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Temple Ewell Newsletter



November 2019

Temple Ewell Organisations

Parish Council Chairman	Mr Glenn Mousley	824121
Clerk to the Parish Council	Mr Andrew Howard-Grigg	361774
Police Community Support Officer	Megan Keehner	07929 049947
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

Treasurer / Editor / Web	Jeanette Potts	826386
Chair / Distribution	Jenny Miles	824280
Vice Chair	Jenny Olpin	825011
Secretary	Ruth Horton	268998
Member	Cindy Tuson	823325

Hello All

As we come towards the end of 2019, we are reminded that 2020 marks the 20th Anniversary of Temple Ewell Newsletter.



Being one of the original Committee members, I remember that first meeting where a group of us with Parish Council connections got together with the the idea of creating a new village magazine to replace the 'LYTE' Church publication which was coming to a natural end due to the aging of the long term editor. We were very lucky to have the support of the Parish Council of the time who gave us a generous grant to get started. The next job was getting advertisers to fund the ongoing publication costs. This was achieved and I'm happy to report that some of those original advertisers are still with us! We are very grateful to them for their ongoing support.

We will be organising a 20th Birthday event for next year - in what form that will take is still to be decided, but we want it to be something that's good fun for all.

We do often put out a plea for people to join us. We are all getting older and it would be really good to get some younger input, so that the Newsletter can continue for at least another 20years! Please think about joining us. We would especially like someone who is interested in learning the Editorial role to come forward. We hope to hear from you!

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

November

- Thurs 7 **Coffee Morning** in the Village Hall
Thurs 14 **W.I. Meeting** in the Village Hall
Tues 26 **Parish Council Meeting** 7.15pm in the Baptist Hall
Thurs 21 **Coffee Morning** in the Village Hall

December

- Sun 1 **Christmas Lights Switch On** at Players' Corner
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
Weds 25 **CHRISTMAS DAY**
Thurs 26 **BOXING DAY**

January 2020

- Thurs 9 **W.I. Meeting** in the Village Hall
Weds 22-Sat 25 **Alice in Wonderland Panto** - T E Players
Tues 28 **Parish Council Meeting** 7.15pm in the Baptist Hall

February

- Sat 8 **Produce Association** Coffee Morning 10-12 in the Village Hall
Thurs 13 **W.I. Meeting** in the Village Hall
Tues 25 **Parish Council Meeting** 7.15pm in the Baptist Hall

March

- Thurs 12 **W.I. Meeting** in the Village Hall
Sat 28 **Produce Association** Spring Show 2-4pm in the Village Hall
Tues 31 **Parish Council Meeting** 7.15pm in the Baptist Hall

April

- Thurs 9 **W.I. Meeting** in the Village Hall
Tues 28 **Annual Parish Meeting** 7.15pm in the Baptist Hall

May

Fri 8 **VE Day 75th Anniversary Celebrations**
Weds 13-Sat 16 **T E Players May Production**
Thurs 14 **W.I. Meeting** in the Village Hall
Tues 26 **Parish Council Annual Meeting** 7.15pm in the Baptist Hall

June

Thurs 11 **W.I. Meeting** in the Village Hall

July

Thurs 9 **W.I. Meeting** in the Village Hall
Sat 18 **Produce Association** Summer Show 2-4pm in the Village Hall

Aug

TBA **W.I. Meeting** in the Village Hall

Sep

Sat 4 **Produce Association** Autumn Show 2-4pm in the Village Hall
Thurs 10 **W.I. Meeting** in the Village Hall
Weds 23-Sat26 **T E Players September Production**

Oct

Thurs 8 **W.I. Meeting** in the Village Hall
Tues 27 **Produce Association AGM** 7.30-9pm in Lower Hall

Nov

Thurs 12 **W.I. Meeting** in the Village Hall

Dec

Thurs 10 **W.I. Meeting** in the Village Hall



**Don't forget to let us have
your diary dates for 2020!**

Temple Ewell 10K Race

Andy Stevens conquers the adverse conditions to win the inaugural DFDS Temple Ewell 10K Run.

