

THE LYMINGE NEWSLETTER

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

<http://www.lyminge.org.uk/>

December 2014

Produced by
THE LYMINGE ASSOCIATION



Lyminge Association News

Christmas Present Delivery Service

The Lyminge Association will once again be teaming up with Father Christmas when he pays another early visit to our villages on Monday 22nd December. He will be able to deliver parcels to Lyminge, Etchinghill, Postling and Rhodes Minnis. All you have to do to join in with this service is to wrap up your parcel with the name and address of the recipient, and take it to Laing Bennett, Estate Agents with a small fee of £2 for each different address. You can send as many parcels as you wish. We will then do the rest. Don't forget it is not just for children - grown ups love to receive surprise presents too ! Parcels must be at Laing Bennett's by 3pm on 19th December.

Please Note . . .

January's edition of the Lyminge Newsletter will be

published one week later than usual; that is, it should be delivered during the *second* week of the month. This is so that the printer can have a Christmas break !

Lyminge Calendar 2015

Looking for that one extra present ? Our "Lyminge through the Seasons" calendar is ideal and is available from Lyminge Post Office, Claire's Country Kitchen and The Coach & Horses. It is still only £5 !



*Happy
Christmas*



LYMINGE PARISH CHURCH SERVICES & ACTIVITIES

Church Website: www.lymingechurch.co.uk

E-mail: office@lymingechurch.co.uk

- Wed 3rd Dec NO Holy Communion
7.30pm Open House Bible Study and Discussion (*coffee available from 7.20pm*)
- Sun 7th Dec **8.00am Holy Communion** (CW order 2)
11.00am WOW (Ways of Worship)
- Wed 10th Dec 7.00pm Holy Communion (*short said 10-15 mins*)
7.30pm Open House Bible Study and Discussion (*coffee available from 7.20pm*)
- Sun 14th Dec **8.00am Holy Communion** (CW order 2)
11.00am Sung Eucharist
- Mon 15th Dec 7.00pm Broadstreet House Carol Service
Tues 16th Dec 6.30pm Carols at the William Harvey Hospital
Wed 17th Dec NO Holy Communion
NO Open House Bible Study
- Thurs 18th Dec 6.00pm Lyminge Primary School Christmas Concert/Carol Service
- Sun 21st Dec **11.00am Family Communion with Children's Corner** followed by refreshments
6.00pm Carol Service
- Mon 22nd Dec 6.30pm Carols round the village starting at Wentworth Close
- Wed 24th Dec **Christmas Eve**
3.00pm Nativity & Blessing of the Crib
11.30pm Midnight Mass
- Thurs 25th Dec **Christmas Day**
8.00am Holy Communion (CW order 2)
11.00am Toys and Joy
- Sun 28th Dec **10.30am Benefice Sung Eucharist at Postling** (followed by refreshments)
- Wed 31st Dec NO Holy Communion
NO Open House Bible Study

ACTIVITIES THIS MONTH

St Nicholas Fayre

Saturday 6th December starting at 11.00am in the Village Hall with Lyminge Primary School Singers & Lyminge Handbells
Barbecue, mulled wine, light lunches,
Children's Activity room, games and tombola plus lots of stalls

Mothers Union

The next meeting will be on Wednesday 10th December at 10.30am in the lounge at Nailbourne Court

Please contact Sue Rawlings 862221 if you are interested and/or need transport

Ethelburga Luncheon Club – Christmas Lunch

Thurs 18th December at 12.00 noon
at the Coach and Horses Public House
Please contact Lynne Lane – 863010

Prayer Shawl Ministry Group

There will be NO meetings until the New Year

Coffee Morning in Wentworth Close Lounge

There will be NO meetings until the New Year when they will be held on the **3rd Wednesday of the month at 10.00am**

Please contact Lynne on 863010 or Loraine on 863216

PADDLESWORTH PARISH CHURCH SERVICES

- Sun 7th Dec NO SERVICE
Sun 14th Dec 9.30am Holy Communion (*short said*)
Sun 21st Dec 3.00pm Christingle
Wed 24th Dec **Christmas Eve 11.30pm Carols in the 'Cat and Custard Pot' followed by a service in the church**
Sun 28th Dec 10.30am Benefice Service at Postling

LYMINGE METHODIST CHURCH

Visitors are very welcome to join us at our weekly service at **11am** and invited to share fellowship afterwards with a cup of coffee/tea.

7th December - Mr Tim James

14th December - Mrs Val Redding

21st December - Rev Kevin Taylor (incl. Communion)

6.30pm - Carols Rev Sam Funnell

(please bring torches in place of candles)

Christmas Day - Rev Kevin Taylor

28th December - Rev Sam Funnell

4th January - Mrs Joy Brumwell

RHODES MINNIS CHURCH

This small Chapel in beautiful countryside holds a weekly Sunday Service normally at 9.30am followed by coffee and biscuits. A warm welcome is extended to any visitors.

7th Dec - Rev. Peter Hills (inc Holy Communion)

14th Dec - **6pm** Rev. Kevin Taylor - Carol Service

21st Dec - Mr. Dudley Shipton

(No service on Christmas Day)

28th Dec - Rev. Sam Funnell - United Service with

Elham Methodists

4th Jan - **3pm** Rev. Kevin Taylor - Annual

Covenant Service

POSTLING CHURCH SERVICES

Sunday 7th December 3.30pm Evensong

Sunday 14th December 9.30am Family Service

Wednesday 17th December 7.30pm Advent

Meditation

Sunday 21st December 8am Holy Communion

Monday 22nd December 7.30pm Advent Carol

Service with the Shepway Singers

Christmas Eve 11.30am Blessing of the Crib

Christmas Day 9.30am Family Communion

Sunday 28th December 10.30am Benefice

Communion

L.E.T. (Lyminge Ecumenical Team)

Lyminge Churches working together

Carol Singing

On Monday 22nd December we shall be walking around Lyminge, singing carols, starting in Wentworth Close at **6.30pm**.

You are welcome to join us at any point.

Lyminge Newsletter

Terms & Conditions. Copy deadline is 18th December

Please email your copy in word.doc format to the editor (pb@pbarnes20.plus.com). Your payment must be received before your article or advert can appear in the Newsletter. Please leave your payment along with your name, organisation, telephone number and copy of your ad in a sealed envelope at the Lyminge Post Office or at the Lyminge Library.

Business adverts cost £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 can be left with the payment.

