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ISSUE 8



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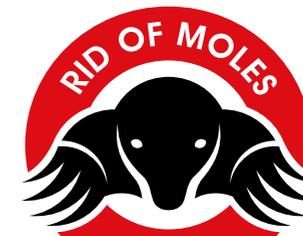
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Take up a Hobby with Sevenoaks Indoor Bowls Club

Sevenoaks District owns a wonderful Indoor Bowling Centre built and opened in 1990 for the benefit of local residents. You are a local resident, do you know where the building is situated? Probably not as it is at the far end of Hollybush Close, beyond the hockey club, certainly a bit out of the way. Nevertheless, it is well worth the effort of walking or driving down to the Club to find out all about indoor bowling, and there's ample parking too.

Sevenoaks Indoor Bowls Club has 8 rinks, a spacious lounge/bar area, darts, Sunday carveries, a varied social calendar. So, are you feeling interested? Why not call in one weekday morning, you will receive a warm welcome and a cup of coffee and have a look round. Four weeks free bowling is available before making a commitment to join. During that time you will receive coaching, get to know other new members and realize what a friendly place you have discovered. Equipment is provided, just wear comfortable clothing.

New members normally come to any or all of the three general sessions (lasting 2½ hours) on Monday, Wednesday or Thursday mornings when teams are made up, a triples game is played with a coffee break half way through, and plenty of friendly chit chat throughout.

As confidence and skill improves, there are opportunities to join internal leagues and play friendly matches against other Clubs. There are also Club Competitions including a popular Novice Singles for newer bowlers.

The Club has room hire available and several organisations use the facilities for their meetings, e.g. The Lions, SANTA, Slimming World, Monkey Music, Riverhead Bridge Club, amongst others. It's a busy place.



The Club is also a venue for parties, dances, weddings and wakes with menus for all occasions. Florence Fitzpatrick, of Perfect Cuisine, attends to our catering needs and her regular Sunday carveries and themed evenings are not to be missed.

Would you believe, it is also a 'romantic' place, several members have formed lasting friendships and one elderly couple even tied the knot in September and held their wedding reception at the Club.

Whilst bowls is a sport for all ages and abilities, it is particularly suitable for couples looking to do something together, people looking for more interest in their lives.

Indoor Bowls is a really simple and enjoyable game. It can be played to any degree of competitiveness or just simply for friendly gentle exercise. Other benefits include its sociability (it's a way to meet new people and make new friends) as well as the fact that it is a sport for all ages and abilities.

If you read this before 2nd October, there is an Open Day at Sevenoaks Indoor Bowls Club from 10 a.m. to 4 p.m. on that day. If you can't make the 2nd October, just call in any weekday morning and 'have a go'.

www.sevenoaks-indoor.bowls-club.co.uk

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Sevenoaks RSPB Local Group Update

The Sevenoaks RSPB local group has taken the decision that due to the covid uncertainties at indoor venues, we will not begin indoor meetings until 2022.

However, Zoom presentations will continue, with the calendar being:-
November 4th, "St Kilda, Sailing to the Edge of the World" by Sarah Frost. St Kilda being home to the continents biggest collection of sea birds.

December 2nd, sees us getting down to earth when Simon Ginnaw will take us "Exploring Britains Mammals".

The presentations begin at 7:15 pm. To register, contact us at 7oakrsrb@gmail.com. There is no charge for these presentations, but donations are appreciated. Advice on how to donate will be sent as part of your registration acknowledgement.

Our Field Trips resumed in September, all led by Anne McGregor (Tel 01732 454304), with whom you must register beforehand. All field trips begin at 10:30 am.

The dates and venues for upcoming trips are :-

Sunday October 10th, Shellness and Harty on the Isle of Sheppey.

Wednesday October 20th, Oare Marsh KWT reserve.



Rainham Marshes RSPB Reserve

Sunday November 21st, Conyer Creek.

Wednesday December 8th, Rainham RSPB reserve.

