

The Outlook

A Magazine for Deal



Issue 5



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March of last year was the start of a very unpleasant time for all of us. The Covid virus swept across the UK and took no prisoners. One of its many side effects was to close down all our theatres and venues. Thus "live entertainment" came to a miserable grinding halt. Now, at last, there are many lights at the end of the tunnel and entertainers all over the country are brushing up their "glad rags" to get back on stage ASAP.

The great news for Deal is that our Arts & Music Festival is back with us this year and is on fine form. There will be a wide range of music at various venues in Deal – but that's not all! There will be street entertainment as well and "walks and talks". If you have never been to an open air theatre production on a warm summer's evening you don't know what you're missing. (Whilst I can't actually guarantee the weather I can guarantee great entertainment).

Naturally the festival will include one of the most popular events – The Royal Marines Concert at Walmer Green Bandstand, which is scheduled on the 4TH July.

Amazingly the festival has been going for 40 years. Its success reminds me of what Paul Martin says on the TV show Flog It - "Quality always sells". This isn't going to be a good summer, it's going to be a great summer.

Here's some more information from the festival's artistic director Paul Max Edlin. Paul will also be giving a talk during the run, so look out for that as well.

Happy days are here again!

With more positive news Deal Music & Arts has launched its 2021 Festival, honed down a little to ensure safety for all, but full of wonderful musicians and exciting events.

We celebrate the best of our nation's young talent with NYJO (National Youth Jazz Orchestra), Guildhall's Historic Performance Department who will work with Academy of Ancient Music, and the super-talented students from the Purcell School, who perform alongside international soloist Nicholas Daniel OBE. Among other headline artists, we welcome award-winning baroque violinist Rachel Podger.



Captions/credit: National Youth Jazz Orchestra - Tony Nandi ARPS; Nicholas Daniel - Eric Richmond; Rachel Podger - photo - Theresa Pewel

We are focussing on youth and have invited some of the most talented young musicians to join us, these include Samuele Telari, a rising star of the classical accordion, with a concert to include works by Vivaldi, Grieg plus Mussorgsky's mighty Pictures from an Exhibition. Michael Foyle and Maksim Štšura will delight us with the complete Beethoven Violin Sonatas in a mini-series of concerts. Lithuanian pianist Rokas Valuntonis performs works by Schumann, Chopin and Fanny Mendelssohn, preceded by a talk from BBC3 Journalist Christopher Cook entitled Sister and Brother in Music – Fanny and Felix Mendelssohn. Jamie Rogers, Assistant Organist at Canterbury Cathedral will give an organ recital plus. Double Bass player Tony Hughes, winner of the String Section Final of the Royal Over-Seas League Arts Competition.

We focus on the impact women have made in art in times when equality was either diminished or denied, specifically profiling J.S. Bach's wife, Dame Ethel Smythe and Virginia Wolf.

With a full range of free community events as well as outdoor concerts and plays (including Shakespeare's A Midsummer Night's Dream at Walmer Castle), Deal 2021 promises to raise the spirits. For full details, please visit www.dealmusicandarts.com



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Care Homes

With an abundance of Care Homes in Deal, how do you choose the right one?

Care of the elderly is an emotive subject, and has become even more so during the pandemic. Whether you are choosing a care home for yourself, or searching on behalf of an elderly relative, you want to make sure you get it right.

First you need to decide on the level of care required.

Residential homes are for people who can no longer cope with daily activities in their home. They may also need help washing, bathing, dressing and going to the toilet.

Nursing homes are for those people who require regular nursing care, by or under the supervision of a qualified nurse. Residents tend to have no mobility or severely limited mobility, mental confusion, and may be faecally incontinent.

As with any home, location is important. You may want to choose a place where family or friends can visit regularly?

Once a location has been decided on, select as many care homes as you can and visit every one of them. The Care Quality Commission (www.cqc.org.uk) have over 18000 care homes registered with them and publish all their inspection reports online, so this is a good place to start. Two other excellent sources of information are the websites www.yourcarehome.co.uk and www.carehomesupport.co.uk.

Groundwork is good, but there is no substitute for visiting and assessing the standard of service yourself. This is harder at the moment but that option should still be offered, even

with all the restrictions in place. Begin your inspection by ringing to arrange appointments to visit the premises. Ask yourself if the phone was answered in a friendly way. Did the person answering the phone sound stressed or abrupt?

When you visit, what are your first impressions? Is the place bright and clean, comfortable, welcoming and airy? Did the receptionist make eye contact and smile? Were you offered a cup of tea while you waited?

What are the noise levels like? Are there any unpleasant odours? Look at the residents and chat to them if you have an opportunity. Do they look clean, well-cared for and happy?

Monitor how much interaction there is between the staff and the residents. Is there lots of friendly chatter? Check to see if call lights over doors are on and being left unanswered. This might indicate staffing problems.

Check the floor, especially in corners and under beds. This is a good indicator of whether standards of hygiene and care are high throughout.

When you've reached a decision, take good financial and legal advice. What are the fees and what do they include? Can you afford them on a long-term basis? What happens if funds dry up? What is the protocol for making a complaint? Consult the Office of Fair Trading 'Fair Terms for Care' booklet to see whether the contract you'll be asked to sign is a fair one.

Ask as many questions as you can up front, and you will help ensure that any move you or your elderly relative makes will be the right one.



