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WHITSTABLE MUM SHARES MENTAL HEALTH TIPS IN CAMPAIGN SUPPORT

A Public Health England survey showing that two thirds of adults in the UK have struggled during lockdown comes as no surprise to Whitstable mum Carol Marks, who has taken up sea swimming to help her mental wellbeing.

The survey found that half of adults (48%), say they are more worried during the current lockdown than last March, and nearly two thirds (64%) of those say the outbreak has already had a negative impact on their mental health. Of those surveyed, it also found that:

- Nearly half (46%) said they had been experiencing more anxiety, stress (44%), sleep problems (34%) and low mood (46%) over the course of the pandemic.
- The most common reasons people thought the lockdown had negatively impacted their mental health were missing friends and family (56%); uncertainty about the future (53%); and worried about family's safety and health (53%).
- However three-quarters (75%) of the nation are planning to take or have already taken steps to help look after their mental wellbeing.

PHE has launched a nationwide campaign to support people to take action to look after their mental health and wellbeing. It encourages people to get a free NHS-approved Mind Plan from the Every Mind Matters website

Mum of two Carol Marks works for Kent and Medway NHS and Social Care Partnership Trust (KMPT) as a team manager for liaison psychiatry service and is based at Ashford's William Harvey Hospital. She lost her mother last year, leaving her feeling incredibly low. The 57-year-old said: "When mum died during lockdown in April I really struggled to come to terms with the loss. She was such a big part of my life and a great inspiration. In her younger days she was a swimming champion and had even swum the channel and always encouraged the rest of the family to swim. Pools and gyms were closed so I decided to try sea swimming, as much in memory of my mum than to get exercise."

Carol joined Kent Sea Swimmers and now swims three to six times a week in her home town of Whitstable and claims it has improved her mental wellbeing, as well as her physical fitness. She added: "I get a real buzz from it. I love being outside in nature, it's exhilarating and it just clears my mind.

Often I see the sun rising or setting and I've met a really nice group of people."

Angela Baker, Deputy Director for Health and Wellbeing at PHE South East said: "While the experience of the pandemic has been different for everyone, there's no doubt it has caused unprecedented challenges, and, not surprisingly, many of us are now experiencing poorer mental wellbeing.



"Feeling stress, anxiety and worry are very natural feelings in the face of the Covid outbreak, and looking after our mental wellbeing has never been more important. The good news is that our Every Mind Matters has lots of excellent practical tips and advice, and I'd encourage you to join me and get an NHS Mind Plan, which will give you simple steps to help you navigate these challenging times."

Kent County Council Public Health Consultant, Jess Mookherjee said: "Covid continues to have a major impact on people's lives in so many different ways – anxieties and worries about jobs, relationships, family and home life, and concerns about the future.

"We are pleased to be able to support the Every Mind Matters campaign and you can also find this excellent online tool at www.kent.gov.uk/wellbeing along with information on local support services including Live Well Kent and the Release the Pressure text service and helpline. Organisations across Kent and nationally are pulling together to support people through this incredibly challenging period."

NHS mental health services have been open throughout the pandemic and continue to stay open during this lockdown. Speak to your GP for a referral, or you can self-refer via nhs.uk/talk. NHS mental health staff can provide care via phone or online from the comfort of your home. Face to face appointments can also be arranged in many areas. These services are a free and confidential way to get effective help.

If you or a loved one face a mental health crisis, you can find your local NHS 24/7 helpline on nhs.uk/urgentmentalhealth



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LOCAL CYCLING AND WALKING INFRASTRUCTURE PLAN FOR FAVERSHAM

Swale Borough Council has agreed to make funding available to help boost cycling and walking in Faversham.

The funding will be used to develop a Local Cycling and Walking Infrastructure Plan (LCWIP) in partnership with Faversham Town Council.

The plan will identify what infrastructure improvements are needed to make it easier for residents to walk and cycle, and how much they would cost to implement. This would promote active ways of travelling, particularly cycling and walking, and will reduce congestion and promote better health.

The plan will inform both the Local Plan and Faversham Town Council's Neighbourhood Plan, and will help the agencies responsible for planning, roads and pathways make future investment decisions.

It will also help when bidding for grant funding and supports the council's aim of increasing the number of walking and cycling journeys to tackle climate change.

