

THE LYMINGE NEWSLETTER

For the communities of LYMINGE, ETCHINGHILL, RHODES MINNIS and POSTLING

August 2024

From The Lyminge Association

Produced by
THE LYMINGE ASSOCIATION
www.lyminge.org.uk

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Next Garage Sale - 15th September

Registration Forms will be available from
27th August at Snippers & Clippers and the
Coffee Cabin, as well as on-line. Completed
forms to be returned by 10th September.

Margaret Saunders' Meanderings

A lone blackbird begins the dawn chorus at 3.30am on the longest day of the year when I set off for Fisherman's Beach, West Hythe. With a gradual lightening of the sky and fading stars, dawn begins its steady progress towards day, though the sun is not due to rise until 4.40am. A band of linear cloud to the east stretches above the valley hillside, a hint of pale yellow touching its underside.



Soft greys and a lone seagull cry greet me when I leave the promenade and descend the shingle beach towards the water's edge. Looking back to the north-east the as yet, unrisen sun has started to gain strength and the sky is turning into a warm glow encompassing the colours of red, yellow, orange, peach, apricot and crimson, their shades and tones mingling in an ever brightening display. A whoosh of dark grey cloud edged with red mimics smoke from a huge hidden fire. Out to sea the lights of a small fishing boat twinkle as it bobs up and down on the gentle swell and a plume of white smoke rises from a vessel on the horizon. Waves curve in from the east and the breeze is fresh. Patches of sand have been revealed as it is low tide, rivulets of water still streaming down carving mini riverbanks as they run. I walk near the waves on the stone-speckled sand, the push and pull-back of the sea

creating a soothing sound. My eyes follow the curve of the bay, past the Martello towers and on towards Dungeness, its power station towers just emerging in the light, which is still weak enough to allow the lighthouse's intermittent light to show.

Seven seagulls gather on the edge of the surf all facing east, their heads tucked into their necks against the brisk breeze. Is it a coincidence they are right in front of me, as nowhere else can I see them on the shore? Ropes from the small fishing boats trail down the beach, a reminder that this is a working beach. Disturbed shingle and sand show signs of a recent launch, the rope trailing into the sea, ready to haul the boat back up the beach on its return. Atop the red 'lampshade' of the outfall marker sits a juvenile cormorant with a white breast, a favourite perching point and familiar sight along this stretch of coast. As I walk along I can feel the larger stones under my feet push into the soft wet sand, my footprints becoming fuzzy as water seeps into their impressions. All traces will soon be erased by the returning tide, together with seagull footprints here and there. The sun is just about to reach its given sunrise time although I will not be able to see it for some time due to the high ground behind Hythe, but the vibrant colours are beginning to fade as the blue of the sky strengthens.

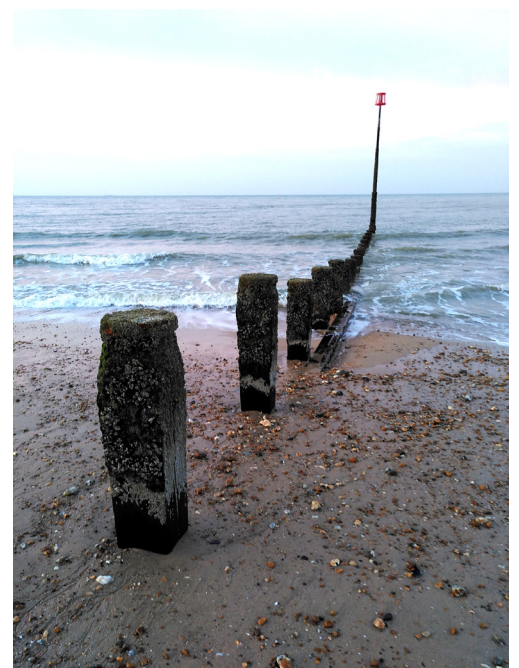


Wooden breakwater posts march in rows down the beach, starting at the west end of the beach and continuing towards Dymchurch. These posts are topped by rusting circular iron caps and both posts and caps are encrusted with small barnacles and mussels, the wood of the posts remaining remarkably intact despite their twice daily soaking and pounding, the water constantly pulling and pushing. Further along a seagull perches on a post in a classic seaside pose.

Turning back to retrace my steps I am now facing into the brisk breeze and beginning to feel cold, despite my coat being zipped up to my neck. On leaving home the temperature had been 10° C and I doubt it is much different here. Two surfers brave the sea some way out but as yet no early swimmers are in evidence. The 'smoke' cloud is still streaming across the sky but is now a deep grey with a golden edge. Minute by minute the colours of sea and sky are changing as the sun continues its Summer ascent. I climb the steep shingle bank, man's



effort to keep the sea at bay, and return to the promenade where I sit on a weathered wooden bench, dedicated to someone who died aged 102. She had spent years enjoying the same view. The UN has designated today as World Refugee Day, an event that "honours the courage, strength and determination of women, men and children who are forced to flee their homeland under threat of persecution, conflict and violence". This week has seen record numbers of migrants arriving on our shores and as I look out to sea I wonder if more are on their way today. I remain here for a further five minutes, before the cold finally seeps in and I return to the car for a warming cup of coffee, brought from home in a Thermos.



Finally, I see the sun as I reach the top of Blackhouse Hill, already climbing away from its rising point. The time around sunrise can be very magical – the crepuscular light has cooler tones than sunset, and the world is quieter too, especially on the longest day, when it occurs so early.

Diary of Forthcoming Events

This page is printed to give readers and organisers the opportunity of planning events without clashing with existing ones, which are already in the 'diary'. It is not intended as a means of advertising and we take no responsibility for errors or omissions. Acceptance is at the discretion of the editor. Please send your updates by email to pbarnes20@icloud.com or via methods outlined on Page 4.

Location and name codes below:

One-Off Events

Date	Time	Event	Where	Tel. No.	Date	Time	Event	Where	Tel. No.
03-Aug	2.30pm	Rhodes Minnis Summer Show	RMVH	862616	15-Sep	3pm	Rags to Riches' Concert	St Mary's, Elham	
06-Aug	10am	Digital Support	AUKL	269602	12-Oct	10am	Coffee and Cake Morning	PC	
08-Aug	12.30pm	Dementia Cafe	AUKL	269602	12-Oct	7pm	Autumn Quiz	EVH	07544 670363
10-Aug	10am	Coffee and Cake Morning	PC		02-Nov	11am	Coffee Concert	LMC	
17-Aug		Country Fair	EVL		09-Nov	10am	Coffee and Cake Morning	PC	
23-Aug	6pm	Kentish Wine Tasting	SPCC	07886821728	01-Dec	4.45pm	Christmas Lights Switch On	EVH	07544 670363
13-Sep	7pm	Music On A Friday	LPC		08-Dec	6.30pm	ERA AGM	EVH	07544 670363
14-Sep	10am	Coffee and Cake Morning	PC		13-Dec	7pm	Music on a Friday - Christmas Concert	LPC	
15-Sep	9am	Garage Sale		863600	14-Dec	4pm	Cantores - Christmas Concert	LVH	

