



July 2024

Network Harrietsham's Village Magazine





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Harrietsham Network is published by the Harrietsham Fish Scheme

Network Magazine August 2024 deadlines:-

Monday 1 July 2024 12 noon advertising and copy deadline for August 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

The Friends of the Church of St John the Baptist are holding a Jazz evening on Saturday 6 July from 7:30pm (Door open at 7pm) with Dr Jazz and Liz Falvey at the church in Harrietsham – see advert on page 19.

Dr Jazz are a traditional jazz band and they described themselves as “a 7-piece traditional jazz band that appeals to young and old alike in the theme of Humphrey Lyttleton.” They are “Kent’s premier jazz band” and have played a regular gig at the Duke of Wellington in Ryarsh for several years.

Tickets are £12 for adult and £6 for children, and include canapes, cheese and wine. It promises to be a very special evening.

This month I am very happy to say we have a cover photo by Eric Vaughan taken recently at Harrietsham Village Hall. Thanks Eric!

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.

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Harrietsham Short Mat Bowls Club



Well, here we are, another month has gone by which included visits to Ham Street SMBC and Hothfield SMBC. This was our first visit to Ham Street for a friendly game and that was exactly what it was. This was one of our longest trips to play a friendly match, and after almost driving past the Village Hall, we were warmly welcomed by a group of enthusiastic club members. You could say that with three mats down in the hall it was a little cramped, but that did not spoil the enjoyment of a good competitive game played in a friendly atmosphere. We left Ham Street feeling that we had played well and had enjoyed the evening even though we had lost the match. We now look forward to Ham Street visiting us in June.

Apparently, the visit to Hothfield SMBC was very much the same, I heard from fellow members that this was also a good evening, played in particularly good company. The only difference being that we managed to win the match having won three games and only losing one. There was also some mention of "sausage rolls" that were so good one of our unnamed members ate three.

One benefit that came from our visit to Ham Street was an invitation to take part in the three wood summer pairs league that they organise, which we were happy to accept, giving Harrietsham more games against different clubs to look forward to.

Keep safe and keep bowling.

Phil Gooda - Harrietsham SMBC Chairman/Secretary

Harrietsham Ladies Group

We were taken down Memory Lane at our June meeting with a wonderful talk and film clips from the 'Fabulous 50's'. The evening covered every subject from royalty to rock and roll, radio shows to fashion and how the country was re built after the war years. Who knew that Leicester was the most prosperous town at the time due to the nylon stocking factories! This was a thoroughly enjoyable evening and I think many of us felt quite emotional.

There will be no meeting this month as we have decided to go out to lunch in Ashford and in August we will be having our Summer BBQ

Elizabeth Welchman - Chairman
01622 850735

Harrietsham Lawn Tennis Club

Est. 1924

2024 Centenary Year - July Update

Our Centenary Celebration plans are coming together - see our website for the latest details.

Centenary Celebration Day - Saturday August 17th from 2-4pm. Please put the date in your diary to join us in marking this special achievement. This will be a **FREE** event with a **Bouncy Castle** plus fun & games for all the family.

Free coaching for children during the School holidays - spaces still available for the Hotshotz Summer Camp on August 13 & 14th - last few places to fill!

If Wimbledon has inspired you to play some grass court tennis why not make use of our **Special Centenary Subscription rate for families** – only £5 for the whole season- do get in touch if you are interested.

Families are very welcome to come along and give grass court tennis a try anytime – just turn up, all equipment can be provided. Normal playing times for Members from 2pm on Sundays and with Club evenings on Tuesdays & Thursdays from 5pm. If you wish to play at any other time please get in touch to discuss your requirements.

For further details please ring Andrew on 859352 or visit our website harrietshamlawntennisclub.weebly.com

Andrew Rogers - Tennis Club Chairman



Harrietsham Gardening Society



Members did something different at our May meeting, they had a go at chipping snowdrop bulbs. This wasn't anything to do with creating yet another strange dish, as promoted by many TV Chefs/presenters as they are probably poisonous, but rather propagating special, or indeed ordinary snowdrop bulbs by 'chipping' rather than the traditional method of 'planting in the green'. The latter involves digging up bulbs when the green foliage is still present, dividing up the clumps and replanting.

