



April 2024



Network Harrietsham's Village Magazine



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Harrietsham Fish Scheme Who's Who

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<i>Telephone 859352</i>	
Chairman	Vacant
Treasurer	Michael Gear <i>Little Hatch, Ashford Road, Harrietsham, ME17 1AJ</i> <i>Email michaelgear44@hotmail.co.uk</i>
<i>Telephone 859410</i>	
Secretary	Nicola File

Network Magazine

Editor	Nicola File <i>Email editor@harrietshamfishscheme.org</i>
Editorial Team	Amanda Ward, Denise Williams and Rod Martenstyn <i>Email editor@harrietshamfishscheme.org</i>
Advertising Manager	Steve Brown <i>Email adverts@harrietshamfishscheme.org</i>
Distribution Manager	Jackie Bevan <i>Faygate, Ashford Road, Lenham ME17 2DA</i>
<i>Telephone 859310</i>	

Visit our website: www.harrietshamfishscheme.org

Harrietsham Network is published by the Harrietsham Fish Scheme

Network Magazine May 2024 deadlines:-

Monday 1 April 2024 12 noon advertising and copy deadline for May Network.

In addition to printing the magazine and distributing it to all homes in the village, Network is uploaded to our website by the 1st of each month.

Please send advertising contributions to adverts@harrietshamfishscheme.org

Please send copy to: editor@harrietshamfishscheme.org.

Thank you.

Harrietsham Network




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Message From the Editor

My plea for volunteers remains, we still need some more support for our village committees. Please do get in touch with our Treasurer or to the Friends of The Church if you are able to give some of your time to help. It is also the time of year for AGMs so if you are able to attend any please do.

My continued thanks goes to Peter Seville for his monthly quiz questions. This month you can find them on page 10.

On page 16 there is a poster for the Harrietsham In Bloom Quiz Night. This is always a wonderful event so get your tables booked early.

Lastly from me, if your name is Laura and you were in the Co-op on the Saturday before Christmas make sure you look at page 13.

Cover photo by Pixabay: <https://www.pexels.com/photo/yellow-and-white-flower-surrounded-by-green-grass-36760/>

Please remember to email any photographs, articles of interest about Harrietsham, or anything else that could be considered for inclusion to:

E-mail: editor@harrietshamfishscheme.org

Visit our website: www.harrietshamfishscheme.org

Whilst every effort has been made to include as wide a variety of information as possible, the editor reserves the right not to publish, or to edit, any item. The editor's decision is final. Responsibility for the information and views set out in articles and notices in this publication lies entirely with the authors.

Any opinions expressed are those of the contributors and not necessarily those of the officers or committee of the Fish Scheme.

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Harrietsham Gardening Society



At our February meeting Victoria Golding gave an excellent presentation on the construction and maintenance of a garden wildlife pond. This included the suitable siting of the pond along with the choice of lining material. She advised on having a shallow area to enable wildlife to enter and leave the pond, plus a deeper area that would not freeze to its complete depth in a harsh winter. Also covered were suitable aquatic and marginal plants plus invasive plants to avoid. She also showed the wildlife likely to be drawn to the pond, for example frogs, newts and dragonflies. This was an excellent, informative talk, giving us a very good approach to encourage a variety of wildlife in to our gardens. The meeting rounded off with tea, coffee and biscuits plus a raffle.

The meeting on the 16 April will include a talk by Caroline Halfpenny titled, 'A Gardener Abroad'.

Christine Bone

Harrietsham In Bloom



The village displays are looking very good thanks to the work of the committee and volunteers. There will be lots of deadheading and weeding now. If you feel you could help please contact our Chairman.

On Saturday 20 April at 7.30 pm we are holding our annual fundraising Quiz Night. Tables of up to 8 persons need to be booked - £7 per person, which includes soft drinks and nibbles. Please feel free to bring your own refreshments to enjoy during the break. There will also be a raffle. To book your place/table please contact Andrew on 01622 859352 or Barbara on 01622 853754. We look forward to seeing you, please support this event as all the money raised will help us to purchase plants and bulbs for our village displays. See posters for further details.

Any enquiries to Andrew Rogers (Chair) on 01622 859352 or Barbara Incledon (Secretary) on 01622 853754.

Audrey Joy MBE

Harrietsham Ladies Group

Eighteen of us made a floral Spring table decoration under the supervision of Deanna who came armed with individual bunches of greenery and carnations to enable us to follow her instructions to produce an arrangement we were pleased with. It was a very successful afternoon and we were proud to walk away with our efforts. Of course there was much chatting while we worked and inevitably ended with a much needed cup of tea.

