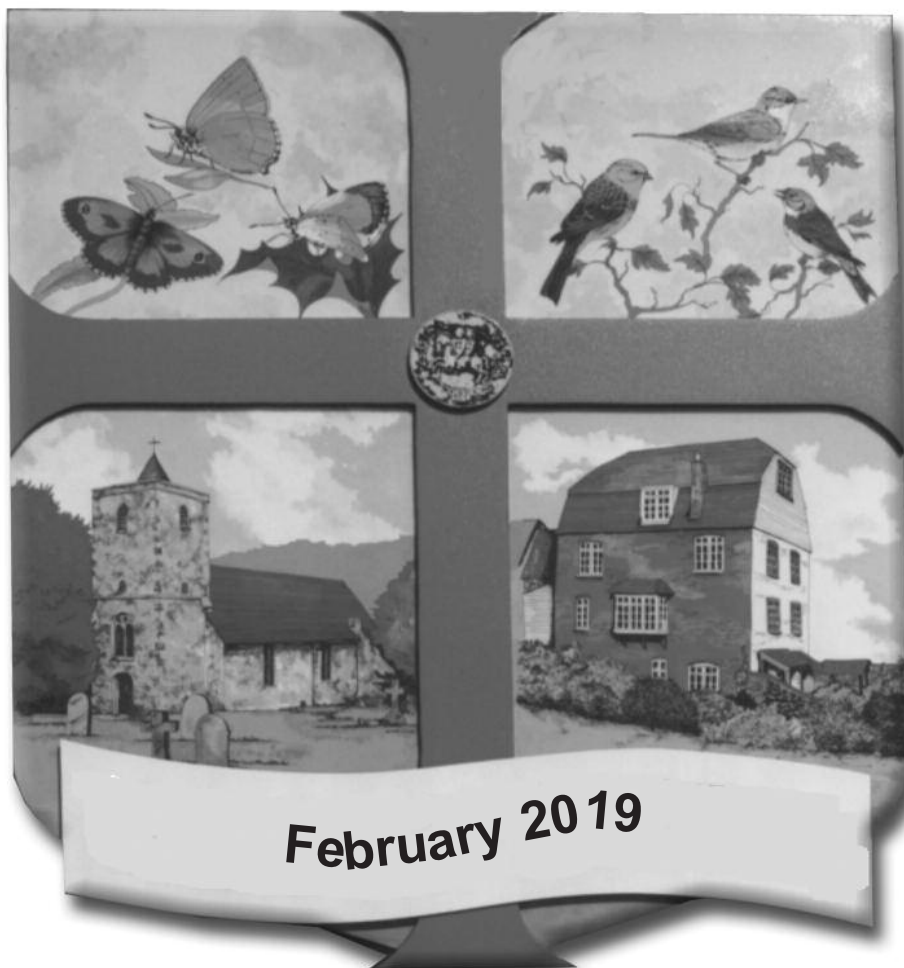


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Temple Ewell Newsletter



Temple Ewell Organisations

Parish Council Chairman	Mr C Smithen	332139
Clerk to the Parish Council	Mr Andrew Howard-Grigg	361774
District Councillor	Mark Rose	07733 080861
County Councillor	Geoffrey Lymer	07960 490929
T E School Head Teacher	Mrs A Matthews	822665
Friends of TE School (Sec - Trudy Adams)	friendsoftheschool@hotmail.com	
Sunday Club	Mrs J Miles	824280
Friday Club	Yvonne Sacker	330017
Art Workshop	Antionette Turret	826292
Age Concern	Mrs K Green	207268
Brownies	Mrs A Newington	827138
Community Coffee Mornings	Mrs J Miles	824280
WI	Jan Luckhurst	331051
Produce Association	Trevor Barlow	824787
Temple Ewell Players	Mr M Brodie	07766 228728
Men's Club	Mr A Ladbrook	824948
Village Hall Bookings/Enquiries	John Holness	448140
Youth Club	Marilyn Holness	448140
Tiddlers	Amanda Lomas	07506 811851
Branching Out	Marilyn	448140
	Trish	820966
Kent Wildlife Trust Conservation Tasks	Bob Newington	827138
Short Mat Bowls Club	Roy Parks	824618
Allotment Manager	Dominic Castle	07836 388458

St. Peter and St. Paul Temple Ewell

Church Warden - Mrs E Waller 824709 Dr Judith Shilling, 827692
PCC Secretary - Mrs C Roberts 822850
PCC Treasurer - Chris Tyler 07715 078882
Choir Master - R Christian 07920 057763

