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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
Brownies	Mrs A Newington	827138
Community Coffee Mornings	Mrs J Miles	07375863405
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
Branching Out	Marilyn	448140
	Trish	820966
Kent Wildlife Trust Conservation Tasks	Bob Newington	827138
Short Mat Bowls Club	Audrey West	823511
Allotment Manager	Dominic Castle	07836 388458
Kearsney Bowls Club	Roger Cook	07986 576750

### **St. Peter and St. Paul Temple Ewell**

Priest-in-charge: Revd. Ian Parrish 01304 279673 revd.irp@gmail.com

Church Warden - Mrs E Waller 824709 Dr Judith Shilling, 827692

PCC Secretary - Vacancy

PCC Treasurer - Chris Tyler 07715 078882

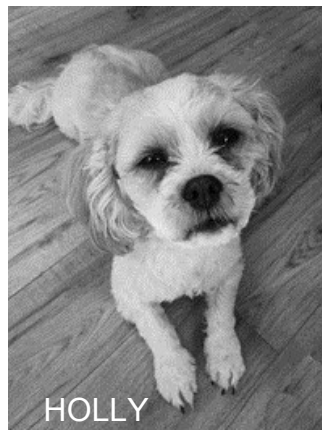
### **Baptist Church**

Rev Ewart Graham on 375823 or John Woodland on 822982

Hello All

I WAS VERY EXCITED TO PUT AN EVENT IN THE DIARY after all these months of not much going on! As you'll see on page 5, a Temple Ewell Garage Safari is being organised, along the same lines as the River one which has been an annual event for several years. So dig out all that stuff that needs a new home and book your space on the map or get out on the day to bag some bargains. Something to look forward to!

We're also looking forward to seeing all your pet pictures and the best 12 will be made into a 2022 Calendar which will be available to buy later in the year. See details of the competition on page 20, plus a photo of our first entrant.



The picture on this page is of my own little dog Holly, just to inspire you, as I'm not eligible to enter the competition.

[www.tenews.co.uk](http://www.tenews.co.uk)

Editor: Jeanette Potts

Email: [templeewellnews@gmail.com](mailto: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 August or January issue of the Newsletter.

NOTE: You should be aware that articles are also published on the website [www.tenews.co.uk](http://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](http://www.tenews.co.uk)

#### **Temple Ewell Newsletter Editorial Committee**

Editor / Web	Jeanette Potts	826386
Chair / Distribution	Jenny Miles	07375863405
Vice Chair	Jenny Olpin	825011
Treasurer	Lisa Scrivens Waghorn	07412 595349
Secretary	Ruth Horton	268998
Events	Barbara Sheridan	827493
Member	Cindy Tuson	823325



## Village Diary

*Provisional dates - please check before attending*

### May

- Thurs 13      W.I. Meeting 7pm in the Village Hall  
Tues 25      Parish Council Meeting 7.15pm in the Baptist Hall  
Sun 30      10am-4pm GARAGE SAFARI — see page 5

### June

- Thurs 10      W.I. Meeting 7pm in the Village Hall

### July

- Thurs 8      W.I. Meeting 7pm in the Village Hall

### August

### September

- 23—25      Players' Production—to be announced sometime soon

## RIVER ART GROUP

### OPENING UP AGAIN SOON!

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

**COME AND JOIN US**

- Simply put your unwanted items outside your house (in a front garden, garage or driveway) and hang a balloon outside to show others that you are participating.
- Make sure you do not leave your things unattended while you wander through the village to find some bargains!

**£5 donation for participants, all proceeds will go to Josh's Gold Star fund**



## Temple Ewell Garage Safari

**Sunday 30th May 2021, 10 - 4pm**

Organised by Heidi Daumler  
heidisabinareed@gmail.com  
Please contact to add your street

**Please adhere to social distancing guidelines**

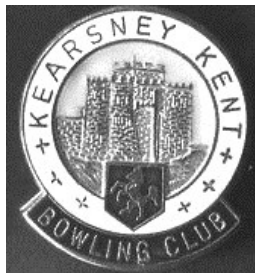
Streets participating so far (this will be updated before the day, please check Temple Ewell facebook group):

- Manor View
- Lower Road
- Park Road
- Church Hill
- Target Firs
- Temple Side
- High Street
- Lorna's Car Park
- Riverside
- Mill Street
- Downhill Close

**Why should you participate?**

- Opportunity to reconnect with each other, or meet new people in the area
- Chance to raise money for a well deserved charity fund
- Walk your recommended 10,000 daily steps
- Recycle your pre loved items by selling them on (and free up some space in your house)

Check Temple Ewell facebook group for updates!