The 2019 DFDS Temple Ewell 10K Run benefitted from a perfect autumn morning on Sunday 13th October. However, runners did have to contend with treacherous conditions underfoot caused by heavy rain throughout the previous week. This new multi terrain race attracted nearly 300 runners of varying standards and although fast times were hard to come by, Andy Stevens from Thanet Road Runners trotted round the course in a great time of 38mins and 31secs. Second place went to Ben McGhee of Deal Tri Club in 39mins and 53secs, who established an early lead but was pegged back and overtaken by Stevens at the 4k mark. Close behind came Kevin Hart of Dover Road Runners who finished 3rd in 40mins and 16secs.

The ladies race quickly became a 2 horse race with Becks Macey of Ashford & District Road Runners finally winning in 47mins and 00sec. She moved away in the final kilometres from Abigail Cardwell of Thanet Road Runners who finished second in 47mins and 49secs. Third place was won by another Ashford and District Road Runners athlete, Essen Larsen, in a time of 50mins and 27 secs. This new race had its HQ in Kearsney Abbey and started in Lower Road, Temple Ewell. It then rose onto the Minnis and took a figure of eight route around Ewell Minnis, before descending Scotland Common Road and finishing in Russell Gardens. The organisers are grateful to DFDS Ferries for sponsoring the race and their agreement to make this a 3 year involvement.

The race was raising money for Temple Ewell School PTFA and the prizes of trophies and DFDS ferry vouchers were presented by DFDS Vice President Kaspar Moos and Head Teacher of Temple Ewell C of E Primary School, Angela Matthews. The race was started by former Olympic Marathon runner Barry Watson, who gave the runners a few words of wisdom before the start. Barry was a former teacher at Temple Ewell School.

There were also various age group winners as follows :

Men V40 Ashley Day (Unattached) 40m 40sec
Men V50 Edward Crockett (Deal Tri Club) 43m 33sec
Men V60 Mark Sluman (Dover Road Runners) 47m 20sec
Men V70 Dave Martin (Deal Tri Club) 1hr 00m 02sec

Ladies V35 Rachel Tappenden (Dover Road Runners) 51m 42sec
Ladies V45 Abi Coleman (Dover Road Runners) 52m 05sec
Ladies V55 Vicky Talbot Rosner (Invicta East Kent AC) 53m 14sec
Ladies V65 Barbara Hunt (South Kent Harriers) 1hr 22m 17sec

This year there was not a team prize but the race was well represented by local clubs, particularly Dover Road Runners who are based close by.

Joint Race Director Glenn Mousley said : “the race ran smoothly despite the wet conditions underfoot. We spent a considerable amount of time on the course the day before, spreading straw to improve grip for the runners and this paid off with some excellent performances. It is a new race and we were really pleased with the support given from local runners. We look forward to welcoming them back next year.”



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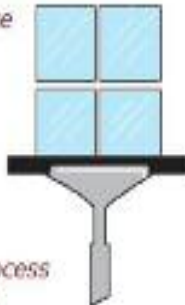
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Parish Church of St Peter & St Paul

November Services, to which we warmly welcome you

At Temple Ewell our Sunday Club meets at 10.30am during term time – as advised.

For details of our services please go to www.facebook.com/templeewellpepaul

3rd	10:00am, Joint Eucharist at Lydden, All Saints, Arch Deacon Darren
10th	10:30 am, Holy Eucharist, Remembrance Sunday, Fr Peter
17th	10.30am, Holy Eucharist Fr Peter
24th	10.30am Joint Holy Eucharist at Temple Ewell, Fr Michael

Gift Day happened on Saturday 12th October, in spite of grey skies and continual drizzle! It turned out to be a very sociable occasion and so a big thank you to everyone who made the time pass quickly by stopping for a chat and of course, who handed us an envelope. At this first count we have over £1,100 and usually find more donations continue to come in at later stages, so what a worthwhile morning and what a great village to live in. It greatly supports our Church.

Our recent Harvest Thanksgiving felt to be a real celebration, with children from Sunday Club doing readings and prayers as well as a very interesting presentation. Here is one of their prayers,

For the promise of harvest contained within a seed, we thank you.
For the oak tree within an acorn, the bread within a grain, the apple within a pip.
The mystery of nature, gift wrapped for us to sow, we thank you.

This was followed by a relaxed and enjoyable lunch, organised by Alison. We do thank the school and parents for their very generous donation of gifts that decorated the church but then, importantly, have gone to support our local Food Bank.

Friday November 1st is All Saints Day or the day of All Hallows and so October 31st is “All Hallow’s Eve” or Halloween. Under Christians Together in Dover six churches in the Dover area are providing Light Parties for families, from 4.30pm – 6.00pm. This is an alternative event for the usual Halloween practice of “Trick or Treating.” There are more details under Sunday Club if you are interested.

