

# The Broadstairs Bulletin



Issue 2

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## Contents

- 4: New Kent Art Gallery
- 6: Beach Management Plan
- 8: Thanet Community Housing
- 10: The Arts Society Thanet
- 12: UK Community Renewal Fund
- 14: Will Writing
- 16: Audiology Advice
- 18: Garden View – Purple Sprouting Broccoli
- 20: Hypnotherapy – Magic or Mystery?
- 22: Seniors Helping Seniors in Thanet
- 24: Loneliness Initiative
- 26: Broadstairs Rotary Club – Purple 4 Polio
- 30: Recipe – Spinach & Ricotta Cannelloni

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## Gallery Re-Opening

The New Kent Art Gallery & Studio will re-open on the 12th April with an exciting new line-up of artists to celebrate the ending of lockdown.

10 Thanet artists are joining forces to create a collective of creatives that will bring a fabulous variety of art to Broadstairs in 2021.

An artist collective is an initiative that is the result of a group of artists working together, usually under their own management, towards shared aims. By sharing equipment, space or materials, following shared ideologies, aesthetic and artistic views and working together as an extended family of creative likeminded people, the New Kent Art Collective will bring together a unique, inspirational and enjoyable gallery space.

Karen H-King who owns and curates the gallery will be joined by Sarah Stokes, Christine Jeffryes, Sian Morgan, Cath Deeson, Brian Hodgson, Molly Pickle, Eleanor Marriott, Jessica Newby and Laura Hollis.

Karen opened the gallery originally in 2016 and it has become a well respected and much loved gallery space in the town. Over the years it has developed an excellent reputation for fine art produced by all local artists based in and around Thanet. Each month there will be a guest artist exhibition to accompany the collectives' work in the tradition of the gallery since it opened.

Karen H-King work ranges from oil and acrylic landscapes to resin pieces and illustrative ink and digital prints as well as large scale murals on local landmarks.

Sarah Stokes brings colour and vibrancy to her wonderful abstract paintings on canvas or wood and are collected by a number of clients around the world.



Christine Jeffryes work in glass combines wonderful glass fusing techniques and skilful colour use to create three-dimensional work as well as beautiful painted glass panels.

Sian Morgan was born and raised in Margate and produces intricate ink and watercolour pieces based upon local architecture and landmarks.

Molly Pickle is a self-taught illustrator and printmaker inspired by the natural world who aims to create all of her artwork as environmentally friendly as possible.

Jessica Newby is the founder of Sea Worn Jewellery and creates handcrafted silver jewellery moulded from real shells and uses sea glass in bespoke pieces.

Brian Hodgson works in oils, exquisitely capturing light and shade and has exhibited at both the RA Summer Show and the Royal Society of British Artists.

Cath Deeson is a much loved local printmaker whose work often has a whimsical quality and uses linocut to produce limited edition prints.

Eleanor Marriott is a professional photographer whose work is timeless and beautiful, capturing the beauty and iconic scenes of our local coast and towns.

Laura Hollis is a multi-disciplined artist who works in ceramics producing sculptural pieces that use the patterns and textures found in nature.

The gallery will open on Monday April 12th and each of the collective artists will be working at the gallery regularly, so that they can meet visitors and customers and discuss their work and techniques. Opening hours will be 11-4 seven days a week, but on holidays and high days it will be open earlier and there will be regular exhibitions by additional guest artists throughout the year that may include private views and special events. The New Kent Art Collective look forward to seeing you this summer! 49a Albion St, Broadstairs, CT10 1NE.

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## Council prepares for Summer Season to start three months early

Thanet District Council has updated its Beach Management Plan, with preparations in place three months earlier than normal ready for the Easter weekend.

Every year in Thanet, plans are made for 'high season' which tends to coincide with school summer holidays. However, this year the council has built on the experience gained last season and listened to residents' concerns in its proactive planning for a potential influx of visitors to the district with Government restrictions easing. It has made some changes to its preparations which crucially includes activating its Beach Management Plan much earlier.