## Temple Ewell gains its own Bowls Club!

Following a recent change of address of Kearsney Bowling Club, DDC decided that the Club is now in Temple Ewell rather than in River.

We haven't moved, we've just updated the address to better reflect that we're on Alkham Road rather than Lower Road River, which was the case when the Club was formed 115 years ago.

New members are always welcome, along with former members in the village.

To this end, and in line with Bowls England's "Bowls' Big Weekend" we will be staging an open day on Saturday, 29<sup>th</sup> May from 2pm for anyone who would like to try the game. Coaching will be available – all you need is flat-soled shoes.

We look forward to seeing you there. Please contact me for further information:

Roger Cook  
Club Secretary

[kbcsecretary@uwclub.net](mailto:kbcsecretary@uwclub.net)

07986 576750





## Friday Club

By now I am hopeful that we have all had our 2nd jab against this dreadful virus and that we can soon return to some normality.

We shall in the very near future be having sausage and chips at The Fox with a game of skittles - something positive to look forward to. Plus, we shall, all being well, have our belated Christmas Dinner as soon as humanly possible. So, in preparation, you can start making your own Christmas hats or a decoration for your table, so let's get inventive.

Sadly, one of our members, Beryl Steed, recently passed away and many lined the road outside the Fox to pay their respects. Our condolences to her husband Les and her family. R.I.P Beryl.

With better weather on the horizon, we can enjoy some outside activities again. How about 5 aside football or even netball? Oh well, just a suggestion.

In the meantime, stay well and keep safe until next time.

**Yvonne**

### **Temple Ewell Village Store & Post Office**

**Donna and Robert Febrer - 01304 827100**

We have a new freezer in store; why not check out our range of Wall's Ice Creams and other frozen products.

Fresh Rolls, daily in store, along with Bread, Cakes and French Sticks available to order for next day delivery.

Drop your Dry Cleaning to us and Jilly's Dry Cleaners of Deal will collect, clean and then return.

When you're shopping online, use the Click and Collect option and get your parcels delivered to the Post Office and collect at your convenience.

Fancy a fry up, get your Bacon, Sausages, free range Kent eggs, Hash Browns and Tomatoes.

#### **Opening Hours:**

**Monday, Tuesday 8.15am - 5.30pm**

**Thursday, Friday 8.15am - 5.30pm**

**Wednesday Closed**

**Saturday 8.15am - 12.30pm**

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# TEMPLE EWELL BAPTIST CHURCH

(Part of the Baptist family in Dover)

## KISS

No, this is not an invitation for romance, but the letters do bring to mind the old adage: "Keep It Simple, Stupid". This always seems to be good advice. The world has become a far more complex place with increasingly difficult decisions to be made. Often, we make matters worse. If anything good can come out of the past few months, then it is the necessity to re-evaluate our lives. For example, some things imposed on us by lockdown we may decide to retain, such as working from home or shopping online.

Experts in any field often have the ability to express highly complex ideas or theories in clear and simple terms, which can be readily understood by the rest of us.

There was an eminent Swiss theologian who opposed the Nazi regime at the start of the second world war. His name was Karl Barth. He lectured on many complex issues. One day, one of his students asked him to sum up what he considered the greatest truth of all. The professor paused for thought, and then replied with these words: "Jesus loves me, this I know, For the Bible tells me so".

The great theologian answered a complex question with the simple yet profound words from a children's song.

