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ISSUE 2



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Welcome to the latest issue of  
The Whitstable Clipper - now being  
delivered to 15,000 homes and  
businesses.

We do hope that you are all keeping  
safe and well. Please continue to get  
in touch regarding any events that are  
being planned as we slowly adapt to the  
"new normal". We are always keen to  
hear about different community initiatives,  
groups and collectives.

Many thanks to those of you who have  
contacted us with potential front cover  
images. We are currently looking for  
something autumnal for the next issue...

All the best

**Adam Robson**  
Hof Media

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## A MESSAGE FROM ROSIE DUFFIELD MP

For all of us who know and love Whitstable, it's no surprise that people want to come here. A sunny day by our lovely seaside, eating an ice cream and building sandcastles, is about all anyone could ask for, I reckon.

As with all good things, however, people need to be able to use the beaches and seafront responsibly. In the last weeks and months my office has increasingly been contacted by concerned local residents who are seeing littering spiking as people are slowly able to go outside with more regularity and socialise in a socially distant manner. Many are understandably unhappy at seeing the public realm so sullied.

One particular area of concern was a perceived increase in the use of nitrous oxide with more and more people reporting seeing the tell-tale small silver canisters littering the pavements. Also known as laughing gas or "nos", nitrous oxide is a drug inhaled through balloons that produces temporary euphoria- but can also be dangerous, as it interferes with oxygen supply to the brain. Some Whitstable residents also felt that increased use of nitrous oxide was contributing to speeding and other forms of anti-social behaviour. I am pleased to say I have now secured an adjournment debate into this very issue, so that MPs can discuss the impacts of nitrous oxide in their constituencies and how we might tackle the use of this increasingly pervasive drug which currently exist in a legal grey area.

For more general litter concerns, however, I was delighted to see Whitstable resident Naomi Scott being proactive on this issue. Tired of seeing rubbish and broken glass strewn about while walking her dog of a morning, Naomi started a petition for better, clearer signage and provision of "Big Belly" bins along the seafront, along with changes to rubbish collection times. These are small, achievable changes that will have a demonstrable impact on quality of life for residents. Politics is both big and small, and it is lovely to see local people making a positive change in their area. I wholeheartedly support the push for more bins and for better waste management, and will give any support needed to residents who want to similarly engage with the council and their communities to make life better for everyone. In the meantime, I think I'll take the dog out for a walk down to the sea.



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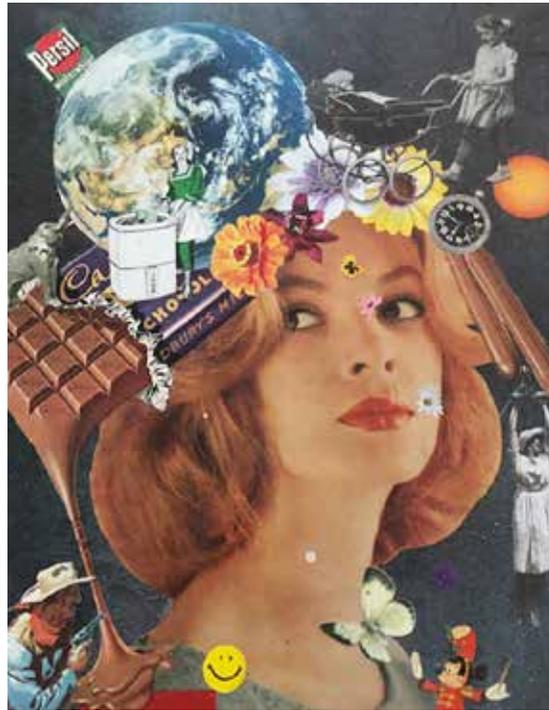
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Whitstable's art admirers welcomed the return of Fishslab Gallery on July 1st as the not-for-profit venture was able to reopen.

Located on Oxford Street, the gallery prides itself on showcasing local talent throughout the year, as well as artists from further afield. Taking up residence on the site of a former fish shop, the gallery still retains the marble fish slab from its previous incarnation. Fishslab has become a real community asset. Visit the website for booking details.

Website: [www.fishslabgallery.co.uk](http://www.fishslabgallery.co.uk)  
 Instagram: [@fishslabgallery](https://www.instagram.com/fishslabgallery)  
 Tel: 01227 793321

Previous Works/Exhibits:  
 Right: Carey Still  
 Below: "Alice" by Daphne Candler  
 Bottom Left: Sue Cavanagh  
 Bottom Right: "Crossing Boarders" by David Snewin



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## Seniors Helping Seniors shares some stories that say so much about resilience and expertise in Whitstable.

Christian Wilse, owner of Seniors Helping Seniors, employs active older people with some time on their hands to support less able or active people to remain independent in their own homes across Kent. He explains: "It's fair to say people took a lot of convincing that Covid-19 was something to be taken seriously. If we heard 'we survived the war dear, the virus isn't a bother to me' once, we heard it too many times".

