

THE SITTINGBOURNE COURIER



ISSUE 5



We Know Not Why We Come Or Where We Go

This painting by David John Wilby is symbolism. The road is the road of time, the light on the road one human lifetime, the darkness is the past and the future. The light is the brief time we know.

Each limited edition print (300 copies) is signed and numbered in pencil by the artist as proof of genuine signature and not printed. The print image is 66cm x 53cm, price £90. Free Postage. This may be a good investment for your children. The original oil painting on canvas is £4,000. When ordering, print address in block capital letters.

Payment by cheque or cash to: Mr D Wilby, 7 Devon Road, Canterbury, Kent, CT1 1RP. TEL: 01227 784 082

CONTENTS

- 4: 2021/22 Council Tax Approved
- 6: Trees Planted At Country Park
- 7: Sittingbourne's Kentish Soap Company
- 8: Seniors Helping Seniors
- 10: Update From Sittingbourne's Travel Counsellor
- 12: Will Writing
- 14: Are Eggs Good For Us?
- 16: Garden View – Hoeing
- 18: Recipe – Spanish Baked Eggs

©2021 Hof Media Publishing Ltd.
The publisher does not accept any responsibility for the content of advertisements or contributed editorial in this magazine.
No part of this publication may be reproduced without written permission from the publisher.

Produced & Published by Hof Media Publishing Ltd



[Find us on Facebook](#) @thesittingbournejour

With thanks to Rachel L and Steve Hughes.



- The LARGEST independently owned liquid waste management company in the UK
- Blocked drain clearance
 - CCTV drain & sewer surveys
 - Drain & sewer cleaning
 - Cesspool & septic tank services
 - Tankering including ADR (hazchem)
 - Pollution & flooding solutions
 - Waste disposal & recycling

01634 250326



**Flooring
Painting
Decorating**

01795 661393
07796 532789

cds3@gmx.com
www.completedecorativeservices.co.uk

hello@hofmedia.co.uk | 01227 723223 | @thesittingbournejour

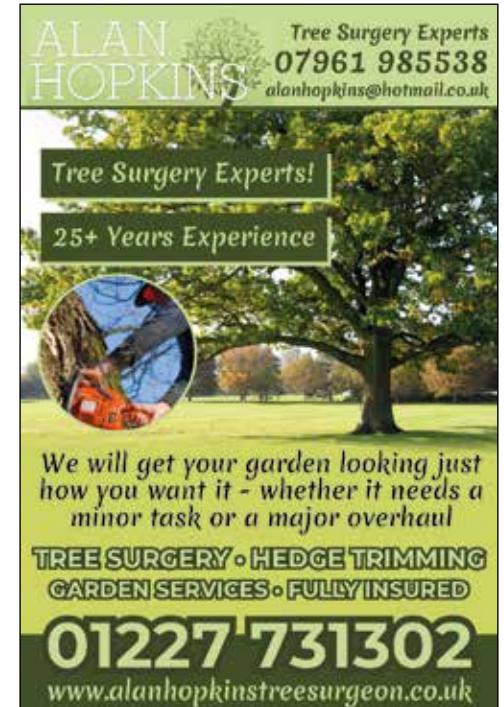


AFRO-CARIBBEAN & ASIAN FOOD
EVERY FRIDAY,
SITTINGBOURNE MARKET
DELICIOUS CURRY GOAT

iZettle/Visa Payments Accepted
Take Away Available – Order via WhatsApp
Mon-Thurs: 1pm – 9pm
Fri: 6pm – 9pm | Sat: 1pm – 8pm

FREE DELIVERY on orders over £15

07931 451509
07506 592964



BUDGET AND COUNCIL TAX APPROVED FOR 2021/22

Band D households in Swale will be asked to pay just £3.54 per week for Swale Borough Council services in the coming financial year.

The proposals for Swale's share of the council tax were agreed at a full council meeting on Wednesday 24th February.

The rise will see band D households pay £184.32 a year for Swale Borough Council services, a rise of £4.95.