The Council's Beach Management Plan (first published June 2020) aims to help everyone respect, protect and enjoy Thanet's coastline by working with multiple key agencies\*.

Based on learnings and feedback from last year, the Council has:

### Litter:

- Installed 80 new 1,100 litre colourful bins which are normally reserved for the summer months. These bins will be emptied twice a day, seven days a week.
- Ordered 42 new blue recycling bins for its Blue Flag and Seaside Award beaches. These will be put out at the end of April and have 'aperture' type tops to accept bottles and cans etc whilst making it more difficult to dispose of non-recyclable waste.
- Extended working hours of its cleansing teams on beaches/promenades for the duration of the school Easter holidays.
- Assigned two mobile litter teams on the coastline. These are in addition to the static cleaners at Margate, Broadstairs, Ramsgate and Joss Bay.
- Completed sand levelling and large scale litter-raking. The beach tractor will then follow the normal summer rota from 5 April 2021.

### Anti-social behaviour, including COVID restrictions:

- Provided four Covid-wardens for beaches and promenades.
- Recruited dedicated enforcement officers to educate people on the Council's new Beaches and Coast Public Spaces Protection Order (PSPO) and Coastal Code of Conduct. This PSPO makes the rules of our coast clear and enforcement officers will challenge nuisance behaviour and can issue £100 for serious and persistent breaches. They will be working alongside Kent Police Officers.

### Toilets:

- Opened all of the toilets around the district from Monday 29 March, which will be cleaned throughout the day.
- Installed portaloos at Margate Main Sands and Botany Bay.
- Increased security around our toilets.



### Parking

- Increased presence of Civil Enforcement Officers patrolling on foot in the Kingsgate/Broadstairs area.
- Prepared static signage to direct visitors to some of the beaches which have more space and available parking when needed.

Gavin Waite, Thanet District Council's Corporate Director for Communities, said: "Our Beach Management Plan is an integral part of keeping all the services we provide for residents and visitors along our coastline running smoothly.

"We have been working extremely hard behind the scenes to prepare for this latest stage of restrictions easing. Despite these plans normally being implemented in time for the summer season, we have them ready for this Easter weekend.

"Many people will choose to visit our 19 miles of coastline over the coming weekend and in the months ahead. We want to encourage everyone to do the right thing: respect social distancing, wear a mask when asked, and take their litter home when the bins are full."

In addition to the operational preparations, a new memorable communications campaign is being launched by the council. It aims to welcome visitors back to Thanet and remind them (and residents) to 'Respect', 'Protect' and 'Enjoy' Thanet's towns, beaches and open spaces. The concept, created by a local Thanet designer, will be displayed at prominent locations across the district including bus stops, roads to popular beaches, train stations, car parks, on litter bins and across the council's social media channels.

Advice for visitors planning to visit Thanet's beaches:

**Respect:** Use the bins provided – waste is everyone's responsibility. When a bin is full, instead of leaving it, find an emptier bin. Or, even better take your litter home with you and recycle it. Please park responsibly – leave room for emergency vehicles and follow parking restrictions. Be considerate to people who live in the area.

**Protect:** Follow Government guidelines and take personal responsibility for social distancing to protect yourself, your family and those around you. If you feel that the distance between you and other people is too close, then please move to somewhere that is less crowded and more comfortable. Please be aware that lifeguards will not be on duty until 29 May.

**Enjoy:** Plan ahead by checking parking and toilet provision. If a beach is busy, choose another to avoid crowds or consider coming back at another time when it is quieter.

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## A new type of housing in Broadstairs: have your say

**A new organisation has been set up in Thanet to provide affordable housing to local residents.**



On 4 February 2020 Thanet Community Housing was founded by local people to help to fill an unmet need in the area wholly different from privately rented, or speculatively built homes for profit. Registered with the Financial Conduct Authority, Thanet Community Housing is a mutual benefit society run by and for local people. Initially the aim is to provide 'affordable-rent' housing on a long-term basis, unlike the shorthold tenancies offered by most private landlords. These homes will remain a community asset and, unlike Council and some Housing Association homes, cannot be sold under 'Right to Buy' legislation. 'Affordable Rent' is up to 80% of open market rents. The homes will be funded by a small grant from central government and the remainder of the costs will be covered by other grants and 40 year mortgages through ethical lenders and/or a Share Issue. The mortgages will be paid off by the rent the tenant pays.

