

The Outlook

A Magazine for Deal



Issue 4



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Action on Deal's Litter Scourge

With a 46mph wind behind them, the Worshipful Mayor of Deal and local resident Helen Charlton met for a distanced attack on litter.

Any day, anywhere, in any weather, you will find our litter waiting to be picked from the pavements, gutters, roads and hedges of our town.

As the Council's human resources become even more stretched, the Mayor and Helen appeal to individuals to join the battle and pick as they take their exercise.

"It was Helen who alerted me to the scale of this issue" attested Mayor Eileen Rowbotham, brandishing her litter picker. "As elected members of the community, we must respond to the populace and their concerns. Helen's tenacity immediately drew my attention to this growing environmental chaos, a chaos which each and every one of us can do something about."

Helen tries to be realistic rather than pessimistic about the issue: "The solution to the problem? It's partly down to education. Getting the message across to the citizens of the future is key to avoiding the devastating impact that waste is having on our town, country and the entire planet."

The number of solo pickers has undoubtedly increased during the pandemic, as the lending and purchasing of litter equipment testifies. But then the amount of waste also continues to sky rocket.

PICK DEAL CLEAN is an awareness-raising event in the planning for the end of May at a High St location. Attention will be drawn to this growing problem which many are not familiar with but some are tackling head on. The event will encompass art, photography and practical advice, and incorporate the re-instating of Beach Cleans led by Deal With It.

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Deal Town FC – Hoops 100+ Lottery Scheme



PURPOSE

The purpose of 'The HOOPS 100' is twofold;

1. Raise additional funds for Deal Town Football Club, and,
2. Offer a lottery scheme for the benefit of the local community.

The money will be paid into the football club bank account, in the form of donations, and used to fund approved project as agreed by the Board (these may include purchasing of kit, equipment or other associated costs associated in running the football club). Ultimately, this is a fantastic way to support your local football club as well as the opportunity to earn some cash.

HOW IT WORKS

- 'The HOOPS 100' is a small society lottery and is open to anyone over the age of 16.
- There are a number of 'balls' available for purchase, at a cost of £5 per ball per month. Your allocated number enters you into the monthly draw, on the provision that the ball is purchased.
- Payments must be made in full before the draw; payments must be received by the 25th day of the month, allowing entry into the following month's draw which will take place on the 01st day of every month.
- A draw will be made on a monthly basis, with a 1st, 2nd and 3rd prize.
- Prizes shall total 60% of the total prize fund for that month, apportioned as follows;

1st Prize – 35%,
2nd Prize – 20%
3rd Prize – 12.5%

So, by way of example, if 100 balls are taken then the monthly pot would be £500. The prize fund would then be as follows;

1st Prize – £175.00,
2nd Prize – £100.00,
3rd Prize – £62.50

- The prize draw for December shall be increased to the following;

1st Prize – 45%
2nd Prize – 30%
3rd Prize – 15%

- The draw will be made by a club representative and be drawn publicly.
- The name of the winners, and their ball number, will be shared in the public domain.
- 'The HOOPS 100+' will be run by Deal Town Football Club; in case of any dispute the decision of the Board is final.

PAYMENT

Members will be encouraged to set up a 'Standing Order' for £5 (per ball, per month) for the 25th day of the month. Alternatively, a one-off payment can be made for the rest of the year (currently £50). Payment can be sent to the following BUSINESS ACCOUNT;

Account Name	Deal Town FC Ltd
Account Number	03070944
Sort Code	30-93-34

DRAWS

Date of Draw	1st Prize	2nd Prize	3rd Prize
01/02/2021	Debbie Benville £197.75	Ben Cardwell £113.00	Chris Smith £70.63
01/03/2021	Colin Adams £211.75	Kevin Redsull £121.00	Harry Hirst £75.63

FURTHER NOTES

- You are permitted to pick your own number, and we will confirm if this is available. All numbers will be shared publicly.
- The more numbers taken, the greater the monthly prize pot shall be; the number of available numbers will continue numerically and will not cease at 100.
- Individuals are permitted to purchase multiple numbers if desired.

