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ISSUE 4



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# CALLING ALL LOCAL GAMERS!

# Demelza

Hospice Care for Children

## Demelza wants people to Game for Good!

During these extraordinary times Demelza Hospice Care for Children, based in Sittingbourne, has continued to provide end of life care and essential clinical support for those who need it, reaching out to the extremely vulnerable children they care for in new ways and supporting the NHS in any way they can.

Demelza is determined to play its full part and still be strong on the other side of the COVID-19 crisis. They need to deal with the impact of the virus on their families, whilst continuing to support the children who need them for non-COVID conditions. When the time comes they will be there to help shielding families out of isolation so everyone can experience life to the full again.

Their service is vital right now, but their fundraising has sharply declined. In normal times the vast majority of their funding comes from the local community and face-to-face fundraising. However, as the world has had to adapt to new ways of working, so has the fundraising world, which is why Demelza is excited to be launching Gaming for Good!

If you or someone you know is a Fortnite fanatic or mad about Mario Kart, then this could be the fundraiser for you. Join forces or go solo in a gaming challenge to raise money.

Demelza invites you to challenge your gaming ability in an event that will test your skill and stamina to raise money for local children living with a serious or terminal condition.

Here's how it works:

### Level Select

Choose your favourite video game, your competitors and decide how long you will game for. You could invite your friends and family to compete for the trophy in a gaming tournament or take on the challenge single player in a 24-hour gaming marathon!

### Power up

Set a date for your gaming challenge and create your JustGiving fundraising page. If you're hosting a gaming tournament you could create a team fundraising page so you all contribute to the same target.

### Campaign Mode

Spread the word about your G4G challenge and don't forget to tag @DemelzaHospice in your posts. The more people who hear about your challenge the more money you'll raise!

### Real Time

Stream your event for all of your sponsors and viewers to see!

### Going Live

To stream your gaming event, you will need to:

- Create a JustGiving page.
- Create a Twitch page to stream your challenge.
- Download OBS Studio to broadcast your stream.

### How much does it cost?

There is no registration fee for Gaming for Good, it is free to take part. We just ask that you set up a JustGiving fundraising page and raise as much as you can for Demelza.

Twitch and OBS Studio are also both **FREE**.

Victoria Adley, Senior Community Fundraiser said, "during these unprecedented times, with your help Demelza can continue to give the babies, children, young people and their families the support they need to live the best life possible. In many ways this is now more important than ever, so please answer the call and Game for Good for Demelza."

For more information or to sign up visit <https://www.demelza.org.uk/support-us/team-demelza/gaming-for-good>, call 0300 365 3653 or email [fundraising@demelza.org.uk](mailto:fundraising@demelza.org.uk).

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# £10,000 GRANT TO THE OLD FORGE WAR TIME HOUSE

**The Old Forge War Time House in Sittingbourne will be getting grants of more than £10,000 to help repair the roof.**

The house is a 1940s living museum and tearoom but was originally built in the 1700s as a home and working forge. The volunteers running the house approached the council for help to repair damage to the roof and have been awarded £8,100 from the council's communities fund, and £2,500 from 12 councillors through the member grants scheme.

The funding means the damaged and leaking roof can be repaired by re-battening and re-felting the roof and replacing the Kent Peg tiles. Once retiled, the parapet will then need to be flashed with lead and the coping stones replaced with bigger ones to stop the rain coming in.

Cllr Mike Baldock, cabinet member for heritage at the council said: "We're pleased to give the Old Forge War Time House a £8,100 grant from our communities fund. It's an important part of our heritage right on East Street that provides a space for learning and events that bring the magic of history alive for people and children of all ages. Maintaining and restoring our heritage around the borough is a key priority for us, and this is just one way we can help support our history and community."

Linda Gorman, secretary at the Old Forge War Time House, said: "We are a community project run by volunteers who are passionate about keeping history alive. We give adults and children the

opportunity to see what life was like on the home front as thousands headed to the front line and risked their lives to protect our country during the world wars."

"We are incredibly lucky to have such an historic building but the upkeep can become quite expensive so we couldn't be happier that Swale Council are helping us with a grant so we can repair the damaged roof. Alongside this grant, we also received funding from Kent County Council and even the landlord donated toward the repairs. It really is wonderful when everybody can come together to support such a valuable piece of our history."