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 (editor) on 01303 863737

BOOK YOUR
TABLE
NOW

Spicy Touch

RESTAURANT

GRAND OPENING

SAT 06/12/14

4 PM

15 Station Road
Lyminge - CT18 8HS

01303 864297

www.spicy-touch.co.uk

OPENING HOURS

| | |
|-----------|-----------------|
| Monday | Closed |
| Tuesday | 5 pm - 10.30 pm |
| Wednesday | 5 pm - 10.30 pm |
| Thursday | 5 pm - 10.30 pm |
| Friday | 5 pm - 10.30 pm |
| Saturday | 5 pm - 10.30 pm |
| Sunday | 5 pm - 10.30 pm |

OPEN BANK HOLIDAYS

Mondays 22-12-14 & 29-12-14



MERRY CHRISTMAS EVERYONE!



Lyminge Friends

Eileen Jennings entertained us in November with her **Memories & Souvenirs from around the World** and we indulged ourselves with some of Fran's lovely home-made Mince Pies - went down a treat!

On **December 3rd** we welcome back Mike Chisnall with **The Royals and Me** and immediately after the meeting we have our **Winter Lunch** with **Secret Santa** and the **Christmas Raffle**; we would appreciate donations of nice prizes please. We say goodbye to 2014 with our **New Year's Eve Lunch** in **China China** on **Wed 31st** when we draw breath and prepare to start 2015 - on **Jan 7th** with **Rosemary Piddock's** talk on **Agatha Christie** followed by Christmas Lunch in the Coach and Horses.

Meeting are 10.30 - 12.30 in the Rigden Room of the Tayne Centre. We don't have membership fees, only the monthly entry fee, currently £2.00, which includes refreshments.

We are a friendly social group and always welcome new members. If you'd like to talk to one of us first, please call 863500 or 862044

Members were welcomed to the AGM by Barbara Syrett, President. Birthday posies were presented to Mary Hickmott, Joyce Knapton, Joy Bartley and Evelyn Holt. June Manton read the East Kent News and the financial report was read by Ann Morgan. Rita Warner spoke of events during the year with good meetings and speakers including several social afternoons which have proved very enjoyable.

theWI
INSPIRING WOMEN

The President, Barbara Syrett thanked all the committee for their hard work and support during the past year. She was unanimously voted to continue as President for the coming year and all the committee will stand for a further year. We welcome two new members to the committee, Rosemary Piddock and Julia Tappenden.

We finished the afternoon with a quiz and created puppets from socks. This caused a lot of laughter and merriment. The competition cup for most points during the year was won by Rosemary Piddock and this month's competition to make a Christmas cracker was won by Sylvia Clark. The hostesses were the committee.

Next meeting will be the Christmas party on Tuesday, 16th December at 2.30pm. For any information please contact Barbara Syrett on 01303 265229 or Rita Warner on 01303 863503

Merry Christmas Everybody!

We wish you all, Clients, Volunteers and our generous local Supporters, a very Happy Christmas.

Thank you to everyone who donated towards costs of the Clients' Christmas Party and also to everyone, individuals and local businesses who donated prizes for the Christmas Raffle - all much appreciated by us and our Clients.

The **Lyminge Clients' Christmas Party** will be held in the **Tayne Centre** on **Wednesday 17th December**.

Please note, the Centre will be closed on this day.

You are welcome to join us in singing carols at the **Carol Service** on **Tuesday 9th December** at 11am.

Make sure you check the notices in the Centre for other events as they are added.

Would you like to make Mince Pies (Wed. 10th) or Sausage Rolls (Fri. 19th) with Veronica? Contact the Centre for details.

If you need help with your weekly shop you could join us on shopping trip to a local supermarket on Thursdays at 11am (£3.50 return trip).

Winter weather appeal - we are looking for local people who own 4 wheel drive vehicles and would be willing to give an hour or two of their time on one of those magical snow days when the country grinds to a halt to contact us. Should the disruption be severe or last more than a couple of days we would contact you and see if you are able to help us reach those who need us, a member of staff would accompany you.

Christmas opening hours - The Centre will **open** on **24th, 29th, 30th and 31st until 2pm** only.

The Centre will be **closed** on **25th, 26th, 27th December and 1st January**.

Don't forget, our first rate **Home Meals Delivery Service** is available **every day** over the festive period, just call 269602 to order. There is a vegetarian option too. We can deliver multiple lunches if you want your own Christmas party with friends - we have several clients who order six or more Christmas Lunches for their own parties!

Call in for our new Activities leaflet, which has a timetable of all our activities...

For more information about any of our activities or services please call **01303 269602** and ask for **Matthew** or **Sue** or why not just pop in and see us?



Rhodes Minnis Evening Circle

John and Jane Buss were the speakers at our November meeting. They gave us a most interesting illustrated talk on the evacuees of the 2nd world war. The biggest mass evacuation in history was a life-changing experience for the families and siblings being parted from each other. Kent received some of the 38 million children and mothers from the London area, but later in the war Kent schools were evacuated to Wales.

The winner of the competition of a WW2 item was Molly with Paula 2nd, Ann Weatherall 3rd and Margaret 4th.

On Dec.10th we are holding our members Christmas party at 7pm with a Bring & Share supper followed by a Bingo session. There is no meeting in January but we are having lunch at the Coach & Horses on Thursday 22nd January. Our next meeting is on the 18th February when Rosemary Piddock will be telling us about "Soldiers of the 1st World War".

We meet at Rhodes Minnis Village Hall at 7.30pm and visitors will be made very welcome. For further details contact Jaqui (862044) or Marion (862913). We wish all our members and friends a very happy Christmas and a healthy New Year.

Letter to Editor

Please look after our Rhodes Minnis Children's Playground

Someone had a firework party in the play area and left all the remains of the fireworks and a large bag of polystyrene rubbish.

It's good that use is made of our communal facilities, but please clear up after yourselves and not expect others to do your tidying up.

French and Spanish Tuition in Elham

Tuition for A level and GCSE French, GCSE Spanish by a qualified teacher with a first class degree (Durham) and 25 years successful A level and GCSE experience. Conversation classes at any level and tuition for younger children (KS3 and primary) are also available.

