

The Broadstairs Bulletin



Issue 3

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Contents

- 4: The Broadstairs Dickens Festival
- 6: Showcase Productions
- 10: The Little Art Gallery
- 14: Will Writing
- 16: Audiology Advice
- 18: Garden View – The Garden Goddess
- 20: Pierremont Hall
- 22: Seniors Helping Seniors in Thanet
- 24: Care Homes in Thanet
- 26: A Carer's Journey-Living with Parkinson's
- 30: Recipe – Eton Mess

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BROADSTAIRS DICKENS FESTIVAL

The ever popular annual Charles Dickens Festival was founded in 1937, to commemorate the centenary of the author's first visit to Broadstairs. Gladys Waterer, the then resident of Dickens House, conceived the idea of putting on a production of David Copperfield and of having people about the town in Victorian dress to publicise it. Thus the festival was born and, with the exception of the years of World War 2 and the Covid Pandemic, has been held annually ever since.

For many years the Festival was run by temporary committee under the local Dickens Fellowship but after being advised by both the Accountants and the authorities it was re-organised into a separate Community Interest Company in 2018 but still linked to the Dickens Fellowship headquarters in London.

The Festival is traditionally staged over the 3rd weekend in June, so for 2022 the dates will be the 17th to 19th June. Occasionally the calendar upsets the situation but by keeping the 3rd weekend helps hoteliers and regular visitors to keep to a regular pattern. Therefore in 2022 we will stage the 85th year.

The Festival still surrounds itself around the play plus the grand parade, various activities on the green and the beach. Whilst keeping to tradition the essence is still a Victorian Festival with participants encouraged to dress accordingly and celebrate the life of Charles Dickens.

The Committee being ever watchful of slender funds looks to experiment with new ways and means. No one receives payment for their work and whilst operated by Volunteers we still manage to keep to a professional level, particularly with regard to the onerous legal regulations that in these modern days are so beloved by all!!!

We fund raise through the year and encourage people to donate to our bucket collections. We acknowledge the support of the Town Council and the Broadstairs Chamber of Commerce. Other ways of assisting are private or business sponsorship, leave a legacy in your Will or become a Friend of the Festival.

With Broadstairs now being an all year round tourist resort with many other Festivals and events, the Dickens Festival plays valuable part in not only keeping our heritage alive but also it assist in the local economy.

Finally we always welcome sensible advice about how the Festival attractions can be improved or added to and all communications can be sent to us via our website:
<https://www.broadstairsdickensfestival.co.uk/>



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Showcase Productions

Showcase Productions was formed three years ago by Mervyn Brooker and Edith Smith to provide local talent the chance to perform in variety shows as well as named musicals. Mervyn started in the mid seventies dancing in many musicals all over the country before moving on to song and dance parts. Mervyn has also appeared in films and television as well as cabaret in Europe.

Edith Smith started her career singing with the Luton Ladies Choir, travelling all over the world. Edith also has a great love of making costumes for all of our shows.

Over the years Mervyn has worked with Michael Wheatley Ward at the Theatre Royal in Margate and now at the Sarah Thorne Theatre in Broadstairs. When Michael approached us to help open the theatre after the Covid 19 pandemic, we jumped at the chance to help bring local theatre back to life. SHOWCASE PRODUCTIONS are pleased to announce two exciting new productions. The first takes place in November of this year:



WEST END MEETS BROADWAY - Nov 2021
An exciting new variety show featuring all your favourite show tunes both old and new.

A talented cast brought together to bring this show to life. West End Meets Broadway opens at the Sarah Thorne Theatre, Broadstairs on Friday 12th November at 7.30pm with two performances on Saturday 13th at 2.30pm and 7.30pm.

If you want to experience the magic of when West End Meets Broadway Book your tickets now. Box Office **01843 863701**

WESTEND MEETS BROADWAY includes all your favourite shows: Little Shop of Horrors, Everybody's talking about Jamie, The Sound of Music, Jesus Christ Superstar, Les Misérables, Funny Girl, Singing in the Rain, Camelot, Sunset Boulevard, Whistle Down the Wind, Guys and Dolls, Blood Brothers... To name just some.