Slowly and surely the message got through and people closed the barricades. Isolating itself caused problems and health has deteriorated, so it is important to seize the day, get support and be the best you can be.

As families start returning to work, they want to be prepared in case the worst happens and another lockdown becomes necessary. Everyone wants to avoid the accidents that may take them into hospital or mean they need to leave their homes.

Christian says, "Clients have lost confidence during isolation and they are worried for all sorts of reasons. People are keen to get their lives back on track, but many find all the new rules and risks daunting. People can genuinely struggle with face masks, saying they feel they feel they 'lose their senses when they put on their face masks'! Coping with glasses, hearing aids, mobility aids and a face mask, takes some getting used to."

Christian continues - "People are asking for help with all the jobs they haven't been up to doing for themselves during the lockdown. Cleaning floors, changing beds and gardening are enormous tasks for frail people and we are delighted to help provide more hygienic and safe living conditions at home"

Community activities stopped and even though they are slowly coming back, people who are at risk are right to be cautious about group activities.

Any gym bunny knows the toll of taking weeks off and fitness declines even more rapidly with age. With COVID-19, lung health and a healthy immune system is key. Christian talks about combining essential care visits with exercise and nutrition - "we've seen brilliant outcomes when we accompany our clients for daily walks and with



online classes. Good nutrition and hydration is always key in all we do."

### Before COVID-19

In addition to all the help they provided in peoples' homes, the company swam, painted, visited museums, visited carefully selected gyms and fitness classes, practised Yoga, practised Feldenkrais, Pilates and were about to embark on Mosaic classes as well as regular beach, wood and town walks with clients.

### Maximising the positives

Now the company is helping people catch up with all their appointments, they are doing more for people at home and they are taking people out to carefully selected places. Group classes and museum visits remain online.

### Anything is possible

The benefit of same person care came into its own for managing risks during lockdown.

Christian says, "Mercifully, everyone stayed well and clients had someone consistent to relate to and have fun with. Carers found things to do with clients because they have genuine interests in common.

Our Carers always want what is best and we are lucky to have access to so many skilled teachers around Whitstable who adapt to accommodate our clientele"

The company does not wrestle with back-to-back scheduling, so carers can make time for whatever is needed.

One carer set up a game of scrabble on the dining room table for his client which they 'chipped away at' over the weeks, others attended yoga and Pilates classes together online, there were virtual museum visits, arts and crafts and lots of listening to music.

As a specialist employer for older people, offering local work people love to do with pay above the real Living Wage - "Our carers are amazing people, who have truly gone above and beyond for us and their clients for months on end. Coming out of lockdown in elderly care is a joy with cares like ours"

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






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This summer, with travel restrictions in place, a staycation will be the best method for Britons to let their hair down. A staycation – or a ‘safecation’ as some are calling it – can be just as relaxing and stimulating as any overseas holiday. Energise E-bikes, a pioneering retailer right here in Kent, shows you exactly how to do that.

The key to a successful staycation is having a Traveller’s Mindset. This means travelling with the intention to look at things as if looking at them for the very first time. With a Traveller’s Mindset, even in familiar places, you would be surprised at the architectural details you’d missed, the boutique shops you’d hurried past, and the scenic routes just waiting for you explore.

So what’s the best way to get around on a staycation? For a fast-growing number of Brits, and for millions the world over, the answer is an electric bike or ‘e-bike’. An electric bike can go where cars aren’t allowed, where walking would take too long, and where traditional bikes would struggle. In short, they are the staycationer’s best friend.

An electric bike is not a moped. It is a pedal bike that boosts your pedal power with a shot of electrical power from a small motor, in the same way that a microphone adds power to a singer’s voice. They’re more powerful than a traditional bike, so you can take longer rides in hillier places and carry more with you. It’s not a ‘free ride’. The motor doesn’t engage unless you are pedaling, and you decide how much of a power boost you get by using the controls on the handlebar. There are folding electric bikes that you can pack up and stick into your boot, electric mountain bikes that can help you explore the wildest parts of the UK, electric ‘gravel’ bikes which are at home on the roads and light trails, and also electric trekking bikes which are all-purpose workhorses, able to carry all the bits and bobs you need to make an all-day bike ride go as smoothly as possible.

The good news is that you don’t have to travel far to find the some incredible, traffic-free spaces. Right here in Kent are some beautiful routes that will leave you feeling refreshed and rested. Here are two that you might like to explore by e-bike.

### Crab and Winkle Way

This is a delightful, mainly off-road route from Canterbury to Whitstable. The scenery is wonderful – especially once you reach the highest elevations and can see the whole of Whitstable. There are also places to stop and picnic, such as the ancient and beautiful Blean Woods. Whitstable’s eateries

are a good reward for this 24 mile round trip with some of our favourites including Whitstable Oyster Company and Sundae Sundae.