The Faversham LCWIP will be implemented by the final Swale Local Plan and the Faversham Neighbourhood Plan, which goes out for public consultation later this year.

Cllr Mike Baldock, cabinet member for planning at the council, said: "More and more people are choosing to leave the car at home and want to walk or cycle instead."



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"This doesn't just help them stay fit and healthy, but reduces congestion and pollution for everybody."

"Unfortunately, the lack of appropriate infrastructure doesn't always make this easy for people, so we will use this funding to identify and prioritise where improvements can be made."

"We've allocated up to £30,000 from our special projects fund to develop the plan, and we'll know more about how much the infrastructure could cost once we have the plan in place."

"The LCWIP can be used to bid for funding for schemes from organisations like Kent County Council and central Government, and can form the basis for discussions with developers to help fund the improvements needed."

Cllr Julian Saunders, cabinet member for environment, said: "Reducing the number of journeys made by car, and increasing those made on foot and by bike, is essential for us to improve air quality and tackle congestion."

"This project will put us in a stronger position to attract much-needed funding from developers and other external organisations."

"The infrastructure improvements we'll be looking at, will encourage residents to make more everyday journeys without using the car."

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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.

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2020 was a tough year, but Whitstable and Faversham was tougher, and we are already meeting the challenges of 2021. We'll manage whatever the whole year has in store for us head on.

We have been busy hiring even more carers for the elderly care and support that people need as the country is in lockdown. Additional COVID precautions are in place.

Our S.A.F.E care badge of honour is a source of great pride to everyone in the company and we are protecting it with everything we do.

Christian Wilse, of Seniors Helping Seniors says, "Shielding and taking extra precautions is vital for our clients but isolation and fear is dangerous too"

Experience makes Seniors tough on COVID

Senior carers know how it feels to age and they know the value of optimism.

Exclusive home care services come from experienced people who enjoy helping and have local knowledge and relevant skills. Clients or families who want help for loved ones pay reasonable hourly rates for reliable and flexible support.

March can be a tricky time of year in any circumstances and now more than ever, our clients are helped to make the most of every day with the help of a trusted companion.



Photo by E. Connell

READY FOR 2021

We have been helping people with their vaccines and we have been helping people shield. Seated yoga and other zoom classes have started up again and by accompanying our clients in online classes new yogis in their nineties are already feeling the benefit of the classes.

It is vital to stay as fit as possible and we help people get out to enjoy the fresh air as well helping clients with shopping, housework and lovely meals all with the support of the same trusted person.

The priority is to make sure whatever happens over the next few months, support will be there. Carers are loving, caring, compassionate and giving people who bring joy and companionship to their work. The company's skill is matching the carers' interests and experience with the personality, interests and needs of the client.

Many of the carers coming forward only do a limited amount each week. "This suits us nicely", Christian says "any helper is only likely to support 1 or 2 clients". Paul and Zoe who run the Swale office stressed that what makes a good helper and client relationship isn't solely based on work experience. Sometimes it's a shared hobby or interest.

Carers see very few clients in their work. Some only see one client. They are dedicated to keep their own infection risk low and clients have the peace of mind that comes with knowing the company has earned it's audited S.A.F.E. care badge.

The Seniors visit at times that suit clients, 100% reliably, and clients can have as much or as little time as they wish because the service is flexible.

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An interview with audiologist, Anabela Pinho, Hearbase at Chaucer Hospital Canterbury

What is an audiologist?

An audiologist is a clinical health care professional responsible for helping those who have problems with their hearing and balance disorders. It's a highly qualified role, and each day an audiologist could be assessing and fitting hearing aids, providing ear protection, tinnitus support and advising on balance and wax removal.

How long have you been at Hearbase?

I have been at Hearbase for nearly 3 years now and I enjoy my work, especially meeting and helping so many people all over Canterbury, old and young, from all walks of life. I am based at the Hearbase clinic at the wonderful Chaucer Hospital, Nackington Road, Canterbury CT4 7AR.

What are the first signs of a hearing problem?

Some of the early signs are when you struggle to keep up with conversation in noisy places, when your family tell you the TV is too loud,



or when you have difficulty hearing people clearly. If you experience ringing or buzzing in your ears, or head, or a feeling of blockage, these can also be early signs of hearing loss.



Why should I have my hearing tested?

