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Temple Ewell Newsletter



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 (Sally Parker)	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

Hello All

I hope you all had a lovely Christmas and wish you all the best for 2020, oh and a Happy Valentine's Day I think that's all the celebrations taken care of !!



As we look forward to what 2020 will bring us, I'd like to remind you that it's your Newsletter's 20th birthday this year! We will be having some sort of event later in the year to celebrate, which we hope you will support. We're not sure yet what form that will take but watch this space and I'll let you know as soon as possible.

In the meantime we have a Quiz Night on 28th March and you can book your table of 6-8 people, or if you are coming on your own that's fine, we will allocate a table for you. See the ad on page 6.

We are very pleased to welcome a new member to our Committee, Lisa Scrivens-Waghorn, who will be learning how to edit the Newsletter so we have a back-up should I be unable to anytime and to help take the load. We're delighted to have you Lisa.

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 preceding month. However, please note, there is no January or August issue of the Newsletter.

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

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
Members	Cindy Tuson	823325



Village Diary

February

Sat 8	Produce Association Coffee Morning 10-12 in the Village Hall
Thurs 13	Coffee Morning 10am in the Village Hall W.I. Meeting 7pm in the Village Hall
Sat 15	W.I. Soup Lunch 12-2pm in the Village Hall
Tues 25	Parish Council Meeting 7.15pm in the Baptist Hall
Thurs 27	Coffee Morning 10am in the Village Hall

March

Thurs 12	Coffee Morning 10am in the Village Hall W.I. Meeting 7pm in the Village Hall
Thurs 26	Coffee Morning 10am in the Village Hall
Sat 28	Produce Association Spring Show 2-4pm in the Village Hall TENews QUIZ NIGHT 7.15 for 7.30pm in the Village Hall
Tues 31	Parish Council Meeting 7.15pm in the Baptist Hall

April

Thurs 9	Coffee Morning 10am in the Village Hall W.I. Meeting 7pm in the Village Hall
Thurs 23	Coffee Morning 10am in the Village Hall
Tues 28	Annual Parish Meeting 7.15pm in the Baptist Hall

May

Thurs 7	Coffee Morning 10am in the Village Hall
Fri 8	VE Day 75th Anniversary Celebrations - keep the date free
Weds 13-Sat 16	T E Players May Production
Thurs 14	W.I. Meeting 7pm in the Baptist Hall (due to Players' production)
Thurs 21	Coffee Morning 10am in the Village Hall
Tues 26	Parish Council Annual Meeting 7.15pm in the Baptist Hall

June

Thurs 4	Coffee Morning 10am in the Village Hall
Thurs 11	W.I. Meeting 7pm in the Village Hall
Thurs 18	Coffee Morning 10am in the Village Hall

July

Thurs 2	Coffee Morning 10am in the Village Hall
Thurs 9	W.I. Meeting 7pm in the Village Hall
Thurs 16	Coffee Morning 10am in the Village Hall
Sat 18	Produce Association Summer Show 2-4pm in the Village Hall
Thurs 30	Coffee Morning 10am in the Village Hall

Aug

Thurs 13	Coffee Morning 10am in the Village Hall
Thurs 27	Coffee Morning 10am in the Village Hall
TBA	W.I. Meeting 7pm the Village Hall

Sep

Sat 4	Produce Association Autumn Show 2-4pm in the Village Hall
Thurs 10	Coffee Morning 10am in the Village Hall W.I. Meeting 7pm in the Village Hall
Thurs 24	Coffee Morning 10am in the Village Hall
Weds 23-Sat26	T E Players September Production

Oct

Thurs 8	W.I. Meeting 7pm in the Village Hall
Fri 30	Produce Association AGM 7.30-9pm in the Village Hall

Nov

Thurs 5	Coffee Morning 10am in the Village Hall
Thurs 12	W.I. Meeting 7pm in the Village Hall
Thurs 19	Coffee Morning 10am in the Village Hall

Dec

Thurs 3	Coffee Morning 10am in the Village Hall
Thurs 10	W.I. Meeting 7pm the Village Hall
Thurs 17	Coffee Morning 10am in the Village Hall



FRIDAY CLUB

HAPPY NEW YEAR TO YOU ALL

We finished our year with a Christmas lunch at The Fox, a nice carvery of selected meats with seasonal veggies and roast potatoes. Then it was time for exchanging cards and gifts and all members received a box of chocolates to take home.