HOWEVER PLEASE NOTE:

For Weddings - Dr Judith Shilling, 827692

For Baptisms - Christine Roberts 822850

For Funerals - Liz Waller 824709

Baptist Church

Rev Ewart Graham on 375823 or John Woodland on 822982

Temple Ewell Newsletter Editorial Committee

Chair	Jenny Olpin	825011
Secretary	Tonia Watts	823274
Treasurer / Editor / Web	Jeanette Potts	826386
Vice Chair / Distribution	Jenny Miles	824280
Members	Ruth Horton 268998 and Cindy Tuson	823325

Hello All

February is the second month of the year in the Gregorian calendar and its predecessor, the Julian Calendar, and is the only month that has less than 30 days.



It was named after the Latin word februum, which means purification because the month was a time for purification. With that in mind, and after the excesses of Christmas, perhaps we should take heed of District Councillor Geoff Lymer's article on page 3.

For those readers who are in love there is St Valentine's Day to look forward to. I hope you have a lovely romantic day. Perhaps flowers and not chocolates would be the ideal gift!

Hoping that by the time you read this we have not had snow, although as I write it is feeling decidedly colder than it has been of late. Roll on Spring.

Editor: Jeanette Potts

Email: templeewellnews@gmail.com Tel: 01304 826386

Address: 13 Chilton Way River CT17 0QB

We welcome all contributions to the content of the Newsletter, but please remember that the deadline date for the next issue is 8pm on the 15th of the month.

NOTE: You should be aware that articles are also published on the website www.tenews.co.uk - please inform us if you want any part of your article withheld from that particular medium.

A copy of every Newsletter is posted on the website, including the village diary. Make sure you log on to www.tenews.co.uk

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Temple Ewell Newsletter



Village Diary

February

Sat 9	Produce Association Coffee Morning 10-12 in the Village Hall
Thurs 14	Coffee Morning in the Village Hall
	W.I. Meeting in the Village Hall
Thurs 28	Coffee Morning in the Village Hall
Tues 26	Parish Council Meeting in The Baptist Hall

March

Tues 26	Parish Council Meeting in The Baptist Hall
Thurs 14	Coffee Morning in the Village Hall
	W.I. Meeting in the Village Hall
Thurs 28	Coffee Morning in the Village Hall
Sat 30	Produce Association Spring Show 2-4pm in the Village Hall

April

Thurs 11	Coffee Morning in the Village Hall
	W.I. Meeting in the Village Hall
Thurs 25	Coffee Morning in the Village Hall
Tues 30	Annual Parish Meeting in The Baptist Hall

May

Thurs 9	Coffee Morning in the Village Hall
	W.I. Meeting in the Village Hall
Tues 28	Parish Council AGM in The Baptist Hall
Thurs 30	Coffee Morning in the Village Hall

June

Thurs 13	Coffee Morning in the Village Hall
	W.I. Meeting in the Village Hall
Thurs 27	Coffee Morning in the Village Hall

July

Thurs 11	Coffee Morning in the Village Hall
	W.I. Meeting in the Village Hall
Sat 20	Produce Association Summer Show 2-4pm in the Village Hall
Thurs 25	Coffee Morning in the Village Hall

August

Thurs 8	Coffee Morning in the Village Hall
Thurs 22	Coffee Morning in the Village Hall
TBA	W.I. Meeting in the Village Hall

September

Sat 7	Produce Association Autumn Show 2-4pm in the Village Hall
Thurs 12	Coffee Morning in the Village Hall
	W.I. Meeting in the Village Hall
Thurs 26	Coffee Morning in the Village Hall

October

Thurs 10	Coffee Morning in the Village Hall
	W.I. Meeting in the Village Hall
Thurs 24	Coffee Morning in the Village Hall

November

Thurs 7	Coffee Morning in the Village Hall
Thurs 14	W.I. Meeting in the Village Hall
Thurs 21	Coffee Morning in the Village Hall

December

Thurs 5	Coffee Morning in the Village Hall
Thurs 12	W.I. Meeting in the Village Hall
Thurs 19	Coffee Morning in the Village Hall
Tues 29	Produce Association AGM 7.30-9pm in the Lower Village Hall

Temple Ewell Art Workshop

Meets in the Village Hall every Wednesday during term time
2-4pm.

New members are welcome.

River Art Group

We currently have vacancies in our Class that meets on Tuesday mornings 9.30-11.30 in River Village Hall. Our teacher is local well-known artist Penny Bearman and the cost is currently £40 for a ten week term. Call Jeanette on 826386 for more info.