Not being able to hear, seriously impacts your quality of life, not to mention talking with friends, family and others. I recommend if you show any of these early signs, you should get it checked. If you are concerned about someone close to you who struggles to hear, speak to them about getting a free hearing test and why not join them to offer support if they need a little bit of encouragement?

Why should I go to Hearbase Chaucer Hospital Canterbury?

Well, to start, our hearing tests are completely free. This isn't unique to us, you can get your hearing tested elsewhere, but as we are expert audiologists, if we find anything of concern after your free hearing test, we will point you in the direction of specialist services quickly. We are a really friendly bunch of people and



our focus is to listen and help you to manage your hearing.

How should I look after my hearing?

If you notice any change to your hearing, large or small, then always get it checked. This is important however old or young you are. If you work in a noisy place or have a history of hearing loss in your family, have a hearing test, it only takes 30 minutes. Call us on **0800 077 3061** or email **admin@hearbase.com** and book your free hearing test at Hearbase at Chaucer Hospital Canterbury today!



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 or from Shepherd Neame's brewery shop in Faversham.



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Hardy annuals: the name is an oxymoron. Hardy plants are supposed to be able to survive the winter aren't they, but annuals, by their definition, don't.

In fact, the names hardy, half-hardy and tender, when applied to annuals, refer to the relative cold tolerance of the newly planted seeds.

Hardy annual seeds can handle being frozen in the soil so are ideal for planting outside, either in the autumn or now.

Productive, adaptable and cheap, they are the ideal credit-crunch plants. They are also easy-to-grow, so are brilliant for beginner gardeners.

For best results sow them as thinly as possible, cover lightly with sifted soil then firm it down. Protect them from cats and birds with netting until the seedlings are well established then thin them out to the distance recommended on the packet.

Good flowers for the annual-novice include poppy, calendula, larkspur, fried-egg plants (limnanthes), love-in-the-mist, clarkia and cornflowers.

If I could grow only one it would be *Nigella damascena* (love-in-the-mist). It's an old cottage-garden plant and 'Miss Jekyll' is a beautiful, soft, pure blue variety with the added bonus of stripy seed pods once the flowers have faded.

The king of the hardy annuals though has to be the sunflower. Children particularly love to grow them. Sow them singly in small pots or directly into the earth. If you sow them directly, plant two seeds into each hole and thin to one once they are established. They may need to be staked as they grow. There are some terrific varieties. A favourite of mine is Prado Red, which as the name suggests, produces deep red flowers. If you pinch them out, they'll grow to five feet and produce numerous blooms on each plant.

If sunflowers are the kings of the hardy annuals, then sweet peas are surely the fragrant queens. Old-fashioned or antique varieties tend to be best for scent though their flowers are slightly smaller. The great thing about sweet peas is that you have to pinch them to prolong flowering so you have a wonderful excuse to have a fragrant home all summer long. Sweet peas should be planted a little deeper than other annuals. They are very thirsty flowers. My granddad used to line his sweet pea trenches with lots of wet newspaper. He won prizes for his blooms, so he obviously knew a thing or two about it.

Next time you're at the garden centre...walk right on by the showy (and expensive) potted plants and head for the seed section. For a very small outlay you can add colour, shape, interest and completely transform your plot ...and if you don't like it, you can always change it again next year.



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CAN A SPRING CLEAN BE GREEN?

When the spring light catches the surfaces in my home, I see smears and dust, and I fall victim to 'the spring-cleaning bug'. Suddenly I want to scrub, dust and polish everything in sight.

A few years ago, I made a big effort to become a 'greener cleaner'. I worried about the active ingredients in my cleaning products and wondered how much damage that chemical cocktail was doing to the planet?

Most of us have a miniature chemical factory stashed under our sinks: detergents, bleaches, and degreasers, all containing potentially hazardous substances which find their way into groundwater and contaminate the lakes and the oceans.

Phosphates are some of the main culprits. They are common in laundry detergents and some cleaning products. An average consumer uses the equivalent of 14Kg of detergent a year. High phosphate levels in water cause 'algae blooms' which contribute to the death of fish and other water-dwelling creatures. These algae blooms are becoming more common thanks to a combination of pollutants and global warming.

