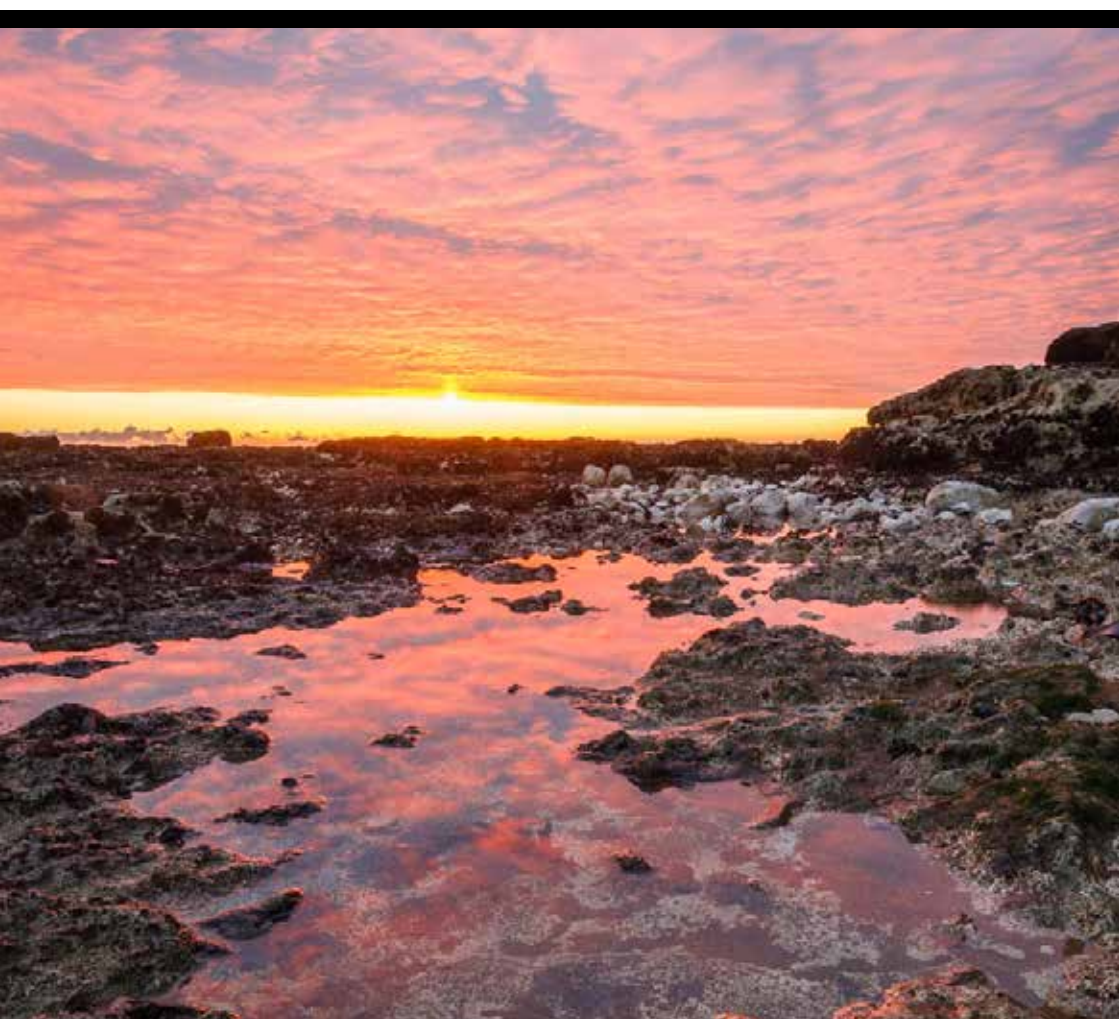


The Broadstairs Bulletin



Issue 1

INTERIOR FIT OUT & REFURBISHMENT

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Town Council Precept Stays The Same

Broadstairs & St Peter's Town Council have voted to keep their precept at the same level as the 2020-21 financial year.

At the Council meeting held on 25th January 2021, members voted unanimously on a 0% increase on its element of the Council Tax, meaning the £68.40 annual fee is retained for another year.