Further details of all these events will be on our website at www.rspb.org/groups/sevenoaks or our Facebook page www.facebook.com/groups/rspbsevenoaks

Reg Oakley, Sevenoaks RSPB



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Mental Health First Aid Training & Short Workshops

Making mental health matter with West Kent Mind. West Kent Mind is a local mental health charity, with a mission to enrich lives through better mental health by offering support to **Get Well, Stay Well, Thrive.**

Ensuring the positive mental health and wellbeing of ourselves and those around us at home and work is more important than ever. The experienced West Kent Mind training team offer a range of accredited and CPD certified Mental Health First Aid training courses and workshops for individuals and groups, as well as bespoke workplace training options for businesses. All are designed to teach practical skills and increase knowledge, awareness and understanding of mental health at home, in our communities and in the workplace.

The courses and workshops will give you the understanding and tools you need to look after your own mental health, as well as the practical skills to confidently support others with empathy and compassion. According to the ONS, 1 in 5 adults reported experiences of depression in early 2021, compared to 1 in 10 before the pandemic. Left untreated, mental health problems become more difficult to treat. So now is the time to equip yourself with the skills to notice when someone is becoming unwell, the confidence to support them, and the knowledge to guide them to other sources of support.



Ceri Hodgkiss - Training Manager

Short workshops are just £40 pp and for the autumn/winter dates, the fully accredited Mental Health First Aid course is offered at the special rate of £150 pp (saving £150 on the RRP £300) to those who live or work in West Kent. The next course starts on Tuesday 12th October, with other dates available in January & March 2022.

For full information on the course content and to book www.westkentmind.org.uk/training or email training@westkentmind.org.uk

The Training Team work with local businesses across West Kent to help embed a positive mental health culture in organisations. Amelia Wilson, Training Lead at South East Water said,

“Offering in-depth training in a confidential, safe environment, WKM have successfully helped us embed wellbeing in our organisation and continually support us in developing an open, understanding culture about mental health.”

Email training@westkentmind.org.uk to discuss bespoke workplace wellbeing and support.

Course Dates

OCTOBER

Tuesday 12 October, 9am-1pm Become Mental Health Aware

SPECIAL OFFER:

£75 per person (MHFA England RRP £125)

JANUARY

Starts Tuesday 11 January Adult Mental Health First Aid

SPECIAL OFFER:

£150 per person (MHFA England RRP £300)

Thursday 25 January, 10-11.30am Understanding Stress & Anxiety, £40 per person

FEBRUARY

Wednesday 2 February, 12-1.30pm Understanding Depression, £40 per person

MARCH

Starts Tuesday 15 March Adult Mental Health First Aid

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Travel Update with Kent Travel Counsellor Steve Gostling

With the corona-coaster still playing havoc with overseas travel plans, I would recommend continuing to look at the UK this year and plan a bigger and better holiday for next year.

So, in times of trouble, who do you turn to?

Mickey Mouse and his pals of course!

One of the most popular destinations from the UK, I am taking Disneyland Paris bookings up to August 2022, and I am taking advance registrations up to Christmas 2023!

It is very easily accessible from the UK via Eurostar with direct services to the park.

Across the pond, Walt Disney World Resort in Florida will be celebrating their 50th Anniversary in style in 2022, and I am currently taking bookings up to December 2022.

To celebrate, generous Mickey is currently offering some great WDW Florida 50th Anniversary benefits if you stay at selected Disney Hotels.

There is so much to see and do in Orlando, you really have to plan your Florida holiday with military precision to get the most of your time there and to avoid theme park burn-out; balance the intense fun-packed theme park days with some chill out time at the water parks, or maybe an airboat ride on the Everglades to see the stunning wildlife including the 'gators!

Closer to home and very do-able this year, Disney Cruises have introduced their very own UK Stacations. The Disney Magic is cruising from Tilbury, Southampton and Newcastle this Summer and is proving extremely popular. The price includes all food and entertainment, fireworks at sea, character experiences, plus adult only areas such as pool, spa, nightclubs, and much more!



