

THE LYMINGE NEWSLETTER

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

June 2020

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

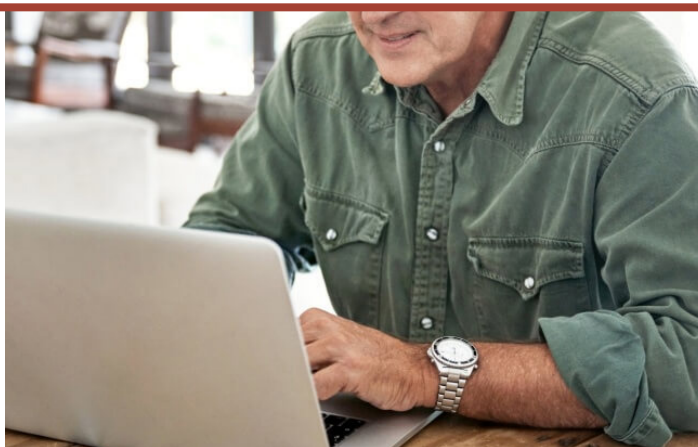
From The Lyminge Association

As you can see, we're back in a printed format. Our printers are emerging from the lockdown to take back external clients such as us, which is great news.

Over the past two months, the newsletter has continued to be published on-line. The May edition received some very positive comments since we were able to add colour throughout the edition. With that in mind, we have found a work-around this month which will enable us to provide a printed version with colour cover and a full colour digital version which can be found via the link www.lyminge.org.uk/newsletter/2020/June.pdf

We are very grateful for the continuing support of our advertisers. To reiterate what was said last month, to help all the people who advertise on an annual basis in the newsletter, the committee has agreed to give them three free months advertising. The accounts will be adjusted upon renewal.

In the meantime, please keep safe.



The Coach & Horses

It will be a sad day for the village when Steve and Ro finally leave The Coach and Horses on the 15th June.

Having taken over from Alicja in June 2015, they have always striven to carry on the growth of the business. Based on their previous 5 years with Alicja, they had a good idea of their customer base and wanted to ensure the community hub went from strength to strength. They always got a buzz from seeing people enjoying themselves.

They have always tried to do their best for the village, generating a friendly atmosphere, accompanied by excellent food and drink. They have been innovative with their ideas - quizzes, steak nights, Sunday roasts, gigs, beer festivals, etc as well as being very accommodating, enabling small groups to use their communal areas to meet, socialise and discuss business.

As to the future, new tenants have been chosen but when they take over depends on how the current pandemic evolves. Steve and Ro now look to have some 'me' and family time which will be a lot different to their current busy schedule. We all wish them well and every success in their next business venture as they move to Burmarsh, and Steve develops his angling based bait & tackle company, Carpers Essentials (www.carpersessentials.co.uk)

So good luck and thank you Steve and Ro, and not forgetting Jess,and they in turn wish to thank everybody for the immense support they have received.



See Page 29-30 for photographs relating to the recent 75th VE Celebrations in the area

DIARY OF EVENTS

This page is printed to give readers and organisers the opportunity of planning events without clashing with existing ones, which are already in the 'diary'. It is not intended as a means of advertising and we take no responsibility for errors or omissions. Acceptance is at the discretion of the editor. Please send your updates by email to pb@pbarnes20.plus.com or via methods outlined on Page 2. **Location and name codes follow:**

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

One-Off Events

Date	Time	Event	Where	Tel. No.	Date	Time	Event	Where	Tel. No.
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WITH THE LIFTING OF RESTRICTIONS, PLEASE DOUBLE CHECK THE DETAILS

See Page 29-30 for photographs relating to the recent 75th VE Celebrations in the area

Weekly Events

Day	Time	Event	Where	Tel. No.	Day	Time	Event	Where	Tel. No.
Mon	10am	Open House	EVH	863394	Wed ⁵	7pm	French Conversation	KH	862972
Mon	10am	Bridge Club	LBC	863177	Wed	7pm	Tayne Centre Circuits	TC	07925 982995
Mon	10.30am	Lyminge Larks (Singing)	LMC	07951 572920	Wed	7pm	Cantores Dominicae Choir	LMC	07813071867
Mon	11am	Pilates	TC	07825109670	Thur	10am	RM Toddlers Group	RVH	863096
Mon	2.30pm	Knit and Natter	TC	863049	Thur	10am	Art Group - Morning	TC	211364
Mon	6.30pm	Ballroom/Latin/Salsa Dancing	TC	07966 751991	Thur	10am	Memory Sessions	JC	269602
Mon	6.30pm	Judo Club	LVH	862946	Thur	10am	COGS Club	jJC	269602
Mon	7.30pm	Yoga	RMVH	07977503897	Thur	10.15am	Baby Rhyme Time	LL	03000413131
Tues	10am	COGS Club	JC	269602	Thur	11am	Shopping trips to Supermarket	JC	269602
Tues	10.30am	Art Class	JC	269602	Thur	2pm	Art Group - Afternoon	TC	862972
Tues	11am	Reminiscence	JC	269602	Thur	2-4pm	Free Computer Help & Guidance	LL	03000413131
Tues	11.15am	Chairbics	JC	269602	Thur	6.45pm	Short Mat Bowls	LVH	863842
Tues	2pm	Pickleball	EVH	863819	Thur	7pm	Pilates	EVH	7951698008
Tues	6.45pm	Short Mat Bowls	LVH	863842	Fri	7.30pm	Ballroom and Salsa Dancing	EVH	07967979610
Tues	10am	Memory Sessions	JC	269602	Fri	10am	Feel A Fairy Tale Sensory	EVH	07800737936
Wed	10.45am	Singing For Health	JC	862364	Fri	10.15am	Talk Time	LL	03000413131
Wed	11.45am	Pilates	TC	07825109670	Fri	11am	Seated Exercise	JC	269602

Monthly Events

When	Time	Event	Where	Tel. No.	When	Time	Event	Where	Tel. No.
3rd Mon	7.30pm	Etchinghill Film Night	EVH	07544670363	1st Thurs	6pm	Refill Station	LVH	
Last Mon		Parish Council Meeting	SNL	07715221705	3rd Wed	10am	Family History	LL	03000413131
1st Tues	2pm	Lyminge Reading Group	LL	03000413131	4th Wed	2.30pm	RM Circle	RVH	862913
1st Tues ³	7.30pm	LHS Talk/Event	TC	863879	Last Wed	7.30pm	Quiz Night	C&H	862694
2nd Tues	2pm	Lyminge Reading Group 2 (Railway Readers)	LL	03000413131	4th Fri	7.30pm	Beetle Drive	RVH	862616
3rd Tues ²	7.30pm	Gardeners' Society	TC	07703149008	Last Fri	1.30pm	Team Quiz	JC	269602
Last Tues	2.15pm	Poetry Group	LL	03000413131	1st Sat	10am	Saturday@10	EVH	
1st Wed	10.30am	Lyminge Friends	RR	862598	2nd Sat	10am	Postling Ch. Coffee Morning	PC	863536
2nd Wed	10.30am	Mothers Union	NC	862221	3rd Sat	9am	Saturday Market	TC	862710
1st Thurs	2pm	RBL, Elham Valley	St Mary's	862508					

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



St Mary and St Ethelburga, Parish Church, Lyminge and St Oswald's Church, Paddlesworth