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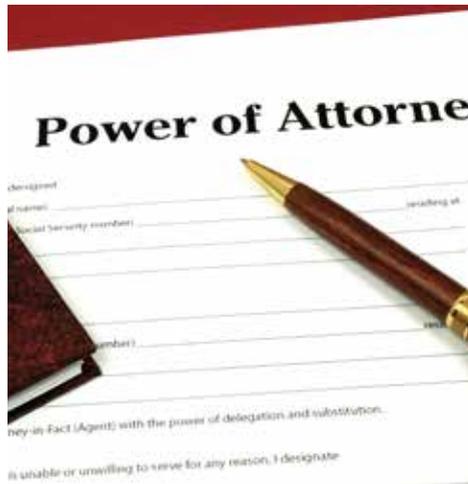
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Lasting Power of Attorney

After making a Will perhaps the next most important thing to attend to in putting your affairs in order is to create a Lasting Power of Attorney (LPA).

This is a legal document that lets you appoint one or more representatives to make decisions on your behalf if you become unable to do so in the future. Even if you have been in very good health for most of your life there may come a time when someone else might have to deal with important matters on your behalf. For example: looking after your bank accounts and finances, buying and selling property, claiming benefits and making necessary decisions about your personal or health care. Creating an LPA in favour of someone you trust can prevent complications if or when you can no longer look after your own affairs because of serious disability. For example: dementia, a brain injury, a serious stroke or side effects of medical treatment. Without an LPA, no one automatically has legal authority to make decisions on your behalf, not even close family members.

At the time when you make an LPA you must be capable of making decisions yourself – in other words that you must have what is called mental capacity. A diagnosis of an illness such as Alzheimer's disease often prompts a family



to decide to put an LPA in place on your behalf. However, it is important not to leave this decision too late because if you have reached the point where you no longer have mental capacity and don't fully understand what the LPA is and how it works then it will be impossible to create the LPA. The only way then is for the family member or another responsible person to apply to the Court of Protection for the appointment of what is known as a Deputy. This is a much more expensive and complicated process and can take between five and eight months.

Another complication is that the court is likely to require a security bond to be arranged with an approved insurer, which is an additional cost and complication.

There are two types of LPA – one is for dealing with your financial affairs and the second is for dealing with your health and welfare. Most people will make both at the same time but this is not obligatory. The financial affairs LPA will cover such things as buying or selling property, bank, building society and other financial matters, welfare benefits, or any taxation or debts.

The health and welfare LPA can give someone you trust authority to make decisions on such things as where you live, your personal day-to-day care, healthcare and medical treatment etc. Although the financial LPA can be used at any time if you wish, even if you still have mental capacity, the health and welfare LPA can only be used if you had lost mental capacity.



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Garden View: The Garden Goddess

Iris was the goddess of the rainbow in Greek mythology. I have a thing for Greek mythology, and I love Irises. The large, bearded types unfurl at this time of year and they reflect the colours of the spectrum from deepest purple, through dusky orange, egg-yolk yellow and the most delicate of blues, to the brightest of whites.

They comprise of standard petals, which are carried aloft over the graceful fall petals, which arch downwards. From the upper bases of the falls grow groups of fuzzy hairs called beards and from this the bearded Iris gets her name. Even the foliage is attractive: large pale green swords that shoot straight upwards from the earth.

Bearded Irises love full sun and prefer to have their fleshy rhizomes (the underground stems) near the soil surface so they can take full advantage of the sun's warmth. They actually prefer a more impoverished soil, so if your soil is a bit thin and dry they may be perfect for your garden.

As the clumps become overcrowded the centres die out. Dig them up immediately after flowering and chop them into single healthy rhizomes, each with a fan of leaves. Shorten each fan with scissors by about half, then replant about 30cm apart in another sunny spot so that the rhizomes are just visible under the surface. Although they like drier conditions make sure they are watered in and looked after for a few weeks until established. But really you don't need to do much to them. Overly enriched soil is not a friend to the iris, which might decline to flower in such conditions. My best flowering plants are in the driest, most sun-baked part of my plot!

But for those who have shadier gardens and boggy conditions try the non-bearded Iris sibirica. I have one in a sun-dappled spot by a water feature. Its leaves are greener and grassier, which complements the water, and it has lovely rich blue flowers which look particularly nice in the shade. I also like Iris ensata, which I plant by my pool at the water's edge. It's also a good choice in borders if you garden on richer soil than mine.

So, invoke the power of the Goddess Iris in your garden, and enjoy the rainbow of colour.

Happy gardening,



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Is Laughter The Best Medicine?

It certainly seems to help...

It feels so good to laugh doesn't it. Especially at the moment, after more than a year of social restrictions, closed pubs, theatres, and comedy clubs. On of the things I've missed the most during lockdown is communal laughter. It connects people. From a tiny titter to a great guffaw, laughter can completely change the temperature of a room.

Scientists are fascinated by laughter. Researchers at the Loma Linda University in California have been researching the health benefits of laughter and made some interesting discoveries.

Laughter lowers blood pressure – and lower blood pressure means a reduced risk of stroke and heart attack. It reduces stress hormone levels – laughter makes us feel less anxious and stressed, which reduces the negative impact of these emotions on our body, while simultaneously increasing the health of our immune system.

It helps tone your abs – Ok, it's not going to replace your tums, bums, and thighs class but when you laugh the muscles in your stomach contract and relax, similar to when you intentionally exercise them. That can only be a good thing, right?

It increases cardio activity - Laughter gets your heart pumping and burns a similar number of calories per hour as walking at a slow to moderate pace. Who knew?

It increases our sense of wellbeing. Doctors have found that people who have a positive outlook on

life tend to fight off diseases better than people with a more negative outlook. The reason for this may be that it boosts T-cells, which are the specialist immune system cells. Laughter activates T-cells, so happy people who laugh frequently are probably less vulnerable to infection!

It triggers the release of endorphins, which are the body's natural painkillers, so laughter can help relieve chronic pain.