If you have any queries, please do not hesitate to email us on payments@DealTownFC.co.uk

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Why Everyone Should Have a Will

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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Repair - Don't replace

The Open: Event Makers to act as ambassadors for the local area

Do you want to get involved in volunteering at The 149th Open, learn new skills with like-minded individuals, and give a warm welcome to Kent? Key partners have launched Event Makers, an exciting new programme to promote and coordinate volunteering opportunities as The Open returns to Royal St George's, in Sandwich, this July.

This follows The R&A's recent announcement that The 149th Open will go ahead this year. The R&A is continuing to plan for a full-scale championship but also has robust plans in place for a reduced capacity or behind closed doors model. The Event Makers programme follows the success of the 2012 Olympic Games Makers and the Welcome Ambassador Programme for The 148th Open at Royal Portrush in 2019. The Event Makers website showcases a whole host of ways for local people to get involved at www.eventmakerskent.co.uk.

The Event Makers website is inviting prospective volunteers to come forward and support the local area by acting as its ambassadors during The Open. You will play a key role in welcoming people to Kent and White Cliffs Country and ensure that they have an unforgettable visitor experience.

The Event Makers programme will provide you with a range of free training opportunities in order to help develop your strengths and support you in carrying out your volunteer role. The training, provided by Dover Technical College, will also lead to a Level 2 qualification in volunteering, which covers safety, first aid awareness and crowd management.

The 149th Open will take place from 11-18 July 2021. Volunteers will be positioned at transport hubs and other key locations in the vicinity of Royal St George's Golf Club to assist with wayfinding, as well as providing useful information about The Open, the local area, and how visitors can make the most of their stay both on and off the course.

The Event Makers programme is a collaboration between Sporting Events UK (based in Canterbury), Dover District Council and Dover Technical College, supported by Kent County Council (KCC) and The R&A.

Cllr Nigel Collor, Dover District Council lead Cabinet Member for The Open, said: "We're delighted to be part of this innovative project, supporting local volunteering, and helping to welcome visitors and support events in the area. Well informed and happy visitors are likely to stay longer and revisit, adding to the local economy. It's great news this programme is up and running ahead of The 149th Open."

Mike Hill, KCC's Cabinet Member for Community and Regulatory Services, said: "Kent County Council has a long and successful track record in supporting and encouraging volunteering activities in local communities and is proud to support this initiative. "It is a fantastic opportunity for people to learn new skills and make visitors' experience to The 149th Open and to Kent something they remember fondly for many years to come."

Barry Hopkins, Director, Sporting Events UK, said: "We believe in delivering great events for everyone and fundamental to this is the volunteers who make these events happen. We deliver a large number of events in Kent and are looking forward to creating a volunteering legacy for sporting events in the area. In addition, we welcome the opportunity to provide visitors to The 149th Open the very best experience of both the Championship and the local area."

Paul Owen, Principal, Dover Technical College, said: "Dover Technical College is pleased to be working with our local partners on this project and we're particularly excited about the legacy that the volunteering programme will have for Kent long after the success of The 149th Open in Sandwich; bringing communities together with a shared pride in all of the experiences our beautiful county has to offer."



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Travel Update with Kent Travel Counsellor Steve Gostling

As the vaccine roll continues at a great pace in the UK, around the world the picture is more fragmented. Currently it's looking like the safest bet for a 2021 holiday is to stay in the UK.

What will a staycation mean for you in 2021?

It's a chance to reunite with friends that we haven't seen for over a year, catching up on the things we've missed as we enjoy the activities that we love in the UK's finest settings.

It's an opportunity to make memories with our loved ones. After so much time spent apart, we're all eager to be together enjoying each other's company whether that's on a picturesque beach, in a lush green valley or in a private lodge or villa.

Rekindling our sense of adventure, more and more people have expressed their desire to reconnect with the great outdoors, getting out into the wilderness and feeling the regenerative power of nature.

Some long overdue alone time after months of home-schooling have left many parents in need of a short break to enjoy one another's company without distraction. Whether it's with a stay in one of the UK's finest spas, a foodie break at a Michelin-starred country hotel, or simply retreating to a private little hideaway on the coast, I can create your romantic couple's getaway to give you that alone time that you deserve this year.