'Chipping', as demonstrated by Carolyn Millen and her daughter Julie of Spring Platt Snowdrops, where they have over 400 varieties – see their website - involves digging up bulbs when the foliage has died down at the end of May and under sterile conditions dividing each bulb into about 12 pieces, which are then placed in vermiculite and should show roots in about 12 weeks. They can then be potted on until they flower in their third year. Hence this is a very effective way of reproducing rare or expensive bulbs. Each of our members was given a bulb and the necessary items to do the works and a very quiet, intense half hour followed as everyone concentrated on doing the job!

Everyone agreed it was great fun, an exceptionally interesting evening and members could buy their finished efforts to take home.

On a less buoyant note sadly our numbers have been much depleted since Covid 19:

Sixty happy gardeners
Planting in rain and sun
Along came Covid 19
And now we're down to 21

We have been brainstorming what could have happened. Reasons put forward include:

- We can't actually count
- We have provided the wrong dates, times and locations for our meetings
- People are late as they obey the new 20mph limits
- The seats are even harder
- People have fallen over the uncollected bins which litter the footpaths for days on end
- They have been designing the architectural sculpture which now adorns the A20 near the caravan business
- We had double vision which was cured by Covid
- No-one's realised the raffle prizes are actually now still in date
- Potential members have been abducted by aliens or a witch since Halloween took over from Bonfire night
- They have been scrumping in the Community orchard (who knows where that is?) and are lost in the brambles and long grass either there or in Teers meadow. Similarly they will be wandering in the verges if the proposed rewilding goes ahead.

On a serious note the size of gardens has declined greatly over the years with the pressure of squeezing as many dwellings as possible into areas designated for development with inadequate parking provision from the outset. However, even the smallest area can be made decorative or productive. For example, nearly all the herbs you need can be grown in a few pots outside, runner beans up a fence, a dry garden in an old sink etc., It's sad that only 3 of the allotment holders come to the Gardening club!

Mentioning allotments reminds me of the two old allotmenters, Fred and Harry, who had looked after their adjacent plots for years and years. Sadly poor old Harry died and Fred was so upset his old mate had gone. However, one night Fred had a dream and his old friend Harry was telling him the good news that there were indeed allotments up in heaven. That's brilliant news said Fred. Ah yes, but the bad news is you're down to weed the carrots next Friday replied Harry.

We would really welcome some new members to come along, learn new skills and join in the fun.

Dates and topics are always in Network and advertised in the Harrietshamites site on Facebook so hopefully we'll see you at the next meeting.

Kevin Harlock

Quiz Corner

Round 9

1. What part of your body is affected by Rhinitis?
2. Who played the role of James Bond in '@The Living Daylights'?
3. Which city in Israel gives its name to a type of orange?
4. In what sport is a 'Planting Box' used?
5. Who wrote the book, 'Gulliver's Travels'?
6. Which Frank Sinatra song is banned in many U.S. hospitals?
7. To which London Gentlemen's club did Phileas Fogg belong?
8. Which two countries share the World's longest land border?
9. In which city would you find 'The Spanish Riding School'?
10. Erik Weisz is better known as who?

Answers on page 35

Countryways Quilters and Stitchers

Last month we started making signature blocks to be attached to our finished quilts. These would record your signature and date the quilt was made. Also if it was a gift say for a wedding then those details also would be recorded. A wonderful addition if it will become a family heirloom.

So in July we will be finishing these quilt blocks. We will also try our hand at making silk ribbon flowers that can then be used on our "slow stitching" pieces next month. We'll also read up on embroidery stitches and how to use in our slow stitching. So bring along a piece of scrap and some silks to practice stitches.

We meet this month on 2 and 16 July I do hope you'll come join us and try your hand at something new or just enjoy the company, have a chat and a cup of tea. An enjoyable way to spend an afternoon

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 Osbourne 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

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We are so grateful to all those who make this possible.

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It takes no more than an hour. It would be ideal if a resident from Bluebell Walk could do this, but not a necessity.

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On June 3, 2024, Percival's Rest hosted an enlightening talk on D-Day by renowned historian Steve Hookins. Commemorating the 80th anniversary of this pivotal World War II operation, the event drew a large group of members and visitors, eager to deepen their understanding of this historic moment.