How to make the most of your annual leave in 2022

If you're of a mind to plan ahead for your travels, now is the perfect time to schedule your holidays strategically to allow you to make the most out of your annual leave. By booking holidays around these key dates you'll be able to get the most out of your annual leave in 2022, allowing you to spend more time exploring the world.

April 15th – 24th. Take 4 days leave for a 10-day holiday

Leave the uncertainty of the April UK weather behind with a trip to the Maldives where April temperatures average between 27-31 degrees meaning you can spend your days soaking up the sun out on the soft white sand, and your evenings sat out on the deck of your private overwater villa under the blanket of stars in the pitch-black night sky. Alternatively, head west across the Atlantic to Mexico where temperatures sit around a similarly tropical 30 degrees and the idea of home seems a million miles away. Expect warm and gracious hospitality, fresh punchy cuisine and exotic wildlife.

Aug 27th – Sep 5th. Take 4 days leave for a 9-day holiday

Over August Bank holiday weekend take the short flight down to southern Portugal to the delightful Algarve. The Algarve has a depth of attractions that few regions can compete with, from the pleasant climate and golden beaches to the championship golf courses and delightful dining scene which utilizes the bountiful produce of the neighbouring Atlantic ocean and features no fewer than eight Michelin star restaurants.

December 24th – 2nd Jan. Take 3 days leave for a 10-day holiday

Following the joy of Christmas, take advantage of the bank holidays that succeed it by jetting off for some extended time in the sun. If beachside relaxation is what you need following a busy festive period, then the island of Barbados beckons. Sink your toes into the warm sand of the Platinum coast as the Caribbean Sea creates a soothing melody and the sun sets on another day in paradise.

To discuss your travel plans and get the latest travel advice, please do not hesitate to contact me on **01795 570017**.

www.travelcounsellors.co.uk/steve.gostling



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Council Phone Lines Open for Longer

As of Monday 13 September, residents can now speak with Sevenoaks District Council by telephone from 7am to 7pm, Monday to Friday during a trial to make it easier to access services.

The Council's contact centre is now open for longer to answer most queries or take payments over the phone.

Leader of Sevenoaks District Council, Cllr Peter Fleming, says: "Working patterns have changed dramatically over the last two years so we want to make sure our customers can get hold of us at a time that is most convenient to them. We also know that not all our residents are able to access the range of services we have available online. We want to make sure these people have greater opportunity to contact us."

"By extending the opening times of our contact centre, we can answer the majority of our customer's questions and take most payments.



"We are doing this on a trial basis to begin with to see how popular the service is with residents and businesses."

To speak to with the Council, call **01732 227000**.

Alternatively, residents can access Council services 24/7 online at www.sevenoaks.gov.uk

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Rhubarb is a reasonably easy trouble-free plant to grow. It is also a handsome plant, with large leaves and striking red stems, and who doesn't love a rhubarb crumble?

The trick is to choose the right spot. Ideally it needs to be planted in full sun but if your garden is very sheltered it will tolerate partial shade. Don't plant it anywhere where it might be in the way, disturbed, or need to be moved from. Rhubarb has an extensive root system and prefers to stay put, for at least a decade, so give careful thought to the spot.

Rhubarb dislikes wet soil, so make sure it's well-drained. Dig in plenty of organic matter a month or so before planting. It's generally easier and more productive to grow rhubarb from crowns (divided plants) rather than seed, and from now until Christmas is the perfect time to plant.

Dig a hole a little wider than the rhubarb crown in your prepared ground. Plant so that the growing tip is about an inch /2.5 cm below the surface. Firm the soil well around the roots to removed air pockets. Water well and mulch with organic matter, avoiding the growing tip.

During the growing season keep the area around the plant free of weeds and give an occasional good soaking in prolonged dry periods.