Saturday November 2nd is All Souls’ Day when churches remember and pray for the souls of all departed. November 3rd is a service for All Saints when Darren Miller, the Archdeacon of Ashford will be celebrating a special service at Lydden. Coincidentally All Saints is occurring at the same time that an English person has been made a Saint in almost 50 years. Cardinal John Newman was described at the Vatican as “cheerful, easy, kind, courteous, candid and unassuming”, two miracles are also attributed to him.

There are numerous Saints acknowledged for so many different reasons, through courage, living a holy life, their actions in helping many people.

Interestingly Dismos, the thief on the cross beside Jesus, who said that he and the other criminal who had taunted Jesus deserved to die since they had committed evil deeds where Jesus had done nothing wrong. Dismos asked Jesus to remember him when He was in His kingdom. Jesus assured him that together they would be in paradise that day, so Dismos became a Saint.

For Temple Ewell Church, St Peter is a wonderful figure. He was a fisherman, quite rough and ready, and lacking any formal education. Yet he was chosen by Jesus to be the “rock” on which the church would be built across the world. Peter challenged Jesus at times and also denied him but Jesus trusted him to be strong and true. He holds the keys of heaven, one gold, reflecting power in the kingdom of the heavens and the silver key representing the spiritual authority of the church on earth.

St Paul, having persecuted many Christians was famously converted on the road to Damascus. Paul was born in Tarsus and was a tent maker by trade, but was a Roman citizen who pursued education. His personal letters to many Christians represent his beliefs and version of events, and he’s the hero of the Acts of Apostles. He travelled tens of thousands of miles around the Mediterranean spreading the word of Jesus.

It seems appropriate to end with the words of Saint Augustine of Hippo (354 -430). Lord, I entrust the past to your mercy, the present to your love and the future to your providence.

Liz Waller



Sunday Club

We were delighted to welcome two new children to join us at the Club.

Our collections this term will be to support the appeal for women's and children's pyjamas for a local women's refuge. The toys from our Toy Service will also support this cause. More details next month.

We would welcome any children of primary school age to join us, especially if they enjoy craft activities as we have plenty going on in the run up to Christmas.

LIGHT PARTY
An alternative to Halloween

St Peter & St Paul, RIVER
31st October
4.30 - 6pm
Families Welcome
Craft, games and refreshments
50p per child

Arranged by Christians Together in Dover.
There will be another 6 parties around Dover.
Please call Jenny Miles on 824280 for more information and to
register for the River party



Dover Flower Club

The November meeting is on Monday November 25th
at Whitfield Village Hall
starting at 7.15pm.

**Join us for a a floral demonstration by Helen Hare entitled
'A Winter's Tale'**

after which the arrangements will be raffled off

We are running a competition , open to members and guests, a floral design for
a Victorian Christmas. Our sales table will be open and stocked with all your
flower arranging accessories.

Members free, Guests £8.00

We are always delighted to welcome guests and new members to our friendly
club. If you are interested in joining or for further information , please contact
Maureen Edmond - edmondrandm@talktalk.net
Janet Gray - janetgray@btinternet.com



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Church of England Primary School

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Friday Club

A warm welcome return for Peter & Gloria Wilson. Peter has almost fully recovered from his operation and is getting back to full strength. It's lovely to have you both back.

On 25th October we celebrated Halloween, tables decorated, hats worn and ghostly going ons. Hot dogs with onions were served, which went down a treat (not trick or treat) a nice afternoon.

Names have been taken for our trip to Notcutts on 29th for our Christmas shopping afternoon. This has to be the best garden centre showing Christmas delights. A few seats are left at £10.00 each.

I would like to thank Barry for his help during this year. He comes in at the end of our session and clears our tables away for us, we so appreciate you giving up your time for us. Many thanks Barry.

Until next time
Yvonne



T E Produce Association

Our dates for 2020 are:

Coffee Morning Saturday 8th February 10am-12 noon Village Hall.
Spring Show Saturday 28th March 2pm-4pm Village Hall.
Summer Show Saturday 18th July 2pm-4pm Village Hall
Autumn Show Saturday 4th September 2pm-4pm Village Hall
Annual General Meeting Tuesday 27th October 7.30pm-9pm Lower Hall.

