

# THE LYMINGE NEWSLETTER

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

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

**March 2014**

Produced by  
**THE LYMINGE ASSOCIATION**

## Lyminge Association News

**Spring Garage Safari** ~ Congratulations to everyone who spotted the incorrect Roman numerals for the date last month! The date is of course, as you spotted from the Event Planner page, Saturday 26th April. As Spring approaches it's just the right time to turn those unwanted items into CASH! Registration forms will be available from the middle of March from Sunny Cottage, Canterbury Road.

**First World War Presentation** on June 14th at the Village Hall. Thank you to all those who have offered us information and items towards this event. We still need more photographs and stories of what life was like in Lyminge a hundred years ago. Were your grandparents living and working here then? Perhaps you have some old photos that you might like to lend us, or do you have a photo of farming or other occupations being carried on in the area? Please call Sandra or Adrian on 862699.

### **Lyminge Calendar 2015 !**

Spring is on the way ! Now is the time to take pictures of "Lyminge Through the Seasons" - views or events - ready for a competition in the Autumn. For further information call 862699.

**Flooding Issues** - turn to page 3 for information and warnings.



# Laing Bennett

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T 01303 264846  
E [hythe@laingbennett.co.uk](mailto:hythe@laingbennett.co.uk)

[www.laingbennett.co.uk](http://www.laingbennett.co.uk)



## LYMINGE PARISH CHURCH SERVICES & ACTIVITIES

Church e-mail: [office@lymingechurch.co.uk](mailto:office@lymingechurch.co.uk)

Church Website: [www.lymingechurch.co.uk](http://www.lymingechurch.co.uk)

- Sun 2<sup>nd</sup> March** 8.00am **Holy Communion** (CW order 2)  
11.00am **WOW (Ways of Worship)**
- Wed 5<sup>th</sup> March** **ASH WEDNESDAY**  
7.30pm **Holy Communion**  
*with Imposition of Ashes*
- Sun 9<sup>th</sup> March** 8.00am **Holy Communion** (CW order 2)  
11.00am **Sung Eucharist**
- Wed 12<sup>th</sup> March** 7.00pm **Holy Communion** (short said)  
7.30pm **Lent Course** – Building on a Rock  
Coffee available from 6.50pm
- Sun 16<sup>th</sup> March** 11.00am **Family Communion**  
*with Children's Corner*  
6.00pm **Evensong**
- Wed 19<sup>th</sup> March** 7.00pm **Holy Communion** (short said)  
7.30pm **Lent Course** – Building on a Rock  
Coffee available from 6.50pm
- Sun 23<sup>rd</sup> March** 8.00am **Holy Communion** (CW order 2)  
11.00am **Sung Eucharist**  
3.30pm to 5.30pm **Messy Church** – this is aimed at kids & their parents and will involve crafts of all kinds, messy or otherwise. There will also be a short 10 min service followed by afternoon tea.
- Wed 26<sup>th</sup> March** 7.00pm **Holy Communion** (short said)  
7.30pm **Lent Course** – Building on a Rock  
Coffee available from 6.50pm

- Sun 30<sup>th</sup> March** **MOTHERING SUNDAY**  
10.30am **Benefice Sung Eucharist**  
*followed by refreshments*

**Coffee Morning – Tues 11<sup>th</sup> March – 10.00am to 11.30am**  
In the lounge at Wentworth Close - everyone is welcome  
Contact Lynne on 863010 if you would like to come but need transport

**Mothers Union – Wed 12<sup>th</sup> March – 10.30am**  
A talk about Women's Refuge in the lounge at Nailbourne Court  
Contact – Sue Rawlings 862221

**Prayer Shawl Ministry Group – Wed 19<sup>th</sup> March – 2.30pm**  
This group meets once a month in the lounge at Nailbourne Court to knit prayer shawls & pray for our world  
Tea and coffee are provided  
Contact Madelaine Lewis 863582

**Ethelburga Luncheon Club – 20<sup>th</sup> March – 12.00 for 12.30pm**  
at the Coach and Horses Public House  
Everyone is welcome and transport can be arranged,  
Please contact Lynne Lane – 863010

**CHURCH MEMORIAL BOOK & CANDLES**  
We invite anyone interested in having their departed loved one's name entered in the church memorial book to forward names and relevant dates to: The Rectory, Rectory Lane, Lyminge, Kent  
please enclose £5 per entry to cover the calligraphy costs involved.  
There are also vacant slots for a lighted memorial candle above the Aumbry which remain lit for a week at a time  
please contact Lynne on 863010 if you are interested

## PADDLESWORTH PARISH CHURCH SERVICES

- Sun 2<sup>nd</sup> March** **No Services**
- Sun 9<sup>th</sup> March** 9.30am **Holy Communion**
- Sun 16<sup>th</sup> March** **No Services**
- Sun 23<sup>rd</sup> March** 6.00pm **Evensong**
- Sun 30<sup>th</sup> March** 10.30am **Benefice Sung Eucharist**  
at Lyminge Parish Church

## 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.

- 2<sup>nd</sup> March Rev. Dr. Philip Luscombe  
9<sup>th</sup> March Mr Dudley Shipton  
16<sup>th</sup> March Rev Kevin Taylor (incl. Holy Communion)  
23<sup>rd</sup> March **9.30am** Valley Service at Elham  
30<sup>th</sup> March Mrs Val Redding (Mothering Sunday)

## 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.

- 2<sup>nd</sup> March Rev. Derek Hancock  
9<sup>th</sup> March Mr. Dudley Shipton  
16<sup>th</sup> March Rev. Kevin Taylor (includes Holy Communion)  
23<sup>rd</sup> March NO service at Rhodes Minnis but a Valley service at Elham Methodist at 9.30am  
30<sup>th</sup> March Mrs. Val Redding

## POSTLING CHURCH SERVICES

- 2nd March 3.30pm Evensong  
9th March 9.30am. Morning Prayer  
16th March 8.00am Holy Communion  
23rd March 9.30am Family Communion  
30th March No Service in Postling

## L.E.T. (Lyminge Ecumenical Team) Lent Lunches at the Tayne Centre

Enjoy a lunch of soup, roll, cheese and fruit for £3.00, every Friday during Lent

Starting on Friday 7<sup>th</sup> March  
from 12.30 to 1.30pm  
All profits go to the charity "Water Aid".