The Town Council has managed to do this by negotiating new contracts for the town together with forward planning to achieve other income through the booking and letting of Town Council owned assets.

Cllr Paul Moore, Mayor of Broadstairs & St. Peter's Town Council, said:

"The Town Council continues to build upon its commitment to operate more efficiently and effectively through the development of its community assets.

"The leasing of offices, meeting rooms and function rooms at Pierremont Hall and the soon to be completed commercial lease and sports facility at Retort House enable the Town Council to raise income in addition to the council tax.

"In turn this enables the Town Council to provide and improve the range of activities, facilities and services to the community, both now and in the future."





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Vaccine Aftereffects More Common In Those Who Already Had COVID



At the time of going to press, Thanet had recorded 10,700 cases of COVID-19 since the beginning of the pandemic.

With vaccine rollout in Broadstairs well underway, what are the latest thoughts on potential aftereffects? According to the latest data from the ZOE COVID Symptom Study people who have had a previous COVID-19 infection are almost twice as likely to experience one or more mild whole body (systemic) aftereffects compared to people who didn't have COVID-19 (33% vs 19%) from a Pfizer/BioNTech vaccine dose. The most common mild whole body (systemic) aftereffects experienced were fatigue (9%), headache (8%) and chills or shivers (4%). Most mild whole body (systemic) aftereffects appeared in the first two days after the vaccination and only 3% of people have any after effects beyond three days.

COVID-19 vaccines work by using a harmless version or component of the SARS-CoV-2 coronavirus to train the immune system, so when the virus is encountered the body is able to fight it off. This 'training' response can feel like some of the symptoms when the body is fighting off a real infection, including headaches, fever, chills or shivers, tiredness (fatigue), muscle or joint pains, diarrhoea and feeling sick (nausea). A stronger response may indicate evidence of an increased immune response.

Summary of findings

- A third (33%) of those who had previously had COVID-19 reported at least one whole body (systemic) after effect after 7 days compared to 19% of who had not previously had COVID-19
- 37% of people experienced some local aftereffects such as pain or swelling near the site of the injection after first dose and 45% after the second dose
- 14% of people reported at least one whole body (systemic) after effect within the 7 days from the first dose compared to 22% from the second dose, possibly indicating a stronger immune response after the second dose.
- 13% of vaccinated men and 19% of vaccinated women reported at least one whole body (systemic) after effect within seven days
- Under 55s more likely to experience whole body aftereffects than those over 55s (21% vs 14%)

- 280,000 people have already logged their vaccine experience on the app

The data comes from a sub-sample of almost 40,000 vaccine doses, all first doses were administered before 4 January 2021 and logged in the ZOE COVID Symptom Study app. This is a subset of over 280,000 people, one of the largest vaccine datasets outside the trial settings where participants are carefully selected. Contributors logged any local aftereffects (in the arm) for seven days and logged systemic (whole body) aftereffects continuously after receiving the vaccine. This current data is for the Pfizer/BioNTech vaccine and most of those analysed were healthcare workers.

The ZOE app also asked over one million contributors whether or not they want to receive a vaccine and if not, why. Whilst almost 95% said 'yes', just over 5% of respondents were either reported being unsure or unwilling to accept a vaccine. The main three reasons given by hesitant contributors were; long term side effects (50.2%), lack of knowledge (37.2%), and concerns about potential adverse reactions (30.9%).

Tim Spector OBE, lead scientist on the ZOE COVID Symptom Study app and Professor of Genetic Epidemiology at King's College London, comments on vaccine data: "This data set is a unique look at those who have been vaccinated in the real world outside trials, and so far the post vaccine effects we see are mild and in the minority of people. It's interesting to see that those with previous COVID are more likely to experience these mild aftereffects than naive subjects. This could be good news, as a larger response like this suggests that those getting a first dose after having had COVID are generating a stronger immune reaction and may get greater protection from just a single shot of the vaccine. We are urging as many people as possible to download the ZOE app and log their vaccines with us, so that we can independently monitor how we all react differently and how the vaccines impact the overall pandemic."

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Kent Adult Education has launched a range of free online "Employment Essentials" courses to help workers upskill during lockdown and make good use of their spare time.