Contact: Rev Jane Weeks - 01303 840219 - email revweeks@hotmail.com - www.achurchnearyou.com

BEATITUDES

FOR A GLOBAL PANDEMIC

BLESSED ARE THOSE
WHO STAY INDOORS



FOR THEY HAVE
PROTECTED OTHERS

BLESSED ARE THE
UNEMPLOYED AND THE
SELF-EMPLOYED



FOR THEIR NEED OF
GOD IS GREAT

BLESSED ARE THE
CORNER SHOPKEEPERS



FOR THEY ARE THE
PURVEYORS OF SCARCE
THINGS

BLESSED ARE THE DELIVERY
DRIVERS AND THE POSTAL
WORKERS



FOR THEY ARE THE
BRINGERS OF ESSENTIAL
THINGS

BLESSED ARE THE HOSPITAL
WORKERS, THE AMBULANCE CREWS,
THE DOCTORS, THE NURSES, THE CARE
ASSISTANTS AND THE CLEANERS



FOR THEY STAND BETWEEN US AND
THE GRAVE, AND THE KINGDOM OF
HEAVEN IS SURELY THEIRS

BLESSED ARE THE
CHECKOUT WORKERS



FOR THEY HAVE PATIENCE AND
FORTITUDE IN THE FACE OF
OVERWORK AND FRUSTRATION

BLESSED ARE THE
REFUSE COLLECTORS



FOR THEY WILL SEE
GOD DESPITE THE
MOUNTAINS OF WASTE

BLESSED ARE THE
TEACHERS



FOR THEY REMAIN
STEADFAST AND
CONSTANT IN
DISTURBING TIMES

BLESSED ARE THE CHURCH
WORKERS; THE DEACONS,
PRIESTS AND BISHOPS



FOR THEY ARE A COMFORTING
PRESENCE IN A HURTING
WORLD AS THEY CONTINUE TO
SIGNPOST TOWARDS GOD

BLESSED ARE THE SINGLE
PARENTS.



FOR THEY ARE COPING
ALONE WITH THEIR
RESPONSIBILITIES AND
THERE IS NO RESPIRE

BLESSED ARE THOSE WHO
ARE ALONE.



FOR THEY ARE CHILDREN OF
GOD AND WITH HIM THEY
WILL NEVER BE LONELY

BLESSED ARE THE
BEREAVED.



FOR WHOM THE WORST HAS
ALREADY HAPPENED. THEY
SHALL BE COMFORTED

BLESSED ARE THOSE WHO
ARE ISOLATED WITH THEIR
ABUSERS



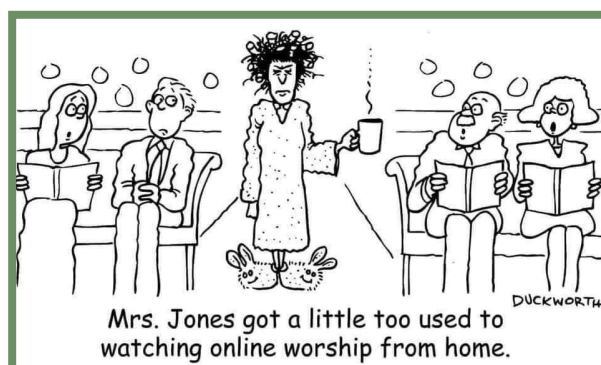
FOR ONE DAY-WE PRAY-
THEY WILL KNOW SAFETY

BLESSED ARE ALL DURING THIS TIME WHO HAVE PURE HEARTS:
ALL WHO STILL HUNGER AND THIRST FOR JUSTICE; ALL WHO
WORK FOR PEACE AND WHO MODEL MERCY



MAY YOU KNOW COMFORT, MAY YOU KNOW CALM, AND MAY THE
GRACE OF OUR LORD JESUS CHRIST, AND THE LOVE OF GOD, AND
THE FELLOWSHIP OF THE HOLY SPIRIT, BE WITH US ALL. AMEN

© Dave Walker, Church Times



Lyminge Newsletter

Terms & Conditions: Copy deadline for next edition - 18 June 2020.

Please email your copy in 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 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 may be left with the payment at the Library.

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

Further details from Peter Barnes (editor) on 01303 863737

Community Support Hub

Covid – 19 Pandemic

Since the 19th of March, Hythe's Community Support Hub has been working with local partners and Councils and operating out of the Age UK Hythe and Lyminge Centre in Stade Street, Hythe. We have been the main point of contact for those living in Hythe and surrounding areas who require support during this pandemic.

The call for Volunteers has provoked an amazing response and we are so very grateful. Our volunteers and staff can arrange to do shopping and deliver it, collect prescriptions from pharmacies, deliver meals-on-wheels (which can include breakfast and tea, as well as a hot two-course lunch), take dogs for walks, make telephone calls to anyone wanting a chat, make telephone welfare checks and deliver clean and pressed laundry.

Centre News

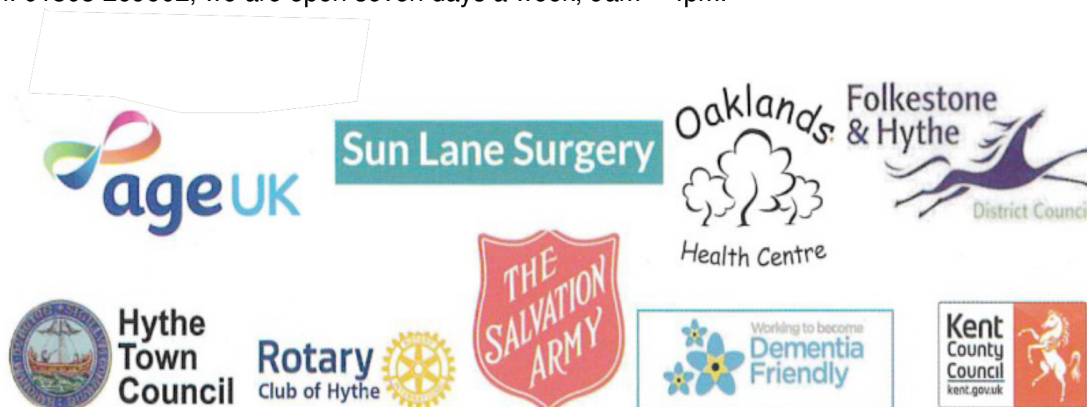
..... **from Tuesday 26th May** - - we are looking to open the Cafe up for takeaways only (in Hythe) - operating it from the lounge area, restricting access to, and blocking off, the Terrace. Usual Cafe hours will apply, and will hopefully be a small, but very welcome step, to see a few familiar faces and life feeling a little more normal for everyone.

.... **from Friday 29th May**, - Our Chiropodist Ian Cox will also be starting (at the Lyminge Centre on Fridays mornings only). He will be following strict social distancing guidelines and wearing PPE. This is great news if your feet are in need of some attention; appointments can be made by telephoning here at the Centre on 01303 269602.

