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ISSUE 4

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## SYMPTOM-FREE TESTING SITE AT BAT & BALL CENTRE

**Another five rapid-result coronavirus (COVID-19) testing sites for people who don't have symptoms have opened in Kent, in addition to 14 centres already in operation.**

The testing will find people who don't currently have symptoms, who may be unknowingly spreading the virus in the community and the sites are part of a rolling programme to help reduce the rates of transmission in Kent. In addition to sites already running across the county, people can now book for tests using the link [www.kent.gov.uk/symptomfreetest](http://www.kent.gov.uk/symptomfreetest) at the following venues:

- Swanscombe Centre Craylands Ln, DA10 0LP
- Bat and Ball Centre, Cramptons Road Sevenoaks TN14 5DN
- The Dray, The Hop Farm, Maidstone Rd, Paddock Wood, Beltring, Tonbridge TN12 6PY
- Hawkinge Community Centre CT18 7FP
- Sessions House, County Hall, Maidstone, Kent ME14 1XQ

All symptom free testing sites are open daily from 9am to 7pm. Children aged five-years-old and over can also be booked to take the test but will need assistance at the site from a parent/carer. It is recommended that people are tested frequently, every two weeks if possible.

People booking tests should be advised that if possible, they will need a QR code app reader or the NHS app already installed on their mobile phone. Assistance is available at the sites for registration if needed.

Sites already operating include Halfway, Sheerness; Ramsgate Port; Northfleet Youth Club, Gravesend; Swanley Youth Club; Dover Discovery Centre; Folkestone Library; Eurogate Business Park, Ashford; Kent Show Ground, Detling; Kemsley Community Centre; The Centre, Birchington; Sidney Cooper Gallery, Canterbury; Larkfield Library; Fairfield Leisure Centre, Dartford and Assembly Hall Theatre, Tunbridge Wells. The full list and addresses can be found at [www.kent.gov.uk/symptomfreetest](http://www.kent.gov.uk/symptomfreetest)

Now all 19 are open, there is capacity for over 17,000 tests across Kent per day.

Speaking regarding the rollout, KCC Leader Roger Gough said: "I previously outlined four crucial actions that will help us get out of tier four restrictions – following the guidelines; symptom-free testing; contact tracing and enforcement. Rapid testing, combined with additional resources in contact tracing, gives us the opportunity to make

significant strides in identifying and containing the virus across the county." He added: "The symptom-free testing sites are being set up using funding from central government to support local councils in tier 4 to help reduce rates of COVID-19 and we have also received support from the military. The opening of these sites has been a huge partnership effort between Kent County Council, central Government and the 12 district and borough councils. We are working together to do everything we can to help Kent out of this situation."

Lt Col James Cackett said: "We are extremely pleased that the recruitment of a civilian workforce to support the fight against COVID-19 has received significant interest and allows our military personnel to establish further symptom-free testing which, in turn, increases the council's ability to identify symptomless carriers and remove them from the contact chain."

Kent County Council Director of Public Health, Andrew Scott-Clark said: "Symptom-free testing sites will help people to come forward and book themselves regular tests so we can find those who may be unknowingly transmitting the virus either at home or at work. I would ask employers across the county to help with this by encouraging their staff to regularly attend for a test.

"Remember, up to 1 in 3 people may have COVID-19 without any symptoms at all and with this new strain that is more transmissible, we need to identify those people and encourage them to isolate so we break the chain of transmission. The message to everyone across Kent is to keep following the restrictions and stay at home if possible. It's important to self-isolate, not only after receiving a positive test result but also while you wait for the results."

To book a test and for more information go to [www.kent.gov.uk/symptomfreetest](http://www.kent.gov.uk/symptomfreetest). Residents attending this testing will undergo a lateral flow swab test and will receive their result within a couple of hours of attending the test by text or email. If they are positive, they will be told to self-isolate, follow the national guidance and they will be instructed to have a PCR test to confirm their positive result. If they are negative, they must still continue to observe social distancing guidelines, wear a mask in public and regularly wash hands.

These sites are in addition to the regional and local testing sites for people who have symptoms. If you have symptoms you should NOT attend one of our symptom-free testing sites but instead book a PCR test <https://www.gov.uk/get-coronavirus-test>

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## SEVENOAKS STUDENTS GET CREATIVE TO IMPROVE PUBLIC SPACES

Students from Knole Academy have made a series of short films as part of a competition to improve public spaces.