Anyone looking for a new job or wanting to progress their career can obtain the important skills they need from courses covering vital areas such as increasing confidence, preparing for interviews and writing a CV.

The Employment Essentials range of courses is now available to book and includes:

- Personal Power and Confidence
- Uncover Your Genius – Transferable Skills
- Personal Profiles and Tailored CVs
- Hunt Hidden Job Markets Find the Job for You
- Agency Work, Is it for You?
- Testing Times, What are Psychometrics?
- Digital Skills, How to Ace that Video Interview
- Staying Positive While Job Searching
- Skills in Action, Interview Practice – On-line Live.

Every course is for two hours and is free, but spaces are limited.

Courses are taught online, in real-time to enable you to interact directly with your tutor. They are easy to access with a phone, laptop or tablet and an internet connection.

From March onwards, Kent Adult Education will also be running a range of courses to help with mental health and wellbeing. They are intended to help you learn more about the causes, symptoms and management of a variety of everyday challenges.

The courses all come under the heading of "Discover" and include:

- How Anxiety and Worry Can Develop and How to Manage it
- More About Positive Psychology and Wellbeing
- More about Stress and How to Manage it
- Ways to Build Self-Esteem and Resilience
- New Ways of Managing Relationships
- New Ways to Change Negative Thinking
- Ways to be Happier with Stress Less

These courses can help if you have been diagnosed with a condition and want to understand it more, if you live with somebody with a condition and want to be able to support and understand them better, or if you are working in the health and wellbeing support industry.

Online courses are taught in real-time and in a relaxed, informal and informative atmosphere by experienced tutors who are working or have worked extensively in the field of mental health.

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Upskill For Brain Health

Learning new things has all kinds of fringe benefits.

Lots of us began 2021 with the ambition to learn a new skill: beginner's computer programming, conversational Italian, or how to paint with watercolours maybe. We learn new skills for many reasons. Perhaps we need to improve our computer literacy to gain a promotion, or Italian so we can speak to our new in-laws, or we've always fancied learning to paint. Learning is fun but its benefits go way beyond the actual skill learned, and the skill is irrelevant, whether its crochet or advanced mathematics, the extra benefits are the same.

Positive brain changes - The white matter in our brain is comprised of nerve fibres covered in a fatty sheath called myelin. It is involved in learning and co-ordination of communication between different brain regions. The more we practice a new skill the more our white matter increases in density, which helps us when we learn other new skills.

Increased learning speed - When brain neurons are stimulated, more neural pathways are formed and the faster our brains process new information. It's as if 'learning' is a muscle which strengthens as its exercised.

Interconnections - When we learn a new skill our brains draw on information and skills we already possess, and we build on that existing knowledge. But a wide knowledge base also makes it easier for us to learn more new skills.

Increased interestingness! - (Yes, it's a real word!) Well-rounded individuals tend to find it easier to relate to others because a wider knowledge base makes it easier to find things in common and thus make friends.

Beat boredom - Repetition can quickly become monotonous. Following the same routine every night, 'supper, bath, TV, bed' makes it easy to become bored. Learning new things breaks the cycle of monotony and gives our brain something to do.

Increased adaptability - Learning new things physically alters our brains in such a way that our outlook and perceptions change. These alterations make it easier for us to adapt to sudden life changes, like a global pandemic for instance! Adapting to change is a skill, and the more varied our life experiences are, the easier it is to draw on them and adjust

Prevent cognitive decline - Learning origami doesn't mean we won't get dementia. There are many types of dementia and the causes are nuanced. But there are many studies which suggest that people who learn new skills are less likely to experience cognitive decline including dementia. Mental decline is linked to demyelination of our brain. People who actively learn new skills are not giving their brains a chance to demyelinate, and their neural pathways are primed to create workarounds if some area of the brain does begin to fail. The key seems to be to learn things outside of our comfort zone, so if you are a knitter, don't choose to learn crochet, which is similar, choose Russian, or salsa dancing, or the ukulele instead, subjects which push you out of your comfort zone, but (importantly) which you actually want to learn and will enjoy. Keep exercising that brain!



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An interview with senior audiologist, Anabela Pinho, Hearbase at Spencer Private Hospital, Margate

What is an audiologist?