We have set up a **Daily Discussion telephone group chat**. Feel free to dial in each weekday at 1.30pm, normal local charges apply. This is led by a member of our team for a 30-minute discussion on a variety of subjects. Just pick up the phone and join! **Telephone 0333 0110616, and enter the pin when asked, which is 5780110.**

Do you like to sing Hymns??? Some of you may have picked up the news about this one. The Archbishop of Canterbury, Justin Welby, has launched a free telephone helpline that encourages callers to sing along to hymns! The Church of England 'daily hopeline' is designed to give spiritual guidance to those of you who may not be able to access services on the internet. **Call 0800 804 8044** – the service is free! You will hear a list of prompts. There is a section called 'Hymns we love' which provides a hymn and a Reflection. Other sections will offer a 'Prayer during the day' and 'Night Prayer'. There is also a 'Hymn Line' where daily hymns are played on a loop, and weekly sermons and prayers 'specific to the coronavirus pandemic'. Launching the service, Justin Welby said: "With many in our country on lockdown, it's important that we support those who are feeling lonely and isolated, whatever age they are."

The support hub is open to anyone needing assistance at this time, not just the elderly. Please call to see how we can help – tel: 01303 269602, we are open seven days a week, 9am – 4pm.





LYMINGE YOUTH ACTION POETRY COMPETITION

Calling all young poets of Lyminge – now is your chance to shine!

The past couple of months have been challenging. It has been hard to be kept away from school, friends and extended family but we hope there has also been lots of fun and quality time with your family at home.

To mark this moment in our history, **we challenge you to put pen to paper, and create a poem** about your experience of lock-down.

The competition is **open to all school-age children**, with three categories: KS1, KS2 and Secondary School.

The poem could be about a particular event, a feeling, a wish for the future or anything else about your experience of lock-down. You can also attach an illustration to your poem, if you wish.

Entries will be judged by local author Claire Carroll, and the winning poem for each category will be published in the Lyminge Newsletter, and on the park project website. Each winner will also receive a certificate and a goody bag.

Please send entries - with the child's first name, age and category - to:

lymingeyouthaction@gmail.com. Entries close Sunday 14 June.

The competition is free to enter. A small donation to the park project as part of your submission will be gratefully received, but is completely optional. You can donate via lymingepark.com

All the best, *Lyminge Youth Action*



No Margin for Error - Debbie Reynolds

We are lucky to live in a rural landscape with open spaces at our fingertips and soil under our feet. Walking through fields and woodlands provides a layer of benefits; exercise, fresh air, contact with nature and importantly supports our health and mental wellbeing. As the warming spring sunshine entices daisies, speedwells, vetches and buttercups to grow the abundance of insects increases and the world comes alive. Beetles, bees, numerous flies, butterflies and moths perform their vital role of pollination, satisfying thousands of plants with the knowledge that they will set seed and return next year.

Within this busy natural economy, one cannot miss the warbling trill of the parachuting skylark singing to attract his heart's desire or deter an unwanted predator, or be thrilled to witness the plunge of his plumage into the tussocky grass or a young cereal crop. Living on a diet of seeds and insects this iconic bird, that has featured in poetry and folklore for centuries, is facing population declines of 75% in our countryside.

Farmland plays a vital role in the battle to protect further decline of skylarks and other alarmingly declining species such as yellowhammer, (a little-bit-of-bread-and-no-cheese), starlings, linnets and kestrels to name but a few.



Open chalk downland, marked with the heritage of geological actions in the shape of shallow terraces is an exceptionally national rare habitat to be respected and protected. Arable fields in our countryside are often flanked on all sides by margins. Perceived incorrectly as trackways or unfarmed land these margins do in fact deliver unquestionable conservation benefit to all wildlife combined with protection of rivers streams and ditches as they traverse their way through the living landscape.

Chalk downland, field margins and certain cropped areas provide safe nesting and essential food sources and work cohesively to secure the successful survival and breeding of farmland birds.

Nationally it is recognised that biodiversity is in decline. The State of Nature Report 2019 cites that wildlife is under significant pressure from urbanisation, pollution, climate change and agricultural management. 13% of England's wildlife is threatened with extinction. Alarming statistics.

Wildlife is the fabric that knits our societies, much of our food production and our very existence together. We need to visit these living landscapes to fulfil those intrinsic needs for air, exercise and well-being but we must treat our living landscape with the high regard it deserves.

Too often walkers and dogs are using margins and open landscapes without consideration. The disturbance to ground nesting birds diminishes breeding success. Your dog and you may have happy, non-aggressive feet, but to the scrub nesting linnet or ground nesting skylark you are a monster!

As we all enjoy this green corner of Kent, please bear nature in mind. Stay strictly on footpaths, do not forge new routes, climb banks or cut through fields. Keep your dog under close control or on a lead. If you are approached to keep to these requests see the beneficiary as wildlife with the sole victor being us; with open space at our fingertips, soil at our feet and full birdsong on our journey.

DR 12.05.2020



Etchinghill Update - June 2020

ETCHINGHILL RESIDENTS' ASSOCIATION – gpmccombe49@gmail.com

During the current coronavirus outbreak, all ERA functions remain postponed until further notice. Be sure to check our Facebook page, Etchinghill Residents, and our website www.etchinghill.info for up to date information

GOOD NEWS FOR A CHANGE! - The ERA is delighted to announce that the electrical installation for the Christmas tree lighting, adjacent to the golf club entrance in Canterbury Road has now been fully completed, thanks to the UK Power Networks employees who have been able to resume work recently. The hamlet will now have a reliable source of power for lighting both trees, with no lugging around of heavy truck batteries by the committee or their friends and neighbours who have kindly lent their support.

Thanks go to the hard working committee and to all our lovely residents, who have made this project possible through donations and by attending various fund-raising functions over the years.

If you would like an item included in next month's Update please contact Barbara Collins-Newing on 01303 862873, or e-mail Barbara.newing@hotmail.co.uk.



'Happy Birthday, 'Colonel' Tom'

The roar of Merlin engines
Once again take to the sky
To celebrate our hero
From Lincolnshire they fly

To Marston Moretaine there in Bedfordshire
For a very special man
Captain Tom who today has reached one hundred
And is known throughout the land

He has raised now thirty million pounds
Through his walking for the NHS
His initial target was a thousand pounds
Thirty million who would have guessed?

He has now been made an honorary Colonel
By Her Majesty the Queen
Tributes from just everyone
To Captain Tom it's all a dream

A modest man who remembers when
The Spitfire and the Hurricane fought throughout the war
Now they fly at peace for us
Those wars we want no more

Another nasty battle is raging right throughout
This world of ours just now
But with the NHS on the front line
We can really show them how

As Captain Tom has said today
We've seen many battles won before
And this one is no different
We will win; the sun will shine once more

Terry Bickell April 2020 (written before his knighthood)



©Cheryl Clark, a Rhyl artist

Lyminge Friends - May 2020

The meetings and visits for June and July have been cancelled due to Covid19. Hopefully there will be better news soon.

Keep well and stay safe.

Meetings are 10.30am - 12.30pm in the Rigden Room of the Tayne Centre. Entry for 2020 is £3.00 which includes light refreshments. We are a friendly social group and welcome new members so just drop into one of our meetings, or, if you'd like to talk to one of us first, please call 863500.



ETCHINGHILL RESIDENTS' ASSOCIATION

Film Night

The Etchinghill Residents Association regret to announce that due to the ongoing coronavirus outbreak the monthly Film Nights at the Etchinghill Village Hall are cancelled until further notice.