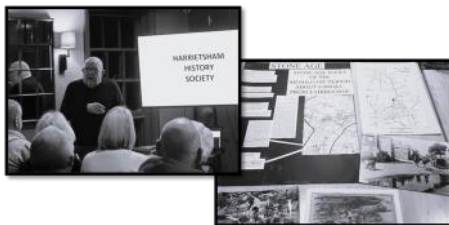
In April we return to our evening meeting - 7.30 at the Scout hut - and welcome a speaker from MADM which is a Christian charity supporting the people of Maidstone. Any ladies from Harrietsham very welcome to come along.

Elizabeth Welchman - Chairman
01622 850735

Harrietsham History Society



It was a great evening on Monday, 19 February at Percival's Rest, where Peter Brown gave a captivating talk on our village's history. The event drew an incredible turnout of over 45 attendees. Peter's insightful narrative gave a detailed overview of the village, its residents and most importantly the pubs! This is something the society want to expand on and would welcome any residents to get in touch to provide their stories of growing up and lives in the village. Thanks to Georgio for giving us the space for the evening and to Tonisha for hosting the event.



We encourage those who haven't yet become members to consider joining the Harrietsham History Society. Membership not only grants access to our meetings and events but also supports our efforts in preserving and promoting our village's history.

Costs

- Membership - £15 per annum
- Meetings - £2 donation Members or £3 donation guests

Looking ahead, we are excited to share some details on the topics for our upcoming meetings:

- **Monday 13 May 2024**
Annual General Meeting at Percival's Rest at 7pm (followed by indexing of local archiving photos/documents etc.)
- **Monday 3 June 2024**
D-Day – 80th Anniversary – Steve Hookings at Percival's Rest at 7pm
- **Saturday 22 June 2024**
D-Day – Big Lunch at Glebe Field, time TBC
- **Friday 20 September 2024**
Doodle Bugs and Rockets – Bob Ogle at Ambrose Hall, Village Hall at 7pm
- **Friday 8 November 2024**
Elizabeth Baryon "The Holy Maid of Kent" – Melanie Gibson-Barton at Ambrose Hall, Village Hall at 2pm

****Books for Sale at Percival's Rest****

Book 1 - Harrietsham – Old Photographs and Postcards - £10

Book 2 - The Lost Lives of Harrietsham 1914 – 1918 - £10

Harrietsham Times 1914 – 1918 – A Collection of News Articles - £5

Harrietsham Short Mat Bowling Club



It could be said that Harrietsham SMBC is bowling along nicely. Attendance at our roll-ups is quite good but is changing from having the greater number of members playing on Thursday evenings to Monday afternoons. Could that be because as we age and do not like driving at night we are changing our habits? The one thing we are still having difficulty with is arranging Friendly games. Our Club Captain, Ron, is trying his best by getting in touch with other clubs, but without a lot of luck. However, he has made a step forward by applying to join the Maidstone and District SMB league, this will be met with great anticipation.

The club did have one friendly match in February, this was arranged to encourage the idea of playing games on Monday afternoons. The game was played against LenARA, it was experimental for both clubs as LenARA only played from a social point of view and Harrietsham were using a lot of members who did not normally play competitively. The encounter got off to a slow edgy start but by the end, it proved to be a fun, sociable, and friendly afternoon that was a learning curve for all. Just for the record, LenARA won the match.

Keep on Bowling

Phil Gooda - Chairman/Secretary

Quiz Corner

Round 6

1. Who played Ernst Blofeld in 'You Only Live Twice'?
2. Which team won the first ever Wembley Cup Final?
3. Where, on the Iberian Peninsular, is the Trafalgar Graveyard?
4. What organ does Silicosis affect?
5. Which US State's flag incorporates a union Jack?
6. What do you call a triangle with three unequal sides?
7. At which sport was Fred Perry World Champion in 1929?
8. What would a Scotsman do with his spurtle?
9. The Stanley Cup is awarded in which sport?
10. How many cubic inches are there in cubic foot?

Answers on page 12

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Harrietsham Network

Parish Council News

Annual Parish Meeting

The Annual Parish Meeting will be held on Wednesday 24 April at 8.00pm in the Booth Hall. This will follow the usual monthly Parish Council meeting, which will be shorter than usual, commencing at the earlier time of 7.15pm. This year we have a representative from Harrietsham Primary School attending to speak about the creation of a Forest School in their grounds. All residents are welcome to attend both meetings.

The Big Lunch 2024

Due to unforeseen circumstances, this year's Big Lunch will be held on a different weekend to usual. Please put Saturday 15 June in your diary. This year's event will also commemorate the 80th Anniversary of D-Day and further details will be included in next month's Network magazine.