SHOWCASE PRODUCTIONS are pleased to announce the staging of one of the best musicals of all time. The King & I first opened on Broadway in 1951, the show has gone on to win over 36 awards. This new production will open at the Theatre Royal on Wednesday 19th until Saturday 22nd January 2022. Nightly at 7pm with a Saturday matinee at 2pm. New scenery designed for this production along with all new costumes, will make this a show not to be missed.

Taking on the role of the King, made famous by Yul Brynner, will be Mervyn Brooker. Mervyn will bring over forty years' experience to this role. Julie Sharp will play Anna Leonowens, the schoolteacher. This production will be the fourth time Julie has played the lead in a Rodgers & Hammerstein show, with Carousel, Oklahoma and The Sound of Music to her credit. Lun Tha will be played by Nathan Drake. Nathan has recently starred in Jesus Christ Superstar and Freddy in My Fair Lady. Playing the part of the Kralahome will be well known actor Neil Chapman. Lady Thiang will be played by Amy Elizabeth Bevan and Prince Chulalongkorn will be played by a talented young man, James Smith.

We are still looking to cast the role of Tuptim, she is a beautiful servant girl, age 20+, given to King Mongkut as a gift from her father, the Burmese Emissary. She yearns for knowledge and stuns Mongkut's court when she boldly tells them she can read. We are also looking for company members for this production. For more information, please phone Mervyn on **07510 211972**.

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The Little Art Gallery

The Little Art gallery in Broadstairs recently expanded and re-furbished during lockdown. The owners, Vicki and Kevin, have run the gallery for nearly 20 years. We catch up with Vicki to find out about recent developments.

"We have won 2 awards for Best Boutique Gallery in 2018 and 2020. Along with our original paintings and crafts, we now sell greeting cards of our past paintings. Last year we raised £400 with our people's painting for charity. Over 100 passers by added their artistic touch from young to old. Due to the success of this, we will be holding another People's Painting soon.

Kevin paints mostly in oils and based on a lot of South African themed art and local cliff scenes. His miniature originals of Broadstairs paintings are very popular. They are normally in the window, but they go very quickly! I have had a few paintings published in Dunelm and illustrated several books.

We sell some wildlife signed prints by myself, all of the money goes towards raising money for various small wildlife charities, which has raised some pennies for the animals. During lockdown, I got myself a glass kiln, so I'm enjoying adding a different medium to the Gallery... although I have a lot to learn! I also teach watercolour and acrylics at Arty Party Breaks with my friend Beth Wickham, holding painting and sailing holidays to Greece, weekend Art & Spa retreats in Rye, and weekly lessons including the Painting & Procecco parties. All of our lessons are hopefully resuming soon, I have really missed teaching and the social side of our events.



At the moment because we can't be sure about when classes can resume we will be holding outside painting & picnic parties in Broadstairs during the next couple of months. They will be short notice due to weather and will be advertised on social media.

I was featured on the BBC show 'Home is where the art is'. It was interesting, I wasn't chosen on the show, however, I was commissioned to do the piece from the customer before the filming ended, but the BBC forgot to mention that.

There are more galleries and some beautiful little independent shops opening in Broadstairs which is very welcome. Most of the local artists and galleries know and help one another. There are always exhibitions in Thanet to see from local artists, always worth a look.

We now have Oliver working in the gallery, he is also an artist and you can often see Kevin and him painting away."

Be sure to drop by, our gallery address is **1 Eldon Place, The Parade, Broadstairs CT10 1NA** or visit our website www.thelittleartgallerybroadstairs.com

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After making a Will perhaps the next most important thing to attend to in putting your affairs in order is to create a Lasting Power of Attorney (LPA).

This is a legal document that lets you appoint one or more representatives to make decisions on your behalf if you become unable to do so in the future. Even if you have been in very good health for most of your life there may come a time when someone else might have to deal with important matters on your behalf. For example: looking after your bank accounts and finances, buying and selling property, claiming benefits and making necessary decisions about your personal or health care. Creating an LPA in favour of someone you trust can prevent complications if or when you can no longer look after your own affairs because of serious disability. For example: dementia, a brain injury, a serious stroke or side effects of medical treatment. Without an LPA, no one automatically has legal authority to make decisions on your behalf, not even close family members.

At the time when you make an LPA you must be capable of making decisions yourself – in other words that you must have what is called mental capacity.