The situation will continue to be closely monitored and the Film Night will recommence once the "all clear" is given.



www.etchinghill.info



At the time of writing we are still unable to have students on site, but we are continuing to provide a variety of on-line sessions so that students are not too isolated and can keep in touch with their friends. You can see some of these sessions here: www.youtube.com/user/ftmediaroom/playlists. Thank-you to KCC, other funders and our wonderful staff for helping us to keep going during this difficult time.

The Vineyard Garden Centre reopened on 13th May 11am to 3pm Monday to Friday, with a pre-ordered collection service only on Saturday mornings. While

the Cafe remains closed for the time being, it has **reopened as a farm shop** stocking lots of local produce, also 11am to 3pm Monday to Friday. Both centres adhere to strict social distancing standards to ensure everyone's safety.

Keep up to date through the website and facebook, or call 01227 831052 for the garden centre or 01227 831266 for the cafe.

The Fifth Trust is a charity supporting adults with learning disabilities.

Tributes to Peggy Banks 1920 - 2020

Long term Lyminge resident, Peggy Banks, passed away in Salisbury on 1st May 2020, three months short of her 100th birthday.

Peggy lived with her parents at New Barn in the 1920s and was educated both in the village and at the Folkestone County School for Girls.

She worked at Finn Kelsey Estate Agents in Lyminge before she married, after which she travelled widely with her husband, John, an army officer.

Returning to Lyminge in the 1980s, Peggy became an active member of the community, joining many clubs including the WI, the Bridge Club and the Historical Society. She was also heavily involved with flower arranging for Lyminge Church as well as local Flower Festivals.

Up until her 90s she made annual trips to Australia visiting close family members. In more recent years, she could be seen out and about in Lyminge on her bright red mobility scooter.



We shall miss our friend Peggy who died on May 1st aged 99 $\frac{3}{4}$. Peggy was a cheerful soul with a good sense of humour and was generous with her time. She belonged to many village clubs and societies and was a dedicated Bridge player and had a great many friends. She was a founder member of Lyminge Friends back in 2008, she enjoyed the meetings, social events and day-trips. Peggy loved her garden and was very good with plants. She taught us how to make floral arrangements and wreaths for Christmas.

Peggy eventually stopped coming to the meetings because her increasing deafness meant that she couldn't hear the speakers but until recently, she still enjoyed social events with us.

Lyminge Friends



My earliest memories, of nearly 70 years ago, of Peggy are of family gatherings, which included her husband John and son David, at her father Archie's house in Etchinghill. I vividly remember watching him at work, scrutinising one sheep after another in the fields before attending to any foot-rot with his worn but sharp knife.

Proud of her Beddingfield scholarship from Lyminge school, she would reminisce of her journeys through the Elham valley to her first job at Finn Kelsey's in Canterbury. In 2020 not very many horses are tethered daily in front of the inn at Etchinghill! Always enjoying a spin around Paddlesworth, she would remind us of the early life there of her husband John, after whose death she moved from the family home in Bossingham to Silverlands to be nearer sister Betty and brother-in-law Ro. In Lyminge she enjoyed her friends, garden, cats, and bridge. At St Mary and St. Ethelburga she met a second John with whom she enjoyed travels and holidays. Always alert to the beauties of the season, at this time of year she took great delight in the flowerings of country lanes. On our little drives in April and May she particularly loved the displays of roadside verges at Shuttlesfield and Park Wood.

On our many visits we enjoyed her warm, even excited, greetings, her Lyminge and family news, our pub lunches, her sharp mind, and her sense of humour.

We will miss her a lot.

Ian and Jan Guy

Local help during Covid19 pandemic

The Hythe Community Hub set up in March with Age UK Hythe & Lyminge and supported by the District Council continues to help vulnerable and isolated residents within Lyminge and surrounding Villages, with no family nearby to support them during this Coronavirus crisis. Very many thanks to all who have given up their time and potentially put their own health at risk to deliver essentials, such as food and medicines; there have been over 12,800 incoming calls, 5,200 outgoing calls and almost 15,000 GP welfare calls made from the Hythe Hub. Last week Nestlé provided 4,000 Easter eggs for distribution to those receiving prescriptions and shopping baskets as a bit of a pick-me-up and the staff and volunteers made sure VE Day was celebrated. See photo. Contact details - 01303 269602 Covid-19@ageukhl.co.uk and this is open 9am-4pm currently 7 days per week but subject to change. There is also District Council Covid-19 Helpline on 01303 761116 open 9am-5pm 7 days a week Covid-19@folkestone-hythe.gov.uk and KCC 24/7 - Kent Together support Telephone No 03000 419292.



The Scrutiny Overview Committee held remotely on 19 May was the first meeting of its kind for the authority and has been organised as part of the measures to reduce the spread of COVID-19. The council has worked hard to ensure these meetings can resume, allowing councillors to continue representing their electorate and making decisions in public. Details of meetings and how to watch live can be found on the website.

Unlike other parts of the County, our kerbside Waste collection service continues to operate uninterrupted and the Garden Waste Service is still operating and is accepting new customers - details on the District Council website.

The business rates team continues to process support grants. As of last week the team has distributed £23,845,000 (more than 82% of the total allocation) to more than 93% of eligible businesses; amazing job well done.

A letter has been sent out to ask that the remaining 150 eligible businesses either claim support or let us know that they do not wish to claim.

Coronavirus Small Business Grant & Retail Hospitality & Leisure Grant Scheme- all businesses eligible for these grants need to provide account details for these payments using an electronic form on the council's corporate website which can be accessed through this link <https://www.folkestone-hythe.gov.uk/business-grant-fund>

A renewed call-out has been made to Folkestone & Hythe district residents who may need help paying their Council Tax - for further information please see website.

If there are any issues we can help local residents with, please do contact us.

Jenny Hollingsbee and Susan Carey

Jenny Hollingsbee (Jenny.hollingsbee@folkestone-hythe.gov.uk 07887918458) and Susan Carey (susan.carey@folkestone-hythe.gov.uk 01303 670561) - your district councillors for North Downs West, Folkestone and Hythe District Council

Children's Word Search

H	T	I	Y	U	E	S	U	E	I	F	M	B	H	Egypt
N	M	P	E	E	G	Y	P	T	M	T	A	S	H	Exotic
E	S	O	D	X	E	C	R	E	O	U	G	I	I	Mosaic
O	M	S	L	F	P	P	H	K	F	B	A	E	A	Mandala
O	O	J	H	M	K	E	O	F	D	E	B	A	G	Flora
O	U	Q	M	O	A	F	D	P	L	X	N	D	K	Alcove
B	W	W	U	S	L	N	R	I	A	O	O	E	D	Quartz
D	O	P	T	A	G	Y	D	S	T	T	R	E	W	Expedition
M	U	E	I	I	R	Y	H	A	J	I	R	A	K	
F	O	F	H	C	L	T	M	A	L	C	O	V	E	
Y	E	H	E	G	D	C	Z	L	Y	A	K	N	I	



Pathways to the Past

Exploring the Legacy of Ethelburga

Anyone walking up by the church yard over the past few weeks will have seen that our principal contractors have been able to start work again. They have been working on the paths, removing the last stretches of old tarmac, cutting the new path to the north door and laying the new brick edging. At the time of going to press, we don't yet know if it will be possible to bring in the sub-contractors who will lay the new resin-bound aggregate path surface, but in any event, the church yard is already looking much tidier with the removal of the spoil heaps left over from the dig last summer.