Email: janet.mayes@btinternet.com
Or telephone: 01303 840475

Library Opening Hours

| | |
|-----------|---------------------|
| Monday | 2.00 - 5.00pm |
| Tuesday | 9.00am - 12.00 noon |
| Wednesday | Closed |
| Thursday | 9.00am - 6.00pm |
| Friday | 9.00am - 12.00 noon |
| Saturday | 10.00am - 2.00pm |
| Sunday | Closed |



CHRISTMAS FAYRE SATURDAY 13TH DECEMBER LYMINGE VILLAGE HALL 11 AM – 2 PM CHARITY FUNDRAISER FOR LYMINGE YOUTH CLUB



**FOOD, GAMES,
RAFFLES,
FESTIVE FUN**

IN PARTNERSHIP WITH
LYMINGE YOUTH IN ACTION



**Cantores
Dominicae** Your local Choir
Musical director Adrian Bawtree



An Evening of Christmas Music

Friday 12 December 7.30 pm
Sibton Park, Longage Hill, Lyminge

Entry by ticket only – £8.00 inc refreshments

and

Wednesday 17th December 7.30 pm
Lyminge Methodist Church

Tickets £7.50 From Box Office, or on the door

Box office: LAING BENNETT, Lyminge

www.cantoresdominicae.co.uk

Charity No. 1087409



Acrise Church Christmas Fayre

in Elham Village Hall
Saturday 6 December
10am to 2pm



Lyminge Dramatic Society

We hope you all enjoyed our production of Hi-de -Hi; we were very pleased with how successful it was. Our next production in early March is The Ladykillers which was one of the Ealing Comedies and starred Alec Guinness. This promises to be an excellent production and is being directed by Barbara Harris who directed the outstanding Pack of Lies this Spring. If you would like to join our thriving society and either tread the boards or help backstage please contact Alex Todd, our membership secretary, on 01303 862622. Don't forget to visit our website, lymingedramaticsociety.co.uk, where you can read about our society, see profiles of society members and view pictures from previous productions.

Think **PHARMACY** in South Kent Coast

Local pharmacies can offer a wealth of health support and should be the first port of call for common illnesses such as coughs and colds. That's the message from NHS South Kent Coast Clinical Commissioning Group (CCG) which is urging people across Shepway area to think of their pharmacy first for common minor ailments.

Many pharmacies are open for longer hours than GP surgeries, and you don't need an appointment. Pharmacists are highly trained health professionals who are qualified to offer health advice and guidance, particularly on common problems such as headache, coughs and colds, tummy bugs, verrucas and worms. They will advise you on buying over-the-counter medicine and give advice on prescribed medication. If they can't help you, they will be able to direct you to the right place, whether that is your GP, practice nurse, or a minor injuries unit. As many pharmacies now have consulting rooms people can discuss their problems with the pharmacist in private.

Pharmacies also offer health improvement services such as stop smoking and weight management.

The push to use pharmacists comes as the winter season of coughs and colds begins. The best treatment for a cold is to drink fluids, take paracetamol and rest. Antibiotics don't work against viral infections such as colds and will not be prescribed by your doctor.

Lyminge Weather Statistics – September 2014

With thanks to Mr D. Godden for these weather statistics and notes.

| | Temperature (°C) | Air Pressure (hPa) | Wind Speed (mph) | Total Monthly Rainfall |
|---------|--------------------|----------------------------|------------------------|----------------------------------|
| Maximum | 22.6 (31/10/14) | 1019 (03-04/10/14) | 32.0 SE (21/10/14) | 202.4 mm (7.84 in) |
| Minimum | 4.1 (05/10/14) | 985 (7,8 & 12,13/10/14) | Highest Daily Rainfall | 32.00 mm (1.26 in) (12/10/14) |

A warm, but wet month. The highest temperature was only 0.8°C below the highest in England

Etchinghill Update December 2014

Etchinghill Christmas Village Market The next Village Market will be held in our Village Hall on Saturday morning 6th December from 10 to 12.30 pm. The winner of the November market raffle was Joan White from Lyminge.

There will be an additional Christmas Village Market to be held on Saturday December 20th, 10-12.30pm. This will be an opportunity for those who have placed orders for Christmas goodies on the 6th December to collect them and even purchase more!

Open House is held every Monday morning in Etchinghill Village Hall from 10-12 noon. All welcome to come and join in for coffee and a chat.

ERA Cinema Club There will be no film showing in December. The next event will be in January. Details will be given soon.

Etchinghill Village Hall

The Big Fat Christmas Quiz Saturday December 6th 7pm - 11 pm

New Year's Eve party in the Village Hall: tickets £2.00 each, children free. Just bring a plate of food and a bottle. For tickets for both events contact Sylvia on 01303 863547.

From January 2015 Barbara Collings-Newing will be taking over the monthly compilation of the Etchinghill Update Feature in the Lyminge Newsletter.

If you have any items you would like added to the Update, please contact Barbara on:
barbara.newing@hotmail.co.uk or phone 862873

Lyminge Village Hall 100 CLUB RESULTS

The monthly winner of the
Village Hall 100 Club
was drawn at the Coach & Horses
in October 2014

The winner was

Jen Huntley ticket number 5

If you would like to join our the club then
please contact
Sam Cunningham 863256

CHRISTMAS MARKET

TAYNE CENTRE

20TH DEC

10AM 1pm

Church Rd Lyminge



Mulled Wine Mince Pies
Cakes, Jams, Preserves,
Gifts, Jewellery



Feed Up Rushing Around Enjoy A Relaxing
Shop
Warm Welcome Awaits

Park House Sanctuary Boarding Kennels & Cattery

Park House, Stelling Minnis CT4 6AN

Brick-Built Heated Kennels Daily Walks Reasonable Rates

All dogs must be fully inoculated
Heated Cat Chalets Quiet Area
Inspection Invited. To book or for further information, call us on
01303 862622

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www.lordwhisky.co.uk

New Season's Hay

Traditional small bales
Best quality – barn stored
£3.50 each

FREE local delivery for 10+ bales

**Call Richard: 01303 840733
or 07970 804466**



Grimsacre Farm, Elham
www.grimsacrefarm.co.uk



Hythe Aqua Swimming Club is expanding its nationally accredited learn-to-swim programme and now has vacancies in its lessons that are held on Tuesday & Thursday evenings at Hythe Pool.

To book your place

Tel: 01303 862353 or checkout our website:
www.hytheaqua.org.uk

Coach & Horses



Wishing all the Customers a Merry Christmas and a Happy New Year..