Four teams made up of Year 12 pupils each shot a film to help Sevenoaks District Council with its plans to improve the public realm - spaces that are free and open to all. The competition also supported the career development of the pupils who took part.

After a tight run race, the judges, including Cllr Roddy Hogarth and the actor and former Sevenoaks resident Douglas Reith (who recently starred in Downton Abbey) declared Gabby, Lucy and Lisa the winners.

Cllr Roddy Hogarth, the Council's Public Realm Champion, says: "Public spaces are the most important places outside the home that shape our lives. We felt it was really important that we heard the views of young people as part of our efforts to make the best use of these places."

"The quality of the films were outstanding and I want to say a big thank you to all the pupils who took part. Their input will help us make the very best of our public spaces."

Residents can view the winning film on the M12 Productions YouTube account.

The competition judges were:

- David Collins, Knole Academy's Head Teacher
- Sue Green, the owner and farm manager of The Montreal Estate
- Cllr Roddy Hogarth, Sevenoaks District Council's Public Realm Champion
- Douglas Reith, a former Sevenoaks town residents and successful film and TV actor
- Emma Stretton who works in further education
- Sian Wilson, Knole Academy's volunteer Enterprise Adviser



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## GOING THE EXTRA MILE WITH WEST KENT MIND

### Charity Race Places Available for Virgin London Marathon and Asics 10KM

New year, new challenge! Local mental health charity West Kent Mind are encouraging people to lace up their trainers, achieve a personal goal and raise vital funds by joining #TeamWKM in two iconic road races this year.

Anyone whose dream it is to run the world famous London Marathon should head to the West Kent Mind website to apply via a ballot process. The race takes place this year on 3rd October and West Kent Mind has one place available. Potential applicants for the place should complete the application form and the lucky runner will be announced early March.

If a marathon is a step too far, there are also 10 places available to run and raise money for West Kent Mind in the ASICS London 10km, which takes place on 4th July 2021. Take in London's most famous sights on this 10k run through the capital. Live bands and entertainment will be provided every kilometre of this flat and fast-paced route, to motivate all the way to the finish line. Anyone interested should again apply on the West Kent Mind website – Events & Challenges.

It is through the support and generosity of local fundraising heroes, like those who will take these race places, that West Kent Mind can continue to provide crucial services and support to people experiencing mental health problems in the local community.

Fundraising Manager Kate Barnes said 'By running for West Kent Mind in 2021, you will be creating real change for local people facing mental health problems, helping them to get well and stay well. Taking part in a challenge event is a wonderful way to help raise vital funds and awareness of our services. If you would like to do something amazing this year, please don't hesitate to get in touch, we are here to support you every step of the way.'

Visit <https://westkentmind.org.uk/donate/events-and-challenges>



- West Kent Mind is an independent charitable organisation affiliated to the national charity Mind. Our mission is to work with and on behalf of people with mental health problems, ensuring their fair and equal treatment, and to promote better mental health for all.
- West Kent Mind provides quality mental health services across West Kent, helping people to get well and stay well. To date, we have been working with around 8,000 people each year, through our vital therapeutic and community wellbeing groups, affordable counselling, supported housing, training and education programmes.
- The demand for services has increased during the coronavirus pandemic. Research carried out by the national Mind charity with 16,000 people, shows that more than half of adults (60%) and over two thirds of young people (68%) said their mental health got worse during lockdown. Many have developed new mental health problems as a result of the pandemic and, for some, existing mental health problems have got worse. Fundraising is therefore more important than ever before to continue supporting those who need help.
- Full details of all the services provided, community wellbeing, fundraising opportunities and training programme can be found online [www.westkentmind.org.uk](http://www.westkentmind.org.uk)
- Social Media Facebook, Twitter and Instagram @westkentmind
- Further information from Louise Griffiths, Marketing & Communications [louise.griffiths@westkentmind.org.uk](mailto:louise.griffiths@westkentmind.org.uk)

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\*Based on a lawn size up to 40m<sup>2</sup>

## PEAK HEART RATE DEMYSTIFIED

To make the most of your workout you need to pay attention to your heart rate.

A heart-rate monitor, which notifies you when you reach your maximum predicted heart rate, is useful. To calculate this number during your own workouts, simply subtract your age from 220; so, for a 40-year-old, that would be 180 BPM (beats per minute).