Steve Hookins delivered a captivating presentation, weaving together stories, historical facts, and photographs to bring the events of 6 June 1944, to life. His engaging storytelling highlighted the bravery and sacrifices of the soldiers involved, moving the audience with anecdotes and lesser-known tales of heroism. The success of the event was evident in the lively discussions and numerous questions that followed the talk.



The Harrietsham Historical Society extends heartfelt thanks to Steve Hookins for his inspiring presentation and to everyone who attended.

Costs

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

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

Saturday 15 June 2024

- D-Day – Big Lunch
- Glebe Field @ 12

Friday 20 September 2024

- Doodle Bugs and Rockets – Bob Ogley
- Ambrose Hall, Village Hall @ 1900

Friday 8 November 2024

- Elizabeth Baryon "The Holy Maid of Kent" – Melanie Gibson-Barton
- Ambrose Hall, Village Hall @ 1400

Books for Sale at Percival's Rest

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

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*Refreshments (coffee, tea, squash, biscuits) will be offered free of charge at the **Primary School** for the benefit of all our Harrietsham residents.*



Borough Council Corner

We are pleased that we have all been working as a team to cover the new Ward. Tom continues his one-man surveillance to spot potholes and other issues that deserve attention, which he escalates on all of our behalf.

Unfortunately though, the majority of our work in the last month has been trying to sort out missed and non-collection of bins. We hope that by the time this goes to print that the situation is a lot better for residents. Road closures and the numerous works at M20 J5, A249, B2163 etc have not helped the crews be as efficient as they'd like, so please give them a friendly smile and wave – we all want the same outcome.

An enlarged Ward comes with more work and also more local events that we are keen to attend and be involved with. The recent Lenham showcase is a case in point a fantastic day and attended by so many of the village.

We hope that Hollingbourne's and Harrietsham's events in June will also be as successful.

We have encouraged KCC to do what's possible to reduce the duration of roads closed for Utility works (something that utility have rights to do, under Statute), as well as overhanging foliage, damaged signs as well as school transport.

We have also helped residents to resolve housing and schooling issues, one of the most rewarding parts of our duties, and with planning related issues.

During June, the Council will announce its intended Programme of Works over the next 4 years, which we'll look forward to sharing with you.

If you need us, here's how to get in touch

Your independent councillors for Harrietsham Lenham & North Downs Ward

Cllr Kathy Cox kcox.mbc@gmail.com 07724021659

Cllr Janetta Sams janettasamscllr@gmail.com

Cllr Tom Sams tomsamscllr7@gmail.com

01622 859412/07891901831

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Harrietsham In Bloom

The summer bedding is now in place and looking good. Our thanks to the suppliers, Bruge Nursery, the volunteers who planted them and to Guy who kindly drove his van to Ash, nr Canterbury, to collect them. We are very grateful to them all.

If you have time to help as a volunteer we would love you to join our small group. Please contact Andrew Rogers (Chair) for further details on 01622 859352.

Audrey Joy MBE



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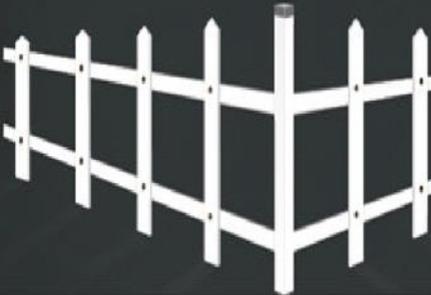
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Craft and Chat/Crafternoon/

Knit Crochet and Natter Hazel Roots 01622 851885

Cricket Club

Chairman Mr A Hubble 01622 859692

Cub Scouts

Leader Mrs A Seales 01622 859829

Explorer Scouts

Leader Mark Horlock 07789 226516

Friends of St. John the Baptist Church

Chairperson Audrey Joy 01622 850806

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 Mrs Florence Sealy 07458 915213

Charlee Guy

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 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

Parish Warden

Mr M Sherwood warden@harrietshamparishcouncil.gov.uk

PTFA (Harrietsham School)

Chairman Vikki Beck 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
bookingclerkvhv@outlook.com