*We are sorry that our church is still closed at present due to worries about the Covid Virus and we hope to re-open shortly. If you would like us to pray for a particular need or require assistance in the meantime then please telephone one of the numbers below.*

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](http://www.templeewellbaptistchurch.com)



## Temple Ewell Parish Council

The relaxation of the Coronavirus restrictions is continuing as infections fall. It was very pleasant to visit The Fox on the 12<sup>th</sup> April and enjoy a pint in the garden. There was even the opportunity to sit under the skittle alley and benefit from the heaters. The next relaxation is currently planned for the 17<sup>th</sup> May when meeting outdoors will be allowed in groups of up to 30, and indoors for up to 6 individuals or 2 households. Although social distancing should continue where possible, all businesses should be able to re-open and indoor venues re-open. Indoor performances and sports events can start with limits placed on numbers of spectators. Weddings of up to 30 persons will be allowed. On the 21<sup>st</sup> June all further restrictions should be removed. This road-map continues to depend on infection rates and the vaccination programme, which most of you have or will be approached to take advantage of.

The Annual Parish Meeting (27<sup>th</sup> April) took place via Zoom and was a quiet affair with few attendees. The Parish Council meeting on the 25<sup>th</sup> May is planned to be held outdoors in the Baptist Church Garden and any parishioners would be welcome. Indoor meetings should re-commence in June.

It was a delight a few weeks ago to drive along London Road and find that the gas main work had been completed, hopefully helped by the lobbying of the gas company by Parish Council.

Our work continues on the Highways Improvement Plan (HIP) and before long the 20mph and "NO HGV" signs plus extra double yellow lines should be in place in Lower Road. However, our plans for a pedestrian crossing in London Road have been delayed by debate with Kent Highways over what style of crossing we are allowed (and can afford) to have.

We have also been in dialogue with Dover District Council regarding Kearsney Abbey and the plans to control parking, as the works are drawing to a close and the summer months are approaching. It was great to walk on the new paths in Russell Gardens that are now open and see children using the new play area. The District Council do seem to understand the need to control parking and explained the pattern of park users and how many parks and attractions in the district have similar problems. They have a plan to make the park more user friendly for cyclists and are planning park and

ride initiatives for the summer. They also were committed to the fruit from the new community orchard being used within the local community.

I am sure that many of you have missed using the Village Hall, which has been closed since the first lockdown last March. Parish Council have been in discussion with the Village Hall committee to help support them back to opening from the 17<sup>th</sup> May or soon afterwards. It is an important village asset and I urge you to use it for your various meetings and functions. For bookings please contact John Holness on 01304 448140. We hope to help set them up with an email contact and Facebook page in the near future.

Our attention has now turned to the King George V playing field and a programme of works that are required to bring the play equipment back up to the required standard. This will be carried out in the coming weeks and is a sign of how much this equipment is used. There is also some work required to the perimeter fence, partly caused by a fallen tree. We recently repaired the low wall alongside the hard standing in the field which is in good condition once again. Could we please remind parishioners that DOGS are NOT ALLOWED in the playing field at any time.

Although there has been a cold wind recently, the weather is becoming very spring-like and with the trees coming out into leaf, the village is looking at its best. I encourage you to explore the various footpaths that surround us and enjoy the special and picturesque environment in which we live. It is surprising how many footpaths there are to discover, particularly on the hillsides of the Alkham and Lydden valleys.

***Glenn Mousley – Chairman of the Parish Council***

**For Information:** Sarah McGuinness is the new PCSO (Police Community Support Officer) however her details do not yet feature on the Kent Police website which still shows her predecessor. Dialling 101 should see you put through to Dover Police Station or the local PCSO.

**Parish Clerk: Andy Howard-Grigg**

**Tel : 01304 361774    E-Mail : [TempleEwellPC@Outlook.com](mailto:TempleEwellPC@Outlook.com)**



## WHAT IS WELLNESS?

Wellness is the act of practicing healthy habits on a daily basis to attain better physical and mental health outcomes, so that instead of just surviving, you're *thriving*.

To understand the significance of wellness, it's important to understand how it's linked to health. According to the World Health Organization (WHO), health is defined as being “a state of

complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

Several key areas of your lifestyle are considered dimensions of overall Wellness. They include: social connectedness, exercise, nutrition, sleep and mindfulness. Each one has an impact on your physical and mental health. By making simple and healthy choices on a daily basis, you will be well on your way towards reducing stress, having positive social interactions and achieving optimal wellness.