Remove any flower heads that appear in the spring. Flowering will weaken the stems. If the crown rots, your soil was too wet, but following all the advice I've given earlier should prevent this happening! Harvest time is May until July, but rhubarb is a long-term investment so don't harvest it during the first year. It needs that full first year of growth to establish a strong root system. Second year leave at least five strong stems when you harvest. After that you can leave three or four stems each time. You should get 2-3 crops per season.

Remove only the largest stems when picking and wait till the leaves have fully opened. Pull gently from the base with a slight twist. The leaves are poisonous but can be safely composted.

Once your rhubarb is established you might want to try a forced crop for sweeter more tender stems. Rhubarb is forced by growing it in the absence of light in a microclimate slightly warmer than the outside temperature. You can start forcing in January for best results. Remove dead leaves and weeds from around the crown and add a layer of straw or shredded paper to warm the emerging shoots and to protect them from frost. Then cover the crown with an upturned dustbin or large crock pot to cut out all the light. The rhubarb should be ready for harvesting 8 weeks later. Happy gardening.



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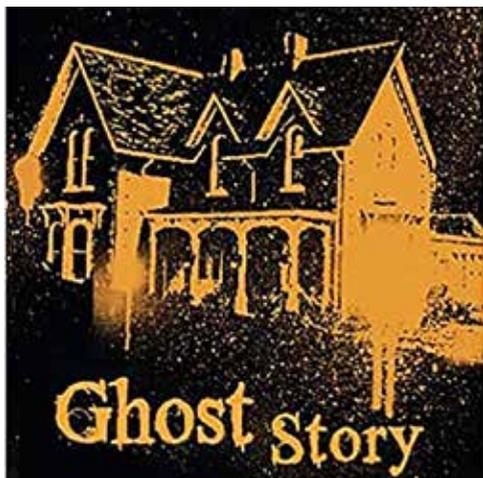
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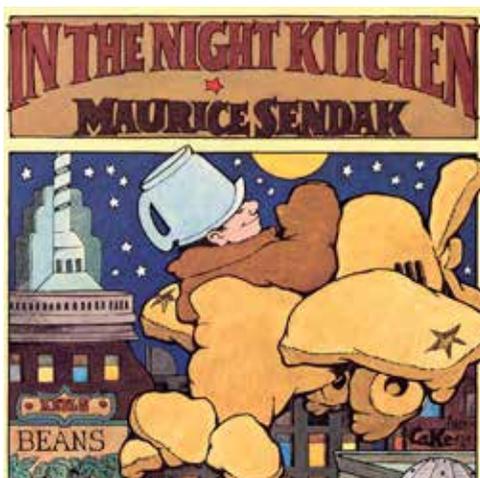
Ghost Story by Peter Straub

Although Straub had written a couple of novels before this, this was the book that made his name. It was written in the late seventies, and is an epic creeping horror that has influenced many other writers, including Stephen King.

It is set in a small fictional town, where the elderly members of The Chowder Society meet regularly to tell each other spooky stories over a few drinks. The book opens with a seemingly unconnected tale and then the death of one of the group members. Each of the remaining members begins to experience similar, nightmarish, dreams. Contacting the nephew of their dead friend, they find he also has something to contribute to their shared nocturnal visions, forcing them to explore people and events from their collective past—a past they'd much rather forget.

The novel, although good in its own right, is also a tribute to ghost stories in general. Straub obviously set out to pay his respects to the genre and there are nods to Nathaniel Hawthorne and M.R. James among others. There's a main overarching plot that incorporates a few shorter stories. Straub was clearly having fun, and he includes most of the ingredients for a classic scary story. It's not fast paced but the tension builds nicely, and a real sense of menace develops as Straub draws all the threads together for the climax.

It's a must for fans of all things scary. The storytelling is superb and it's definitely good read for Halloween.



In the Night Kitchen by Maurice Sendak

Another book from the Seventies, In the Night Kitchen is not as well-known as Sendak's other dreamscape, Where the Wild Things Are, but is every bit as magical, with beautiful illustrations.