An audiologist is a clinical health care professional responsible for helping those who have problems with their hearing and balance disorders. It's a highly qualified role, and each day an audiologist could be assessing and fitting hearing aids, providing ear protection, tinnitus support and advising on balance and wax removal.

How long have you been at Hearbase?

I have been at Hearbase for nearly 3 years now and I enjoy my work, especially meeting and helping so many people all over Thanet, old and young, from all walks of life. I am based at the Hearbase clinic at the wonderful Spencer Private Hospital, Ramsgate Road, Margate, CT9 4TG.

What are the first signs of a hearing problem?

Some of the early signs are when you struggle to keep up with conversation in noisy places, when your family tell you the TV is too loud,



or when you have difficulty hearing people clearly. If you experience ringing or buzzing in your ears, or head, or a feeling of blockage, these can also be early signs of hearing loss.



Why should I have my hearing tested?

Not being able to hear, seriously impacts your quality of life, not to mention talking with friends, family and others. I recommend if you show any of these early signs, you should get it checked. If you are concerned about someone close to you who struggles to hear, speak to them about getting a free hearing test and why not join them to offer support if they need a little bit of encouragement?

Why should I go to Hearbase Spencer Private Hospital Margate?

Well, to start, our hearing tests are completely free. This isn't unique to us, you can get your hearing tested elsewhere, but as we are expert audiologists, if we find anything of concern after your free hearing test, we will point you in the direction of specialist services quickly. We are a really friendly bunch of people and



our focus is to listen and help you to manage your hearing.

How should I look after my hearing?

If you notice any change to your hearing, large or small, then always get it checked. This is important however old or young you are. If you work in a noisy place or have a history of hearing loss in your family, have a hearing test, it only takes 30 minutes. Call us on **0800 077 3061** or email admin@hearbase.com and book your free hearing test at Hearbase at Spencer Private Hospital Margate today!



Garden View; An Annual Fiesta

I've always loved an annual. From Bunty to The Blue Peter Annual, they were crammed full of interest and fun. As I grew older my taste in annuals has become more horticultural. One little pack of seeds is now my gardening equivalent of the Beano - a brief shelf-life and packed with colour.

Hardy annuals are the most obliging. They don't need a propagator or a greenhouse, or even a windowsill; all they need is a sunny spot and some well-drained soil. Just sprinkle the seeds in the ground and you can look forward to a fiesta of summer colour for very little work.

The choice of plants and hue is wide. If blue is your thing try a soft shade of love-in-a-mist, or a vivid blue cornflower, or the most gorgeous tiny phacelia. For pinks try a fluffy clarkia or delicate godetia. Nasturtiums span the colour wheel from cream through yellow and orange to deep red.

Annual doesn't mean small either. Both larkspurs and amaranthus are tall and elegant, and cleomes which also provide height probably only need to be planted once as they are prolific self-seeders!

Look around your garden for gaps in beds and borders which are in a sunny spot and well-drained. Don't plant when it's cold or the soil is wet and sticky. Wait until the weather is mild and soil is damp and crumbly, then fork it lightly to break it up. Use a rake to create shallow furrows, sprinkle the seeds over and rake them gently in, raking across the furrows to cover them. Bigger seeds like nasturtiums can be pushed into the soil a couple of centimetres deep and 10-15cm apart. Label the area so you know what should come up.

The biggest enemy of the newly-planted hardy annual seed is the domestic cat! They love a patch of freshly raked soil, and will happily do their business in your handiwork and then kick up all your seeds without a second thought. Thwart the moggies by laying twiggy pea sticks over the area (and particularly twiggy and thorny prunings will do!). Remove them with the shoots are big enough or stand them up and use them to support the taller annuals.

Thin them out a little to one plant per 10cm and water them if the weather is very dry. You don't need to feed them, they flower best when the soil is not rich. Food and manure will favour leaf production whereas we're after flowers and lots of them! Happy gardening.



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Independent family-run Kent businesses The Kentish Soap Company and Shepherd Neame have teamed up to create a new Kentish Beer Soap.