We are continuing to work on the 3D digital reconstruction of the church through its 1,400 year history. The story of the church through most of this period will be told using specially commissioned reconstructions. But we will bring things up to date using a sequence of photographs showing changes over the past 150 years or so that have been captured on film. We already have many images from the archives in the village. But it may be that there are other unique images out there that we have not seen before and which reveal details about the church that we don't otherwise know about. If you have postcards or photos of the church or church yard that you are willing to share with us, please get in touch. If you can share scanned images by email, that would be great. If you don't have scanning facilities, an email message would be helpful, and we can then make arrangements to get copies made when the restrictions on social contact have been lifted.

Sadly, and with much regret, we have concluded that the lock-down restrictions are now unlikely to be relaxed sufficiently to allow the Big Anglo-Saxon Festival to go ahead in August. We have therefore cancelled this event, although we are still working with local professional artists to produce pieces celebrating the themes of our project. We will have more details on this later in the year.

Don't forget to keep up to date with the project on our website at geopaethas.com. You can see what the archaeological watching brief revealed as we stripped back the old paths, and you can follow progress as the new paths took shape.

If you want to get in contact, please email on geopaethas@gmail.com.

Letters To The Editor.....

Throughout this lock down period, I would like to thank the kind people who have encouraged us on our walks with little rainbows and painted stones, with encouraging messages. What a lovely thought and something for us all to enjoy! Thanks also for the puzzle page in the newsletter to keep our brains active.

On a more serious note, at first the village was so quiet and peaceful and we could safely walk in the road when passing other folk to keep a safe distance. People then began to stir again and within 10 days we noticed, on one of our regular walks, that the traffic had doubled. We even met a cyclist on the pavement, which left us nowhere to go on a busy road!

It may be increasingly safe for walkers and cyclists in the towns and cities, but here the roads have once again become busy and speeding through the village has returned. Many people had begun to dream of a cleaner, better environment which may now happen in the urban areas. I appreciate those of us living in the countryside have to use our cars, but **if more people are going to cycle and continue to walk, especially children, please could car drivers allow for that and drive more considerately.** As a village, we have been relatively fortunate during this recent crisis, but it would be sad if there were now to be casualties on the roads.

Thank you for your consideration!



Dear Editor



Would you please appeal to people who insist on burning their garden rubbish, do so with thought for their neighbours. With the recent lockdown, dry weather and inaccessibility of recycle sites, people are resorting to burning their rubbish. Whilst it might solve **THEIR** problem, it creates considerable problems for others, particularly those with poor breathing and ill-health. So would people, particularly in the Sandling Road and Woodland Road areas of Lyminge, please be more considerate and please think of others, compost their garden waste where possible, and stack or bag up rubbish for disposal when the current emergency is over, rather than burn it. Burning waste should be a very last resort.

Full guidance can be found at folkestone-hythe.gov.uk/environmental-protection/bonfires.

LYMINGE GARDENERS' SOCIETY



We have been busy looking to the future and are pleased to confirm the following events have been re-booked for 2021:

Gardening on Chalk and in Coastal Areas

William Friend – March 21

Gardening in Shade - Janine Doulton – April 21

Garden Visit to Old Bladbean Stud – July 21

Best wishes to all at this difficult time.

Any questions relating to the Gardeners' Society,
please email: lymingegardeners@gmail.com

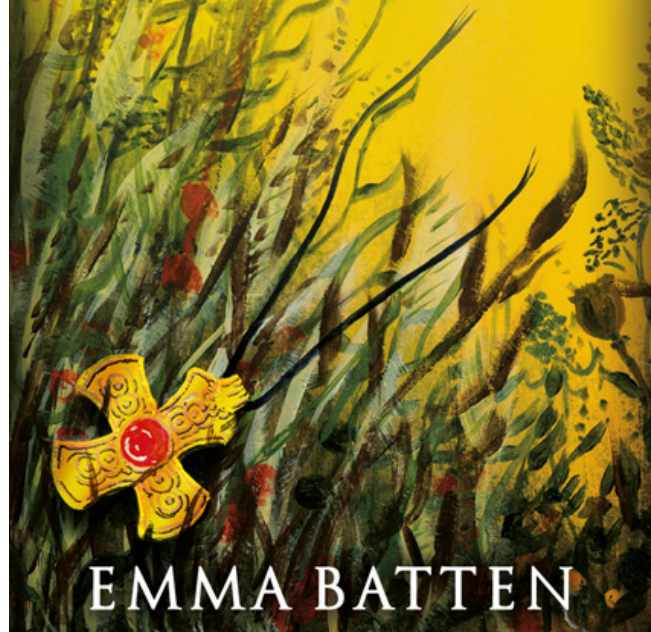
MOTORCYCLES WANTED



MOT failures, non-runner, unfinished projects, damaged bikes, write-offs. From scooters to field bikes to 50% complete bikes. I will collect, remove and pay cash.

Telephone 01303 627021

THE PENDANT CROSS



EMMA BATTEN

"What sort of place is Romney Marsh?" the monk asked. The words didn't come easily: his lips only knew prayer, his tongue only knew to move in the gentle rhythm of the Psalms.

"There is nothing to speak of," Brother Halig replied. "It is as bleak as one could imagine and will serve our purpose well"

The year is 680 AD and areas of dry land are arising from the marsh. No man would consider settling permanently in such an unforgiving place. But for a few days a year the Sandtun comes alive with traders who await boats from Francia. Old friends meet at the tent at camp, and join with others coming to sell their wares. As friendships are made and hatred brews, four monks descend the Shipway track carrying their precious secret.

In her seventh novel, Emma Batten introduces West Hythe and Lyminge in Anglo-Saxon times.

The book can be bought through her website for £8.99 to include posting. www.emmabattenauthor.com or by phoning 07388 271137

Rhodes Minnis Circle

Unfortunately our meeting in March was cancelled due to the current health crisis.

There will be no further meetings for now, but we will let members know when we start up again.

Keep safe - we are thinking of you all.

For further details contact Marion on 862913



*Lyminge
Historical Society*



Due to the Coronavirus and the continuing lock-down, meetings are cancelled until September. Please watch the Notice Boards and the on-line Lyminge Newsletter for further updates. Stay safe and well.

Lyminge Historical Society Committee

Lyminge Historical Society contacts:

email: lymingehistoricalsociety@gmail.com Website: www.lymingehistoricalsociety.co.uk

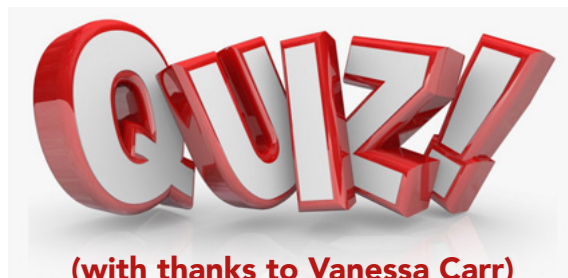
www.facebook.com/Lymingehistoricalsociety

Facebook: www.facebook.com/Lymingehistoricalsociety

3 of a Kind (Answers on P12)

What do these groups of three have in common?