Did you know that we are 30 times more likely to laugh when in a group than when we're alone? Or that that four-year-olds laugh 300 times a day but 40-year-olds only 300 times every 10 weeks! This is probably due to a number of factors, including the belief that adulthood and work is 'serious', but also because we worry about offending, about the joke falling flat, and about just not being funny.

We become scared to be silly. No one is suggesting that you suddenly start telling off-colour mother-in-law jokes, but a little levity can lighten everyone's day, whether it's a shared snigger with a colleague over a one of your boss's foibles, or a funny anecdote about your dog shared with a friend.

During last year's lockdown with the shift to remote working, incidence of loneliness and depression has increased dramatically.

Many of us have felt disconnected, so when we laugh with someone – even through a screen or 2m apart – we generate a cocktail of hormones that strengthens our emotional bonds, our wellbeing and our immune system in a way that wouldn't otherwise be possible.





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10 Most Common Questions about Reiki

What is Reiki? How does it work?

Reiki healing is a Japanese alternative therapy for relaxation and reducing stress. The term 'Reiki' refers to the energy that runs through all beings and involves transferring this energy from the practitioner's hands to the client. Experiencing physical or emotional trauma causes the energy around your body to stagnate and cause blocks, affecting different areas of your life. Similarly to acupuncture (but without the needles!) Reiki healing helps deal with these blockages.

What happens during a Reiki session?

Generally, a session will start with a short discussion about any areas you'd like focused healing on and to set an intention for the session. After this, you will be asked to remove your shoes and lay down on a treatment bed or sit on a chair. The practitioner will then offer to guide you into a meditative state to relax you. The healing begins when the practitioner lays their hands in different locations on your body through light, non-invasive touch or just above if you prefer. This takes up to an hour and is followed by short reflection on the session.

How will I feel during and after a Reiki session?

There are many different responses to receiving Reiki. Almost everybody feels more relaxed afterwards. Some feel refreshed and energised. Healers often hear "I think I fell asleep", or "my headache is gone!". Most people find that the night after, they sleep the deepest they have in a while. Some have expressed better digestion and feeling more centered.

What are the long and short term benefits of reiki?

Whilst all effects vary from client to client, in the short-term you may:

- Be more relaxed / focused
- Sleep better
- Decreased pain levels
- Think more clearly

In the long term:

- Improved motivation levels / Overall health
- Increased physical and mental energy
- Promotes a positive, focused outlook in life.

The effects of Reiki are at its strongest during healing, but extends into your life. These effects are cumulative so you will find the more healing you receive, the stronger the effects are.

Are there any side effects to receiving Reiki?

The practice of Reiki is extremely safe. Prior to booking, you should check that your practitioner is insured and qualified to ensure you receive the best treatment possible. Sometimes after a session, you may feel a bit groggy and take a bit longer to become fully present, similarly to what can happen after deep meditation. You may get a headache or even feel emotional. All of these things are normal but it is also normal to not experience any.

What is the science behind Reiki?

Reiki is considered a pseudoscience and has had a number of scientific studies around it. One in 2010 has successfully demonstrated Reiki's ability to alleviate symptoms of anxiety and depression through mood improvement and relaxation. Another study in 2015 showed that anxiety levels in women were significantly lower who had Reiki sessions post-caesarean than those who did not.

Is Reiki a religion or faith system?

Put simply, no, Reiki is a technique. It is not a belief system that must be followed. Anyone from any religious or non-religious background can attend a session.

Does Reiki have to be in-person?

Not at all! Although the effects of Reiki are at its most powerful in-person, distance healing can also be given and practitioners usually offer this at a cheaper price than face-to-face sessions.

Is there anyone who cannot receive Reiki?

Reiki is safe for everyone - even animals and plants can receive healing! Whether you are pregnant, suffer from illness or disability, whatever your age, circumstance or background, it is completely safe. If you are on medication or have any diagnoses, you can discuss it with your doctor prior to booking. Bear in mind, Reiki only endeavours to complement traditional medicine, not replace it.

How many sessions will I need?

How much does a Reiki treatment usually cost?
Whilst it is recommended that you have a course of six or twelve weeks at one session per week, most people book a regular spot either weekly, fortnightly or monthly. You could receive multiple sessions per week, or only every once in a while as a treat. It is your time to focus on you. In this region, sessions typically range from £35-60, however at Just For Today, we are currently offering £25 per session with a voucher on the next page for a FREE session!



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A small charity doing BIG things, Pegasus is unique in Dover District, quite possibly in the UK as a whole. While there are other very good support groups for disabled young people none of them deliver what we can:

Pegasus Supports children in a way that:

- Assist parents and families to continue to care for their disabled child in the home as part of their family and local community, ensuring that the disabled child does not come into Local Authority Care.
- Ensure that disabled children and young people are supported to optimise their physical and emotional wellbeing by having fun in a safe, supportive environment, whilst having opportunities to increase and support new skills to reach their optimum level of independence and participating in activities within their local community.
- We understand and value the importance of finding ways to communicate the unique nature of peer-to-peer relationships and their benefits.
- Our aim is to explore the working cultures in which peer support flourishes, offering targeted level activities and we manage practices that support its success.

2020 was a huge challenge for everyone, our children know all about Isolation, but covid-19 was something else.

All outside family support stopped. The worry and despair brought on in those early days of #lockdown was a huge challenge for our most vulnerable of children. Many now have been shielding for over 12 months. The outlook was very bleak. Pegasus is run by a committee who's passion is supporting our most vulnerable.



We rose to the challenge of keeping everyone's memory of Pegasus alive by delivering lovely Pocket Full of Sunshine Bags including activity packs, and relaxing Bath bombs, including our own personal Logo colouring in from Squiddoodle of Deal. The financial support for these bags came from the Rotary Club of Dover and DDC. We put together a Christmas calendar depicting the places we usually visit and delivered by hand to all (socially distanced of course) they were a great addition and something we have never done but now we think it may be a yearly project.

