

# THE LYMINGE NEWSLETTER

For the communities of LYMINGE, ETCHINGHILL, RHODES MINNIS and POSTLING

**July 2024**  
**From The Lyminge Association**

Produced by  
THE LYMINGE ASSOCIATION  
[www.lyminge.org.uk](http://www.lyminge.org.uk)

**charity concert by the undecided your local band playing  
music through the 60s, 70s and 80s.**

**Lyminge village hall Friday 19th July 7:30pm**



**Midsummer Madness!**

come and celebrate the start of  
the school holidays! under 16s  
free. Bring your own food and  
nibbles. Please support the  
charity by using our bar.

**tickets £5 [gerry@dcruz.eu](mailto:gerry@dcruz.eu)**

**07525 909185**

**THE  
BRAIN  
TUMOUR  
CHARITY**

**JUDY  
D'CRUZ  
FUND**

**#ACureCantWait**

**All proceeds to the Brain Tumour charity**

**Next Garage Sale - 15th September**

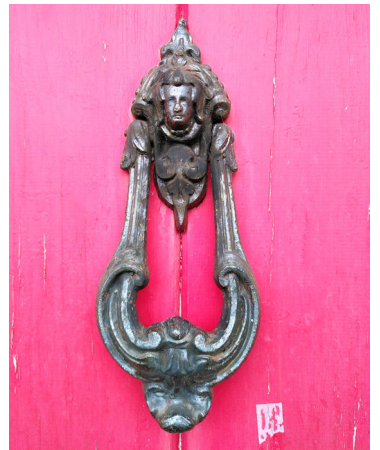
Now's the time to start to clear out the shed,  
the loft, the garage.... ready for this sale!!

# Margaret Saunders' Meanderings

Scarecrows enticed me to Elham for my walk this month. As we enter the village, the banks of houses along the road are brimming with grasses amongst which are oxeye daisies and poppies, making for a colourful wildflower border to the road. A scarecrow on the right welcomes us to the village and its collection of weather-themed scarecrows. Collecting a map from the Village Stores, I and my two young companions follow the route, visiting as many of these humanoid figures as possible. As we start our perambulation, a blackbird is singing loud and clear, undeterred by the rural effigies displayed in and around the village.

Starting along Park Lane, we encounter our first scarecrows - a Mum and baby sitting beside a paddling pool with a straw dog about to enter the pool. Cleverly put together, the scene is very realistic but more likely to encourage the birds than scare them away! A little further along is a wind-blown lady leading a dog, both of them lifted off their feet by the pull of her umbrella appropriately patterned with cats and dogs, blown inside out by an invisible gale. Cunningly mounted on poles, it makes for an impressive display. Backtracking we amble along The Row which runs at the back of Elham, parallel to and west of the main road. Here cottage gardens are teeming with colourful flowers, mainly in hues of pink, purple and mauve. Deep blue alkanet sprouts from the base of flint walls, which, themselves are covered with purple campanula. Fragrant shrubs spill over an old brick wall, the lines of bricks slightly uneven and bowing out in places, which only adds to its charm. Flint abounds in the construction of both walls and buildings, evidence of the predominance of chalk in the landscape. Glimpses of the tree clad western facing valley slopes appear between houses, the fields verdant after so much rain.

Ann's Cottage bears the date of 1744. On its door hangs a striking door knocker – the head of a man with chin-length hair, the red of the door making a beautiful background to this interesting piece of metalwork. Alongside this cottage, between it and Updown Cottage, a footpath sign drew us up the hill along a narrow recently trimmed path and out into a meadow at the top – somewhere to explore another time. Walking back down to The Row, we noticed a flint wall bordering Updown Cottage. In between the flints and along the top of the wall have been cemented fragments of china and pottery sherds, making an attractive and interesting display. Included in these is the base of a green glass bottle, a brown teapot spout, patterned china, a ceramic head, pottery pot rims and a ceramic jar base. Puzzling on the provenance of these items I wonder if they were found in a nearby garden over the years. Further on, Well Cottage and Mill House give an indication of their history and former purpose. Red diamond plaques on the walls of houses state that they are Historic Buildings of Kent and of these there are many in Elham.