You do need to take your fitness level into account. If you've never worked out before and your fitness levels are low aim to achieve 50 to 70 percent of your maximum predicted heart rate. For highly trained athletes, the goal is to hit 90 percent.

So, a relatively unfit 40-year-old should aim for 90-126 BPM.

This doesn't apply if you are taking part in HIIT (High Intensity Interval Training) workouts, because for these you'll spike your heart rate to high levels during your working intervals for very short periods, then allow it to partially drop while you're resting between sets.



Continue to pay attention to your heart rate after your work out is finished. Watch how long it takes for your heart rate to return to baseline after completing aerobic exercise. It should drop by about 20 beats within the first minute of stopping exercise. As you become fitter though and exercise at peak heart rate for longer, it may take longer for your heart rate to return to normal.

If your goal is to improve your cardiovascular fitness aim to stay between 60 and 70 percent of your maximum predicted heart rate. To improve endurance, aim to hit 70 to 90 percent.

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## KENT FOSTERING – CARERS NEEDED

**Kent Fostering, the largest and most experienced fostering agency in Kent are urgently seeking new foster carers.**

The need for foster carers in Kent is higher than ever, particularly due to the additional challenges and pressures on families coping with the pandemic. The number of children in need of either short term or longer-term foster care has increased substantially and, although Kent Fostering received an increase in the number of enquiries from people wishing to foster in 2020, many more loving and caring families are needed to provide life changing care, support and safety to these children and young people.

If you are seeking a fulfilling and rewarding career change this year or are considering adding to your family, please consider fostering a Kent child or young person.

Kent Fostering are welcoming applications from those interested in becoming new foster carers and current foster carers interested in transferring to a different agency including single people, couples, LGBTQ and Black, Asian and Minority Ethnic people.

A wonderful and diverse mix of foster carers already exists and increasing representation across all communities will help to best meet the diverse needs of the many different children and young people in need of foster care.

It is helpful for applicants to have some experience of parenting or looking after children and young people. But also, a desire to help, be available, provide a place of safety and commit to caring and supporting them for as long as they need, are also important factors.

Prospective carers do not need any specific qualifications in order to become a foster carer as the relevant training is now provided virtually with an expanded range of online training including an extensive number of new online workshops to equip foster carers to provide first class care and support to the children being looked after.

24-hour support to foster carers is available through the Kent County Council out of hours service and fostering support teams, virtual meetings, supervisions, the use of SKYPE, Facetime and other platforms to enable children and young people to see their families, are all in place.

### Tenille & Rob Barry

Tennille Barry, Foster Carer for Kent Fostering said: "My husband Rob and I have wanted to foster for some time. When the time was finally right for us to make the commitment and we were in a position to be able to offer our full support and care to those children and families in need, the world seemed to have other ideas and as we started the application process a world pandemic decided to strike!

"Whilst we were all making changes and trying to adjust to the "new normal", some things have no choice but to go on and more than ever, children needed safe and nurturing foster care. Rob and I were allocated a fantastic social worker and from day one she was available for support and advice – no question was ever too silly or insignificant. Although it was not possible to meet with her face to face, we were supported in making use of the service's online resources and were encouraged to continue communication through phone and video conferencing."

"It was through operating in this way that we were able to continue our assessment interviews and were able to discuss personal and sensitive topics in a secure manner. Our training was completed virtually via Microsoft Teams, and we were able to meet other new foster carers virtually and all bonded over the same challenges of learning together but apart. The training was so helpful and honest; we were able to gain so much from it and both feel it has given us a great starting point within our roles. Although at times technology brought challenges, overall, we do not feel that we lost out on any of the group training experience."

"Our panel also took place virtually, and although we still had the usual excitement and anxiety leading up to the final decision, those present and especially our social worker were able to make the experience both positive and supportive. We were absolutely thrilled to be approved and it made our journey into fostering so far even more incredible."

Mark Vening, Head of Kent Fostering said:

"The Coronavirus pandemic has meant that we have had to adjust the way in which we live and work. As a service, we have found new ways to communicate and keep in touch with our foster carers and different ways of delivering training. It is a priority for us as a service to ensure that the level of support for our carers continues, despite the coronavirus and lockdown."

"It is imperative that we not only recruit more foster carers in response to the rising numbers of children and young people needing foster care, but we also recognise the outstanding work and efforts of our current foster carers and ensure that they are well supported, recognised and valued in their contributions to Kent Fostering."