Continuing through to 2020 Easter Eggs, donated by the Co-op River and by providing a regular session of Disco's from @exzaktsounds Disco & even quiz and bingo sessions via Zoom, we kept the momentum going. We have organised Yoga sessions joining forces with another great Local charity The Fifth Trust, Elham Valley with the help of local yoga instructor Amanda brightskies.co.uk Walmer, these sessions, teaching gentle relaxation and aiding Mental Health let our families know that as soon as we came out of Lockdown, we would do our utmost to be there for them.



All of these online sessions provided our children and young adults with friendship, focus and fun. We cannot thank these people enough for their assistance in the delivery of our #lockdown projects.

But now our challenge is fundraising for 2021 and beyond: We are an annual summer scheme and as such raise each and every year to the tune of £70,000 for our operational cost's.

We take our children to a wide variety of activities each day over a three-week period, as everyone knows entrance fees and costs of an activity are expensive and when you have a carer also it rockets.

10 years ago, we formed our Pegasus Youth forum, this enabled the transition from the scheme itself to a monthly social evening, and up until covid-19 no one missed a meeting. It provides our 18yr olds with severe and complex needs a comforting, social, fun and independent evening away from their family or carer. As we have all become to realise this past year, we all need someone. The cost of this is met by the guys and gals but the feed for The YF has to come from Pegasus and so everyone is familiar and comfortable with the friendships formed at Pegasus. Many have been coming from the age of 5yrs and still with us at 33! As stated previously, we are a small charity doing BIG things.

As with all charities 2020 saw a decline in fundraising opportunities, we cannot possibly keep up with the larger national charities and need to rely on local support.

Since 1986 we have been overwhelmed that each year, we are able to find this amount. People have run Marathons, Climbed Mountains, Swam Lakes, the list is endless, but we carry on each year and are always looking for supporters to take on a new challenge. Our gratitude in abundance to all of the people over the years doing amazing things for us.

If anyone wishes to sponsor an Activity or a make a donation please get in touch. We have our very own Pegasus lottery, which is £2 a month and the winner takes half of the pot, which currently stands at approx. £50, and this can



Book now so your child can join the Pegasus Playscheme this summer.

Pegasus are a long established specialist summer scheme operating for children (8-21yrs) with severe and complex needs requiring 1-1 supervision.

We offer 1-1 with a teenage buddy and each group has a fully qualified Group Leader and Assistant. The children go out each day to a variety of fun, safely managed activities.

Places cost £30 per day and are available on a first come, first served basis. All places must be booked & paid in advance.

📍 Sarah
☎ 07968 621374
✉ slingerssarah@msn.com
🌐 pegasusplayscheme.com
📘 pegasusplayscheme
📧 @pegasusplayscheme
🐦 @SuePegasus

OUR SPONSORS



be joined online at www.pegasusplayscheme.com completing our Pegasus Lottery form on the documents page.

We are also members of the #Doverlotto, which is £2 per week per ticket. You can follow the link from our website to join the Dover Lotto and all correspondence is taken care of by Dover lotto itself.

We are available on all platforms of social media, and it would great to have more followers so please check us out at the following. Awareness is key to our survival.

2021 Summer of Fun here we come!

We can be found at:

Twitter: @suepegasus

Fbook: Pegasus Playscheme and also Peggysus

Our website: www.pegasusplayscheme.com

Instagram: Pegasus Playscheme

Sue Clark MBE - Chair of Pegasus

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.



We are back!

South East Artists (SEAS) are excited to announce that our Open Art Trail is back for 2021. It has been a regular feature for many years organised by dynamic, artists featuring new work ranging from ceramics, photography, printmaking, textiles, sculpture, and painting. It seems a lifetime ago that we last exhibited due to the pandemic but it is lovely to see galleries and studios open and all the artists are keen to meet you to discuss their new work.

Based in St Margaret's Bay, River, Walmer and Deal, artists open their studios to the public with group shows at the Angling Club and the Landmark Centre in Deal.

There are a total of 32 artists taking part over two consecutive weekends 19/20 & 26/27 June. The Open Studio trail has become a successful event for both the community and the artists that take part.

The Open Studios catalogue will be available from our launch event 'Small is Beautiful' at the Deal Angling Club and the Deal Town Market which takes place on the 5 June. You will be able to meet some of the artists and learn where they will be exhibiting during Open Studios and view some of their postcard size artwork. The catalogue and future events will also be advertised in bars, restaurants and shops within the Deal area and can also be downloaded from the SEAS website at www.searts.co.uk. The catalogue includes a map of the art trail and lists all the participating artists.



The art trail widens this year, and you must visit Amanda Thompson in River and David Souter and Maggie Baur in St Margaret's Bay. Both beautiful areas to visit with some great scenery and there is work even more stunning.

Artists are exhibiting in mini group shows with Chris Birbeck, Caroline Raffan Helen Komatsu, and Kate Baker at 17 Manor Road, Deal CT14 9BT. Their work ranges from textiles, glass fusion, and mosaic. Patricia Barry is exhibiting from her home at Lodge 8, The Chequers, Golf Road CT14 6RG, which is along the Ancient Highway. Just follow signs for the Chequers Kitchen. Her artist friends Mollie Winters and Penny Berkeley will also be showing their work of textiles, needlework, painting, and printmaking.

You can also visit Kaye Walls and Sandra Tracey at 3 Old Gaol, North Barracks, Walmer CT14 7UN. View their indoor and outdoor mosaic, recycled art, and ceramics.

With other artists exhibiting from their studios in Deal and the larger venues at the Landmark Centre and the Angling Club it is a true Art Trail. We look forward to seeing you and to enjoy a great summer.



