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A New Magazine for Deal

Issue 1



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Award Winning Care

Seniors Helping Seniors shares some stories that say so much about resilience and expertise in and around Deal.

Christian Wilsie, 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 far too many times".

As the message got through and people closed their doors, isolating itself caused problems for people and health has deteriorated. Now people need to seize the opportunities they have to make the most of every day. 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 could take them into hospital.

Christian says, "Many clients have lost confidence during isolation. People are keen to get their lives back on track, but many find all the new rules and risks daunting. We find people can genuinely struggle with face masks, especially when they have glasses, hearing aids, mobility aids to deal with. Everything takes some getting used to."

Christian continues - "People are asking us 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."

Even though some community activities are slowly coming back, people who are at risk are right to be cautious about group activities and we advise people to be choosy. Fitness declines even more rapidly with age and 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, the things they missed and they are doing more for people at home. Group classes and museum visits remain online and they are taking people out to carefully selected places.

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 great places in Deal."

The company never schedules back-to-back appointments, 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.

Seniors Helping Seniors is a specialist employer for older people, offering local work people love to do and pay above the real Living Wage. Christian says, "Our carers are amazing people, who have truly gone above and beyond for us and their clients for months on end. Carefully easing people out of isolation in elderly care is a joy with carers like ours."

www.seniorshelpingseniors.co.uk

A Refreshing New Start for Orchard View Cider

Britain's oldest brewer Shepherd Neame has teamed up with Somerset's oldest family cider maker Sheppy's to refresh its popular Orchard View cider.

Orchard View (4.5% ABV) was launched by Shepherd Neame in 2017, blending several apple varieties, to create a lightly sparkling, crisp, mid-golden cider.

Three years on from its launch, Shepherd Neame was keen to update the brand's look and also refresh its flavour profile to reflect the tastes of contemporary cider drinkers, and approached Sheppy's to work with them on the project.

Both Shepherd Neame and Sheppy's are long-standing family businesses and their partnership celebrates the best of British craftsmanship and produce.

The refreshed cider recipe uses a new selection of dessert, culinary and cider apples, with key varieties including Falstaff, Michelin, Dabinett, Harry Master, Browns, Jonagold and Taylors. This has resulted in some subtle changes to Orchard View's colour, aroma and flavour profile. The cider is now a bright, light straw-colour boasting a fresh, rustic apple orchard aroma complemented by a well-balanced, crisp palate and gentle, drying finish.

To reflect this subtle update to its recipe, the cider has a new look on its bottle and keg lens design, retaining its eye-catching apple logo and introducing a new, bolder colour scheme and craft accents.



Jonathan Neame, Shepherd Neame's Chief Executive said: "We are delighted to announce our new partnership with Sheppy's. Our businesses share many similarities, including our commitment to create distinctive, high quality products using expert craftsmanship refined over time and handed down through generations. We have combined our skills to produce a truly outstanding cider."

Sheppy's Master of Cider David Sheppy said: "We are delighted to be partnering with Shepherd Neame on the launch of their new Orchard View cider. Our two brands have a lot in common, as long-running British family drinks businesses with strong heritage and a passion for ongoing innovation. We can't wait for cider drinkers to get to try the new Orchard View blend, which we've worked with Shepherd Neame on for several months to perfect, and feel confident it will be very well received!"

The new Orchard View is available in 50l kegs now, and will be available in 500ml bottles from the end of September.

For more information visit www.shepherdneame.co.uk/cider/orchard-view



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Garden View: Beautiful Berberis

Berberis thunbergii are deciduous shrubs which look particularly fabulous at this time year, producing highly coloured leaves, and often berries which last well into winter.

These berries are actually edible and rich in vitamin C, though because they are very acidic, they are not widely consumed by people. They are an important food for many small birds though. They get their other name of 'barberry bush' because of their vicious spines. This makes them useful as an impenetrable barrier hedge and may be another reason why the berries aren't harvested much!

Like the colourful Japanese Maple, they originate from Eastern Asia. Berberis vary in colour according to the cultivar and variety. The common Berberis thunbergii have green leaves in spring and summer which turn rich burgundy in autumn. If you'd like the purple colour all year round choose Berberis thunbergii f. atropurpurea, which has purple leaves in spring that turn rich mahogany in autumn. Though Berberis are generally grown for their autumn colour, they are a hard-working shrub, and produce a mass of tiny yellow flowers in spring, providing interest at either end of the year.

There is a Berberis for most gardens: They can grow to a maximum height and spread of 1.5m, but there are now dwarf forms which grow to just 50cm, try 'Tiny Gold' or 'Lutin Rouge'.

They grow best in full sun but also tolerate partial shade. They do well in most soil types, and even do well in drought, but will thrive particularly well in well drained moist soil. Their easy-going nature extends to aftercare, as they are generally pest-free and require little attention, other than a trim to tidy them up periodically. If you don't have much space or mainly grow in containers on a balcony 'Lutin Rouge' does very well in a pot.