A diagnosis of an illness such as Alzheimer's disease often prompts a family to decide to put an LPA in place on your behalf. However, it is important not to leave this decision too late because if you have reached the point where you no longer have mental capacity and don't fully understand what the LPA is and how it works then it will be impossible to create the LPA. The only way then is for the family member or another responsible person to apply to the Court of Protection for the appointment of what is known as a Deputy. This is a much more expensive and complicated process and can take between five and eight months.

Another complication is that the court is likely to require a security bond to be arranged with an approved insurer, which is an additional cost and complication. There are two types of LPA – one is for dealing with your financial affairs and the second is for dealing with your health and welfare. Most people will make both at the same time but this is not obligatory. The financial affairs LPA will cover such things as buying or selling property, bank, building society and other financial matters, welfare benefits, or any taxation or debts.

The health and welfare LPA can give someone you trust authority to make decisions on such things as where you live, your personal day-to-day care, healthcare and medical treatment etc. Although the financial LPA can be used at any time if you wish, even if you still have mental capacity, the health and welfare LPA can only be used if you had lost mental capacity.

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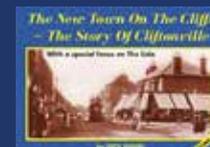
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26th June: Nick Evans will be here to sign copies of his new book about Cliftonville, and his best-selling *Mayfair by the Sea, the Story of Westgate*



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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; The Garden Goddess

Iris was the goddess of the rainbow in Greek mythology. I have a thing for Greek mythology, and I love Irises. The large, bearded types unfurl at this time of year and they reflect the colours of the spectrum from deepest purple, through dusky orange, egg-yolk yellow and the most delicate of blues, to the brightest of whites.

They comprise of standard petals, which are carried aloft over the graceful fall petals, which arch downwards. From the upper bases of the falls grow groups of fuzzy hairs called beards and from this the bearded Iris gets her name. Even the foliage is attractive: large pale green swords that shoot straight upwards from the earth.

Bearded Irises love full sun and prefer to have their fleshy rhizomes (the underground stems) near the soil surface so they can take full advantage of the sun's warmth. They actually prefer a more impoverished soil, so if your soil is a bit thin and dry they may be perfect for your garden.

As the clumps become overcrowded the centres die out. Dig them up immediately after flowering and chop them into single healthy rhizomes, each with a fan of leaves. Shorten each fan with scissors by about half, then replant about 30cm apart in another sunny spot so that the rhizomes are just visible under the surface. Although they like drier conditions make sure they are watered in and looked after for a few weeks until established. But really you don't need to do much to them. Overly enriched soil is not a friend to the iris, which might decline to flower in such conditions. My best flowering plants are in the driest, most sun-baked part of my plot!

But for those who have shadier gardens and boggy conditions try the non-bearded Iris sibirica. I have one in a sun-dappled spot by a water feature. Its leaves are greener and grassier, which complements the water, and it has lovely rich blue flowers which look particularly nice in the shade. I also like Iris ensata, which I plant by my pool at the water's edge. It's also a good choice in borders if you garden on richer soil than mine.

So, invoke the power of the Goddess Iris in your garden, and enjoy the rainbow of colour.

Happy gardening,



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PIERREMONT HALL BROADSTAIRS

“Pierremont Hall is the perfect venue missing in the local area. The venue is now a stunning, historic events and wedding venue full of grand features” says Leanne Hadden, the Events and Bookings Manager for Broadstairs and St Peter’s Town Council who has worked on turning Pierremont Hall into a new events venue in Broadstairs.



Built as a private residence, Pierremont Hall has been home to many. The building is Grade II listed, located in the heart of town and is a beacon of history, showcasing the town’s historical character. The Hall was built in 1785 for Thomas Forsyth and was later a holiday home for the Duchess of Kent and a young Princess Victoria who holidayed at Pierremont in 1826 to 1836. Most of the original 30 acres of land were developed as housing and the building and remaining park were sold to the Urban District Council in 1927. The Hall itself is now owned by Broadstairs and St Peter’s Town Council.

Following a refurbishment, Pierremont Hall opened in February 2020 for public and private events. The venue provides plenty of space, whether you are looking for somewhere for a family celebration or a luxury wedding, or something a little more formal like a meeting or conference, this is the perfect place, for any occasion. With impressive chandeliers and long Palladian window features, the interior and exterior of The Hall will have you and all your guests in awe.