## Lyminge Newsletter

**Terms & Conditions. Copy deadline is 18th March**

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

Business adverts cost £9.50 per month or £95.00 per year. Personal and charity adverts and articles from £1.50 per month, or £15.00 per year depending on size. 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. Further details from Peter (editor) on 01303863737.

## WET WEATHER ISSUES

The recent rain and flooding have caused a few issues of which to be aware:

- **Altered Bus Routes:** As a result of severe flooding at Kingston the 17 service is being diverted and is not running a full service. This position is likely to continue for several weeks as the fields at Kingston that should take the water from the road are under water themselves. Therefore:
  - The only through services from Folkestone to Canterbury (including a diversion around Kingston) are the 7.10; 7.14; 7.38; 16.40; 17.40; 19.40; and, the 21.40. All other services will run from Folkestone and will turn round at Elham Vineyard.
  - The only through services from Canterbury to Folkestone (with the detour) will be the 09.00; 15.45; 16.10; 16.40; 17.40; 18.40; 20.40; and, the 22.40.
  - The 16 service from Folkestone to Canterbury is unaffected and Lyminge residents may wish to travel from Lyminge to Canterbury via Folkestone.
  - Details are on the Stagecoach website at: <http://www.stagecoachbus.com/tis-service-update-details.aspx?id=1062>
- **Untreated Sewage in Nailbourne:** filtered sewage is being discharged into the Nailbourne. This can lead to increases in diseases associated with this practice in both pets and humans. The advice is for pets, children and adults to avoid contact with the Nailbourne for the foreseeable future. Notices are being posted along the river warning the public of the risks.



### **Lydinge Dramatic Society**

Our new Spring Production 'Pack of Lies' by Hugh Whitmore, directed and produced by Barbara Harris, is on from Wednesday 9th April to Saturday 12th April at Lydinge Village Hall at 7.45. Tickets are £7.50 with concessions for senior citizens at £5 on the Wednesday and Thursday nights. They are available from Laing Bennett, Lydinge (01303 863393) from March 15th.

The Jacksons are an ordinary, pleasant, middle aged English couple and their very good friends are their Canadian neighbours, the Krogers. All is well in their world until a detective from Scotland Yard contacts them; he asks to use their house as an observation point in an attempt to foil a Soviet spy ring operating in the locale. When the detective reveals that the spies are the Krogers and he asks the Jacksons to help set a trap for the Krogers they are really put to the test. The big question is should they betray their very close friends? Come and see this memorable, tense thriller and how the issues are finally resolved.

Lydinge Youth Theatre has a full programme this month and meet every Monday at the Tayne Centre, behind the Methodist Church from 5.45pm. For more details contact Catherine on 862602.

### **Rhodes Minnis Evening Circle**

Our next meeting is on the 19th March when Leslie Gould will give us a talk on The Life of a Japanese Lady. We meet at Rhodes Minnis Village Hall at 7.30pm and everyone is very welcome. For further details contact Diana Bennett on 862134.



### **Lydinge Friends**

We celebrated our 6<sup>th</sup> Birthday in February with a great demonstration from Roger Swan - truly inspirational! Roger promised us something different and exciting and it was just that!

On Wed 5th March we have a talk by John Long on the D Day Landings. Afterwards we are going to the Walnut Tree in Aldington for Lunch. *Make sure you let Marian know you are coming!*

In April, on Wed 2<sup>nd</sup> our talk is on the Folkestone Winter Shelter and we will also be arranging our Easter Monday Lunch on 21<sup>st</sup> and the group trip to Chartham Garden Centre on 30<sup>th</sup>

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



## News from the Jubilee Centre.....

The **Charity Shop** will be **Open every Saturday** from **1<sup>st</sup> March** - 9.30am to 12.30pm. Unfortunately we are no longer able to accept donations of electrical items. **Thank you** for not leaving your donations outside when we are closed. The **Clothes Sale** continues on the **first Monday** each month.

**Have you tried our Hand-care yet?** Treatments include: cut, clipped, filed or painted nails and hand massage - the cost is £4.00. Call the Centre and ask for Sue.

**Lunches are available** in the Dining Room or the Conservatory Cafe for £4.35. Lunches consist of a fruit juice, main course and dessert and are followed by tea or coffee. The Menu changes daily and there is always an alternative available for specific dietary needs. **Refreshments** are available in the Conservatory Café where you can buy snacks or cakes with your tea or coffee.

**Thank you to Kamal at the Post Office for sponsoring Lunches during the week leading to Mother's Day on March 30<sup>th</sup>** - see our separate entry below for information and how to book.

**We are collecting stamps** to sell to raise funds. Please donate your unwanted stamps: new, used, old, foreign - whatever you have. Please put them in the box which is on the Conservatory Café counter.

**Room Hires in the Centre**, in addition to the Dining Room and Café that are available for hire in the evenings, we have a small meeting room that can be hired, even when the centre is open, for £4 per hour. The room holds up to eight people and is perfect for a small group as a meeting venue. Come and check it out.

**We have a special offer** on the hire of the upstairs activity room - on a Thursday or Friday morning - the room is available free if a minimum of six people stay for lunch afterwards.

**We are still looking for a Quizmaster.** Our Quiz Nights will be starting soon and we need a volunteer to be the quiz master. We hope to run 3 per year on a Saturday evening, please contact Matthew.

### Diary Dates:

- **Chairobics** are on **Tuesdays** at 11.15am
- **Seated Exercise** sessions are on **Fridays** at **11am**
- **Singing for Health** sessions are on the last Wednesday at 11am - the next one is on **26<sup>th</sup> March**.
- The **Communion Service** will be at 11am on the **first Thursday**. Support & assistance with transport available.
- Our **Fun Bingo nights** are in the Hythe Centre on Stade Street - 7.30pm on the **first Thursday**.

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?