We would like to take this opportunity to say a Big thank you to all who have supported us this year and look forward to seeing you all again in 2020.

Regards
Trevor (on behalf of the Committee)

WANTED:

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Temple Ewell Players

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 37.





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DEADLINES

Each month we receive from Nett Potts a reminder that the deadline for articles to TENEWS is 15th of that month. Although I know it will be coming, this particular contributor is often taken unawares. It is so easy to know about something and yet to be unprepared. Time seems to play tricks. If we are enjoying ourselves then we find that time flies by, and conversely if we are very bored then the clock seems to stand still. Deadlines can therefore often take me by surprise.

The deadline of 31st October is of national importance to our nation. It has been known for a long time and yet we are now frantic to meet the deadline in time. Upon reading this article you will know whether or not this deadline was met.

Scripture gives us a timely reminder of what we know and yet may take us by surprise when it happens. It comes in the form of a parable about a wedding. Those waiting for the bridegroom at night had oil lamps. Some were unprepared and ran out of oil, and so could not attend the wedding. This story reminds us that we need to be prepared to meet our maker.

Our activities continue as usual:

Sunday Family Service: 10.30am

Monday Keep Fit: 7.30pm

Wednesday Bible Study and Prayer at 10.00am at 7pm



10th November at 4.00pm. All ages, craft activities, Bible story and a meal, all free of charge. Our theme will be Feast of Faith
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.***

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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



The Lydden Bell

Christmas Menu 2019

Aperitifs

Cranberry Sparkler-Cranberry gin, prosecco and cranberry garnish **£7.95**

Cranberry Split-Gordon's Pink Gin, Vanilla vodka, Cranberry puree and lemonade **£7.95**

Passion Fruit Martini-Vanilla vodka, passoa, lime juice and prosecco **£7.95**

Curried Parsnip Canapé

Celeriac and Apple Soup

Candied walnuts and truffle oil

Camembert Baked with Honey, Walnuts and Thyme

Spiced onion chutney and grapes

Ham Hock Terrine

Celeriac coleslaw, red onion marmalade and Fresh Fig

Oak Smoked Salmon and Crab Roulade

Shaved fennel and Cucumber ribbons

Kentish Turkey Breast & Confit Leg with stuffing spring roll

pigs in blanket, goose fat roast potatoes and stock gravy

Shin of Beef Rossini Style

Duck Liver Pate Croute, Stuffed Mushroom, Goose fat roast potatoes and Madeira jus

Baked Haddock wrapped in Smoked streaky bacon

Creamed potato, squash puree, samphire, smoked bacon and wild mushrooms

Nut roast Wellington

Roasted Squash, Hassleback potato, Chestnut and sage gravy

**All served with - Honey, cumin carrots, spiced red cabbage and sprouts
with sage & chestnuts**

Christmas Pudding

Cognac custard & praline cream

Chocolate Orange Mousse cup

Honeycombe and Cointreau ice cream

Advocaat Panna Cotta

Toasted almonds, and Chocolate, Coconut ice cream and marshmallows

Festive Cheese Board

Homebaked Mince Pies

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*18th to 30th November **Lunch £19.95 Evening £24.95***

*1st to 30th December **Lunch £24.95 Evening £29.95***

01304 830296

jay@thelyddenbell.co.uk



Temple Ewell Parish Council

Welcome to my latest newsletter report for the Parish Council. The autumn has hit us with a vengeance, with such a lot of wet weather recently. However it is still quite warm so can't complain too much. Our next Parish Council meeting will be taking place on the 29th October and all parishoners are welcome.

Also, by the time you read this newsletter, Parish Councillors will have met to discuss website improvements and our move into the 21st Century with a development of a Social Media strategy.

My main focus for the past few weeks has been helping to organise the Temple Ewell 10K Run, which took place on the 13th October. This run which started in Lower Road and finished in Russell Gardens, attracted around 300 athletes of varying abilities, from all over Kent, to the village. It was great to see so many people enjoying the race and the large number of complimentary social media posts that have been received since. The race was a great success and thanks to DFDS Ferries for agreeing to sponsor the race. The race has raised over £ 4,000 for the school PTFA and will now be an annual event. Please find the report for the race separately in the newsletter.