We at the Friday Club resumed business on 10th January and celebrated Jan's 80th birthday. We had hot nibbles and wine with additional individual birthday cakes to follow. We also presented Jan with flowers from the members. We continued the afternoon with a game of bingo and a raffle.

We shall soon be putting together our plans for the coming months. Watch this space.

Wishing A SPEEDY RECOVERY FROM US to all who are or have been poorly during the festive season - get well again soon.

Until next time,
Yvonne

A stylized logo for 'Quiz Night'. The word 'QUIZ' is in large, bold, block letters with a 3D effect and dots on the letters. The word 'NIGHT' is in smaller, bold, block letters below 'QUIZ'.

SATURDAY

28th MARCH

7.15 for 7.30pm £5

In the Village Hall - Bring
your own drinks and nibbles

Tables of 6-8 or come on your own and join a table

Call Jeanette 826386 or Jenny 825011 to book



Dover Flower Club

The Next meeting for the Club is on Monday 24th February.

Join us for a floral demonstration by Helga Cukure entitled "From my Drinks Cabinet", after which the arrangements will be raffled off.

We will be holding a competition for members and guests to bring an arrangement in a wine glass.

At the March meeting, on Monday 24th, we will be holding a workshop by Jenny Birch, where we will be making a willow wreath for Easter. As usual, Our sales table will be open and stocked with all your flower arranging essentials and accessories.

**Meetings are held at Whitfield Village Hall
starting at 7.15pm
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 or
Janet Gray janetegray@btinternet.com

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

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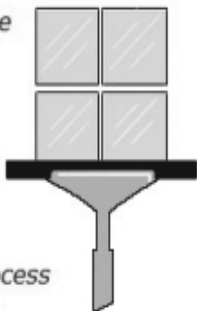
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TEMPLE EWELL BAPTIST CHURCH

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I DON'T WANT TO HEAR IT!

It seems like an everyday event for there to be items in the television and newspapers about an attractive, sixteen year old, Swedish girl of great passion. This is, of course, Greta Thunberg. With all of these attributes why is my immediate response, Please Shut Up, I do not want to hear you? How can a sixteen year old be so presumptuous? At that age she has very little life experience and is about to go back to school. If there is any value in what she says, surely the point could be better made by someone of experience and education. A person with more gravity and less emotion.

This immediately turns my mind to dear old Sir David Attenborough and his well seasoned, softly spoken tones of authority. A man who is 93 years old, academically trained, an experienced communicator, who can be listened to for several hours without any thought of wishing him silent.

What is each of them saying about the destruction of our planet? Essentially it is the same message.

Why the difference in reaction? It is because I am giving my attention to the communicator rather than the nature of the contents. I keep telling myself that the essential factor is to look at what the message says and not at the messenger.

Throughout the Bible God has used many messengers. One was a young boy called Samuel and God gave him the message instead of to the old priest Eli, who was asleep next door. The proclamation of Greta Thunberg is that we have polluted the planet and need to clean up our act. The word given to Samuel has many similarities. We have polluted ourselves and need cleaning up. God has made the provision for us to use.

Our other activities continue as usual:

Sunday Family Service: 10.30am

Monday Keep Fit: 7.30pm

Wednesday Bible Study and Prayer at 10.00am



MESSY CHURCH Sunday 9th February at 4.00pm. All ages, craft activities. Our theme is "Loving and Serving". A meal is included and all is free of charge. 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.templeewellbaptistchurch.com

Temple Ewell and District Produce Association



We wish all our members and friends a Happy New Year.

We are holding our free Coffee Morning on Saturday 8th February 10-12 noon, and you are welcome to come along for coffee or tea and a biscuit and we have a fun table quiz of gardening questions. You can meet the new members of the committee and also a chat to friends.

If you haven't re-joined the club I have the new Schedule for the year so come and see me, it's only £1. We will have a raffle as well.

Our Spring Show is on Saturday 28th March 2-4pm

Regards Trevor



Temple Ewell Parish Council

It seems like Christmas was an age ago and we are already well into 2020. It was however a busy time of year and the Christmas celebrations got off to a prompt start with the Christmas lights turn on at Players' Corner on the 1st December. Villagers turned out in force and munched mince pies and drank mulled wine to the sounds of the Betteshanger Colliery Band playing seasonal music. Santa Claus arrived in style on his sleigh being pulled by a tractor (a bit of a modern twist on reindeer). He then proceeded to distribute gifts to all of the assembled children. I must admit that I followed many of the revellers down to The Fox who had their Christmas light turn on just after ours.