Weekly Events

Day	Time	Event	Where	Tel. No.	Day	Time	Event	Where	Tel. No.
Mon	10am	Dementia Daybreak	AUKL	269602	Wed	10am	Dementia Day Break	AUKL	269602
Mon	10am	Bridge Club	LBC	863177	Wed	10am	Baby/Toddler Group	EVH	07817777975
Mon	10.30am	Maintenance Cognitive Stimulation Therapy (MCST)	AUKL	269602	Wed	11am	Singing For All (term time only)	AUKL	269602
Mon	10.30am	Lyminge Larks (Singing)	LMC	07951572920	Wed	2pm	French Conversation (fortnightly)	Call	862972
Mon	10.30am	Chromatic Greys Art Class	EVH	07783575802	Wed	7pm	Tayne Centre Circuits	TC	07925982995
Mon	1pm	Lyminge Knitters	AUKL	269602	Wed	7.30pm	Cantores Dominicae Choir	LVH	07778 333339
Mon	1.30pm	Maintenance Cognitive Stimulation Therapy (MCST)	AUKL	269602	Thurs	10am	Boxfit (non-contact)	AUKL	269602
Mon	5.15pm	Pilates	EVH	07951608008	Thurs	10am	Dementia Day Break	AUKL	269602
Mon	6.15pm	Pilates	EVH	07951608008	Thurs	10am	Lyminge Morning Art Group	EVH	01303211364
Mon	6.30pm	Ballroom/Latin/Salsa Dancing	TC	07966751991	Thurs	10.15am	Baby Rhyme Time	LL	03000413131
Mon	6.30pm	Judo Club	LVH	07369225021	Thurs	11.45am	Streetz to Streetz (fish and chips)	AUKL	07955926835
Mon	7pm	Yoga	RMV	07977503897	Thurs	2pm	Lyminge Afternoon Art Group	TC	07870494644
Tues	9am	Seated Yoga	AUKL	269602	Thurs	5pm	Pilates	TC	07951608008
Tues	9.30am	Tai Chi Qigong	EVH	07402203239	Thurs	6.15pm	Pilates	TC	07951608008
Tues	10am	Lyminge Baby & Toddler Group	TC	07870405567	Thurs	7pm	Short Mat Bowls	LVH	863842
Tues	10am	Painting and Drawing	AUKL	269602	Thurs	7.30pm	Ballroom and Latin Dancing	EVH	07967979610
Tues	10am	Dementia Day Break	AUKL	269602	Fri	8am	Chiropody (appointment only)	AUKL	269602
Tues	11.45am	Pilates	EVH	07834839801	Fri	9am	Pilates with Katherine	AUKL	269602
Tues	1.45pm	Pickleball	EVH	862696	Fri	9.30am	Dementia & Me Unit	AUKL	269602
Tues	3pm	Seated Yoga	AUKL	269602	Fri	9.15am	Nikki Barratt Art Group	EVH	07870494644
Tues	6pm	Board Games Night	Coffee Cabin		Fri	10am	Dementia Day Break	AUKL	269602
Tues	6.45pm	Short Mat Bowls	LVH	863842	Fri	10am	Painting and Drawing	AUKL	269602
Tues	7pm	Bridge Club	EVH	07790160476	Fri	10.15am	Talk Time	LL	03000413131
Wed	8am	Pilates	TC	07951698008	Fri	10.30am	Main Cog Stim Therapy (MCST)	AUKL	269602
Wed	9am	All Day Breakfast	AUKL	269602	Fri	6pm	Junior Cricket Training Sessions	SPCC	07869283195
Wed	10am	Pilates	TC	07825109670	Fri	7pm	Table Tennis	EVH	

Monthly Events

When	Time	Event	Where	Tel. No.	When	Time	Event	Where	Tel. No.
1st Mon	2pm	RBL, Elham Valley Branch	St Mary's Hall Elham	862508	Last Tues	10.30am	Lyminge Poetry Group	LL	03000413131
1st Mon	10am	Stroke Support Group	C&H	07903150099	1st Wed	10.30am	Lyminge Friends	TC	862598
2nd Mon	7.00pm	Parish Council Meeting	TC	07544670363	1st Wed	2pm	Bingo	EVH	
3rd Mon	7pm	Etchinghill Cinema Club	EVH	07903150099	4th Wed	2.30pm	RM Circle	RVH	862913
3rd Monday	10am	Stroke Support Group	C&H	07715221705	Last Wed	7.30pm	Quiz Night	C&H	01303901011
1st Tues	2pm	Library Reading Group	LL	03000413131	2nd Sat	10am	Postling Ch. Coffee Morning	PC	863536
1st Tues ³	7.30pm	LHS Talk/Event	TC	863879	2nd Sat	10am	Ethelburga Quilters	EVH	
2nd Tues	2pm	Library Reading Group	LL	03000413131	4th Sun	9.30am	Farmers' Market	LVH	
3rd Tues ²	7.30pm	Gardeners' Society	TC	07703149008	3 monthly Sunday	10am	Blue Kangaroo Baby Class	EVH	07800 737936

¹ In term time only ² Except Jan and Feb ³ Except Jan, Feb, and trip in Aug ⁴ Except Aug and Dec ⁵ Not held in August ** Every three months

AUKL: Age UK Lyminge; **C&H**: Coach & Horses; **EVH**: Etchinghill Village Hall; **ELVH**: Elham Village Hall; **ERA**: Etchinghill Residents' Association; **ES**: Elham Square; **EVL**: Elham Valley Line Trust; **JF**: Jubilee Field; **KH**: Korf House; **LB**: Laing Bennett; **LBC**: Bowls Club; **LL**: Library; **LMC**: Lyminge Methodist Church; **LPC**: Lyminge Parish Church; **LPS**: Lyminge Primary School; **LVH**: Lyminge Village Hall; **LW**: Lord Whisky; **NP**: Nailbourne Court; **PC**: Postling Church; **PH**: Lord Whisky, Park House; **PVH**: Postling Village Hall; **RVH**: Rhodes Minnis Village Hall; **RMC**: Rhodes Minnis Church; **RMCS**: Rhodes Minnis Cat Sanctuary; **RR**: Rigden Room; **SMVH**: Stelling Minnis Village Hall; **SNL**: See Newsletter for info; **SP**: Sibton Park; **SPCC**: Sibton Park Cricket Club; **TC**: Tayne Centre; **TF**: Tayne Field; **WF**: Well Field



St Mary and St Ethelburga Parish Church, Lyminge

Sunday 4th August

Lyminge 10am WOW Service
Paddlesworth 6pm Evensong (BCP)

Sunday 11th August

Lyminge 8am Holy Communion (CW2)
6pm Choral Evensong

Sunday 18th August

Lyminge 10am Holy Communion (CW1)
Paddlesworth 6pm Evensong (BCP)

Sunday 25th August

Paddlesworth 8am Holy Communion
Lyminge 10am Family Praise

Sunday 1st September.

Lyminge 10am WOW Service
Paddlesworth 6pm Evensong (BCP)

If more information is required please contact the Church Wardens,
Derek Smith 01303 862508 or Mike Chinneck 01303 863911

Postling Church Services

4th August 8.30am Breakfast service
11th August No service in Postling
18th August 8.30am Holy Communion
25th August 5pm Tea service

Lyminge Methodist Church

A warm welcome awaits you at the following services to be held at **11am**, followed by a time of refreshment and fellowship.

4th August Mr David Songer

11th August 10.15am Valley Service at Rhodes Minnis
with Rev Gill Songer

18th August Local arrangement

25th August Mr Ralph Bradshaw

Methodist Church/Tayne Centre

This is to express our sincere thanks to the Haywardians and all who supported their recent concert. This raised £556 towards a much needed repair to a side roof at the Tayne Centre. As many of you will know, in order to access grants, you first have to demonstrate an ability to raise a significant amount towards what is required. Our premises are used by many in our community and we look forward to your continuing support.

Thank you again.

Rhodes Minnis Chapel

A warm welcome is extended to anyone who wishes to join us for the following services at 9.30am in our small and beautiful Chapel and to share fellowship after the services over coffee and biscuits.

4th August A local arrangement

11th August Valley service at 10.15am to include Holy Communion led by Rev Gill Songer. If the weather is suitable this will be held in the open air in the grounds

18th August Mr Ralph Bradshaw

25th August Mr Paul Missin

Lyminge Newsletter

Terms & Conditions: Copy deadline for next edition - 18 August 2024

Please email your copy to the editor (pbarnes20@icloud.com). Your payment must be received before your article or advert can appear in the Newsletter. Invoices will be issued and should be paid ASAP either by BACs, cheque, credit card or cash (details on invoice). **Business adverts** cost from £9.50 per month or £95.00 per year. **Personal and charity adverts and articles** from £3 per month, or £30.00 per year. The annual rate offers 12 entries for the price of 10. Please make cheques payable to '**The Lyminge Association**'. If you do not have email, a typed paper-copy may be left with the payment at the Library. Newsletter is printed by Canterbury Print & Mail.

