

East Grinstead

OFFICIAL GUIDE AND MAP



LASER EYE SURGERY:

WHAT QUESTIONS SHOULD YOU ASK?



According to the Royal College of Ophthalmologists, more than 95% of patients are satisfied with the outcome of surgery with many describing it as life-changing, but is it right for you and what questions should you be asking to find out?

Mr Sheraz Daya, ophthalmologist and Medical Director of Centre for Sight, was amongst the first to perform the LASIK laser vision correction procedure in the UK. He provides his expert advice on helping you make an informed choice.

SHERAZ DAYA SAYS, “Everyone knows someone who has had Laser eye surgery and have been told how it has changed their lives. “The procedure, whilst fantastic, is like every other surgical procedure and not fool-proof. Not all patients are the same and each requires bespoke care and attention or vital conditions can be missed and things may not go so well”.

Laser eye surgery is very successful with 40 million treated already worldwide.

MR DAYA'S 10 TOP TIPS:

1 CHOOSE THE CORRECT SURGEON. Base this on their reputation and do your research. Ask your optician as to whom they would trust with their eyes?

2 IS YOUR SURGEON ON THE GMC SPECIALIST REGISTER Preferably your surgeon should also be fellowship trained (specialised) in Cornea and Refractive Surgery.

3 IS YOUR INITIAL CONSULTATION SURGEON-LED and by the one who is going to do your procedure. It's important that you get to know, like and trust your surgeon.

4 CHECK IF THE SURGEON AND CENTRE OFFER ALTERNATIVE PROCEDURES including lens implants and refractive lens replacement. All too often centres that only provide one type of procedure are likely to push boundaries and try and do the same on everyone.

5 YOUR EVALUATION SHOULD INCLUDE 3-DIMENSIONAL CORNEAL MAPPING.

Wavefront evaluation and thorough dry eye testing.

6 RELAX AND TAKE YOUR TIME TO THINK. Have a cooling off period of at least one week after your consultation. Read the consent form in advance of your procedure in case it generates any further questions.

7 MAKE SURE THE TREATING CENTRE IS WORLD CLASS AND MEETS INTERNATIONAL STANDARDS - in terms of reputation as well as voluntary external measures such as ISO 9001, 14000. Making an effort to meet external standards means they care.

8 ENSURE THE TREATING CENTRE PROVIDES 24/7 MEDICAL CARE. This means a doctor is always available if needed.

9 AVOID COMPETITIONS, DISCOUNTS AND TWO FOR ONE OFFERS. This distracts from what is most important - doing your research well in order to get the best care and outcomes. Be careful if you are looking for a “deal” you may just get what you pay for.

10 AVOID LOW COST E.G. £395 PER EYE OFFERS. These are misleading and an inducement to “bait and switch”. Once hooked into the system, the salesforce is trained to influence and upsell to patients to undergo surgery. Centres that operate with integrity, typically have just one or two prices no matter what level the prescription - the process after all is the same whether -1.00 or -8.00.



To find out more or book a consultation CALL 01342 306020 or VISIT centreforsight.com

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Introduction

East Grinstead Official Guide and Map 2019/2021



Welcome to the latest edition of our Town Guide. Inside you will find the latest A to Z street index and map plus information about life in the town, including useful contact details.

We have included a brief overview of East Grinstead for your information, however for a comprehensive record please visit the excellent East Grinstead Museum and refer to the many local history guides which can be found in the Library.