The 12 councillors who contributed some of their member grant allowance are:

- Cllr Lloyd Bowen: **£100**
- Cllr Roger Truelove: **£100**
- Cllr Mike Whiting: **£100**
- Cllr Corrie Woodford: **£200**
- Cllr Richard Palmer: **£200**
- Cllr Derek Carnell: **£500**
- Cllr Tim Gibson: **£150**
- Cllr Ken Rowles: **£150**
- Cllr Lee McCall: **£300**
- Cllr Bill Tatton: **£200**
- Cllr Paul Stephen: **£250**
- Cllr Sarah Stephen: **£250**

For more information visit [www.oldforgewartimehouse.co.uk](http://www.oldforgewartimehouse.co.uk).




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# PS MEDWAY QUEEN (HEROINE OF DUNKIRK)

Medway Queen is moored at Gillingham Pier, where she is being fitted out internally by an enthusiastic team of volunteers. Richard Halton, Chairman of the MQPS, tells The Courier about this historic paddle steamer.

## History

The ship was launched in Scotland on St. George's Day, 1924 and sailed as a seaside excursion ship from that summer through to the outbreak of war in 1939. After spending the first few days of September 1939, with her fleet sisters, evacuating children and others from London to East Anglia she was requisitioned by the Royal Navy and converted for minesweeping. A few months later HMS Medway Queen well and truly earned her "Heroine of Dunkirk" title when she made no less than seven return trips during Operation Dynamo – the evacuation of the British Army (BEF) from Dunkirk and the nearby beaches.

The Light Brigade charged the guns once; Medway Queen's crew did it seven times in an eight night period! The ship remained as a front line minesweeper until October 1943 and then after a short spell as an accommodation ship she joined the training flotilla at Granton (Edinburgh) until early in 1946. Training and minesweeping continued for some time after the war to make the shipping lanes safe. In 1947 it was back to work in the excursion trade on her old routes across the Thames Estuary to Southend and Herne Bay with less frequent forays to resorts such as Margate and Clacton and even up into the Pool of London on private hire.

Holiday makers and locals alike enjoyed their trips across the estuary on fine summer days with the special treat of a fish and chip tea on the way home. All this came to an end in 1963 when, together with many similar ships, Medway Queen was withdrawn from service. She went to the Isle of Wight where, in 1966 she opened as the Medway Queen Club, centerpiece of a marina bearing her name. This too came to an end. In 1974 the club closed for the last time and the trade transferred to a larger paddle steamer – PS Ryde Queen. The ship fell into disrepair but was "repatriated" to the Medway in 1984. The Medway Queen Preservation Society (MQPS) was formed in 1985 and was eventually able to purchase the ship and move her to a mud berth at Damhead Creek on the Isle of Grain.



## Preservation

By this time Medway Queen's hull was in a desperately fragile condition. The only way forward was a complete rebuild of the hull, re-using as much original material as possible. This was undertaken in Bristol with funding from the Heritage Lottery Fund and took considerably longer than the original build in the 1920s. On her return to Medway in 2013 there was still a huge amount of work to do on fitting out and getting her machinery re-installed and working.

The first phase is to get her fitted out to earn revenue in a static role as a venue for parties, meetings and other events. Thanks to our willing team that phase is drawing to a close. If it hadn't been for Covid-19 she might have been earning money by now! The bare hull has been transformed with internal partitions, seating, paneling and paintwork. The access companionways have been protected with new deck houses to improve security and weather resistance. It has taken considerable amounts of money raised by the MQPS together with donations and grants and countless hours of work by the volunteers and a few contractors to get to this stage but it is now showing results.



Medway Queen pre-war from an unidentified postcard - Richard Halton collection

## Onwards and Upwards

The lockdown has given time for reflection and thought of the future. The aim is to put the ship back into steam and that work needs to start very soon. It is a bigger project than the fitting out in some ways and the cost of a new boiler alone will outweigh the fitting out cost in purely monetary terms.

The society needs to build on previous successes, we need more of almost everything if we are to see Medway Queen steaming on the river once more. The trustee board was already short-handed when we lost a key member to ill health earlier this year. To manage the project we need more help in most areas including financial and business management, fund-raising, tour guides, PR and administration. Unlike most businesses who recruit to fill a very specific job description we have the flexibility to tailor a job description to suit the skills and interests of the volunteers.

If you can help please get in touch:

email [info@medwayqueen.co.uk](mailto:info@medwayqueen.co.uk) or phone **01634 575717**

## Visit

The project is coming back to life after the lockdown. Our workshop force returned to work in July and board meetings resumed. The volunteers have already installed the forward deck house and a contractor is working on some overdue maintenance that was interrupted by the pandemic.

You can read much more about Medway Queen on our website which has been considerably expanded over the last few months. To the extent that National Historic Ships UK gave Medway Queen their Regional Flagship 2020 award for South East England. There's far more history than could be detailed here, a Virtual Tour so you can get a feel for how the ship looks on the inside and, of course, opportunities to buy books about the ship or support her in other ways.