The whole of December seemed full of various celebrations and almost all village organisations joined in with the festive cheer. The striking thing was how the weather was so un-seasonally warm with nothing resembling a snowflake or even any frost. Maybe winter will strike in February or March! Now we are into the New Year, it is back to parish duties and plans for 2020.

Following on from our completed the HIP (Highways Improvement Plan), the clerk and I met with Kent Highways, to discuss road improvements at three points. Firstly we looked at traffic calming at the junction of London Road, High Street and Templeside, plus providing safer crossing of London Road. Secondly we looked at making the approach to the school safer for the children. Thirdly we looked at a range of possible improvements along Lower Road including footpaths, speed control and even the possibility of one way systems. It is likely that there will be various traffic surveys and consultations before anything will be done and obtaining funding for any of the more elaborate suggestions, will be a challenge. Kent Highways will be reporting back before the end of January and this will be discussed at the next Parish Council Meeting on the 28th January.

Things are taking shape for the proposed VE day celebration to mark the 75th Anniversary of the end of World War 2 on 8th May 2020. As this has been declared a bank holiday, it is planned to have a programme of activities to suit all ages including a street party, 1940's dance, and other activities. This will be a joint event between several village organisations and Parish Council will be providing funding to make sure most activities are free of charge to parishoners.

The next stage towards the re-opening of Kearsney Manor by Channels and Choices will be a presentation that will be made at the next Parish Council Meeting. There will be an open forum with questions and answers.

Now that the Parish Council have Social Media accounts for both Facebook and Twitter, it would be good to hear from parishioners with any comments that they may like to make. We continue to work on the common aim of helping make Temple Ewell a great place to live.

Glenn Mousley – Chairman of the Parish Council

**PCSO Megan Keenher will be holding a
Police Surgery between 4pm and 5pm on
Thursday 6 February.**

**Huge thanks again to Temple Ewell Stores
and Post Office for hosting the event.**

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

February

- 2nd 9am joint, All-age service of Candlemas + Eucharist at Lydden, Fr Richard
- 9th 10.30am joint Holy Eucharist at Temple Ewell, Fr Peter
- 16th 9am, joint Holy Eucharist at Lydden, Fr Michael
- 23rd 10.30am joint Holy Eucharist at Temple Ewell
- 26th Ash Wednesday service tbc

We seem to be moving quickly into 2020 but there is still time to reflect on how special our Christmas celebrations felt this year. The Christmas day service in the ancient church of Lydden was beautiful, The Crib Service in Temple Ewell was enjoyed by many of all ages in a full church. Equally the 9 Lessons and Carols celebrating Christmas at Lydden with singing and varied readings felt creative and uplifting, so many thanks to the choir and congregation for all their contributions.

The church is now in the time of Epiphany, starting on January the 6th and ending February 26th on Ash Wednesday. It started with the arrival of the Magi at the stable in Bethlehem. The three wise men carrying precious gifts with them on their journey: gifts that will reveal the story of Jesus' life. Gold is a gift of richness, fit for a king. Myrrh is a precious oil, used to anoint the dead, reminding us of the death Jesus will endure on the cross. Frankincense is an incense used in worship, fitting for a holy child.

But treasures are not always physical. Gifts cannot always be touched. Each of us has gifts and talents within us and each of us can make an offering of our own. Our gifts are part of our own story in our work, our homes and our communities. Our gifts show who we are and what we bring to the world around us.

The Magi made a long journey with faith encouraging them to follow a star. In an age of the Satnav and internet maps, it's rare that we need to stop and ask for directions.

Sometimes, though a person is exactly what we need to guide the way. In life, the need for a guide through unfamiliar territory and situations is often very real, whoever and wherever we are. We want the reassurance that we are walking the right way.

The child born in Bethlehem, under the sign of the star, will grow to be a guide to millions across the world. He will light the path that leads the way to God.

Perhaps now is the time in our Churches of Temple Ewell and Lydden that we need guidance to make the right choice and so move forwards along the best route. Having been in an interregnum for over two years, we are very pleased to let you know that our advert has been answered and we are preparing for an interview within this month. By the time you read this we will know whether we will be celebrating the start of a new priest for both Temple Ewell and Lydden or continuing with our 3rd year of an interregnum. We will keep in touch.

Loving God shows us the way when we need to make very important decisions and need direction. Guides us as we journey forwards.

Liz Waller

Temple Ewell Art Workshop

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LEAP YEAR PROPOSALS!