## Age UK Hythe and Lyminge with Lyminge Post Office and Convenience Store would like you to join them for a **FREE** lunch at the Age UK Centre, Everist Court

**Kamal, the new owner of the Post Office**, has very generously offered to buy lunch for everyone. This will happen every day during the week **24<sup>th</sup> – 28<sup>th</sup> March**. We have a limited number of places; our regular clients will have first priority, but if you would like to come to try our lunch and see our other facilities you will be more than welcome.

Lunches consist of orange juice, main meal & dessert followed by tea or coffee. The menu for the week is as below:

**Monday 24<sup>th</sup> March:** Roast lamb, Yorkshire pudding, roast potatoes, vegetables and cherry, coconut sponge & custard.

**Tuesday 25<sup>th</sup> March:** Chicken and ham pie, mashed potatoes, vegetables and summer berry cheesecake.

**Wednesday 26<sup>th</sup> March:** Roast beef and Yorkshire pudding, roast potatoes, vegetables and mandarin trifle.

**Thursday 27<sup>th</sup> March:** Pork steaks, potato bake, vegetables and rice pudding and jam.

**Friday 28<sup>th</sup> March:** Fish and chips, jam sponge and custard.

We expect a quick take-up of this wonderful offer from Kamal so please don't delay in booking your place by ringing **Matthew or Sue on 01303 269602**.

We are sure you will join us in thanking Kamal for his exceedingly generous offer and he would love to welcome you to the Post Office too, where you can see the improvements and changes he has made.

Come and celebrate

## St. Ethelburga Day Saturday 5<sup>th</sup> April

A chance to visit your 7<sup>th</sup> century church  
St. Mary & St. Ethelburga, Lyminge

**Open 9.00 to 11.00**  
**for morning coffee & guided tours**

## MUSIC on a FRIDAY and ST. MARY'S AND ETHELBURGA CHURCH Lyminge.....

..... would like to thank all of those who braved the dreadful weather on Friday 14<sup>th</sup> February to join us for as most enjoyable evenings entertainment.

Thank you to Joskins Duo, Mike and Nora Chinneck, Rebecca Allen, Katherine and Roger Goody, Angela Scott-Smith and Ben Lock for giving of their time to sing and play for us and also those who helped with the refreshments.

**16<sup>th</sup> May is the next Music on a Friday** and the ukulele is back, but if you would like to sing or play for us on this Friday, please call Roger on 01303 862979



## Lyminge Bowls Club



There has been a bowls club in Lyminge since 1933. The club is owned and run by its members and the current membership is about 80 players, more or less equal numbers of men and women. Many members live in Lyminge and Etchinghill but they also come from further afield, including Hawkinge, Folkestone and Ashford.

We play lawn bowls from our home green in Woodland Road, by the village hall. During the season (April to September) we play club competitions, friendly matches against other clubs, Shepway League and County and National competitions. Bowlers can be as involved and competitive as they wish or simply come along to the twice-weekly club games.

As well as a busy schedule of matches in the summer months, the club also has many social events. Out-of-season events include short-mat bowls, bingo, quizzes, darts and lunches.

We welcome people to come and watch the games; hopefully they will like what they see and think of joining us. We are always pleased to accept new members, both experienced and beginners. We offer beginners a 6-week training course in May and June. Watch out for our advert in the Newsletter in April giving full details.

You can find more information about club activities on our website at [www.lymingbowlsclub.com](http://www.lymingbowlsclub.com) or you can telephone Roger on 01303 862979 or Wendy on 01303 863495.

***"Michael Lunts is a rare combination of accomplished writer, fine actor and talented pianist and, on stage, he both acts and performs the music."* JOHN WADDINGTON, MEDIEVAL HALL, SALISBURY**

Just one of the testimonials from literally hundreds of venues that have hosted performances of Michael Lunts' shows over the past decade; theatres and arts centres, stately homes and music societies, cruise liners and even embassy residences. From Canada to the Middle East, Germany to Australia and all over Britain and Ireland Michael's performances, combining drama and live music, have offered audiences a unique insight into the music and minds of these fascinating composers.

**He is coming to Lyminge, don't miss him! The Tayne Centre on Friday 28<sup>th</sup> March (see advert)**



## 'Tickling the Ivories'

a musical romp through one hundred years of comedy song performed from the piano by Michael Lunts. [www.michael-lunts.co.uk](http://www.michael-lunts.co.uk)

***Don't miss this widely travelled and accomplished musical entertainer in a one-off show in this area!***

**Friday 28<sup>th</sup> March**

**7.30 pm - Tickets £10**

**The Tayne Centre, Church Rd, Lyminge,  
CT18 8JA**



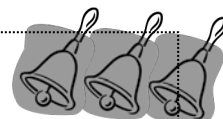
**Tickets from Laing Bennett Estate  
Agents, Lyminge  
Phone 862073 for further information**



**Hall Redevelopment Fundraiser**



# Lyminge Handbell Ringers



Lyminge has its very Hand Bell group who enjoy playing a wide range of music throughout the year. Although we play for fun we also love to perform at local celebrations, fetes and family parties. You can come and hear us play before booking if you wish to select your own choice of music. We have an increasingly wide selection of music to choose from. All we need at the venue is a large table for our bells and music, room for up to 11 players and a minimum donation of £40 for our charity, the Nepali Children's Trust. A small contribution to travelling costs is also much appreciated for bookings more than 5 miles from Lyminge. Weekends and evenings only please and plenty of advance notice is helpful. Want more info or make a booking?

Simply call **Ro Edmond on 863201** or email [wellidorm@aol.com](mailto:wellidorm@aol.com)

## Lyminge Weather Statistics – January 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	11.7 (12-13/01/14)	1012 (12-14/01/14)	49.0 SE (03/01/14)	388.5mm (14.88in)
Minimum	-3.2 (07/01/14)	976 (02-03/01/14)	Highest Daily Rainfall	30.600 mm (1.20in) (31/01/14)

January 2014 was warmer than average. This was lucky for us all, as the equivalent in snow to the rainfall could have been almost fifteen feet of snow if we received the bad weather experienced in North America earlier. However the Gulf Stream and associated winds kept us warm, as opposed to the arctic flow experienced in North America.