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#QuitforCovid with Kent Support

Following No Smoking Day on 10th March, why not #QuitforCovid with help from One You Kent services and the 'My Quit Route' app.

The number of people in Kent who smoke fell to 13.7% in 2019 and is at a record low but with COVID-19 still prevalent, and causing more severe symptoms for smokers, there has been no better time to quit.

The 'My Quit Route' app from Breaking Free Online is available now on the Google and Apple stores, plus also at www.kent.gov.uk/smokefree It provides Kent residents with personalised support to help them quit smoking with motivational tools and evidence-based behaviour change techniques including a money saving calculator to help them prepare to quit, and then stay smoke free in the long-term. It also signposts those who require professional help to their local support services.

Smoking tobacco damages the lungs, weakens the immune system and causes a range of severe respiratory problems. Evidence suggests people who smoke may be at increased risk of contracting more severe symptoms if they get COVID-19. As well as reducing the risks from complications from coronavirus, quitting smoking quickly improves your circulation and your breathing. It also reduces the risks of other health problems such as heart attacks, strokes and many cancers.

Kent County Council Cabinet Member for Adult Social Care and Public Health, Clair Bell said: "The COVID-19 pandemic has shown that smoking increases the severity of the symptoms and by quitting, you can reduce the chance of needing to go to hospital. No Smoking Day is a great time to try the support available locally – the 'My Quit Route' app will be part of the help offered through the One You Kent services and may benefit those who prefer to use online self-help measures."

Kent Community Health NHS Foundation Trust provides smoking cessation services across Kent. Sarah Martin, One You Kent Locality Lead said: "Hundreds of smokers have come forward and successfully quit with One You Kent's support during the pandemic, which is fantastic. Quitting smoking doesn't have to be stressful. We offer a range of support to suit people at times convenient for you. Call 0300 123 1220, visit www.oneyoukent.org.uk for more information."

Jason Mahoney, Health and Wellbeing Programme lead for PHE South East, said: "The pandemic has meant the last year has been incredibly challenging and stressful for many, however, No Smoking Day provides an opportunity for smokers to try and quit



– regardless of how many times you may have tried in the past. Now more than ever before, there are a host of quit smoking aids and free support services available and evidence shows you are more likely to quit with support from a local stop smoking service than if you try to go it alone.

"Smokers who quit for 6 weeks or more are happier and experience less anxiety and depression than those who carry on smoking. Quitting really is the best thing a smoker can do for their physical and mental health."

KCC is also supporting the NHS campaign being run locally by the Kent and Medway Cancer Alliance this year to raise awareness that a persistent cough lasting more than three weeks could be a sign of lung cancer, not just Covid. Smoking is by far the most common cause of lung cancer.

Dr Sona Gupta, Macmillan GP and Cancer Clinical Lead for NHS Kent and Medway Clinical Commissioning Group, said: "Please do not dismiss a persistent cough as Covid, particularly if you have tested negative or if your cough lingers for a long time after a positive Covid test. Do not hesitate to make an appointment to see your GP if you have any symptoms of concern – we will not think that you are wasting our time."

"Quitting smoking is one of the best things you can do for your health and we encourage anyone who wants to give up to make the most of the variety of resources available to help you."

Families of smokers are at risk of passive smoking related health risks too and also report how worried they are of their loved one's health. Smokers who go on to quit smoking report feeling much better generally physically and mentally. It is never too late and worth every effort."

Further information about lung cancer and symptoms is available on the NHS website or from Macmillan and the Roy Castle Lung Cancer Foundation. Macmillan also have a helpline on 0808 808 0000. Find out more about the 'My Quit Route' app plus a range of tools, tips and local support services that can help you at www.kent.gov.uk/smokefree.



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The Astor Theatre - with Deal Radio's Richard Sirot

A Christmas panto offers colourful family entertainment which is full of fun, laughter and music.