The story is a fragmented, comic book romp through a child's dream. A stream-of-consciousness, random, quirky, child's-eye-view of the world, set in a sort of kitchen-cum-cityscape built from giant boxes of baking ingredients. Written in a poetic meter that stretches and contracts with the ebb and flow of the action, it's almost as much fun for an adult to read as for a child to listen.

My kids (aged 5 and 3) love it, but I will issue a nudity warning to those parents who may not appreciate some of the illustrations. The little boy Mickey is naked for most of the book, which my three-year-old finds utterly hilarious for some reason. My husband had no problem with the nudity, but he wasn't fond of the Oliver Hardy look-alike bakers, proving that even Sendak can't please everyone.

Giant milk bottles, planes made from bread: for me, Sendak is a master storyteller who doesn't talk down to his audience. It's highly stylised and like Where the Wild Things Are it feels slightly of its time, but that doesn't matter; the kids feel a mixture of intrigue, excitement, trepidation, and wonder - it's perfect storytelling.

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Where reputation matters

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.



Further Afield: Shoreline Galleries

Sarah Gibbon and Vivienne Rose are the trading partnership called Shoreline. After both moving to Margate, following successful careers at Goldsmiths, University of London for over 30 years each, they decided to follow their dreams and set up a creative business together.

They wanted to work with and for local artists, makers and creatives in their new community in Thanet and across Kent. After the creation of a business model that they felt was fair to the artists and would deliver a unique shopping experience they set about looking for premises. Having already established a well-received makers' market (Margate Made) in the previous year, and once the word was out that they were looking, they were approached to lead The Eclectic Art Gallery in Margate's historic Old Town.

Established in 2016 by an artists' collective, The Eclectic Art Gallery has contributed to the development of Margate as a must-see venue for locals, visitors and tourists interested in art and creativity. From 1st September 2019, Sarah and Vivienne have helped the resident group of artists to expand the range of art on sale, and to run commercially successful exhibitions and other activities. The gallery's mission is to affordably showcase the talents of Kent-based artists, with regularly changing displays to appeal to everyone. In an intimate space on the ground floor of in the picturesque Crown Chambers building round the corner from the Turner Contemporary Gallery, Eclectic's group exhibit and sell their contemporary original oil, acrylic and watercolour paintings, ceramics, mixed media, jewellery, digital and traditional photography, and textiles, and they also sell prints and cards. The gallery regularly participates in events with other independent creative businesses in the area, has enjoyed a successful post-Covid Summer, and will be one of Margate's venues on this year's East Kent Open Houses Trail in October 2021. The gallery is open Wednesdays to Sundays, 11am to 5pm and is a short stroll from the rail station, along the sea front, with car-parking and bus routes nearby.

Still looking for that extra space to offer more local makers and artisans as well as fine artists the opportunity of a supportive and reasonably priced way to exhibit and sell their work, they continued looking across Thanet and viewed a number of commercial properties until finally settling on Westgate-on-Sea. They fell in love with 29 Station Road as soon as they saw the front window, the



canopied row of independent shops, and the bright and airy interior which offered the potential for the type of venture they had in mind. There was no precedent in Westgate for this type of independent retail gallery and they felt that this could be an untapped opportunity, on one of Thanet's most thriving high streets. Westgate Galleria opened in November 2019 after receiving an exciting and enthusiastic response from lots of local artists, makers and creatives who wanted to be part of this new venture.

Nearly two years on, and having weathered the special challenges of 2020/21, the Galleria is a popular gallery and gift shop that stocks a wide range of unique and beautifully made original art and artisan-made accessories, products for the home, the collector and for gifting, alongside greetings cards and prints. All work is designed and handmade by independent artists and small creative business owners, offering Shoreline's customers the unique shopping experience that Sarah and Vivienne are proud to invite our readers along to enjoy. Parking nearby is free and Westgate's rail station and bus stops are just a few minutes' walk away.

Both their galleries host guest exhibitions which change every month. These attract both established artists and also those who are new to exhibiting.