**To find out more about Kent Fostering and how you could become a foster carer please call our enquiries team today on 03000420 002 or visit [www.kentfostering.co.uk](http://www.kentfostering.co.uk) for more information.**

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## KENT 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](http://www.kentishsoap.com) or from Shepherd Neame's brewery shop in Faversham.



*The Kentish Soap Co.*

From all-natural soaps to blissful body butters, soy candles to solid hand creams, bath salts to shampoo bars & more, all our products are lovingly handmade in Kent. The Kentish Soap Co - it's a family thing.

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**An interview with senior audiologist, Sandra Rodrigues, Hearbase at Sevenoaks Medical Centre, part of KIMS Hospital**

**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 over 7 years now and I enjoy my work, especially meeting and helping so many people in the local community, old and young, including children, from all walks of life. I am based at the new Hearbase clinic at the wonderful Sevenoaks Medical Centre, Beadle House, London Road, Sevenoaks, TN13 2JD.



**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. Also, if you find you can hear better when you look into people's faces that is also a red flag and you should get your hearing tested.



**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 at Sevenoaks Medical Centre?**

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. Having a hearing test should be done regularly like you do with your teeth and eyes. 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.



## POSTCODE NEIGHBOURHOOD TRUST SUPPORTS PALACE SCHEME

The Archbishop's Palace Conservation Trust is delighted to announce that it has been awarded a grant from the Postcode Neighbourhood Trust, a grant-giving charity funded entirely by players of People's Postcode Lottery.

The Archbishop's Palace Conservation Trust was formed in 2017 with the aims of working for the benefit of the public on the preservation, restoration, maintenance, repair and improvement of the Archbishop's Palace in Otford, Kent, and of advancing the education of the public in the history of the Archbishop's Palace, the Tudors, the role of the Archbishops and the history of the Darent Valley by the provision of exhibitions and other learning experiences.

The Archbishop's Palace Trust has been awarded £9,400 from the Postcode Neighbourhood Trust to enable us to complete the essential preparation for the building stabilisation works and to extend our outreach programme for schools in North-West Kent and South-East London providing resources and speakers to support and improve understanding of the heritage of the Darent Valley.

Andrew Goymer, Chair of the Trust, said: "These are difficult times for everyone. Heritage buildings, such as the Archbishop's Palace in Otford have a valuable contribution to make through promoting wellbeing and engagement with the historic environment."

Nick Fothergill, Trustee with responsibility for the Otford Heritage Collection said: "The educational outreach programme will provide resources and speakers to support and improve understanding of the heritage of the Darent Valley. These will be linked to the national curriculum."

You can find out more by visiting our website at <https://otfordpalace.org> and People's Postcode Lottery at: [www.postcodelottery.co.uk](http://www.postcodelottery.co.uk).



The extension of the outreach programme follows a report in 2018 which laid out the positive outcomes such schemes produce.

The report on Wellbeing and the Historic Environment, written by Sarah Reilly, Claire

Nolan and Linda Monckton was published by Historic England.

It concluded that "The benefits of working with the wellbeing agenda include focusing on diversity and inclusion by breaking down barriers to access; working with local authorities to raise aspiration in areas of high indices of multiple deprivation; promoting wellbeing and engagement with the historic environment through social prescribing; achieving local sustainability in new ways; building the relationship between people and place, while demonstrating the public value of the historic environment."

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## GARDEN VIEW: HEAVENLY HELLEBORES



I fell in love with Hellebores a few years ago after an early spring visit to the Botanical Gardens in Cambridge where there are some beautiful displays. They provide a spring garden with elegant colour, and I admit to being quite excited when they appear.

They are poisonous plants so are probably best avoided if you have young children. They have a somewhat magical history. A mythological physician named Melampus was said to have observed the cathartic effect of hellebore on goats who munched on the plants. Melampus allegedly then used the milk of the same goats to cure the daughters of the King of Argos of their madness. The plant was used for its purgative properties into the Middle Ages and beyond. Personally, I would recommend growing them only for their attractiveness!

The original species originated in the northern parts of Greece and Turkey, but they grow incredibly well in British gardens. Having said that, I was disappointed when my first hellebore plants didn't thrive initially. They seemed to succumb to disease quite easily. I subsequently learned this was black rot. Then I heard Alan Titchmarsh's advice to carefully cut the large fingered leaves from the plant at ground level in January, taking care not to damage the buds. This somewhat brutal treatment has worked a treat and my hellebores are now flourishing.