East Grinstead Town Council

Town Council Offices at East Court

01342 323636

www.eastgrinstead.gov.uk

Tourist Information Office

01342 410121

tourism@eastgrinstead.gov.uk www.visiteastgrinstead.com

East Grinstead Library, West Street

01342 332900

Mon 9.30 -7.00 Tues-Thurs 9.30 – 6.00 Fri-Sat 9.30-5.00

Town Twinning

East Grinstead has an enthusiastic Town Twinning Association founded in 1962 and currently fosters relationships with the people of five European towns: **Bourg-de-Peage** (France); **Mindelheim** (Germany); **Sant feliu de Guixols** (Spain); **Schwaz** (Austria); **Verbania** (Italy); School visits and exchanges between town clubs and other groups have all benefited from the work of the Association.

www.egtwinning.org.uk



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Our Beautiful Town

The beautiful medieval market town of East Grinstead is situated within reach of Gatwick Airport, London, Ashdown Forest and the South Coast. It is an ideal base from which to explore the South East.

Set atop a sandstone ridge there has been a church here for over a thousand years with the town set out in the 13th century alongside the church yard with a wide street designed for use as a market place.

The town was given a charter by Henry III in 1247 to have a weekly Monday market and an annual fair. In 1655 the market moved from Monday to Thursday predominately for the sales of corn, but joined in 1703 by cattle sales. Thursday has remained the day of the popular farmer's market ever since. The cattle market thrived until December 1970 when the last 'Fat Stock Show' was held.

The magnificent Historic High Street, a conservation area, boasts historic half-timbered buildings and

open hall houses dating from the Medieval and Tudor times 15th and 16th centuries. There are splendid examples from Georgian and Regency times too with an interesting mix of independent shops, bars and cafes.



East Grinstead historic High Street

Some notable features are the golden sandstone buildings of Sackville College founded as alms-houses, and open to the public through the summer.

Lyrics to the carol 'Good King Wenceslas' were written here by John Mason Neale. His tomb can be seen within the grounds of St Swithun's Church along with memorial stones to three Protestant



Floral displays in the High Street



St Swithun's Church

Martyrs, burnt at the stake in 1556. A memorial plaque to Pte Sidney Godley the first non-commissioned recipient of the Victoria Cross of WWI 23rd August 1914 lies at the base of the War Memorial. Flower beds here are re planted annually to commemorate important events connected with the town and the Bluebell Railway which runs preserved steam trains from East Grinstead to Sheffield Park Station, a return journey covering 20 miles through the beautiful Sussex countryside. It takes about 15 minutes to walk into the town centre from the Bluebell and mainline stations. Further information and detailed history can be found in the town's museum.

Civic Duties and Services

The Town is well served by Civic Organisations including 3 Councils which work together as needed, but have separate remits. Their responsibilities are-

West Sussex County Council: Education, Social Services, Highways, Library services and Children and Family Centres.

Mid Sussex District Council: Council Tax revenue collection, planning, wellbeing, refuse and recycling services and management of the recreation grounds and open spaces in the town including the playing fields at East Court and the Kings Leisure Centre.

East Grinstead Town Council: Mount Noddy and Queens Road cemeteries, East Court Mansion, the Old Court House, Meridian Hall, street furniture, the McIndoe Statue and Lawn, War Memorial, street name plates, winter grit bins and roundabouts maintenance.

The Town Council also organises town events during the year to mark anniversaries when appropriate and three free outdoor, picnic concerts during the summer; "East Court Live!".

The Town Council owns the allotments and the Tennis Club at East Court, but these are managed via lease to the allotment companies and Estcots tennis club respectively.

The Tourist Information service in the Library is also run by the Town Council with contributions from Mid Sussex and West Sussex Councils.

Additionally the town has a minor injuries clinic at the Queen Victoria Hospital, a police hub at Chequer Mead and ambulance station at East Court (all run by their individual public service).

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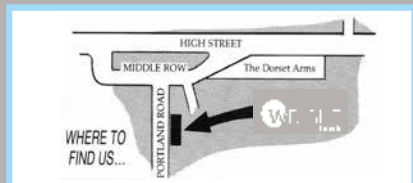
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Built in 1792 by Benjamin Latrobe, architect of the White House in Washington D.C, this bucolic hunting lodge is set as a Temple of Bacchus in picturesque Sussex parkland. Highlights include the historic musical instrument collection (some instruments formerly at Finchcocks), the rare cast of the Parthenon Frieze and a programme of summer concerts. Formerly owned by Led Zeppelin it was rescued from dereliction by the Pinnegar family.