### The Tudor Trail

A perfect short trail – only 6 miles – which nevertheless takes in the bridge over the River Medway and Well Place Farm with expansive views of that famous Kent countryside before taking you alongside two lakes on the way to Penshurst Place, a characterful building and the most complete example of 14th-century domestic architecture in England.

### The Kent Coastal Castles Trail

If you’d rather be beside the seaside, try the Kent Coastal Castles trail. Beloved by walkers and cyclists alike, and also wheelchair accessible, this route between Kingsdown and Deal takes in the historic Walmer Strand – legendary landing site of Julius Caesar – as well as Walmer Castle and Wellington Parade. It even takes you to South Foreland Lighthouse, St Margaret’s at Cliffe with its glorious views.

### Which type of electric bike should I use on staycation?

Which electric bike you take on staycation depends on how you transport the bikes to your destination, and what terrain you’re going to cover. However, for most rides in the UK, an electric trekking bike will work a treat. A trekking bike’s frame lets you sit in a comfortable position, and the wide tyres soak up shocks from the road while also allowing you to go off-road if you need to. They also come with all the things that make travelling by bike easier: rear rack, mudguards, kickstands and lights.

### How do I make sure I’ve got the right e-bike for me?

Try them out! You could waste hundreds of hours reading reviews and specification sheets of electric bikes online, but even that level of information will never be able to tell you how your body will react to any given bike. The fastest and most reliable way to pick out the best electric bike for you is to test-ride them with a reputable dealer. Within half an hour, you can try various electric bike models which can be adjusted to fit you like a glove.

### Kent’s Hidden Gem

Energise E-bikes in Royal Tunbridge Wells is a leading light in the electric bike world, having been opened by the Mayor of Tunbridge Wells in 2013. With the widest range of electric bikes in Kent, and quiet roads for customers to try them out on, the showroom on St Johns Road is the perfect place to pick up an e-bike for your summer staycation. Head to [energiseebikes.co.uk](http://energiseebikes.co.uk) for more information.

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Most people find the sound of water relaxing. The benefits of 'blue space' – the sea, rivers, lakes, canals and waterfalls, have been studied, and found to be psychologically restorative; associated with increased sense of well-being, lower levels of stress and mental illness, lower blood pressure, and higher levels of vitamin D. In short, being by water is good for body and mind.

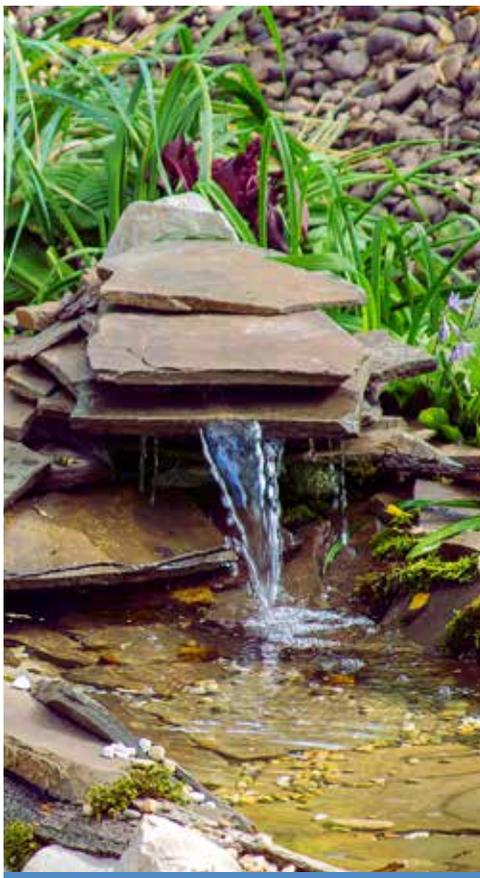
Can we replicate this in our gardens?

The presence of water in the garden can transform a space into a natural haven of calm, and provide a focal point. Running water in a garden produces negative ions which are known to increase serotonin production in the brain. Serotonin is the chemical that elevates our mood and relaxes us.

There are many ways to introduce water into a smaller space, including natural look ponds and waterfalls, but you don't need a deep ornamental pond; you can create a small pond in a container, or create a toddler and pet-friendly pebble pond, or install a modern water feature which uses reflective surfaces that bounce light around, creating movement and life in the tiniest space.

Any water source will attract a wide range of wildlife. I have a metallic sphere water feature on my patio that seems to be a magnet for dragonflies, which are a delight to watch. A shallow beached area or pebble pool will attract bathing birds, and also frogs and toads, which can shelter, breed, and stay out of sight of potential predators. You may even attract a hedgehog or two. They enjoy shallow pools with sloped edges, so they can drink and bathe without falling in. A small barrel or container pond will allow algae to grow which will attract water invertebrates including snails, pond skaters and water boatmen.