- 1 Red Leicester; Lymeswold; Dunlop
- 2 Helium; Argon; Krypton
- 3 Ra; Horus; Hathor
- 4 Vueling; El Al; Nippon
- 5 Towton; Barnet; Hexham
- 6 Kroon; Escudo; Koruna
- 7 Venus Rosewater; Claret; Calcutta
- 8 Manipur; Gujarat; Assam
- 9 Macaroni; Fairy; Chinstrap
- 10 Phalanges; Carpals; Mandible
- 11 Rochas; Louboutin; Chloé
- 12 Pegasus; Aquila; Cassiopeia
- 13 Hallé; Royal Concertgebouw; West-Eastern Divan
- 14 Blackberry; Hyzenthlay; Hazel
- 15 Amy Pond; Donna Noble; Rose Tyler
- 16 Atlantic Avenue; Boardwalk; Electric Company
- 17 Bono; George Michael; Simon le Bon
- 18 Satsuma; Victoria; Greengage
- 19 Dover; Frankfurt; Lincoln
- 20 The Circus; Limelight; Monsieur Verdoux
- 21 Henry Pelham; Spencer Perceval; George Grenville
- 22 Kanchenjunga; Lhotse; Annapurna
- 23 *Brave New World* by Aldous Huxley; *Under The Greenwood Tree* by Thomas Hardy; *By The Pricking Of My Thumbs* by Agatha Christie
- 24 Sandro Botticelli; Paolo Uccello; Andrea Mantegna
- 25 Porkpie; Wide Awake; Pillbox



(with thanks to Vanessa Carr)

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KENT
NHS

The Folkestone Haven

Are you an adult resident of Folkestone and Hythe district experiencing a mental health crisis?

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0808 1963 569

You can also email us at Folkestone.Haven@hestia.org or message us via Facebook @HestiaFolkestoneHaven, and we will arrange for a Recovery Worker to get in touch.

Call us any weekday evening 6pm - 11pm
or at weekends and bank holidays 12pm - 11pm

We're here to listen to you and support you around your mental health and wellbeing

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Charity number: 284555 | Company number: 52622516
hestia.org

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2 bedroom shared ownership property

St Marys Close Etchinghill

70% share for £167,300

Monthly charge of £46.18

The accommodation comprises of:

**kitchen/dinner, sitting room,
two bedrooms and bathroom.**

Also has a large private garden and drive way.

Any questions please call:

Max Hurst 07732603415

or email terri.browning@englishrural.org.uk

DAISY BAKES



Cupcake maker based just outside of Lyminge.
I also make biscuits and wedding favours!

Please contact Georgia for more details, a quote or to discuss your requirements.

daisybakeskent@gmail.com

07717277257 or 01303 862137



Answers to 3 of a Kind (Page 11)

- 1 English cheeses
- 2 Noble gases
- 3 Ancient Egyptian deities
- 4 Airlines (Spain; Israel; Japan)
- 5 Battles of the Wars of the Roses
- 6 Pre-Euro European currencies (Estonia; Portugal; Slovakia)
- 7 Sporting trophies (Venus Rosewater Dish - tennis, ladies singles champion, Wimbledon; Claret Jug – golf, open champion; Calcutta Cup – Rugby Union, Scotland v England, Six Nations)
- 8 Indian states
- 9 Penguins
- 10 Bones in the human body
- 11 French fashion houses
- 12 Constellations
- 13 Orchestras (Manchester; Amsterdam; Seville – players of Middle Eastern and Spanish origin)
- 14 Rabbits in Watership Down
- 15 Female companions of Dr Who
- 16 Properties on the US Monopoly board
- 17 Band Aid participants, original song, 1984
- 18 Plums
- 19 US state capitals (Delaware; Kentucky; Nebraska)
- 20 Charlie Chaplin films
- 21 British prime ministers
- 22 Himalayan mountains
- 23 Novels with titles taken from Shakespeare plays (The Tempest; As You Like It; Macbeth)
- 24 Florentine Renaissance artists
- 25 Hats

Lyminge Association Coded Word Puzzle - John Carr

22	21	5	12	12		12	16	13	8	5	13	23	25	7
1		23		14		13		23		23		15		15
16	13	21	14	17	13	3		4	26	1	26	24	9	5
24		5				5				12		14		23
26	5	25	6	4		18	5	3	10	7		22	1	10
11		6		7				18				21		
14	23	7		21	7	11	18	26		14	19	13	16	24
16				18		14		1		22				16
6	13	24	25	26		20	15	21	21	7		15	19	14
		16				15				4		18		18
19	1	14		25	15	16	10	1		11	14	1	9	13
15		18		15				23				23		9
2	26	13	13	9	13	3		18	16	15	19	1	4	15
13		9		13		23		5		12		15		1
21	1	13	1	23	2	14	1	24		12	1	23	13	3

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

**Answers to
Code Word Puzzle
on P18**

LYMINGE PARISH COUNCIL NEWSLETTER JUNE 2020

Forthcoming Council and Committee Agendas are displayed on the Council notice boards in Station Road car park, the Rhodes Minnis bus shelter and the entrance to the Village Hall car park Etchinghill. Agendas and minutes are published on the Council's website www.lymingepc.kentparishes.gov.uk and Facebook page. We invite you to read the minutes online or on the noticeboards which may provide the information you are seeking regarding a particular item, but correspondence is always welcome from parishioners and can be sent to the Clerk at the addresses given below.

COVID 19 - STAY ALERT > CONTROL THE VIRUS > SAVE LIVES

With a change in the latest Government guidance we would remind parishioners that our open spaces and sports facilities remain open for your unlimited use, however, playparks will remain closed. Government advice is to still keep a safe distance from others, stay home as much as possible and keep washing your hands regularly.

The fine weather will tempt many people to resume going out and socialising but please do follow the current guidelines in order to keep safe. An illegal gathering occurred in Etchinghill last month, on the field in front of the village hall. The Police attended but unfortunately this is just some of the litter left behind. Very many thanks to the local residents who cleared up after these people.



MEANWHILE, SOME THINGS DO REMAIN THE SAME.....

STILL MEANS 30 !! Please keep to the speed limit through our villages and be extra vigilant for the increased number of cyclists using the road.

FOOTPATHS remain open and it is permissible to walk them, but keep to the paths and do not make new routes (there are a couple instances in Etchinghill where walkers have created an exit from the golf course and have cut across a farmer's field where no official path exists).

And CLEARING UP AFTER YOUR DOG is still essential if we are all to enjoy a pleasant walk!

WHEREAS SOME THINGS HAVE CHANGED COMPLETELY:

THE PARISH COUNCIL NOW MEETS VIRTUALLY, but only once a month instead of twice. Special legislation has been passed to enable this: the first virtual meeting took place at the end of April, the March meeting having been cancelled, and we were pleased to welcome new councillor Royer Joyce, from Etchinghill, to the council.

Despite having a backlog of business to conduct, councillors worked through the agenda and amongst other things, were able to award the grounds maintenance contract for the coming year based on the revised plans and specification, which are published here for information and comment. Whilst delays have occurred by virtue of the lockdown, the maintenance programme is now under way. In addition, the new bridge for Tayne Field is on order.