Start with small changes within each dimension and take it *one* day at a time – you don't have to run a marathon or go on a restrictive diet to implement wellness into your everyday life! We've listed a few examples for each dimension:

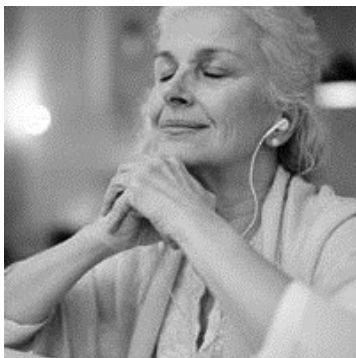
**Social Connectedness** - Connecting with friends or loved ones is a great way to help improve your physical and mental health. Take 10 minutes out of your day to call someone you've been thinking about. This is a great way to connect and catch up with the people that matter the most to you.

**Exercise** - Even 20 or 30 minutes of daily exercise can have a positive impact on your overall sense of well-being and help improve your mood. Don't know where to start? Try a brisk walk on your lunch break or opt for the stairs instead of the elevator when you can.

**Nutrition** - By adding wholesome ingredients to your plate, you'll be taking steps towards becoming a healthier you. Some food for thought: pack an apple and some raw veggies in your bag to keep as a handy snack. This may help you avoid vending machines or fast food when you're on the go.

**Sleep** - Consider your sleep hygiene. Avoid caffeine after 12pm, include quiet and calm activities before going to bed, and wake up at the same time every day – these are simple ways you can begin your journey towards becoming a successful sleeper.

**Mindfulness** - Did you know that practicing mindfulness is good for the body and mind, helps with focus and also changes the brain? Take a moment right now to consider your own mind and how you are feeling. The more you tap into your own thoughts, the more you may become aware of how you react to stressful events – so start practicing mindfulness today!



*Medically reviewed by Elizabeth Pappadopulos, PhD, Global Medical Affairs, Pfizer*



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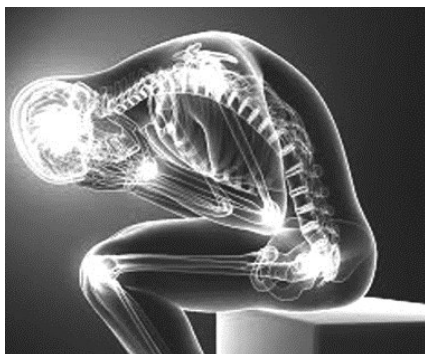
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## Parish Church of St Peter & St Paul and St Mary's Lydden

May Services, to which we warmly welcome you. For details of our services please go to [www.facebook.com/templatewellpepaul](https://www.facebook.com/templatewellpepaul)

Date	Venue
May 2nd	9:00am Lydden, Parish Eucharist 11:00am Temple Ewell, family service
May 9 <sup>th</sup>	10:30am Temple Ewell, Parish Eucharist
May 16 <sup>th</sup>	9:00am Lydden, Parish Eucharist
May 23 <sup>rd</sup>	10:30am Temple Ewell, family service for Pentecost
May 30 <sup>th</sup>	9:00am Lydden, Parish Eucharist

Having had to cancel all Holy week and Easter services in 2020 it was a joy to be able to come together in Lydden and Temple Ewell for all of them this year. It was also wonderful to have Ian leading them! As we move forward from Easter, we are hearing familiar scripture passages again, and this one has stayed with me over the past few days.

*On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, "Peace be with you!" – John 20:19*

One of the more familiar phrases that we share in church each week is "peace be with you". Jesus said this to His disciples, and the Greek word for peace used here is 'eiréné' which means harmony, security, quietness, or rest.

Jesus knew that the disciples were afraid and he gave them peace. So many times in life we are like the disciples, locked in a room or within ourselves because we are afraid, and there are countless situations in life that have the potential to produce fear in our hearts. Yet God, knowing how we feel, can show up to give us peace in our situations. When we are faced with life's anxieties, worries, and cares, God wants to address those anxieties. When we are broken, anxious, worried, or fearful....it is in those moments that God looks to hold us close. In our moment of greatest fear, He is waiting to give

us peace. This peace not only calms our emotions, it walks with us through the challenge.

