to think lives could be saved  
With just a spoken word.*



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## THING's ain't what they used to be!

By Richard Johnston

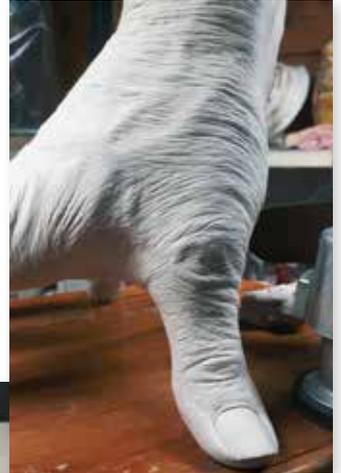
In the 1991 film 'Addams Family,' the peculiar family's pet was a disembodied hand called 'Thing.' It was achieved with a clever mix of a performer's real hand and computer effects and works very well on screen. I wondered if I could create a similar sort of illusion but for a theatrical performance instead of film. So, I started

to design a hand shaped glove with a hole in the back of it, so a performer's real hand could be inside controlling it. The performer's arm would be hidden by a black fabric sleeve and the background would also be black thus, hopefully, giving the illusion of a severed hand, moving around on it's own.





I constructed an aluminium wire skeleton, begun adding plasticine on top and using references photos of a hand in the right position, started sculpting the shape. It took me a couple of weeks to get the right shape and I over emphasised the wrinkles on the sculpt, planning that it would only really be seen from a distance and would need to be larger than life. I used old dental tools, an old fruit knife and a rubber washing up pad to try and get the texture right. I was experimenting as I went along!



*continued from page 56*

continued from page 55



I then made a three part plaster mould and once cured, I cleaned out any plasticine still left inside the inner surface. Once the mould was put back together and sealed, I then poured in liquid latex and left it to form a fairly thick skin over 6 hours or so. Eventually, the skin dried and I was able to undo the mould and pull out a latex, hand shaped glove. I produced three gloves in all and experimented where best to put the hole for the performer's hand. Then I used a combination of rubber glue, Heptane and oil paints to colour the hand and soon, 'Thing' had come to life!



Even though it's a severed hand, I didn't want it to be too gruesome! But the concept was proven and generally speaking was a success. I had never created anything quite like this before and even using the combination of Heptane, rubber glue and oil paint was all new to me too.



Experimentation is the only way of starting an idea and having learned from my mistakes, I hope to have another go and improve upon it next time! ■

Instagram: [@swd\\_designer](#)  
 LinkedIn: [Richard Johnston](#)  
[www.sketchworksdesign.com](http://www.sketchworksdesign.com)

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# Local Cranleigh charity receives £1,000 grant from Signify



A charity that provides educational, vocational and wellbeing services for people with autism has received a grant of more than £1,000 from a Guildford-based lighting company.

**J**igsaw Trust, in Cranleigh in Surrey, was granted a donation of **£1,023.16** from Signify to help buy equipment and to keep running its programmes that promote life skills and social inclusion for people with complex autism.

Robin Legge, head of fundraising at Jigsaw Trust, said: *"This amazing donation from Signify will make such a difference to our children and adult learners."*

*"It has been a disruptive time for the people we support, many of whom struggle with change, so it is vital that we continue our services to offer a sense of stability for vulnerable people and their families."*

*"It is wonderful to have Signify's support and we're looking forward to working with them on more exciting activities that will change lives."*

Bren Lumsden, head of HR at Signify UKI, said: *"We are proud to be working with local charities such as Jigsaw Trust."*

*"We have a clear purpose to unlock the extraordinary potential of light for brighter lives and a better world. Working with Jigsaw and their dedicated team is a key part of this strategy. We look forward to building our partnership with them across 2020 and beyond."* ■

**Some say . . .**  
**It's hard to lead a cavalry charge if you think you look funny on a horse.**  
**Adlai Stevenson**