Yoga

Helen Kacperk 07762761905/helenpurpleyoga@gmail.com

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Len Valley Benefice

July 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 July

9.30am Lenham: Holy Communion (BCP)

11.00am Harrietsham: Chippendayle

Sunday 7 July

9.30am Boughton Malherbe: Holy Communion (BCP)

9.30am Lenham: Breakfast Church

9.30am Harrietsham: Family friendly Morning Worship

11.00am Lenham: Holy Communion

Sunday 14 July

9.30am Harrietsham: Holy Communion

9.30am Lenham: Breakfast Church

11.00am Lenham: Holy Communion

11.00am Ulcombe: Holy Communion with baptism

6.30pm Boughton Malherbe: Choral Evensong

Sunday 21 July

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 July

11.00am Benefice Holy Communion at St Mary's, Lenham
'I am the resurrection and the life'

A decorative border of green leaves and branches surrounds the central text.

Wellbeing Community Group

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Starting April 2024

Lenham

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07952 594655

Please note: places are limited



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

Registered Charity No. 1090622

Ploughman's Platterday

We are planning our next Ploughman's Platterday on Saturday 13 July 2024 between 12 noon and 2pm. Come along and enjoy lunch and meet people in the church for only £5, no preparation or washing up involved! Everyone is welcome. Tea, coffee, and biscuits will also be available at 50p extra.

100 Club Lottery Results

The results of the Ninetieth Draw of the Friends of St John 100 Club, drawn on 11 May 2024 by various diners at Soup Saturday under the supervision of Helen Hubble (Independent Adjudicator) and Chris Roots (Promoter) are:

First prize £81.00 – number 71 – Mrs Christine Wood;

Second prize £48.60 – number 23 – Carole Bell;

Third prize £32.40 – number 157 – Kevin Harlock

There were 162 numbers included in the draw giving a prize fund of £162.

Future Events

Dates for your diary – don't forget our Ploughman's Platter on Saturday 13 July. We have a fundraising concert from Dr Jazz with Lyn Falvey on Saturday 6 July (£12 ticket, children £6, available from Chris Roots – 01622 851 885 or Audrey Joy – 01622 850 806), and the Invicta Concert Band on Saturday 21 September. We will also be setting up a Bingo evening in October, so please watch this space.

If you would like further information or an application form to join either the 100 Club or as a Friend, write to Chris Roots at friendsofstjohnharr@outlook.com or phone 851 885.

We wish everyone sunshine for the forthcoming summer! Please do come along and support us, all proceeds go towards the upkeep of our lovely church.

Valerie Brown - 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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July 2024 Diary

Abbreviations:

HVH = Harrietsham Village Hall LCC = Lenham Community Centre

Mon	1	9.45am	Purple Yoga	HVH
Mon	1	2pm	Harrietsham Short Mat Bowls	HVH
Mon	3	2pm	Knit, Crochet and Natter	HVH
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
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
Sat	13	12pm	Ploughman's Platter Dat	St John's
Mon	15	9.45am	Purple Yoga	HVH
Mon	15	2pm	Harrietsham Short Mat Bowls	HVH
Mon	15	2pm	Knit, Crochet and Natter	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
Thurs	25	7.30pm	Harrietsham Short Mat Bowls	HVH
Fri	26	10.00am	Ladies Group Coffee Morning	HVH
Sat	27	1.30pm	Craft and Chat	LCC
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	31				

Are you worrying about how to heat your home?

Are your debts mounting up?

Can I afford to pay my rent or my mortgage?

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.

HARRIETSHAM SHORT MAT BOWLS CLUB

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Maidstone Camera Club

Annual Exhibition 2024

Following the success of Maidstone Camera Club's Exhibition at Lockmeadow in September 2023, the club will be holding two Exhibitions in 2024. The first on 17 August (9.00am – 5.00pm) at The Mall in Maidstone town centre and the second on 7 September (9.30am – 7.00pm) at the Lockmeadow complex. Entrance is free and there will be approximately 120 prints on display as well as digital images displayed on a television screen. Visitors will be invited to vote for their favourite print of the day at each exhibition and a certificate will be awarded to the Public's chosen Photographer of the Day. The votes from both days will be aggregated and a trophy will be awarded to the public's favourite Exhibition Photographer of the year 2024. Members of the Club will be on hand on the day to talk to visitors about the Club, our programme of meetings, events, outings and activities, and all things photographic.