Temple Ewell Players

Hello everyone! We want to say a massive thank you to everyone who came along and supported our most recent show – Jack and the Beanstalk! We want to say a massive thank you and well done to everyone who took part in that Panto. And an especially big well done to Louise, as this was her first time directing. We also want to say a big thank you to Southdown Stores for helping us to sell the tickets. We hope you all thoroughly enjoyed yourselves.

Unfortunately the Panto season is over, which means only one thing - it's an entire year until the next Panto. But fear not! With our rendition of Sister Act in the Spring, you'll get the dramatic fix you crave!



Whilst rehearsals for Sister Act have started, if you or anybody you know is interested in being a part of the show, it's not too late. Contact Mike Brodie to find out what you can do!

Once again, thank you to everyone who supported us! And we look forward to seeing you next time!

Holly Philpott

GUESS THE SHOW!

These pictures are from one of our old shows - did you see it? Do you remember when and what it was? The answers are on page 38.





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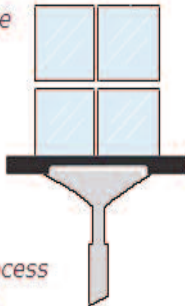
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Parish Church of St Peter & St Paul

**February Services, to which we warmly welcome you
At Temple Ewell our Sunday Club meets at 10.30am during term time –
please contact Jenny Miles for details.**

February 3rd - 10.30am Fr Richard. This is an all-age family service celebrating Candlemas. It is a joint service at Temple Ewell.

February 10th – 10.30 am Fr Robert

February 17th – 10.30am Fr Richard

February 24th – 10.30am Fr Michael

So Christmas has come and gone! Hopefully, within the hustle and bustle of all the preparations you had some quiet times to reflect on the amazing message of Christmas and to spend time with those you love. The church sparkled with Christmas trees, the creativity of so many in our village is always a pleasure to enjoy, thank you for making such a difference.

We enjoyed an unforgettable service about Christmas Preparations on December 16th when Lydden church, Bishop Trevor and children from our school, as well as Sunday club, all joined in with Christmas thoughts as well as singing, reading and prayers. Toys and toiletries were donated for children and teenagers who are less fortunate than ourselves.

It is encouraging that all the usual Christmas services were well attended even though we are in an interregnum. Midnight Mass welcomed in the Christmas morning. The 9 Lessons and Carols was superb thanks to Richard and the choir for their hard work and commitment. Christingle and the Blessing of the Crib were enjoyed by many of all different ages!

We are looking forward to sharing a service, in January, with the Baptist church for the week of prayer for Christian Unity. It's our first visit to their newly restored church, where we know there will be a warm welcome.

Having celebrated the precious gift of the baby Jesus, over the next two months we will be following Jesus' life as he grows into a man. Then the reflections in April of Holy week will lead us from despair to joy on Easter day – so much in such a short space of time.

There are many conversations to be had about what our faith means and what is a Christian so perhaps these words from Bishop John Taylor (1914 – 2001) may initiate some thoughts.....

The mission of the church is to live the ordinary life of human beings... earning a living, bringing up a family, making friends, alleviating distress, mourning, studying,

exploring, making music, and so on. Christians will try to do these things to the glory of God... that they will try to perceive what God is up to... and will seek to do it with him...

Wishing you all a happy and peaceful 2019 from us all in Temple Ewell Church.

Liz Waller

St Peter & St Paul 100 Club

It is with regret that this venture has not been as successful as I was hoping.

If there is a little 'flurry' of applications this month then we may be able to run it as a 50 Club. (Obviously prize money will be half of what was originally advertised). If not, then please be assured that I will return any monies already received at the beginning of April.

If you would like to join then please contact Alison Worton on 01304 824152. Your support for the church is, as always, greatly appreciated.

Alison Worton



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East Kent Parks Forum

Saturday 16th March 2019 (10:30-13:30)

The next meeting of the East Kent Parks Forum will take place on Saturday 16th March, 10.30am - 1.30pm, at Reculver Country Park. There will be a tour of the site followed by a discussion about how to involve children in activities.

If you are involved with a local park or green space, and would like to come along, please email kearsney.parks@dover.gov.uk

Art in the Park - Kearsney Interpreted screenings

Tuesday 12th March 2019 (14:00-15:30)

On Tuesday 12th March, a number of short videos and animations will be screened at the Silver Screen Cinema in Dover. This event is part of Art in the Park – Kearsney Interpreted, a project that is funded by the Arts Council and is being delivered in partnership with Dover Arts Development (DAD). Entry will be free. More information will follow shortly.