## Etchinghill W.I.

Barbara Syrett welcomed members and one visitor to the February meeting and a special welcome back was given to Evelyn Holt after several months of infirmity. Rita Warner presented birthday posies to Alison Jelly and Barbara Syrett. Invitations were received from Barham and Folkestone W.I's for their birthday meetings and names were sought for a team to take part in the annual Top Team quiz in May. The speaker, Paul Beard from the children's charity, Barnardo's, gave an excellent presentation on its work and history. Dr. Thomas John Barnardo, the founder who was born in Dublin in 1845, had a vision to help vulnerable children. In 1867 he had set up a Ragged School where poor children could be educated and a year later he opened up a home and Mission Church in Stepney Causeway. By the time of his death at the age of only 60, the charity he founded had opened 96 homes caring for more than 8,500 children and today it helps 200,000 vulnerable children. The last home to close was in 1989 but schools still exist. Paul went on to tell a very poignant account of the time he and his wife fostered a small boy until his late teens and all the difficulties they experienced with him but he now doing well, has his own flat and has kept in touch.

The tea hostesses were June Price, Jacqui Storey and Chris Marshall who served a delicious tea and Gill Le Cras made and presented the President, Barbara Syrett with a birthday cake, which everyone enjoyed a slice of. The competition for a favourite children's book was won by Julie Tappenden, 2nd was Mary Hickmott and 3rd Doreen Brown. Daphne Andrews won the flower of the month competition.

Next meeting is on Tuesday, March 18, 2.30pm in the village hall when Helen Kendall-Tobias will speak on make up for the 'Forever Forty Woman'. New members and visitors will be made most welcome. If you wish to know further information, contact Barbara 01303 265229 or Rita 863503

## Etchinghill Update March 2014

**Etchinghill Village Market** The next Village Market will be held on Saturday 1<sup>st</sup> March at Etchinghill Village Hall from 10 to 12.30pm.

**Open House** is held every Monday morning in Etchinghill Village Hall from 10 to 12. Everyone is welcome.

**Open House Diary:**

**10<sup>th</sup> March** Nikki Barratt will give a demonstration of Watercolour Art. There may be an opportunity to have-a-go!

*Advance notice for April:*

**7<sup>th</sup> April** Eileen Jennings' talk is entitled 'Climbing Mount Kilimanjaro'.

**28<sup>th</sup> April** Italian Pasta lunch-another of Edna's Specials.

**Cinema Club** The next showing from the ERA Cinema Club will be held on Monday 17<sup>th</sup> March in Etchinghill Village Hall at 7.30 pm. The film will be: SUMMER IN FEBRUARY starring Dan Stevens (Downton Abbey), Dominic Cooper and Emily Browning.

**Etchinghill Village Hall**

Volunteers needed on Friday 5<sup>th</sup> April to help with annual Health and Safety checks and spring clean. Can you spare an hour or two between 9.00 and 4.00pm? Join in the fun: make a day of it: share lunch with us. Contact Rodney on 862028 for details.

**What would YOU do if . . .**  
**. . . you thought that your**  
**friends were enemy**  
**spies ?**

LDS 9-12.4.14

This question has  
 been posed by  
 Lyminge Dramatic Society



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](http://www.hytheaqua.org.uk)

### **Harold Coppins RIP**

It is with deep regret that we have to inform you that  
 Harold Coppins, a long time and well known resident of  
 Etchinghill, has passed away peacefully at the Pilgrims  
 Hospice, Ashford. All are welcome at his funeral which  
 will be held on **Tuesday 4th March** at 11.00 am.  
 at Hawkinge Crematorium. Harold requested no flowers  
 but that any donations should be given to the Hospice for  
 all their good work. Tel: 01303 862873

## **Lyminge Village Hall** **100 CLUB RESULTS**

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

The winner was  
**Selwyn Nichols ticket number 8**  
 If you would like to join our the club then  
 please contact  
**Niki - 812651 or Sue - 862696**

## **Coach & Horses**



**Sunday Carvery - £8.95**

**Friday Food Theme Nights 6-9pm**

7th March - Mexican

14th March - Italian

21st March - Indian

28th March – Polish

**26th March - Pub Quiz - 7.30pm start**

Teams up to 6 people - £2pp entry

**29th March – THE BLAKEYS acoustic band**

Live Music – 9pm Start

**Bookings and Contact: 01303 862694**

## **Rhodes Minnis Village Hall**

### **Beetle Drive**

**Friday 28th March**

**7.30pm**

**Bring and share food. Teas, coffee and  
 juice provided. There will also be a raffle**



Adults £2 – Children 50p



Everyone welcome to this family fun evening.

## **ETCHINGHILL RESIDENTS' ASSOCIATION** **Etchinghill Cinema Club** **FILM SHOW**

**"SUMMER IN FEBRUARY" 15**

**Monday, 17TH March**

**Etchinghill Village Hall at 7.30pm**

**Entrance Fee £5 per head**

**includes Membership**

**FREE Refreshments and Raffle**



**Lorraine 863333 for info.**

## **FREE RANGE EGGS** **Bridge Farm, Lyminge**

Small £1 per dozen

Medium £2 per dozen

Large £3 per dozen

**Also Duck Eggs**

Can deliver – 1 dozen minimum

Call 01303863625





## **Friends of St Martin's, Acrise**

present

### **An Evening of French Music, Food & Wine !!**

*Our very talented performers will entertain you with a wide variety of popular French accordion, harp, French horn, saxophone, flute, piano & vocal music.*

*Enjoy a wide range of French delicacies & scintillating wines !*

**Sunday 13th April 2014**

**5pm**

**St. Martin's Church, Acrise**

**tickets only £15 including food & wine !!**

*(soft drinks available)*

*Following our previous successful events here's another opportunity to enjoy a great extravaganza of music & fun in the beautiful surroundings of our lovely church, but don't delay ... tickets are limited so ring or email now !!!*

**01303 893931**

**acriserob@gmail.com**

## **Rhodes Minnis Village Hall Spring Flower Show Saturday 12th April 2014**

All entries will be accepted on the day  
from 09.00 - 10.30

Schedules and entry forms are available from

- Daphne Andrews 862865
- Janet Fry 863177
- Online at [www.rmvh.org.uk](http://www.rmvh.org.uk)
- Lyminge Library

Show starts at 14.30 - Rhodes Minnis Village Hall  
Refreshments, raffle, tombola

**All Welcome**

For more information please contact:

Janet Fry - [show@rmvh.org.uk](mailto:show@rmvh.org.uk) or phone 01303 863177

Reg. Charity 800345

### **Helping To Keep Our Village And Countryside Tidy**

This is Joe and his great uncle Robert. In late January they went out and did a circular route up Woodland Road and round Skeete Lane with 2 black sacks collecting all the rubbish in the hedgerows and on the road. Joe is 7 years old. He is always eager to go litter picking.