OPEN STUDIOS

19-20th and 26-27th June 2021. 10am-5pm
Various venues in Deal, Walmer, St Margaret's Bay and River.

WELCOME BACK

South East Artists will be exhibiting in Deal, Walmer, St Margaret's Bay and River in the annual Open Studios Art Trail. We look forward to meeting you to view and discuss our work. During lockdown all of us have been very busy and we are excited to share our work including ceramics, printmaking, textiles, photography, sculpture and painting.

VISIT OUR WEBSITE FOR UP-TO-DATE NEWS AND EVENTS



www.searts.co.uk
info@searts.co.uk

f

South East Artists
 (SEAS)

@

[southeastartists](https://www.instagram.com/southeastartists)

SEAS EVENTS FOR 2021

SMALL

Beautiful

Saturday 5th June.
Deal Angling Club
13 The Marina, Deal, CT14 6NF
10am - 4pm
and also at
Deal Town Saturday Market
High St, Deal CT14 6BE
9am - 3pm

POSTCARD-ART

Saturday 27th November. 10am-4pm.
Venue to be confirmed

Arts & Crafts Fair

Saturday 4-5th December.
10am-4pm.
Ringwood Village Hall, Dover Road,
Ringwood, CT14 8DW

Future events are planned for 2022 so please visit our website for the latest updates.

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In the 1930s BBC Radio ruled the waves – pun intended. Such was the pride of their market monopoly that the news readers and presenters had to wear evening dress! I kid you not! Nowadays, there are a host of alternative competitors - regional, national and international radio stations.

So welcome to Deal Radio. It has been broadcasting for nearly 6 years now and its commitment to its listeners has meant it continues to mature and develop its listening figures. DR is a street side radio station, which, amongst other things, means we offer accessibility for the public to walk in when we are broadcasting live shows. We want listeners to be in a position where they can come on the mike and speak their opinions and thoughts. You also might like to be a volunteer on DR, so check out our contact details: studio@dealradio.co.uk

Obviously I hope that at the time you are reading this the Covid virus restrictions will have been lifted.

DR offers listeners a 24/7, 365 day service. We have over 30 presenters who will delight you with a wide range of entertainment – something for everyone plus more to come in the near future. We also run free competitions to win theatre tickets – especially for a Christmas Panto. To give you an idea of the variety of subjects and music that Deal Radio broadcasts here are 3 samples of our shows and their presenters:



HEADZ UP presented by John Head

Headz Up is a predominantly Rock/Heavy Metal show that also strives to include all of the sub-genres. John likes to give grass roots/unsigned artistes the chance to be heard alongside established artists. He waves a banner for them and the lesser known independent venues that support them. John enjoys giving our listeners a more in depth picture and background to the artistes he plays. Be sure to listen out for the occasional curve ball when the likes of the Glenn Miller Orchestra pop up – if John “feels in the mood”. Another of his delightful quirks is to start a show with music from his picked “film of the week”. Then, naturally, he will give you some info on the music’s composer.

THE MONDAY NIGHTMARE presented by Tony West & Paul Thomsett.

Tony (who is also our studio manager) and Paul (who is also our resident astrologer “Mr. Starman”) both have a twinkle of mischief in their eyes. As they delightfully put it “we have a wonderful gaggle of faithful listeners, affectionately known as Gropies”. The show covers all types of rock music including progressive, Glam, Folk, Classic right through to new releases. Just to keep listeners on their toes also expect the odd oddity. Other features include Tony or Paul’s choice of tracks from albums that have inspired their musical tastes. We must also not forget “Monster of the Week”, no not Piers Morgan, but a light hearted look at some of the legendary creatures that may (or may not) roam our planet. For Tony & Paul each show is a labour of love – which I reckon applies to all our presenters.



IN MY LIFE presented by Richard Sirot.

Each guest that comes on IN MY LIFE picks 6 tracks of music that has meaning and/or memories for them. These are played during the show whilst I talk to them about their lives and careers. If they happen to have a new record coming out that is played as well. In fact if they want to play 6 tracks from a new album then that’s fine by me. I have been lucky enough to interview some fabulous celebrities including a couple of my music heroes. Also some local people with fascinating and often life - saving jobs.

In the near future watch out or rather listen out for my interview with Glenn Campbell’s daughter Debbie. Then another big treat, a 2 show special with the world famous Rock Star, Francis Rossi from Status Quo. He will be appearing at The Theatre Royal, Margate in June this year. Francis speaks his mind so be aware that both his shows contain adult material. Also listen out for a special interview with a lovely Russian lady - one of the professionals on “Strictly Come Dancing”. I have another great music star lined up, but you will have to wait to find out who.



On a final note, we have been delighted and touched by messages we have received from some of our listeners during “isolation”. They really did feel isolated and regard Deal Radio as a great friend who helped them through some dark times. We are now in the process of revising our schedules, updating our artwork and recruiting more presenters for an even wider choice of shows. If you don’t already listen to Deal Radio you are cordially invited to join our happy and ever growing audience of listeners. These, by the way, include folks in the USA, Canada, Philippines, Germany and other parts of Europe. Keep well, keep safe.

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Seniors Helping Seniors in Deal

One in six people alive today will live to be over one hundred years of age, so people know they need to make plans for themselves and their loved ones.

COVID-19 sealed an already strong determination to live at home, independently for as long as possible because nobody wants to be institutionalised.

An increased demand for services that make daily life function for the elderly population inevitably follows. People want fun and fulfilment as well as needing to be kept safe and well.

Seniors Helping Seniors is helping provide the services people need and, serving the ageing population in another way, the company also provides suitable work for Seniors who want to do something valuable during their later years. "There is no age barrier, what we look for is experience and personality" Sally Wilse of Seniors Helping Seniors explains.