Lyminge Association accepts no liability for the accuracy of the advertisements or subsequent actions arising in conjunction with advertisers in the newsletter.

Further details from Peter Barnes (editor) on 01303 863737 or pbarnes20@icloud.com

District Councillors' Update - August 2024

General Election 2024 - Our thanks go to Officers and Staff at both FHDC and ABC for the efficient way in which the election was run. I wish our two new Members of Parliament, Sojan Joseph for the Ashford Constituency (of which the North Downs is part) and Tony Vaughan for the Folkestone & Hythe Constituency, the best of luck as they come to terms with their new positions. My commiserations to Damian Collins and Damian Green, our outgoing MPs, and wish them well for the future.



Cross Channel Traffic Disruption - Kent and Medway Resilience Forum has published a letter aimed at residents in our District. It explains why measures such as closing the Roundhill Tunnel and Dover TAP (Traffic Assessment Project) are necessary and seeks to reassure that the emergency services have plans in place to get to anyone that needs help when traffic is disrupted – see www.folkestone-hythe.gov.uk/downloads/file/5356/letter-to-residents-and-businesses

Police & Crime Commissioner - At the Police & Crime Panel yesterday, the Commissioner gave an up-to-date report on the Neighbourhood Policing Model which is due to be fully implemented by September 2024. He also gave a detailed report on the Criminal Justice System where staff shortages continue to be a concern – for further information on this subject see the report [Public reports pack 16072024 1000 Kent and Medway Police and Crime Panel.pdf](#)

All Saints Church, Stanford – I have agreed to take on the responsibility of Safeguarding within Stanford Church. Despite being the Safeguarding Member of the previous District Council and undertaking training as a Governor at Sellindge Primary School, this role involves further training with the Canterbury Diocese!

Contact: jenny.hollingsbee@folkestone-hythe.gov.uk Mobile 07887918458 X (Twitter) @jennyhollingsbee

The Venetian Fete is being held in Hythe on Wednesday 20th August. There is a funfair and a flotilla showcasing local community groups in the afternoon and in the evening. Hythe will also be holding their regular Food Festival over the Bank Holiday weekend, 24th, 25th and 26th August. This year Folkestone will also be staging a food festival on 2nd, 3rd and 4th August in Folkestone Town Centre to showcase the best of local restaurants and food experiences. It is part of the Folke About Town programme and is one of a series of test events that, if successful, will continue as a regular event in the town.

Paula Hirst, who is founder and director of Disruptive Urbanism, has been appointed as the new Independent Chair of the Otterpool Park LLP board. Disruptive Urbanism is a company she set up 11 years ago aiming to bring fresh thinking to how urban development is planned, designed and constructed.

The draft of the updated Corporate Plan for 2025 – 2030 will be available for consultation and discussion at the next North Downs Forum meeting. Consultation on the Corporate Plan is open for 9 weeks from 27th July to the 27th September and it is important that you share your thoughts on it. The next North Downs Forum meeting will be held in Stelling Minnis Village Hall on 3rd September.

I offer my congratulations to the new MP for Ashford, Sojan Joseph, and look forward to working with him for the benefit of the residents of North Downs West. I will contact him, when he has his new Parliamentary administration in place, to emphasise the rural issues within the North Downs area. You will need to contact Mr. Joseph if you have any issues that require help from your MP.

Contact: elaine.martin@folkestone-hythe.gov.uk

Etchinghill Update - August 2024

ETCHINGHILL RESIDENTS' ASSOCIATION (ERA)

Chairman: David McCombe - 07939 076617 E-mail: dmccombel@gmail.com

Website: www.etchinghill.info Facebook: Etchinghill Residents

FILM NIGHT AT THE VILLAGE HALL - MONDAY 19TH AUGUST - "BOB MARLEY:

ONE LOVE" 12. Biography / Drama / Music, starring Kingsley Ben-Adir, Lashana Lynch and James Norton. The story of how reggae icon Bob Marley overcame adversity and the journey behind his revolutionary music. The entry fee is only £6 pp and includes a glass of wine, tea or coffee with biscuits and entry into a free raffle. New members are welcome, simply register and pay on the night - no need to book.

CLOSED PLAY AREA ST MARYS CLOSE, MERIDEN PARK

The closed playground is now unsightly and overgrown with weeds; the bin in the area has been used by dog walkers to throw poo bags into, and some bags are beginning to biodegrade with the potential to split and cause a health hazard. Dog walkers are requested to dispose of bags in the nearest bin at Chapel Close as there is no access to the playground and the bin cannot be emptied - it was not intended for such use in any case. Lyminge Parish Council have been contacted for an update as to when refurbishment and ground clearance is likely to take place.

Editor: The play park has now been trimmed and cleared! See P16/17.

MESSAGE FOR CYCLISTS

On behalf of all horse riders, please would cyclists call out "good morning/afternoon" or "hi, behind you" or ring a bell if you have one. Bikes are very quiet & when riding close to the rear of horse, a horse can be startled and kick out. This has happened a few times recently and cyclists have been lucky so far. A different horse however, could kick out and results could be very different. Thank you.

News contact: Jacqui Blandford – 07543 966830 or email: jacqui.blandford@gmail.com





LYMINGE HISTORICAL SOCIETY

We are taking our usual summer break in August.
Meetings will resume in the Autumn.



The next meeting will be at 7.30pm on Tuesday 3 September
at The Tayne Centre, Church Road, Lyminge

Henry VIII's castles on the Kent Coast
Speaker: George Chittenden

Annual Membership Fee: £11
New members and visitors are always welcome
Visitors: £4 Payable on the door

All our publications, including our latest volume Lyminge a History Part 13, are on sale at our meetings. We accept payments by cash or card.

A Little More Joy

Eco-friendly gift boxes



Vibrant, environmentally conscious gift boxes that are kind to the planet. We also have a build your own option for a more bespoke gift.

10% Discount on your first order (**welcome10**).
Local collection (Lyminge) can be arranged via email.

Contact details

Website: www.alittlemorejoy.co.uk

Email: alittlemorejoyuk@outlook.com



Summer Show

At Rhodes Minnis



Village Hall



Saturday 3rd August

Opens 2:30 pm

Prizegiving 4:00pm

Refreshments

Entry Free

Raffle



SCHEDULES available Tel: 01303 862616

MEDITATION COURSES

More and more people are learning to use the skills of meditation and their breathing as a way of supporting their health and wellbeing, keeping their minds fit and regulating their nervous systems.

I invite you to join me on my next Mindfulness Meditation Course Commencing Saturday 5th October 2024
Ending Saturday 23rd November 2024
10.00am - 12.30pm for 8 Sessions
Location: The Committee Room, Lypne Village Hall

Alternatively, on a WEEKDAY EVENING
Commencing Thursday 3rd October 2024
Ending Thursday 21st November 2024

For more information and to book a place
Contact Ellen: 07740857109
Email: ejgarrard2712@gmail.com
<https://ellengarrard.co.uk/>





**Sibton Park
Cricket Club**



Kentish Wine Tasting

Friday 23rd August 2024
Tastings 6.00 - 8.00pm
Gumboots 7.30 - 10.30pm

@ Sibton Park Cricket Club

TICKETS @ £35 PER PERSON



TO PURCHASE TICKETS, PLEASE USE THIS QR CODE

- TEN tastings from 8 local vineyards
- A goody bag with your own tasting glass
- Music with local band Gumboots
- Food available on site to purchase separately
- Sibton Park bar open for all other drinks

Contact: sibtonpark@outlook.com
or Paul on 07886 821728

With thanks to participating vineyards for sharing their amazing wines with us:
Barnsole, Woodchurch, Warehorne, Nine Oaks, Brabourne, Wayfarer Wines,
Elham Valley and Westwell.