Next Council Meeting: Monday 29 June at 7.30pm, Zoom online meeting (details available from Clerk)

Cherri Norman, Clerk and Responsible Financial Officer

Correspondence Address: Lyminge Parish Council, PO Box 1159, Canterbury, Kent CT1 9PR

Telephone: 07715 221 705 Email: lymingepc@btinternet.com

www.lymingepc.kentparishes.gov.uk

[www.facebook.com](https://www.facebook.com/LymingeParishCouncil) Lyminge Parish Council

LPC Biodiversity Management Plans

The following plans have been prepared by local resident Mr. D Bennett BSc, MCIEEM in collaboration with the Parish Council and Stepping Stones, part of the Lyminge Climate Action Group and acknowledge the archaeological significance of the areas. LPC would like to thank all individuals involved in forming the plans. They are very detailed and originally intended to be viewed in colour for full comprehension. As such, we would recommend viewing them via the digital newsletter on the LA website or you can request a colour version via the Clerk. We welcome residents' comments and questions.






	Public footpath	2m wide corridor to be mown as required to maintain access
	Vehicular access	manage as above
	Wildflower meadow	Tractor grass cutting twice per annum in April (when/if dry enough) and August. Rake off/collect cuttings and remove off site or moved to designated composting areas on site
	Wildflower seeding patches	Manage as above. Patches prepared in October 2019 by rotovating and distributing emorsgate seed mix EM2F "General purpose wildflower meadows".
	Scrub/hedgerow planting	Hedgerow planting to fill gaps and provide screen from Village Hall car park completed in autumn 2018 and 2019. Additional proposed small blocks of scrub planting to encourage breeding birds, and provide shelter belts/ connectivity.
	Tall herbs and bramble	No intervention; areas of existing high fertility and bramble thicket to be left to provide winter shelter, encourage insects and food source for birds
	Pond	New wildlife pond to be excavated when funding/opportunity arises
	Memorial Grove	Trees planted in 2018 to commemorate end of The Great War and those from Lyminge that were lost. Regular mowing understood to have been carried out by T. Seymour, but future management TBC.
	Memorial Grove vista	Area of tall ruderal herb; to be cut 2-4 times annually to reduce height, encourage grassland formation to maintain viewpoint and prevent vegetation obscuring view north over village.

COURT LODGE GREEN BIODIVERSITY MANAGEMENT PLAN

TAYNE FIELD BIODIVERSITY MANAGEMENT PLAN:



	Grass buffer strip	Cessation of regular summer mowing to increase sward height and encourage flowering plants. This will provide a buffer strip to the Nailbourne, and habitat for insects, reptiles and amphibians. Prominent areas may be cut annually in autumn; some areas should be left uncut to provide a winter refuge and only cut on a rotation of 2-3 years.
	Tree and scrub planting	Mixed native tree and shrub planting using 'whips' as appropriate to conditions to gap up existing tree screen and provide variety of habitat types. This will encourage bird nesting and invertebrates. Indicative positions shown but species composition and location will be determined by local conditions. Tree species available include English oak <i>Quercus robur</i> , Hornbeam <i>Carpinus betulus</i> , Silver birch <i>Betulus pendulus</i> , Alder <i>Alnus glutinosus</i> , Sallow <i>Salix cinerea</i> ; shrub species include hawthorn <i>Crataegus monogyna</i> , blackthorn <i>Prunus spinosa</i> , dogwood <i>Cornus sanguinea</i> .
	Willow "wigwam"	Experimental circle of native willow cuttings to be trained/woven into living wigwam structure as they grow. Indicative location shown.

Lyminge Climate Action



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

Contact: thoughtfulfoodgroup@gmail.com or on Facebook and Instagram @thoughtfulfoodgroup

Face-to-face meetings are currently suspended so please email us if you would like to get involved.

Gardening Survey

We are keen to support people in the parish to utilise their own gardens or allotment plots to produce food. So that we know where to focus our efforts, we would be grateful if you could complete this online survey on how you use your garden. The survey is anonymous, and is available at the link below. We look forward to hearing from you.

<https://www.smartsurvey.co.uk/s/SZ3RYY/>



Community Allotment



Great progress is being made at the new community allotment in Lyminge. Thank you to all our volunteers so far, who have donated plants and helped to water them in. There are potatoes, leeks, onions, pumpkins, courgettes, chard and sweetcorn so far, with more still to add. We are particularly in need of volunteers in the Church Road vicinity to water the plot through the dry weather. Please do get in touch if you would like to get involved- no gardening experience necessary- and help to shape this exciting project. We hope this will be the first of many community growing spaces in the Parish.

Action in June

5th World Environment Day It's time for Nature Food, Air, Water, Climate : we need action now

15th Global Wind Day <https://globalwindday.org/> Switch to Green Power [new energy supplier]

17th World Day to combat Desertification & Drought No butts or need more: sustain your garden

Climate Action: 11 actions for the Planet during a Pandemic [include] :

- Reading over Streaming [read a real book and turn off your device to save energy]
- When life gives you Lemons...make Disinfectants [and re-use spray bottles]
- Take stock [declutter] and make stock [veggie scraps in a pot]
- Start a garden exchange [safely via neighbourhood apps or with neighbours]

Check the rest : <https://www.earthday.org/11-actions-for-the-planet-during-a-pandemic/>

SATURDAY 6TH JUNE BIOBLITZ: POSTPONED TO A FUTURE DATE

Instead [or on World Environment Day Friday 5th June] why not do your own minibeast hunt or identify 5 wildflowers or birds in your garden. Keep the information and we can check any differences on the rescheduled Bioblitz Day.

Check out Kent Biological Records Centre [KMBRC] for the importance of recording our biodiversity so we can monitor changes and hopefully see improvements in numbers of species as we improve habitats. <https://www.kmbrc.org.uk/>

The Bubble of 2020

*That's it! It's off to school I go!
It's going to be different Mum, yes I know!*

*I'm going to see some friends Mum, but maybe not them all. But the ones
inside my bubble, they will be the best of all!*

*My group of new beginnings. A new way of life for awhile. But no virus will
bring me down Mum, or prevent my beautiful smile.*

*Ok! Ok! I can't use play-dough but does that really matter? After all this
time Mum, I can finally have a natter!*

*We can run and jump and skip and hop and even play eye spy! Yes I might
fall over Mum, but I'm still allowed to cry. The teacher will always help
me Mum, as best she is able to. But if I need some extra help I know she
can count on you!*

*It's going to be okay Mum, I'm really quite excited. This new challenge I'm
facing Mum, and my bubble friends are all invited! We will share our stories
of lockdown Mum, and about what happens next. We will learn new les-
sons along the way, like how to space our steps.*

*This social distancing isn't so bad Mum. I'm learning every day, that wash-
ing my hands and staying safe will send this bug away!*

*I know it won't be too long now Mum, until we're all together. But until that
day is here Mum, my bubble friends make it better.*

*So when you have to go to work Mum, please don't worry too much about
me. I'm learning a new normal Mum, but one day soon we'll be free!*

Jodie Sweeney

Get Your Badges Here!!

Twenty five years ago on the 50th Anniversary of VE Day we had a big street party on Church Road and all sorts of free things on Tayne Field. I seem to remember having the Guides white marquee on the field and we were giving away free cups of coffee and soup. We also had placed Eileen Hall on a trailer with a piano playing all the wartime songs with Steve Hall dressed in Army uniform. It was all quite something.