It is also probably the first time many children see live entertainment and are bewitched by the magic before them. This is where my love of the theatre started – a five year old yelling at the top of his voice “Behind you”! So when we came to Deal we were delighted it had its own theatre – The Astor!

The theatre's first incarnation was over a century ago in 1906 starting life as The Stanhope Hall. I am not sure how well it was attended by Deal locals but its main offerings were classical recitals and lectures mainly focused on the “the evil of drink”. Doesn't sound very exciting, I can only assume that the pious and wealthy of Deal felt the general masses needed more moral fibre. I should point out that the theatre in its present format has a lovely bar with excellent catering – more of that later.

In 1915 during WW1 it was re named The Winter Gardens and served the Deal Community with more enjoyable events. In the summer there were open air attractions including fairs and markets. In the winter the public were presented with something rather special. The area where the theatre car park now is was flooded and turned into an ice rink. It proved very popular especially with the children. After the war, in the 1920's the Astor family acquired the building and were responsible for its upkeep. Later WW2 bought many new challenges as Deal, like so many towns on this part of the coast, they were in the front line should Hitler decide to invade. The Astor family were much impressed by the resilience, fortitude and courage of the people of Deal in this worst of times. At the end of the war, to show their gratitude, they gave the local populace the building. Firstly it became The Astor Hall and then later The Astor Theatre.

From the millennium until 2007 the theatre was under very poor management. The lovely building had become frayed at the edges. Peeling paint, rusty pipes, crumbling brick work and rubbish piling up everywhere. Its charm and charisma had long gone; even its 4 ghosts went into hibernation. Worst of all it had lost its



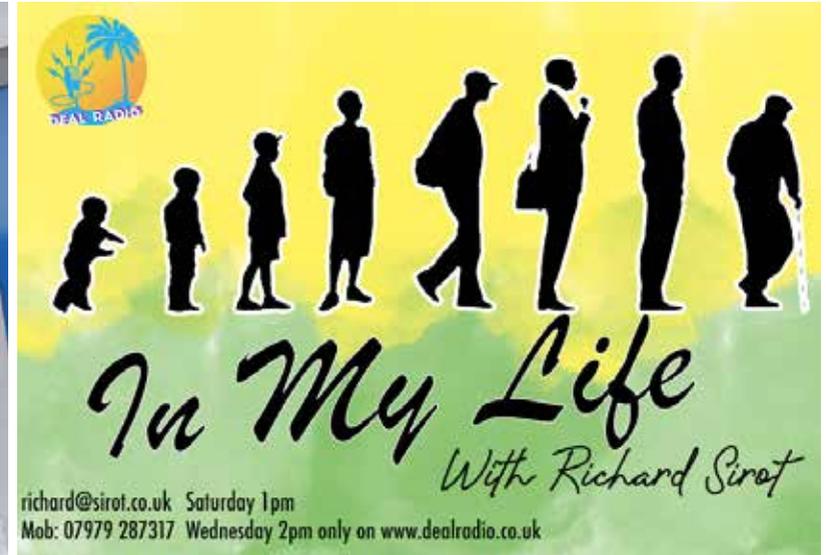
good reputation. It was now considered a pariah in the entertainment industry; artistes were not getting paid and “firm” bookings cancelled at a moment's notice without prior warning. Such was its bad name that the Musicians Union banned its members from playing there. It was heavily in debt and most suppliers had not been paid. Basically the whole place was an unmitigated disaster and the people of Deal were quickly losing this jewel in the crown. The then management left under a very black cloud with thousands of pounds owing and allegedly money missing.

When James Tillitt took over the management of the theatre in June 2009 he probably didn't know what a massive challenge he had taken on. His first task was to give the building a vast amount of TLC. Many local people were happy to volunteer to help with a massive cleanup and repair job. My little contribution was to make the urinals sparkle. However some work needed experts and they don't come cheap. All the wiring in the building had to be stripped out and replaced. It was in fact in a very dangerous condition. The kitchen and bar were all replaced; new furniture was bought in along with new carpets and bits of artwork. Slowly but surely the Astor's spirit was revived and the old girl began to bloom again. The main hall and the studios

were and are used for all types of lessons and functions for the locals. Then it was able to go into full entertainment swing for the 2010 January to April season. Now the cafe/bar area often has art exhibitions and the icing on the cake is a new caterer with a Jamaican theme in his menu. All these factors have contributed to the Astor retrieving its good reputation. This is not forgetting that none of this would have happened without James Tillitt. I have a show on Deal Radio and interview many of the artistes who appear at the theatre. Some visit every year and tell me they love playing here.