Sounds too good to be true? Well, it is being done elsewhere, so why not in Thanet?

Here in Broadstairs there is likely to be a specific local need. For example some people live in large family type property that they no longer need, children having grown up and moved away. Parents can be left in large and expensive to heat homes.

For those who would wish to downsize and of limited means, Thanet Community Housing may be able to help. We hope to build specialist housing for older people in the area. This would then release family homes, either for rent or sale to families, and thus help reduce the housing crisis in Thanet. There is also a dire shortage of 'affordable rent' family homes in the area and we hope to be able to help there also. Thanet Community Housing is interested both in new build and converting existing buildings into good quality eco-friendly homes.

At the moment we have a site on which to build four three bedroom houses in Cliftonville for affordable rent. We are also pursuing a site for older persons housing in Minster.

Is Broadstairs going to host the next project?



### Who runs Thanet Community Housing?

Thanet Community Housing is a membership organisation. Who can become a member? Anyone over 18 who lives or works in Thanet and shares our aims and values. Members elect the Board of Trustees at the Annual General meeting. When meetings can resume the Trust intends to hold Members Meetings during the year so that the Trustees and members can share ideas. Meanwhile we will be distributing newsletters via email.

How can I become a Member? Simply go 'on-line' and type in [www.thanetcommunityhousing.org](http://www.thanetcommunityhousing.org) for our website and go to the 'Join' page.

Just a one-off payment of £1 will buy your membership and one share and give you voting rights. Please feel free to buy more shares but this will not give you more than one vote.

How much are the Trustees paid? Nothing, and so far they haven't even claimed their expenses.

Can I become a Trustee? Any member can be elected or co-opted as a Trustee. If you feel you have enthusiasm, skills and/or experience that would be useful to the Board do get in touch, we would love to hear from you. We also seek volunteers. Recently we have had a big leaflet drop in Cliftonville, all delivered by our volunteers.

For more information, if you don't have internet access, write to: The Secretary: TCLT, 9 Selwyn Drive, Broadstairs, CT10 2SW giving contact details. Thanet Community Land Trust Ltd. FCA Reg No: 8201.

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The Arts Society Thanet is affiliated to the London based Arts Society which has clubs all over the United Kingdom promoting the love and interest in all aspects of the Arts.

The Arts Society was started in 1968 and now has 380 clubs. On 8th February 1968 the inaugural meeting of The Thanet Antique and Fine Arts Group was held in Broadstairs. Then in 1971 the name was changed to The Thanet Decorative & Fine Arts Society until October 2017 when it became The Arts Society Thanet. There have been very lively and well attended meetings up until March 2019 when the meetings were held every third Thursday of the month in St Peters Church Hall, Hopeville Avenue. After which, a cup of tea, biscuit and a chat were enjoyed by the assembled group.

However, since the Covid lock down we have been unable to meet in St Peter's Church Hall, but they have continued on Zoom! This has been a great success with most virtual meetings having an audience of over 70 members. The Zoom meetings have included a fascinating talk on Thomas Heatherwick, who is an architect/designer. A study of George IVth's extravagant art collection. An interesting study of 20th century Post War Australian Painters. More recently we had a lecture entitled The Great British Paint-Off, the rivalry between J.W. Turner and John Constable, who were born just over a year apart, into completely different classes of society.



In March we had a talk on "Tantrums and Tiaras" - a look at the backstage life at the Royal Opera House Covent Garden. In April we are having a talk on "Giles, His Life, Times and Cartoons." In May we will be looking at "Fashionable Kent" life at the Victorian Seaside and June "The Art of Steal": Nazi looting during WWII.

In the past we have had lectures by Antiques Roadshow host Lars Tharp and the glass expert Andy McConnell.

The talks are illustrated brilliantly with slides of the art to make the talks both interesting and enlightening.