The over 50s are generally considered to be in financially privileged position compared to the younger generation - older generations tend to have significantly less debt and more assets. People are willing to pay for services that will prolong their independence, keep them safe and prevent burdening family, friends and society. Family is willing to pay for services that can be there for loved ones when they cannot. "it's so sad when people leave it too late, a crisis happens and choice goes out the window" Sally says.

Spring-time brought a lot of families together again. People started to rebuild their lives.



"We had a rush of enquiries at the end of April which made us realise how amazingly brave people had been through the lockdowns." Sally said. Life is challenging to come back to after long periods of isolation.

"Matching carer to client ensures the same friendly face comes to help out. Our carers visit at times that suit our clients and our clients have full control, so if they feel like a trip out they can take advantage of the sunshine and our carer will know where to suggest." When we asked for examples of the services provided, Sally said "April/May has been about getting final vaccines, hair appointments, tackling bigger jobs for people in the home and garden and getting out and about as much as possible. On top of the usual medication prompting and helping with mealtimes and housework. There have been many medical issues because people have not been able to get to the GP. Services are a long way from what they pre-lockdown, and it is a struggle for people to get the help they need. Families have appreciated our support and our carers have loved helping people out"

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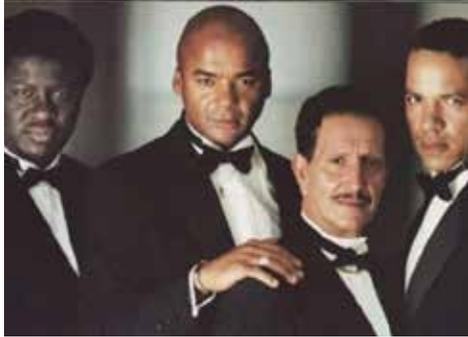
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The Ragdolls

Sunday 18th July | Doors 7pm | Show Starts 7.30pm | Tickets: £22 Main Auditorium | £25 VIP Balcony

The Ragdolls will take you on a musical journey through the sounds of the most successful bands of all time... The Four Seasons... including classic songs such as Sherry, Walk Like A Man, Oh What A Night and many more...



Wild Blue Angels

Friday 27th August | Doors 7pm | Show Starts 7.30pm | Tickets: £21 | £24 VIP Balcony

Putting the Rock into Country and the Country into Rock... A blend of US and UK players, the Wild Blue Angels produce their own particular brand of country-rock music. This six-piece band bring their set to The Astor with songs from their forthcoming album.



Live At The Astor

Saturday 31st July | Doors 7pm | Show Starts 7.30pm | Tickets £16

Bringing you big laughs, live on stage once again, with our regular comedy night. Now no longer socially distanced!!



John Otway

Friday 6th August | Doors 7pm | Show Starts 7.30pm | Tickets: £23 | £26 VIP Balcony

Rock veteran Otway dubbed himself "rock'n'roll's greatest failure" after many unsuccessful attempts to produce a second hit single to follow his 1977 classic (Cor Baby, That's) Really Free with Wild Willy Barrett. Expect madcap mayhem and some scintillating stunts from a man old enough to know better... and also to be surprised at just what a showman and musician really lies underneath the tomfoolery.



Live At The Astor

Saturday 28th August | Doors 7pm | Show Starts 7.30pm | Tickets: £16

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Golf has become a much favoured sport both for players and spectators. The upper end of the professional side is big business and most top players are millionaires. That said you do not need to be wealthy to play.

The game of golf was created in Scotland in the 15th century. Although no one actually knows why there are 18 holes on a golf course I rather enjoy the legendary reason. The caddies who worked for the players in times gone by said there were 18 shots in a bottle of whisky, so that's as good a reason as any. You probably know that the 19th hole is the bar in the clubhouse! Most clubs are from 150 acres upwards. They vary in degrees of difficulty but all have similar layouts in terms of bunkers, greens, fairways. You are allowed up to 14 clubs to play a game but amateurs usually play with 4 clubs as follows:

Driver for Distance.

Putter for close up

Wedge for sand and short shots

Iron for accuracy.

The purpose of a game is to get round the course in as few shots as possible. The lower the handicap the better the player.

This year the Royal St. George Golf Club have the prestigious honour of hosting the 2021 Open, which it has done 14 times before. It has a links course which are the only ones used for championship games. A links course is an area of coastal sand dunes and it typically has an undulating surface. The sandy soil is unsuitable for arable farming. However it supports specific types of grasses which combines with the soil to give a firm surface which is ideal for playing golf. Other courses in the UK have different "hazards" such as water areas, trees, rocks and high winds.

Doctor William Laidlow-Purves who was a member of the Royal Wimbledon Golf Club came to Sandwich in the 1880's for a holiday. He visited St. Clements Church and went up into its tower. From that point he saw a beautiful piece of links land of around 600 acres. He just knew it would be perfect for a golf course! It also had the original farm house which became the golf club house. Since then, of course, the house has had many changes and additions.



It was named the St. George Golf Club and in 1902 received its esteemed "Royal" title. The course itself has 3 special scientific aspects, which are unique to the area – rare orchids, rare birds of prey and hares.

There are 4 major golf championships- The USA Masters, The USPGA, The USA Open, and the UK Open. In the 3 American tournaments only professional golfers are allowed to enter. The UK tournament is open to all.

Obviously this means that there have to be regional qualifiers before the final which is about 140 players.

The British Open is the oldest golf tournament in the world. It was founded in 1860 and originally held at Prestwick Golf Club in bonnie Scotland. It gradually developed and felt the need for a wider selection of courses to be played on. Thus there was and is a rotation of a select coastal links throughout the UK. All this is done under the authority of The R&A.