Elections 2024

Parish Council elections will be held again on 2 May. By the time you receive April's magazine, it may be too late to submit nomination papers to be elected as a Councillor. However, you can still be co-opted on to the Parish Council after the elections, at one of the usual monthly meetings.

Being a Councillor is a varied and rewarding role within the community. If you are interested in becoming a member of the team, or would like to know more about what is involved, then do please get in touch with the Parish Clerk who will be able to assist you further.

Amanda Broadhurst

Parish Clerk - 01622 850089
clerk@harrietshamparishcouncil.gov.uk

Postal Address:
4 Southfields Way
Harrietsham
Amanda Broadhurst
ME17 1GE

Quiz Corner Answers

Round 6

1. Donald Pleasance
2. Bolton Wanderers
3. Gibraltar
4. The Lungs

5. Hawaii
6. Scalene
7. Table Tennis
8. Stir his porridge
9. Ice Hockey
10. 1,728

Looking for Laura

Thank goodness Christmas is over! The Saturday before I had just got a few last minute items from the Co-op and went to pay my bill... and horror of horrors my purse was not in my bag!

I do not often get in a flap but I did then! Had I left it at home? Had I lost it? My mind was racing, it is so rare for me to lose my purse it's **always** in my bag. There was the till receipt rung up, I would have to leave the shopping and race home to find my purse!

And my hip had decided to be painful into the bargain. Then a kindly person in the queue said she would pay the bill. I was so flummoxed I forgot to ask her address or phone no. She said she lived in Harrietsham.

Knowing so many people there I vaguely thought it would be easy to find her but Marjorie and Jackie had never heard of Laura Karman and I feel so awful in not being able to pay her back!

Laura, please own up! There is a friend for life hanging on here, you are so kind and I thank you so very much.

Lesley Feakes - 01622 850275

Harrietsham Village Hall Trust AGM 2024

The Village Hall Trust will be holding their AGM on Monday 29 April at 2pm in the Booth Hall.

The hall is desperately in need of new Trustees to help with ensuring that the hall can continue to operate.

If you are able to volunteer any time to assist with the day-to-day management of this valuable community asset, then do please come along to the AGM.

If you would like to know more about what is involved, then do please email the Parish Clerk (clerk@harrietshamparishcouncil.gov.uk)



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QUIZ NIGHT

Harrietsham Village Hall

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A raffle will be held

Max. 8 persons per table

To book your place/table please contact

Andrew Tel: 859352 or Barbara Tel: 853754



HARRIETSHAM FISH SCHEME

ANNUAL GENERAL MEETING INVITATION

4 April 2024 at 7pm

Village Hall

Harrietsham Fish Scheme is a voluntary organisation comprising of Helping Hands and the monthly magazine Network which was set up in 1968. With the support of many volunteers, we endeavour to provide those in need with transport to doctors' surgeries and to local hospitals, and other essential journeys.

The Fish Scheme relies on volunteers and would welcome some new members to help us continue with helping others in need, so if you have a little spare time and think you may be able to assist us please come along to our AGM or contact one of our committee members, or our Lift Organisers, contact details can be found on page 3 in the Network magazine or on our website harrietshamfishscheme.org

The Fish Scheme committee give their grateful thanks to all of their helpers for their continuing support and hope to see as many of you as possible at the AGM.

Harrietsham Network



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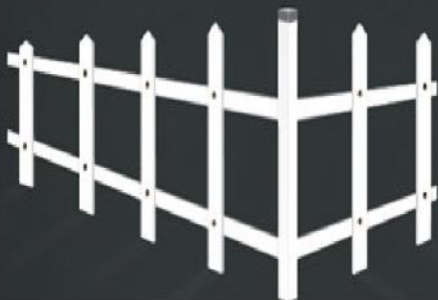
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Goodness we are already a ¼ of the year under our belts. If it's going too fast for you we can slow it down. In the summer we do slow stitching, out in the garden when it's not too hot (small pieces of hand stitching).

But while we are inside with the large tables to lay out our quilts we are working on quilt blocks that can grow to a quilt or just become a cushion cover or decoration for any number of bag projects.

In March we started our Star quilt and should be finishing the block on 2 April. 16 April should see the introduction to Manhole covers. An oriental circular design in traditional oriental patterns. It can be the start of a free flow quilt or a round cushion. Even used as an applique for the back of a quilted jacket or waistcoat.

Come learn more about our stitching group and spend some quiet time stitching. Learn new skills and share old ones. We have our meetings on the first and third Tuesdays of every month except December and would love to see you. We meet usually in the Appleton room in the Lenham Community Centre from 1:30 to 4:30.