The Committee are hoping that by September some normality will return and meetings will resume in the St Peter's Church Hall as before

If you would like to join the Arts Society and join us on Zoom. Contact: Terrie Wheatley-Ward, Membership Secretary - [terriewheatley@hotmail.co.uk](mailto:terriewheatley@hotmail.co.uk)  
Full details of our lectures are on our website: [www.artsocietythanet.org](http://www.artsocietythanet.org)

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# Organisations across Kent urged to submit plans for new UK community renewal fund

Organisations with ideas to help Kent's towns, rural and coastal areas thrive are being urged to submit their project plans to a new UK Government programme.

The UK Community Renewal Fund aims to support people and communities most in need, that wish to bring forward new ideas to invest in skills, community and place, local business, and supporting people into employment.

Across the UK, up to £220m of predominantly revenue funding will be allocated to successful project bids. The maximum value of any individual bid is £3m.

This Fund has been launched to pilot programmes and new approaches in preparation for the introduction of the Government's UK Shared Prosperity Fund in 2022.

The focus for the Community Renewal Fund is to support innovation and new ideas. We are looking for bids that within Kent will build on local insight and knowledge, and project proposals that align with long-term strategic plans for local growth, targeting people most in need and support community renewal.

Kent County Council has been designated as a lead authority by the UK Government for local applications, and is looking for bids that deliver innovation in the delivery of support for local businesses, helping people into employment and investment in communities.

Projects need to align one or more of the fund's four investment priorities:

- Investment in skills – such as work-based training, retraining and promoting digital skills.
- Investment for local business – for example supporting entrepreneurs, creating innovative products in collaboration with universities, or decarbonisation measures.
- Investment in communities and place – such as studies for delivering local energy projects, culture-led regeneration, improving green spaces and preserving important local assets.
- Supporting people into employment – including addressing barriers to employment, raising aspirations, and developing basic skills.

Submissions in the first three categories above must demonstrate some contribution to the government's net zero carbon agenda.



## HM Government

Stephanie Holt-Castle, KCC Director of Growth and Communities, said "The Community Renewal Fund offers a fantastic opportunity for Kent businesses and organisations to secure investment that will help both them and our communities.

"We're particularly looking to hear from voluntary and community sector organisations, local education providers, and town and parish councils on their proposals for projects that will make a tangible difference in Kent.

"All proposals must align to one or more of the Community Renewal Fund's four investment priorities, and any bids must show that they do not just benefit a single business or organisation – they must be able to evidence the wider impact that the project will have for multiple people, businesses or other organisations".

It's hoped that businesses and organisations from every part of Kent will come forward with their ideas to bring positive changes to communities across the county.

All proposals for the Community Renewal Fund should be submitted to Kent County Council by 9am on Tuesday 4 May. Applications will then be appraised and prioritised, before being submitted to the Ministry for Housing, Communities and Local Government (MHCLG) on 18 June.

It is anticipated that decisions by Government on the funding will be announced in summer 2021, with projects due to start in the summer and all project funding spent by 31 March 2022.

Before starting work on a bid for the fund we recommend that you read the following for more information.

- the UK Community Renewal Fund Prospectus
- the UK Community Fund Technical Note for Project Applicants and Deliverers
- the UK Community Renewal Assessment Process

You will find out everything you need to know at [www.kent.gov.uk/ukcommunityrenewalfund](http://www.kent.gov.uk/ukcommunityrenewalfund)

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# Why Everyone Should Have a Will

It's very easy to procrastinate about making a Will – and about keeping it up to date. It can seem quite daunting and very few of us are willing to contemplate our own mortality.