The R & A is a spin off from The Royal & Ancient Golf Club of St. Andrews – one of the oldest clubs in the world. Prior to 2004 it set down all the rules of golf which all golfers had to abide by. These rules are currently published in 30 different languages.

This year's British Open runs for 4 days from THURSDAY 15TH JULY to SUNDAY 18TH JULY.

Sadly, due to his car accident, Tiger Woods will not be playing this year. However there will still be several golf superstars on the links including:

Dustin Johnson - USA

Rory McElroy - Northern Ireland

Lee Westwood - England

Tommy Fleetwood - England.

Another special treat will be Hideki Matsuyama, the first Japanese professional to win a men's major golf championship. All in all I think it's going to be 4 great days for golf.

Richard Sirot - richard@sirot.co.uk

My special thanks to Robert Leigh, the assistant secretary of The Royal

St. George Golf Club, for all his help.

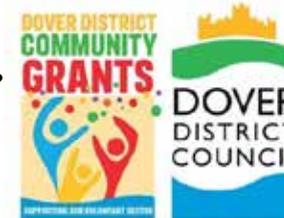
Royal St. George's Golf Club,

Phone: **01304 613 090**

Email: office@royalstgeorges.com

For all enquiries about The Open please go to their website - "The Open".

What is the Community Grant Scheme?



The Dover District Council Community Grant Scheme is committed to encourage and support community-led activities, that result in a community benefit for Dover District residents.

This year, all grants must support the improvement of covid safe environments. Applicants can do this by addressing measures to help control and mitigate Covid19 outbreaks.

Who can apply?

Applications are welcomed from community organisations and groups who are based within the Dover District, or who are seeking a grant to support activities that will benefit a community within the Dover District.

This includes:

- Registered Charities
- Charitable Incorporated Organisations (CIO)
- Community Interest Companies (CIC)
- Social Enterprises
- Constituted Voluntary/Community groups
- Constituted Sports Clubs/groups
- Constituted Youth Clubs/groups
- Constituted School related groups e.g. PFTA
- Constituted Church/Faith groups

How much can we ask for?

You can apply for a grant of between £100 and £2,000

Dover District Council Community Grant Scheme 2021/22 will be split into two funding rounds.

The Summer round applications closed on Monday 24th May but applications to the winter round will open on Monday 26th of July, and close at 12 noon Monday 6th of September.

Before starting your application. Please read the information pack on www.dover.gov.uk to make sure your application is eligible.

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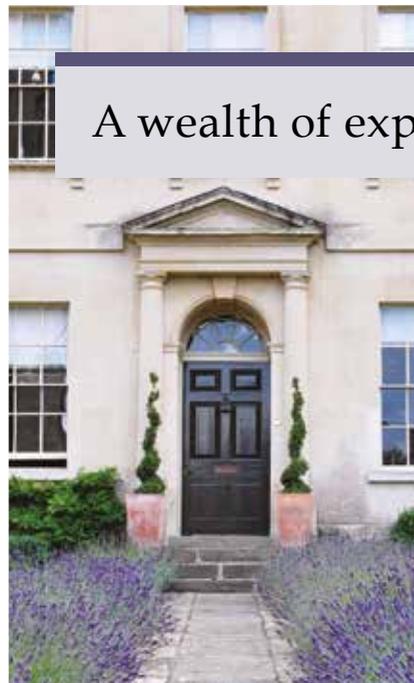


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H25JP26581 07/17

Business Profile: Bright Skies Yoga and Movement Classes

Each issue, **The Outlook** will be paying particular focus to a business or group within Deal. To start, we speak to Amanda at Bright Skies Yoga and Movement classes.

Perhaps you want to improve your strength, mobility, balance, or coordination? Maybe you feel stressed, tense, or tight? Or do you just want to find an activity that makes you feel good, where you can meet new friends? Bright Skies classes make it easy for individuals to enjoy moving freely whilst achieving their goals, providing sessions that are person-centred and fun. Working with the breath, movement, and relaxation practices, we gently guide the body and mind in to releasing tension in an inclusive and welcoming class environment. These classes will leave you feeling relaxed, released, energised, and centred.

In 2019 Amanda started a personal project to develop and devise inclusive community classes that would enable a broader range of people to access the benefits of a regular movement or yoga class. Recognising that many people would benefit from more mobility, balance, coordination, and strength, she set about designing Bright Skies Classes, teaching skills that enable people to release tension, stress and anxiety whilst encouraging more relaxation and calm. Bright Skies classes are currently delivered online and Amanda is rolling out a new schedule of outdoor classes from the 15th of May.

Amanda says: I initially discovered yoga, searching for relief from a spinal condition 25 years ago. Since then, developing a practice that suits me physically and mentally has become critical to my self-care routine, supporting me through various stresses, anxieties, and traumas. So, I have a very real and lived experience of the positive impact that 'moving freely' can have on all aspects of health and well-being and I really want to share that experience and passion. I realised that people often think of yoga as an activity that requires athletic flexibility and I wanted to change that perception, developing classes that enable people to experience all of the benefits that I enjoy from a regular yoga/ movement class without having to worry about bending into complex pretzel shapes. These classes have been a critical lifeline for many of my class attendees during lockdown and the benefits that they cite have been much more far reaching than I could have imagined. I firmly believe that Yoga and Movement classes



should be adaptable to the participants rather than participants struggling to fit in to the movement. So, Bright Skies classes are born out of my belief that there is a movement style to suit everyone and that everyone should be able to find some form of exercise that they find enjoyable. Classes also incorporate breathing and relaxation techniques to help build resilience and strength and ease tension and stress. Life skills that can be taken off the mat to help us all deal with life's day-to-day challenges. Ultimately, I strive to create new and interesting classes, that meet a diverse range of individual needs and inspire people from all walks of life.