Maidstone Camera club meets on *Tuesday evenings 7.30 to 10.00 p.m. from September round to May at the Civil Service Social Club, Recreation Close, Maidstone, ME14 5AZ and new members are always welcome. Please visit our website for more information and check out our Programme. *Please note that we are on Zoom only on the third Tuesday of each month.

Maidstone Camera Club also has a very well-known and very active Natural History Group (affectionately known as the 'wildlife' group) which meets monthly on a Thursday evening. Membership of this group is open to all club members. For the first time this year there will be a separate display of wildlife images for the public to enjoy.




**Photographic Exhibition
at The Mall**
17th August 2024
9.00am - 5.00pm

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- 📷 Talk to us about photography
- 📷 The opportunity to join us

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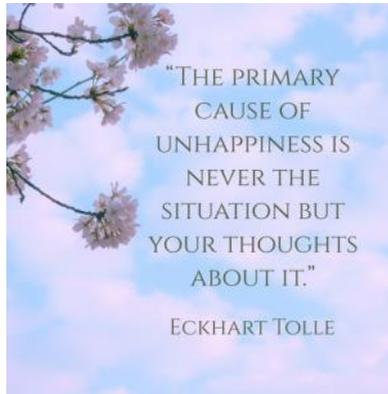
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Accessible well-being - Mindfulness - Part 2.

So, what are the benefits of mindfulness? Let's go through a few of them here.



1. **Stress reduction.** It is highlighted by numerous teachers of mindfulness, as well as some psychologists, that stress, in modern perception of this word, is born from our thinking. It is generated when we dwell on our thoughts about the past or the future. However, focusing on the present moment, on what is happening right now, can reduce stress. Even if the moment is challenging, paying attention to the challenge and solutions to it, instead of thinking about how this makes you feel, can significantly reduce stress. Sure, it may be tricky to be mindful in truly stressful situation. But you can train yourself by focusing on the present moment in a safer environment – among beautiful nature or people you love.
2. **Improves physical health.** Many illnesses we can experience are stress-related. So, when stress is reduced, it raises our physical and mental resilience. Our body stops wasting energy reacting to our negative thinking and all that energy becomes available for our immune system.

Negative attitudes and feelings of helplessness and hopelessness can create chronic stress, which upsets the body's hormone balance, depletes the brain chemicals required for happiness, and damages the immune system. Chronic stress can actually decrease our lifespan.

Research has found a link between an upbeat mental state and improved health, including lower blood pressure, reduced risk for heart disease, healthier weight, better blood sugar levels, and longer life.

3. **Gives us control over negative emotions.** Through mindfulness, we are learning not to attach judgment to events or situations, which stops the negative thinking loop. The “horrible” weather becomes “colder” “windier” and “wetter” but still “just the weather”. Negative emotions will disappear together with labels. The same happens with people. Sure, there are people who may speak or act in a very “un-mindful” way that can be hurtful and you are justified to feel upset. But it is entirely your choice how long you want to be upset about it.
4. **Improves Focus and Clarity of the thoughts.** It is an interesting phenomenon, but the less you think, the better your thinking becomes. It happens thanks to the reduction of unnecessary thinking. You can check it. When you are stuck with a puzzle take a deep breath or have a quiet cup of tea, and everything will click in its place.
5. **Helps with mental health.** Today mindfulness is prescribed by mental health professionals as a preventative or a part of the treatment for depression.
6. **Helps with faster recovery after illness or operation.**
7. **Can help to change unwanted behaviour or to quit bad habits.** Mindfulness stimulates the production of the hormone Dopamine in our brain. This is the same hormone which force-produced when people take cocaine. So, practising mindfulness can help to build up natural happiness within, which will remove the need for stimulants, be it drugs, alcohol or “a bit of extra” food.

The next time we discuss some tips on practicing mindfulness.

Quiz Corner Answers

Round 9

1.	The nose	
2.	Timothy Dalton	
3.	Jaffa	
4.	The pole vault	
5.	Jonathan Swift	
6.	My Way (and now the end is near)	
7.	The Reform Club	
8.	USA and Canada	
9.	Vienna	
10.	Harry Houdini!	