For traditionalists, just once every four years, on February 29 (Leap Day), a woman is allowed to take her destiny in her own hands and ask a man to marry her. But, how and why did the Leap Year tradition come about?

Well, the tradition is thought to date back to the 5th century, when, legend has it, an Irish nun called St Bridget complained to St Patrick that women had to wait too long for their suitors to propose. So, they struck a deal.

St Patrick decreed this one day in February, which occurs once every four years, when women were allowed to propose. Oh, and women either have to wear breeches or a scarlet petticoat to pop the question, according to tradition.

Additionally, in many European countries, tradition dictates that any gentleman who refuses a woman's proposal on a leap day should pay a penalty. The fine could be paid in the form of a new gown, money, or 12 pairs of gloves for the lady.

If you're thinking of making the most of this Leap Year

GOOD LUCK!



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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 33



W.I.

We were pleased to welcome two new members, Carol and Helen, to our January meeting.

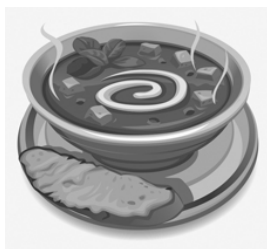
We are hoping to attract many birds to our gardens as our visitors Sandra and Jamie gave us a demonstration on how to construct bird boxes and we then made our own. They let us loose with their drills and we were quite adept at using them producing very good replicas. We need to treat the boxes with a wood preservative then we can sit back and hopefully enjoy visits from birds in the spring.

Our next meeting is on February 13th at 7pm in the village hall.

SOUP LUNCH

hosted by Temple Ewell WI

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Choice of soups £3-50



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We are off to a flying start in 2020!

We are off to a flying start in 2020, by reaching a whopping 500 Keep Me Posted subscribers! We would like to thank you for your support, and we look forward to bringing you CLH news throughout 2020.

Over the last two years, we have seen a significant rise in residents interested in community-led housing in the Dover district and the community housing team is here to provide support and guidance to help groups turn their ideas into reality. For us community-led housing means the community coming together to create truly affordable homes, not just for now but for future generations. Housing is one of the defining issues of our time and there has never been a better time to create homes that your community wants and needs. If you are interested in this model of housing, please let us know and we can provide you with support on your community led housing journey.

Community-led Housing Forum

We are launching a series of community-led housing forums, where likeminded individuals, groups and professions can meet and network. The idea for a forum was proposed by community members, who attended the recent community-led housing mini conference. They found the chance to meet other interested people very useful, and something they would like to do on a regular basis. Topics raised at the initial forum will be used as key areas for discussion at the following sessions, but the main aim of the forum is for people to meet and support one another in getting their projects off the ground. Anyone interested or involved in community-led housing is very

welcome to attend these informal get togethers.

Upcoming Forum Sessions:
Thursday 16th January 2020
Wednesday 19th February 2020
Thursday 26th March 2020
6.00pm to 7.30pm

DDC Offices, Whitfield, Dover CT16 3PJ

You do not need to book a ticket, just turn up on the evening and enjoy a good conversation over a cuppa with like minded people.

Contact

To find out further information on community-led housing please visit our dedicated webpage: www.dover.gov.uk/community-housing. Alternatively, if you have a question related to the Forum sessions please contact a member of the team on: communityhousing@dover.gov.uk



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BROWNIES

Ice Skating

Five Brownies from our pack went and other Brownies and Guides. Some of us fell over some of the time! We also had a go on a Tombola and won some prizes.

Frozen 2

We went and saw the film at the cinema with lots of other girls. We had some food to eat while watching it. Halfway through we had chips and shared between all of us. The film was so funny and we enjoyed it.

At Brownies for Christmas we saw the Pets 2 film. We had food and drink, including popcorn. We took sleeping bags, pillows and sat down in our onesies to watch. Then we went home.

We made up a '12 Days of Christmas' from Christmas cards on a long piece of paper and we also coloured in pictures of a Nativity scene and put it up in the village hall.

Some of us did our Mindfulness Badge. We had to sit down and listen and look, were quiet for a little while and wrote things down. We did some dancing and then laid down to be calm.

By Lexie

Our next event is our Thinking Day Celebration. We will be going to Eythorne Station to plant bulbs in the station fields and then going back to the hall for a drink and biscuit.



**Temple Ewell
will be
celebrating in style**

Plans are already underway for the V E celebrations next May. The specially created Bank Holiday of 8th May promises to be a really special day for the village, so make sure you save the date! Lots of great ideas are currently being worked on and we will let you have full details as soon as possible.