We now have four such books; two detail her history and the rebuild in Bristol, two more give additional detail of her time as a club and (for this 80th anniversary year) her exploits at Dunkirk.

As soon as we are able to open the ship to the public once more details will be announced on the website.

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

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Top: HMS Medway Queen, Ramsgate 1940 - PSPS Collection  
Above: Medway Queen at Gillingham Pier - Richard Halton

## FURTHER READING

A book containing personal recollections of those at Dunkirk is now available to buy from the Medway Queen website. Author Richard Halton says: "We are fortunate that no less than 3 members of the crew were taking photographs at that time.

The First Lieutenant took some, which we have courtesy of the PSPS Collection. Two others, Eric Woodroffe and Roger Matthews, gave their material to the Medway Queen Preservation Society many years ago. Included in the book are the captain's "narrative log" sent to the admiralty, extracts from a diary kept by one of the crew and accounts by Thomas Russell (ship's cook) and John Graves (1st Lieutenant) printed in full".

The book is roughly A5 size, 76 pages, with a cover price of £8, and Signed copies available direct from the author. Full details at [www.medwayqueen.co.uk/memories-of-dunkirk.html](http://www.medwayqueen.co.uk/memories-of-dunkirk.html)



# SPECTACULAR SUNSETS



## Spectacular Sunsets and how to capture them.

Autumn is the best time of year for beautiful sunsets. Have you ever tried to capture one and been disappointed with the result? Sunsets can be devilishly tricky to capture well, but we have a few tips.

Choose the time and place – If you're serious about sunsets make a note of places where they are particularly good then head there before the sunset to give you time to set your camera up. There are websites which tell you what time the sun will set on a particular day. Try [www.timeanddate.com/sun/](http://www.timeanddate.com/sun/)

Foreground is important – The best sunset photos tend to have something of interest in the foreground, generally silhouetted. This provides a focal point. Look for an attractive tree, or a wind farm, and even pylons can look impressive in front of a sunset.

Patience is also important – Sunset actually goes on for quite a long time. As the sun dips beneath the horizon it can produce some spectacular shots, but afterwards, the colours of the sky can become even more rich and beautiful, so hang around.

So is a tripod! The best shots are often longer exposures, so they will look shaky unless you secure your camera to a tripod.

Ignore 'the rule of thirds' – The sunset is the star so place your horizon really low down in the shot. This fills the image with colour.

Remember reflections - If you are near water take full advantage of doubling the impact of your sunset. In this instance try placing the horizon at exactly halfway or shoot only the reflections. Experiment and have fun.

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Given the current situation, with various Government restrictions around the world, coupled with worries about health and safety, I thought it would be useful to highlight some of the current enquiries coming through to Travel Counsellors.

### UK Staycations

UK staycations are the most popular request at the moment, so much so that the UK is pretty much full up for August, apart from some opportunities where we get cancellations.

However, there are still plenty of great deals to be had outside of the school holidays. Lodges with hot tubs, Country Cottages, dog friendly properties, boutique hotels, Scottish rail tours, are all selling well for September; don't forget, there is no such thing as bad weather, only bad clothing!

A "shout out" to 2 new suppliers we have partnered with:

- McKinlay Kidd – offering unique, tailor-made UK tours (my favourite being Cornwall & Isles of Scilly No Car holiday)
- Great Little Breaks – Great value and variety of UK short breaks (I like the look of the Welsh Chateau)

Also selling extremely well, are Hoseasons, Sykes Cottages, and Mr.Mrs Smith boutique hotels.

### Greece/Turkey

With Spain & France temporarily out of the picture, Greece & Turkey are popular summer destinations at the moment. Currently you need to complete an online passenger locator form before travel and undergo checks on arrival to make sure you do not have COVID. Taxis in Greece will only allow 2 people (plus driver) in the car.

Many people are putting up with these extra hurdles and taking plunge in Greece & Turkey.

### 2021

Now is a great time to book your 2021 holiday for the following reasons:

- Many 2021 holidays are offering low deposits
- Flexible cancellation policies mean that you have the ability to amend/cancel holidays to suit current conditions
- Get in quick before the mad rush. As restrictions are hopefully relaxed over the coming months, I predict that come the new year, there will be



a pent-up demand for 2021 holidays, where people have held back from holidaying this year. Also, there will be less supply as there simply will not be the same capacity on flights and accommodation where suppliers have had to pare back this year for economic reasons.