There is a great atmosphere and Deal audiences are highly charged and very enthusiastic. They really know how to raise the roof when they see a good show. Big names that have trod the Astor boards include The Cast Off Kinks, The Blockheads, Paul Young, John Challis, Barry Cryer, Kiki Dee, Alan Carr, Hal Cruttenden, Martha Reeves and the Vandellas, Lord Neil Kinnock, Paul Jones, Collin Blunstone, Jackie Dankworth, Judy Collins, Andy Fairweather – Lowe - well you get the picture.

Obviously the theatre is closed at the moment but only temporarily. It is going to have what James calls “a gentle re – opening”. This will include live streaming, so you can watch a show in your own home.



Their very successful book raffle continues and Dexter Thomas will be back with his delicious Jamaican Barbeque. There are also some great acts that have already been booked for later in the year.

The Astor Theatre that is very much part of the community - it is too precious to lose. This has been proved by the fact that local people have donated £50,000 to it since last March. It is a fabulous place for entertainment with the added benefit of great catering. However don't take my word for it come and find out for yourself.

richardsirot@dealradio.co.uk

The Astor Theatre
Stanhope Road
Deal
CT14 6AB.
www.theastor.co.uk



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.



Garden View: Hoe! Hoe! Hoe!

Following on from last month's list of essential garden tools for beginners I thought I'd explain about the humble hoe. When I first started gardening, I didn't really understand how to use one.

There are a couple of varieties of hoe and they are used in different ways, and they really are your friend at this time of year.

The hoe is actually one of the most ancient garden tools and came before the plough. It's mentioned in Egyptian art, the Code of Hammurabi and in the Bible.

The reason spring is a great time to put your hoe to good use is because right now is when the annual weeds (the ones that self-seed freely and pop up all over the place every year) have started to germinate.

The aim when hoeing, aim to sever the top growth from the roots, just below the soil surface, then leave it in the sun to dry out and die. Hoeing is best done when the soil is dry as this creates a 'dust mulch' which inhibits the germination of new weeds.

I prefer a hoe with a long handle because it's better for preventing back pain.

I also have a short-handled hoe known as an 'onion hoe' for closely planted areas. A shorted handle gives more control, so you don't damage your prized plants.

It's important to note that hoeing only kills the annual weeds, not the deep-rooted perennial weeds, those need to be dug up by hand.

There is also a tool called a Dutch hoe. This is used by sweeping it smoothly over the soil so that the surface is just 'brushed'. If used correctly it slices the tops from the weeds. It's actually simple to use but you do need to practice your technique. Slice the tops of weeds by bringing the hoe towards you, altering the angle to accommodate slopes. When you turn over a Dutch hoe you can use it to make a shallow trench called a seed drill to sow larger seeds, like peas into. Larger seeds are better because they need to be covered well.

Your hoes need to be kept sharp and well maintained for maximum effectiveness. I use a metal file to both clean and sharpen, but you can buy sharpening stones reasonably cheaply and they are easy to use.

Happy gardening.



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Local CAB Launches Employment and Recovery Service

A new service is to be launched by the Dover, Deal and District Citizens Advice Bureau thanks to a funding boost from Dover District Council - to provide a range of help for people who have become unemployed in these challenging times.

As part of our ongoing work to support our communities, Dover District Council has provided Dover, Deal and District Citizens Advice Bureau with an additional grant of £60,000. The additional funding is to help the CAB to provide an 'Employment and Recovery' service for two years. The service is set to launch in April, providing help with financial, legal and benefit issues, and helping people back into employment.

The funding from DDC is in addition to the annual grant of £97,000, as well as accommodation support, that DDC already provides to help the great work of the CAB.