'...one of the finest examples of the Greek Revival movement in Britain'
(Financial Times, 2018)

Open: June - September, Wednesdays & Saturdays.
(Admission by guided tour 2pm - £9). **01342 850594**

www.hammerwoodpark.co.uk
email: antespam@gmail.com

East Grinstead Museum



is situated in a purpose built building in the centre of the town, only a few minutes from the historic High Street.

The Museum tells the story of East Grinstead and the surrounding area from its early beginnings to the present day.

Our Rebuilding Bodies and Souls exhibition

tells the story of the birth of reconstructive and plastic surgery in East Grinstead during the Second World War through the eyes of the patients and the medical professionals involved. Come and find out more about the world-famous Guinea Pig Club and its impact upon the town.



www.eastgrinsteadmuseum.org.uk
Tel: 01342 302233



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Floral East Grinstead

East Grinstead town civic planting

The High St Flower Beds have become a much admired feature of the town in recent years and have been managed by the Town Council since 2012.



250th anniversary of East Court

The beds are re planted three times a year with winter, spring and summer bedding plants supplied by Ferrings Nursery. Summer planting is themed by



High Street flower beds

the Council to recognise local and national events and historical anniversaries which often compliment temporary exhibitions at the Town Museum.

East Grinstead in Bloom

The East Grinstead in Bloom committee, separate from the Town Council, looks after small areas in the town including the flower bed at the station and the compass garden in Mount Noddy. The committee also co-ordinates entries to the South and South East in Bloom awards and encourages local groups and organisations to submit their own projects for judging. East Grinstead Town Council has received 'In Bloom' awards for its

High Street beds, War Memorial, Cemetery and hanging baskets; Allotment Associations have had significant success and many local schools, residents' groups and individual front gardens, have also been recognised over the years. The town has achieved national "best of's" in several categories and in 2019, East Grinstead was awarded an overall Gold.

www.eastgrinsteadinbloom.org.uk



East Grinstead in Bloom committee

Bluebell Railway

East Grinstead is the Northern terminus of the prestigious Bluebell Railway, the UK's premier restored steam railway. There is a full programme of events through the year and frequent departures from the Bluebell's East Grinstead platform.

The station is only a short distance from the mainline Network Rail station which connects directly with London in just under an hour.

2017 saw the wonderful sight of the iconic train 'The Flying Scotsman' in residence for a week over Easter.

www.bluebellrailway.com
 01825 720800



East Grinstead Bus Running Day

This much anticipated, independently run annual event held in April, sees restored classic buses of all ages filling the town, recreating the local routes of yesteryear.

The buses congregate in the High Street, which is closed to all other traffic for the day and offer free rides to the surrounding area and villages. Merchandise, memorabilia and timetables are available to buy on the day.

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Standen House & Garden

Arts and Crafts family home with Morris & Co. interiors, set in a beautiful hillside garden just outside East Grinstead. Dogs welcome in garden & estate.



nationaltrust.org.uk/Standen

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Sheffield Park and Garden

Acres of landscape garden bordered by historic parkland and woodland



nationaltrust.org.uk/sheffieldpark

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Email: admin@derekfield.co.uk

Armed Forces Day

An annual event held at East Court to celebrate our armed forces. There is a short service of thanksgiving for all of those who have died giving service to our country, followed by a display of marching with military standards. A static display of military vehicles is on show in the courtyard and local school choirs entertain the guests in Meridian Hall.

www.armedforcesday.org.uk/event/the-east-grinstead-armed-forces-day/



The Kingscote Valley

East Grinstead is surrounded by beautiful countryside, none more so than the area on the southern outskirts of the town; 'The Kingscote Valley'. Sitting within an Area of Outstanding Natural Beauty, it is an ideal location for those wanting to experience the 'great outdoors'.