We are seeing growing demand for 2021 destinations, especially the Caribbean, the Maldives, Dubai and Cruising.

### Travel Insurance

After some delay, we are now able to offer travel insurance that has COVID cover, and we also have the ability to update existing policies with COVID cover.

### FCO Advice & other restrictions

With ever changing rules and restrictions which can seriously affect your travel plans, it's never been more important to use the services of a professional travel agent such as myself where we not only book travel but offer advice on the latest restrictions, ongoing support, before during and after travel. As Eamonn Holmes said on This Morning recently, booking through a travel agent is "the future"!

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Unfortunately, since the last edition, just like everywhere, Coronavirus has taken over many aspects of our life.

As a non-league club that relies on spectators to pay our way, it would have been a disaster if we hadn't got help. Help though is exactly what we have got with grants from Sport England and the football foundation. Our supporters and others have also chipped in via a crowd funding which netted us over £5000, £600 of which we have donated to the Sittingbourne Memorial Hospital as an expression of our deep gratitude to the NHS.

It's worth stating that the Football foundation grants have come from the Premier league and the national lottery fund, and I believe it's good to stress that, as there is a lot of misinformed publicity that says that the Premier league does nothing for other clubs. We are also lucky that our landlord at Woodstock lets us play at the ground at a peppercorn rent as a trade-off for us looking after the ground and facilities.

Government rules have changed and we can now have spectators, although we are capped on how many we can have owing to social distancing. We have as a management team though, pulled out all the stops to make Woodstock a safe environment with measures including making online e tickets a priority, accepting contactless card payment, and having minimum contact with cash, no touching cash and forehead temperature checking all those coming into the ground. Spectators are not allowed to touch the balls if they are kicked off the pitch, and the balls themselves are sanitised on a regular basis, as is the handrail around the ground. Some seats in our two stands have been taken out of use and 2 Metre social distance markings are everywhere. It was quite a feat to put all of this in operation ready for our local derby with Sheppey Utd. Also, with an eye on Check and Trace we now record all those who have come into the ground together with their contact details.

The Woodstock club itself has a one-way system and socially distanced seating both inside and outside. After all that effort with only 4 days' notice, as that is how long the government gave us to implement measures before welcoming Sheppey Utd to Woodstock, we deserved a good result against Sheppey but with a team that had a number of players missing we succumbed to a goal to nil defeat.

## SITTINGBOURNE Football Club

We still haven't heard from our league when league fixtures will actually start, so it looks like our first real competitive game will be away against to either Knaphill or Deal Town in the Emirates FA Cup preliminary round on the 12th September, meanwhile we have a few more friendlies to play. Friendlies are often not (friendly), and they are used to get the players fit, choose the best XI and try out tactics, so are very important

It is sad to relate that some 10 clubs at or near our level in the soccer pyramid, have had to close down recently, not all because of Covid though. If we had to close down that would mean our 17 teams, men, women, boys' and girls' teams, would have had to find somewhere else to play, we are a true community club!

Despite Covid, a small band of helpers (mostly committee members and ground staff (unpaid!)) have been working socially distanced at the ground to smarten up the ground. Our league (Isthmian league) have also given all teams a set of instructions and suggestions for when the league does start, such as no printed programmes – we already provide an electronic flip book programme via our website. Other suggestions are cashless turnstiles, which we have partially initiated. Our problem is that a lot of our loyal supporters are now in their advanced years (like me) and many do not use the internet (not like me) so we are looking at ways to get round this.

A bit now about team management of our adult teams. This season we are running a reserve men's team for the first time in a number of years, John Sutton and Barry Crimmen will be running that. The men's first team management team is Darren Blackburn (Manager), Darren Pont (Assistant), and Jay Allan (Coach). The Ladies first team coach is our welfare officer Ian Jackson.

Finally we look forward to seeing you out our games when and please rest assured that we are doing all that we can to keep you all safe.

**Peter Pitts, Club Secretary**



Photos thanks to Paul Golding

## HAVE YOUR SAY ON PLANS TO BOOST BOROUGH'S ECONOMY

**People can now have their say on how Swale Borough Council plans to stimulate the borough's economy.**

The council is seeking public input on their economic development action plan which outlines how they plan to support growth in the borough's economy.

The three-year plan sets out how the council will contribute to strengthening Swale's economy, deliver improved quality and choice in local employment opportunities and enhance the quality of life for residents by raising Swale's profile.

The topics up for discussion include securing investment, supporting local business and improving skills.

Cllr Monique Bonney, cabinet member for economy and property at the council, said: "We already wanted to do more to help grow the local economy before coronavirus, and now it's even more important that we do what we can to help secure local jobs and support local firms.