Lenham Film Club

at Lenham Community Centre, Groom Way



LENHAM
FILM CLUB

Can You Ever Forgive Me?

Friday 12 July

Performance begins 19.30, doors open 19.00

Running time 1 hr 46 mins

Can You Ever Forgive Me? (15, 2018) is a dark comedy, based on a true story. Lee lives with her cat and drinks for solace as trouble comes her way. She is an author and had been faring quite nicely until times change, affecting her career. She faces a cost-of-living crisis, as her agent can no longer sell her work, but then she comes across a treasured letter written to her by none other than film star Katharine Hepburn. This sets Lee off on a brand-new way of making a living: selling such memorabilia from celebrities. Hard to get hold of them in the first place? No problem. She fakes them, and hey presto! Personal documents such as those of Dorothy Parker or Noel Coward are a big hit – though Lee's path isn't always golden. The brilliant performances of stars Melissa McCarthy and Richard E. Grant were both Oscar-nominated, so do come along and share Lee's memorable new career.

Director: Marielle Heller

Our film on Friday 9 August is also based on a true story with a darker side. Wicked Little Letters (15, 2023) has 1920s Littlehampton in uproar. With Olivia Colman and Timothy Spall, it's a winner. Please note: contains strong language.

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

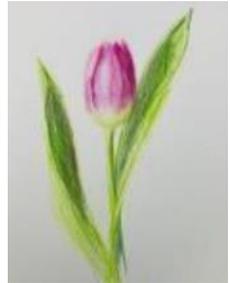
In May we held our AGM and we have elected our new President and officers of the Committee. We are fortunate to have a new Committee member to help us run our WI. Our membership has decreased slightly so we will always welcome new members.

On 5 June a couple of us attended the National Annual Meeting at the Royal Albert Hall in London which will be the last in person meeting for three years. We met friends from other Federations and this was a great reminder of how big the WI family is. Virtual meetings will be held in between times which allows more members to participate in this important event.

For our June meeting the son of one of our members gave us a talk and this month we have Kim White to talk to us about Women in Policing.

A Drawing Flowers Day was held in Frittenden which was well attended by ladies who wanted to have a go and see what they could do. We are always learning something new.

Some of us are off to Chatham Dockyard to have a "Call the Midwife Tour".



We also helped at the Lenham Festival serving teas and cakes in the Community Centre. So after a very busy month next month we are hoping to hold a Garden Party instead of having a meeting in the Community Centre. Let's hope the weather is kind to us.

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

For reasons that are complex but too boring to mention, I am writing this Christian Message way early, and it made me reflect, 'What is July famous for'.

Apparently, Lord Byron once said of July it is the month when English winter ends, only to recommence in August. Hmm. July is also of course the month when school summer holidays start, so it's a month of waiting for that point to come. It's also a month when exam-takers wonder how well they have done before the results come out.

There are also some odd special days in July. 3 July is, "International Plastic Bag Free Day", which sounds a good idea. And 7 July is, "Tell the Truth Day", which makes me wonder whether somebody somewhere thinks it's just fine to lie all the rest of the time! But it gets even more obscure! 15th is, "Gummi Worm Day" and 24 July is, "Tell an old joke day". But my favourite is the 28 July, which is "Milk Chocolate Day"- not Easter Day, after all!

But after all these, comes the day in the church when we remember one of my personal heroes. On 30 July, we remember William Wilberforce. Now there's an interesting person. He was very much a committed Christian, and considered being ordained but was persuaded that a career in politics could do more good. Along with a group of people in London called the, "Clapham Sect", they campaigned for years and years against all the political elite and economic powers of the time to abolish slavery.

Wilberforce was not only required to fight against vested interested, but also against his own personal heath, which was never very strong. There was setback after setback, but in the end, they got there, and the vile practice of human slavery- which wrecked families, killed millions, displaced millions and stigmatised people because they were born without a white skin- was finally over. Except, the fight goes on, because human trafficking is such a major problem today.

But in the summery month of July, remember Wilberforce: an example of resilient, persistent, determined, Christian action.

How we need Wilberforce equivalents to fight the evils of our current age!

God bless you all.

John P. Huggins

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