Walkers, cyclists and riders will find everything they are looking for with plenty of shared use pathways to explore and the more adventurous will find tree top walks, sailing, archery and climbing amongst the activities on offer. The less active will find plenty to interest them too; fine dining, wine tastings, a National trust property and accommodation options ranging from an Elizabethan Hotel to camping.

www.visiteastgrinstead.com/kingscote-valley/



East Court 2019 250th anniversary

The Town Council is proud to call East Court Mansion home, with its beautiful 18th century building and more modern, Meridian Hall and during the Summer of 2019 celebrated its 250th Anniversary. Both buildings offer a host of top- class facilities to hire for functions and are licensed for weddings. The Meridian connection is the building's location astride the Greenwich Meridian, which passes through the terrace outside and is marked by a plaque and a large sandstone rock. A personalised souvenir certificate to record your visit to where the East and West

hemispheres meet is available from the Town Council during office hours.

The grounds beyond are a favourite haunt for families and walkers using the paths and trails through the estate and its woods.

www.eastgrinstead.gov.uk

01342 323636

East Court Live

Through the summer months a series of outdoor music concerts take place using the terraced area overlooking the sweeping views to the distant Ashdown Forest beyond.

www.eastcourtlive.co.uk



Meridian FM

107 Meridian FM is a community based, not for profit radio station, run by a team of more than 120 dedicated volunteers, broadcasting from within the Jubilee centre in East Grinstead. It delivers a healthy mix of quality news reporting, special interest talk radio, current hits and weekly dedicated shows spanning Rock, Americana, Folk, Reggae and other specialist interests including gardening, astronomy, books and films and has been awarded a full-time community radio license by Ofcom through to 2020

The station attends many outside events, some broadcast live and the purple minibus, Twiggy, is an eye-catching feature.

www.meridianfm.com 01342 325 222



Mount Noddy

Mount Noddy is the cemetery administered by East Grinstead Town Council. The current cemetery has been operational since 1918 when the facility in Queens Road was starting to show signs of running out of space. Queens Road Cemetery is no longer open to the Public although there are plans to make it accessible to visitors in the future.

The Cemetery is denominational – the grounds are separated by religion – Church of England, Roman Catholic and non-conformist (unconsecrated). There is also a dedicated area for children up to 12 years of age and a garden of remembrance. The cemetery has a memorial to the unborn child; a unique sculpture set with seating and flowers to create a peaceful reflective area.



There is a commemorative area for the civilian victims of the Whitehall bombings and like many cemeteries, war graves are also to be found. At the entrance to the cemetery (off Blackwell Road) is a memorial wall where plaques can be mounted in memory of the deceased. All fees and costs for the cemetery are detailed on the website or enquiries can be made to the Town Council Offices.

**[www.eastgrinstead.gov.uk/
the-council/services/burial-services](http://www.eastgrinstead.gov.uk/the-council/services/burial-services)**
01342 323636

Town Museum

Located in Cantelupe Road and just behind the historic High Street, the museum is of an award-winning design. It is an independent museum, relying on grants, donations and sales from its well-stocked shop. Admission is FREE.

The history of the town is interpreted and there is a permanent display dedicated to the work of the pioneering wartime plastic surgeon, Archibald McIndoe and the Guinea Pig Club. Three times a year there is a temporary exhibition on local matters.

In addition, guided tours of the exhibitions are available and group visits can be booked in advance. Tours of the High Street are monthly in the Summer. Evening talks are also popular, please book in advance due to limited space.