It is a strength of the business that Sarah and Vivienne take the time and effort to support those who are new to exhibiting and selling, working collaboratively with them to take the stress and worry out of learning how to put on a show early in their artistic careers.

Both gallery spaces are flourishing and are attracting new artists and makers to join their groups every day. Many of Shoreline's artists, makers and creatives were very productive over the lockdowns and there are always interesting new products on display and for sale.

Sarah and Vivienne are currently planning for the time they can return to running the Margate Made Makers' Market events, re-opening bookings for the workshop, course and meeting spaces they have created at Westgate Galleria; and also run some further larger scale exhibitions across Thanet that will showcase the work of the artists, makers and creatives they work with.

Talking to Sarah and Vivienne they expressed the huge satisfaction it gives them to be able to proactively support and encourage the



creative population of this wonderful part of the country. They are currently working with over 70 artists, makers and creatives from Kent, and would welcome anyone who is interested in joining Shoreline's galleries to contact them for information on their space rental packages.

More details can be found on their website: www.shorelinepartners.co.uk or you can email them on shorelinepartners1@gmail.com

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Contact us for information on our retail and exhibition opportunities - www.shorelinepartners.co.uk

5 Ways to Prevent Winter Weight Gain

Weight is not the be all and end all of wellbeing, and it's certainly an imperfect way of gauging a person's overall health.

However weight is an easy thing for people to measure and keep track of at home and if, like 64% of adults in the UK, your weight falls in the 'overweight' category, there can be long term benefits from even a weight loss of 1 - 2%. With winter here, not only can we expect colder weather, but also an average weight gain in adults of 1 - 2 pounds. How can we avoid this?



1) Cinderella Workouts

While formal exercise routines are great, everyday activities also count as healthy physical activity. Health professionals measure physical activity in a unit called a MET - 'metabolic equivalent of task'. Sitting down is equal to 1 MET. Activities of 3 METs and above count as exercise, and you want to spend 150 minutes a week doing those activities. Walking is around 3 METs, the same as yoga or tai chi. Sweep the floors to get 4 METs, and do some dancing for 8 METs. So, Cinderella cleaning the house before going dancing until midnight would have easily achieved her daily physical activity needs.

2) Is your mouth just lonely?

There's a fantastic word in Japanese, kuchisabishii, which roughly translates to 'lonely mouth'. It's often used to talk about times when you eat, not because you're hungry, but simply for something to do. Ask yourself, "Are you eating because you're hungry, or is your mouth just lonely?" The message is: Tune into your body's hunger signals. Take a moment to feel the sensations in your stomach. Eat when it rumbles, and stop when it's full. When you get a craving, ask whether you are simply bored, or maybe just thirsty. Are you clearing your plate because you're hungry, or out of habit? Read about 'intuitive eating', if you're interested in learning more.

3) Boring drinks first

Winter is a busy time for Christmas get-togethers which means either creamy coffees or alcoholic drinks, all of which come with the gift of extra calories. One tactic is to alternate drinks so that you take in fewer of the high calorie liquids over the course of the gathering. However make sure that the first drink is your low calorie option, perhaps a low sugar soft drink or juice. If your first drink is the creamy or alcoholic one, it is much harder to then go back to soft drinks.

4) Make your own sunshine

Researchers are learning more and more about the influence of sleep on overall health, and one recent development has been finding the connection between poor sleep, stress hormones and body fat. Poor sleep can lead to higher cortisol levels, which in turn can cause fat to be deposited deep in the abdomen. Unfortunately, the dark winter days can disrupt your normal sleep because lack of sunlight can make it harder for your body to switch internally from night mode to day mode. The internal body clock goes out of sync, making sleep difficult. To correct this, spend 30 minutes outdoors in the sunlight before noon if possible, or, if your doctor recommends one, purchase a full spectrum, daylight lamp to make your own sunshine.