God's peace is not designed to make us static but to get us moving. He must address the thing that is causing us the greatest fear because that's what is likely to be holding us back. God does not want us to remain trapped by our unrest and fear. He will do for us what He did for the disciples – give us peace which in turn can give us the confidence to move forward.

When we say "peace be with you" then we are actually saying let God's rest, comfort, wholeness, and assurance go with you. In every area of your life, regardless of what is happening around you, let peace be found with you and in you. This is the type of peace that only God can give.

***Peace be with you.***

***Judith Shilling***



## **Temple Ewell & District Produce Association**

We hope you are all well, now that things are easing and we are able to do more together.

Maybe, just maybe, an Autumn Show will be allowed! If so the 2020 schedule will be used. There will be notices displayed around the villages and on our Facebook page.

Please stay safe and hopefully we'll see you soon.

***Regards***  
***Trevor and Edie***

**info@tedpa.club**

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Key workers and residents living in Dover area, without coronavirus (COVID-19) symptoms, can now book a test ONLINE.

Who can get a symptom-free test? To take a symptom-free test you must:

- live or work in Kent
- be 5 years old or over
- have no COVID-19 symptoms.

Do not book a test if you are self-isolating or have any COVID symptoms:

The test involves taking a swab of the inside of your nose and the back of your throat (tonsils), using a long cotton bud. You will do the swab yourself in a booth. The booths will be cleaned after each use.

You should get your result within 2 hours of completing the test, through the contact details you supply. You should not stay at the testing centre.

If you test positive, you will need to self-isolate for 10 days. You must take a home test to confirm the result. Other people in your household should isolate for 14 days.

For full details and to book a test, go to:-

<https://kcc.healthit.org.uk/covbook/home?>



# PET PHOTOS WANTED!

## COMPETITION

BEST 12 PHOTOS WILL MAKE IT  
INTO OUR  
**CALENDAR FOR 2022**  
and win a prize

### To enter:

- TAKE A PICTURE OF  
YOUR PET
- EMAIL IT TO US  
templeewellnews@gmail.com  
With your name and age if under 16
- £2 entry fee per photo to be  
submitted via BACS to  
Temple Ewell Newsletter  
acc 12378809 sort 40-16-11  
with your name as Reference



### Rules:

You can send as many photos as you like, but each must be accompanied by a £2 fee

Photos can be colour or black and white

Any pets—dogs, cat, gerbils, rabbits, guinea pigs, budgies etc...

Special category for under 16 years old photographer

Closing date 30th August 2021.

**Photos sent in will be displayed in the Newsletter and on the website as they are received.**



Our first entry -  
MOLLY HORTON  
enjoying the sun

Isn't she lovely ?

More entries needed !

Looking forward to getting your lovely  
pet photos!

I wonder who's got the most  
unusual pet ?

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## AM I BOTHERED?!

I'm late, I'm late, I'm gonna be late,  
I'm always rushing, it seems to me.

Dashing here, dashing there  
Who was it once said "having no time to stand and stare"?

There's a hold-up on the motorway  
That's all I need – oh darn ... and bother  
I wish I'd bought a chocolate bar  
Now I'm stuck in my motor car.

Would you believe it, I've forgotten my 'phone

I can't let him indoors know I'll be  
late getting home.

The meeting went well, the deal  
was achieved  
even though the boss was, and is,  
very peeved....

'cos I was late, veerrry late!

Everything was against me, it seemed to me

Dashing here and dashing there

Who was it once said ..... - do I care?!!!



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## Temple Ewell W.I.

All our members received a lovely surprise at Easter when they were given a decorated gift bag containing small Easter eggs, biscuits, other treats and a hand made Easter card. Many thanks to Jan who made the cards, bought the gifts, bagged them and delivered them to us all.

As the weather gets warmer we are hoping to meet in small groups outside, in the meantime we are still in touch with each other.

***Margaret Folwell***



**Temple Ewell**  
Church of England Primary School

I thought I'd share a picture of the ribbons we tied to the fence in remembrance of the anniversary of the pandemic.

***Nicola Church***  
***School Business Manager***





## Temple Ewell Players

'Oh yes we are, oh no we're not' would be an apt title for this month's Players' contribution!