However, none of us can escape the reality that one day we will succumb to the grim reaper or that it could come suddenly and unexpectedly. But many people feel a great sense of relief when they actually complete their Will. That's a good feeling to have but there are also some very important reasons to have made a Will rather than dying intestate (without leaving a Will) as you can see from the following examples:

- If you have a Will, you can leave what YOU want to the people YOU choose including any family members, friends and charities. If you don't have a Will, the law specifies how your assets are to be divided and the people who will benefit. And that might not be at all what you want or expect or be the people you most want to help. For example, if you are married (which includes a civil partnership) and don't have children your spouse may have to share your estate with your parents or your brothers and sisters
- If you have children and are married but die without a Will, your estate will not necessarily pass to your spouse, unless all your assets are jointly owned with your spouse – and your home might not be jointly owned in such a way that it will go to your spouse.
- If you are not married and die without a Will, your partner has no automatic right of inheritance from you. This can come as a nasty surprise to some people who mistakenly believe that a "common law" husband or wife has a legal standing to inherit from you. But if you make a Will, you can leave what YOU want to your unmarried partner.
- If you have a Will, you can name the people YOU want to manage your affairs and distribute your assets after your death (they are known as Executors). Without a Will, the law specifies who can apply to do this and it is more difficult and uncertain for them than if they were named by you in your Will.
- Whether you are married or if you are unmarried, YOU will be able to appoint a guardian to bring up your children rather than risking it being taken out of your hands



by social services who might not make the decision YOU think best for YOUR children.

- You may wish to have specific wishes in respect of your funeral arrangements or wish your organs to be used for medical purposes. If you have a Will, your wishes can be recorded in it.

It is essential to make sure your Will is legally valid and that your wishes will be followed. In many cases, making a valid Will is relatively easy and straightforward. However, it can be disastrous for those you leave behind and want to help and benefit if mistakes are made. You can avoid the pitfalls by consulting a professional to ensure that your Will is legally valid and that your wishes will be followed.

It is also important to keep your Will up to date so that it reflects your changing wishes and any major life changes, such as the arrival of children and grandchildren. If there are only minor alterations, the simplest and cheapest way is to write them in a document called a Codicil which you then sign in the same way as the Will itself to make it valid. What you should never do is attempt to change your Will by crossing things out or adding them into it because this is almost certain to invalidate your original Will altogether.

Finally, it is important to consider what will happen to your digital assets. Photos, music, social media accounts and emails from loved ones are often just as treasured as physical possessions. A recent survey has revealed that over ninety percent of people had not included any digital assets in their Will. Just as important is the fact that keeping a careful record of online passwords will make sure that your family can access digital assets and are not faced with problems during the probate application.



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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](mailto:admin@hearbase.com) and book your free hearing test at Hearbase at Spencer Private Hospital Margate today!



## Garden View; Purple Sprouting Broccoli

**Purple Sprouting Broccoli is a beautiful, tasty addition to the dinner table, and the garden.**

It has a great flavour, a long harvesting season and is nutritionally beneficial. A single portion provides half your daily requirement of carotenoids, plus high levels of folic acid and vitamins A and C. It's definitely a 'plan-ahead' crop though. If you start planting now you will give yourself something to look forward to next January, and as it is a 'cut and come again' crop, that long season should keep you going until April or May!

Purple-sprouting broccoli is extremely hardy, tolerating temperatures as low as -12°C. You can actually start raising seeds in March, for even earlier crops. I usually start the new year with good intentions of staggering my planting like this (because it is one of my favourites veg), then forget and end up planting in April or May.

One of the reasons I love it is that I garden on fairly alkaline soil, in which it thrives. It prefers a heavier soil than mine ideally but seems to do well enough in my garden. I dig in a fair amount of leaf mould and well-rotted manure to bulk it up. Purple sprouting broccoli doesn't like exposed sites, because the wind buffets the stems, so if your garden is more open it will need a bit of protection.

Sow seeds into small pots or multi-cell trays, using a good quality multi-purpose seed and cuttings compost. When the little plants are large enough to handle, prick the seedlings out and transplant them into single 9cm pots. Watering them in well.

Once the plants have matured, fork the soil over. Remove large stones and perennial weeds. Even if your soil is heavier it's worth digging in some organic matter to improve texture and moisture retention. I don't need to add lime to my soil but if you garden on neutral or acid soil, you'd be advised to work some in. Transplant when the broccoli plants are 7-9cm tall. Water them well before removing from their pots, and plant them 50-60cm apart, with a similar distance between the rows. Brassicas dislike loose soil, so make sure you firm around the plants lightly with your foot. Water again after planting. Six plants will produce enough broccoli to feed a family of four. I grow more because I love it.

