

# SPRING 2015 NEWSLETTER

## Manor Park and Hempstead Fields Residents' Association



A message from Paul Sparks, our Chairman " We are now in one of the best seasons of the year when all the spring bulbs burst into colour. We are fortunate to live in an attractive area with plenty of green spaces and many wonderful trees.

I am delighted that our members are coming forward with ideas for new activities and we are very keen to support things that encourage friendship and community spirit.

There is a large amount going on within our Town at the moment including the improvements to our High Street, plans to build 1,000 new homes and the creation of a Neighbourhood Plan.

If you have any views on any of these issues that you would like us to take on board, then please let us know. Also, additional helpers for the Neighbourhood Plan are required so if you would like to be involved in shaping the future of Uckfield, then please get in touch."

March 2015.

### News in Brief

- + New 'Tortoise and Hare' Walking Group takes its first steps – see page 2
- + Wheelchair users can now benefit from our Surgery Car Service – see page 2
- + Easter Egg Hunt with Punch and Judy on Easter Saturday - 4<sup>th</sup> April – page 4
- + This year's Big Lunch will be held on Sunday 7<sup>th</sup> June at the Rugby Club
- + Our very own Dorothy Sparks wins Active Sussex's top Community Volunteer award – page 2

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### Uckfield Fire Station

#### FREE Fun & Safety Event

On **Wednesday 1 April 2015**

**10:30am – 1:00pm**

Uckfield Fire Station, Bell Farm Road, TN22 1BA



Facebook.com/Active Wealden

Twitter.com/@WealdenETC

#### Everyone Welcome

Penalty shoot out competition

Children's entertainer

Community Safety

Fire engines

Art and crafts

Refreshments

Sorry, no parking on site

Children aged 8 years old and under must be accompanied by an adult

This is a community partnership project. For more information please contact Wealden District Council on 01892 602757



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Monday - Thursday: 9am - 6pm | Friday: 9am - 5pm | Saturday: 9am - 12pm  
**FREE LEGAL ADVICE** first Saturday every month, phone for appointment.



#### Adam's Dog Walking Service

- Walking
- Sitting
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Please call Adam Scott to find out more about our dog walking service...

**01825 760536    07717 458807**  
adamscot119@yahoo.co.uk



## Twelve simple steps to protect you and your home from fire

1. Fit smoke alarms on each floor level in your home, keep them dust-free, and test them once a week. Consider buying a 10 year alarm; otherwise change the batteries every year.
2. Make an escape plan so that everyone in your home knows how to escape in the event of a fire.
3. Keep the exits from your home clear of obstructions so that people can make their escape if there is a fire. Make sure that occupants can find keys for doors and windows easily.
4. Take care in the kitchen - accidents while cooking account for 59% of fires in the home. Never leave young children unsupervised in the kitchen.
5. Take extra care when cooking with hot oil; if you don't use one already, consider buying an electric thermostatically controlled deep fat fryer.
6. Never leave lit candles unattended and ensure that they are in a secure holder on a heat-resistant surface away from flammable materials.
7. Ensure cigarettes are stubbed out and disposed of carefully.
8. Don't overload electrical sockets. One socket - one plug!
9. Keep matches and lighters out of reach of children.
10. Take special care when you are tired or when you've been drinking. Most domestic fires happen between 10pm - 8am.
11. Don't leave the TV or other electrical appliances on standby as this could cause a fire. Always switch it off and unplug it when not in use.
12. Never smoke in bed.



## Surgery Car Service now Wheelchair Accessible

Thanks to the generosity of one of our members, who is willing to use her specially adapted car, we are now able to accommodate wheelchair users who wish to take advantage of the Association's Surgery Car Service.

Don't forget you do not have to be a member of the Association to use this service.

You can call the service on **01825 578006**



## Well-done Dorothy!

Committee member Dorothy Sparks, was awarded first place by 'Active Sussex' as part of its Community Games Reward & Recognition Scheme.

Dorothy was nominated following her important contribution to the Residents' Association's 'Big Lunch' event held on the Rugby Club field last June.

As you probably know Dorothy is also active in a number of other initiatives around the town.

## Walking Group – tortoise and hare



Yes, this year we have launched a walking group.

Organised to include those that are not quite so mobile and favour a slower, shorter walk – the **tortoises**.

And also for those that are happy to stride out a bit more energetically, for a longer time – the **hares**!