Senior Citizens Lunches

2 courses - £6.95pp

Available Monday - Saturday

New Years Eve Disco

Starts from 8pm till Late

Tickets only



Bookings and Contact: 01303 862694

CHRISTMAS DAY LUNCH CLUB

**CHRISTMAS COMES BUT ONCE A YEAR
ON YOUR OWN, NO JOY?
OH DEAR - COME AND JOIN US AT THE
HALL
MAKE CHRISTMAS DAY THE BEST FOR
ALL**

We are running the 4th Annual Christmas Day Lunch Club and are welcoming new members

FOR: Traditional Turkey Dinner and company
WHERE: Lyminge Village Hall (Transport is available)
WHEN: 25th December: 11am
WHO: Anyone who is spending Christmas Day alone (couples also welcome)

MEMBERSHIP: £5, payable in advance.

CLOSING DATE: 18 December

For further details please ring: Sam/Kirsty - 01303 863256

Rhodes Minnis Village Hall Christmas Beetle Drive Friday 12th December

at the Hall 7.30pm

Bring and share food.

Teas, coffee and juice provided

Adults £2 – Children 50p



Come and enjoy an old fashioned fun evening
Newcomers very welcome



There will also be a raffle



For Sale



Mixed Seasoned Logs Barn Stored

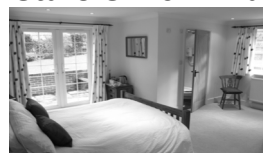
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Still Only £70 per truck load

Call 01227 709562 or 07772698899 to book delivery

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www.bridgecottagesimplybandb.co.uk

Date for your diary Big Fat Christmas Quiz

Saturday 6th December 7pm

Etchinghill Village Hall

£3 per person, includes crackers

Tables of 6 (maximum)

Bring your own refreshments

Please book early

(full house last year)

Phone Sylvia on 01303 863647

All proceeds to the maintenance of the hall.

For further information phone John 01303 863819.

Santa Walk

You are all invited to don your Santa hats, Elf costumes or Rudolf antlers and join us for the annual Lyminge Village Santa Walk. We will walk a route of the village dressed in festive attire (carolling optional) to raise money for Lyminge Village Hall. Entrance fee - adults £2, children £1 or why not get sponsored and enter for free? All you need is a Santa hat, and there will be prizes for the best-dressed child, adult and family. Entrance fee includes refreshments at the end of the walk.

Start - Lyminge Library Car Park 10am - 6th December

Finish is at the village hall in time for the opening of the St Nicholas Fayre.

For a sponsorship form please e-mail Kirsty at bam666@btinternet.com

YES REALLY !!

2 ETCHINGHILL MARKETS IN
DECEMBER

**SATURDAY DECEMBER
6TH & 20TH**

**Come along and order for
Christmas**

Fresh local pork joints

Home made jams & pickles.

Freshly baked bread sausage
rolls, pies and cakes.

Hand made cards, jewellery and
gifts including woodturning

ENJOY A GLASS OF WINE AND A MINCE
PIE

**ETCHINGHILL VILLAGE HALL
FROM 10AM**

MAKING CHRISTMAS DAY ALONE A THING OF
THE PAST

**COFFEE/MULLED
WINE MORNING**

LYMINGE VILLAGE HALL

14TH DECEMBER

10AM - 1PM

COME, ENJOY THE FESTIVE ATMOSPHERE
WHILST HAVING A HOT DRINK, HOMEMADE
CAKES OR MINCE PIES.

ALSO BROWSE FOR THAT LAST MINUTE
CHRISTMAS PRESENT AT THE PRIVATELY
ORGANISED CRAFT FAIR

**ALL REFRESHMENT MONIES GO TO
THE CHRISTMAS DAY LUNCH CLUB**

PRIVATE TUITION

Are you looking for some support
with your *homework or lessons*?

☐ 15 years experience

☐ Up to G.C.S.E. in Maths

☐ Up to A Level in Chemistry,
Physics and French

Qualifications:

☐ Master of Science (Hons)

☐ Post graduate certificate in
secondary education

Contact me on : chrperrier@hotmail.fr (Elham)



CHRISTMAS FOOD FESTIVAL AND GIFT MARKET

ELHAM VILLAGE SQUARE
Sunday, 14 December, 12 - 3.30pm

SHOP
30+ stalls selling delicious
local food and
gorgeous handmade gifts

WATCH
Children's costume
parade at 12.30

WIN
A fabulous KitchenAid
food processor,
worth £350



ENJOY
Singing Pilgrims, Hayward
& Parsons - songs
from the Way between
Winchester and Canterbury

PLUS
Teas, coffees, snacks and gifts
in St Mary's Church
Mulled wine, spiced cider and
hot dogs at The King's Arms

*We hope
to see you
there!*

www.elhamfarmersmarket.co.uk

"When written in Chinese, the word 'crisis' is composed of two characters. One represents danger and the other represents opportunity." — John F. Kennedy


✂ SNIPPERS & CLIPPERS ✂ UNISEX HAIR SALON

We hope that everybody in the local community is as pleased to have a Hair Salon in Lyminge as we are to be here.

Thank you so much for all the wonderful support you are giving us.

We would like to take this opportunity to wish you all a very Happy Christmas and a Healthy and Peaceful New Year.

✂ SNIPPERS & CLIPPERS ✂ UNISEX HAIR SALON



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Hythe
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Thursdays 5.30pm and 7.30pm
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Lord Whisky Sanctuary Fund

Registered Charity: 283483. Park House, Stelling Minnis, Kent CT4 6AN Tel: 01303 862622 Fax: 01303 863007
www.lordwhisky.co.uk ~ lord.whisky@btinternet.com

Christmas Bazaar

St Peter's Methodist Church, St. Peter's Street, Canterbury

Saturday 6th December, 11am – 3pm

Christmas Cards & Gifts – Live Music – Lots of Stalls
Tables available, £10 each – ring 01303 862622 to book

Come & visit The Lord Whisky Tea Room

Gate Lane, Rhodes Minnis CT4 6XY

Tel: 01303 862349

Open daily 10am-4pm

Book your Christmas Lunch

Weekends from 7th December until 28th December

Weekday and evenings by arrangement

Ring 01303 862349 for further information and bookings.



Etchinghill Village Hall

7.30 pm - 12.30 am

**COME AND JOIN US
EVERYONE WELCOME**

**Music, Dancing
and Fun for All Ages**

Bring a Plate of Food and a Bottle

£2.00 per Ticket, Children Free

**Contact
Sylvia Williams
on 01303 863547**



Christmas Cracker Jokes:

- 1 How do snowmen get around?
They ride an icicle.
- 2 What do you call a woman who stands between two goal posts?
Annette.
- 3 Why was Santa's little helper feeling depressed?
He had low elf-esteem.
- 4 What is Santa's favourite pizza?
One that's deep pan, crisp and even.