Dover, Deal and District Citizens Advice Bureau is an independent local charity which provides free information and advice to everyone who needs it regardless of race, sex, colour, disability, sexuality or nationality. The service is free, independent, confidential and impartial. The Citizens Advice service is the UK's largest advice provider, with nearly half the population using the service at some point in their lives.

Cllr Nigel Collor, Dover District Council Cabinet Member for Transport, Licensing and Communities, said: "We continue to work closely with the Citizens Advice Bureau and are delighted to be able to provide this additional support for them.



We continue to value the great work they do in our communities, helping people when they need it most."

Jan Stewart, Chief Officer at Citizens Advice said: "Citizens Advice continues to play a vital role in the wellbeing of the residents of this district and are delighted that DDC are continuing to help us to support people through the next few challenging years following the pandemic and beyond. This new project will ensure that our expertise is directed where it can help the most and enable people to recover as we move forward."

For more information on the Dover, Deal and Sandwich CAB, please see the website at www.doverdealadvice.co.uk

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Seniors Helping Seniors in Deal

Seniors Helping Seniors is recruiting carers for Deal and surrounding areas.

Anyone in Deal has a few hours to spare each week and experience of caring for others - be it family or professional elderly care experience - we'd love to hear from you.

Seniors Helping Seniors is a champion for the real Living Wage for the care sector and the jobs we offer are local, flexible and a lot of fun for the right people.

Our elderly clients are independent and want to stay that way. The company have maintained outstanding safety standards throughout the lockdowns and earned the S.A.F.E. care badge in August because carers see one or very few clients who are living in their own homes.

Seniors Helping Seniors carers say "response and sensitivity to a client's needs is why I am grateful to be working for your organisation. My visits with (my client) are a joy and have encouraged a sense of purpose for me."

Carers support our clients discretely and carefully. Concentrating on what matters to people. Not just what the matter is.

Seniors Helping Seniors carers have relevant and local knowledge and can help people with most conditions. 60% of their care is for people living with dementia. Carers are seniors themselves and the company matches carers who have the same interests as clients because peer to peer support works so well. Seniors can help each other age more happily and gracefully.

Carers relate to the loneliness and frustrations of lockdown. They are as keen as clients to get back into life. With the capacity to help support people as little or as much as is needed people some people are being supported to take baby steps back to normality because lockdown has reduced confidence. Seniors Helping Seniors does not require ask clients for commitment. Services are flexible in the client's favour and fit perfectly around the client's life.

The company is maintaining vigilance to the risks of COVID-19 but as guidance is lifted, there is more opportunity for people to get out into the community and receive non-essential support visits.

Finally the jobs people have been putting off all year can be done with the help of a Senior you will meet before work starts for complete peace of mind.



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Hoop's Quest for Wembley Glory Resumes

The Outlook spoke to Deal Town FC Coach Steve King and Chair Natalie Benville about the upcoming FA Vase tie and the latest on the club. The cup-tie will be available to stream and takes place at 15:00 on 10/04/2021.

How much training/work have the squad been able to do over the last few months?

SK: It has been very difficult due to lockdown restrictions so we have obviously not been able to train as a group. Once the Government regulations changed to allow 2 people from separate households to exercise outside,

I have worked with a number of the squad on individual sessions and their attitudes have been excellent. We also have a WhatsApp group where all the boys have been posting fitness updates and I know they have been working hard during this period. Nothing compares to normal training and matches but the boys have worked hard given the Government restrictions.

Binfield were going well in their league before the termination of the season. Has it been possible to do any homework on them, given the lack of football?

SK: We pride ourselves on preparing for games properly and are fully aware of Binfield's strengths. I was able to go and watch them back in November and we know all about them. Neither side is able to sign any new players so we are fully aware of the challenge that faces us.

Have the two squads changed much since Deal's penalty shootout victory in last season's thrilling 4th Round Replay?

SK: In a word, No. Both clubs are run in a very similar fashion with a very loyal squads who want to play for their respective clubs. I would expect a maximum of 2/3 changes for each side from last year's games. Binfield are one of the strongest Step 5 clubs in the country and we know how tough a test it will be.