Britain's oldest brewer Shepherd Neame has been based in the market town of Faversham for over 300 years. Perhaps best known for great British classic ales such as Spitfire, which carries the Royal Warrant, its diverse portfolio includes Five Grain Lager, Bear Island East Coast Pale Ale and Bear Island Triple Hopped Lager, and the Whitstable Bay Collection.

Located less than 10 miles from the brewery in Sittingbourne, The Kentish Soap Company produces natural soaps, candles, bath and body products. Every product is vegan-friendly and comes in eco-friendly packaging.

The new Beer Soap combines Shepherd Neame's award-winning Bishops Finger Kentish Strong Ale - which uses 100% natural ingredients including Kentish hops and barley and chalk-filtered mineral water drawn from deep beneath the brewery - with The Kentish Soap Company's unique blend of oils and butters. They have been chosen for their skin-nurturing properties, creating a soap which offers a nourishing creamy lather while boasting a refreshing, mild hoppy scent.

John Waddy, Co-Owner of The Kentish Soap Company, said: "Beer has been used in soap for many years, as hops are known to soothe irritated skin. Beer also contains vitamin B and other essential vitamins which further nourish the skin and creates a wonderfully creamy lather in soap. As we have Britain's oldest brewer on our doorstep, we approached them about teaming up to create our own beer soap exclusively using Shepherd Neame ale, and were delighted when they agreed to get involved."

Shepherd Neame Head Brewer Mike Unsworth: "We are pleased to supply beer for this exciting new partnership with The Kentish Soap Company. We are both independent, family-run Kent companies which take pride in handcrafting quality products using locally sourced ingredients, so coming together for this project made perfect sense. It went on sale in our brewery shop earlier this month and has already proved a big hit with customers."

It is available to purchase online at www.kentishsoap.com or from Shepherd Neame's brewery shop in Faversham.



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2020 was a tough year, but Broadstairs was tougher, and we are already meeting the challenges of 2021. We'll meet whatever the whole year has in store for us head on.

Seniors Helping Seniors has hired more carers in readiness for the elderly care and support that people will need with additional COVID precautions are in place.

Our S.A.F.E care badge of honour is a source of great pride to everyone in the company and we are protecting it with everything we do.

Christian Wise, of Seniors Helping Seniors says, "Shielding and taking extra precautions is vital for our clients but isolation and fear is dangerous too"

Experience makes Seniors tough on COVID

Senior carers know how it feels to age and they know the value of optimism.

Exclusive home care services come from experienced people who enjoy helping and have local knowledge and relevant skills. Clients or families who want help for loved ones pay reasonable hourly rates for reliable and flexible support.

February can be a tricky time of year in any circumstances and now more than ever, our clients are making the most of their time with the help of a trusted companion. We have been



Photo by E. Connell.

READY FOR 2021

helping people with their vaccines and we have been helping people shield. Seated yoga and other zoom classes have started up again and by accompanying our clients in online classes new yogis in their nineties are already feeling the benefit of the classes.

It is vital to stay as fit as possible and we help people get out to enjoy the fresh air as well helping clients with shopping, housework and lovely meals all with the support of the same trusted person.

The priority is to make sure whatever happens over the next few months, support will be there. Carers are loving, caring, compassionate and giving people who bring joy and companionship to their work. The company's skill is matching the carers' interests and experience with the personality, interests and needs of the client.

Many of the carers coming forward only do a limited amount each week. "This suits us nicely", Christian says "any helper is only likely to support 1 or 2 clients". Christian also stressed that what makes a good helper and client relationship isn't solely based on work experience. Sometimes it's a shared hobby or interest.

Carers see very few clients in their work. Some only see one client. They are dedicated to keep their own infection risk low and clients have the peace of mind that comes with a health report before every visit on clock in.

The Seniors visit at times that suit clients, 100% reliably, and clients can have as much or as little time as they wish because the service is flexible.

You know what they say - when the going gets tough ...







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Thanks to our dedicated carers, we have capacity to assist people shielding during COVID-19 and we can visit at times to suit you. The health of your carer is approved before each visit for your peace of mind.

To find out more about receiving care and about working with us in and around Thanet call
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It's stating the obvious to say that COVID has changed everything. It's even changed the way we dress.