"Some of the actions we're proposing include simplifying our Swale means business website to make it easier for businesses to find the support they need, talking to local businesses who are adapting to the new normal to take part in case studies, and creating programs to help people who've been made redundant get back into the workforce.

"As a small council we can only do so much, but it's important we use what we do have effectively so that we can help as many people as possible, and this is where the local community come in.

"We want to hear people's thoughts on how we plan to approach the task of rebuilding the local economy and urge residents, businesses and organisations to take part, get in touch, tell us their thoughts."

Public consultation for the economic development action plan is available until 10 September.

For more information and to take part in the economic development action plan consultation visit the consultations page:

[www.swale.gov.uk/consultations-2/](http://www.swale.gov.uk/consultations-2/)

## SOAP AWARD

Sittingbourne based The Kentish Soap Company's Blissful soap has won the bronze award in the soap bars category at the ninth annual Free From Skincare Awards, sponsored by Lyonsleaf.

The Europe-wide Awards were founded to encourage and reward manufacturers of skincare products that are 'free from' many of the allergens, chemicals, additives and fragrances associated with skin sensitivities, allergies, and ethical, environmental and health concerns.

"We are so proud to have won this award for our Blissful soap", says Jayne Waddy, founder. "The ethos of the Free From Skincare Awards is close to our heart and we feel privileged to be a part of them. Our natural, vegan-friendly, plastic-free soaps, candles, bath and body products are all handmade by us in Kent so we know everything that goes in to them. As an independent, family-run business we've had such an exciting journey and we're looking forward to launching more products soon."

The announcements were made on 21st July, and followed a long judging process which included a rigorous month-long assessment by four experienced skincare testers, and concluded with round-table expert judging sessions, conducted both in person and virtually on Zoom!

For the full set of results, see the Awards website at [www.freefromskincareawards.co.uk](http://www.freefromskincareawards.co.uk)



## SHEPHERD NEAME HONOURED FOR ITS COMMITMENT TO THE LOCAL COMMUNITY

Britain's oldest brewer Shepherd Neame has been honoured for its outstanding efforts to support the local community during the Covid-19 crisis.

The independent family business, which has been based in the historic market town of Faversham for more than 400 years, has undertaken a number of community-focused actions during the past four months, including:

- Sending food from all of its closed managed sites to local food banks and to support the homeless
- Teaming up with Copper Rivet Distillery to create alcohol hand sanitiser for emergency services
- Supporting Kent hop growers with a bumper order
- Donating £4,000 to the Kent NHS Community Heroes charity in recognition of the reopening of the online shop
- Ordering 3,000 cloth face masks for team members from local company Tillett Racing Seats in Sittingbourne
- Sourcing new pub safety signage from its Charity of the Year, Royal British Legion Industries (RBLI) based in Aylesford
- Suspending all rents for licensees during the duration of lockdown, and now supporting with ongoing rental concessions

Faversham Mayor Councillor Alison Reynolds presented Chief Executive Jonathan Neame with a certificate at the brewery in Court Street on Tuesday (July 21).

She said: "I am so proud of the way Jonathan and the Brewery have performed throughout these difficult times. In particular, I have been inspired by when they were able to produce alcohol for much-needed hand sanitiser, and more recently when hearing directly from tenants what fantastic support Shepherd Neame have provided. We have something really special here in Faversham, and it wonderful to recognise this."

Jonathan Neame said: "We are delighted to receive this special honour. Our focus throughout this crisis has been to protect our people and the Company for the long term, and also continue supporting local businesses and contribute to the national effort. This honour is great recognition for our fantastic team members, who have shown great spirit, great dedication to the Company and have been a great support to each other in these challenging times."