Most properties in Swale are in bands A-C, which means they will pay less than this.

Cllr Roger Truelove, leader of the council, said:

"The budget for the coming financial year is under severe pressure.

"We've managed to resist these pressures with regular support from Government through COVID-19 related grants and with good internal financial management, but we still have a long road ahead as the local economy starts to recover.

"With the budget set for 2021-22, we can manage the challenges for the next year through the same combination of Government grants and sound control of expenditure we've demonstrated this year.

"We will only be asking for a council tax increase of 9p a week for band D properties, though I am aware that people's overall charge will be affected by a larger Kent County Council precept which accounts for almost three-quarters of the total council tax bill for residents.



"The budget for the coming year outlines how we will carefully manage internal spending as well as drawing on our reserves to ensure we are delivering our core services and making improvements to the borough.

"We'll be setting up the Rainbow Housing Company to provide more affordable housing, a project which is financially stable and allocating funds from our reserves to encourage growth and recovery in the borough.

"We'll make it our priority to stimulate the local economy, our visitor economy, our heritage, our environment and public realm and our local community groups."

Charges for Swale Borough Council services are only one element of the final council tax bill residents receive.

Householders' council tax bills also include charges for Kent County Council, Kent Police and Crime Commissioner, Kent & Medway Fire and Rescue Service, and parish or town councils where these exist. These are set by the respective organisations and are collected on their behalf by Swale.

The council tax bill for a band D household for 2021/22 will be made up of:

- £1,418.79 - Kent County Council
- £218.15 – Kent Police
- £184.32 – Swale Borough Council
- £80.82 – Kent & Medway Fire and Rescue Authority

Along with any town or parish council precepts in areas where these exist.

The full report from the full council meeting can be found here:

<https://services.swale.gov.uk/meetings>

For more information about council tax, visit www.swale.gov.uk/council-tax.

LIGHTEST MOBILITY SCOOTER IN THE WORLD

Ultra lightweight car loading

FAST FREE
DELIVERY
FROM STOCK

The ILLUSION
Full Suspension

LONG RANGE
ENDURANCE
BATTERY
AVAILABLE

• Purple • Blue
• Grey • Red

IS YOUR EXISTING SCOOTER TOO HEAVY?

PART EXCHANGE WELCOME

HUGE Stocks of Pre-owned
Mobility Scooters

LARGE Selection of car friendly
easy to load boot scooters

Charterwood Mobility

Unit 31 Newnham Court Shopping Village, Bearsted Road,
Maidstone, Kent ME14 5LH (Notcutts Garden Centre) - J7 M20

www.charterwood.co.uk

Lift & Recline Chairs

35 Models in our showroom to try

We take away your old furniture -
FREE OF CHARGE



OPEN 7 DAYS
Large Car Park

0800 137 759
or **01622 631511**



THE SITTINGBOURNE COURIER

Next Issue: 10th May

18,000 Copies in Sittingbourne, Iwade,
Bapchild and Teynham

Other titles in Sevenoaks, Maidstone,
Whitstable, Thanet & Deal

Advertising Enquiries:

01227 723 223

hello@hofmedia.co.uk

 **Hof Media
PUBLISHING**



600 TREES PLANTED AT MILTON COUNTRY PARK

Swale Borough Council has planted 600 trees in Milton Creek Country Park.

The trees have been wrapped in plastic-free tree guards provided by local business DS Smith to protect them from rabbits and other animals gnawing at their bark while they grow.

The tree guards are made from cardboard mixed with natural wax to repel water and will last approximately 2-3 years.

The local business provided funding to the Friends of Milton Creek Country Park community group to purchase 2,500 plastic-free guards with their environmental grant from the council.

Cllr Julian Saunders, cabinet member for environment at the council, said: "We've planted 600 trees in Milton Creek Country Park this winter. The mixture of hawthorn, blackthorn, oak, hazel, willow and silver birch trees will flower at different times of the year, providing important food for a variety of insects and mammals, especially bees.