The POSTLING COFFEE & CAKE MORNING IN AID OF THE PILGRIMS HOSPICE

Saturday 10th August 10am to 12noon at Postling Church

ALL DONATIONS GO TO THE PILGRIMS HOSPICE IN THEIR ENTIRETY - PLEASE BRING CASH

ETCHINGHILL RESIDENTS' ASSOCIATION

Film Night

"Bob Marley: One Love" *Rated 12*

Monday 19th August

Etchinghill Village Hall - 7 for 7.30pm

Entrance Fee £6pp

Open to new and existing members
Free Refreshments and Raffle



www.etchinghill.info

Gardener wanted

An enthusiastic retired, or amateur gardener to do paid general tidying, weeding, pruning, watering etc. and help keep a large garden in order in Postling.

Would suit someone who has 2 or 3 days a month available. All the tools and equipment needed are provided.

If interested, please contact Bob Lock

07710 316034 or boblock10@gmail.com

The Sometimes Gallery

A Pop-up Art Gallery
Every Saturday and Sunday
12pm - 5pm

St Mary's Hall, Elham

Showcasing local artists, creatives and makers
Original artwork, limited edition prints & cards

info@thesometimesgallery.com
www.thesometimesgallery.com



A dazzling show, featuring the foot-tapping rhythms of Ragtime and early jazz.

Virtuoso pianist Helen Crayford invites you on a whistle stop tour from 1890-1940 showcasing:

Scott Joplin

Jelly Roll Morton

George Gershwin

'Fats' Waller

In period costume

St Mary's Church, Elham

Sunday 15th September
3pm

£12 on the door. Refreshments including delicious cakes, tea and coffee will be available.



MUSIC ON A FRIDAY

AUTUMN BBQ AND CONCERT
13th September

Lyminge Parish Church
BBQ
at 7pm

Free entrance, free BBQ
and free wine
All welcome

Christmas Concert will be 13th December



TALLEST SUNFLOWER COMPETITION - 2024



Measuring time!



Please contact :

lymingegardeners@gmail.com

or call Anne on 07703149008

if you want your sunflower measured and entered in the competition.

**Closing date
August 26th**

Results can be taken at any time before this, once the sunflower head has dropped

Our first Autumn event will be on Tuesday 17th September. Look out for details in the September Newsletter.



Lyminge Friends

All tickets for our **Summer Lunch** are now sold and the Committee would like to thank everyone who has purchased tickets. We look forward to welcoming ticket holders on the **7 August** to Lyminge Church at **12.30pm** and hopefully the sun will shine. Don't forget there will be a raffle with fantastic prizes and Music Bingo. If you have any queries please contact Mary on 07904 157897 or Sally on 07821 289191.

On **4 September** we welcome **John Backwell** and his personal experience of **"That Hill in Africa - Climbing Kilimanjaro at 70 - silly or sensible?!"**

2 September sees local Author **Jean Batten** coming to speak about **"Discovering Lyminge through my Writing"**. This meeting will be held in The Methodist Church as we expect there will be a lot of outside interest.

Everyone welcome - Entry is £4 (including Tea/Coffee)

We are a friendly social group and welcome new members and visitors so just drop into a meeting, or if you'd like to talk to one of us first, please call 07904 157897. All meetings are in the Rigden Room of the Tayne Centre from 10.30am to 12noon **unless otherwise stated.**



Fifth Trust Update

www.fifthtrust.co.uk

We are looking for people with an interest and/or experience in hospitality and catering to join our team at the Vineyard Café or Cook Club, based at the beautiful Elham Valley Vineyard. All roles require a high level of patience, understanding and care. You will have a happy, polite disposition and the ability to deal with the demands of a busy café environment, or within the Cook Club, teaching cookery skills to small groups of adult students with learning disabilities

We currently have vacancies for full and part-time staff. Please email Lynda (Café Supervisor) at: lynda.evans@fifthtrust.co.uk for more information or to apply. All our vacancies and full job descriptions can be viewed on our website here: www.fifthtrust.co.uk/get-involved/work-for-us.php



Hythe Aqua Swimming Club has vacancies for potential competitive swimmers Level 7 and above. Join a Club with a nationally accredited swim programme. Lessons/Coaching sessions are held on Tuesday & Thursday evenings at Hythe Pool.

We also welcome adult length swimmers to our Adult training on Tuesdays & Thursdays at 9.00pm

To book your place

Email: hytheaqua@btinternet.com or checkout our website: www.hytheaqua.org.uk or [F/book](#)

Rhodes Minnis Circle

At our June meeting Len Howell spoke about the fascinating **'Mappa Mundi'** on display in Dover Castle's keep. The map was commissioned by English Heritage, based on actual 12th Century maps. We learned about the medieval view of geography and religion and how the maps were created. Handcrafted on calfskin, materials used include lapis lazuli, malachite, gold leaf and 'dragon's blood' (actually made from the root of a shrub!).

On **28th August** the members will be enjoying afternoon tea at **Folkestone Garden Centre**.

We normally meet at Rhodes Minnis Village Hall at 2.30pm and visitors are always welcome.

For further information contact:

Lis Hirlemann 07590 913856.

Lyminge Judo Club

(Bushido Club registered)

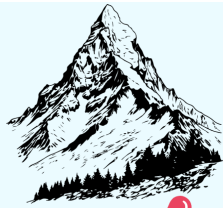


We are a small friendly village club. We welcome and encourage both novices and skilled players and train every Monday evening at Lyminge Village Hall from 6.30pm. Open to all ages from 6 upwards - no upper age limit.

Juniors £2.50 per week; Seniors £3.50 per week. First session free, with no obligation.

Contact: Craig Munn email: craig.munn1@yahoo.com

Facebook: www.facebook.com/Lymingejudoclub



Bingo!

Join us for an **EXTRA** bingo night at **Age UK Hythe** supporting our **Climb to Everest!**

12th August 2024

Age UK Hythe, Sanford House, Stade Street, Hythe, Kent, CT21 6BD

£11 per book of 6

Doors open 6:00PM

Eyes down 6:30PM

Our cafe will be open for refreshments

All funds raised will go directly to Age UK Hythe, Lyminge and Ashford – to support those living with Dementia.

Registered charity number 1125274.
Company number 6589817.
© Age UK Hythe, Lyminge and Ashford 2024.

Come along to our Diabetes Support Group!



The fourth Thursday of each month at Age UK Hythe **1:00PM – 3:00PM**

Come along and talk to others with Diabetes, gain support with various issues, and get help and advice.

This peer to peer support group is free, and refreshments will be available.

Age UK Hythe, Sanford House, Stade Street, Hythe, Kent, CT21 6BD

Booking is essential. Please call **01303 269602**

AGE UK - LYMINGE

CLEAR EARS

Free Ear Checks, and if needed Ear Wax removal, at a discounted rate:

Age UK Hythe: Monday 19th August 2024
10:00am - 1:00pm

Home appointments are available and can be arranged by calling: 07948 612994



HI KENT

For Hearing Aid Batteries & Tubing
Age UK Ashford: Tuesday 20th August
10:00am - 11:00am
Age UK Hythe: Tuesday 13th August
Tuesday 27th August
10:00am - 12:00pm

Diabetes Peer Support Group

Live Well with Diabetes, share you experience and learn from others.