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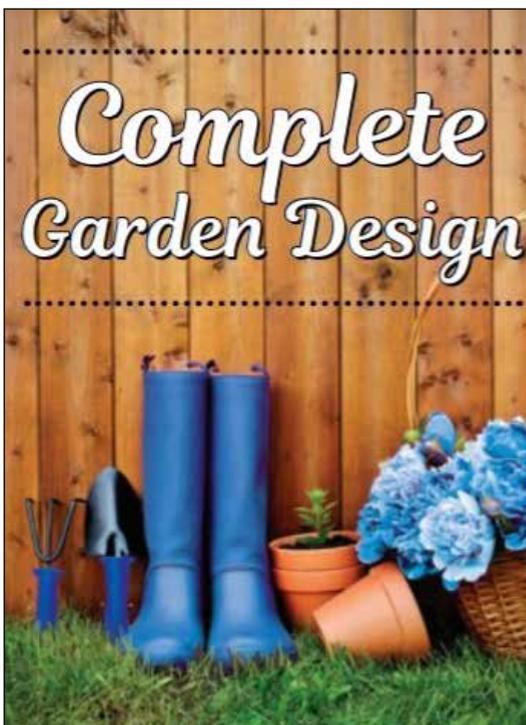
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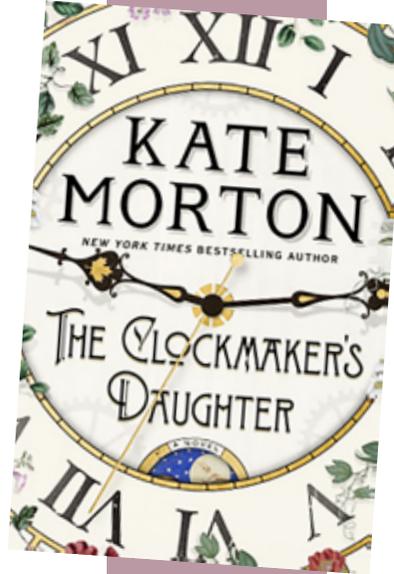
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## The Clockmaker's Daughter by Kate Morton

Getting married is one of those big events in your life that changes everything. For Elodie, plans for her upcoming wedding are being pulled away from her by her controlling future mother-in-law. Elodie works as an archivist in London and one day discovers an old satchel, an old photo, and an old sketch of a large house that will change everything and lead Elodie on a quest to discover the truth about the house and the lady in the photograph. Was she meant to find these items and how are they ultimately connected to her own past?

Kate Morton is known for epic sagas – and at nearly 600 pages this is no exception. Told in multiple timelines, the action moves swiftly from the present to the 1880s, the early 1900s, and the 1940s as the story of the house and its inhabitants unfold. With a vast cast of characters this does require some concentration to keep track of who's who, and sometimes the story changes time period just as you were becoming engrossed. However, it is worth persevering.

Part love story, part ghost story, part murder mystery, and part commentary on social class divide in the Victorian era Morton brings the various stories vividly to life on the page. Who is the clockmaker's daughter and how did she come to linger at Birchwood Manor? And how will this all help Elodie come to terms with the path that her own life is about to take?

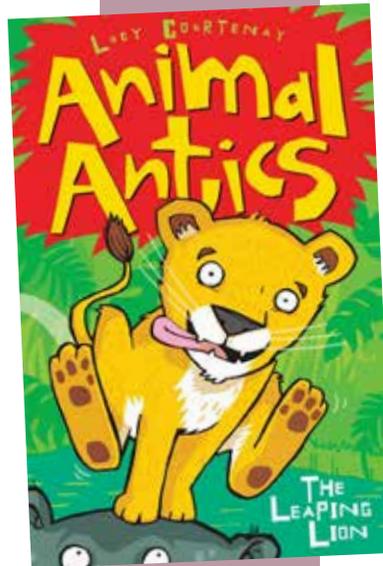


## Animal Antics: The Leaping Lion by Lucy Courtenay

Brian is an excitable lion cub. His dad is the King of the Savannah, so a lot is expected of him. He tries to be big and intimidating, like his dad. There is one thing that Brian loves doing more than anything else and that is playing leapfrog. He is the best in the savannah and is always searching for the next big thing to leapfrog over. So, when he tackles his biggest leapfrog ever and fails, he is mortified when all the other animals laugh at him. Humiliated he vows to never leapfrog again.

That is, until he learns that the Animal Olympics are going to be held in the savannah and leapfrog is one of the events! Can he pluck up the courage to compete and risk more humiliation? Will he make his dad proud?

This lovely short chapter book (92 pages) is perfect for young animal lovers, combining animal facts – such as the fact that female lions do most of the hunting – with a fun story. Who knows, maybe lions really ARE good at leapfrog?



**At the time of going to print, the Swale district had recorded 558 positive cases of Coronavirus. But have you had COVID-19 without knowing? A new study reveals at least one in five people infected don't show any symptoms.**

A new antibody testing study led by researchers at King's College London has shown that one in five people in London and the South East of England who have been infected with coronavirus didn't show any symptoms of COVID-19, while more than a quarter who did fall ill didn't have the three core signs of the disease: persistent cough, fever and loss of smell (anosmia).

This is the first UK-based study linking detailed ongoing symptom collection data with antibody testing, and highlights the likely extent of COVID-19 infection across the region.

To understand the true picture of the disease we not only need to know who is infected right now - currently determined through swab testing - but the extent to which people have previously been exposed to the SARS-CoV-2 coronavirus, as revealed by testing for antibodies in the blood.