"The tree saplings have been planted with soil improver and plastic-free guards to give them the best chance at taking root.

"Kemsley Paper Mill - the Sittingbourne branch of DS Smith - funded 2,500 cardboard tree guards, and we're really pleased to be able to plant the trees we need without contributing to the already high number of plastics in the environment.

"Planting these trees will help us off-set 20 per cent of council emissions, which is a key priority of our climate and ecological emergency action plan.



"We had hoped to plant 2,000 trees this winter to divide grasslands and make new habitat wildlife corridors. But our usual team of volunteers haven't been able to help due to government restrictions.

"Hopefully next winter we'll be able to welcome our volunteers back and continue to grow our parks and green spaces and improve air quality across the borough."

Ben Jennings, Mill Manager at DS Smith Kemsley Paper Mill, said: "Over the years, we've partnered on many projects at Milton Creek Country Park located next to Kemsley Paper Mill. Activities have included tree planting, litter picking, Park Run takeovers and tree coppicing all of which our Mill employees keenly participate in.

"In September 2020, we launched our 'Now and Next Sustainability Strategy' with Biodiversity a core element, the DS Smith Charitable Foundation has set an ambitious target of funding 100 biodiversity projects in the local community and I am delighted that we are able to both support and fund this biodiversity initiative.

"Using biodegradable tree guards not only removes the use of plastics but also helps with the protection of wild and domestic animals in the local area."



SWALE FAMILY FIRMS TEAM UP FOR 100% NATURAL KENTISH BEER SOAP

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

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

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

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

John Waddy, Co-Owner of The Kentish Soap Company, said: "Beer has been used in soap for many years, as hops are known to soothe irritated skin. Beer also contains vitamin B and other essential vitamins which further nourish the skin and creates a wonderfully creamy lather in soap.



As we have Britain's oldest brewer on our doorstep, we approached them about teaming up to create our own beer soap exclusively using Shepherd Neame ale, and were delighted when they agreed to get involved."

Shepherd Neame Head Brewer Mike Unsworth: "We are pleased to supply beer for this exciting new partnership with The Kentish Soap Company.

We are both independent, family-run Kent companies which take pride in handcrafting quality products using locally sourced ingredients, so coming together for this project made perfect sense. It went on sale in our brewery shop earlier this month and has already proved a big hit with customers."

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



SENIORS HELPING SENIORS - THANK YOU

Zoe & Paul, owners of Seniors Helping Seniors (Ashford & Swale), would like the opportunity to say a BIG public thank you to all our wonderful helpers and carers who have worked so tirelessly over the last year to keep our amazing clients safe, happy and well during this most difficult last 12 months.

We are very proud to say that Seniors Helping Seniors was awarded the S.A.F.E. Care Badge in 2020 for the extra efforts we put in to additional hygiene practices which has meant that all of our clients and carers have remained well. We would also like to thank our great clients who have endured all the restrictions put on them with humour and grace. We are pleased to say that all of our clients and team who wanted to be vaccinated have now received their first vaccine and are eagerly awaiting their second jabs in the coming weeks. We therefore say a huge thank you to the NHS teams who have carried this out so swiftly and efficiently.

Making life interesting

At Seniors Helping Seniors, we not only carry out routine tasks to support clients like cleaning, shopping, cooking, transport etc, but we strive to make each visit rewarding for both client and helper. Whether that's having a good gossip over a cuppa, or an in-depth chat on current affairs, restarting a long-lost hobby or interest, or solving that pesky crossword clue.

Over the last year, there have been many challenges to finding activities that can still work during a lockdown whilst abiding by Social Distancing measures. Our Carers have worked tirelessly to find ways to engage with people with Dementia for whom the change in routine and loss of contact with loved ones has been particularly difficult. We have all researched and learnt a lot about "pop" stars, artists, musicians and film stars of yesteryear, allowing us to engage with our clients and bring magic to their faces as they retell their stories.