We continue our endeavors to get some traffic calming at the junction of London Road, High Street and Templeside. The latest is that the Clerk (Andy) and I have to complete what is known as a HIP (Highways Improvement Plan) which we can then go to Kent Highways with and use this as a basis for some improvements. One group particularly affected is school children who live in the Templeside part of the village being unable to cross the London Road safely, resulting in extra trips for parents and more cars in the village.

Progress has been made by the Parish Council events committee, who are getting ready for the annual Christmas Lights turn on the 1st December and we will once again be having the Betteshanger Colliery Band and Santa Claus to entertain us. The 75th Anniversary VE Day Celebration next May will be a collaboration between Parish Council, Newsletter and other interested parties in the village with the first meeting planned soon.

Parish Council members recently attended a new initiative organised by new District Councillor David Beaney, with a collaborative meeting between various local Parish Councils. This was very productive and showed that we share common problems and can collectively work together help solve these better.

If anyone has any issues they would like to raise, please contact our Clerk, Andy Howard-Grigg (contact details below) or attend one of our Parish Council Meetings. We have the common aim of helping make Temple Ewell a great place to live.

Glenn Mousley – 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)

Merleigh, Northbourne Road, Great Mongeham, Deal, Kent CT14 0HJ

01304 361774

Howard_Grigg@hotmail.co.uk

A celebration for Josh

When I asked Josh's friends what we should do to remember his birthday on the 18th September, they immediately and unanimously replied 'a football tournament, because Josh loved football'. And so our House captains got to work planning our first House football tournament for Josh's Cup. The children enjoyed an exciting afternoon with the winners being decided through penalties. Josh's Cup was eventually won by his House team 'Ewell.'

On this day we also 'unveiled' Josh's special bench and bird table in our Spiritual Garden. Many of our parents had worked tirelessly the weeks before transforming our garden, with donations from local companies and members of the community. Josh's bench has a sunny spot and all of our children and families are invited to visit whenever they wish.

We have all been overwhelmed with the compassion, kindness and support we have received from the school community and beyond over the past few months. Josh was such a wonderful boy and he will remain forever in our hearts.

Angela Matthews

Headteacher

Temple Ewell Church of England Primary School



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Temple Ewell W.I.

Our speaker Howard's talk was entitled 'The anthropomorphic Bear' (I had to look up the meaning - it is an animal acting as a human). Howard accompanied his talk with some very colourful slides. The talk was about Rupert Bear's original author and illustrator Mary Caldwell. Mary was born in Canterbury in 1874, she attended art school in Canterbury and later the College of Art in London. In 1900 she married journalist Herbert Tourtel who later became Assistant Editor of the Daily Express. Mary and Herbert didn't have any children and spent their money travelling the world. In 1920 Mary was asked to create a comic strip as a rival to the comic strips in the Daily Mail and Daily Mirror.

Mary created the popular Rupert Bear, co-writing the adventures with her husband. Herbert died in 1931 and Mary continued the comic strip alone until she retired in 1935. Various illustrators and writers continue Mary's work and children of all ages can still enjoy his stories.

Rupert will be 100 in 2020. It was a most interesting and informative talk. Who knew that Mary lived, died and is buried so near to us?

Our next meeting will be our AGM on 14th November.





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County Councillor

'Every Mind Matters' campaign underway in Kent

Kent is supporting the national 'Every Mind Matters' campaign this World Mental Health Day by reminding residents of the support services available across the county. Launched by Public Health England, 'Every Mind Matters' is the first national NHS mental health campaign encouraging adults to be more aware of their mental health and helps them to discover simple steps to look after their mental health and wellbeing.

It offers a range of useful resources that help spot the signs of common mental health concerns, provides practical self-care tips and guidance and, importantly, explains when to seek further support. There is also a free NHS-approved online tool which helps people build an action plan to deal with stress and anxiety, boost their mood, improve their sleep and help them feel more in control. The tool and information of Kent support services can be found at:
www.kent.gov.uk/everymindmatters.

KCC's Director of Public Health, Andrew Scott-Clark said: "The 'Every Mind Matters' campaign is starting a national conversation which we will be supporting with partners in Kent. By encouraging people across the county to join that conversation, we want to support our residents to feel more confident in taking action to take care of their mental health and wellbeing. There is no single solution to this but by promoting a range of self-care actions to promote good mental health and tackle common problems, as well as signposting the wider resources and services for those in greater need which are available in Kent, we hope the conversation will go far and wide."