Lyminge Pre-School



'OUTSTANDING' - in every category
Ofsted Feb 2011

We are now open between 8am and 6pm
ALL YEAR ROUND

We are a well established pre-school with committed, enthusiastic and highly qualified staff passionate about providing the highest standards of childcare.

To arrange to meet the team, please call:
01303 863149 (day) or 07709420736 (eve).

Alternatively, email lymingepreschool@gmail.com and visit our website www.lymingepreschool.org.uk

Rhodes Minnis Toddler Group



We are a small friendly group who meet at Rhodes Minnis Village Hall on Thursday mornings 10am-12noon. For Mums, Dads, Grandparents and Minders to come and enjoy a chat over a cup of tea or coffee while your children play. Cost £1.50 per morning – first morning free. New members welcome. For more information phone Elaine on 01303 863096

Lyminge Baby and Toddler Group

Calling all parents, grandparents or carers with children under school age at a loose end on Tuesday mornings. We meet every week during term time; at the Tayne Centre in Lyminge between 10.00am -12noon to give the children a chance to play and interact with others the same age.

We offer a wide range of craft and play activities, including trikes, bikes and slides to painting books and jigsaws.

We charge £1.50 per session (1st session free), which includes 'half time' refreshments for adults and children.

ETCHINGHILL BABY AND TODDLER GROUP

We are a friendly toddler group, which caters for babies and children from 0 to school age. Tea/coffee and healthy snacks are provided.

In dry weather there is outside access for the children. Crafts and a music session are provided each week. We meet on Wednesdays between 10am and 12pm

If you have any queries please contact

Kathy Robinson 07930919340

Shuttlesfield Barn – 4 Star Gold – Self Catering

Rural location. Two bedrooms, ensuite shower and wetroom. Disabled facilities. Short and longer stays.



Families, dogs, horses welcome. Located on walking, cycling, riding routes. Heated outdoor pool in summer.



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- ❖ Violin
- ❖ Recorders



Lessons of 30 minutes - £15 plus travel expenses
Contact: Mrs Louise Trotter – tel. 01227 709541



Lyminge Historical Society

Wish you all a Very Merry Christmas

Please note that there will be the usual winter break in January and February 2015

The first talk in 2015 will be on

Tuesday 3rd March

'Soldiers of 1st World War with Rosemary Piddock'

New members and visitors are welcome.

Refreshments will be served



Lyminge Historical Society

Mobile No. 07759 260816

www.lymingehistoricalsociety.co.uk

"True generosity is an offering; given freely and out of pure love. No strings attached. No expectations. Time and love are the most valuable possession you can share."

– Suze Orman

Editor: pb@pbarnes20.plus.com

LYMINGE VILLAGE HALL

Proudly Presents

THE RAILWAY SWING BAND

With Guest Singers

CHRISTMAS CONCERT

*Wednesday 10th December
7:30pm*

*Tickets £10.00 per person
available from Laing Bennett
or*

*To reserve phone
Niki: 812651 or Honor: 862928*

*DOORS AND BAR OPEN AT
6:30pm*

*Raffle ++ Licensed Bar
Teas & Coffees ++ Mince Pies*

Organised by the Village Hall Management
Committee Reg Charity 281845

*"When I despair, I remember that all through history
the way of truth and love have always won. There have
been tyrants and murderers, and for a time, they can
seem invincible, but in the end, they always fall. Think
of it - always."— Mahatma Gandhi*

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FOLKESTONE DISTRICT NATIONAL DANCE GROUP

Meets on **Tuesdays** 7.30 – 9.30 pm
from late September to mid-June at
Newington Village Hall, Newington,
Folkestone, to learn and enjoy folk
dances from many different countries.
No experience or partner necessary.
Tel: 01303 249199 or 01227 709557

A Christmas Word Search

Find the Christmas related words – look left to
right, down, or diagonally up or down. Some words
cross others or their start letter is the finishing letter
of another word. There are at least 40 Christmas
related words of 4 letters or more

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| J | D | B | E | L | L | S | M | Y | R | R | H | E | J | W |
| O | J | O | U | W | L | E | V | A | E | C | K | O | O | J |
| L | O | Z | N | L | O | I | L | K | G | C | A | N | L | X |
| L | S | Q | O | K | Y | R | A | V | O | I | S | R | T | Y |
| Y | E | D | P | R | E | C | S | L | E | I | G | H | O | U |
| K | P | H | A | P | P | Y | F | H | A | S | S | J | Y | L |
| P | H | M | T | I | N | S | E | L | I | G | H | T | S | E |
| Q | A | J | B | B | X | M | A | S | N | P | M | S | R | T |
| M | D | R | I | K | N | K | T | I | M | S | U | E | Y | I |
| A | J | R | T | T | U | R | K | E | Y | S | T | R | O | D |
| N | C | I | L | Y | G | C | Z | N | E | N | R | A | Q | E |
| G | S | C | R | O | O | G | E | J | I | E | C | A | R | D |
| E | F | E | S | T | I | V | E | W | M | M | E | R | T | T |
| R | W | I | S | E | M | E | N | A | T | I | V | I | T | Y |
| J | B | M | H | P | R | E | S | E | N | T | G | I | F | T |

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people to live in their own homes for as long
as possible, it avoids the need for expensive
residential and nursing home care.

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To contact Shepway Lifeline: -

Phone - (01303) 242615 or 242971

Address - Shepway Lifeline, Civic Centre,
Castle Hill Avenue, Folkestone, CT20 2QY