Pierremont Hall has the option of two different ceremony rooms, perfect for intermit groups or large affairs. As well as outdoor space, for those summer gatherings. With their own events team at hand, they are there to support you, to ensure that you have a magical day that is completely bespoke to you and your tastes. Taking the weight off your shoulders, so you can focus on having a relaxing day.

COVID has taken a hard hit to the hospitality industry, making Pierremont Hall’s first year open as an events venue... a challenging one. However, it allowed the time to continue developing their website and social media. Enquires started coming in and virtual tours were the new normal. Things started to look up in Summer 2020 and Pierremont’s doors were open once more. Although with restrictions they managed to host a few Covid-secure events and bookings.

Focusing on the town’s wellbeing there were groups like; Yoga, Tai Chi, community art groups, meditation sessions, and outdoor homeworkers groups. There was a real urgency for the community to engage with others to tackle loneliness, in a safe and secure way. Pierremont Hall did what they could to support. As well as finally starting viewings face to face.

History was made at the beginning of 2021 where the first couple were married at Pierremont Hall...ever! Since then, a few more have joined the short list of those that have now been married at Pierremont Hall. A list that will hopefully continue to grow.

The goal for Pierremont Hall is to become the venue of choice for those that wish to host community or private events. Whether it being a fair, market, festival, birthday party, wedding, conference, meeting, family gathering, charity event, social club, teaching, fitness class, wellbeing class, wine tasting, Christmas parties... you get the idea, the possibilities at Pierremont are endless.

This summer, Pierremont Hall will be hosting for the first time ‘Theatre In The Park’ in association with Sarah Thorne Theatre. This will be a family show outside, telling a magical story and teaching children the safety of living near the sea. More information will be available soon. There is so much more to come at Pierremont Hall this summer. With new markets, dance classes, as well as, returning fitness and wellbeing groups. Look out for future events and more information on their private event offers on their website at pierremonthall.co.uk or call them on **01843 263609**.



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The forecast of people being diagnosed with dementia is rising over 200% by 2050.

These numbers mean a cure for dementia is desperately needed as is skilled, experienced, valued and confident care to help people living with dementia to live meaningful and empowered lives, and support for their families and loved ones.

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When this client's son heard about the roast dinner lunch, cheesecake and ice cream our carer made for his mum, informed him that homeserve came and solved the drain issue during the morning, the son who

lives 200 miles away said he "wished Seniors Helping Seniors would visit him too!"

Seniors Helping Seniors are always looking for more senior carers with either professional care experience or experience of caring for loved ones to join the team in Broadstairs and the company always has capacity to help anyone needing discrete and enjoyable support to live independently. Here's a photo of our client helping our carer ready the garden for Summer.



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With an abundance of Care Homes in Thanet, how do you choose the right one?

Care of the elderly is an emotive subject, and has become even more so during the pandemic. Whether you are choosing a care home for yourself, or searching on behalf of an elderly relative, you want to make sure you get it right.

First you need to decide on the level of care required.

Residential homes are for people who can no longer cope with daily activities in their home. They may also need help washing, bathing, dressing and going to the toilet.

Nursing homes are for those people who require regular nursing care, by or under the supervision of a qualified nurse. Residents tend to have no mobility or severely limited mobility, mental confusion, and may be faecally incontinent.

As with any home, location is important. You may want to choose a place where family or friends can visit regularly?

Once a location has been decided on, select as many care homes as you can and visit every one of them. The Care Quality Commission (www.cqc.org.uk) have over 18000 care homes registered with them and publish all their inspection reports online, so this is a good place to start. Two other excellent sources of information are the websites www.yourcarehome.co.uk and www.carehomesupport.co.uk.

Groundwork is good, but there is no substitute for visiting and assessing the standard of service yourself. This is harder at the moment but that option should still be offered, even with all the restrictions in place.

Begin your inspection by ringing to arrange appointments to visit the premises. Ask yourself if the phone was answered in a friendly way. Did the person answering the phone sound stressed or abrupt?

When you visit, what are your first impressions? Is the place bright and clean, comfortable, welcoming and airy? Did the receptionist make eye contact and smile? Were you offered a cup of tea while you waited?