The virus is difficult to study as some people become seriously or fatally ill, others will have a wide range of less severe symptoms, while some will have very mild or no symptoms at all (asymptomatic).

The researchers carried out antibody testing on blood samples from 432 adults aged 18-89 in the ongoing TwinsUK study living in Greater London and South East England, 382 of whom had also been regularly logging their health over three months using the COVID Symptom Study app. Participants were also given a swab PCR test to check whether they were currently infected with coronavirus, and asked if they had ever previously been tested.

The team discovered that one in 8 (51, 12%) were positive for viral antibodies. This is approximately double the proportion estimated by a recent ONS survey of antibody testing in the UK general population.

Focusing on 48 people with a positive antibody result who had also been regularly logging their health, the researchers found that nearly one in five (9, 19%) never experienced any COVID-19 symptoms throughout the duration of the study.

More than one in four (16, 27%) who had antibodies and experienced symptoms didn't have the 3 core NHS symptoms of persistent cough, fever and anosmia.

However, loss of smell alone was still highly specific for having COVID-19, compared with the combination of all three symptoms, highlighting its importance as a key early warning sign of the disease.

Additionally, around half of the app users who reported symptoms that were highly predictive of COVID-19 did not have antibodies against the virus, confirming other studies showing that current antibody testing misses a substantial fraction of cases.

This could be some because antibodies fade quickly in some people, or they never create an antibody response at all. Further work by the team is looking into whether alternative aspects of immunity, such as T cells, may also play a part in the immune response to the virus.

Understanding the true extent of infection and transmission is vital in order to effectively identify and contain further outbreaks across the UK. This study highlights the fact that a significant proportion of the population in London and the South East are likely to have been exposed to coronavirus, many of them without showing any symptoms at all.

Study lead and consultant geriatrician Dr Claire Steves said: "Our findings highlight the fact that a significant proportion of people who get infected with coronavirus don't have any obvious symptoms but may still pass the disease on to others. It's essential that we all take steps to protect the health of everyone by sticking to social distancing guidelines, wearing face coverings in public and following good hand hygiene practices."

"Testing is much more available now," she added, "So if you have symptoms you can't explain - get a swab or saliva test, as that way you will know to protect yourself and the people around you."

COVID Symptom Study lead Professor Tim Spector said: "These results suggest that both swab and antibody testing significantly underestimate the extent of coronavirus infections in the population. We need to combine testing approaches together with getting as many people as possible logging their daily health through the COVID Symptom Study app to really understand the spread of the virus and control it over the months ahead."

The findings are available online as a pre-print, and have been submitted to a scientific journal for rapid peer review and publication.

Website: <https://covid.joinzoe.com/>

## GARDEN VIEW: DAZZLING DAHLIAS

Over the past few years, I've fallen in love with dahlias for their ability to provide autumn colour. I think Dahlias are like the glamorous friend who arrives late to the party, fresh and full of life, outshining all the other guests who are a bit tired and past their best...or maybe that's just me being fanciful.

Either way the vibrant colours, tactile textures and stunning petal formations make the Dahlia queen of the September garden for me.

The dahlia originates from Mexico and there are 30 species and around 20,000 cultivars! Don't let its exotic past fool you; it hails from high mountain regions so is happy in cool, wet, and windy conditions. It doesn't matter what size your garden is there is a dahlia for you, from dwarf varieties to giants. There is even one variety (Imperialis) that can reach 6m (20 feet) in the wild in its native South America.

If your garden is on the exposed side, or you live in the north then look for the pompom varieties as the colourful globes are very hardy, standing up to the worst of the British weather.

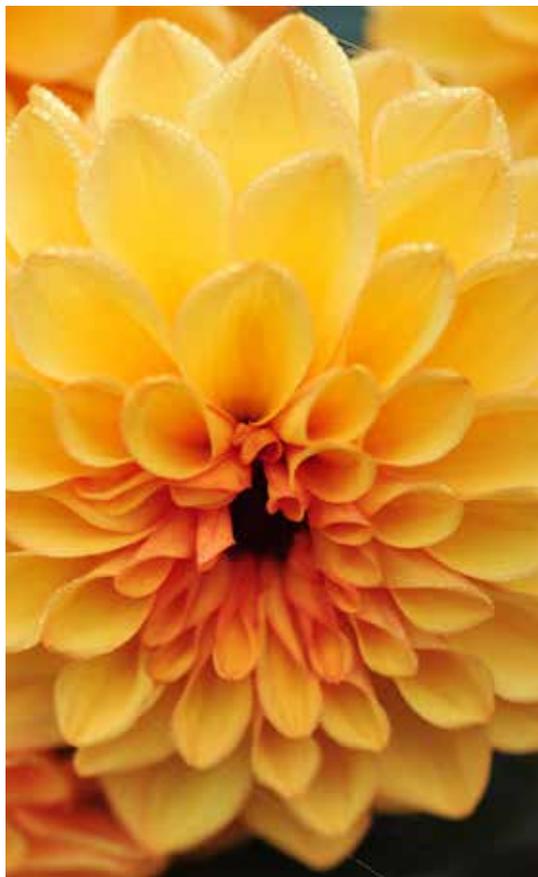
Dahlia bulbs are comprised of tubers. In order to sprout the tuber must have an 'eye'. If you live in a very cold area, you can dig up the tubers at the end of the season and plant them out again the following year.