Email - lifeline.proactive@shepway.gov.uk

Website - www.shepway.gov.uk/lifeline

Lyminge Businesses' Christmas and New Year Opening Hours

| | Tues 23-Dec | Wed 24-Dec Christmas Eve | Thur 25-Dec Christmas Day | Fri 26-Dec Boxing Day | Sat 27-Dec | Sun 28-Dec | Mon 29-Dec | Tues 30-Dec | Wed 31-Dec New Year's Eve | Thurs 01-Jan New Year's Day | Fri 02-Jan |
|---|---------------------------------------|--------------------------------|---------------------------------------|-----------------------------|--|--------------------------------|--------------------------------|---------------------------------------|---|-----------------------------------|--|
| Age Concern | 9.30am-3pm | 9.30am-2pm | CLOSED | CLOSED | CLOSED | CLOSED | 9.30am-2pm | 9.30am-2pm | 9.30am-2pm | CLOSED | 9.30am-2pm |
| Auto-Economy Garage | 8am-6pm | 8am-1pm | CLOSED | CLOSED | 8.30am-12.30pm | CLOSED | 8am-6pm | 8am-6pm | 8am-1pm | CLOSED | 8am-6pm |
| Chemist | 9am-1pm; 2.30-6.30pm | 9am-1pm; 2.30-5.30pm | CLOSED | CLOSED | 9am-1pm | CLOSED | 9am-1pm; 2.30-6.30pm | 9am-1pm; 2.30-6.30pm | 9am-1pm; 2.30-5.30pm | CLOSED | 9am-1pm; 2.30-5.30pm |
| China China | 12-2pm; 5-11pm | 12-2pm; 5-11pm | 12-7pm | CLOSED | 12-2pm; 5-11.30pm | 12-2pm; 5-11pm | 12-2pm; 5-11pm | 12-2pm; 5-11pm | 12-2pm; 5-11pm | 12-2pm; 5-11pm | 12-2pm; 5-11pm |
| Claire's Country Kitchen | 7.30am-4pm | 7.30am-2pm | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED |
| Coach and Horses | Bar 12-11pm; Food 12-2pm; 6-9pm | Bar 12-11pm; Food 12-2.30pm | Bar 12-2pm; Pre-ordered Lunches | CLOSED | Bar 12-11pm; Food 12-2.30pm; 6-9pm | Bar 12-10.30pm; Food 12-4pm | Bar 12-11pm; Food 12-2pm | Bar 12-11pm; Food 12-2pm; 6-9pm | Bar 12-late (From 8pm tickets only): Food 12-2.30pm | Bar 12-6pm; Food 12-2.30pm | Bar 12-11pm; Food 12-2.30pm; 6-9pm |
| Country Barn | 9am-12noon | 9am-12noon | CLOSED | CLOSED | 9am-1pm | CLOSED | 9am-12noon | 9am-12noon | 9am-12noon | CLOSED | 9am-12noon |
| Country Bakery | 7.30am-1.30pm | 7.30am-1.30pm | CLOSED | CLOSED | 7.30am-1.30pm | CLOSED | 7.30am-1.30pm | 7.30am-1.30pm | 7.30am-1.30pm | CLOSED | CLOSED |
| Food & Wine | 7:00am-9pm | 7:00am-7pm | 12pm-2pm | 7:00am-6pm | 7:00am-8pm | 7:00am-8pm | 7:00am-8pm | 7:00am-8pm | 7:00am-7pm | 9:00am-12pm | 7:00am-9pm |
| Laing Bennett | 9am-1pm | CLOSED | CLOSED | CLOSED | 10am-2pm | CLOSED | 10am-2pm | 10am-2pm | CLOSED | CLOSED | 9am-5pm |
| Library | 9am-12noon | CLOSED | CLOSED | CLOSED | 10am-2pm | CLOSED | 2pm-5pm | 9am-12noon | CLOSED | CLOSED | 10am-2pm |
| Newsagents | 7am-10pm | 7am-10pm | 10am-2pm | 7am-3pm | 7am-10pm | 7am-10pm | 7am-10pm | 7am-10pm | 7am-10pm | 7am-10pm | 7am-10pm |
| Post Office | 9am-5.30pm | 9am-12.30pm | CLOSED | CLOSED | 9am-1pm | CLOSED | 9am-5.30pm | 9am-5.30pm | 9am-4pm | CLOSED | 9am-5.30pm |
| Red Dragon | 8am-6pm | 8am-1.30pm | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED |
| Snip and Clip | 9am-5.30pm | 9am-3pm | CLOSED | CLOSED | CLOSED | CLOSED | 9am-4pm | 9am-5.30pm | 9am-3pm | CLOSED | 9am-5.30pm |
| Spicy Touch | 5-10.30pm | 5-10.30pm | CLOSED | 5-10.30pm | 5-10.30pm | 5-10.30pm | 5-10.30pm | 5-10.30pm | 5-10.30pm | 5-10.30pm | 5-10.30pm |
| The Clinic - Lyminge (By appointment only) | Osteopathy only | CLOSED | CLOSED | CLOSED | Osteopathy only (AM) | CLOSED | Osteopathy only (After 1pm) | Osteopathy only | CLOSED | CLOSED | CLOSED |



"Merry Christmas.....
...and thank you Elham Valley for all your support"



TAYNE CENTRE Hall HIRE

Previously known as the
Lyminge Methodist Church Hall



Clayson Hall

1 October to 31 May (including heating) £9.00 per hour
:£32.00 per 4 hour session :£64.00 full day
1 June to 30 September
£6.50 per hour :£23.00 per 4 hour session :£46.00 full day

Rigden Room (Parlour) with heating, if required*
£6.50 per hour all year (*electric - over heaters).

Burren Room with heating, if required*
£5.00 per hour all year, (*electric - over heaters)

Overnight Stays

1 June to 30 September £40; 1 October to 31 May £55

For any enquiries please call **07971 722 401**

ETCHINGHILL VILLAGE HALL HIRE FEES

The next time you are thinking of holding a function you should try Etchinghill Village Hall, which holds the highest Hallmark accreditation level, with its excellent facilities, including ample parking space.

The standard hire charge for the main hall and kitchen are:

| | |
|-----------|-----------------|
| Weekdays | £10.00 per hour |
| Saturdays | £12.00 per hour |
| Sundays | £12.00 per hour |

During the winter months (1 November to 31 March) a Winter Supplement of £1.00 per hour is added to the above rates.

Special rates apply for weddings and all day events with a range of discounts on the above rates applying to all lettings of more than three continuous hours and additional discounts are available to Etchinghill Residents and Regular Hirers.

The use of a separate Committee Room is also available.

For all bookings or enquiries please contact:

Sylvia Williams on 01303 863547

bus times

for buses from Lyminge Post Office to
Folkestone Town Centre via Etchinghill & Cheriton High Street

MONDAYS TO SATURDAYS except Bank Holidays

There are route 17 buses at 0705 (not Saturdays), 0749, 0909, 0939 (not Saturdays), 1004, 1034, 1104, 1204, 1304, 1404, 1504, 1614 (1619 on schooldays), 1629 (schooldays only), 1654 (schooldays only), 1719, 1749, 1834, 1929, 2113 and 2313.