Another door knocker catches my eye – this time a well-polished brass lion on the dark wooden door of Elham Manor. Bold flowers fill a garden with very fancy and beautiful peonies in full bloom. Lupins, lavender, foxgloves and poppies accompany the peonies. Further along is a walled vegetable garden, neatly planted with a range of vegetables, all thriving in this warm sheltered plot. Opposite is another scarecrow – Jack Frost. Spiky and thin he is stepping over some bunting and has cold breath emanating from his mouth. Turning



down Cullings Lane we pass Monk's Cottage and the back of the Abbot's Fireside, both indicating an ecclesiastical history. Four seated lions sit atop a wall and gate posts, standing sentinel over the back yard of the Abbot's Fireside. Three types of purple flowers have found footholds in the brick and flint walls, softening their look. Various roses have muddled themselves amongst these walls and borders, one with crumpled and crimped pale pink petals which exudes a heavenly perfume.

Three more scarecrows greet us at the bottom of the hill: one dressed in black with red boots, straw spilling from his arms and pocket and sporting an umbrella; one with a beautiful painted face and Autumn themed hair, equally spilling straw and the last, with a fox's face, sitting crossed legged on top of the portico of the Rose and Crown pub. This must be portraying a sunny Summer's day as he is wearing sunglasses and has flowers on his hat and chest. Walking back to the car we see a well-dressed lady



scarecrow lounging on a chair in the sunshine with a chocolate in her hand. On the table stands a gin bottle and a glass ready for its next refill. She is suffering from an injured foot which is propped up on a footstool. Maybe not enough water with her gin!

The imagination and skill of the scarecrow creators was a delight to behold, and I take my hat off to them all. It made for a most enjoyable stroll around the village.



# Diary of Forthcoming Events

This page is printed to give readers and organisers the opportunity of planning events without clashing with existing ones, which are already in the 'diary'. It is not intended as a means of advertising and we take no responsibility for errors or omissions. Acceptance is at the discretion of the editor. Please send your updates by email to [pbarnes20@icloud.com](mailto:pbarnes20@icloud.com) or via methods outlined on Page 4.

Location and name codes below:

## One-Off Events

Date	Time	Event	Where	Tel. No.	Date	Time	Event	Where	Tel. No.
02-Jul	10am	Digital Support	AUKL	269602	03-Aug	2.30pm	Rhodes Minnis Summer Show	RMVH	862616
06-Jul	11am	Lyminge Primary School Fayre	TF		10-Aug	10am	Coffee and Cake Morning	PC	
06-Jul	4pm	Cantores - Summer Concert	LVH		14-Sep	10am	Coffee and Cake Morning	PC	
06-Jul	2pm	Music on The Field	TF		15-Sep		Garage Sale		863600
07-Jul	3pm	Bach and More	St Mary's Church, Elham		12-Oct	10am	Coffee and Cake Morning	PC	
11-Jul	12.30pm	Dementia Café	AUKL	269602	12-Oct	7pm	Autumn Quiz	EVH	07544 670363
13-Jul	10am	Coffee and Cake Morning	PC		02-Nov	11am	Coffee Concert	LMC	
13-Jul	3pm	Haywardians Concert	LMC	863049	09-Nov	10am	Coffee and Cake Morning	PC	
19-Jul	7.30pm	Undecided Charity Concert	LVH	7525909185	01-Dec	4.45pm	Christmas Lights Switch On	EVH	07544 670363
20-Jul	1.30pm	Lyminge Summer Show	TC	862816	08-Dec	6.30pm	ERA AGM	EVH	07544 670363
21-Jul	11am	RM Cat Sanctuary Open Day	RMCS	862243	14-Dec	4pm	Cantores - Christmas Concert	LVH	
24-27 July		Junior Cricket Week	SPCC						