If you would like more information on our group or would like a copy of our 2024 Program please contact me, Pamela Gillard at 01233-877453 or e-mail moonbeamspinner@gmail.com

Pamela Gillard

Jane the Queen – revisited

Following my article in the February Network, I would like to thank Phillip Robling for his response. However I think my original argument still stands!

Edward V is known to history and acclaimed in our books as a King of England, although he only held this title for 78 days in the summer of 1483, before his uncle, Richard III had him removed and confined in the Tower of London. He was never crowned. In the last century Edward VIII had much longer (325 days) between his proclamation and his abdication but again he was never crowned. But we teach our children that these are Kings of England.

Lady Jane Grey had a much briefer reign as our 9 day Queen, but similar to the two males above, she was proclaimed but never crowned. There is only one difference that I can discern between these three. That two of them were male and that Jane was female.

Surely in this age of addressing miscarriages of justice and righting historical wrongs, Jane deserves to take her rightful place as Queen, in her own right, and her fully acknowledged place in history.

But dear reader, what do you think? In the interest of sharing views and creating a discussion lets keep the exchange going...

Mike Bishop

Harrietsham Network

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Cub Scouts

Leader Mrs A Seales 01622 859829

Explorer Scouts

Leader Mark Horlock 07789 226516

Friends of St. John the Baptist Church

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Gardening Society

Chairman Mr David Oversby 01622 859674

Girl Guides

Leader Andrea French 07901 667018

Golf – Bill's Round for Charity

Secretary Mr T Grimes 01622 850632

Harrietsham Academy of Ballet

Organiser Deborah Nankivell 07775 716714

Harrietsham History Society

Chairman Mr M Avis chairmanhhs@gmail.com

Harrietsham in Bloom

Chairman Mr A Rogers 01622 859352

Harrietsham Preschool Charlee Guy 07897 821399

Local Directory Ha-Z

Harrietsham Social Club

Secretary Jed Stone 07759 8771198/whipacres2@gmail.com

Harrietsham Ladies Group

(formerly Wives Group) Gill Whent 01622 859426

Health Walks

Organiser Ms M Darby 01622 850657

Helpers

Chairman Mr T Sams 01622 859412

Karate Club

Organiser Mr Lewin Tuckwell 07812 089304

Kent Community Warden Mr M Sherwood 07977 981993

Kent Messenger

"Your Local Pages"

Village correspondent Charlotte Lingard miss_lingard@hotmail.com

Lenham and Harrietsham Youth Hub

Contact Katie at KCC 01622 755044

Liberal Democrat Assoc. Mr David Naghi 07970 626829

PTFA (Harrietsham School)

Chairman Rachel Slaughter harrietshamptfa@gmail.com

Rainbows

Leader Kate Davies 07971254029/beaukate@btinternet.com

Scouts

Group leader Mr E Seales 859829

Leader Mr N Still 880139

Short Mat Bowls

Chairman Phil Gooda 01622851217/p.gooda@btinternet.com

Tai Chi Class Angela Akast 07754454030/akast.a@btopenworld.com

Tennis Club

Chairman Mr A Rogers 859352

The Lenham School

Head of School Mr Chris Foreman 858267

Ulcombe Preschool

Chairperson Helen Leat 07511657828/

ulcombepreschool@live.co.uk

Village Hall

Booking Clerk 07393 030409

bookingclerkhvh@outlook.com

Yoga

Helen Kacperek 07762761905/helenpurpleyoga@gmail.com

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Len Valley Benefice

April 24

Everybody is welcome



'The kingdom of heaven is like a mustard seed, which a man took and planted in his field. Though it is the smallest of all seeds, yet when it grows, it is the largest of garden plants and becomes a tree, so that the birds come and perch in its branches.'

Matthew 13:31-32

Wednesday 3 April

9.30am Lenham: Holy Communion (BCP)

11.00am Harrietsham: Chippendayle

Sunday 7 April

9.30am Boughton Malherbe: Holy Communion (BCP)

9.30am Lenham: Breakfast Church

11.00am Harrietsham: Family friendly Morning Worship

11.00am Lenham: Holy Communion

Sunday 14 April

9.30am Harrietsham: Holy Communion

9.30am Lenham: Breakfast Church

11.00am Lenham: Holy Communion

11.00am Ulcombe: Holy Communion

6.30pm Boughton Malherbe: Choral Evensong

Sunday 21 April

8.00am Lenham: Holy Communion (BCP)

9.30am Boughton Malherbe: Holy Communion

9.30am Harrietsham: Holy Communion

9.30am Lenham: Breakfast Church

11.00am Ulcombe: Holy Communion

11.00am Lenham: Morning Worship

Sunday 28 April

10.30am Benefice Holy Communion at All Saints, Ulcombe 'I am the Light of the World'

Harrietsham Network

Worship Leader(s) needed



The Len Valley churches (Boughton Malherbe, Harrietsham, Lenham, Ulcombe) are looking for people with musical talent who can support, develop and lead the worship in one or all of our churches.