Harvest when the flower shoots are well developed but before the flowers have actually opened. Cut the central spears with a sharp knife first, as this encourages the side shoots to develop quickly. Then crop the side shoots regularly to extend the cropping time. January seems a long way away right now, but a little planning and preparation will ensure that deliciousness will await when we get there.



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**“It is really amazing what people can do. Only they don't know what they can do.” Milton Erickson**

Magic or Mystery? Hypnosis has been studied for many years and is a method used to uncover your own amazing reservoir of untapped potential, power, and resources. Hypnosis can be used to tap into this power allowing access to your subconscious mind as a key, allowing the therapist to work on your troubles you may be facing in your daily life.

What is your subconscious mind I hear you say? I certainly asked this question at the start of my own therapy. Well; stored here is everything you have learnt which becomes automatic; like a filing cabinet of life. A great example of a learnt skill is riding a bike; once learnt and the stabilisers have been removed the memory is stored in your subconscious mind; ready to jump into action at any time. When you're riding your bike, your conscious mind is freed; this allows your subconscious mind to become active, therefore you may arrive at the wrong destination or take a wrong turn as you are completing the task automatically with no conscious input.

Your Conscious mind only returns to help if a hazard enters your path... Maybe therefore when a skill is learnt we say “It's like riding a bike” once a skill has been learnt it is never forgotten. We all have many automatic skills which allow us to drift off into a daydream, taking a bath, jogging, driving, or cooking. This is the first stage of alter awareness or trance where the skills we are accessing are in our subconscious mind stored as memories. Our conscious mind keeps us safe and allows us to start learning new skills; In Sigmund Freud's psychoanalytic theory of personality, the conscious mind consists of everything inside of our awareness.

Therapists use hypnosis to heighten the trance state giving the conscious mind a rest or take a tea break so we can make some changes to troublesome areas of your life together by accessing the subconscious mind and altering the automatic feelings, memories, habits, and anchors. This can be a relaxed experience within a safe supportive environment to work; this is what really worked for me. In the hypnotic trance state most people's suggestibility is increased, so opening you up to ideas of behavioural change. This is a result of by-passing the gate keeper called the 'Conscious Critical Faculty'. Therefore, allowing suggestions to be accepted by the non-critical, non-logical, subconscious mind and once accepted, you can act upon them embracing the positive changes in your everyday life.

This is maybe why so many people including me



describe hypnosis as life changing; changing habits formed over many years when many of us did not even realise we were forming beliefs, behaviour's and learning to overcome hurdles. Some say this happens before we are 8 years old and if not challenged or change, we use the coping skills into our adulthood even when maybe the actions we take are seen as not acceptable within our complex society. There are many uses for hypnosis such as weight loss, stopping smoking, fertility, guilt, chronic conditions such as IBS, migraine, and phobias to name a few however one area we all face to different degrees is stress, anxiety, trauma, and uncontrollable life events.

The brain has an automatic response to keep us safe, called “The fight, flight or freeze responses”. This is useful to keep us alive however in this modern society it is not always useful and can lead to a heightened state of anxiety, stress, or panic. This is when we can seek self-sabotaging behaviours to try to free us from the pain or suffering, we feel or for reward. Hypnosis can help to re balance and start the relaxation response so that the stress does not become chronic in nature. It is this deep nature of relaxation during hypnosis that aids calmness and wellbeing. This can help to control other stress related conditions such as anxiety, IBS and stress headaches resulting in restoration of balance. This is what changed my life forever and why I found myself studying to become a hypnotherapist with the wonderful team at Life Clinics (Faversham) who were so supportive that it gave me chance to work through issues that came up for myself – the desire to help others helped me to discover the wonders of hypnosis. So, if you are ready to embrace yourself and be whatever you desire you have come to the right place to find a therapist that can help you on your own hypnotherapy journey. The therapist can offer a supportive safe environment where you are in control and able to face painful memories or heighten emotions you are experiencing. Another great attribute is that hypnotherapy can be coupled with many other powerful techniques.