The brainchild of our member Margaret Dixon, these intrepid walkers meet once each week (alternating between Monday pm one week then Wednesday am the following week). More days may be included as the weather improves and if there is a demand. Wheelchair users are welcome too.

Contact Peter if you want to be included in the group, it's open to non-members too – find contact details on page 3



A Neighbourhood Plan is being prepared for Uckfield to establish local planning policies about housing, transport, shopping and more.

To stay informed and have your say visit our website, join our mailing list, go to our Facebook page or follow us on Twitter.

- **Website:** [www.uckfieldplan.co.uk](http://www.uckfieldplan.co.uk)
- **Email:** [chairman@uckfieldplan.co.uk](mailto:chairman@uckfieldplan.co.uk)
- **Facebook:** Uckfield Neighbourhood Plan
- **Twitter:** @UckfieldNPSG

*Preparing a plan that sets a vision for the future of Uckfield*



## Green Fingers? Some gardening tips and jobs for you from now through until April

- ✓ **Clear up** overwinter debris from the garden. Cut back damaged wood from trees, bushes, including rose bushes. Remove last year's stalks and seed heads that you may have left for the birds. New growth should be coming through shortly.
- ✓ **Daffodil and tulip bulbs etc.** After flowering deadhead immediately. Do not remove leaves until at least 6 weeks after flowering. The former stops energy from the bulb going to the seed head and the second allows photosynthesis to feed the bulb through the leaves for next year's growth, providing you with the best possible flowers for 2016.
- ✓ **Buy vegetable and flower seeds.** A polythene bag, with a few pin holes, over the container will act as a greenhouse. Place this on a sunny window sill. When seedlings are 1.5" tall, loosen the soil with a pencil. Hold each seedling by its two first leaves and gently drop its root into a pencil size hole in a 3" pot filled with compost. Growing medium for seedlings can be purchased but ordinary compost and a little good soil and grit will suffice, plus slow releasing granular fertiliser or the watering-in variety. Water as necessary and gradually acclimatise to outdoors in mid May during the day, bring in at night. Plant in beds, baskets or containers after the danger of frost has passed.
- ✓ **Plug plants** can be purchased at various stages of development if preferred. Do not plant out until late May when the danger of frost has passed.
- ✓ **Brighter Uckfield Garden Competition** with various classes including front garden, back garden, containers and baskets will be judged at the end of June. Application forms will be available from April onwards at The Volunteer Bureau and the Civic Centre.



*Dorothy Sparks*

### AGM in July

Watch out for news of our AGM in July.

This year we plan to have a very interesting guest speaker.



### Contact Us

**Email:** Peter (secretary) [mphfres@gmail.com](mailto:mphfres@gmail.com)

**Phone:** Paul (chairman) 01825 764287

**Post:** MP&HF, 2 Woodlands Close TN22 1TS

**Facebook:** ManorParkResAssoc

**Twitter:** @ManorHempResAss

**Web:** [manorparkhempfieldsresidents.co.uk](http://manorparkhempfieldsresidents.co.uk)

### What's this?



This is called a QR code. It is a kind of bar code that people with Smart Phones can use to connect easily to our Facebook page.

You will see it used more and more on our literature.

### The Big Lunch 2015

Yes we are already planning for this year's Big Lunch, which as always will be held on the Rugby Club field on the first Sunday in June, Sunday 7<sup>th</sup>.

If you have any ideas for things we can do, or if you would like to lend a helping hand then please contact us – our contact details can be found above.





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### Easter Egg Hunt with Punch and Judy!

Why not bring your children or grandchildren along to the Osborn Hall on Easter Saturday (April 4<sup>th</sup>) for our first Easter Egg Hunt - next to the Hempstead Lane children's play area.

There will be a Punch and Judy show too, as well as a face painter.

It's free to enter and open to any family living on Manor Park and Hempstead Fields.

Starts at about 2pm then until around 4pm

Tea and biscuits for the grown ups.



### Thank you Tesco Express

A big thank you to the staff at Tesco Express for helping 'Brighter Uckfield' by picking up litter and watering the planter, outside the shop. Every little helps!



### Apply here to join the MP & HF Residents' Association

Subscriptions are due on 1st January each year. The subscription is **£5.00** per household per calendar year.

Name(s):

Address:

Telephone: *optional*

email: *optional*

I attach payment of **£5** / I wish to pay by Standing Order please send me a Standing Order mandate

\*(delete as appropriate)

Signed:

Date:

Please send to: The Secretary MPHFA, 2 Woodlands Close, TN22 1TS