If you can play an appropriate instrument, have gentle leadership skills and are open to being involved in Christian worship, please do contact us for more details.

This role involves some financial reward. We can also support training, for example for young keyboard players who want to learn to play the organ.



Please call 01622 850280 or email churchoffice@lvb.org.uk for information.

Would you like to join the Fish Scheme Committee?

Due to the impending resignation of the treasurer of the Fish Scheme at the AGM to be held on 4 April 2024, there will be a vacancy for this position as well as the Chairman role.

If anybody is interested in taking on a voluntary role could you please contact Michael Gear, for further information, on 01622 859410 or michaelgear44@hotmail.co.uk





The Friends of the Church
of St John the Baptist,
Harrietsham

Registered Charity No. 1090622

Ploughman's Platterday

Would you like a lunch without the washing up afterwards?

Then come to our Ploughman's Platterday on Saturday 13 April 2024 between 12 noon and 2pm. Come along and enjoy lunch and meet people in the church for only £5. Everyone is welcome. Tea, coffee, and biscuits will also be available at 50p extra.

100 Club Lottery Results

The results of the Eighty-seventh Draw of the Friends of St John 100 Club, drawn on 10 February 2024 by Denise William at Little Hatch, under the supervision of Michael Gear (Independent Adjudicator) and Chris Roots (Promoter) are:

- First prize £82.50 – number 19 - Angela Gatland;
- Second prize £49.50 – number 129 - Micheal Flawn;
- Third prize £33.00 – number 27 – Hazel Roots.

There were 165 numbers included in the draw giving a prize fund of £165.

Annual General Meeting

Thank you to those members and other interested parties who attended our Annual General Meeting in March. Full details of the meeting will be provided next month, together with a note of our events for the rest of 2024.

If you would like further information or an application form to join either the 100 Club or as a Friend, write to me at friendsofstjohnharr@outlook.com or phone 859 885.

Chris Roots - Acting Secretary

Local Churches

Parish Church of St John the Baptist

Vicar: Revd. John Huggins
01622 850280 vicar@lvb.org.uk

(Day off: Wednesday)

Assisting priests:

Revd. Millie Hart 01622 297296
revmilliehart@lvb.org.uk

Readers:

Pamela Cuerden 01622 859442

pamela@lvb.org.uk

Benefice Office:

Sarah Hills 01622 850604

churchOffice@lvb.org.uk

For details of services see p.23

United Reformed Church

Week Street, Maidstone

Minister: Rev Andrew Royal

Sunday Service at 10.30am with creche. No evening service.

01622 686053

maidstoneurcoffice@talktalk.net

Baptist Church

Knightrider Street, Maidstone

Minister: Bill Miller

Office: 01622 686013

Sunday Services at 10.30am with creche, and at 6.30pm

www.maidstonebaptist.net

Bearsted and Thurnham Methodist Church

Bearsted (next to Station)

Minister: Revd. Robert Zachar

117 Crossways

Sittingbourne

ME10 4RN

01795 422573

Sunday Service 10.30am

Church of the Good Shepherd Roman Catholic Church

Rectory Lane, off East Street,
Harrietsham

Parish Priest: Fr Geoffrey Pointer

Deacon: Rev Cyril Durbin 736100

Mass every Sunday at 8.45am and
Wednesday at 10.00am

Holydays Mass 7pm

St Peter's Roman Catholic Church

Button Lane, Bearsted 736100

Confessions, Saturday 5 – 5.30pm

Saturday Evening Mass 6pm

Sunday Mass 10.30am

Weekday Mass generally

Monday and Tuesday 7pm and Friday
10am

Holydays Mass 10am and 8pm

Pathways Church, Maidstone

1st and 3rd Sundays of each month at
10.30am in Lenham Community Centre.

Wednesday evenings in homes in Lenham and Harrietsham.

Church leaders: Ben and Kaat Doggett

info@pathwayschurch.org.uk

www.pathwayschurch.org.uk

For all church services please see
information on page 23 or contact your
own church for up to date information.