Seniors Helping Seniors®
...A WAY TO GIVE AND TO RECEIVE®

Please mention us when responding to adverts

hello@hofmedia.co.uk | 01227 723223 | @thesittingbournecourier

THE SITTINGBOURNE COURIER 9



Thinking outside the box

We have become the "Conductor" of our own classical concerts (apologies go to the kind lady in the apartment below). We have all embraced technology and learnt together to Zoom call family and friends.

We have taken our daily exercise around the village green or, during poor weather, have taken part in a seated exercise routine to keep limbs supple and to work on our mobility, ready for when we can get out and about again. We have turned green-fingered and planted Spring bulbs and plants to spread a little cheer. The more adventurous have taken part in virtual Yoga classes and had a go at Lockdown Banana Bread!

Our helpers have spent their own time finding travel films for clients to watch on exciting places like Australia and hunting for the second verse of a favourite long-lost poem. Our Lockdown shopping lists have become more exciting than the usual loaf of bread and pack of grapes. Old loves of cooking and baking have re-emerged and we were delighted to discover one of our super 90+ year old clients baking fruit cakes to post to loved ones to lift their spirits. We do have to say an extra big thank you to the Carer who heaved them all to the post office!

Looking ahead

Like the rest of the Country, here at Seniors Helping Seniors, our clients and helpers are eagerly awaiting the lifting of Lockdown and the easing of restrictions. We already have plans drawn up by carers and clients for what they want to experience first. Whether that's a walk around the local park and a coffee on a bench, a visit to the local pub for lunch, a wander around Canterbury Cathedral, or a much-needed trip to the barbers! As we count down the days and look back over the long and tiring year we've all been through, we take comfort in seeing the smiling eyes of our teams over the top of their masks, knowing they have all gone that extra mile to bring joy and happiness to those whom they visit. Thank you all.

If you feel that you or a loved one could benefit from our help and support, then please give us a ring, we would love to hear from you.



A fun afternoon conducting Mozart's Clarinet Concerto!

 **Seniors Helping Seniors®**
...A WAY TO GIVE AND TO RECEIVE®

Seniors Helping Seniors®

Our "in-your-own-home" care matches seniors who want help, with seniors who want to help.

Are you looking for care for yourself or a loved one?

Call us for more information or to request help.

Swale 01795 515392

www.ashfordswale.seniorhelpingseniors.co.uk

TRAVEL UPDATE

With Sittingbourne Travel Counsellor Steve Gostling

As the vaccine roll continues at a great pace in the UK, around the world the picture is more fragmented. Currently it's looking like the safest bet for a 2021 holiday is to stay in the UK.

What will a staycation mean for you in 2021?

It's a chance to reunite with friends that we haven't seen for over a year, catching up on the things we've missed as we enjoy the activities that we love in the UK's finest settings.

It's an opportunity to make memories with our loved ones. After so much time spent apart, we're all eager to be together enjoying each other's company whether that's on a picturesque beach, in a lush green valley or in a private lodge or villa.

Rekindling our sense of adventure, more and more people have expressed their desire to reconnect with the great outdoors, getting out into the wilderness and feeling the regenerative power of nature.

Some long overdue alone time after months of home-schooling have left many parents in need of a short break to enjoy one another's company without distraction. Whether it's with a stay in one the UK's finest spas, a foodie break at a Michelin-starred country hotel, or simply retreating to a private little hideaway on the coast, I can create your romantic couple's getaway to give you that alone time that you deserve this year.

Types of UK holiday to consider, bookable through me.

Hotels, B&B's, Boutique properties

Cottages, Log Cabins, Beach Huts, Barn Conversions, Tree Houses, Safari Lodges

Holiday Parks, Caravans, Lodges, Cabins

Glamping, Campervans

Boating, Norfolk Broads, Canals, Scottish Lochs

Hiking/Walking, Biking, Fishing

Rail Tours, Coach Tours

Days Out, Short Breaks

Feel free to contact me anytime to have a chat about your UK staycation.