'Oh yes we are' bringing you The Vicar of Dibley in September, as mentioned last month. The comedy play, with all the favourite characters from the TV series, will be directed by Cindy Tuson. We had started rehearsing this a year ago prior to the first lockdown and are very pleased that the original cast are all ready willing and able to recommence rehearsals on the 29th June. The show will be performed in the village hall from the 23rd to 25th September.

'Oh no we're not' quite ready to celebrate our fiftieth anniversary as also mentioned last month. It seems our scribe was getting ahead of himself by a whole year as the first pantomime from the reformed group was in January 1973, not 1972. So the ball gowns and party frocks have been put back in the wardrobes for a while, nevertheless we will still be bringing you our usual family friendly "fandabidosi" pantomime in January 2022. The title/subject matter is yet to be decided but it will be directed by Sophie Gilham who brought you our spectacular Alice in Wonderland pantomime in January 2019.

***We look forward to seeing you all.***

***Mike Brodie***



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**The Uxbridge Dictionary have issued more new word definitions.**

1. Speculate...24hr opticians.
2. Cormorants... Good heavens! Extra insects!
3. Collywobble...a drunk dog.
4. Rambling...Jewellery worn by sheep.
5. Scar Tissue...A problem attaching a DVD to the television.
6. Laburnum...A French barbecue.
7. Insolent...To fall off the Isle of Wight ferry.
8. Foxglove...Basil Brush.
9. Splinter...A Japanese runner.
10. Dullard...A boring duck.

**The Biscuit Makers Film Club are meeting this month. Among the films being shown are :-**

Hobnobs and Breadsticks.

The Singing Digestive.

Bath Oliver & The Artful Jammy Dodger.

Cream Cracker, East of Java.

Mutant Ginger-Nut Turtles.

The Penguin Has Landed.

Flash Bourbon.

Paint Your Wagon Wheel.

J.R.R. Tolkein's The Hobnob.

The Crumbs of Naverone.

*As broadcast on the BBC program "I'm Sorry I Haven't a Clue"*

**Pete Olpin**



## Lot's wife

A father was reading Bible stories to his young son.

"The man named Lot was warned to take his wife and flee the city, but his wife looked back and was turned into a pillar of salt".

His son looked up, concerned. "What happened to the flea?"

### Temple Ewell Art Workshop

We meet in the Village Hall every Wednesday  
during term time 2-4pm

New members are welcome

***Currently closed due to Covid19***

### 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



## COUNTY COUNCILLOR

### Kent Homeless Connect – A Message of Hope

Kent County Council (KCC), with partners Porchlight and Look Ahead, have a message of hope for some of the county's most vulnerable people on World Health Day which was on the 7th April.

Kent Homeless Connect (KHC) has been designed by Kent County Council (KCC) for people experiencing homelessness, or at risk of being homeless, who also have complex needs such as mental or physical ill health or drug or alcohol problems. It is delivered by two charity partners – Porchlight and Look Ahead, bringing together a wealth of services and providing people with a one-stop-shop approach to finding the support they need.

Steve Kennett spent three years living on the streets, battling his addiction to drugs, before eventually going into recovery. He entered a rehabilitation centre that he later became a volunteer for. The support Steve received enabled him to obtain valuable qualifications and he went on to gain full time employment with KHC in Tunbridge Wells, using his experience and understanding to help others to turn their lives around. In Steve's words: "This service is so important because people who are in the desperate place that I once was, will find it much easier to get support. If you are living on the streets anything that makes it easier for you to get support, or for your family and friends to find help for you, is so important."

Designed for equal access to services, regardless of postcode, Kent Homeless Connect works across the entire county and is a first for Kent. It means that support is simple to reach because it brings together access to services across local authority boundaries.

Kent Homeless Connect recognises that people with very complex needs are likely to need support from a range of services at once. It brings together local expertise to make that possible throughout Kent, so support can be coordinated and tailored to the needs of each individual wherever they are, ensuring some of the most vulnerable people in the community are able to quickly access the right high-quality support.