I have no doubt they would have achieved promotion from their league last year if the season had not been curtailed due to Covid-19. However, our form was excellent before the early end to the season and we will go into the

game fully believing that we have a great chance of progressing.

With a trip to Step 6 Fakenham awaiting the winners, is it time for Hoops fans to start thinking of Wembley?

SK: There is always time to dream but we have to take one game at a time. The Binfield game will be one of our toughest of the season and we will be going into it having not played in 4 months.

However, the Vase is really important to the club and we will always dream about going to Wembley.

Any updates on SCEFL pre-season tournaments, matches etc for when spectators are back in the ground?

SK: Currently it looks like this will be unlikely. The latest Government guidance suggests fans will not be allowed in grounds until May 17th and with our season finishing on May 30th the tournaments will not be possible unless there is a change in guidance.

We would like to get out there and play in these but if it is not possible then we look to forward to seeing every one at The Charles Ground for the 2021/22 season.

How important has the role of volunteers been over the last 2 aborted seasons in keeping the non-footballing activities going at the club?

NB: We rely fully on volunteer workforce to keep behind the scenes of the club running. Even without any football taking place, we still have bills to pay to keep the Club ticking over.

The pitch still needs maintenance, to ensure when football can restart, we are ready, plus general upkeep of the clubhouse and ground.

Our Clubhouse is used by many local groups in Deal, so we've used this time to freshen up the place, making sure it's good to go once we are given the ok.

We're really excited with the platform we are building, and the direction and future of the club bodes really well!

Upskill for Brain Health

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!

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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 degreasant 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.

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Spanish Baked Eggs



Preparation time: 15 minutes Cooking time: 25 minutes Serves: 2

INGREDIENTS

- 2 tbsp olive oil
- 1 onion, finely sliced
- 120g Chorizo, sliced
- 1 yellow pepper, finely sliced
- 1 orange or red pepper, finely sliced
- 2 cloves garlic, crushed
- ½ tsp sweet smoked paprika
- 400g can chopped tomatoes
- 1 tbsp capers (optional)
- 2 large eggs (4 if you're really hungry!)
- 2 tbsp fresh chopped flat-leaf parsley
- 2 thick slices of bread

METHOD

Preheat the oven to 200°C, gas mark 6. Use a frying pan with an ovenproof handle. Heat the olive oil, then add the onion and chopped chorizo. Soften for 5 minutes. Add the peppers and cook for a further 2-3 minutes until they soften too. Stir in the crushed garlic and sweet smoked paprika, cook for another 1 minute. Pour in the tomatoes and add the capers, lower the heat and simmer for 10 minutes, until the tomatoes reduce and thicken a little.

Make two or four wells in the thick sauce and gently crack an egg into each.

Place the pan into the preheated oven for 10 minutes, or until the whites are set but the yolks are still runny.

Towards the end of the cooking time, toast the bread.

Removes the eggs from the oven, scatter with the parsley and serve with the toasted bread, drizzled with a little olive oil.

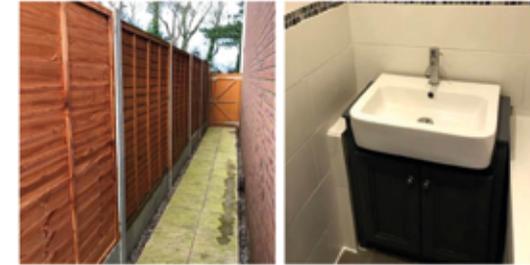
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Throughout COVID-19 we have worked around the clock to fit in as many customers as we can, always adhering to the government guidelines. The safety of our customers is our top priority. All our staff are professional, honest, friendly, fully insured and DBS checked.

Our work is carried out to the highest of standard so you will not be disappointed. You can check out our reviews on many sites including google and yell. We have recently opened a shop in the nearby village of Kingsdown which currently sells a range of items from local artwork to tissue purses. We hope to open it up into a café come the springtime for the local community to use at their leisure. Keep an eye on our Facebook page for the latest news about this and other community events that we have coming up.



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