The student testimonials and videos on my page are a testament to the inclusive, friendly, relaxed, and welcoming atmosphere that we all aim to create in the classes that I teach. The groups have developed in to a real 'Bright Skies' community and they are all such a nice bunch to spend time with, you'll leave a class feeling revitalised and refreshed, having met some like-minded people and made some new friends. What's not to like:

www.yourbrightskies.co.uk/student-testimonials



At a Bright Skies class, individuals are encouraged to explore movement that is beneficial and appropriate to their needs and to discover physical activity that they really enjoy. All Bright Skies classes aim to support participants to 'move freely' towards a happier and healthier life in a simple and accessible way.

The core principle is that through intuitive, free flowing movement we can all improve our posture, mobility, strength, and outlook. Classes are progressive and teach a broad range of techniques that support the development of coordination, balance and resilience, including breathing and relaxation practices to promote relaxation and release from tension or stress. The benefits that students say that they enjoy include:

- Becoming noticeably more mobile, agile and/or supple
- Improved sleep and feeling more rested.
- A release of tension/pain in the body and improved physical awareness
- Improved outlook, health, and well-being; feeling happier and more relaxed.
- Meeting new friends, socialising, and having fun in an inclusive and welcoming environment
- Acquiring new skills to better address anxiety and stress.
- A release from other worries and concerns.
- The enjoyment of noticing the progression and achievement of skills and abilities.

Amanda is a BWYQ Level 4 (RQF) qualified yoga teacher and achieved accreditation from the Yoga in Healthcare Alliance in 2019 to deliver the NHS endorsed Yoga4Health programme. She has also undertaken various other health and fitness training and qualifications, and is fully insured by EMDUK, The Governing Body for Exercise Music and Dance. Amanda is a member of the Chartered Institute for the Management of Sport and Physical Activity (CIMPSA), has enhanced DBS certification, Safeguarding and Emergency First Aid Training.

All participants complete health questionnaire prior to attendance to ensure that classes can be differentiated to individual needs. A range of classes are currently delivered ONLINE. No special equipment required. It's really simple - just click the link that you are sent and enjoy the class! Amanda is also starting a schedule of outdoor classes and also offers private 1:1 and group sessions. Be sure to contact her for more information.



CLASS DETAILS

MOVE FREELY CLASSES

Learn simple, gentle, and enjoyable movement and breathing techniques that will enable you to:

- Release tension and 'move more freely'.
- Improve your coordination, strength, and mobility.
- Increase your understanding of how your body influences your health and wellbeing.
- Discover the benefits that regular 'freedom in movement' class can bring to your day-to-day life.

An excellent mobilising practice that is also a good introduction if you would like to progress onto yoga

YOGA

In Bright Skies classes we do yoga standing, sitting, standing or somewhere in between. Whatever suits you! The aim is to connect our mind and body with our breath through gentle explorative movement, increasing mobility and decreasing any tension or stress.

In these classes you will learn:

- Breathing to support resilience and a strong immune system
- Mobilisation to keep your body supple and active.
- Poses to develop coordination, balance and strength
- Relaxation techniques to reduce stress and promote good sleep.

Fancy something a bit more energetic? Bright Skies also has classes that are a bit more challenging and dynamic. Why not try one of the 'Kick Start' sessions or 'Glow with the Flow'.

Remember, Bright Skies creates Yoga that everyone can enjoy!

FOR FURTHER INFORMATION VISIT:
www.yourbrightskies.co.uk
email: hello@yourbrightskies.co.uk

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Preparation time: 30 mins Cooking time: None unless making meringues (2hr30) SERVES: 6

INGREDIENTS

**For the meringues
(or you can use good quality
shop-bought meringue nests)**

- 175g caster sugar
- 1 thick lemon slice
- 3 egg whites,
at room temperature
- 1 pinch salt

To assemble the mess

- 500g ripe strawberries
- 50g caster sugar
- 450ml double cream
- 1 tbsp icing sugar
- 1 tsp vanilla paste
- Mint for garnish

METHOD

Meringues - Preheat the oven to 220C / gas 7. Line a baking tray and pour the sugar on to it then bake in the oven until it just begins to melt at the edges. Rub the inside of the mixing bowl with the lemon (this gets rid of any grease) and add the egg whites. Just before its time to take the sugar out of the oven, start whisking the whites at high speed.

Carefully tip the hot sugar and the salt into the fluffy foamy whites. Continue whisking until the mixture is cool, glossy and forms soft peaks. Lower the heat in the oven to 130C / gas ½. Heap dollops of meringue on to lined baking trays, making sure they are well spaced. Bake in the cool oven for about two and a half hours. Check after two hours. The outsides should be crisp and golden but not burned! Turn off the oven and leave the meringues inside to cool completely.

The Mess - To prepare the strawberries: wash and hull the fruit, and slice into half or quarters. Aim for bite-size pieces. Place the strawberries in a bowl, sprinkle with the caster sugar, making sure all the strawberries are coated. Place in the fridge for half an hour until the fruit goes squidgy and leaks juices.

Set a third of the strawberry mixture on one side for later. Using a potato masher lightly crush the rest into a chunky puree. Pour the double cream into a big bowl (it's best if the bowl is cold). Sift in the icing sugar and the teaspoon of vanilla paste (not essence) and whip to soft peaks.

Roughly squash and break six of the meringues. Fold the pieces and the crushed strawberries into the whipped cream. Don't mix too thoroughly. The red and white should be clearly distinct. I tend to leave mine in a big serving dish so people can help themselves, but it looks lovely spooned into tall glasses and topped with a sprig of mint.

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