Kids love water so introducing a pond is a great way to encourage them to learn about local wildlife while having fun. Safety is crucial though; if you have young children it might be better to wait until they are older before creating a large pond, as it will require constant supervision. A pebble pool with a small fountain effect provides all the sound and fun of water with none of the depth, and a large trug or half barrel can be transformed into a tiny wildlife pond. If you do create a pond, position it where it can be seen from the house, make sure the edges slope gently, and fence it off while the children are young.



Planting around water features is half the fun. The water forget-me-not, *Myosotis scorpioides* is perfect for growing in shallow water or in the muddy area at the edge of ponds. It has pretty blue flowers in late spring and attracts newts, which lay their eggs on the leaves. Irises and grasses look lovely planted around any water features and you can even find a tiny lily - *Nymphaea 'Pygmaea Alba'* white - for small ponds, which has the bonus of being heavily scented.

Water features in a garden are no longer the preserve of the rich, with acres to spare. Even if you only have a tiny balcony you can now enjoy the sight and sound of water in your outside space.

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## SOAP AWARD

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

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

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

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

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



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

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

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

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

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

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

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



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### Do you want your render cleaned?

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

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## SMISHING: MEET THE NEW KID ON THE FRAUD SQUAD'S BLOCK

A few years ago, 'phishing' was big news. There can't be a person in the UK who hasn't received their email from an imaginary Nigerian prince or a shady London Investment Office. Most of us are wise to phishing emails. But now there's 'smishing'. This is shorthand for SMS phishing. SMS stands for 'short messaging service' and is basically 'texting'. So smishing is the text equivalent of phishing!

Smishing texts are sent for the sole purpose of committing opportunistic fraud. The texts look like they're from a reputable company and they all have one thing in common – they encourage you to take action, often calling a premium rate number or sharing your confidential information.

It can be easy to mistake smishing texts for genuine messages but there are give-aways:

They are often peppered with spelling mistakes

They may tell you your account is in danger and you need to act immediately, the threat being that if you don't your account will be suspended or reported or blocked. This is a scare tactic, to prompt you to follow their instructions.

They may tell you that you have won a prize, or that you will miss out on an exclusive offer unless you call a number immediately.

### STOP



If the text is badly written and full of spelling mistakes, it's unlikely to be genuine.

If your account is in danger then no phone company, bank, credit card company or HMRC will expect you to contact them directly from the text. **GO TO THE ORIGINAL SOURCE OF THE COMPANY THE TEXT CLAIMS TO BE FROM.** Phone them from the number on official documentation, such as a bill, or a bank statement, or use the contact details from the company's official website. **DO NOT** call any numbers given in the message. They will tell you whether the text came from them. If it didn't, they may refer you to their fraud department.

If a prize or an offer seems too good to be true it almost certainly is. Simply receiving a suspicious message won't breach your phone or bank security. Scams won't work unless you follow the instructions in the text.

**DON'T RESPOND** in any form to the message as that indicates the number is active and you may be repeatedly targeted.

If you accidentally fall for one:

- Change your passwords immediately to bank accounts, phone accounts and email account.
- Contact your bank and your phone company for advice. Don't feel embarrassed; smishing messages are designed to look convincing.

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YES REALLY...  
IT IS SO GOOD



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

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

**INGREDIENTS**

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

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

1 tsp table salt  
1 tsp sugar

**Topping**

1 400g tin chopped plum tomatoes  
1 pack buffalo mozzarella  
1 bunch basil  
Extra-virgin olive oil, to drizzle  
Plain is great but you can add any toppings you like. We made Pepperoni, ham and sweetcorn, and ham and pineapple.

**METHOD**

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

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

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

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

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

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

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



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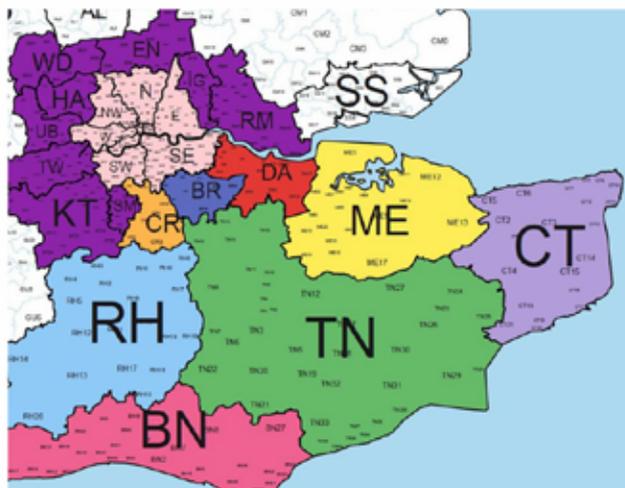
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