My garden is quite sheltered, so I simply cut them down and mulch them. I learned the hard way that mulched dahlias survive and thrive much better than unmulched plants. Dahlia tubers are hungry beasts and don't take kindly to being undernourished. The first year I planted them I didn't mulch and the second year the flowers were sparse and undersized.

On the advice of a neighbour I fed them, mulched them, and watered them through the hot season, and they returned in full vigour the following year.

Dahlias come in the most amazing array of colours.

'Lubega Power Yellow-Orange' sounds like a toilet cleaner but is in fact a gloriously tropical dwarf bedding dahlia which produces masses of double flowers well into autumn if you deadhead it regularly. At 30cm you can plant it at the front of the border or in window boxes to brighten the duller days.



Dahlia 'Cornel Brons' produces wonderful round copper-coloured architectural flowers. They are long-lasting and make spectacular cut flowers. They look good in the middle of a border because they grow to 90cm.

For gardeners who prefer a more subtle or unusual colour palette:

Dahlia 'Cafe aux Lait produces enormous exquisite blooms in a soft apricot-pink colour, which fade to vintage cream. It's the perfect dahlia for creating a focal point toward the back of the border as it grows to 120cm.

Dahlia 'Creme de Cassis' has stunning two-tone petals on water lily-shaped flowers. It grows to 90cm so is good for the middle of a border and also looks fabulous in a big pot.

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# FRYING PAN PIZZA

**YES REALLY...  
IT IS SO GOOD**



**PREPARATION TIME: RISE 2-5 DAYS COOKING TIME: 5 MINS + 35 MINS MAKES 4 PAN-SIZED PIZZAS**

**IMPORTANT - You cannot use a non-stick frying pan for this recipe. It has to be a cast iron pan or skillet.**

## INGREDIENTS

500g Strong white bread flour (But if you have any Italian 00 flour, it's even better).

1½ tsp dried active yeast. I did not have this throughout lockdown and used rapid dried yeast instead. I found that the rise time was quicker (2 days vs 4 days) so this might actually be a bonus.

1 tsp table salt

1 tsp sugar

## Topping

1 400g tin chopped plum tomatoes

1 pack buffalo mozzarella

1 bunch basil

Extra-virgin olive oil, to drizzle

Plain is great but you can add any toppings you like. We made Pepperoni, ham and sweetcorn, and ham and pineapple.

## METHOD

Mix the flour, yeast, salt, and sugar then stir in 325ml water to a smooth dough. Cover and put in the fridge for two to four days. Remember rapid yeast will activate faster and may only require two days, or even one if you're in more of a hurry.

Tip on to a lightly floured surface. Divide into four roughly equal portions, shape into balls, cover and leave for two hours.

While the dough is rising take the cheese and toppings out of the fridge so that they come to room temperature.

Empty the tomatoes into a saucepan over a medium heat and simmer for about 30 minutes, until they form a thick sauce. Season this to taste with salt and a pinch of sugar.

Once the dough has proved, flatten it into pizza bases to fit your pan. For reference my pan has a 26cm base. Heat the cast iron frying pan or skillet over a moderate-high heat. It's ready when you drop a little water into the base and it instantly hisses and bounces. Preheat the grill to between moderate and high.

Lightly flour your hands then stretch the dough into a rough round, keeping the edges a bit thicker. Cook in the pan until the top starts to dry out then add some tomato sauce and mozzarella. Wait a minute before adding any other toppings. Leave in the pan until base begins to char. The first time I chickened out but as I got into the groove the subsequent pizzas were much better. When you're happy with the bottom switch the pan to under the grill until the cheese bubbles and the edges brown. Finish with a few basil leaves.

These really are the next best thing to a pizza from a pizza oven or a proper pizzeria.



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