Hellebores like well-drained soil in sun or dappled shade. My clumps are happily increasing in size year-on-year. The stems shoot up to 25-30cm high between late January and February and the flowers appear at the top. Colours tend to be subtle: green-tinged white, yellow, oxblood red or

dull purple but they glow in the more subdued light at this time of year. They would certainly appear washed-out in the bright sun of late spring and summer. The flowers are rich in nectar so provide food for early bees.

There are many varieties of hellebore, with single or double flowers. Just note that not all of them are easy to grow. I have struggled to get the Christmas Rose *Helleborus niger* to survive, never mind flower, but I've had much more success with the Green hellebore, *Helleborus viridis*, the pretty pink Lenten rose *Helleborus x hybridus*, which self-seeds quite nicely, and also the *Helleborus x hybridus* Ashwood Garden hybrids, which come in a variety of colours but don't seem to self-seed as freely, at least in my garden.

Dig in plenty of mushroom compost before planting, and mulch after you've cut the leaves off. Dust with a blood, bone and fishmeal mix after flowering and mulch again with well-rotted leaf mould or compost. Dig up any small self-seeded plants and use them as gifts, or to increase your own colony. Happy gardening,

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The thing about the resolutions that we make in January is that they just don't stick, or rather we don't know how to stick to them. Behavioural science has come a long way in the last few years and now researchers can shed light on the mental toolkit that we all need to finally create a resolution for the new year that will last.

Here are four pieces of the habit-forming jigsaw that you can use today to set yourself a transformational goal that you will actually stick to. For the purposes of this article, we will imagine someone has set themselves the goal of 'cycling more' in 2021 but these four tips can be applied to any new habit or goal.

### 1) Ask yourself why

When you choose a new goal you must ask yourself why you are doing so and if you actually care about it. Do you want to lose weight because you really care about doing so, or because that's what everyone thinks is a good idea? If you took everyone else's opinion out of the equation, what would you really want to do? Whatever that is, that's a great place to start. In order to persevere, you have to care.

So when it comes to the person who wants to 'cycle more', they should figure out why they want to. Maybe it's because cycling gives me a sense of freedom, or reducing my carbon footprint gives me a sense of optimism.

Keeping these reasons in mind alongside the positive emotions associated with them provide what psychologists call 'intrinsic motivation' - that is, motivation that comes from within.

Once you know why you're doing something, it becomes easier because there's meaning and impetus behind every action. Some of you might want to put a written reminder of your intrinsic motivation in a visible place.

### 2) Ask yourself when

Let's look at that resolution again: 'cycle more'. What does that really mean? Does it mean 30 miles a week? Does it mean cycling an extra lap of the block before you stop? The more specific your resolution is, the more likely you'll do it.

Lots of people who buy bikes or electric bikes tend to have a specific journey in mind such as cycling between home and the train station. Follow their example. Specify when you'll apply your new habits. 'I will cycle to the shop every morning instead of going in the car' is easier for your brain to put into action than 'I will cycle more and use the car less'.

Calendars are the unsung hero in habit formation too. Mark in the days and times you'll do your new habit and you'll find that you will be far less likely to procrastinate.

### 3) Fun!

This is really important. Fun is not just for kids. Fun is what fires up the human brain. People ride their bikes and electric bikes throughout the year because it is so much fun. If trying to attain your goal leaves you feeling drained and irritable, don't expect to keep it up!

If you are a person with the 'cycle more' goal, you could ask around for recommended ride routes, pack your favourite snacks for the journey, and then head out! We have been conditioned to think, 'No Pain, No Gain' and while there is some truth in that, there is very little that can compete with pleasure. Use pleasure as your habit-forming weapon.

### 4) Design Away the Friction

'Friction' is what psychologists call all the things that make a behaviour hard to do. If you store your bike at the back of the garage behind layers of clutter, are you really going to ride it? No! The time it takes to get to your bike is 'friction'. Securely store your bike somewhere you can easily hop on and ride away.



What if your goal is too big? Goals which are too large eventually get tossed aside. Keep the new habits small and frictionless. Make them so small that you barely notice the effort you've expended doing them. It's like habit-forming by stealth - like when you put a tiny spoonful of vegetables into your kids' meals until they no longer kick up a fuss.