Age UK Ashford - Monday 5th August
Age UK Hythe - Thursday 22nd August
1:00pm – 3:00pm
To register call: 01303 269602



Event	Location	Date and time
Bingo	Hythe Hub	Thursday 1 st August 6.30pm - 9.00pm
Bingo	Ashford Hub	Tuesday 6 th August 6.30pm - 9.00pm
Bingo (Everest Base Camp fundraiser)	Hythe Hub	Monday 12 th August 6.30pm - 9.00pm
Country Night (Everest Base Camp fundraiser)	Tin Tabernacle Hythe	Friday 30 th August 7.30pm – 10.00pm
Bingo (Everest Base Camp fundraiser)	Ashford Hub	Friday 6 th September 6.30pm - 9.00pm
Christmas Fair	Hythe Hub	Saturday 30 th November 10.00am - 2.00pm

For information or to book any of the activities please call us on **01303 269602**

Registered charity number 1125274. Company number 6589817. © Age UK Hythe, Lyminge and Ashford 2024.



We need your help!



Cleo, Emma and Sam, who is living with Dementia, are going to Complete the Everest Base Camp Trek Challenge

All funds raised will go directly to Age UK Hythe, Lyminge and Ashford – to support those living with Dementia.

Climbing to Everest Base Camp is definitely a challenge not to be taken lightly, but it is an achievable one! We know we can do it especially with your support.



Donations can be made online, through Go fund me at www.ageuk.org.uk/hythelymingeashford/
01303 269602
co@ageukhla.org.uk

The Drury's

ONE NIGHT OF COUNTRY

A magical night with this extraordinary father-daughter duo who capture the spirit and heart of country music with their harmonies and soaring voices.

FUNDRAISING CONCERT ON BEHALF OF AGE UK



Featuring
Hits from Shania Twain,
Taylor Swift, Dolly Parton,
Kenny Rogers, Willie Nelson,
Carrie Underwood, Brad Paisley
and many more!

HARRIET
DRURY

BOB
DRURY

All funds
will support the
Base Camp Challenge
for Dementia Services
helping to reach
the £30K target!

Venue:

The Tin Tabernacle
4 Stade St, Hythe, CT21 6BD

Friday, 30th August
Doors 7pm/Starts 7:30pm
Tickets £17

Book online: ticketsource.co.uk/bobdrury



SCAN FOR DONATIONS
ALL PROCEEDS TO AGE UK

Charity No. 1125274

LYMINGE AND ELHAM VALLEY STROKE SUPPORT

Have you, a family member or a friend been affected by a stroke?

Come and join our informal support group.

For more information, to check the dates of meetings/events, or if you would like support but are unable to attend the meetings

Email: Lymingestrokesocial@gmail.com
or Telephone: 07846 177 409

Dates for next meetings

5th and 19th August

We usually meet on the 1st and 3rd Mondays of the month (except Bank Holidays) at The Coach and Horses, Lyminge 10:00am until 12:00noon

THE TOWER THEATRE FOLKESTONE

SISTER ACT

Music by ALAN MENKEN
Lyrics by GLENN SLATER

Book by
CHERI STEINKELLNER
& BILL STEINKELLNER

Additional Book Material DOUGLAS CARTER BEANE

13 - 21 September

This amateur production is presented by arrangement with Music Theatre International
All authorised performance materials are also supplied by MTI www.mtishows.co.uk



BOX OFFICE 01303 223925 or towertheatrefolkestone.co.uk



THE RAILWAY CHILDREN

THE TOWER THEATRE

Written by
E. NESBIT

Adapted for stage by
MIKE KENNY

7TH - 10TH NOVEMBER

Tickets from £14

An amateur production by arrangement with Nick Hern Books



The Tower Theatre, North Road, Shorncliffe, Folkestone CT20 3HL

Registered Charity 1180504



4th Sunday
of each
month

Sunday June 23

Sunday July 28

Sunday Aug 25

Sunday Sept 22

9.30-12.30
LYMINGE
VILLAGE
HALL

Saturday 17th August

Make a note of
the date!

Railway Museum



Countryside & Craft Centre

Peene, Folkestone, Kent. CT18 8AZ

Traditional old fashioned

COUNTRY FAIR

Games & Sideshows * Gift Shop * Crafts

Model Railway Shop * Tea Room

Miniature Train Rides * and lots more!



Come in period dress ~
any period from Victorian to 1970s



The Elham Valley Line Trust, Charity No. 295563

COACH AND HORSES

Lunch service:

12:00 - 2:30

Dinner service:

5:30 - 8:00

Monday-Saturday

WHAT'S ON?

Roast dinners

served 12:00 - 7:00

Sundays

WEDNESDAY LUNCH

Pie and mash

- Wednesday lunchtime
- £10 per person

ALL DAY FRIDAY

Fishy Fry-day

- Fish dish for £10
- Includes fish and chips, scampi and chips, fish pie etc

ALL DAY SATURDAY

Curry Curry Curry

- You guessed it... curry!
- £10 curry and rice
- A variety of curries including Boo's own thai curry (fan fave!)

**WE ARE
HAPPY TO
DELIVER
LOCALLY
(LYMINGE)
FREE OF
CHARGE**

SECOND WEDS

Music bingo

- £2 per card
- £5 for bingo food
- Starts at 7:30

FOURTH WEDS

Monthly quiz

- £2 per person entry
- £5 for quiz food
- Starts at 7:30



A new pool table has been installed.

Please come and join in with this ever popular pastime.



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www.envisagegroundcare.co.uk

You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us. And the world will live as one.

John Lennon

Anna Lindley (RVN, Dip.A.Physio)



**Anna's Animal
Physiotherapy**

For dogs, cats & small pets



- Offering physiotherapy assessment and treatment of dogs, cats and small animals.
- Physiotherapy can help with osteoarthritis and the ageing pet, post operative orthopaedic surgery, neurological, spinal conditions, unexplained lameness and many more conditions.
- I use a combination of manual therapy, laser, ultrasound therapy, TENS, kinesiology tape and exercises to rehabilitate your pet depending on your their needs. I also address environmental and exercise factors that can help your pet with their condition.
- I am fully insured with over 16 years experience working with animals. I am a member of the International Association of Animal Therapists (IAAT).
- For more information please visit my website: annasanimalphysio.co.uk or feel free to contact me on 07944 606453 or anna@annasanimalphysio.co.uk
- Why not follow me on social media:
Instagram: [@annas_animal_physiotherapy](https://www.instagram.com/annas_animal_physiotherapy),
Facebook: [@annasanimalphysiotherapy](https://www.facebook.com/annasanimalphysiotherapy)

Spread love everywhere you go. Let no one ever come to you without leaving happier.

Mother Teresa



Home Instead.

To us, it's personal

01303 847899

*Live well, your way
with care at home*

- Personal Care
- Companionship Care
- Home Help
- Dementia Care
- End of life Care
- Live in Care



CARE professional with client and Grandson

Home Instead

Folkestone, Hythe & Ashford

300 Cheriton Road

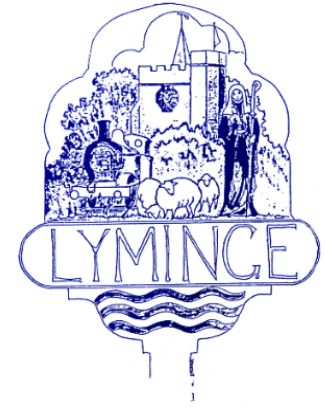
Folkestone, Kent, CT19 4DP

accounts.folkestone@fha.homeinstead.co.uk

www.homeinstead.co.uk/folkestone

LYMINGE PARISH COUNCIL

Etchinghill - Lyminge - Rhodes Minnis



www.lymingeparishcouncil.org.uk

clerk@lymingeparishcouncil.org.uk

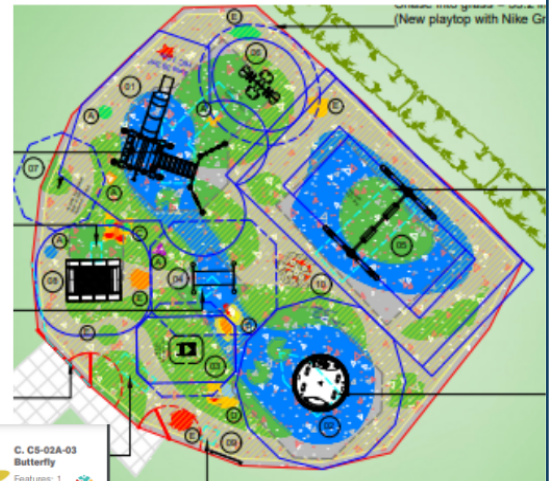
Agendas, minutes and relevant reports are published on the council website. If you would like a copy of council documents please contact the clerk.