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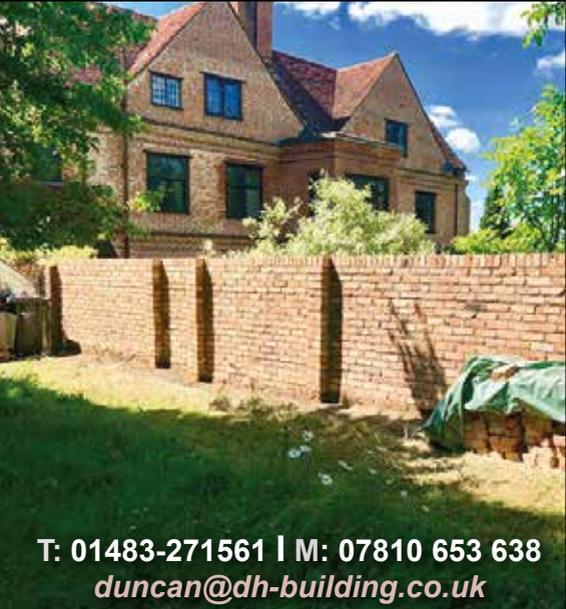
*Mrs Johnson, Godalming*

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I look forward to meeting you!

Andrew Lee  
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## Cranleigh Cricket Club - Bringing Back the Bar!



**C**ranleigh Cricket Club is happy to confirm that the bar has reopened. We've looked forward to welcoming our members and their guests back!

The government guidelines issued means that our service runs in a different way – it will take a little time for Members and staff to get used to this so please be patient whilst we all adapt.

### Here are a couple of pointers:

- All visitors must sign in each time they visit the Club to enable the Track and Trace system – this is a requirement under the government guidelines.
- A one-way system will be operating through the building to get to the bar area and back out to the patio. In the event of rain we will unfortunately be unable to allow you to use tables to sit at inside the Clubhouse.
- Toilets will be open in the Pavilion with a one-way system to the toilet area and out of the building through the Home Changing Room.
- Drinks will be served from the main bar and we will also operate a bottle bar to minimise the queue – please be patient if there is a queue for either.
- We will only accept payment with contactless cards.
- Social distancing of a minimum of 1m must also be strictly adhered to whilst inside the building but also when sitting or standing outside.
- Hand sanitiser will be available to all visitors.
- Please ensure that you use the bins provided.
- Please follow any additional instructions given by staff members.



Thank you to the many volunteers (on and off the Committee) for all of the hard work in getting the Club ready to welcome you back - we're looking forward to seeing you all!



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**I feel you're in charge of your own situation.**

**Conor McGregor**



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## Hope On The Horizon!

It's been another tough month for the swimmers at Cranleigh Swimming Club.

As we adapt to the new post-lockdown reality, swimming has still not been possible. Everyone understands the need for caution. And in the grand scheme, it is a small sacrifice to make. But for our swimmers, the intensive routine of training and competitions is a significant part of life. Without it, many are feeling a little lost. August is the month the swimmers would normally be winding down for a well-deserved rest. Instead, they are desperate to get back into the pool.

The glimmer of light is that the government has announced that indoor pools can open from 25th July. We are now waiting to hear about what this means for Cranleigh Leisure Centre. We are hopeful that we will be in the water again soon. To plan for this, the coaches and volunteers at the club have been working hard. Our plan includes a variety of measures to manage the risk and ensure that everyone is safe. The welfare of our swimmers, coaches and their families is the most important thing.

By the next time I write, I hope that the swimmers will have been back in the water. Our club is a community and communities are best when they can be together. We are keen to see our existing swimmers and families and would also like to be open to welcome new members. This is a great club and being a member is a privilege.

In the meantime, we reflect on our good fortune that we remain safe and healthy and we wish you the same. ■



## James Takes Over As President!

On 1 July 2020, James Phiri became the President of Cranleigh Rotary for the coming year, replacing Richard Kenyon.

The social distancing restrictions imposed because of the COVID-19 pandemic meant that the usual inauguration meeting could not take place, but Club members were able to welcome James via social media.

During the virtual meeting, James expressed his hopes for the coming year.