The Covid-19 crisis has increased the health inequalities for this hard-to-reach group and a new website has just been launched to help potential clients and professionals access the service easily, along with an online eligibility checker, that identifies whether someone qualifies for this specialist support. The website, and further information can be found at <https://kenthomelessconnect.org.uk/>

Clare Maynard, KCC Interim Strategic Commissioner said: “KCC is committed to making access to vital services as easy as possible for those in need of support and is extremely proud of the success of the Kent Homeless Connect partnership service in achieving this. By bringing together a wealth of specialised services for homeless people with complex needs into a single point of contact, some of our most vulnerable people have been able to vastly improve their health and quality of life by quickly finding the right combination of support without the sometimes confusing need to navigate services individually. The launch of the streamlined new website will go on to further simplify access to this service and I would like to thank our partners, Porchlight and Look Ahead for their hard work in making all of this possible.”

Donna Pearson, Head of Operations at Look Ahead said: “Look Ahead is delighted to increase access to those who need it the most in Kent. We are pleased to work in partnership with Porchlight to deliver these services on behalf of KCC. We are committed to bringing the highest quality service within easy reach of vulnerable homeless people with the most need and we hope, that with the launch of the Kent Homeless Connect website, even more people will be able to access support. Our aim is to continue providing specialist help for people to recover from homelessness giving them the tools to begin a new chapter in their lives.”

Sarah Porter, Porchlight Performance and Partnership Manager stated “The theme of this year’s World Health Day is building a fairer, healthier world for everyone. People who are vulnerably housed or homeless, particularly those who are rough sleeping, have some of the worst health outcomes in the country. For people with very complex, overlapping issues such as mental ill health and substance misuse, it can be hard to access the care and support they need. Kent Homeless Connect brings together a network of services to address people’s needs in a connected way, ensuring that the right support, focused on the individual, is in place. Porchlight is very proud to be working with Kent County Council and Look Ahead to deliver this important service. The launch of the new website will help more people with very complex needs access specialist and targeted support so they can regain their independence and move towards a more positive future.”

If you are interested in receiving support from Kent Homeless Connect for yourself, or someone you know, you can call free on 0800 567 7699 or email [info@khc.org.uk](mailto:info@khc.org.uk)

In the 21st century it is a disgrace that many homeless people in our county and nationally should have to endure night after night sleeping in an insecure place open to the elements without one substantial hot meal a day.

It would be lovely to see the local authorities construct or convert buildings

into small purpose built hostels in each major town in our county where the homeless could have a safe room on a temporary basis for up to six months to allow the collaborative partnerships to arrange for them permanent accommodation, which would provide the vital points of having an address, in order that they can open a bank/ post office account which are one of the very reasons they have difficulties applying for rented accommodation and job interviews.

Let us put other projects which will be costing millions of pounds, such as the Dover Fast Track bus service, on hold until we have resolved the very pressing issue of caring for our very own people first.

**Geoffrey Lymer**  
**Kent County Councillor Dover West Ward**

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## **EASY LEMON CHICKEN—serves 2**

### **Ingredients:**

- 1 tsp cornflour
- 1 tsp dark soy sauce
- Finely grated zest & juice 1/2 small lemon
- 2 tsp coconut or regular cooking oil
- 1 skinless chicken breast fillet (around 150g), cut into 1.5cm slices
- 1 red or green pepper, deseeded and sliced
- 1 medium carrot (around 80g), trimmed and thinly sliced
- 100g broccoli, cut into small florets
- 150ml chicken stock (made with 1/2 stock cube)
- 4 spring onions, trimmed and thickly sliced

### **METHOD**

Mix the cornflour with the soy sauce and lemon juice in a small bowl.

Heat the oil in a large frying pan or wok over a high heat, add the chicken, pepper, carrot and broccoli and stir-fry for 2–3 minutes, or until the chicken is lightly browned and the vegetables are beginning to soften.

Pour the lemon and soy mixture into the pan, add the chicken stock and spring onions and bring to a simmer. Reduce the heat and cook for 2 minutes, or until the sauce is slightly thickened and the chicken is cooked through, stirring regularly.

Sprinkle with grated lemon zest and serve with rice or potatoes.



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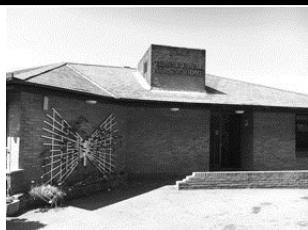
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Dover Leisure Centre	201145
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