These can include NLP techniques that when coupled alongside hypnosis to make the behavioral changes even stronger giving you new tools to reach your life goals big or small.

TFT Tapping, is Thought Field Therapy which is the practice of tapping different acupuncture points on the body in a set sequence. You do this whilst focusing on the problem you would like to modify. It is a simple technique offering many clients relief and in many situations a resolution, coupled with hypnosis this can create a powerful resolution for many problems. It was developed by Dr Roger Callahan over 20 years ago; Dr Callahan was a doctor within the psychology field. Dr Callahan developed tapping sequences which can be used to treat many problems. He believes that disturbances in the body's flow of energy causes psychological problems.

The long and short is that hypnosis is shown to aid relaxation, calmness, wellbeing and reduce treatment lengths whilst lowering blood pressure. The hypnotic state allows people to explore thoughts, feelings, habits, and memories that can be very painful and could be hidden from their conscious mind. I truly hope that this article has given you some insight into the attributes



of hypnosis and help with the start of yours. Change will happen in life and many situations are out of our control however we can all have a toolbox to help us deal with the everyday, Covid – 19 is a perfect example. “When we are no longer able to change a situation, we are challenged to change ourselves.” **Viktor E. Frankl**

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## Seniors Helping Seniors

**Seniors Helping Seniors is recruiting carers for Broadstairs and surrounding areas.**

Seniors Helping Seniors is a champion for the real Living Wage for the care sector and the jobs we offer are local, flexible and a lot of fun for the right people. Ideal for someone in Broadstairs with a few hours to spare each week and experience of caring for others - be it family or professional elderly care experience.

Our elderly clients are independent and want to stay that way. The company have maintained outstanding safety standards throughout the lockdowns and earned the S.A.F.E. care badge in August because carers see one or very few clients who are living in their own homes.

Seniors Helping Seniors carers tell us "response and sensitivity to a client's needs is why I am grateful to be working for your organisation. My visits with (my client) are a joy and have encouraged a sense of purpose for me."

Carers support our clients discretely and carefully. Concentrating on well-being and what matters to people. Seniors Helping Seniors carers have relevant and local knowledge and can help people with most conditions. 60% of care is for people living with dementia. Carers are seniors themselves. Peer to peer support works so well. Carers relate to the loneliness and all the frustrations. Seniors Helping Seniors has the capacity to help support people as little or as much as is needed.



Some people are being supported to take baby steps back to normality because lockdown has reduced confidence, others are being supported with daily visits or several visits a day because their needs are more complex. Seniors Helping Seniors does not require ask clients for commitment. Services are flexible in the client's favour and fit perfectly around the client's life.

Seniors Helping Seniors will remain on high alert to the risks of COVID-19 but as guidance is lifted, there is more opportunity for people to get out into the community and receive non-essential support visits which is very welcome.

Finally, the jobs people have been putting off all year, can be done with the help of a Senior. Client and carer meet before work starts for complete peace of mind and the company gets 5 stars for customer service and responsiveness.

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## Timely new initiative to help tackle loneliness in over-65s



A new "social prescribing" service to help tackle loneliness and isolation among the over 65s in four areas of Kent has been launched by KCC.

The new pilot service is free and confidential, operating from 9am-5pm, Monday to Friday. It was launched on International Social Prescribing Day, 18 March, as a trial in Folkestone East & Folkestone Harbour wards, Shepway North & Shepway South (Maidstone) wards, East Cliff & Northwood (Ramsgate) wards and Sheerness East & Sheerness West wards.

The scheme is part of the Connected Communities project co-funded by the European Union's Interreg France (Channel) England Programme and developed in partnership with seven organisations from the UK and France (Kent County Council, Medway Council, Suffolk County Council, East Suffolk Council, University of Essex, Département de L'Eure en Normandie and Oise Le Département). All are committed to sharing international best practice to help address the challenge of a growing ageing population and helping people to stay independent in their own homes.