They live on the lane that looks so pretty in the summer. Unfortunately it seems to be a thoroughfare for delivery and car drivers and a seemingly suitable place to throw their rubbish out of their vehicle windows. They are hoping that if they continue to keep the lane clean, it will deter people from doing this!

**We need more people like this – thank you Joe**



### *Lyminge Village Hall*

## **SPRING FEVER QUIZ**

*on*

*Saturday 26th April*

*at*

*7.00pm for 7.30pm start*

*Bound down to the village hall for a fun packed evening*

*Tables of 6 - 8 persons*

*£8.00 per person*

*Two course hot supper*

*Licensed Bar*

*To book your table call:*

*Honor 862928 or Niki 812651*

Organised by the Village Hall Management Committee Reg Charity 281845

### **ST JOHN AMBULANCE HYTHE AND FOLKESTONE UNIT**

#### ***SAVE A LIFE COURSE***

FOLLOWING THE SUCCESS OF OUR **SAVE A LIFE COURSE** HELD IN ETCHINGHILL VILLAGE HALL IN NOVEMBER WE HAVE BEEN ASKED FOR A REPEAT IN AN AFTERNOON. THIS HAS BEEN ARRANGED FOR:

**WEDNESDAY 26 MARCH 2014**

**1.45pm for a 2pm start until 3.30pm**

At Hythe St John Headquarters, Albert Lane, Hythe, CT21 6BY (Albert Lane is the turning next to The Hope public house, Stade Street, Hythe).

Please wear trousers and flat shoes

You must book a place for this free course by telephoning: Manager **John Horn** 07771 541522 or emailing: **Maureen Lewse** at

[maureenlewsey@btinternet.com](mailto:maureenlewsey@btinternet.com)

# Etchinghill Village Market

**1st Saturday of each month**

**FRESH LOCAL PORK, BREAD BAKED ON THE DAY, HOME MADE CHUTNIES AND JAMS, LOCAL VEGETABLES, HOME MADE PIES AND CAKES, TOP QUALITY LOCAL CRAFTS, SPEND OVER £4 ON ANY ONE STALL AT THE MARCH MARKET AND HAVE A CUP OF TEA OR COFFEE ON US.**

**ETCHINGHILL THE LOCAL MARKET**

For further details phone John 863819

For more information contact John White 01303 863819 Charity No 302736

## In aid of the LORD WHISKY SANCTUARY FUND

(Registered Charity 283483)

Park House, Stelling Minnis, Kent CT4 6AN

Tel: 01303 862622 Fax: 01303 863007

Website: [www.lordwhisky.co.uk](http://www.lordwhisky.co.uk) ~ Email: [lord.whisky@btinternet.com](mailto:lord.whisky@btinternet.com)

**Visit the Lord Whisky Tea Rooms**  
at Rhodes Minnis CT4 6XY

Open daily from 10am – 4pm.

Also open Friday evenings 6pm-9pm

Beautiful, peaceful setting and friendly staff

**Mothering Sunday Lunch - Sunday  
30th March**

See our website or call 01303 862349 for more details

**Boot & Spring Fayre**

Saturday 3<sup>rd</sup> May at Park House

Boots from 8am – Entertainment from 12noon



*love life*  
love  
**Slimming  
World**

Join a warm and friendly group today...

<b>TUESDAYS</b>	<b>WEDNESDAYS</b>
<b>Lyminge</b>	<b>Hythe</b>
Lyminge C of E Primary School Church Road, 5.30 & 7.30 Call Kirsty 07980 940368	Hythe Pavillion South Road, (opposite swimming pool) 9.30 & 11.30 Call Kirsty 07980 940368

**save £5**  
Just £9.95 on your  
first night then  
£4.95 a week.

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WORLD  
know you're amazing

## Creative Places

Creative Places provides a wide range of art and craft workshops in the local area, using local experienced artists as tutors, for people wanting to learn new skills and have a fun social experience.

**Our 2014 Spring/Summer programme taking place at Barham Village Hall is now available!**

Take a look at our 30 exciting creative courses and workshops taking place from February through to July:

**Basket Making · Stained Glass · Still Life  
Drawing · Needle Felting · Skirt Making · Lip  
Balm & Bath Bombs · Candle & Soap Making  
Screen Printing · Upcycling · Dress Making  
Top Down Knitting · Curtain Making  
Lampshade Making · Pottery · Paper Cutting  
Lino Printing · Crochet · Yarn Spinning  
Quilting · Traditional Framing · Silver Clay**

**Photography**

Details from:

[www.creativeplaces.org.uk](http://www.creativeplaces.org.uk) or contact

[Tamasin@creativeplaces.org.uk](mailto:Tamasin@creativeplaces.org.uk) / 07990 543397

Creative Places CIC

## LYMINGE ECUMENICAL TEAM (LET)

**"SINGING AWAY YOUR WINTER BLUES "**

WITH THE  
CHERITON WARBLERS  
TAYNE CENTRE CHURCH RD  
LYMINGE

**22<sup>ND</sup> MARCH 7.15PM**

EVERYONE WELCOME  
A FUN NIGHT FOR ALL NO CHARGE

## JUMBLE SALE

**MARCH 29<sup>TH</sup>  
2PM**



**TAYNE CENTRE CHURCH RD  
LYMINGE**

**RAISING MONEY FOR  
TAYNE CENTRE RENOVATION**  
JUMBLE PLEASE CALL 01303 862710

SATURDAY MARKET WILL START APRIL 19<sup>TH</sup>



## Lyninge 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 [lyningepreschool@gmail.com](mailto:lyningepreschool@gmail.com) and visit our website [www.lyningepreschool.org.uk](http://www.lyningepreschool.org.uk)

## Rhodes Minnis Toddler Group



We are a small group open to mums, dads, grandparents and carers who meet on Thursday mornings at **Rhodes Minnis Village Hall** any time between **10 am – 12 noon** during term time. Come and have a tea/coffee while having a friendly chat as your child plays. £1.50 per session (first session free)

'Phone Elaine on 01303 863096 for more information

## 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**

## Lyninge 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 *Methodist Hall* [now known as the *Tayne Centre*] in *Lyninge* between 10.00am -12 noon 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 (1<sup>st</sup> session free) which includes 'half time' refreshments for adults and children.