Relaxing at Shell Beach, Herm, Channel Islands



Hot Tub Heaven in Pembrokeshire and Hogwarts Express



travel counsellors 

Steve Gostling, Travel Counsellor

Your personal Travel Expert

01795 570 017

steve.gostling@travelcounsellors.com

www.stevegtc.com

With us...it's personal



Cleaner Ponds
Aquarium & Pond Supplies



**Keeping your pond
crystal clear**

Cleaning, clearance, servicing & maintenance • System upgrades
Filters • Ponds & water features
Liners • Full fibreglass service available
Free estimates, advice and consultations

07715 661491
01795 668734

www.cleanerponds.co.uk

CLP Landscaping
Complete Garden Design



Landscaping • Gardening
Fencing & Sheds • Brickwork
Patios & Paving • Decking
Ponds • Water Features

01795 668 734
07715 661 491

cleanerponds@yahoo.co.uk

WHY EVERYONE SHOULD HAVE A WILL

With East Kent Will Writer Paul Smith

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.

The advertisement features a central collage of four images: a stylized illustration of a person working at a desk with a laptop, a portrait of an elderly couple smiling, a photo of a young family (man, woman, and two children) laughing together, and a man from behind looking out over a city skyline.

LAY A LITTLE EGG FOR ME

Are eggs good for us?

Easter is all about rebirth which is the reason that eggs feature large. They are pretty amazing things, from the way they're constructed to the way they taste, and this is doubly true when they are constructed from chocolate! But joking aside, an egg is something that has all the ingredients to grow a chick, so it's nutrient dense. If there was such a thing as a perfect food, the egg would be a candidate. Eggs are readily available, easy to cook, affordable, versatile, and packed with protein. They also have the effect of helping our bodies absorb nutrients from other foods better, so eating an egg with a salad, for instance, increases the vitamin E we absorb from the meal.

Eggs have a controversial past because they contain cholesterol. The yolk contains around 185 milligrams of it, which is more than half of the 300mg which until recently was the recommended maximum. Cholesterol is a yellowish fat produced in our liver and intestines and found in every cell in our body. It's actually a crucial building block in cell membranes, and the body needs it to make vitamin D, testosterone, and oestrogen.

Humans produce all the cholesterol we need on our own, but it's also found in animal produce such as beef, prawns, eggs, cheese, and butter. It's transported around our body by lipoprotein molecules in the blood. Every person has a different combination of lipoproteins, which play a role in determining our risk of developing heart disease.

Low-density lipoprotein (LDL) cholesterol – is often referred to as 'bad' cholesterol. It's responsible for clogging up blood vessels and increasing the risk of cardiovascular disease. LDL cholesterol is found in some animal products, but the majority of LDL cholesterol in our diets is made artificially and found in foods like margarines, snacks, and some deep-fried and baked foods, such as pastries, doughnuts, and cakes.

Meanwhile, along with prawns, eggs are the only high cholesterol food which is correspondingly low in saturated fat. Studies have repeatedly found that saturated fat increases blood cholesterol, and that there is no link between egg consumption and cardiovascular disease.



Some cholesterol may actually be good for us. High-density lipoprotein (HDL) cholesterol (also known as 'good' cholesterol) travels to the liver, where it's broken down and removed from the body. HDL is thought to have a protective effect against cardiovascular disease by preventing cholesterol from building up in the blood. Cholesterol circulating in the blood contributes to heart disease but having a higher ratio of HDL cholesterol to LDL cholesterol reduces the risk. Healthy humans regulate their own cholesterol, so if they consume dietary cholesterol, they make less cholesterol themselves. But some people struggle to regulate, and they might be wise to limit their egg intake...as well as their intake of other foods high in LDL.

But it's not all about cholesterol. Eggs have some great health benefits. They contain choline, which may help protect us against Alzheimer's disease. Egg yolks are also one of the best sources of lutein, a pigment that has been linked to a lower risk of developing the eye disease macular degeneration. Lutein acts like a blue light filter, protecting the delicate retinal tissue.