*"Over the last year, under the able leadership of Richard Kenyon, Cranleigh Rotary has continued to excel by continually completing a full annual calendar of events that should well be beyond the reach of the fairly small number of Rotarians.*

*"We remain conscious of the urgent need to retain and attract new Rotarians to our Club. The commendable work of our membership team led by Patrick Leake and the media and publicity work conducted by Jane (Briggs) and Peter (Bond) places us in good stead for bearing fruit over the next year.*

*"My hope is that in spite of the challenges presented by COVID-19, we will remain united and focused as a club and build on the successes of the previous years and 2019-20 in particular.*

*"We need to consolidate our drive for membership, retain our focus on engaging our community through our events calendar, extend our collaboration with other clubs on international activities and continue with our youth, sports and fellowship activities.*

*"My additional hope for this year is that we can engage with a local school to produce one leadership event targeted at our youth. This will be challenging now that we cannot hold events as we did before, but it is one activity I would like to fully explore as President.*

*"I wish to take this opportunity to extend my sincere gratitude each one of you for your patience, guidance, experience and wisdom during my four years with this wonderful club and I look forward to your continued support over the coming year." ■*



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When it's time to recharge,  
I don't feel guilty about it.  
**Payal Kadakia**

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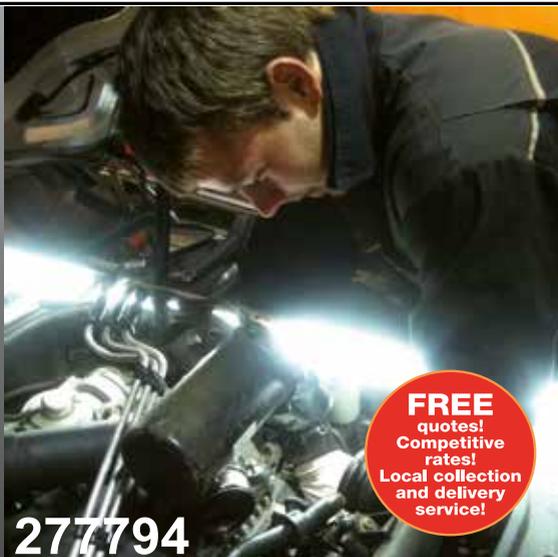
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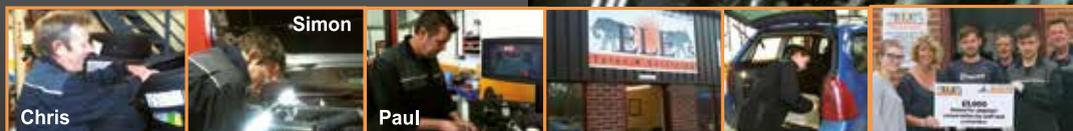
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Council Offices, Village Way, Cranleigh, Surrey, GU8 8AF  
Telephone 01483 272311, Fax 01483 478867  
Website: [www.cranleigh-pc.gov.uk](http://www.cranleigh-pc.gov.uk) E-mail: [clerk@cranleigh-pc.gov.uk](mailto:clerk@cranleigh-pc.gov.uk)