What are the noise levels like? Are there any unpleasant odours? Look at the residents and chat to them if you have an opportunity. Do they look clean, well-cared for and happy?

Monitor how much interaction there is between the staff and the residents. Is there lots of friendly chatter? Check to see if call lights over doors are on and being left unanswered. This might indicate staffing problems.

Check the floor, especially in corners and under beds. This is a good indicator of whether standards of hygiene and care are high throughout. When you've reached a decision, take good financial and legal advice. What are the fees and what do they include? Can you afford them on a long-term basis? What happens if funds dry up? What is the protocol for making a complaint? Consult the Office of Fair Trading 'Fair Terms for Care' booklet to see whether the contract you'll be asked to sign is a fair one.

Ask as many questions as you can up front, and you will help ensure that any move you or your elderly relative makes will be the right one.

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Next Issue: 18th August

Local family man and Caremark care and support worker Mark Bailey was diagnosed with Parkinson's in May 2019. He immediately started thinking about how this would affect his life, his family and of course his career with Caremark Thanet whom he had been working for just over a year.

Two years prior to this, Mark noticed a tremor in his left hand and sometimes left leg. He went to his doctor who thought it was an old sport injury and said to monitor it, as the months went by it was happening more often, so Mark went back to the doctor and this time saw a locum. She watched Mark take a walk and noticed his movement was not as it should be. Mark was sent to see a neurologist, who in turn arranged for some scans.

Mark had suspected the worse and began investigating Parkinson's online. Some of the content that he found appeared was very informative, others were inaccurate often misleading, it was all very scary. Then he came across Parkinson's UK website, and with the symptoms they describe mirrored what Mark was showing, to Mark it seemed it was highly possible that he had Parkinson's.

After the tests were done, Mark had to wait a few months for the results, sadly his suspicions were true.

"So now here I was with my official diagnosis, it was time to tell friends and family, we had a variety of responses some calm and wanting to know more, some were really upset and worried that the end was near."

Explaining and separating the facts from the fiction from his research helped ease the fears and worries of his loved ones.

Mark then had to broch the subject with his employer Caremark Thanet (who are proud to say they are one of the four businesses in Kent to have the Disability Confident Leader status).

"I hadn't worked for them for very long and was unsure the response I would get, but glad to say that it was excellent." Mark was able to have a full and open conversation with his line manager who was very supportive and listened during their regular meetings.



Mark with his grandson

Mark adds, "Over the next few months as I saw a specialist, my Parkinson's nurse, more information came out as to what to expect, and it became clear that my capabilities as a carer would not be hindered."

Despite the diagnosis, Mark remained upbeat, and he started to think 'how can I turn this into something that can be a positive for me and others.' He still has off days when he gets down, but is thankful about having an employer, family and friends that support him.

Mark is determined to help other sufferers and their families and also carers who care for customers with the disease. Caremark Thanet, his employer was very agreeable for Mark to begin providing training on the complexities of Parkinson's as an illness and to dispel the myths he witnessed during his research. This has now been incorporated into Caremark Thanet's intense training programme. Mark's knowledge and expertise and real-life insights have been extended to customers offering a range of exercises to aid their movement and improving their lives.

Mark hopes that once current restrictions are relaxed that he can get back to training and advising others. "My Parkinson's nurse Lizzie is a great help and together we hope to get out and talk to care homes and hospital staff about this disease." Several colleges and a local university are interested in Mark providing a talk about caring for people with Parkinson's and living with the condition himself.



Mark in his Caremark uniform

Since his diagnosis, Mark has become an active volunteer with Parkinson's UK and has been involved in setting up an online group to help raise funds for research and raise awareness. They also talk to researchers and doctors at their meetings as part of the ongoing support network and are developing their use of social media.

Currently, they meet virtually but Mark is looking forward to face-to-face meetings where sufferers of Parkinson's can chat and support each other.

Mark says, "I also have a few plans in mind for 2022, I am planning to either do a walk to London Parkinson's HQ, or maybe a 24-hour bike ride on a fitness bike, so watch this space."

"I have no doubt I will continue to have support from my family, friends and Caremark Thanet."

If you want any further details on Mark's support group, feel free to contact me, Jemma Nimmo, Director of Business Development and Marketing for Caremark Thanet and Dover, and I will pass on your details.