Public Services and Emergencies Directory

Doctors' Surgery (Lenham and Harrietsham)	01622 858341
Dentist, Lenham	01622 858204
Dentaline (out of hours emergency treatment)	01634 890300
Saxon Warrior Pharmacy	01622 858287

Hospitals:

Maidstone ME16 9QQ	01622 729000
The Tunbridge Wells Hospital, Pembury, TN2 4QJ	01892 823535
William Harvey Hospital, Ashford	01233 633331

Councils:

MP - Helen Whately	01622 758053
Kent County Council	03000 414141
Maidstone Borough Council - all departments	01622 602000
Harrietsham Parish Council - Parish Clerk	01622 850089

Police:

Emergencies only	999
Non emergencies	101

Samaritans, 48 Grecian Street, Maidstone	01622 674444
Citizens Advice Bureau, 2 Bower Terrace, Maidstone	0808 2505704
Childline	0800 1111
KCC Children's Social Services	03000 411111
KCC Adult Social Services	03000 416161



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April 2024 Diary

Abbreviations:

HVH = Harrietsham Village Hall LCC = Lenham Community Centre

Wed	3	7.30pm	Harrietsham Ladies Group	Scout Hut
Thurs	4	7.30pm	Harrietsham Short Mat Bowls	HVH
Fri	5	10.00am	Ladies Group Coffee Morning	HVH
Mon	8	9.45am	Purple Yoga	HVH
Mon	8	2pm	Harrietsham Short Mat Bowls	HVH
Mon	8	7pm	Knit, Crochet and Natter	HVH
Wed	10	1.30pm	Craft and Chat	LCC
Thurs	11	7.30pm	Lenham WI	LCC
Thurs	11	7.30pm	Harrietsham Short Mat Bowls	HVH
Fri	12	10.00am	Ladies Group Coffee Morning	HVH
Fri	12	7.30pm	Lenham Film Club	LCC
Mon	15	9.45am	Purple Yoga	HVH
Mon	15	2pm	Harrietsham Short Mat Bowls	HVH
Tues	16	7pm	Harrietsham Gardening Society	HVH
Thurs	18	7.30pm	Harrietsham Short Mat Bowls	HVH
Fri	19	10.00am	Ladies Group Coffee Morning	HVH
Mon	22	9.45am	Purple Yoga	HVH
Mon	22	2pm	Harrietsham Short Mat Bowls	HVH
Mon	22	2pm	Knit, Crochet and Natter	HVH
Thurs	25	7.30pm	Harrietsham Short Mat Bowls	HVH
Fri	26	10.00am	Ladies Group Coffee Morning	HVH
Mon	29	9.45am	Purple Yoga	HVH
Mon	29	2pm	Harrietsham Short Mat Bowls	HVH

M	Tu	W	Th	F	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



Wellbeing Community Group

Do you wish to lead a more contented life?
Come and join us as we share, explore and learn
simple techniques to improve our wellbeing in
this busy world!

Tuesdays 7pm
Starting April 2024

Lenham

If interested please contact:
wellbeingcg@outlook.com
07952 594655

Please note: places are limited

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Rebecca Winterflood MBACP

An experienced counsellor having previously worked for both the public sector and charitable organisations. Working both in Hollingbourne and Headcorn I offer face to face, online or telephone sessions to adults and teenagers, working with a wide variety of issues including; depression, anxiety, trauma and relationship issues.

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Does your money not go as far as it used to?

Do you have little or no savings?



If the answer to any of these questions is “yes” then the Culpepper Charity may be able to help.

Founded in the seventeenth century, the Culpepper Charity was created to help those people of Harrietsham with financial needs. It has been dormant for a long time which may be why you haven't heard of it.

However, the Charity has limited funds available to provide monetary assistance to those people of Harrietsham who are worried about how they will pay all their bills. The Trustees believe that in the current

financial crisis the Charity needs to be back in the limelight to help the people of Harrietsham.

If you are claiming benefits of any kind, or even if you are not, and want further help with your family finances, do write to us explaining how you are in need and requesting a Grant claim form to be sent to you.

We are at either: Culpepper.Charity@outlook.com
or to:
The Culpepper Charity
C/o The Church Office
Harrietsham Village Hall
Church Road
Harrietsham
Kent
ME17 1AP



We cannot guarantee to provide every applicant with money, but we do hope to help those with most need.

ROW THE PACIFIC

MEET THE WORLD RECORD BREAKING TEAM

The inaugural **World's Toughest Row - Pacific** began on 12 June 2023, with 14 teams participating from around the world.

Pacific Discovery set off from the historic harbour of Monterey, followed the path of many adventurers and explorers of yesteryear, and rowed 2,800 miles to the finish line in Hanalei Bay on the stunning island of Kauai.

Our team spent two years, almost every day, preparing ourselves - mentally and physically - for this monumental feat. We trained, ate, slept, and repeated - rowing, getting to know each other, and pouring over tasks in our master plan spreadsheet!