MERIDEN PARK:

We are delighted to share that following our tender process we have formally accepted a proposal for the refurbishment of Meriden Park.

We have some final details to iron out but hope that work should be able to begin in the next three months. We are so excited to see this design by Sutcliffe Play come to life and are even more excited to see the children of our lovely parish and those visiting from elsewhere, enjoying our beautiful new play park.

Thank you to all of the residents who have given their time and feedback in this process.



Meriden Park Lyminge Parish Council

<p>02. S1R000 Inclusive Roundabout (with Seat & Scooter) Features: 3 Users: 4 Age range: 3+ Years</p>	<p>03. S5B150 Flower Spiggle Features: 2 Users: 1 Age range: 2+ Years</p>	<p>07. SD5001 Shape Shifter Flower Features: 2 Users: 1 Age range: 2+ Years</p>	<p>08. MA-SA-43-I Inclusive Trampoline Features: 2 Users: 2 Age range: All Years</p>	<p>09. FCOM001 Communication Panel Features: 1 Users: 2 Age range: All Years</p>	<p>10. KS-01A-01 3D Ladybird Features: 2 Users: 2 Age range: All Years</p>	<p>A. SDS-WPS Set of Wipeour Shapes for Shape Shifter Flower Features: 3 Users: 8 Age range: + Years</p>	<p>B. C3-01A-S2UV Duck Features: 1 Users: 1 Age range: All Years</p>	<p>C. CS-02A-03 Butterfly Features: 1 Users: 1 Age range: All Years</p>	<p>D. CS-05A-S2UV Bee Features: 1 Users: 1 Age range: All Years</p>	<p>E. D1-05A-70UV Set of 5 Leaves Features: 3 Users: 8 Age range: All Years</p>
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CONTACT INFORMATION

General - clerk@lymingeparishcouncil.org.uk / 07999 403948

Handyman - fred@lymingeparishcouncil.org.uk

HANDYMAN:

Our handyman, Fred, is working hard on improving the parish. Each week he dedicates some time to longer term projects and the rest of the time on shorter term projects. If you can think of anything that needs doing, please let us know! You can contact him via the Clerk or directly via his email (see above).

Some of the recent projects he has been working on include:

Meriden Park - Ahead of any work being completed in respect of the refurbishment, the play area needed completely clearing of the growth. This has now been completed and work should be able to begin soon!

Footpaths - We are hoping to clear as many of our footpaths as we can. This includes alleyways and more rural 'nature' walks. Please keep us updated on specific footpaths. What Three Words locations would be incredibly useful.

Lastly, the big project being undertaken currently is the **allotments** which have been neglected for a number of years. This long term project will allow us to provide more allotments and ensure they are being used appropriately.



UPCOMING MEETINGS

FINANCE AND ADMINISTRATION - 5 AUG - 18:30 - LYMINGE METHODIST CHURCH (LMC)

COMMUNITY ENGAGEMENT AND EVENTS - 5 AUG - 19:30 - LMC

FULL COUNCIL - 12 AUG - 19:00 - LMC

PLANNING AND LICENCING - 15 AUG - 9:30 - ETCHINGHILL VILLAGE HALL



Thoughtful Food...

...is a group of local volunteers looking at our food, and how this impacts climate change. Our aims are to support people to produce more of their own food, and to shop locally, sourcing seasonal produce. We also run a community allotment in Lyminge and welcome new members.

Contact: thoughtfulfoodgroup@gmail.com or on Facebook and Instagram [@thoughtfulfoodgroup](https://www.instagram.com/thoughtfulfoodgroup)

Next **Thoughtful Food** meeting, **Tuesday 6th August, 7.30pm**, at the Coach and Horses Public House

It has been an extraordinary year this year with many reports of surprise and frustration at what is doing really well in the garden and what plants have really struggled although the last few days of sunshine have certainly helped spur on growth and bring back some smiles.

One of the main problems seems to be the range of temperature from very warm days to quite cold nights. This year the range has been quite marked with cool nights and warm days; 12-25°C in June and 14-28°C in July. This may be something we have to get used to and change our gardening practice accordingly. It would be very good to keep a diary, if you don't already, so that you can remember what you might need to change or things you might be able to exploit if the climate has had a positive impact.

Grow to Share

As a result of the weather you may not have any gluts or surplus produce to share but if you do would you consider giving this to one of the many food initiatives within the Folkestone and Hythe district? Join our WhatsApp group on 07936729186 where arrangements can be made to collect and distribute your yummys, where they will be gratefully received.

Ultra Processed Food like substance versus The Real Deal

Ultra processed food (UPF) is food constructed by industrial processes, often supermarket food with extensive ingredients not found in your own kitchen. It is manufactured and packaged for taste, shelf life and profit. Chris van Tulleken's book 'Ultra Processed People' is worth a read. At some point you may decide to discard the Pringles and substitute real food. We started on the Thoughtful Food page in July with Breakfast so this month let's look at Lunch. Next month will be healthy vs non healthy snacks. Don't become fixated on food labels (too stressful in our stressed lives) instead choose a single meal to concentrate your efforts on, or a favorite food or get the free App Yuka to help cut down the amount of ultra processed foods in your kitchen.

Lunch UPF	Substitute
Cheese and ham sandwich	Make it with homemade wholemeal bread or Rye. Don't use processed cheese squares but quality cheese and ham
Tin of soup with Bread roll	Homemade soup (make too much and freeze portions). Use Rye bread or a flatbread with few ingredients
Burger, chicken wings	Banana, nuts such as Pecan, Walnuts, Cheese wedge or strip of Beef Jerky

Tried and Tested Cooking Hacks

Another thing we promised last month was to bring you ways to help cook from scratch, as painlessly as possible. It's tomatoes time and here's an easy recipe for a tomato base sauce. The proportions are not critical; no need to waste time weighing or measuring.

Tomato Base Sauce

You will need:

- Fresh tomatoes (reduced overripe ones are perfect but doesn't matter if they're not)
- Onions (any sort, although bigger, brown ones cut down on labour)
- Garlic cloves (as many or as few as you like, or none)
- Good glug olive oil. You could substitute this with rape seed oil/ good quality vegetable oil as olive oil is so expensive now
- Salt and pepper

Method

Cut tomatoes in half and place in a shallow oven proof dish, bottom side down. Peel and roughly chop onions and throw into dish along with garlic cloves, no need to peel, just bash on a board to release the flavour. Pour over a good glug of oil and sprinkle with salt and pepper. I also like to add a glug of pomegranate molasses or balsamic vinegar. You might want to sprinkle on some herbs, fresh or dried. When your oven is on, place the tomato dish in the oven. Doesn't matter if it's a hot oven or slow oven it just means your tomatoes will cook slower or faster although 140°C for a couple of hours is best, at 180°C they could be done in half an hour. Stir occasionally to distribute the oil and flavours. When the tomatoes are soft and onions translucent remove from the oven. I like quite a rustic sauce so I just mash with a fork, but if you prefer you could smooth with a liquidiser or hand blender.

So there you have it, a basic fresh tomato sauce full of polyphenols. You can add basil or oregano for a pizza sauce. It can be the base for many pasta dishes, casseroles. If you make lots in one go, you can freeze in portion sizes and then it just needs defrosting. You could even add a little mustard powder and white wine vinegar for the ubiquitous tomato ketchup. The pomegranate molasses will give you sweetness.