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## Local Information

### LIBRARIES

#### CRANLEIGH LIBRARY

High Street, Cranleigh. Tel. 0300 200 1001

Monday: Closed all day

Tuesday: 9.30am – 5.00pm

Wednesday: 10.30am–11am

Thursday - Saturday: 9.30 - 5.00pm

**Rhymetime: Fridays 10.30 – 11.00am**

**Storytime:** Tuesday 3.30pm – 4.00pm &

Saturdays 10.30am – 11.00am

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#### BRAMLEY LIBRARY

High Street, Bramley. Tel. 0300 200 1001

Monday: Closed all day

Tuesday: 10.00am - 5.00pm

Wed: Closed all day

Thursday: 2.00pm - 5.00pm

Friday: 10.00am - 5.00pm

Saturday :10.00 am - 4.00pm

### CHURCHES & CLERGY IN CRANLEIGH

**Church of England** Rev. Roy Woodhams.

The Rectory, High St. 01483 273620

**Roman Catholic** Father David Osborne

St Nicolas Avenue 01483 272075

**Methodist** Rev. Keith Beckingham

Church Office, High St. 01483 575 667

**Baptist** Rev. David Burt

Church Office, High St. 01483 275371

**Free Church** Mr Cyril Wearn

Alfold Chapel, Alfold Road, Alfold 01403 752167

### CITIZENS ADVICE WAVERLEY CRANLEIGH

Village Way - Cranleigh 0344 848 7969

Monday, Tuesday & Thursday: 10.00am - 4.00pm

## Local Clubs

### ALFOLD TENNIS CLUB

Recreation Ground, Dunsfold Road, Alfold GU6 8JB

E-mail: secretary@alfoldtennis.co.uk 07842 114720

### CRANLEIGH BOWLS CLUB

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

Alan 01483 274682 or Bill 01483 275992

### EWHURST BOWLS CLUB

Cranleigh Road, Ewhurst, GU6 7RN

Malcolm 01483 276938 or Jackie 01483 272630

### CRANLEIGH PENTANQUE CLUB

Cranleigh Village Sports and Social Club, Parsonage Road, GU6 7AN

David 01483 271146

### BIRTLEY TENNIS CLUB

Birtley Road, Bramley, Guildford GU5 0LF

Francesca Stern 01483893856

### CRANLEIGH BADMINTON CLUB

Glebelands School, Parsonage Road, Cranleigh, GU6 7AN

Maura 01483 267634 or Mike 01483 276667

### CRANLEIGH KARATE CLUB

Located at Snoxhall Sports Hall every Friday evening

Juniors 6-7 pm. Seniors 7-9pm

Ian 07806 732161 or Jim 07731 428854

# Helpful Telephone Numbers



## PHYSIOTHERAPISTS / OSTEOPATHS

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



## PODIATRISTS / CHIROPODISTS

Cranleigh Foot Clinic **01483 276178**  
 Mrs R.A. Wimbledon SRCh **01483 277505**

## DOCTORS AND SURGERIES

Cranleigh Medical Practice **01483 273951**  
 Loxwood Surgery **01403 752246**  
 Rudgwick Surgery **01403 822103**  
 Wonersh Surgery **01483 898123**  
 Shere Surgery & Dispensary **01483 202066**  
 Cranleigh Village Hospital **01483 782400**  
 Royal Surrey County Hospital **01483 571122**  
 Dementia & Carer Support **01483 274398**

## CHEMISTS / PHARMACY

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

## DENTAL SURGERY

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

## VETERINARY

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

## COUNSELLING

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

## DEMENTIA & CARER SUPPORT

For more information call **01483 274398**

## RESTAURANTS IN CRANLEIGH

Lemongrass **01483 275891**  
 The Curry Inn **01483 273992**  
 Rania Restaurant **01483 267800**  
 The Richard Onslow **01483 274922**



## EMERGENCY

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



## TRAVEL

AA Emergency Breakdown **0800 887766**  
 Flight Enquiries for Gatwick **0844 8920322**  
 Flight Enquiries for Heathrow **0844 3351801**  
 National Rail Enquiries **0845 7484950**  
 RAC Emergency Breakdown **0333 2000 999**  
 Arriva Buses **01483 534939**  
 Carlone Buses **07477 100100**  
 Compass Bus **01903 690025**

## LEISURE

Cranleigh Leisure Centre **01483 274400**

## LOCKSMITHS

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

## HELPLINES

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



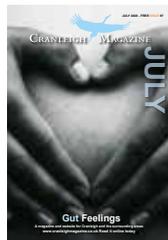
## CHARITIES

Cranleigh & District Lions Club **08458 332711**  
 Ewcare **01483 277606**

## COUNCILS

Cranleigh Parish Council **01483 272311**  
 Surrey County Council **08456 009009**  
 Waverley Borough Council **01483 523333**

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[vikkibramleyslimmingworld@outlook.com](mailto:vikkibramleyslimmingworld@outlook.com)  
 Or telephone 07810 868360

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