One of the support services commissioned by KCC is Live Well Kent which provides a free, person centred, holistic service that supports people to manage issues in life that impact on their mental health and wellbeing. It is open to any Kent residents aged 17 or older. Shaw Trust is the strategic partner providing the service in the West Kent, with Porchlight providing the service in east Kent. The service is funded by joint commissioners Kent County Council and the seven clinical commissioning groups for Kent (but not Medway).

Live Well Kent works in partnership with clinical services providing an alternative which is focussed on wellbeing, connectivity, prevention and recovery. It is based on open referrals – anyone can access help when they need it – for more details, go to www.livewellkent.org.uk or call 0800 567 7699.

Meanwhile, the theme of this year's World Mental Health Day is suicide prevention and Kent residents needing help are also urged to contact the Release the Pressure Freephone helpline - 0800 107 0160 - where support is available from trained and experienced staff 24 hours a day, 365 days a year. The campaign website www.releasethepressure.uk also includes case studies from men in Kent who have turned their lives around after attempting suicide.

For more information on all the support services available in Kent and to access the 'Every Mind Matters' online tool, go to www.kent.gov.uk/everymindmatters

For young people, there is a new web resource attached to the Kent Resilience Hub available at www.kentresiliencehub.org.uk offering information on promoting and protecting good emotional health. This includes videos and tools, as well as activities and service information. The site is called Moodspark www.moodspark.org.uk and has been developed with young people in Kent, including a young people's editorial board. There is also a resilience toolkit to help schools and organisations consider how they can promote emotional wellbeing within everything they do. These resources have been developed by HeadStart Kent, part of Children, Young People and Education Services. HeadStart aims to help young people cope better when faced with difficult circumstances in their lives, preventing them from experiencing common mental health problems

Geoffrey Lymer
Kent County Councillor
Dover West Ward

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REGISTERED MEMBER



Harvest quiz

- 1.) When peas are harvested, how long do farmers have to get them from the field to the freezer to maintain maximum freshness?
 - 30 minutes
 - 2.5 hours
 - 6.5 hours
 - 12 hours

- 2.) A harvest Moon is the full Moon closest to the autumnal equinox, when night and day are equal in length. What is the name for the full Moon that comes after it?
 - Hunter's Moon
 - Deer-mating Moon
 - Red-plum Moon
 - Full-beaver Moon

- 3.) In a much-celebrated April Fool's spoof in 1957, the BBC filmed "spaghetti crops" being harvested. In which country did it claim the crop was grown?
 - Switzerland
 - Italy
 - Turkey

- 4.) Crop Over is the name for the Harvest Festival in which country?
 - South Africa
 - New Zealand
 - Barbados

- 5.) What is special about the harvest mouse?
 - World's smallest rodent
 - Has a prehensile tail
 - Can be found only in Yorkshire
 - All of the above

- 6.) Many apple varieties are harvested in the UK at this time of year, but why did one apple in Devon make the news?
 - Was half red and half green
 - Was the world's largest apple
 - Looked like it had the face of Jesus in the centre

- 7.) In ancient Greek religion and myth who is the goddess of the harvest?
 - Dionysus
 - Ceres
 - Demete

ANSWERS ON PAGE 36



Tiddlers met Trevor at the allotments and learnt that carrots come out of the ground not out of plastic bags and they are pretty tasty too.

This is the second time we've been up to the allotments recently. During the summer Branching Out invited us to theirs. We picked produce and had a hot dog. It was great fun. We also had a sports day with branching out.

Our big children have settled into school and one of our helpers, Holly has gone off to university. Tiddlers always need helpers, you don't have to commit to every Tuesday. Give me a ring for a chat if you're interested.

Amanda 07506811851



Christmas Boxes

After many years of sending Christmas boxes abroad this year we have decided to keep it local. We are collecting donations for the women's refuge. Items that are needed are:

WOMEN

Pyjamas / nightware
Pants
Tights /socks
Toothbrush & toothpaste
Deodorant
Sanitary items
Flannel & soap /shower gel
Shampoo & conditioner

CHILDREN

Pyjamas / Onesie
Pants
Socks
Toothbrush & toothpaste
Flannel & soap /shower gel
Shampoo & conditioner
Cuddly toy
Book

The aim is to provide all the residents approximately 20 women and 15 children with a pack and any more will be ready for any new arrivals. Any sizes of clothes are fine as we'll make the packs up. All items must be new. You can ring me Amanda 07506811851 or Jenny 824280 for collection or leave items in the church porch (there will be a box), by December 15th at the latest.