For more information 'phone **Karen 01303 863274**

## 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.



Info@shuttlesfieldbarn.co.uk Tel:01303862729



## Offering personalised care & support at home for

- \* Elderly \* Physically Disabled \* Learning Disabled
- \* Dementia \* Complex Care \* Mental Health
- \* Home from hospital and more...



Our trained staff are available **24 hours a day, 7 days a week**, offering assistance with personal care, domestic work, getting in and out of bed, bathing, day trips, social inclusion, assistance getting dressed and much more..

Registered with the CQC Care Quality Commission



Call today & see  
how we can help

**01303 250200**

Direct payments & Kent card accepted  
[homecare@nurseplusuk.com](mailto:homecare@nurseplusuk.com) [www.nurseplusuk.com](http://www.nurseplusuk.com)

## Your Village Hall Needs You

Several of your **Lyninge Village Hall Management Committee** have now served you jointly for nearly 100 years!! We now feel it is time to step down and will be doing so during the next AGM in May. This will leave several vacancies. In order to keep this valuable village asset we need new blood to continue where the "old (er) uns" have left off.

It is not too onerous with currently only 6 main committee meetings per year. The fundraising has been kept separately so there's no need to commit to that as well unless of course you want to. Please consider yourself as a potential trustee. Can you spare 12 hours per year to keep (or improve) the hall so it remains an integral part of village life?

**Please come to the AGM (20<sup>th</sup> May 2014)**  
**or for further information contact our chairman Dave Hunt-Cooke on 862928**



## Lyminge Gardeners' Society



Saturday 5<sup>th</sup> April 2014

### The Spring Show

The Tayne Centre, Lyminge

Show starts at 2pm, prize giving at 4pm

Programmes and entry forms available from:

Lyminge Post Office

Age UK Lyminge Centre

Veronica on 01303 862264

Classes include: flowers, veg, cooking, poetry, photography, and a child only class  
Entries from new members, visitors and children most welcome; help available for 1<sup>st</sup> time exhibitors

## Lyminge Gardeners' Society



Our new season of events begins with

### 'VEGETABLE

### GROWING FROM SCRATCH'

#### A talk by Mr Dusty Miller

Tuesday 18<sup>th</sup> March, 7.30pm, The Tayne Centre

Members £2, Visitors £4

Followed by

### BARNSDALE – PART 2

#### A talk by Nick Hamilton

A chance to find out what has happened at Barnsdale since Geoff passed away in 1996, plants also for sale  
Tuesday 15<sup>th</sup> April 2014, 7.30pm, The Tayne Centre  
Members £3, Non-members £5 (tickets in advance)

Tickets are available NOW from  
The Age UK Lyminge Centre

## Cantores Domínicae

Musical Director: Adrian Bawtree

### Spring Concert

Saturday 22 March  
7.30pm

Church of St. Mary &  
St. Ethelburga, Lyminge

Programme to include classical favourites, such as extracts from Vivaldi's "Gloria", & some folk songs.

Tickets £7.50

Available from Laing Bennett Estate Agents,  
or on the door on the night.

A donation will be made to the Church Maintenance Fund.

reg. Charity No. 1087409

"Choose a job you love, and you will never have to work a day in your life."

– Confucius

## Swimmers Challenge

A team of swimmers from **Broadstreet House Residential Home** for Adults with learning disabilities will be completing the **Sports Relief Swimathon** at Folkestone Sport Centre on Sunday 16<sup>th</sup> March 2014.

The team hopes to complete **200 lengths of the pool**. The money they raise will go to various sports relief charities, including Marie Curie cancer care. Some of the residents will be **walking The Mile**.

Any donations or sponsors would be greatly appreciated. Please drop all donations into Broadstreet House, Broadstreet, Lyminge, Kent

**We thank you for your support**

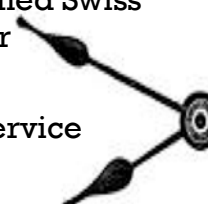
## Clock Repairs

Carried out by qualified Swiss watchmaker

Free estimates

Collection and delivery service

Contact **Josef** on **01303 862814**





**Ballroom, Latin & Salsa Dancing**  
**Etchinghill Village Hall**  
**Thursdays**

**New Classes commence 10 April 2014**

**New 16 & Under Beginners 6.00-6.30 £3.00**

**16 & Under Improvers 6.30-7.30 £6.00**

**New Adult Beginners Ballroom & Latin 7.30-8.30pm £6.00**

**Adult Improvers Ballroom & Latin 8.30-9.30 £6.00**

For details, private lessons & parties phone Lynn on  
 01303 279504/07967979610

[lynn.chapman0127@btinternet.com](mailto:lynn.chapman0127@btinternet.com)

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**Barn Stored**  
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**STILL ONLY £3.50 each**

**Prices include FREE local delivery**

**Call Richard: 07970 804466**

**[www.grimsacrefarm.co.uk](http://www.grimsacrefarm.co.uk)**

**The Lord Whisky Sanctuary Fund**

Registered Charity No: 283483

**Come and visit**

**The Lord Whisky Tea Rooms**

at Rhodes Minnis CT4 6XY (turn at Six Mile Garage on the B2068)

Open daily from 10am - 4pm for breakfasts, lunches, teas  
 and snacks

Fish & Chip Supper every Friday evening from 6pm to 9pm  
 (orders taken from our normal menu)

We will also open at times to suit you for Birthday Parties,  
 Wakes, Business Meetings, Club Meetings, Seminars, etc.