There are also route 18 buses to Sandling Station & Hythe - for times see our website or call the number below.

SUNDAYS & BANK HOLIDAYS

There are route 17 buses at 0947, 1147, 1347, 1547, 1802 and 2002.

for buses from Lyminge (opposite Aberdeen House) to
Canterbury City Centre via Elham, Barham & Bridge

MONDAYS TO SATURDAYS except Bank Holidays

There are route 17 buses at 0727 (schooldays only), 0732, 0752, 0903, 0938, 1028, 1128, 1228, 1328, 1443, 1613, 1703, 1803, 2001 and 2201.

There are also route 18 buses to Canterbury via Stelling Minnis and Bossingham - for times see our website or call the number below.

SUNDAYS & BANK HOLIDAYS

There are route 17 buses at 0827, 1027, 1227, 1427, 1642 and 1842.

These times will operate from 2nd November 2014.



timetable information **0871 200 22 33**
Calls cost 10p per minute plus network extras
www.stagecoachbus.com/eastkent

Rhodes Minnis Village Hall

Charity No.800345

Rhodes Minnis Village Hall is located 2kms (1¼miles) from Lyminge and just off Longage Hill and Whitehorse Lane in Chapel Lane

The hall, which holds Hallmark accreditation, is ideal for children's parties, band practice, quizzes, meetings and fundraising events and has the capacity to take parties of up to 100. The rates include the use of the kitchen.

Rates

| | | |
|------------|-------------------------|-----------------|
| Mon to Fri | £15 per session | £40 all day |
| Sat & Sun | £20 per session | |
| | £30 for evening session | and £60 all day |

Sessions

| | |
|-----------------|---------------|
| AM session | 08.30 - 12.30 |
| PM session | 13.30 - 17.30 |
| Evening session | 18.00 - 23.45 |

There are special rates for regular users.

For all bookings and enquires please contact:

Martin Fry 01303 863177 or 07849217793 or e-mail:
book @rmvh.org.uk

Lyminge Village Hall

Lyminge Village Hall is one of 14 Hallmark L2 accredited village halls in Kent. Consequently, we offer a safe, secure and well managed village hall and this accommodation:

1. **Committee Room**, suitable for up to 12
2. **Harry Storey Room**, ideal for small club activities
3. **The main hall**, great for dances and large celebrations with bar, servery and full stage

We remain a competitive local venue ideally situated off the main road with ample parking. Examples of prices for the main hall are:

Friday or Saturday evening £65.00, weekday evenings £20.00 and all day Saturday £135.00. **For full price details and room availability call our booking secretary, Sam Cunningham on 863256**

Sibton Park Cricket Club Pavilion

Having a party? Need a local venue?
Why not take advantage of Sibton Park Cricket Club's lovely pavilion?

We have a bar with club price drinks & friendly efficient staff.

There is capacity for up to 100 guests. For further information or to make a booking please

Contact Lesley Kirk, Tel: 01303 862366

EVENT PLANNER

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 pb@pbarnes20.plus.com or via methods outlined on Page 2. Location and name codes follow:

C&H: Coach & Horses; **ECC:** Etchinghill Cricket Club; **EVH:** Etchinghill Village Hall; **ERA:** Etchinghill Residents' Association; **ES:** Elham Square; **JC:** Jubilee Centre; **JF:** Jubilee Field; **LB:** Laing Bennett; **LL:** Library; **LMC:** Lyminge Methodist Church; **LPC:** Lyminge Parish Church; **LSH:** Lyminge School Hall; **LVH:** Lyminge Village Hall; **LW:** Lord Whisky; **NP:** Nailbourne Parlour; **NVH:** Newington Village Hall; **PC:** Postling Church; **PH:** Lord Whisky, Park Hse. **PVH:** Postling Village Hall; **RVH:** Rhodes Minnis Village Hall; **RMC:** Rhodes Minnis Church; **SNL:** See News Letter for info; **TC:** Tayne Centre.

| ONE OFF or IRREGULAR EVENTS | | | | | ONE OFF or IRREGULAR EVENTS | | | | |
|-----------------------------|--------|---------------------------------------|-------------|----------|-----------------------------|--------|--------------------------------|-------|----------|
| Date | Time | Event | Where | Tel. No. | Date | Time | Event | Where | Tel. No. |
| 6 December | 10am | Santa Walk | LL | | 17 December | 7.30pm | Cantores Dominicae Choir | LMC | 863992 |
| 6 December | 10am | Acrise Christmas Fayre | Elham VH | | 22 December | 6.30pm | Carol Singing, Wentworth Close | | |
| 6 December | 11am | St Nicholas Fayre | LVH | | 25 December | 12noon | Christmas Day Lunch Club | LVH | 863256 |
| 6 December | 4pm | Opening of Spicy Touch Restaurant | | 864297 | 31 December | 7.30pm | New Year's Eve Party | EVH | 863547 |
| 6 December | 4.30pm | Mount Pleasant Close Christmas Lights | | | 18 April | | Garage Safari | | |
| 6 December | 7pm | Big Fat Christmas Quiz | EVH | 863819 | 9 May | | Lyminge Day | LVH | |
| 10 December | 7.30pm | Railway Swing Band | LVH | 862928 | 27/28 June | | Garden Safari | | |
| 12 December | 7.30pm | Cantores Dominicae Choir | Sibton Park | 863992 | 13 September | | Garage Safari | | |
| 13 December | 11am | Lyminge Youth Fayre | LVH | | | | | | |
| 14 December | 10am | Coffee/Mulled Wine Morning | LVH | | | | | | |
| 14 December | 12noon | Christmas Festival and Gift Market | ES | | | | | | |