Mid-September to October, and mid-March to April are the best times to plant so now is the perfect time. Dig a hole double the width of the root ball. Sprinkle in a handful of blood, fish and bone and work into the ground. Place the plant into the hole, fill in with soil around the root ball and firm the soil down gently but firmly, finish by watering well. They will appreciate being mulched with well-rotted organic matter in late spring, but they aren't fussy; grass cuttings will do fine.

My absolute favourite is Berberis thunbergii f. atropurpurea 'Admiration'. This lovely plant has extremely attractive orange-red foliage, edged with yellow, and forms an attractive mound shape. Its masses of small yellow flowers in the spring followed by purple-crimson berries in autumn make it the most perfect Berberis in my opinion.

Happy gardening.



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The Outlook

An interview with senior audiologist, Joana Carvalho, Hearbase Deal

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 72 High Street, Deal, CT14 6HE (opposite Rook's the butchers).

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 Deal?

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.



E-biking in Deal and Beyond

This year, with travel restrictions in place, a staycation will be the best method for Britons to let their hair down.

A staycation – or a ‘safe-cation’ 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.

The Kent Coastal Castles Trail

If you like to 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.

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.

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 for more information.



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Kent Councils Urge Magistrates to Take Greater Action on Fly Tippers

24th August 2020 saw the 13 Kent councils via the Kent Resource Partnership (KRP) write to the Magistrates Association urging greater efforts to work together to tackle waste crime, in particular to tackle those who fly tip across the county.

The letter set out the impact fly tipping is having on the county, such as:

- Extremely high costs to Kent taxpayers with councils carrying out fly tipping clearances and taking forward investigations
- How councils' limited resources are being diverted from other valuable frontline services such as helping the homeless
- The negative impact on the natural environment with many fly tips blighting countryside and local beauty spots
- How fly tipping is predominately taken forward by organised crime groups who are likely to be using money from fly tipping activities to fund other criminal activities.

With this in mind, the letter welcomed the opportunity for the 13 Kent councils to work with the Magistrates Association by:

- Arranging a virtual meeting between representations from the councils and the Magistrates Association over the summer
- Understanding how sentencing on fly tipping is determined in magistrates' courts and understand if there are local differences councils ought to factor
- Establishing the gap that councils need to cover to achieve greater levels of punishment to those fly tipping offenders, particularly those who are part of organised crime groups.

Councillor Nick Kenton, Chairman of the Kent Resource Partnership, and Dover District Council Cabinet Member for Regulatory Services, said: "Before engaging with the Magistrates Association, Kent councils took forward a mini-review to see what levels of punishment were being handed to fly tippers in Kent over the past year.



The results showed there was a clear gap on what maximum levels of punishment could be given compared to the actual punishments. We truly believe to stop fly tipping, greater punishment needs to be placed on those who commit these crimes. We hope working together with the Magistrates Association will better equip us to prosecuting fly tippers and keep Kent clean."

The 13 Kent councils are working in partnership to Keep Kent Clean. To keep updated with the councils' efforts to tackle fly tipping and littering, follow #KeepKentClean.

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Obesity and COVID-19

What is the link?

At the time of going to press, there had been 731 confirmed cases of Coronavirus in the Dover district. COVID-19 and its effects have scared us all, health professionals and public alike. We're still learning about the virus, but one fact has been all over the news in the past couple of months. Obese people (people with a BMI over 30) are more at risk of complications. Why is this? Most of my friends with BMIs close to or greater than 30 seem perfectly healthy individuals. Should they be worried?

In order to answer this question, we need to look at the immune system: When we catch a virus our body's defence system is triggered, and inflammation occurs. This is due to our all-purpose innate immune response, which serves as the first wave against foreign invaders. Blood flow increases to the infected area causing redness and swelling.

When your nose blocks and becomes red when you catch a cold, that's inflammation. This reaction is caused by white blood cells called macrophages and the proteins they produce called cytokines. It's the cytokines which trigger inflammation. Usually this inflammation is a simply a sign that our body is releasing the hormones and proteins which activate our white blood cells to kickstart the recovery process, and ultimately defeat the infection. No inflammation means no defence... and that's bad.

So far so good; so why is obesity a problem?

Well it turns out that white blood cells aren't the only type of cell that have the ability to produce those inflammation-inducing cytokines. Fat cells (adipocytes) can also do this. Scientists have learned that fat is an active endocrine organ, one that can secrete a whole host of proteins and chemicals, including inflammatory cytokines.

When your body keeps adding adipose tissue (fat) cytokines are released by your fat cells, triggering inflammation. Researchers even characterised obesity as '... a state of low-grade, chronic inflammation.' This means that an obese body has its immune system permanently switched on and is therefore in a constant state of inflammation.

Over time this can lead to the development of both minor and major illness and conditions, such as heart disease and diabetes.



How does this relate to COVID-19?

Back in 2009 the H1N1 Swine Flu was at its most virulent, doctors in Spain noticed that overweight and obese patients were being admitted to intensive care units in disproportionate numbers and took longer to recover than non-obese or overweight individuals. Their increased risk was attributed to the excess number of pro-inflammatory cytokines in their bodies.