Contact us on 01303 862622/862349

or e-mail us at [lord.whisky@btinternet.com](mailto:lord.whisky@btinternet.com)

[www.lordwhisky.co.uk](http://www.lordwhisky.co.uk)

**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

or email [lord.whisky@btinternet.com](mailto:lord.whisky@btinternet.com)



**ELHAM VALLEY & WYE**  
**LIONS CLUB**

[www.elhamwylions.org.uk](http://www.elhamwylions.org.uk)

You may have seen our plea last month for new members in order to keep the Christmas Float on the road. Well it's good news - we have had an encouraging response with some prospective new members coming along to a meeting in February. We are keen to build on this success and we are again asking you to consider joining us. We badly need new members to rejuvenate the club so that we can continue to support local community activities. What we do is decided by all members, so you can help shape our future activities. If you are male or female, any age, but young at heart and if you would like to get out of the house for a few hours each month, please call us: **0845 6015212, or call Roger Osborne on 07788 583335.**

In March we will be running collections for the **Marie Curie Daffodil Appeal** at Ashford Tesco stores. Can you please help us beat last year's figure of £1,987? Could you do just a couple of hours on 20<sup>th</sup> or 21<sup>st</sup> March? **Please call us.**

**Also, please support our**  
**Easter-Egg Raffle,**  
**coming soon to a pub near you!**



*Lyminge Historical Society*

**Tuesday, 1<sup>st</sup> April 2014**

**7.30pm at**

**THE TAYNE CENTRE**

An ILLUSTRATED TALK by

**Dick Bolton**

on

**The Battle of Bossenden Wood 1838**

*"...the last Battle on English Soil"*

**New members and visitors are welcome.**

Refreshments will be served.

Donations appreciated.

**Lyminge Historical Society Mobile Tel.**

**No. 07759 260816**

-----  
**We are still looking to copy WW1 Memorabilia!**  
**Please contact John Carr on 862972 if you can help.**

## 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**



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

**MONDAYS TO SATURDAYS except Bank Holidays**

There are route 17 buses at 0705 (not Saturdays), 0749, 0912, 0939 (not Saturdays), 1004, 1104, 1204, 1304, 1404, 1504, 1614 (1619 on schooldays), 1629 (schooldays only), 1654 (schooldays only), 1719, 1819, 1919, 2113 and 2313.

There are also route 18 buses to Sandling Stn & 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 Samuel Jacob) 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, 0904, 0944, 1044, 1144, 1244, 1344, 1444, 1559 (Saturdays and Mondays to Fridays during school holidays only), 1614 (schooldays only) 1704, 1804, 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 8<sup>th</sup> January 2012.



timetable information **0871 200 22 33**

Calls cost 10p per minute plus network extras

**www.stagecoachbus.com/eastkent**

## RHODES MINNIS VILLAGE HALL

Are you looking for a hall in which to hold Practice sessions, private party/function or Meeting? Rhodes Minnis Village Hall has the capacity to take parties of up to 100 and has kitchen facilities at no extra cost.

### Rates:

Sun – Fri £14.00 per session. £34.00 per day  
Sat - £20.00 per session. £27.00 evening session  
£55.00 per full day.

### Session Times:

AM session 8.30am – 12.30pm  
PM session 1.30pm – 5.30pm  
Evening Session 6.00pm – 11.45pm

A returnable deposit is payable in advance.  
Regular users will be given a special reduced rate.

**For details contact 07849 217793  
or by email: [book@rmvh.org.uk](mailto: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, Jacqui Storey, on 862044**

## Sibton Park Cricket Pavilion Club

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](mailto: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:** Newton 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.
22 March	7.30pm	Cantores Spring Concert	LPC	863992	13 July		The Rudes Mechanical Co.	TF	
28 March	7.30pm	'Tickling the Ivories' Concert	TC	862073	18 July	9.30am	Summer Fair	JC	269602
5 April	9-11am	St.Ethelburga Day Coffee Morning	LPC	862073	2 August		RM Summer Flower Show	RVH	
5 April	2pm	Lyminge Spring Flower Show	TC	862264	9 August	2pm	L'ge Summer FlowerShow	TC	862264
12 April		RM Spring Flower Show	RVH		19 August	9am	Summer Outing, RHS Hyde Hall	TC	862264
26 April		Garage Safari	TC		25 August		Pétanque/BBQ/Picnic	EVH	
26 April	7.00pm	Spring Quiz	LVH	862928	13 September		Ladies Pamper Evening	LVH	862928
10 May		Lyminge Day	LVH	862928	14 September		Garage Safari	LVH	
10 May		Youth Bake Off	EVH	07521 372477	4 October		Quiz	EVH	
20 May	7.30pm	Lyminge Village Hall AGM	LVH		5 October		Combined Harvest Festival	LPC	
1 June		The Big Lunch	EVH		11 October	7.30pm	Autumn Quiz	LVH	
14 June		WWI – Down Memory Lane	LVH		14 October	7.30pm	Lyminge Gardeners' AGM	TC	862264
21 June		Midsummer-Evening Concert	L&PC		21 November	9.30am	Christmas Fair	JC	269602
28 June	7.30pm	Summer Quiz	LVH		6 December		St Nicholas Fayre	LVH	
12 July	7pm	Cantores Choir Prom	LVH	863992					

WEEKLY EVENTS					WEEKLY EVENTS				
Day	Time	Event	Where	Tel. No.	Day	Time	Event	Where	Tel. No.
Mon	10:00am	Open House	EVH	863394	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 Domincae Choir	LSH	01233 840961
Mon	2:30pm	Monday Fellowship	TC	862164	Wed	7:30pm	Circuit Training	TC	07951 698 008
Mon	5.45pm	Lyminge Youth Theatre	TC	862602	Wed	8:00pm	Scottish Country Dancing	EVH	862761
Mon	6.30pm	Judo Club	LVH	862946	Thu	10:00am	RM Toddler Group	RVH	863096
Mon	7:30pm	Circuit Training	TC	07951 698 008	Thu	10:00am	Art Group – Morning	TC	211364
Tue <sup>1</sup>	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	Chairobics	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	9:10am	Circuit Training	TC	07951 698 008
Wed	10:15am	Mature Movers (Exercise)	TC	862873	Fri	11am	Seated Exercise	JC	01303 269602