Can you piggyback your new cycling habit on top of an existing one? For example, if your existing habit is buying the newspaper every Sunday from your local shop, then make it your own personal policy that you only pick up the Sunday paper by bike. Do all the 'decision work' beforehand and you take away the friction.

Whether your goal for 2021 is to cycle more or not, keep these four tips handy so that when you've decided what you want to achieve this year, all the psychological help you need is right there.



Test-ride and purchase any e-bike on display in the showroom!

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# Why You Should *make a will*

## ✓ If you are a single person

You may want your estate to go to friends and charities as well as family.

## ✓ If you are living as a couple

But officially not married, you may be treated as a single person and surviving partner may get nothing at all.

## ✓ If you are married

Don't assume 'my other half' will get everything. Brothers, sisters or parents may have a claim. Often children have a right to part of your estate.

## ✓ If you are a parent

You should consider who would look after your children in the event of your death. This is particularly important in the case of 'one parent families' and unmarried parents living together.

A valid will nominating guardians is invaluable in such cases. If no one knows what you wanted, the court will decide on the future of your children.

## ✓ If you are retired

Possibly you made a will a long time ago. It probably needs updating to include additional grandchildren.

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Reg Bell of the local RSPB group tells us about some upcoming events.

The Sevenoaks RSPB Local group, like most organisations, has had to curtail its activities with the imposition of COVID-19 regulations. Following advice from RSPB HQ, our normal presentations and field trips have been curtailed for the foreseeable future.

However, to maintain interest in the local group, we are giving presentations using the Zoom internet facility. Our presentations for the early part of 2021 are:

Thursday February 4th - outstanding ornithologist John Buckingham will be sharing on South African Wildlife.

In March, Peter Holden will be letting us know about RSPBs Hidden Secrets.

On 1st April, when the dawn chorus will be building, Adrian Thomas is going to give us an evening of birdsong, which will give tips on identifying which birds are singing.

On May 6th we will be zooming to a Seabird Nirvana, when Mark Pearson will bring us the seasons on the Bempton Cliffs and Filey Bay.

For these presentations you must contact the organiser by email beforehand at [7oakrsrb@gmail.com](mailto:7oakrsrb@gmail.com).

To maintain up to date news on the group's activities, our Facebook group at <https://www.facebook.com/groups/RSPBSevenoaks> will inform you as well as enabling discussion on what is happening in the birding world.

We welcome new FB group members and if you have news or questions about birds you have seen, then we will try to answer them.

Other local group news can be found on our web site at: <https://ww2.rspb.org.uk/groups/sevenoaks>.



*Puffins at Bempton Cliffs*



*Velvet Scoter at Filey Bay*



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Although we may not be able to meet, we're happy to answer your questions over the phone at no cost and, of course, any initial consultation we may suggest is also complimentary.

Finally, please beware of scams! If you want to check us out, please visit the Financial Services Register at [www.fca.org.uk](http://www.fca.org.uk) – we're listed under reference 607130.

## Do you need financial advice?



*Perhaps you wish to purchase a new property, or are looking to save some money on your existing mortgage?*

*Are you seeking advice on your pensions or do you have some money that you would like to invest?*

I'm Daniel Karim, an Independent Financial Adviser with over 27 years' experience in banking and finance. I pride myself on being truly independent, meaning that I can access the whole of the market to help clients like you find the right solutions, at the right time, for your financial needs.

I love what I do for my clients - discussing their financial aspirations, helping them achieve their dreams of financial freedom and the quality of life they desire. My first experience of the benefits of financial planning was a personal one, as a result of my father's premature passing. Although he had undertaken basic steps towards providing for the family's future, these basic steps went a long way to ensuring that the family were protected from severe financial hardship. This experience enhanced my passion for financial services and this passion for what I do has lasted many years. My clients often remark that I always appear cheerful, with a big smile on my face!

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# YORKSHIRE PUDDING DAY - FEBRUARY 7TH 2021

Since 2018, the first Sunday in February has been designated Yorkshire Pudding Day.

'Dripping puddings' were made in Yorkshire as early as 1737. The recipe was published in a book called 'The Whole Duty of a Woman' which declared you should use a '...good batter as for pancakes, put in a hot toss pan over the fire, add a bit of butter to fry the bottom a little, then put the pan instead of a dripping pan and under a shoulder of mutton, shake it frequently and it will be light and savoury. When the mutton is done, turn it in a dish and serve hot.'