Mike Hill, KCC's Cabinet Member for Community and Regulatory Services, said: "Social isolation is a growing problem. It can encompass loneliness, geographical and digital isolation issues, made worse by housing and other problems. "In the UK 11% of the over 65s feel socially isolated. Living alone without support networks often prevents problems from being spotted early and increases the chances of needing long-term support in hospitals and care homes. Our new social prescribing service is here to help."

Mateusz Marciniak, the KCC Operational lead on the project said that taking care of one's health involves more than just medicine. With social prescribing, lonely and socially isolated individuals can take control of their own health and wellbeing by accessing specialist support.

He said: "Our new Social Prescribing service can help over 65s to improve their health and wellbeing and tackle loneliness. Through the programme they could learn a new skill or participate in a new activity. "Our Community Connectors will support them while they take control of a range of situations, build up confidence and self-esteem, build new connections in the community and achieve a better quality of life".

To find out more or make a referral to the service, visit the KCC website: [www.kent.gov.uk/socialprescribing](http://www.kent.gov.uk/socialprescribing). To find out more about Connected Communities visit the project website: [connected-communities.net](http://connected-communities.net)

KCC's new social prescribing service is part of the Connected Communities project co-funded by the European Union's Interreg France (Channel) England Programme. The aim of the project is to reduce social isolation amongst vulnerable residents aged 65 and over, and who live in their own homes; to educate and join up voluntary and charitable organisations who support older people, so they can help keep vulnerable residents safe from scams and doorstep criminals; to share knowledge and learn from other partners.

Further information about social prescribing and the International Social Prescribing Day can be found at [www.socialprescribingnetwork.com](http://www.socialprescribingnetwork.com) and [www.gov.uk/government/publications/social-prescribing-applying-all-our-health/social-prescribing-applying-all-our-health](http://www.gov.uk/government/publications/social-prescribing-applying-all-our-health/social-prescribing-applying-all-our-health).

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If you would like to join Broadstairs Rotary Club in either national or international projects like this please do not hesitate to email Sue, in the first instance at [soo.johnson@hotmail.co.uk](mailto:soo.johnson@hotmail.co.uk)



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#### For the sauce

1 tbsp olive oil

1 onion, peeled and cut in half

1 carrot, cut in half lengthways

1 celery stick, cut in half

800g tinned plum tomatoes

1 small bunch basil

Splash of balsamic vinegar

#### For the filling

250g fresh spinach

1 tbsp butter

1 small garlic clove, peeled and crushed

175g fresh ricotta

30g Italian hard cheese, grated

Nutmeg

### METHOD

Heat the olive oil in a wide pan over a medium heat, add the onion, carrot and celery, and fry for two minutes, until they start to brown. Add the tomatoes, basil, and balsamic vinegar, bring everything to a simmer, then turn down the heat and cook gently for about 30 minutes, until thick. Remove the vegetables and herbs, then blend the sauce until fairly smooth, and season to taste.

While the sauce is cooking, trim and discard any tough stalks from the spinach and wash the leaves well. Put the still-wet spinach into a saucepan over a medium heat, cover and cook, shaking the pan occasionally, until the spinach is completely wilted, then run under cold water to stop the cooking process. Once it's cool enough to handle, squeeze until dry, then chop finely.

Melt the butter in a frying pan over a medium heat, add the garlic, cook for one minute, then add the spinach. Sauté to coat everything with the butter, then remove from the heat and leave to cool.

Heat the oven to 200C (180C fan) / gas mark 6. Mix the ricotta and spinach and add most of the grated cheese, reserving some for the top, season the mixture well with nutmeg and salt.

Pour a thick layer of tomato sauce into the bottom of a medium baking tin. Make a sausage shape of filling on the short end of one of the pasta squares and roll it up, until you have slight overlap. Put the filled tube seam side down in the baking dish, then repeat with the remaining pasta and filling; pour the remaining sauce on top. Bake for 30 minutes. Scatter the remaining grated cheese over the dish before serving and place under the grill until it bubbles.

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