MONTHLY EVENTS					MONTHLY EVENTS				
When	Time	Event	Where	Tel. No.	Day	Time	Event	Where	Tel. No.
3 <sup>rd</sup> Mon	7.30pm	Etchinghill Cinema	EVH	863333	Last Wed	7:30pm	Quiz Night	C&H	862694
Last Mon		Parish Council Meeting	SNL		4 <sup>th</sup> Fri	7:30pm	Beetle Drive	RVH	862616
1 <sup>st</sup> Tues	11am	Reminiscence	JC	01303 269602	Last Fri <sup>4</sup>	11am	Singing for Health	JC	862364
1 <sup>st</sup> Tues <sup>2</sup>	7:30pm	LHS Talk/Event	TC	862972	Last Fri	1.30pm	Team Quiz	JC	269602
3 <sup>rd</sup> Tues	2:30pm	Etchinghill W.I.	EVH	863503	1 <sup>st</sup> Sat	10:00am	Village Market	EVH	863819
3 <sup>rd</sup> Tues <sup>3</sup>	7.30pm	Gardening Society	TC	862264	2 <sup>nd</sup> Sat	10:00am	Postling Ch. Coffee Morn.	PC	863536
1 <sup>st</sup> Wed	10:30am	Lyminge Friends	LMP	862427	3 <sup>rd</sup> Sat	8:00am	Saturday Market	TC	862164
2 <sup>nd</sup> Wed	10:30am	Mothers' Union	NP	862221	Last Sat	11:00am	Lyminge Poetry Group	LL	863474
3 <sup>rd</sup> Wed	7:30pm	RM Evening Circle	RVH	862913	3 <sup>rd</sup> Sun	10.00am	Parish Walk	Richard	862015

<sup>1</sup> In term time only <sup>2</sup> Except Jan, Feb, July and August <sup>3</sup> Except Jan, Feb, Aug <sup>4</sup> 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 !*



At the last **Village Hall Quiz**, held on 1st February, the team Frugal Fergus won the quiz with a high score of 110.

Skeete Scribblers

← - pictured here - came in last with a very respectable score of 76. The next quiz at the Village Hall quiz is on 26th April.



▲ Another picture of volunteers enjoying themselves ! **The Lyminge Association** committee held its annual dinner at the Coach & Horses at the start of February.

The **Lion Dance** being performed outside China China to celebrate the beginning of the Chinese New Year - the Year of the Horse. ▶



▲ Members of Folkestone Division Girl Guiding, including Guides, Brownies and Rainbows from Lyminge, celebrated Thinking Day at Pent Valley Leisure Centre on Sunday 23rd February. The day marks the birthday [22nd February] of both Robert and Olave Baden Powell, who founded the Scouts and Guides over 100 years ago. It is also a time when the girls remember other people around the world.

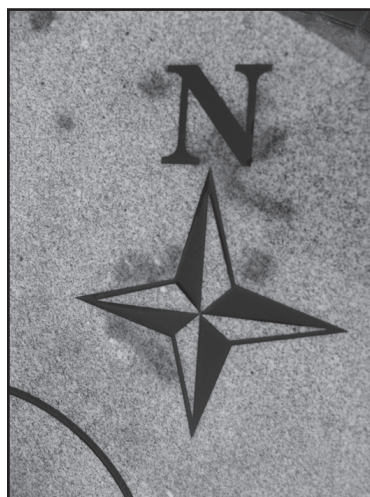


▲ **Sibton Park Cricket Club pavilion** at the edge of the 'lake'. Let's hope that is as far as the water comes !



← The hand over on 10th January of the Library's copy of the Queen's Jubilee Commemorative Photograph Album of Lyminge. This was produced by the Digital Quandary Group and was sponsored by the Lyminge Historical Society

## Mystery Photo



Last month's picture was part of the sign outside the New Lyminge Chinese take away in the High Street.

Try this one !

## Ralph Allard Chimney Sweep

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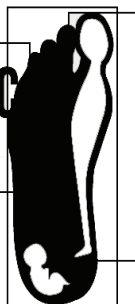
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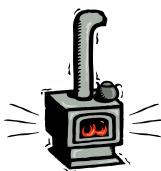
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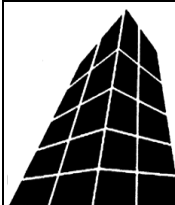
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## Healthy Heart Month in Dover, Deal and Shepway

NHS South Kent Coast Clinical Commissioning Group (CCG) is urging people to look at adopting lifestyle changes during Healthy Heart Month. In the Deal, Dover and Shepway area, 7,638 people are registered as having coronary heart disease (CHD) – more than 3.8 per cent of the population.

The usual cause of CHD is a build-up of fatty deposits on the walls of the arteries that surround the heart. This can make coronary arteries narrower and restrict the flow of blood to the heart, which increases the risk of heart attack. People are at higher risk if they:

- smoke
- have high blood pressure (hypertension)
- have a high blood cholesterol level
- do not take regular exercise
- have diabetes

Other risk factors for developing atherosclerosis include being overweight and having a family history of CHD. This risk is increased if someone has a male relative with CHD under the age of 55 or a female relative under the age of 65.

People from an African Caribbean background have a higher risk of high blood pressure than all other ethnic groups in the UK. Coronary heart disease rates are at their highest in South Asian communities.

The good news, however, is that there are many ways of reducing the risk of CHD and lowering blood pressure and cholesterol levels. These include:

- Eating a balanced and healthy diet – and reducing salt
- Avoiding eating too much food that contains saturated fat, such as cakes and biscuits, cream and hard cheese
- Being more physically active
- Keeping to a healthy weight
- Quitting smoking
- Reducing alcohol consumption and sticking to recommended guidelines
- Keeping blood pressure under control
- Cutting down on sugar – too much sugar in the diet can increase the chances of diabetes which will, in turn, increase the chances of developing CHD

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