5) Go Dutch

Decades' worth of statistics show that countries with higher rates of cycling or walking have the lowest rates of obesity. Active travel makes it extremely easy to get your 3 METs and above. Even leisurely cycling can deliver 6 METs which counts as 'vigorous' exercise. Cycling in particular has been linked to better outcomes for some of the health factors listed above: better sleep, better appetite control, and exposure to sunlight. Right now sales of electric bikes in the Netherlands and Germany are higher than for traditional bikes as people discover that they can ride further, carry more, and ride steeper hills with adjustable, electric power-assistance, yet still burn calories. The Energise E-bikes showroom in Tunbridge Wells allows test-rides of any electric bike it has on display.

It's important to emphasise again that weight is only one factor among hundreds that contribute to your wellbeing. What matters most are daily habits such as riding a bike or electric bike in place of driving. When undertaking any major lifestyle changes, please discuss this with your medical professionals first.

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✓ 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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Chairman Flies the Flag for Emergency Services Day

On 9 September at 9am, Sevenoaks District Council Chairman, Cllr Diana Esler, raised a flag in honour of all the frontline emergency service workers in the UK.

Emergency Services Day, or 999 Day, is not only a chance to support the heroic men and women of the NHS and emergency services but also promotes using the services responsibly, educates the public about basic lifesaving skills, and promotes the many career and volunteering opportunities available.

Cllr Esler says: "Our blue light services and emergency volunteers help protect and keep us safe on a daily basis, often putting themselves in harm's way to help others.

Today is a chance for us to say thank you.

Throughout the pandemic we have relied heavily on our emergency services so it is an honour to celebrate the tremendous work they have done for the nation."



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West Kent Mind Spectacular Fundraising Online Auction

West Kent Mind is a local mental health charity, with a mission to enrich lives through better mental health by offering support to Get Well, Stay Well, Thrive.

Having been unable to run the usual programme of fundraising events, the charity decided to run an online auction to raise vital funds to continue providing responsive and engaging support to people experiencing mental ill health in the community.

Mental health support required in the community has increased by around 30% due to the effects of the pandemic, and resources are scarcer than before. Demand for services will continue to increase in the weeks, months, and years ahead and as an independent charity, West Kent Mind rely on the support of the local community to help to provide these vital services.



The support from local businesses and individuals who have donated prizes so far has been amazing and there is a whole host of exciting prizes on offer to bid on from family photoshoots, bespoke podcast production and recording studio time; to artwork, jewellery, fitness memberships, electric bike hire, memorabilia and much more!

The auction goes live on **Friday 15th October** and closes on **Sunday 24th October**.

There are three simple ways to support:

- Donate a fabulous prize! Prizes can be donated right up until the auction goes live on Friday 15th October, please contact kate.barnes@westkentmind.org.uk if you can help.
- Visit the special online auction site www.givergy.uk/westkentmind when the auction goes live and bid!
- Make a donation – you can make a donation of any amount to West Kent Mind on the auction site, and anything you can give really will make a difference.

Kate Barnes, Fundraising Manager said, *"It is only through the support and generosity of people in our community that we are able to continue to provide quality mental health services across West Kent, helping people to get well and stay well. So we invite you all to take part in our online auction, not only will you have the opportunity to get a fabulous prize or experience for yourself, but any money raised will directly help those who need support in West Kent. Put Friday 15th October in your diary now, and follow us on social media @westkentmind for updates of new items added and a countdown to going live!"*



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Remembrance Day: Thursday 11th November 2021

Why do we wear a poppy?

Scarlet poppies grow wild all over Western Europe wherever the soil has been disturbed. The battles of the First World War churned up such vast areas of earth that millions of poppies germinated and bloomed, often around the bodies of the fallen soldiers. A Canadian surgeon called John McRae wrote the poem In Flanders Fields in which the poppies symbolise the deaths of those who fought. It is a haunting memorial to those soldiers who have died in any war.

Why do we have a two-minute silence?

It was on the eleventh hour of the eleventh day of the eleventh month that the guns of World War I fell silent. Four years of fighting and devastation finally ended. The following year ceremonies of remembrance took place on what was known as Armistice Day.