As part of this special event, here at the Newsletter we would love to hear from anyone who has memories from V E day back in 1945 that they would like to share with our readers. We will print the stories in the May 2020 edition of the Newsletter.

Please get in touch and we will be delighted to visit you to take down your story - where were you, what were you doing at the time?

Please contact Jenny Olpin on 825011 / jenny.olpin@uwclub.net





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.

Dear Editor

I am trying to find information or photos of Temple Ewell Fire Station, which was located at 171 London Road, as I am researching World War 2 Fire Stations in Kent.

I know it was operational during the second world war but I have no other details. I wonder if any of your readers can help?

Kindest Regards

Garry Wainwright

garry.wainwright@googlemail.com

RIVER ART GROUP

We currently have vacancies in our Class that meets on

Tuesday mornings 9.30-11.30am term times

in River Village Hall (cost is £50 per term)

Our teacher is well known local artist, Penny Bearman

Call Jeanette on 01304 826386 for more info



Guess the show—The Silver Curlew in 1989

CARE ENTERPRISES

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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

Wellington Road, Temple Ewell, Dover, Kent, CT16 3DB

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County Councillor

New Year New You?

'New Year, New You' is the message to Kent residents who are facing increasing health issues from poor lifestyle behaviours including inactivity and unhealthy eating. Along with smoking and drinking too much alcohol, these 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. In 2017/18, the percentage of Kent adults (over 18) classified as overweight or obese was 62.8 per cent* which is slightly higher than the national figure (62 per cent). KCC Director for Public Health, Andrew Scott-Clark said: "The best way to tackle problem weight is to eat a healthy, balanced, reduced-calorie and sugar diet. You can also maintain a healthy weight and prevent many illnesses by exercising regularly, at least 30 minutes a day of brisk walking. 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. Services like One You Kent which really can help a new you, this new year." Try the 'How are You?' quiz, Easy meals app or Active 10 app at www.kent.gov.uk/healthyweight You can also 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.

Sally from Tunbridge Wells lost 11kg with one-to-one support from the One You Kent team, team as well as joining the September Counterweight Group in the Camden Centre, Tunbridge Wells. She said: "What a great group to join, really friendly people... supportive and made my journey very enjoyable. So very happy to lose the weight I have with the support I received I recommend it to anyone who wants to lose weight and feel great."

Anthony from Dartford lost two stone and quit smoking with One You Kent. He said: "One You Kent and its amazing team of wonderful staff have enabled me to lose weight and stop smoking which have helped me tackle

sleep apnoea and regain my confidence to re-enter the workplace. They made the difference for me and helped me rebuild my life.” 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. For more information, go to www.livewellkent.org.uk”

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 anonymous test - www.kent.gov.uk/knowyourscore 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.

Meanwhile, figures for Kent last year show a decrease down to 15 per cent of residents being smokers – approximately 185,000 people – and the number of people who have never smoked is on the rise, up to 56.2 per cent. If you’re aged 40 to 74-years-old, and not on GP cardiovascular register you will be invited once every five years for a NHS Health Check. Your blood pressure, height and weight will be checked along with 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.

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(search for ‘Health Checks’) or call 0300 123 1220 (option 4) to find a clinic near you.

Geoffrey Lymer
Kent County Councillor
Dover West Ward

My Cup Runneth Over

**Coff.....ee, or not coff ee,
That is the question.
Whether it be white with milk or cream,
with sugar or not.
Here comes Ray with the coffee pot.**

**He just can't get his head around
my choice of beverage or how it gets served up.
His first reaction was a grimace
but still that man bravely brought my cup
to the table already laden with crisps and wine
ready to quench the thirst of me and my
fellow bards and their wonderful poems and rhymes.
My Hero.**

**I am salivating knowing what's in that cup.
Ray's approach to the table, like a slow-motion film.
I am chuckling about his original enquiry, how keen.
He'd asked me if I'd prefer the coffee bean!**



© Anne Cox 2016

The gentleman in question is a member of a Poetry Group of which I used to be a member in Dover.



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William Harvey Hospital	01233 633331
Queen Elizabeth the Queen Mother Hospital	01843 225544
Dover District Council	821199
KCC Highways to report faults with roads/lights 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
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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

The Temple Ewell Newsletter is published monthly in the interest of greater unity within the community. It is distributed free of charge. Editorially it aims to be free from political, sectarian and institutional bias and seeking neither to be divisive nor controversial, it does not support or oppose any cause.

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