Herb Hack

If you don't have time to chop herbs, here's a hack. Strip herbs off stalk by pulling your thumb and index finger down the stalk. Place the leaves in a plastic bag and freeze. Once frozen, whack the bag against a wall or table. 'Voila!!'. Chopped herbs and just take out however many you need, whenever you need them.



Very Best Seasonal Wishes from Thoughtful Food



What is Energy and Energy Security and How Does This Affect Us in the Lyminge Parish?

At the recent local Climate Action Committee meeting we talked about a variety of topics but one was particularly prominent, Energy and Energy Security. Residents felt that they did not know enough about the topic to make informed decisions. We have decided to cover this topic in more detail in the next few issues of the newsletter to tackle these concerns. Topics we shall cover

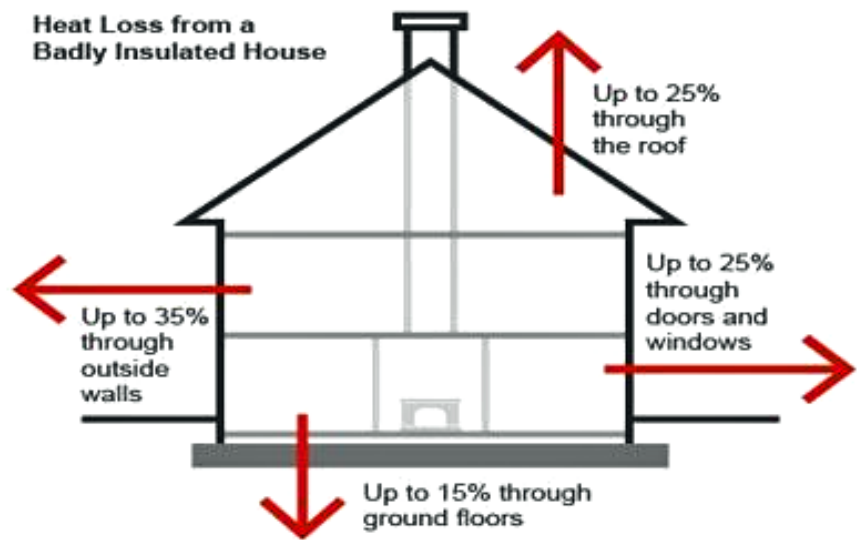
are home heat loss, upgrading your property to reduce heat loss and what are energy sources.

Although heating your home might not be on your mind at the moment (but with our current weather, it well could be!), installing simple solutions now could significantly lower your energy use and costs in the long term and ensure you have a warm, dry home to live in.

Preventing Home Heat Loss

Houses will always lose heat. The colder the outside temperature or the stronger the wind, the greater the amount of heat lost through the walls, windows, doors and roof of your home ('the building fabric').

This illustration shows where your home loses the most heat and where you should consider putting in measures to reduce this loss. These measures could involve replacing or increasing the amount of insulation that is in your loft, walls and floor or even replacing windows and doors. Even little fixes around the home can mount up to significant savings in your energy bills. For example, fitting your hot water cylinder with an insulating jacket will save you £35 a year in heating costs. For more information and quick wins around your home please check out The Energy Saving Trust at www.energysavingtrust.org.uk



For more information and quick wins around your home please check out The Energy Saving Trust at www.energysavingtrust.org.uk



Time is running out!

for FREE upgrades

Check if you're eligible for fully-funded energy saving upgrades by September 30.

#SAVEENERGYSTAYWARM

DELIVERED BY:



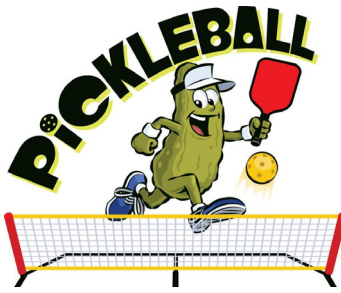
Home Upgrade Grant

Time is running out to apply for free energy-saving home upgrades!

Householders have until the end of September to register an interest in the Home Upgrade Grant, so be sure to check you if are eligible and apply now.

Eligible homeowners could receive improvements to help save energy and cut energy bills.

Find out more www.hugapply.co.uk



*Think you are
over the hill?
Try Pickleball
- it provides
exercise in a highly
enjoyable way*

We are a friendly non-competitive group, looking for new players of any age to join us. It's a simple sport, easy to learn and equipment is supplied. An inexpensive way to have fun all year round.

Etchinghill Village Hall
Tuesdays 2pm - 4pm
Call 01303 862696

Contacting Kent Police

Report a crime:

-  To report a non urgent crime visit www.kent.police.uk/report
-  Talk to us on LiveChat – available 24/7: www.kent.police.uk/contact
-  In an emergency, if crime is in progress or life is in danger, call **999**
-  If you have a hearing or speech impairment, use our textphone service 18000. Or text us on 999 if you've pre-registered with the emergency SMS service.
-  For news and advice visit www.kent.police.uk

News, information and advice:

-  Find your answer online. Browse the national Ask the Police question finder www.askthe.police.uk
-  Email your local policing team. Visit www.kent.police.uk/yourarea
-  Follow us on X @kent_police or find your local account at www.kent.police.uk/yourarea
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-  Follow us on Instagram @kentpoliceuk

 Kent Police

www.kent.police.uk

The Lyminge Association AGM

10th October
7.30pm
Lyminge Village Hall

Please try to give us your support.

**Freshly Prepared
Breakfasts & Light Lunches
Home Baked Cakes
Vintage Afternoon Teas
Coffees
Teas
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Private Functions**

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Pilates + Tayne Centre Lyminge

All abilities welcome

Wednesday
10:00 - 11:00

Contact Julie. 07825109670


Email :
pilates.mbs@gmail.com



Rainbow Centre Foodbank & Pantry Services

Foodbank



- Who** Our Foodbank is here for residents of our district who are in crisis and need emergency food support.
- What** Foodbank provides a basic food parcel, tailored to the size of your family, to last you three days.
- How** **Referral** - Citizens Advice, schools, and health professionals are just some of those who can refer people to our Foodbank. If you are not currently working with a referral agent, you can self-refer by contacting Help Through Hardship.
-  **Help Through Hardship 08082 082138 Mon-Fri 9am-5pm**

Pantry



- Who** It is open to anyone across our district who has difficulty making ends meet and needs ongoing help.
- What** Food Pantry is just like a shop; you choose the food items you want from the shelves, which contain a wide range of fresh, frozen, chilled, and long-life items. Members pay a small fee each visit and can choose groceries worth at least three times more, making their income stretch further.
- How** **Application** - you can apply to become a member online, your application will be assessed based on your needs & circumstances, and we will contact you.
-  www.yourlocalpantry.co.uk/join-a-pantry
If you are not able to apply online, please call **07913 573403**



Foodbank & Pantry Locations

- Hawkinge
- Hythe (Pantry only)
- Folkestone
- New Romney (Foodbank only)
- Cheriton
- Lydd

Rainbow Centre is a Charity Registered in England and Wales. Charity Number 1096570



Rainbow Centre Foodbank & Pantry Services More than just Food

The Pantry really helps my money stretch further



Whether you are using our mobile or static **Foodbank** or **Pantry**, all locations have a community space that runs during our opening times where you can have refreshments, chat with our volunteers, or talk to one of our professional partners.

Our professional partners provide wrap-around services and can help with a wide variety of advice and support for Health & Wellbeing, Financial inclusion (tackling debt), Welfare, Housing Support and we occasionally run cooking classes.

We have regular visits from agencies including: KCC Community Wardens, NHS blood pressure, Southern Water, Citizens Advice, NHS One You, RSPCA and Social Enterprise Kent

Blood Pressure check - Brilliant project. A simple thing to do that could potentially save lives.