So do indulge in an egg for Easter, maybe don't eat lots of them every day though...especially the chocolate ones!



FIRST CLASS
HEALTHCARE

NOW RECRUITING

HOME CARE ASSISTANTS

**FOR FAVERSHAM, GILLINGHAM, ROCHESTER,
WALDERSLADE, RAINHAM,
SITTINGBOURNE & CHATHAM AREAS**

EXCELLENT RATE OF PAY

**WE HAVE FULL TIME | PART TIME | EVENING
& WEEKEND SHIFTS**

WE OFFER:

- EXCELLENT TRAINING • MILEAGE & TRAVEL TIME PAID
- GUARANTEED WORKING HOURS • WEEKLY PAY

**YOU MUST HAVE A VALID DRIVING LICENCE AND YOUR OWN CAR
NO EXPERIENCE REQUIRED, WE WILL PROVIDE TRAINING**

**Apply today by calling 0800 193 1305
or Email CV to info@firstclasshealthcare.co.uk
www.firstclasshealthcare.co.uk**

GARDEN VIEW: HOE! HOE! HOE!

Following on from last month's list of essential garden tools for beginners I thought I'd explain about the humble hoe.

When I first started gardening, I didn't really understand how to use one. There are a couple of varieties of hoe and they are used in different ways, and they really are your friend at this time of year.

The hoe is actually one of the most ancient garden tools and came before the plough. It's mentioned in Egyptian art, the Code of Hammurabi and in the Bible.

The reason spring is a great time to put your hoe to good use is because right now is when the annual weeds (the ones that self-seed freely and pop up all over the place every year) have started to germinate.

The aim when hoeing, aim to sever the top growth from the roots, just below the soil surface, then leave it in the sun to dry out and die. Hoeing is best done when the soil is dry as this creates a 'dust mulch' which inhibits the germination of new weeds.



I prefer a hoe with a long handle because it's better for preventing back pain. I also have a short-handled hoe known as an 'onion hoe' for closely planted areas. A shorted handle gives more control, so you don't damage your prized plants.

It's important to note that hoeing only kills the annual weeds, not the deep-rooted perennial weeds, those need to be dug up by hand.

There is also a tool called a Dutch hoe. This is used by sweeping it smoothly over the soil so that the surface is just 'brushed'. If used correctly it slices the tops from the weeds. It's actually simple to use but you do need to practice your technique. Slice the tops of weeds by bringing the hoe towards you, altering the angle to accommodate slopes. When you turn over a Dutch hoe you can use it to make a shallow trench called a seed drill to sow larger seeds, like peas into. Larger seeds are better because they need to be covered well.

Your hoes need to be kept sharp and well maintained for maximum effectiveness. I use a metal file to both clean and sharpen, but you can buy sharpening stones reasonably cheaply and they are easy to use.



Purple Rhino

www.purple-rhino.co.uk
Instant ONLINE Quote

Call Us Now For
No Obligation Free Quote
0800 1577484

ME Postcode?

When you want your home's exterior surfaces to look as good as new, call us to arrange a free home visit. Increase the value and kerb appeal of your property the easy way...

Do you want your roof cleaned?

Moulds grow quickly into mosses and lichens, and these become heavy and hold rainwater, causing stress on your roof joints. Water ingress will rot the woodwork underneath the roof tile. Our SoftWashing service gives you lasting results, 4-6 times longer when compared to pressure washing. Safe, low pressure removes unwanted and unhealthy moulds and bacteria slowly eating your roof tiles.

Do you want your render cleaned?

Render cleaning without the necessary skills can cause serious and irreparable damage. Surfaces should be appropriately treated before any cleaning work begins, effectively killing off spores to prevent regrowth. Once cleaned properly, you are left with a surface which is bright, clean and fully restored – with no damage to the render.

Do you want your driveway cleaned?

When you want driveway cleaning services which make it look like new, pressure washing will give you good results. We use many different types of equipment for driveway cleaning services which we offer, we always start off with the lowest pressure method which is called SoftWashing, we have Doff Steam cleaning equipment which utilises high temperature steam, as well as hot and cold water jet washing machines for when needed.