Cleaning products can have an adverse effect on our health. Household ammonia is often found in window or general glass cleaners. It is a skin and eye irritant and deadly to fish, even in low concentrations, so it's not something we should flush down our drains. Sodium hypochlorite (bleach) is corrosive and an eye, skin, and respiratory irritant. It is especially toxic to people with heart conditions or asthma. D-limonene is a degreaser found in citrus and orange cleaners. It is also a neurotoxin, an irritant and can cause respiratory distress.

But as I investigated Eco products I stumbled into a minefield. Many big companies produce eco-brands, but this involves 'greenwashing', which is defined as an attempt to make consumers believe a company is doing more to protect the environment than it actually is. They use unregulated words like 'natural' and 'eco-friendly' while still using potentially harmful chemicals. They don't list ingredients or information about manufacture and supply, and if you check their websites there are no environmental targets published nor information about progress on their environmental impact.

I won't lie, truly environmentally friendly products are more expensive so the cheapest way to do a



green spring clean is to make your own and there are some great websites around with detailed instructions on how to do just this.

I did try to make my own but found that work constraints meant I struggled with some of the more time-consuming concoctions, but I've listed a couple of websites in case you feel you'd like to try this. I am a huge fan of distilled white vinegar which I use to clean toilets, windows, and mirrors. I also like Bicarbonate of Soda which is a great degreaser, scouring agent, and deodoriser. For ready-made cleaning products I've suggested a couple of UK websites which are certified environmentally and vegan friendly.

I'm not perfect. Sometimes I do grab a regular cleaning product for convenience but I'm gradually becoming greener and if we all switched even one or two of our products for a greener cleaner, the planet would thank us.

Homemade product recipes and lifestyle advice
<https://moralfibres.co.uk/>
<https://www.madeleineolivia.co.uk>

Certified environmentally friendly companies
<https://biod.co.uk/>
<https://greenscents.co.uk/>

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On April 30th. International Jazz Day brings together schools, artists, historians, academics, and jazz enthusiasts all over the world to celebrate and learn about jazz.

Jazz began in the early twentieth century in New Orleans, in the U.S. state of Louisiana. The port of New Orleans meant the area was a melting pot of different nationalities and their musical influences: Spanish folk music, French military band music, Ragtime, European ballroom dance music, and Blues music all had an impact on the birth of Jazz.

Jazz wasn't written down in the same way as classical music; the styles and tunes evolved as they were passed on by ear. Black musicians in particular, were for the most part not classically trained, and began to express themselves through jazz. These musically agile instrumentalists and singers improvised around a main melody, often the popular folk and blues tunes of the era, creating a rich and exciting new blend of sound.

Although the 'Jazz Age' was in the 1920s, jazz never went away, it evolved through various incarnations. Talented soloists like Louis Armstrong pushed jazz in the direction of virtuosic improvisers, weaving their music around each other. Swing was a smoother, more easy-listening sound, popularised by the pianist and composer Duke Ellington. This was followed in the 40s and 50s by the Latin influences of Dizzy Gillespie, who collaborated with other musicians to bring jazz into the mainstream. Charlie Parker pioneered modern jazz (be-bop) which challenged many listeners with its complex experimentations in rhythm and harmony. Miles Davis on the other hand developed a more gentle, understated style. Free jazz ignored all the previous rules and constraints on harmony and structure which many people disliked.

During the past 50 years jazz evolution has accelerated through jazz fusion – which fuses jazz solos with other musical styles - and acid jazz, which draws on soul, funk, disco and hip-hop. Well known pioneering acid jazz groups include 'Jamiroquai', and 'The Brand-New Heavies'.



The origins of April Fools' Day are lost way back in time but like many traditions it probably has a number of historical roots.

There was certainly a Roman festival called Hilaria which took place around the time of the spring equinox. There was also a Medieval 'Feast of Fools' although that took place at the beginning of the year. Throughout history there seems to be a tradition of transgressing boundaries during such celebrations: whether male and female, low class and high class, religious piety and impiety, people have enjoyed straddling society's boundaries.

The most popular theory about the 'modern' April Fools' Day is that it began to take shape in late 16th century France. At that time, there was a switch to the Gregorian Calendar under Charles IX. Prior to this there had been a New Year's week (March 25th-April 1st), and under the Gregorian system, New Year's Day fell on January 1st.

As with any change (shhh no-one mention Brexit) there was some resistance, and many people stubbornly refused to accept the new system, continuing to celebrate New Year on April 1st.