With so many of us working from home there has been a surge in demand for comfy clothes, that don't constrict or constrain, but which still allow us to look professional on Zoom calls and in Team meetings.

Enter athleisure wear

Athleisure wear is a combination of sports, urban, and fashion wear, but it's more than the sum of its parts. It has grown as a trend because it blends the aesthetics from both the sports and fashion industries, with fashion offering credibility to the sports aesthetic, while the sports provides some functionality to the fashion.

Athletic brands are always looking to improve the performance of athletes. This forces them to innovate. Comfort and feel are top priority for most athletes. The goal is to create better fabric and form to improve athletic performance. But parallel to the innovation brands are also looking to get the most out of their investment and being at the front of fashion allows them to reach a wider market.

The sports clothing industry is fiercely competitive. Athletic brands have to stay ahead of the game by developing high-tech fabrics, with better performance and more comfort. The fashion industry, on the other hand, has always focused more on trends and less on comfort and functionality.

But who doesn't want to be comfortable in their clothes? We feel most naturally confident when our clothes are comfortable, and we know we look good.



This is the beauty of athleisure wear – it isn't just for sport; it can be worn anytime and anywhere. For this reason, it has attracted new fans during the age of COVID and homeworking. We can wear athleisure while lounging, walking the dog, hosting a meeting, or cooking supper. It's comfortable, durable, odour-resistant, and wrinkle-free. It's becoming so popular it's beginning to eat into the usually stable denim market: in recent surveys in the UK and the US more people now claim to prefer athleisure aesthetics over denim for their casual wear.

Beyoncé and Rihanna were among the first celebrities to bring athleisure into the mainstream. We've all secretly enjoyed seeing 'behind the scenes' glimpses into celeb lives during lockdown. COVID has been a great leveller, and we feel that even though they are celebs, they've been on the same journey as us, not dressed in their usual sequinned designer gowns or skin-tight jeans and stilettos but wearing laid-back and comfy athleisure wear. Dressing like our favourite influencers has never been more achievable. So, before your next Zoom meeting pull on those yoga pants and your oh-so-soft bamboo top, add a slick of lip gloss, and channel Beyonce like never before.

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Beware the Ides of March

“Beware the Ides of March!” I’ve heard this saying often throughout my life but only recently thought to find out about it.

It’s actually a quote from William Shakespeare’s play, Julius Caesar. Early in the play a soothsayer declares it, forewarning of the eventual assassination of Caesar (apologies if that spoils the ending for anyone!)

But what are the Ides of March?

In the ancient Roman calendar the Ides was one of three markers used each month, which related to the position of the moon. Ides comes from the Latin verb ‘to divide’

The Ides in March fell on the 15th and marked the full moon.

It happens that Julius Caesar was murdered on March 15th, 44BC. He was stabbed to death by a group of Senators shortly after being declared ‘Dictator Perpetuus’, which means, ‘dictator for life.’ His death led to the Liberators’ civil war and the new Principate period of the Roman Empire.



So, the Ides of March is actually the anniversary of Julius Caesar’s murder and Shakespeare played on this with his oft-quoted soothsayer. People adopted the expression and it is still used as a warning that something bad could befall a person on this date.

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Based in Broadstairs, Home-Start Thanet employ trained volunteers to engage with families with young children who may be experiencing challenging times or situations. Executive Manager Sharon Lewis explains how the group remains committed to delivering their early intervention programmes despite the constraints of lockdown:

The New Start Programme

Open for referrals now.

New Start is an early intervention programme specifically designed to offer bespoke interventions to support and empower women and children impacted by controlling abusive relationships.

Engaging with women or men to talk through the trauma and impact made on their lives, to offer emotional and practical solutions and when necessary safety planning strategies.

Focused behavioural support will also be offered to children who may have witnessed and been traumatised by their parent's volatile relationship.

Plus providing psychological support to women enabling them to gain confidence and understanding as to how dysfunctional relationships occur and gain insight as to how they can move forward to a safer, stable future. If required families under this programme can also benefit to being referred internally to our other support programmes.