Life in the Park

Location - Kearsney Abbey

Saturday 6th April 2019 (12:00-14:00)

Photographer Lisa Derand will be in the park today to display some of the photos she took earlier this year. The photographs are of people in Kearsney Abbey, along with their quotes of why they love the parks. More information will follow shortly.

This event is part of Art in the Park – Kearsney Interpreted, a project that is funded by the Arts Council and is being delivered in partnership with Dover Arts Development (DAD).

Keep in touch

If you have any comments or questions, please email us on kearsney.parks@dover.gov.uk or follow us on Twitter [@Kearsneyparks](https://twitter.com/Kearsneyparks)

www.kearsneyparks.co.uk
kearsney.parks@dover.gov.uk





Friday Club

Here we go another new year and we are all wondering "What will it hold?" Let's hope it's a good one for us with lots to look forward to.

We ended our season with Christmas lunch at the Fox, which as always was a smashing traditional Christmas dinner. Our thanks go to Alyson, Steve and to Beverley who served our meal to us. Many thanks to you all.

I hope that many of you escaped this pretty awful virus which seems to have captured many (me included). Advice is to take paracetamol and drink plenty of water to get you rehydrated.

We at the Club will make plans for our activities for 2019. so watch this space.

Until next time, keep warm and safe.

Yvonne



T E Produce Association

Our Coffee morning is on Saturday the 9th February in the Village Hall at 10am-12 noon. It is free to all members and friends of the club. We look forward to seeing you all there.

Daphne and Carol will have news of the coach trip which we will be running this year and if you like you will be able to book your seat with a small deposit. There will also be a table top quiz for you to do while meeting up with friends and having tea/coffee and biscuit.

If you would like to join the Club I will have the new schedules available (only £1) starting with the Spring Show on Saturday March 30th 2-4pm Temple Ewell Village Hall.

Regards Trevor

WW1 Weekend

Early December saw the culmination of one of the WW1 Weekend Events. The Concert, held on Saturday 10th raised funds for both the Royal British Legion and Help for Heroes Charities. Held in The Fox the Concert producer, Ann Hogben, had great pleasure in handing cheques, for £171, each to Yvonne Chilcott of Help for Heroes and Ted Smith and Gary Gunner of the Royal British Legion, Dover Branch.

Note - a further £270 which was raised at The Newsletter Exhibition and Lunch was also handed over to British Legion separately - we are currently awaiting a certificate of acknowledgement. Thank you to all who helped on the day.



Brownies

We met with the Whitfield Brownies, who have twenty-four girls, for our Oct-Dec term, joining in with their games and activities which included the World Interest Badge. The Brownies made poppies, Native American dream catchers, they coloured in koalas and made S'mores cooked over a camp fire (see recipe below).

For bonfire night they made coloured icing and put chocolate sticks on a cake, to look like a bonfire, and lit sparklers. There was a Children in Need evening where Brownies watched the Greatest Showman film and raised over £70. They also made Christmas decorations.

Chicken and chips, followed by a trip to the small Dover cinema to watch The Grinch was enjoyed by all and the girls did their Circus Badge with River Brownies. Other trips have included ice skating and sledging at Folkestone Sports Centre.

Brownies helped with the World War 1 Exhibition, making tea and washing up, and at the Village Concert singing 'Alice the Camel'.

The girls put on a display of articles they had made and activities they have enjoyed at Brownie meetings and had two scrap books of Brownie Events to look at.

The Group are now based back at the Baptist Church and have places available for girls from 7 years old. To apply go to the Girl Guide website or phone the number on the inside cover of the Newsletter.



S'mores Recipe

Ingredients

16 chocolate chip cookies

8 marshmallows (vegetarian brand, if required)

8 tsp chocolate hazelnut spread (we used Nutella)

Method

Preheat the grill to high and line a baking sheet with parchment. Put 8 cookies on the tray and top with a marshmallow. Grill until the marshmallow begins to brown and melt.

Put a tsp of chocolate hazelnut spread on the other 8 cookies and sandwich on top of the melty marshmallow layer.



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INFERIORITY?

There is a saying that you cannot make a silk purse out of a sow's ear! How many of us have heard this quoted at us? I doubt that any such comment was intended to be complimentary. Thankfully there are many examples where this has been shown to be incorrect or at least the first part was wrong.