These people were ridiculed and labelled 'fools' by the general populace and were often the butt of jokes and pranks. They were known as poisson d'avril, or April fish, possibly because a naïve young fish is easily caught.

Over the years the custom of prank-playing spread to the general population and eventually to Britain, where schoolboy pranks are still the order of the day, so watch out!



Learning new things has all kinds of fringe benefits.

Lots of us began 2021 with the ambition to learn a new skill: beginner's computer programming, conversational Italian, or how to paint with watercolours maybe. We learn new skills for many reasons. Perhaps we need to improve our computer literacy to gain a promotion, or Italian so we can speak to our new in-laws, or we've always fancied learning to paint. Learning is fun but its benefits go way beyond the actual skill learned, and the skill is irrelevant, whether its crochet or advanced mathematics, the extra benefits are the same.

Positive brain changes

The white matter in our brain is comprised of nerve fibres covered in a fatty sheath called myelin. It is involved in learning and co-ordination of communication between different brain regions. The more we practice a new skill the more our white matter increases in density, which helps us when we learn other new skills.

Increased learning speed

When brain neurons are stimulated, more neural pathways are formed and the faster our brains process new information. It's as if 'learning' is a muscle which strengthens as its exercised.

Interconnections

When we learn a new skill our brains draw on information and skills we already possess, and we build on that existing knowledge. But a wide knowledge base also makes it easier for us to learn more new skills.

Increased interestingness!

(Yes, it's a real word!) Well-rounded individuals tend to find it easier to relate to others because a wider knowledge base makes it easier to find things in common and thus make friends.



Beat boredom

Repetition can quickly become monotonous. Following the same routine every night, 'supper, bath, TV, bed' makes it easy to become bored. Learning new things breaks the cycle of monotony and gives our brain something to do.

Increased adaptability

Learning new things physically alters our brains in such a way that our outlook and perceptions change. These alterations make it easier for us to adapt to sudden life changes, like a global pandemic for instance! Adapting to change is a skill, and the more varied our life experiences are, the easier it is to draw on them and adjust

Prevent cognitive decline

Learning origami doesn't mean we won't get dementia. There are many types of dementia and the causes are nuanced. But there are many studies which suggest that people who learn new skills are less likely to experience cognitive decline including dementia.

Mental decline is linked to demyelination of our brain. People who actively learn new skills are not giving their brains a chance to demyelinate, and their neural pathways are primed to create workarounds if some area of the brain does begin to fail.

The key seems to be to learn things outside of our comfort zone, so if you are a knitter, don't choose to learn crochet, which is similar, choose Russian, or salsa dancing, or the ukulele instead, subjects which push you out of your comfort zone, but (importantly) which you actually want to learn and will enjoy. Keep exercising that brain!



PREPARATION TIME: 15 MINUTES COOKING TIME: 15 MINUTES SERVES 4-6

INGREDIENTS

- 2 tablespoons olive oil
- 1 medium shallot, finely chopped (about 2 tablespoons)
- 1 medium clove garlic, finely chopped (about 1 teaspoon)
- 1 (5-ounce) bag baby spinach
- 1 tablespoon finely chopped fresh flat-leaved parsley or basil.
- Sea salt and freshly ground black pepper
- 10 eggs, beaten
- 1/4 cup milk
- 3/4 cup (about 3.5 ounces) crumbled feta

METHOD

Preheat the grill. Heat olive oil in an 8-inch pan over a medium high heat. Add chopped shallots and cook for 2-3 minutes beginning to soften. Add garlic and continue to cook for a further two minutes until softened.

Add spinach and parsley (or basil) and cook, tossing often until spinach is fully wilted and any water released by the spinach has cooked off. Season to taste with salt and pepper.

In a large bowl, beat eggs and milk with a whisk until mixed together. Don't over-beat. Add feta, and season with salt and pepper. Pour egg mixture over spinach then gently stir with a spatula to release the spinach from the bottom of the pan so that the eggs are in direct contact with the surface of the pan, so they cook quickly.

Cook until the eggs are almost totally set (this takes 10-12 minutes), reducing heat to prevent burning. Place pan under the grill for a couple of minutes, until the top is set as well, keeping a close eye on it so it does not burn.

To release the frittata from the pan, loosen edges with a spatula. Place a dinner plate over pan, and holding plate firmly flip the pan over so the frittata releases onto the plate. Serve warm.

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