The Embrace Programme

This is our family outreach programme which provides parents and children with tools to reinforce coping skills and resilience to life's transitions. Our holistic approach focuses on strengthening individuals and ultimately families. Currently we can only offer phone/Skype support only.

Who can you refer:

- A family with at least one child under 11.
- Parents who present with low mood, anxiety, panic disorder, and depression.
- Parents or children suffering past trauma.
- Women impacted psychologically through domestic abuse. Although these families can now be referred directly to our New Start Programme launched this month.
- Women recovering birth trauma or suffering from postnatal depression.
- Parental discord impacting negatively on family life.
- Children displaying challenging behaviors, impacting on their ability to socialize, develop or adapt to change. (If this is the primary focus please refer to our Butterfly Programme)



We enhance and reinforce positive and practical strategies, parenting ability and child/parent relationships. By offering bespoke interventions to help reduce stress and empower individuals in building resilience to face life transitions and /or overcome past trauma.

Psychological support is offered to parents and they are given space and regular contact to discuss concerns and issues important to them.

This programme also offers support to parents struggling to deal with a child displaying disruptive or negative behaviors. Teaching through play and routine is a way forward for the child to deal with anxiety, stress, or disruptive behaviors.

Our needs led interventions and psychological guidance are offered weekly for up to six months.

Embrace Counselling Service

This free counselling service provides individuals with head space to talk through current or past issues impacting on their daily life.

Offering a diverse range of therapeutic approaches depending on the need of the client. A counselling contract is drawn up with each client and reviewed as session's progress.

At the point of referral, it is important to consider does this person need emotional support by weekly contact with a member of our staff team or are they ready and requiring counseling for more complex issues.

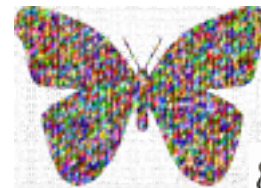
Who can you refer:

- Parents trying to deal with more complex issues impacting on family life and impacting on relationships and access to outside services.
- Men and women struggling to deal with relationship issues ~couple counselling is also offered, however this is better carried out once office support is available with both committed to attend.
- Struggling with depression and/or anxiety to the level it is impacting on daily life and their ability to parent.
- Bereavement and loss.
- Negative repeated thoughts. Panic attacks
- Past trauma both in childhood and adulthood
- Perinatal depression/birth trauma

If you are not certain regarding referring, please contact me in the first instance

sharonlewis@homestarthanet.org.uk

If you feel a parent would benefit from counselling, I offer up to ten free sessions at a time suitable for them. This is flexible and if required a few additional sessions can be offered, or the client can be referred on for further psychological assessment. Sessions last up to an hour and this is currently only offered by phone/Skype contact. It is vital therefore the parent can have this time free and a confidential area at home so they can discuss how they are feeling uninterrupted. Under normal circumstances sessions are offered by appointment in the office. Referrals forms for both agency and self-referrals are obtainable via **admin@homestarthanet.org.uk**



The Butterfly Programme

Our Butterfly Programme aims to strengthen children and ultimately families, reinforcing coping strategies, parenting ability, and child/parent relationships. The focus of support is on the child and their emotional, cognitive and behavioral issues.

We offer bespoke support interventions to reduce stress and child anxiety helping children build resilience to face life transitions, such as starting nursery, attending groups and the transition into school.

Teaching through play and routines a way forward for the child to deal with anxiety, stress or disruptive behaviors. We now provide support packages via post.

We engage with parents, supporting and encouraging them to make small changes: - to play more, talk more, listen more and maintain consistency with their child.

Our prime outcomes are to reduce stress and improve behaviors and mental well-being of children now and in later life.

Who can you refer: -

- A family who has at least one child under eleven and lives in Thanet. Our prime focus is often on the younger child, pre-school and during the transition into school, although we will also offer guidance for older children.
- We support children displaying emotional stress ~ anxiety, anger, low mood and struggling to adapt to transitions.
- We support families awaiting a formal diagnosis for their child (ADHD/Spectrum Disorders).
- Children displaying negative/challenging behaviours affecting family life and relationships with siblings and in peer groups.
- We work with parents struggling to maintain boundaries and consistency with their children.
- We support children who may have been impacted by domestic abuse or where parental discord is impacting on family functioning.