## Weekly Events

Day	Time	Event	Where	Tel. No.	Day	Time	Event	Where	Tel. No.
Mon	10am	Dementia Daybreak	AUKL	269602	Wed	10am	Dementia Day Break	AUKL	269602
Mon	10am	Bridge Club	LBC	863177	Wed	10am	Baby/Toddler Group	EVH	07817777975
Mon	10.30am	Maintenance Cognitive Stimulation Therapy (MCST)	AUKL	269602	Wed	11am	Singing For All (term time only)	AUKL	269602
Mon	10.30am	Lyminge Larks (Singing)	LMC	07951572920	Wed	2pm	French Conversation (fortnightly)	Call	862972
Mon	10.30am	Chromatic Greys Art Class	EVH	07783575802	Wed	7pm	Tayne Centre Circuits	TC	07925982995
Mon	1pm	Lyminge Knitters	AUKL	269602	Wed	7.30pm	Cantores Dominicae Choir	LVH	07778 333339
Mon	1.30pm	Maintenance Cognitive Stimulation Therapy (MCST)	AUKL	269602	Thurs	10am	Boxfit (non-contact)	AUKL	269602
Mon	5.15pm	Pilates	EVH	07951608008	Thurs	10am	Dementia Day Break	AUKL	269602
Mon	6.30pm	Ballroom/Latin/Salsa Dancing	TC	07966751991	Thurs	10am	Lyminge Morning Art Group	EVH	01303211364
Mon	6.30pm	Judo Club	LVH	07369225021	Thurs	10.15am	Baby Rhyme Time	LL	03000413131
Mon	6.15pm	Pilates	EVH	07951608008	Thurs	11.45am	Streetz to Streetz (fish and chips)	AUKL	07955926835
Mon	7pm	Yoga	RMV	07977503897	Thurs	2pm	Lyminge Afternoon Art Group	TC	07870494644
Tues	9am	Seated Yoga	AUKL	269602	Thurs	5pm	Pilates	TC	07951608008
Tues	9.30am	Tai Chi Qigong	EVH	07402203239	Thurs	6.15pm	Pilates	TC	07951608008
Tues	10am	Lyminge Baby & Toddler Group	TC	07870405567	Thurs	7pm	Short Mat Bowls	LVH	863842
Tues	10am	Painting and Drawing	AUKL	269602	Thurs	7.30pm	Ballroom and Latin Dancing	EVH	07967979610
Tues	10am	Dementia Day Break	AUKL	269602	Fri	8am	Chiropody (appointment only)	AUKL	269602
Tues	11.45am	Pilates	EVH	07834839801	Fri	9am	Pilates with Katherine	AUKL	269602
Tues	1.45pm	Pickleball	EVH	862696	Fri	9.30am	Dementia & Me Unit	AUKL	269602
Tues	3pm	Seated Yoga	AUKL	269602	Fri	9.15am	Nikki Barratt Art Group	EVH	07870494644
Tues	6pm	Board Games Night	Cortee Cabin		Fri	10am	Dementia Day Break	AUKL	269602
Tues	6.45pm	Short Mat Bowls	LVH	863842	Fri	10am	Painting and Drawing Workshop	AUKL	269602
Tues	7pm	Bridge Club	EVH	07790160476	Fri	10.15am	Talk Time	LL	03000413131
Wed	8am	Pilates	TC	07951698008	Fri	10.30am	Main Cog Stim Therapy (MCST)	AUKL	269602
Wed	9am	All Day Breakfast	AUKL	269602	Fri	6pm	Junior Cricket Training Sessions	SPCC	07869283195
Wed	10am	Pilates	TC	07825109670	Fri	7pm	Table Tennis	EVH	

## Monthly Events

When	Time	Event	Where	Tel. No.	When	Time	Event	Where	Tel. No.
1st Mon	2pm	RBL, Elham Valley Branch	Methodist Church, Elham	862508	Last Tues	10.30am	Lyminge Poetry Group	LL	03000413131
1st Monday	10am	Stroke Support Group	C&H	07903150099	1st Wed	10.30am	Lyminge Friends	TC	862598
2nd Monday	7.00pm	Parish Council Meeting	TC	07544670363	1st Wed	2pm	Bingo	EVH	
3rd Mon	7pm	Etchinghill Cinema Club	EVH	07903150099	4th Wed	2.30pm	RM Circle	RVH	862913
3rd Monday	10am	Stroke Support Group	C&H	07715221705	Last Wed	7.30pm	Quiz Night	C&H	01303901011
1st Tues	2pm	Library Reading Group	LL	03000413131	2nd Sat	10am	Postling Ch. Coffee Morning	PC	863536
1st Tues <sup>3</sup>	7.30pm	LHS Talk/Event	TC	863879	2nd Sat	10am	Ethelburga Quilters	EVH	
2nd Tues	2pm	Library Reading Group	LL	03000413131	4th Sun	9.30am	Farmers' Market	LVH	
3rd Tues <sup>2</sup>	7.30pm	Gardeners' Society	TC	07703149008	3 monthly Sunday	10am	Blue Kangaroo Baby Class	EVH	07800 737936