Some school reports from well known people could not have been further from the mark:

'Is a constant trouble to everybody and is always in some scrape or other. He cannot be trusted to behave himself anywhere' – (Winston Churchill)

'He will never amount to anything' – (Albert Einstein)

'Certainly on the road to failure... hopeless... rather a clown in class... wasting other pupils' time' – (John Lennon)

'He must devote less of his time to sport if he wants to be a success. You can't make a living out of football' – (Gary Lineker)

'Jilly has set herself an extremely low standard, which she has failed to maintain' – (Jilly Cooper)

'It would seem that Briers thinks he is running the school and not me. If this attitude persists, one of us will have to leave' – (Richard Briers)

'He will either go to prison or become a millionaire' – (Sir Richard Branson)

'Off you go and I am glad to get rid of you' – (Laurie Lee)

'For this pupil, all ages are dark.' (Unknown)

Moses was told by God to go and do a task but his feeling of inferiority made him respond by asking God to send his brother instead. Fortunately God does not view us in this way. He sees us of as people of great potential and has a destiny for each of us. "I know the plans I have for you," says The Lord, " plans to prosper you and not to harm you, plans to give you hope and a future. " Jeremiah Ch.29 v11.

Our activities continue as usual:

Sunday Family Service: 10.30am

Monday Keep Fit: 7.30pm

Wednesday Bible Study and Prayer at 10.00am at 60 Lyndhurst Road, River



10th February at 4.00pm. All ages, craft activities, Bible story and a meal, all free of charge The theme is 'Self Confidence'. All welcome.

***If we can help in any way please do not hesitate to contact June on 822982
Jack on 825150 or our minister Ewart Graham on 375823.***

www.temple-ewell-baptist.co.uk

BURNS NIGHT CELEBRATION

Saturday 2nd February 2019
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at

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Admission

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Christmas lights



It seems a while ago now, but on a Sunday evening before Christmas large crowds gathered at Players' Cioner for the lighting of the Christmas lights and Christmas tree.

Father Christmas arrived in his sleigh giving gifts to the little ones and providing photo shoots. The Betteshanger Colliery Band played carols and theme music and Fairy Sugar Lump (Heather McDonald) did the honours with the lights

Refreshments included mince pies, wine, and juice for the young ones but the most popular and welcome was the hot chocolate. Parish Councillors provided the service and Chairman Colin Smithen led a most enjoyable evenings entertainment - there was even a snow blower! The weather stayed fine and a good night was had by all.





Temple Ewell Parish Council

The Parish Council is sad to report the retirement of our Clerk of 10 years, Mrs Jane Coulson-Wright. Jane did a terrific job for the Parish Council during her time as Clerk and brought professionalism and stability to the role after a period when we had a couple of short-term incumbents. She was very proficient in all aspects of the role of Parish Clerk although I would suggest that her particular achievements lay in securing grant funding towards the cost of projects such as the new play equipment and CCTV and the administration of the allotments. Jane was also superb in managing the Parish Council's finances and it is largely due to her excellent stewardship that our funds are in such good shape despite the fact that we have undertaken a number of projects in recent years.

I would like to thank Jane personally for her support during my time as Chairman. Working with her was a pleasure and I was always confident that the wishes of the Parish Council were being carried out efficiently and effectively. Thanks very much Jane on behalf of the entire Parish Council for all that you have done and best wishes for your retirement.

The Parish Council has appointed a replacement for Jane and he is Andy Howard-Grigg whose contact details are shown elsewhere in the Newsletter. I would like to welcome Andy to our ranks and stress how much we are all looking forward to working with him.

Colin Smithen - Chairman of the Parish Council

The full Parish Council meets on the last Tuesday of the month (excluding August and December) at 7.15pm at the Temple Ewell Baptist Church Hall on the corner of the High Street and London Road. Parishioners are most welcome to attend and contribute to meetings.

The agenda and minutes are displayed on the Parish Council notice board by Southdown Stores and on the Council website. Should you wish to put anything on the notice board please contact either the Clerk or the Chairman.

Contact details for councillors are on the website:

www.templeewellpc.kentparishes.gov.co.uk

Mr Andrew Howard-Grigg (Clerk to the Council)
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Temple Ewell W.I.

We were transported back on a nostalgic journey by our speaker Maggie, who told us about her job as a librarian in Dover during the 1960s.

Maggie readily admitted that she was useless at most subjects apart from English and the classics and she was inspired to read by her primary school teacher. She started her career as a lowly assistant librarian and when she retired she was Head of Policy and Communication for Kent. Maggie related many amusing stories about her time at the library and explained the system used for lending out books and keeping records etc., which of course was all completed manually in those days.