My first time, I was apprehensive to enter but from the moment I walked through the door I felt a sense of community and acceptance. Volunteers are informative & friendly. It truly is wonderful and of a great help.

NHS One You service has really helped improve me and my family's life quality in many ways. The service has been very professional and friendly. Without this help, we would not be as sufficient. Such a top-quality service.

The pantry also has other services that have helped massively with household items, clothing and health checks. Citizens Advice have been made available and I feel that we have become quite a good connected community within the pantry which has had a positive effect on our mental health in these difficult times. Without the pantry, we would be struggling.

The Pantry has been very supportive for my family. As the cost of living has increased it has meant that we have had to make cut backs to what we have afforded in our shopping for the household (with the support of the Pantry financial inclusion) we can now balance our money a lot better, providing us with healthy meals and products for our family life.

Rainbow Centre is a Charity Registered in England and Wales. Charity Number 1096570

For Sale: Byocycles Cityspeed 20 Folding Electric Bike

- 360WH battery - 3 modes
- Shimano lever 6 speed gears
- Lights. Rear reflector. Bell. Mudguards. Folding pedals
- Comfortable saddle. Pannier
- Including battery and charger
- Small profile when folded
- Owners manual
- Very good condition
- £450



Contact Rachel Barnes 07710 632 291

For Sale: Electric Portable MC 130 Cement Mixer with Stand

- Large 90 litre drum capacity
- Strong heavy duty removable stand
- Electric motor. Quiet operation
- Good condition
- Complete with operators manual
- £99



Contact Peter Barnes 07808 775 302

KSS

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KENT SURREY SUSSEX

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Calling all families!
Don't miss the adventure and excitement at our KSS Heli Fun Day!



Heli Fun Day

Saturday 21st September 2024
11am - 3pm

The Friars, Aylesford

aakss.org.uk/get-involved/kent-fun-day/

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- Quiz Nights
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- House Parties
- Garden Parties
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- Chimney repairs, rebuilds and removal
- Conservatory conversions
- Advice and free quotes

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Contacts:

Chair: Peter Barnes 01303 863737 or 07808775302
pbarnes20@icloud.com

Treasurer: Martin Fry 01303 863177
martin@rhodesminnis.org.uk

Minute Sec: Heather Dunford

Committee Members:

Marian Chubb, Richard Chubb, Dave Hunt-Cooke, Stephen Guyatt, Gillian Heywood, Robin Mackonochie, Derek Smith, Penny Stephens, Adrian Willcox, Bernie Wood

Newsletter: As for Peter Barnes above

Editor: pbarnes20@icloud.com

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Charity No.800345

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£33 for evening session and £69 all day

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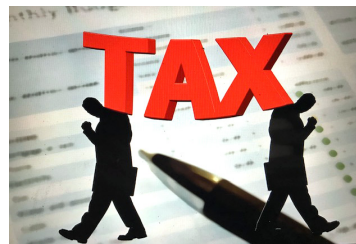
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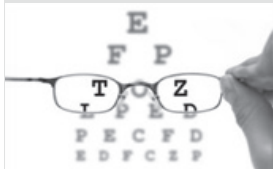
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LYMINGE THEN AND NOW

Our monthly look at how Lyminge has changed over the years, with thanks to Lyminge Historical Society.



Much has changed between these two views. But in the distance in the picture on the left, the side view of the Methodist Church reveals this to be taken from the High Street, in the vicinity of what is now Dumonts, looking north. The church building we see here, facing on to Tayne Field, was destroyed during the Second World War, and was later replaced by the current church. In the picture on the right, the roof of this post-War church is just visible in the distance in the gap between the houses.

In the older picture on the left, to the left of centre, is the first Lyminge Methodist Chapel, built in 1828. It had a regular congregation of just 21, but by 1835, increasing numbers made it inadequate, and a new chapel, now known as Wesley Terrace, was built. This in turn was replaced by the church that is visible above behind the chapel. This church was opened in 1894 and this helps to date the photo. The Ordnance Survey map of 1896 shows the old chapel had been demolished by that date, so the photo must date to around 1894 or 1895. The redundant chapel on the High Street was turned into housing, and in 1840, it was occupied by two widows. In the first census of 1841, it was the home of agricultural labourer John Whitehead, aged around 65, and his wife Mary. The house visible to the left was part of a terrace of four houses that was standing when the Ordnance Survey map of 1872 was prepared. These houses stood directly on the street and some of their brick footings are still visible. They suffered extensive damage from the bomb blast that destroyed the Methodist Church in 1944 and had to be demolished. Long-term resident of Lyminge the late Alan Taylor lived in one of these houses as a boy during the War and remembered a column of Churchill Tanks passing down the High Street directly beneath him as he leaned out of an upper window to watch.

“We’ll Meet Again...”

Play by The Phoenix Theatre Company in conjunction with the Elham Valley Line Trust



Over the evenings of Friday 14th and Saturday 15th June the Phoenix Theatre Company [based here in Lyminge] put on an evening event in conjunction with The Elham Valley Line Trust, which runs the Railway Museum and Craft Centre at Peene. The poignant short play set during the Second World War

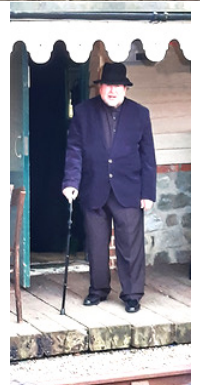


in Lyminge was performed in the open air on the platform of the mock-up station at the Railway Museum. This was accompanied by an illuminating presentation about the history of the line from when it was first suggested until its closure in 1947.



Around 100 people were able to enjoy the evenings and enjoy refreshments in the Tea Room during the interval. Thankfully our uncertain weather remained fine and rain-free for the two evenings!

Cast: Sue Hope, Ruby Stone, Neil Hope, Matthew Spain, Adam Button, Mary Burgon-Miller and Graham Steel; **Author:** Ingrid Goodchild; **Direction:** Jane Seymour & Sandra Willcox; **Sound:** Roger Brown; **Lighting:** Adrian Willcox; **Production:** Adrian & Sandra Willcox.



Sad Day for Lyminge Brownies



Lyminge Brownies held its last meeting on Thursday 4th July as Angela Foxon, Barn Owl, retired as leader. Angela and her fellow leaders have been running Brownies in Lyminge for well over 20 years, giving many young people in Lyminge an opportunity to enjoy all that Girlguiding can offer. The Folkestone Division commissioners were present to thank everyone as well as presenting Diane Jones with her 20 years service badge!

It's always sad when a village Unit closes - maybe you and one or two friends could think about taking on the leadership role as a team and let Lyminge Brownies start up again! www.girlguiding.org.uk/joinus

Lyminge Brownies enjoyed a final term of many adventures....including the Scout Activity centre,....



....den building and smores in the woods at Mystole Guide County camp-site.....



.....and on the beach.



Finally, at the leaders retirement party, Angela (Barn Owl), Diane (Snowy Owl) and Julia (Tawny Owl) were presented with Owl pictures drawn by Felicity.



It is indeed a sad day when one of the local organisations, focused on the development of young people, has to close because of the lack of adult leaders. Girlguiding provides a very structured and useful organisation for the development of young women, giving them the skills to interact and achieve the best they can in their future lives.

There must be a few adults in Lyminge able to give some time to allow this very successful organisation to continue to flourish in Lyminge, remembering you won't be on your own as there is plenty of help and support available in Folkestone Division. Please contact folkestoneguiding@gmail.com. Editor



Lyminge Friends

Dame Maureen Lewsey BEM gave a very enjoyable talk about her life with St John Ambulance.



General Election Hustings, chaired by chair of Lyminge Parish Council, took place on 24 June in Lyminge Primary School, attended by Damian Collins (Conservative), James Ransley (Consensus) and Mandy Rossi (Green).