Your complete satisfaction with our service is what we offer you, every time.

Trusting what you see on websites these days can be difficult. There are so many companies advertising who look credible, but are they?

Always check they have the following credentials, and ask for proof, genuine businesses will happily provide you with any information asked for.

- Public Liability Insurance (£10,000,000)
- Employers liability insurance (many employ illegally)
- Members of Trade Organisations, Checkatrade etc
- Evidence of Training – SoftWash Systems
- DBS Criminal Background Checked
- Registered at Companies House
- Business Bank Account in Company Name
- VAT Registration Number
- ISO9001 Accreditation
- Landline Telephone Numbers



Purple Rhino are happy to email you copies of everything over, just call 01233 550100 anytime.

Risk free exterior cleaning!



SPANISH BAKED EGGS



PREPARATION TIME: 15 MINUTES COOKING TIME: 25 MINUTES SERVES: 2

INGREDIENTS

2 tbsp olive oil
1 onion, finely sliced
120g Chorizo, sliced
1 yellow pepper, finely sliced
1 orange or red pepper, finely sliced
2 cloves garlic, crushed
½ tsp sweet smoked paprika
400g can chopped tomatoes
1 tbsp capers (optional)
2 large eggs (4 if you're really hungry!)
2 tbsp fresh chopped flat-leaf parsley
2 thick slices of bread

METHOD

Preheat the oven to 200°C, gas mark 6. Use a frying pan with an ovenproof handle. Heat the olive oil, then add the onion and chopped chorizo. Soften for 5 minutes. Add the peppers and cook for a further 2-3 minutes until they soften too. Stir in the crushed garlic and sweet smoked paprika, cook for another 1 minute. Pour in the tomatoes and add the capers, lower the heat and simmer for 10 minutes, until the tomatoes reduce and thicken a little.

Make two or four wells in the thick sauce and gently crack an egg into each.

Place the pan into the preheated oven for 10 minutes, or until the whites are set but the yolks are still runny. Towards the end of the cooking time, toast the bread. Remove the eggs from the oven, scatter with the parsley and serve with the toasted bread, drizzled with a little olive oil.



*Elliott Kitchens
& Bathrooms*

01795 522533

info@elliottinstall.co.uk

Find us on Facebook @ElliottBK

In-house Installation Team • Design Service • Supply Service



Kitchen displays from Crown, Ashley Anne, On Trend and PWS showing Samsung and Neff appliances. We have over 200 doors to choose from and worktops available in granite, quartz and laminate.

Bathrooms, en-suites and wet rooms available from Aqualisa, Mereway, Kaidewei, Vitra and Lakes showers.



We provide a full design, supply and installation service for your projects with our own in-house installation team – a rarity in this business – so you can have the assurance that each project will be carried out to the highest standards.



So many companies appear credible, but have they been approved and vetted?

33 High Street,
Sittingbourne, Kent.
ME10 4AW

www.elliottinstall.co.uk



care & support

'Everyone Matters'

360°

VIRTUAL TOUR
AVAILABLE



Court Regis Care Home

Middletune Avenue | Sittingbourne | ME10 2HT

Finding the right care home for a loved one can be a daunting task. At Avante Care & Support we give you peace of mind that during this challenging time you are choosing a safe, welcoming, and caring environment at Court Regis care home.

Due to government restrictions with care home visits to help stop the spread of Covid-19, we have created a virtual tour of Court Regis, where you can visit the home virtually and be shown around before making any decision. In addition to this, we have also introduced external visitor cabins allowing families to visit loved ones safely during the pandemic, as well as scheduled video calls. Furthermore, if your loved one moves into Court Regis, **we would like to offer you the first night stay free.**

Call us on freephone **0800 051 4061**
or visit **www.avantecare.org.uk**

We are COVID-19 compliant

Inspected and rated

Good



Care Quality
Commission