People living outside the boundary had to pay fifteen shillings a year to use the library and its facilities. The libraries were eventually taken over by KCC and things changed dramatically. Many smaller libraries which had been operating in unusual places were closed. Maggie was transferred to the Children's Library where she introduced many fun activities for the children.

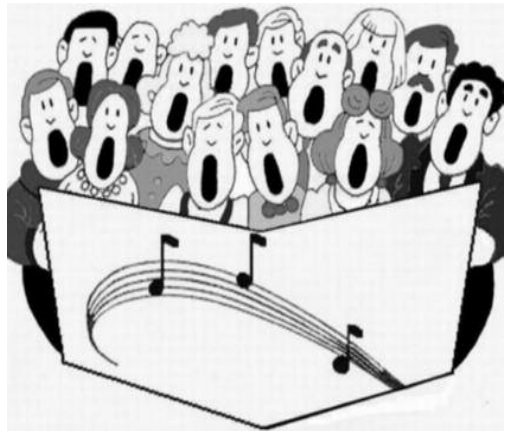
This was a most interesting and informative talk.

Our next meeting is on 14th February 7pm.

Dover Choral Society

Do you enjoy singing, can you sing in tune? Dover Choral Society are a friendly choir looking for new choir members - soprano, alto, tenor or base. Auditions are not required. We rehearse on a Thursday evening at River Methodist Church and perform in two concerts a year.

Our next rehearsal session starts on March 21st for a concert to take place in May, when we will be singing pieces by Faure, Rutter and Bach. We also hope to be involved in the Summer Prom Concert in the Town Hall.





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Scout Hut at River

Friday - Beavers 4-30 to 5-30pm

Tuesday - Cubs 6-30 to 8-30pm

Monday - Scouts 6-30 to 8-30pm



Co-op Group's Local Community Fund



This year the Friends of Temple Ewell Primary School have been chosen to benefit from the Co-op Local Community Fund.

At a time when funds for charitable organisations are becoming more difficult to access, we're incredibly grateful for this opportunity to make a real difference in Temple Ewell.

We are raising funds for the outside area of the Millennium Hall (Church access and Early Years Areas). We are looking to get the area resurfaced and made more accessible for access to the hall from the Church and a nicer area for the young children in our school and Tiddlers to play, learn and grow.

To help us raise vital funds, we'll be relying on Co-op shoppers. Every time they buy Co-op own-brand products they get a 5% reward for themselves, and a further 1% goes to local causes like ours.

Co-op members can decide which local group they would like to back by going online www.coop.co.uk/membership. We really hope that people will visit the website and choose to support us.

We're supported by
The **co-operative** membership
Community Fund

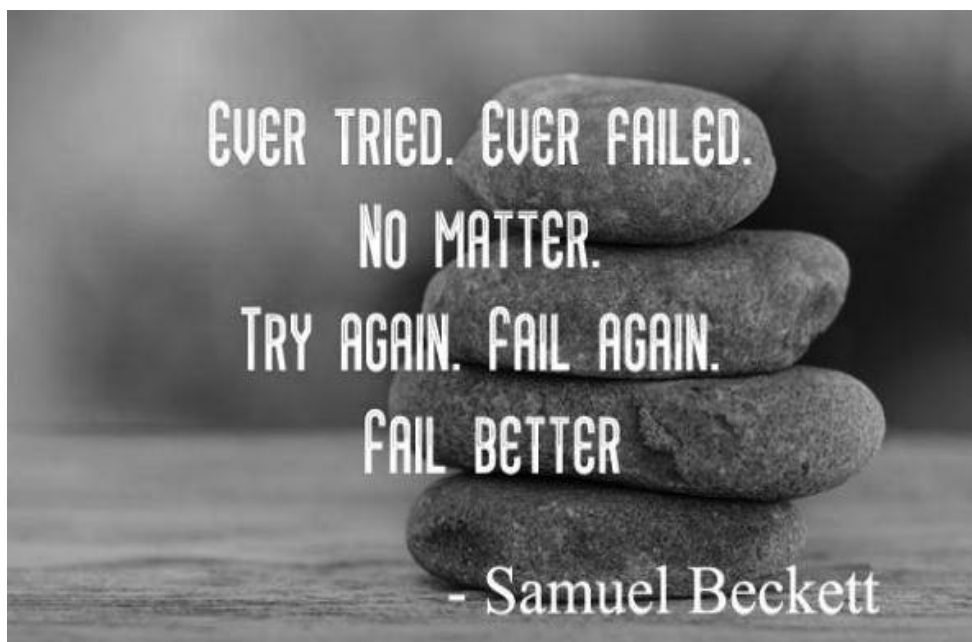


Kent Wildlife Trust

The roadside gang of Temple Ewell and Lydden for the Kent Wildlife Trust started back on Tuesdays 9.30-3pm.