All details of opening times, dates and availability are on our website:

www.eastgrinsteadmuseum.org.uk 01342 302233





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Queen Victoria Hospital

Queen Victoria Hospital is a specialist NHS hospital providing life-changing reconstructive surgery, burns care and rehabilitation services for people across the South of England. The world-leading clinical teams treat common conditions of the hands, eyes, skin and teeth for the people of East Grinstead and the surrounding area. In addition, there is a minor injuries unit (8.00-20.00) and a sleep clinic service.

The world-renowned hospital was founded in 1863 and has been on its present site since 1936. It employs over 900 skilled and committed staff and has been rated by patients, as one of the top hospitals in the country. New Zealand-born surgeon Sir Archibald McIndoe pioneered modern plastic surgery techniques at the hospital; treating allied air crew who had suffered burns or crushing injuries during the Second World War.

www.qvh.nhs.uk 01342 414000

Sir Archibald McIndoe Statue & The Guinea Pig Club

Sir Archibald McIndoe (1900-1960) developed techniques to rebuild the terribly disfigured faces and hands of airman injured during WW2. He realised that these men were badly damaged psychologically too and encouraged the nurses and the residents of East Grinstead to socialise with these airmen and welcome them into their homes during their recuperation. The townsfolk accepted these men as they went about their daily business and East Grinstead became known as the 'The Town that does not stare.'

The New Zealander, knighted in 1947, was called 'The Boss' or 'The Maestro' by his patients who became known as The Guinea Pigs, after the animals that were used for medical research. 'The Guinea Pig Club' was formed as a 'drinking and Social' Club in 1941 and met annually until 2007. The last AGM and 75th Anniversary celebration of the Club was held at East Court, East Grinstead in 2016 with the remaining members, widows and officers of the club along with guests from surgeon Sir Archibald McIndoe's family, the Queen Victoria Hospital where they were treated and members of the 'Friends of the Guinea Pig Club' which included past Town Mayors, Councillors of the East Grinstead Town Council and representatives of the Blond McIndoe Research Foundation and the Town Museum.

A seven foot high bronze statue of Sir Archibald by sculptor Martin Jennings stands in the High Street outside Sackville College. The Statue was dedicated in September 2019 during a ceremony to mark the anniversary of the Battle of Britain. **www.rafbf.org/guinea-pig-club**



Sackville College

Almshouse built in 1609

Open to the public from mid-June to mid-September for guided tours Thursday to Sundays.

Please check web-site for details.

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Sackville College

Sackville College is the stunning golden sand-stone building at the Eastern end of the High Street. Founded in 1609 by Robert Sackville, the Earl of Dorset, as alms-houses the College is still today a home for the elderly of the Parish.

The College is open to the public from June to September from Thursday to Sunday. With tours at 2.00pm and

3.30pm, but is also open to groups by special arrangement at other times.

At Christmas time the College plays a very special part in the town calendar. Carol services held in the 400yr old chapel, often by candle light, celebrate the fact that the lyrics to 'Good King Wenceslas' were written there.

Sackville College is licensed for marriages.

www.sackvillecollege.org

uk 01342 323414



Remembrance Day

East Grinstead commemorates Remembrance Day each year with a short service at the WW2 memorial at East Court followed by a parade passing through the town centre. The focal point there is the War Memorial where those taking part in the parade are joined by the choir of St Swithun's Church for a service of remembrance.



Veterans from all branches of the Armed Forces are joined by cadet forces and representatives from the town's Guides and Scouts as well as those from civil organizations such as police and the fire service. The Town Council works closely with the Royal British Legion and other groups in the planning of the event.

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East Grinstead Town Council



East Court Estate
College Lane, East Grinstead RH19 3LT

Situated only minutes away from East Grinstead's town centre, the East Court estate is nestled within the countryside of Sussex with sweeping views overlooking Ashdown Forest. The Meridian Line passes through the award winning formal gardens of the mansion house making this a truly unique venue for an event to be held where East meets West.

Souvenir certificates are available to commemorate a visit to both hemispheres!



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We can also sensitively advise you about internments or memorial plaques at our cemetery.

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