Researchers in Canada then analysed the flu records for the previous 12 years and found that people who were obese were statistically more likely to be admitted to hospital for respiratory diseases than those whose BMI was in the normal range. They concluded that obese people were an "at risk" population during flu seasons due to their compromised immune response.

As we go into the winter and the risk of a second wave of coronavirus, if you have a BMI over 30 it makes sense to try to bring it down and minimise your risk. Talk to your GP.

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September Clean

Dover District Council is supporting Keep Britain Tidy's Great British September Clean, which takes place from 11-27 September.

DDC is supporting the campaign by encouraging communities to organise neighbourhood litter picks, and making litter picking equipment available and arranging for waste collected on litter picks to be collected. If you want to get involved and organise a litter pick, please visit: <https://www.dover.gov.uk/Recycling--Waste/CommunityCleanUps.aspx>

The event is replacing the Great British Spring Clean, which had to be postponed earlier this year due to coronavirus. Please make sure you continue to follow all the latest safety advice -stay alert, control the virus, save lives. DDC is getting involved in a number of ways, including:

- Encouraging under 18s to design posters to highlight litter as an issue
- Temporarily installing cigarette butt ballot bins in Deal and Dover
- Conducting litter enforcement patrols
- Running a social media campaign
- Making equipment available via the Community Caretakers scheme
- Continuing to work with communities to help organise litter picks.

Cllr Trevor Bartlett, Leader of Dover District Council, said: "We are very pleased to support the Great British September Clean, and look forward to continuing to support our communities during the campaign. We continue to work all year round to keep our district clean and tidy, to keep the district a great place to live, work and visit."

For more information, please see the Great British September Clean page: <https://www.dover.gov.uk/Environment/Environmental-Crime/Great-British-Spring-Clean.aspx>



Soap Award

Deal based 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



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Tarte Tatin



Preparation time: 15mins Cooking time: 20mins + cooling time, 30 mins in the oven Serves: 6

I think of tarte tatin as grown-up toffee apples, and like the pizzas last month it's another recipe that can be cooked in a cast-iron pan.

INGREDIENTS

- 7-9 medium apples: Cox are my favourite for this, but other varieties work well.
- 200g white sugar
- 50g butter
- 225g plain flour
- 2 tbsp caster sugar
- 120g cold diced butter
- 1 medium egg, beaten

METHOD

Peel, halve and core the apples, then place in the fridge, uncovered, for a few hours or overnight. It doesn't matter if they turn a little brown, the idea is for them to dry out a little, so there's less juice and less chance of soggy pastry.

Place the sugar into a 20-24cm cast iron frying pan along with 50ml water and let the sugar soak up the water. Cook over a medium heat until it turns golden and fudgy. Try not to stir the sugar until it's mostly liquid as it might recrystallise. Remove from the heat and stir in the butter, and a pinch of salt.

Carefully arrange the apples in the pan, round-side down. Be careful as the caramel stays hot for a long time! Place it back on the heat and cook gently for 5 minutes. Then remove and allow to cool completely.

Sieve the flour into a large mixing bowl, add the diced butter and rub together until the mixture resembles breadcrumbs. Stir in the sugar and a pinch of salt. Add the beaten egg and combine into a dough. Add a little water if required but keep the dough fairly dry. Wrap it in clingfilm and refrigerate for 30 minutes.

Pre-heat the oven to 200C / Gas. Roll out the pastry to about 5mm / ¼ inch thick and cut out a circle slightly larger than your pan. Place the pastry on top of the pan and tuck the edges around the fruit. If your pan has a detachable wooden handle, now is the time to detach it! Bake for about 30 minutes until the pastry is golden, then remove from the oven. Allow to cool for 5 minutes, then place a plate which should be slightly larger than the pan, on top and carefully invert the tart on to the plate. Serve warm crème fraiche, natural yoghurt, or vanilla ice cream.



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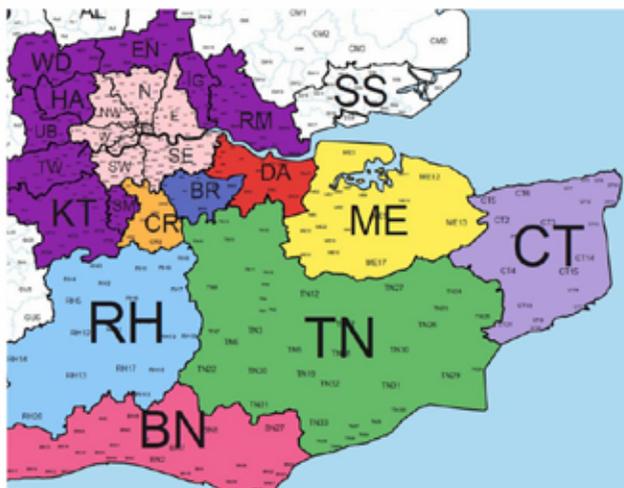
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