To join us in our tasks call Bob Newington on 827138. We also have Sunday tasks once a month.

With all those New Year Resolutions in mind



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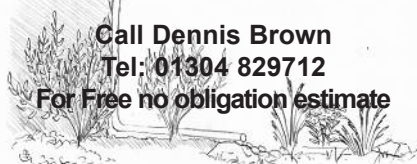
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REGISTERED MEMBER





Kent County Councillor

'New Year, New You' is the national campaign now underway with support in Kent to raise awareness of key lifestyle behaviours - such as smoking, drinking too much alcohol, inactivity and unhealthy eating - their effect on people's health and the support available.

Drinking too much, smoking, inactivity and poor diets can have long term effects on people's emotional and physical health, leading to an increased risk of many types of cancer, heart and lung disease and stroke and early death.

Try the 'How are You?' quiz or book up for a free Health Check* and find out more about a range of tools, tips and local support services that can help you at www.oneyoukent.org.uk

KCC Director for Public Health, Andrew Scott-Clark said: "People are becoming more aware but many still don't realise the harm that certain lifestyle behaviours are causing their health, in both the short and long term.

"Smoking and excessive alcohol consumption can lead to high blood pressure and also trigger an irregular heartbeat, both of which increase the risk of having a stroke. Heavy drinking increases the risk of having a stroke by more than three times. By doing something about one or all of these issues, you will reduce your risk of having a stroke along with many different types of cancer."

Smoking

Approximately 16.3% of Kent residents are smokers and while the number of smokers has fallen over recent years, many people find it hard to quit; tobacco remains the number one killer in England and a chief cause of long-term poor health with one in four hospital beds occupied by a smoker. In 2016/17 smoking attributable admissions in Kent accounted for 12,444 people.

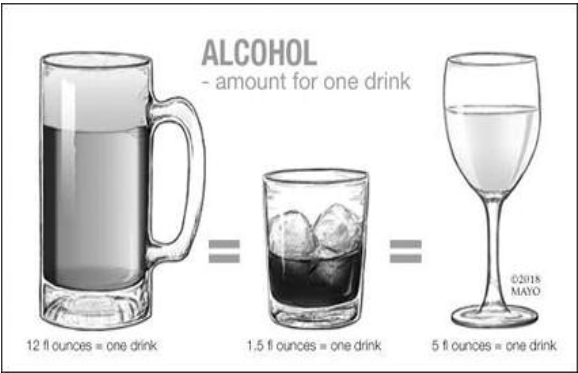
Kent Community Health NHS Foundation Trust offers year-round support to quit smoking. Local services such as pharmacies and NHS quit clubs and "do it yourself" quit kits and digital tools (such as mobile apps) are available to support people who want to quit independently. More information can be found at www.oneyoukent.org.uk and www.kent.gov.uk/smokefree



Alternatively, ring 0300 123 1220 (option 1), or text 'QUIT' to 87023. You can also find more information at www.kenthealthandwellbeing.nhs.uk and support.

Alcohol

The majority of the Kent population (79%) drink sensibly and in safe limits (scoring less than seven on AUDIT - an alcohol risk score) but approximately 254,000 people are drinking at higher risk levels. There are an estimated 16,000 dependent drinkers in Kent in need of some treatment and support.



KCC supports the national Dry January campaign and encourages residents to be aware of how much they are drinking by using the 'Know Your Score' interactive online test - www.kent.gov.uk/knowyourscore - which asks users a series of simple questions to help them gauge how the alcohol they are consuming could be affecting their health. Depending on their score, appropriate advice about where to find help are then delivered by different experts and health professionals in a short video.

A range of formal and informal support is also available, such as AA and Smart Recovery (peer support) in Kent and Al-anon for friends, family and carers of alcoholics. KCC Public Health commissions specialist treatment providers to provide structured treatment for alcohol addiction. You can also find more information at www.oneyoukent.org.uk

Obesity

In 2016/17, the Active Lives survey reported that 63 per cent of Kent adults were classified as overweight or obese which is slightly higher than the national figure (61.3 per cent).

The best way to tackle obesity is to eat a healthy, reduced-calorie diet and to exercise regularly. Priorities focus on changeable factors such as helping families to improve poor diets and help for those who need to lose and maintain a healthy weight. KCC supports national initiatives such as Change4Life and One You, alongside community based weight management programmes for adults and fun activity based programmes for families with children and educational programmes in schools.