An Australian journalist, Edward George Honey first proposed a respectful silence to remember the dead. He wrote a letter to the London Evening News which was brought to the attention of King George V.



Sevenoaks War Memorial, Dartford Road

The king then issued a proclamation which called for a two-minute silence.

These days Armistice Day is known as Remembrance Sunday and is a chance to honour the fallen soldiers of all conflicts.



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Keep Pets Safe on Bonfire Night

My Jack Russell terrier Pippa takes Bonfire Night in her stride. but Tess, my mixed breed rescue, transforms into a quivering wreck, who snaps, snarls and once drew actual blood when I tried to fish her out of the tumble drier where she had retreated among the yet-to-be sorted bed sheets.



Studies suggest that almost half of dogs show signs of fear when they hear fireworks. Tess is at the extreme end of the scale and action was clearly required.

There are a few simple things we can do to help a pet deal with fireworks. Some basic preparation will make Bonfire night a less stressful experience for everyone. For dogs, walk them earlier in the day to avoid times when fireworks are likely to be set off. Close windows and curtains at night so loud bangs are muffled, and play music or put the TV on to further mask firework sounds

Make a doggy den. This is a quiet space where a dog can feel in control. My dogs are crate-trained but the crate wasn't cutting it for Tess who wanted a proper bolthole, so the following firework season I cleared out a space among the shoes in the little cupboard under the stairs and added blankets and chew toys. She dived in headfirst, and we didn't see her till the following morning, when she re-appeared as though nothing was out of the ordinary!

Cats also need hiding places too, though they are pretty good at finding their own! Try to bring cats inside, even if they normally go out at night, because they can become stressed and disorientated if they're caught outside during a fireworks display.

If you have small animals, covering outside cages and pens with blankets so an area is soundproofed and hidden is a good idea. And provide bedding they can burrow into. If you have a cool room where they can be undisturbed it can be good to move the hutch or cage temporarily inside. And remember that all pets should be microchipped in case they panic and escape outside. Tracy Anderson

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PREPARATION TIME: 40 MINUTES COOKING TIME: 1HR 40 MINS PLUS CHILLING TIME SERVES: 8

INGREDIENTS

750g pumpkin or butternut squash, peeled, deseeded, and cut into chunks

350g sweet shortcrust pastry (make your own or buy ready-made)

140g caster sugar

½ tsp salt

½ tsp fresh nutmeg, grated

1 tsp cinnamon

2 eggs, beaten

25g butter, melted

175ml milk

1 tbsp icing sugar

METHOD

Place the chopped pumpkin into a large saucepan, cover with water and bring to the boil. Cover with a lid and simmer for 15 mins or until tender. Drain and allow to cool. The final colour of your pumpkin filling will depend on the colour of the squash you choose. Some have a more yellow flesh, like butternut squash and others like the winter squash have a much more orange flesh. They will both taste equally good!

Preheat the oven to 180C/160C fan/gas 4. Roll out the pastry on a lightly floured surface and use it to line a 22cm loose-bottomed flan tin. Chill for 15 mins. Line the pastry with baking parchment and baking beans, then bake for 15 mins. Remove the beans and parchment, then bake for a further 10 mins until the base is pale golden and biscuity. Remove from the oven and allow to cool slightly.

Increase oven temperature to 220C/200C fan/gas 7. Push the cooled pumpkin through a sieve into a large bowl to make a puree. In a separate bowl, combine the sugar, salt, nutmeg and half the cinnamon. Lightly beat together the eggs, melted butter and milk, then add to the pumpkin purée and mix well. Pour the mixture into the tart shell and bake for 10 minutes, Reduce the temperature to 180C/160C fan/gas 4 and continue to bake for 35-40 mins until the filling has just set.

Remove from the oven and allow to cool before removing the pie from the tin. You can Mix the remaining cinnamon with the icing sugar and dust over the pie or decorate in a suitably spooky style.

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