Home Start Thanet

Empowering Families for Positive Change

Changes due to Coronavirus

We are still accepting referrals ~ referral forms/leaflets are available online, both for agencies and for parents to self-refer. Please email

admin@homestarthanet.org.uk / 01843 609665

Both our current families and new referrals had very limited socially distanced contact, during the latter part of the summer when we have offered face to face socially distanced meetings however this has now stopped again due to Lockdown Therefore there will be no at home assessment, risk assessment or direct regular face to face contact with parents and children over the winter months.

It is vital therefore that you include all relevant information on your referral. Please also obtain their email address so we can also use this to update on our service provision and use this to also communicate with the family.

Staff will offer weekly phone calls or Skype links to families, offering psychological support, reassurance, parenting guidance, and signposting.

Staff will be the main point of contact for families and will undertake an assessment of need based on your referral and discussion with the family.

In addition, our volunteer Mentors who may already be working with a family will be given the choice to phone their allocated Home-Start family and remain in contact, but not all will choose to do this. We will however maintain close contact with all our Mentors and update them as soon as we can resume home visits.

When you refer to us it is still key to get written permission from the family if possible. To support you with this we have attached a short form for the family to sign which they can then return to you and you can then scan over to us along with your referral or the family can email their consent over once we have initially accepted the referral.

www.homestarthanet.org.uk Home-Start Thanet



British Pie Week 1st – 7th March

Preparation time: 20 mins. Filling - 3.5-4 hours (plus cooling time) Pie - 45 mins Serves 4

INGREDIENTS

For the pie filling

Lard or dripping (you can use sunflower oil at a push)
700g boneless beef shin – cut into mouth size chunks
25g plain flour, seasoned
200g smoked bacon (diced) or lardons
225g whole baby onions
400ml sweet dark brown ale (Theakston's Old Peculier works well if your ale knowledge is not strong!)
400ml beef stock
1 tsp dried thyme
1 bay leaf
1 tbsp dark muscovado sugar
1 tsp red wine vinegar
1 tsp cocoa or 1-2 squares of very dark (80%+) chocolate

For the pastry

400g plain flour, plus extra for rolling
1 tsp baking powder
1 tsp mustard powder (optional)
½ tsp salt
175g suet Iced water
A little milk or egg, to glaze

METHOD

Preheat the oven to 170C or 150C fan / gas mark 3.

Place the seasoned flour into a large plastic bag. Add the beef in small batches and shake thoroughly to coat evenly. Reserve the floured pieces to a plate. Heat a generous chunk of lard or dripping a large frying pan over a high heat. Brown the beef pieces in small batches, transferring them to an ovenproof casserole dish as you go.

Reduce the heat a little and add the chopped bacon or lardons and the onions to the pan. Cook until the bacon fat begins to render, and the onions are brown on all sides, then add into the casserole.

Pour a small amount of the beer into the pan and bring to a simmer, scraping the bottom to incorporate all the flavoured meat scraps and flour. Pour this into the casserole too, then pour in the rest of the ale, and add the stock, herbs, sugar, vinegar, and cocoa (or chocolate squares) and bring to a simmer.

Cover, and place into the oven for about 2 hours, then uncover and cook, stirring occasionally, for another 1½ -2 hours (depends on your oven), until the meat is tender. Set on one side to cool then transfer to a pie dish.

To make the pastry place the flour, baking powder and mustard powder in a bowl with ½ tsp salt. Stir in the suet, and then add just enough iced water to bring it together into a dough. Wrap in cling film and refrigerate for an hour or so.

Preheat the oven to 190C / 170C (fan) / Gas mark 5. Roll out the pastry on a floured surface to about 1cm thick. Place over the filled pie dish, sealing the edges tightly. Cut vent slits to allow the steam to escape. Brush with beaten egg or milk and then bake for 45-50 minutes until golden.



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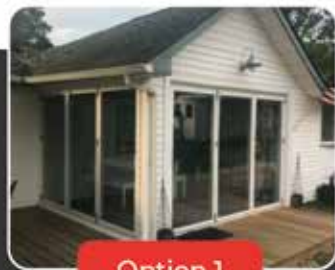
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