For advice about small changes you can make to improve your health and wellbeing, and find more support in your area regarding your lifestyle, see www.oneyoukent.org.uk



*If you're aged 40 to 74-years-old, you could also sign up for an NHS Health Check for advice on keeping yourself healthy and active. Your blood pressure, height and weight will be checked. You will be given a small finger prick test to check your blood cholesterol and you'll also be asked some questions about your lifestyle and family history.

The check will identify the risk of you developing heart disease, kidney disease, stroke, diabetes or dementia in the future. Find out more at www.oneyoukent.org.uk (search for Health Checks) or call 0300 123 1220 (option 4) to find a clinic near you. Andrew Scott-Clark added: "We want more people to get the help they need at the right time and this could be in a range of different ways. People do not have to struggle alone, we want them to seek support and information to help them live a healthier life. If people are depressed then we urge them to see their GPs or contact Live Well Kent - who provide community mental health support services - on 0800 567 76 99 and www.livewellkent.org.uk"

I wish all readers a peaceful, healthy New Year.

Geoffrey Lymer
Kent County Councillor
Dover West Ward



CARE ENTERPRISES

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If you or your loved one is considering the need for residential or nursing care, please feel free to contact us or come and visit us to see what we can offer.

We look forward to welcoming you to our home.



Temple Ewell Nursing Home

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07597949241 or maxinephillips@live.co.uk

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Snuffling and Shuffling at Christmas time

Well, here we are on Christmas Eve
Relaxing.
Uh oh, there's a tingle in the area of my
throat
Now, not relaxing.

Have an early night, methinks
Strepsil, paracetamol and plenty of liquids.
Sleepy, very sleepy as a result of the
Paracetamol
Definitely not relaxing.

Well, here we are on Christmas Day
Feeling very sluggish and "bunged up"
Thank goodness, Hubby's cooking lunch.
With my head feeling as though its been punched.

Well, here we are on Boxing Day.
Relaxing.
Despite having a headache, being bunged up,
dosed up to the eyeballs and having Vick on my chest,
you'd think I had a cold, yes?

Never mind, colds go as quickly as they come,
so I'm told.
A new day cometh – things to do ok, I'll relax!
Far too poorly to do the ironing!

© Anne Cox 2018-9





Letters to the Editor

We would like to hear from you. What do you want information on? Need help with something? Want to comment on a local issue? This is the place to do it! Send to the Editor - details on page 3

Note of Thanks

On the 6th November, 2018 our Ford Tribute Motorhome was stolen.

We would like to thank the dog walker who noticed suspicious persons hanging around and the off duty policeman who reported the theft to the police.

We were away at the time and although the van was stolen, we are most reassured that people in Temple Ewell are vigilant and helpful.

Angela and Dave Eglin

*Thank
you*



NEW CLERK TEMPLE EWELL PARISH COUNCIL

Please be advised that from 1st January 2019 that the new Clerk to Temple Ewell Parish Council is:

Mr Andrew Howard-Grigg

Contact details:

Address: Merleigh, Northbourne Road, Great Mongeham, Deal, Kent CT14 0HJ
Telephone Number: 01304 361774
E-mail:Howard_Grigg@hotmail.co.uk

Please use the above contact details for all future correspondence and enquiries.



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DOVER FLOWER CLUB

February 25th will be a demonstration by Karen Hart who is a local Florist in Sandwich. She has demonstrated for us before and we have enjoyed her demonstrations.



For any additional information please contact
Marian Townsley.

Tel: 01304 832522.

email: marian.townsley@btinternet.com

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Canterbury Hospital	01227 766877
William Harvey Hospital	01233 633331
Queen Elizabeth the Queen Mother Hospital	01843 225544
Dover District Council	821199
KCC Highways to report faults with roads/streetlights etc	03000 418181
Citizens Advice Bureau	03448 487978
Dover Library	204241
Dover Leisure Centre	201145
Stagecoach Dover	08456 00 22 99
Tourist Information	205108
Dover Community Safety Unit	872220
Police Fire Ambulance - Emergencies	999
Police - to report a suspicious event	101
Police - to report a crime where the offenders have left	101
Social Services	03000 414141
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Electricity Emergency and Power Failure	0800 783 8866
Water Supply Emergency	0845 888 5 888
Waste Water Emergency	0845 278 0845
Childline	0800 1111
The Samaritans	116 123
Post Office Customer Services	0845 7740 740
Dover Community Radio	744177

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