We rowed non-stop for 34 days: 2 hours on the oars and 2 hours off. We consumed 850,000 calories, and experienced all the adventure threw at us: equipment failures, tough weather patterns and the perils of almost capsizing, but we also had a front seat with a 360' view of 34 sunrises, sunsets and moonbows. An experience that will last a lifetime.



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Harrietsham Network

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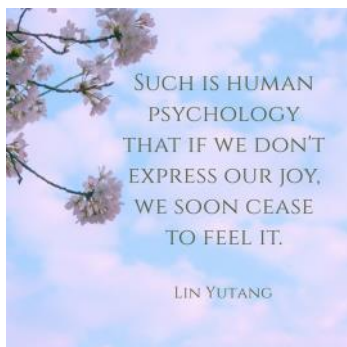
Developing Savouring



In the previous article, I began to share about Savouring. This practice fascinates me. Who could have imagined that such a simple practice may have so many benefits? Last time I mentioned how savouring can increase your ability to feel happy in general. But it also increases resilience to life challenges. Every pleasant moment we savour gives us more strength when we face sad or difficult situations, and the formula is simple – the more bright moments we experience, the easier it will be to remember the light when we find ourselves in the dark.

But, as I mentioned before, in our fast-moving world it becomes easy to lose the ability to savour. Fortunately, there is a way how we can train ourselves in this simple and powerful practice.

1. **Pause.** *If you come across something pleasant, allow yourself time to notice it. Often, two or three seconds will be enough.*
2. **Pay attention to details.** *Don't take it as a pleasant blur, let it be more distinct.*
3. **Enjoy the moment, if it is worth it! Feel the excitement. Laugh, shout, jump with joy.**



4. Prolong experience, if you can.

5. Use all your senses to the full. *Watch, listen, touch, smell or taste. Sharpen your sensory perceptions. Getting in touch with your senses or taking the time to use them more consciously, flexes our savouring muscles.*

6. Preserve good memories. *Take a mental picture of what you saw. Look around for something to create an association. Take a “souvenir”, so later, when you look at it, you may relive the moment again.*

7. Share. *Allow others to experience it through you. Sharing will root your experience deeper within you.*

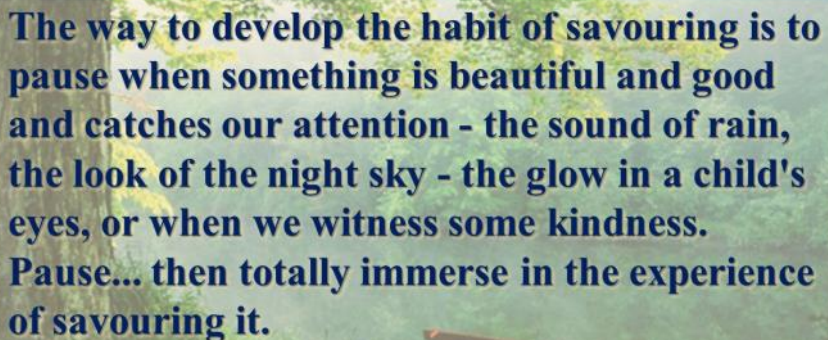
8. Sharpen your susceptibility. *Sometimes, to have a deeper experience you may need to focus only on one direction – close your eyes to enjoy better the sound or smell, or ignore other senses, to enjoy visuals.*

9. Get absorbed in the moment. *Don't “kill” it with thinking. Concentrate on your sensations and emotions they awaken within you.*

10. Be grateful for what you experience.

As you practice savouring more consciously, you will discover more steps on how to increase your ability to savour, something that works best for you. Just remember, the main point of savouring is to create a direct link between your senses and your emotions (bypassing intellect) during the positive experience.

A conclusion – Savouring brings more happiness and value to our lives. But here is another important benefit of savouring – it is one of the cornerstones of Mindfulness. More about it next time.



The way to develop the habit of savouring is to pause when something is beautiful and good and catches our attention - the sound of rain, the look of the night sky - the glow in a child's eyes, or when we witness some kindness. Pause... then totally immerse in the experience of savouring it.

Tara Brach

Lenham Film Club

at Lenham Community Centre, Groom Way



LENHAM
FILM CLUB

The Sting

Friday 12 April

Performance begins 19.30, doors open 19.00

Running time 2 hrs 9 mins

We're opening our spring and summer programme with a winner, selected as favourite in this season's audience vote. Come along to see **The Sting** (PG 1973) and you're in for an evening of sheer pleasure and laughter, even if you've seen it before. It's not often you can say that about a film, especially one set in the Chicago of the 1930s when the Great Depression was raging, but this one, starring Robert Redford and Paul Newman together with its unforgettable Scott Joplin ragtime score, most certainly qualifies. Robert Redford plays Johnny Hooker, a small-time crook who mistakenly tries to dupe big-time crime boss Doyle Lonnegan (played by Robert Shaw). When Lonnegan retaliates, Hooker asks for help from the master of the long con, Henry Gondorff (played by Paul Newman). The stakes are high and chaos ensues. You'll be gripped right up to the brilliant end of this fabulous film, which won 7 Oscars including Best Picture. Directed by George Roy Hill.