**jemma.nimmo@caremark.co.uk
01843 235910**

If you would like some support in the local area, please contact Douglas or Kate below:

Thanet Branch

Our group offers friendship and support locally to people with Parkinson's, their families and carers, contact us to find out more. For information and advice on Parkinson's, or for emotional support, call the Parkinson's UK helpline on **0808 800 0303**

Douglas Hamilton (Local volunteer)
01843 842985
adouglashamilton@aol.com

Kate Watson, volunteering contact
0344 225 3613
kwatson@parkinsons.org.uk

Thanet Group Social Meeting (Covid restrictions will apply)

The group has been meeting at its present location for nearly 30 years. We provide an opportunity to meet, talk or just listen to other members with Parkinson's in a warm friendly environment. We charge £3.50 per person (partner/carer goes free).

We have singing sessions as part of some of our social meetings. This is an informal sing-a-long with instruments to popular music, this always raises spirits and helps with many of Parkinson's symptoms associated with speech and swallowing. We also have visits from a Tai Chi instructor and lady who has recently introduced 'Mindfulness' to our group.

In addition to the social part of our meetings, our qualified exercise instructor holds a seated exercise session, this is optional to join. This is great fun, and it makes sure that members keep their muscle flexibility and mobility. We also organise many social activities throughout the year. These include lunches, cream teas, and theatre outings at local venues. Disabled parking is on the street outside the church on in nearby Morrison's car park.

When: Get in touch for more information.

Cost: Yes

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Preparation time: 30 minutes Cooking time: none... unless making meringues (2HR 30) Serves: 6

INGREDIENTS

**For the meringues
(or you can use good quality
shop-bought meringue nests)**

- 175g caster sugar
- 1 thick lemon slice
- 3 egg whites, at room temperature
- 1 pinch salt

To assemble the mess

- 500g ripe strawberries
- 50g caster sugar
- 450ml double cream
- 1 tbsp icing sugar
- 1 tsp vanilla paste
- Mint for garnish

METHOD

Meringues - Preheat the oven to 220C / gas 7. Line a baking tray and pour the sugar on to it then bake in the oven until it just begins to melt at the edges. Rub the inside of the mixing bowl with the lemon (this gets rid of any grease) and add the egg whites. Just before its time to take the sugar out of the oven, start whisking the whites at high speed.

Carefully tip the hot sugar and the salt into the fluffy foamy whites. Continue whisking until the mixture is cool, glossy and forms soft peaks. Lower the heat in the oven to 130C / gas ½. Heap dollops of meringue on to lined baking trays, making sure they are well spaced. Bake in the cool oven for about two and a half hours. Check after two hours. The outsides should be crisp and golden but not burned! Turn off the oven and leave the meringues inside to cool completely.

The Mess - To prepare the strawberries: wash and hull the fruit, and slice into half or quarters. Aim for bite-size pieces. Place the strawberries in a bowl, sprinkle with the caster sugar, making sure all the strawberries are coated. Place in the fridge for half an hour until the fruit goes squidgy and leaks juices.

Set a third of the strawberry mixture on one side for later. Using a potato masher lightly crush the rest into a chunky puree. Pour the double cream into a big bowl (it's best if the bowl is cold). Sift in the icing sugar and the teaspoon of vanilla paste (not essence) and whip to soft peaks.

Roughly squash and break six of the meringues. Fold the pieces and the crushed strawberries into the whipped cream. Don't mix too thoroughly. The red and white should be clearly distinct. I tend to leave mine in a big serving dish so people can help themselves, but it looks lovely spooned into tall glasses and topped with a sprig of mint.



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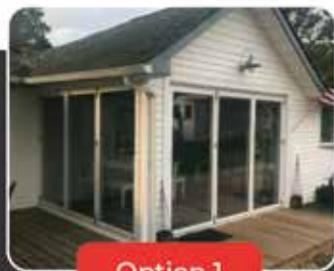




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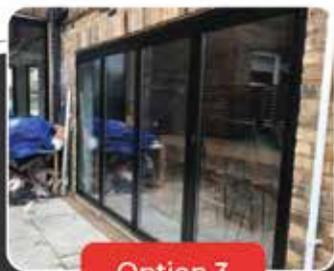
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