We also sold badges to commemorate the day. I was reminded of this when John Piddock sent me an email with a photo of his badge from that day. John and the Family History Group had prepared a display for the library on the 75th anniversary of VE Day and the 80th anniversary of Dunkirk. Due to the lock-down this could not happen.

That inspired me to update the badge. Here is a photo of the badge, together with one of the originals from 25 years ago - sadly time has not been kind to the badge and rust has crept into the metal base.

If anyone would like a new version they cost 50p with 10p going between Help for Heroes or an NHS charity.

Adrian Willcox, adrian.willcox@virgin.net



Would you like a physiotherapist to visit you at home?

- ✓ Highly experienced community physiotherapists
- ✓ Fully insured
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- ✓ HCPC registered

Group and individual sessions at our clinic in Stelling Minnis, CT4 6BB.

Contact us for supportive & friendly advice:

Jayne Steadman: **07903 866590**

Further information www.jlinks.co.uk.

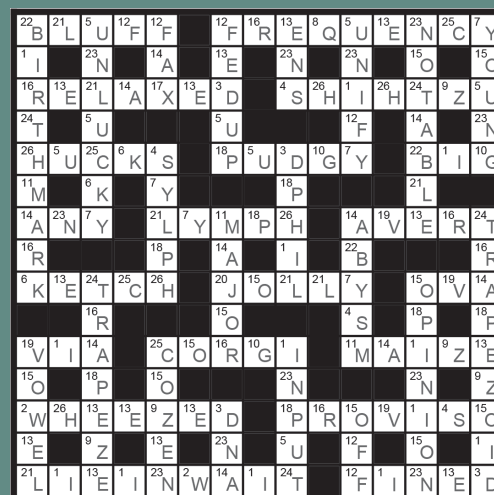


We can help with:

- All mobility and joint problems
- Recovery from surgery

Neuro-physiotherapy can help with:

- Stroke
- Multiple sclerosis
- Parkinson's disease
- Head/Brain injuries
- Dizziness and balance problems



Answers to Code Word Puzzle on P12

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

VIRTUAL HOLISTIC THERAPIES

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Guided hand & face reflexology to help reduce stress & anxiety, & assist with pain management. Techniques can be used on family members to calm and relax them.

www.holistichealing.rocks

Write 300 words on any subject - then send it to the editor's email address

Wellbeing During Lockdown

What is wellbeing? Wellbeing is about feeling happy and content in life, and being healthy in body. A lot of factors can affect our physical and mental wellbeing, such as the environment, life experiences, trauma, stress, anxiety or even an accumulation of several factors.

All of us have experienced an element of change in our lives since 23rd March and most people talking to me have admitted to feeling anxious or stressed. The huge change in circumstances will naturally be affecting us mentally. It's the anxiety of not knowing what is going to happen. It is key to remember that this is a completely normal feeling to have in these circumstances. We are unable to see family and friends, we have to avoid people in the street, we have to stand 2 metres apart in a queue. Do we wear a mask, do we wear gloves?

So what can we do? It's really important to understand that you are not alone. Everyone is going through the same experience, albeit in a different way. So how can you help yourself?

- Go for a walk each day or do some other form of exercise - get those endorphins flowing!
- Talk to someone - pick up the phone or have a Skype with a loved one.
- Learn something new or even just pick up that book you keep meaning to read.
- Meditate - calm the mind and body; giving it the time it needs to rest and rejuvenate.

Believe it or not, there are many positives to come out of this situation. The world and environment are healing, people are getting out to exercise more, the simple things won't be taken for granted - like a hug, and creativity has gone crazy!

When the reality of the situation first hit me I was in a whirlwind of panic...my business would have to close, what about schooling for my son? Then I started thinking outside the box and realised that I could continue both my Reflexology and Reiki therapies, in a completely different capacity, online or by 'phone. I now offer 30 minute guided treatments which focus on breathing, relaxation and either a distant Reiki healing or guided Reflexology treatment for people with specific ailments. The results have been overwhelmingly positive.

No-one knows what the new 'normal' will look like so let's try and focus on the things we can control and look at the positives in our lives.

Nikki Carr MAR - Reflexologist & Holistic Practitioner (see ad above)

Write 300 words on any subject - then send it to the editor's email address



Lyminge Pre-School



Lyminge Preschool provides quality Early Years education and day care all year round for children aged 2-5 years. The Pre-School is run by a team of qualified, highly experienced and dedicated practitioners.

Lyminge Pre-school has a safe, stimulating and fun environment that provides support and challenge for all of the children's individual needs. We welcome all children from the age of two from all surrounding areas.

To arrange to meet the team, please call 01303 863149 (day) or email lymingepreschool@gmail.com and visit our website www.lymingepreschool.org.uk

Lyminge Baby and Toddler Group

Bring your little ones along to our friendly group for lots of fun including crafts, singing, playdough, ride-ons and lots more. We meet every Tuesday morning at the Tayne Centre between 10.00 and 12.00 (term time only).

£2.50 per family, including refreshments for all.

If you have any questions please contact

Sarah on 07984 939220



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Etchinghill Baby & Toddler Group

We are a friendly toddler group, which caters for babies and children from 0 to school age. Crafts, messy play, trikes, toys and a singing session are included each week. In dry weather there is also outside access for the children to play.

We meet on Wednesdays between 10am-12noon at Etchinghill Village Hall. We charge £2 per family, 1st session is free. Tea/coffee and healthy snacks are provided.

If you have any queries please contact **Cait Byrne - 07850757571**

Coffee Mornings With The Toddler Group

10.30am - 12 noon on Thursday mornings

The Village Hall, Chapel Lane, Rhodes Minnis.

We would like to welcome you, with or without kiddies, young and old members of the village and surrounding area to come and enjoy a coffee/tea/biscuits and a chat with us. We look forward to seeing you.

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BADGERS BRIDGE NURSERY

*" Bridging the indoor and outdoor learning environment for
children in their Early Years"*

Badgers Bridge is set in the idyllic countryside of Postling, just outside Lyminge. We are a small and friendly Preschool who blend the Montessori principles with the outdoor learning ethos.

We were awarded Outstanding by Ofsted in 2018 in every area. This is a real achievement and we are really proud of the staff who work tirelessly to provide a stimulating and caring environment for the children of Badgers Bridge.

The inspector was particularly impressed with our Forest School. *"Children enjoy limitless opportunities to explore, investigate and work together in the natural woodland environment. Staff skilfully inspire children to develop a significant understanding of the world in which they live".*

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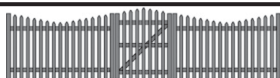
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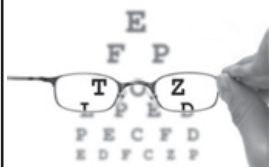
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Out & About..

Do you have any photos of local events or groups in action?
If so can you please forward them along with a few words
relating to each photo to pb@pbarnes20.plus.com

..on VE DAY



Ian and Bill Bennett
celebrating around a
??Laing Bennett sign??



Ray and Carol Smith checking out
Silverlands



Silverlands in full swing



Penny Keutenius
entertaining on her
accordion in Barton Field

Editor: pb@pbarnes20.plus.com



Local children entering into
the spirit of VE celebrations

Out & Abouton VE DAY (contd)