Our May performance is another winner. In **One Life** (2023) Anthony Hopkins brilliantly plays British stockbroker Nicholas Winton looking back as his younger self saves hundreds of Jewish children from the occupying Nazi forces.

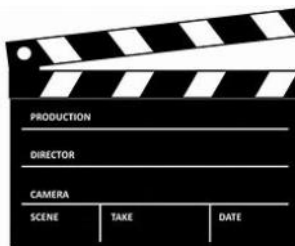
Please get in touch for more information or to join our mailing list.

Admission: members £4, non-members £5, under 16 £2, under 5 free.

lenhamfilmclub@gmail.com

www.lenhamfilmclub.org

@lenhamfilmclub



Lenham WI

At our meeting in February we welcomed Alison Williamson from the West Kent Federation Green Team. She told us about the many ways we could support the work of the Climate Coalition by improving awareness of the problems that we face both locally and globally. Climate Change is the long term shift in weather patterns and temperatures which is caused by us and not by nature. It has a huge impact on farming and food with increased flooding which is a risk not just to humans but also to plant life, wild life and ocean life. 520,000 properties in Great Britain are at risk now from coastal flooding and erosion. Heat waves also bring higher drought risks. In 2023, 4507 people in Britain died as a direct result of extreme heat. More information can be found on energysavingtrust.org.uk – recyclenow.com – terracycle.com. This is important and we must do what we can to help maintain a sustainable world for our grand children and great grand children. We owe them that.

Also in February some of our members went to see the Strictly “Behind the Seams Tour” to gain an in-depth understanding of the meticulous craftsmanship that goes into creating performance costumes, including Ballroom & Latin dresses, featured on “Strictly Come Dancing,”



We learnt more about the dresses and costumes, the real stars of the show! How long it takes to make the dresses, the process from initial design, from award winning costume designer Vicky Gill, to the addition of the final rhinestones.

Last month, Adam Taylor came to give us a very interesting talk about the Islands of the Medway Estuary with the abandoned forts, a shipwreck and the wildness and beauty of the area.

This month we welcome Henny Shotter from Lenham Heritage. Looking forward to that.

There is always something interesting going on at WI. So if you want to join us we meet at Lenham Community Centre on the second Thursday of the month at 7.30pm. Please come along and see what we get up to. If you want to find out more please contact me on rgodden@btinternet.com

Chris Godden

Christian Message

Hallelujah, Christ is risen!

When you read this, it will be somewhere around 1 April, or April Fool's Day when traditionally people play little but, hopefully not, unkind tricks on each other, up to mid-day at least.

More importantly, this year, 1 April will also be Easter Monday so celebration will be in the air, the taste of chocolate eggs may well be on our lips and Spring flowers will be brightening up the village, reminding us about new life and the Good News of Jesus' resurrection. Thoughts of Lent will be becoming a distant memory.

But as I write this, Lent is in full swing, I am half way through a Lent course, last night friends quizzed me about what I might have given up or taken on for the month, and this morning I attended a Lenten Reflection gathering at Canterbury Cathedral.

One of the Lent course exercises was a practice, devised by Ignatius of Loyola in the 16th century, to read a passage from the Bible and then reread it again taking on the character of one of the people in the story. One of the Lenten reflection exercises was *Lectio Divina*, a practice which began as far back as the 6th Century, where we read a passage and then slowly re-read it again, each time thinking of a poignant word or verse on which we could meditate, ponder and pray, enjoying being in the presence of God.

These are well known methods of helping us to look at, and dig deeper, into a Bible story in order to have a personal encounter with God and discover new insights.

The Easter Day Gospel reading this year is Mark 16 verses 1-8, where we read about the miraculous rising of our Lord from the grave and his appearance to Mary Magdalene, Mary the mother of James, and Salome, at the tomb, after they found that the stone had been rolled away. It is a beautiful, but well-known passage, which you may have heard about many times before so I would urge you to read it and then read it again, applying one of these techniques. I can't predict what you will experience but pray that it brings you joy and a little nearer to our Lord who sent his only son, our Saviour, Jesus Christ, to free the world from sin and offer us all eternal life.

Happy Easter everyone!

Pamela Cuerden



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