| WEEKLY EVENTS | | | | | WEEKLY EVENTS | | | | |
|------------------|---------|-------------------------|-------|--------------|---------------|---------|--------------------------------------|-------|--------------|
| Day | Time | Event | Where | Tel. No. | Day | Time | Event | Where | Tel. No. |
| Mon | 10:00am | Open House | EVH | 863394 | Wed | 10:15am | Mature Movers (Exercise) | TC | 862873 |
| Mon | 10.00am | Bridge Club | BC | 863177 | Wed | 6pm | Karate for Juniors | EVH | 07554004526 |
| Mon | 10.30am | Lyminge Larks (Singing) | TC | 01233 750223 | Wed | 7:00pm | French Conversation Grp. | KH | 862972 |
| Mon | 11am | Cookery | JC | 01303 269602 | Wed | 7:30pm | Cantores Dominicae Choir | LSH | 01233 840961 |
| Mon | 2:30pm | Monday Fellowship | TC | 862164 | Wed | 8:00pm | Scottish Country Dancing | EVH | 862761 |
| Mon | 5.45pm | Lyminge Youth Theatre | TC | 862602 | Thu | 10:00am | RM Toddler Group | RVH | 863096 |
| Mon | 6.30pm | Judo Club | LVH | 862946 | Thu | 10:00am | Art Group – Morning | TC | 211364 |
| Tue ¹ | 10.00am | Baby and Toddler Group | TC | 863274 | Thu | 11am | Shopping Trips to Local Supermarkets | JC | 01303 269602 |
| Tue | 10.30am | Art Class | JC | 01303 269602 | Thu | 2:00pm | Art Group – Afternoon | TC | 862972 |
| Tue | 11.15am | Chairiobics | JC | 01303 269602 | Thu | 6.00pm | Ballroom & Salsa Dancing | EVH | 07967979610 |
| Tue | 6pm | Football Training | JF | 07967342226 | Thu | 6.45pm | Short Mat Bowls | LVH | 862293 |
| Tue | 6.45pm | Short Mat Bowls | LVH | 862293 | Fri | 11am | Seated Exercise | JC | 01303 269602 |

| MONTHLY EVENTS | | | | | MONTHLY EVENTS | | | | |
|-----------------------------------|---------|------------------------|-------|--------------|----------------------------------|---------|---------------------------|---------|----------|
| When | Time | Event | Where | Tel. No. | Day | Time | Event | Where | Tel. No. |
| 3 rd Mon | 7.30pm | Etchinghill Cinema | EVH | 863333 | 4 th Fri | 7:30pm | Beetle Drive | RVH | 862616 |
| Last Mon | | Parish Council Meeting | SNL | | 4 th Wed ⁴ | 11am | Singing for Health | JC | 862364 |
| 1 st Tues | 11am | Reminiscence | JC | 01303 269602 | Last Fri | 1.30pm | Team Quiz | JC | 269602 |
| 1 st Tues ² | 7:30pm | LHS Talk/Event | TC | 862972 | 1 st Sat | 10:00am | Village Market | EVH | 863819 |
| 3 rd Tues | 2:30pm | Etchinghill W.I. | EVH | 863503 | 2 nd Sat | 10:00am | Postling Ch. Coffee Morn. | PC | 863536 |
| 3 rd Tues ³ | 7.30pm | Gardening Society | TC | 862264 | 3 rd Sat | 8:00am | Saturday Market | TC | 862164 |
| 1 st Wed | 10:30am | Lyminge Friends | LMP | 862598 | Last Sat | 11:00am | Lyminge Poetry Group | LL | 863474 |
| 2 nd Wed | 10:30am | Mothers' Union | NP | 862221 | 3 rd Sun | 10.00am | Parish Walk | Richard | 862015 |
| 3 rd Wed | 7:30pm | RM Evening Circle | RVH | 862913 | | | | | |
| Last Wed | 7:30pm | Quiz Night | C&H | 862694 | | | | | |

¹ In term time only ² Except Jan, Feb, July and August ³ Except Jan, Feb, Aug ⁴ Except Aug and Dec

Out and About

Do you have any photos of local events or local groups in action, please call 01303 862699. Give your group a FREE plug!

The quiz held on 1st November at the Coach and Horses was enjoyed by several teams and the whole event raised an excellent £290 for the **Tayne Centre Refurbishment Fund**. ➡



➡ **Lyminge Youth In Action** held a special talent contest at one of their meetings in late October, but we did not have enough space . . .

The club are now working in partnership with FYP, a local youth charity. Together they provide a safe and fun environment for young people 11-16 years, every Wednesday 6:30-8:30pm at The village Hall. The new exciting programme created by FYP allows all young people to engage in various activities, encouraging development and social interaction. a recent event was LYC Has Talent, a great opportunity for young people to showcase their talent. For more information about the youth club, please contact Dave Berry: Daveberry@fyp.org.uk or Gary Harrison: Gary.harrison@kent.gov.uk.



🏠 Hi-de-Hi !

Lyminge Dramatic Society played to packed houses with this very popular production. More pictures next month !

Mystery Photo



Last month's photo was to be seen on the north end of the bridge joining Well Field to Tayne Field, down at ground level ! Perhaps that was a hard one ! Where would you see this view ?

A record crowd came to see Father Christmas switch on the big Christmas tree [once again donated by Mr & Mrs Hunt-Cooke] outside Messrs Laing Bennett. Thanks also to Lyminge Primary School for singing carols and Lyminge Handbells for some seasonal tunes and of course to all those who baked the mince pies and all those who helped with the event. ➡



➡ In memory of **Bert Lewis'** his family donated one of his paintings to the village which had been so much a part of his life. We are glad to announce that this painting, by Bert himself, is now hanging in Lyminge Library.





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Feeling under the weather?

With autumn in full swing and coughs and colds in the air, NHS South Kent Coast Clinical Commissioning Group (CCG) is supporting the national 'Feeling Under The Weather?' campaign. As part of the campaign, the CCG is urging older people from Deal, Dover and Shepway to seek early advice from their pharmacist for minor winter illnesses.

People over 60, especially those with lung disease, are particularly at risk of minor illnesses developing into something more serious if they don't seek early advice and treatment.

Dr Darren Cocker, Clinical Chair of NHS South Kent Coast CCG, said: "In the vast majority of cases, there's no need to see a GP when experiencing a cough or cold. Many people would be better off going to their local pharmacist, where they don't have to wait, and they'll receive excellent advice. Pharmacists are highly trained and a trusted source of health advice and guidance.

"As people get older, a minor illness such as a wheezy cough, can have added problems if left untreated. It's important that people visit their pharmacy for early advice if they are feeling under the weather."

Pharmacists have longer opening hours than GP practices, you don't need an appointment to see one, and most have a consultation area when you can speak privately. They'll also tell you if they think you should see a GP. By encouraging people to get help earlier, the NHS hopes to reduce the number of patients who become seriously ill this winter.

Did you know?

The best treatment for a cold is to drink plenty of fluids and rest.

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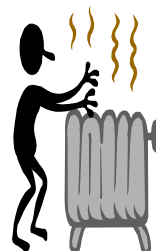
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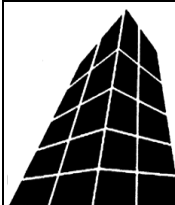
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