Ten years later the recipe appeared again in a book by Hannah Glasse, the Prue Leith of her day. The puddings took a while to evolve from flatter, spongier offerings of the time, to the light crispy specimens we know today. The Royal Society of Chemistry once declared that "A Yorkshire pudding isn't a Yorkshire pudding if it is less than four inches tall."

Yorkshire Puddings are a staple of the British Sunday lunch. Mostly they are served as part of the trimmings, but in some parts of Yorkshire they are eaten as a separate course prior to the



main meat dish. Originally this was for reasons of frugality; the puddings were served with dripping and gravy as a way of filling the diners with less expensive ingredients and thus making the more expensive meat go further.

However you eat yours,  
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## SIGNAL SNACK FAT TUESDAY WITH SARA D

### It's pancake day on Tuesday 16th February.

I grew up near Olney, in Buckinghamshire. It's a pretty little town with lots of lovely independent shops and a strange claim to fame; it is the home of the pancake race.

On Shrove Tuesday, in a 500-year-old tradition, many of the Olney women (and the odd bloke in a dress), don aprons and head coverings, and race through the streets to the church tossing a hot pancake in a frying pan!

It's an entertaining afternoon, but how did it all come about?

Legend has it that in 1455 a woman cooking pancakes heard the shriving bell summoning her to confession. In her Christian haste she ran to the church, wearing her apron and still clutching her frying pan, complete with hot pancake, and so the tradition was born.

The reason this 15th Century woman was cooking pancakes in the first place was due to a Christian dictate; that through the 40 days of Lent no person should eat milk, eggs, or butter.

This was a pre-fridge era, which meant that if a housewife had stocks of these foods they would go off before the fast ended on Easter Sunday, so she had to use them up. The solution was to make pancakes and they became a symbol of self-indulgence before the fast. Indeed Mardi Gras, as the ritual is called in France and the USA, literally translates as 'Fat Tuesday.'

Over the years I've tried my pancakes with fruit, maple syrup, and a variety of savoury fillings but I keep coming back to fresh lemon juice and a sprinkling of sugar...irresistible.

Here is my own recipe for perfect pancakes.



#### Ingredients

- 115g (4oz) plain flour
- Pinch salt
- 1 large egg
- 285ml (half a pint of milk)
- 115g (4oz) butter, melted
- Juice from 2 lemons, strained
- Caster or Demerara sugar to taste.

To make the batter: sift the flour and salt into a large mixing bowl and make a well in the centre. Beat in the egg and a little of the milk until smooth. Gradually beat in the remaining milk and add 4 tablespoons of the melted butter. Cover the bowl and leave to stand for one hour.

In a small non-stick frying pan heat some of the butter until sizzling, but taking care not to let it burn. Pour enough batter into the pan to coat the base evenly. Cook over a moderate heat until the

pancake is light golden-brown underneath and looks dry on top.

Flip over (try to do this with style!) and cook the other side until golden. Continue until all the batter is used. The recipe should make 10-12 pancakes.

You can keep the pancakes warm in the oven (Gas mark 1 / 140C) until they are all cooked, but in our house they're barely out the frying pan before they're scoffed.

Serve with the lemon juice and sugar...Enjoy!

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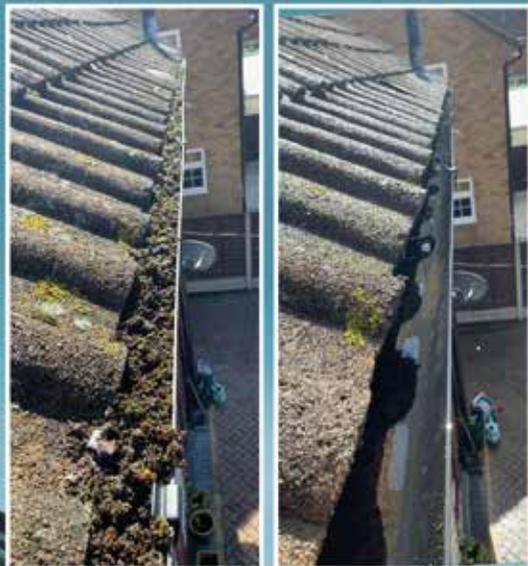
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