If you would rather do a box for Operation Christmas Child boxes can be dropped off at shoezone in St James.

Thanks very much.

Amanda



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Refurbishments to our home and improvements to our service are in process and ongoing.

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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Under Pressure

**A brand, new week, things to do,
the musts, the shoulds and the maybe's.
What do I do first, or take it as it comes?
By the time I decide it'll be another brand new week.**

**Some chores are part of the day or week.
Washing, ironing, oh and the dusting too.
There are the chores that can jolly well wait!
To name them would take a week!**

**Why do we put pressure upon
ourselves?
To try to complete the list?
By the time we come out of our self-imposed frazzle.
It'll be another week!**



© Anne Cox 2019

Answers To Harvest Quiz on page 31

1. It is 2.5 hours. This is so the maximum sugars and vitamins are retained. Pea varieties grown in the UK include Twinkle, Jaguar, Style, Premio, Gonzo, Novella, Geneva, Markado, Serge and Oasis.
2. It's hunter's Moon. Deer-mating, red-plum and full beaver Moons are Native American full Moon names, according to the Farmers' Almanac. It says all occur in November.
3. It's Switzerland. Narrated by Richard Dimbleby, Panorama's now infamous spaghetti-tree spoof showed a family from Ticino in Switzerland carrying out their annual spaghetti harvest. The spoof is considered a broadcasting milestone as it is believed to be the first time television was used to stage an April Fool's hoax.
4. It's Barbados. Its origins can be traced back to the late 1700s, when Barbados was one of the world's largest producers of sugar. At the end of the sugar season, there was always a big celebration. It is still a huge event in the country.
5. It has a prehensile tail, which means it is capable of gripping. The long, hairless "limb" aids climbing. It's Europe's smallest rodent - the world's smallest rodent is believed to be the pygmy jerboa. The harvest mouse is rarely found in Yorkshire, according to BBC Nature.
6. It was half red and half green.
7. It's Demeter, also known as the goddess of grain, agriculture and fertility. Ceres is her Roman equivalent. Dionysus is the Greek god of wine, sometimes known as the god of the grape harvest.



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

Hi there

DDC Council Issues or updates - Dover Downs and River Ward

Please do email or Twitter/DM concerns or pictures directly for any local DDC issues to your DDC councillors

cllr-mark.rose@dover.gov.uk and

cllr-david.beaney@dover.gov.uk

ahead of any local meetings and action.

DDC is now in the full process of digital change and we wish all residents to benefit and engage direct digital communications (whenever possible) in your wider rural ward. Residents can still call directly via numbers in the newsletter index.

Please do send local events we can distribute for you on twitter feed @DoverDownsR

Best wishes, Mark Rose and Dave Beaney

Guess the Show - Many Hands Make Light Work in 2013.

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 term times in River Village Hall. Our teacher is local well-known artist Penny Bearman. Call Jeanette on 826386 for more info.



Brownies

At the Flower Show we made potato people and collage pictures from seeds, leaves and petals.

For the Flower Festival at the Church we made lots of flowers from tissue paper and modelling clay and put them on our toadstool with Pat, our owl, on top of the toadstool. This was then put outside by the Church door and we made some flower baskets too.

On Friday evening and Saturday we had a sleepover. We went up to Kearsney Campsite and met other Brownies. At night we stayed awake a long time and woke up early, then we helped make the food.

On Saturday 14th September we visited the Dover Lifeboat Service as part of the sleepover. We went into the office and watched a short film about what they do as part of their job. We even got to go on the boat and were shown all around it. We really liked it.

At Brownies we made bubbles from putting sugar and washing up liquid into a bowl with water and mixing it up. We put some of the mixture onto a plate and blew into it with a straw and made large bubbles and then without a straw to make smaller bubbles.

For the Pass on Plastic campaign we collected plastic for a week and lined it all up on the floor and measured ourselves beside the line and saw how long we were compared to animals in the sea. From the plastic items we made an octopus, jelly fish, turtle etc. and then all the plastic was taken away and recycled.

Connie, Charlotte, Elisabeth, Jazmine, Lilky and Lexie



HELP is needed at Brownies as our numbers have gone up. If you're 18 or over and would like to join us phone 827138 or come along to the Baptist Church on Fridays at 6pm.

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