<sup>1</sup> In term time only <sup>2</sup> Except Jan and Feb <sup>3</sup> Except Jan, Feb, and trip in Aug <sup>4</sup> Except Aug and Dec <sup>5</sup> Not held in August \*\* Every three months

**AUKL**: Age UK Lyminge; **C&H**: Coach & Horses; **EVH**: Etchinghill Village Hall; **ELVH**: Elham Village Hall; **ERA**: Etchinghill Residents' Association; **ES**: Elham Square; **EVL**: Elham Valley Line Trust; **JF**: Jubilee Field; **KH**: Korf House; **LB**: Laing Bennett; **LBC**: Bowls Club; **LL**: Library; **LMC**: Lyminge Methodist Church; **LPC**: Lyminge Parish Church; **LPS**: Lyminge Primary School; **LVH**: Lyminge Village Hall; **LW**: Lord Whisky; **NP**: Nailbourne Court; **PC**: Postling Church; **PH**: Lord Whisky, Park House; **PVH**: Postling Village Hall; **RVH**: Rhodes Minnis Village Hall; **RMC**: Rhodes Minnis Church; **RMCS**: Rhodes Minnis Cat Sanctuary; **RR**: Rigden Room; **SMVH**: Stelling Minnis Village Hall; **SNL**: See Newsletter for info; **SP**: Sibton Park; **SPCC**: Sibton Park Cricket Club; **TC**: Tayne Centre; **TF**: Tayne Field; **WF**: Well Field



## St Mary and St Ethelburga Parish Church, Lyminge

### Sunday 7th July

Lyminge 10am WOW Service  
Paddlesworth 6pm Evensong (BCP)

### Sunday 14th July

Lyminge 8am Holy Communion (CW2)  
6pm Choral Evensong

### Sunday 21st July

Lyminge 10am Holy Communion (CW1)  
Paddlesworth 6pm Evensong (BCP)

### Sunday 28th July

Paddlesworth 8am Holy Communion  
Lyminge 10am Family Praise

### Sunday 4th August

Lyminge 10am WOW Service  
Paddlesworth 6pm Evensong (BCP)

**If more information is required please contact the Church Wardens,  
Derek Smith 01303 862508 or Mike Chinneck 01303 863911**

### Rector's message:

Thank you so much for the wonderful welcome, help and support given to me and my family since we moved to live within the Elham Valley. The beauty and goodness of God shines through the whole of creation which includes you!

I look forward to living amongst you and getting to know you.

The Lord bless you.

My contact details are on the church website or as follows:

*Revd Carol Bates*

Mobile : 0777 239 4855

E-mail: revcarolbates@gmail.com

Website: <https://elhamvalleygroupofchurches.co.uk>

Facebook: <https://www.facebook.com/Rev.Carol.Bates>

## Lyminge Methodist Church

A warm welcome awaits you at the following services to be held at **11am**, followed by a time of refreshment and fellowship.

**7th July** Mr Dwight Harris

**14th July** **10.15am** Valley Service at **Elham** Rev. Gill Songer

**21st July** Mr David Songer

**28th July** Rev. Malcolm Peach

**4th August** Mr David Songer

## Rhodes Minnis Chapel

A warm welcome is extended to anyone who wishes to join us for the following services at 9.30am in our small and beautiful Chapel and to share fellowship after the services over coffee and biscuits.

**7th July** Mr Hugh Burnham

**14th July** No Service at Rhodes Minnis but a Valley service at **Elham at 10.15am**

**21st July** Mr David Songer

**28th July** Mr Stewart French

## Postling Church Services

**7th July** **8.30am** Breakfast Service

**14th July** **9.30am** Morning Prayer

**21st July** **5pm** Tea Service

**28th July** No service in Postling

## Lyminge Newsletter

**Terms & Conditions: Copy deadline for next edition - 18 July 2024**

Please email your copy to the editor ([pbarnes20@icloud.com](mailto:pbarnes20@icloud.com)). Your payment must be received before your article or advert can appear in the Newsletter. Invoices will be issued and should be paid ASAP either by BACs, cheque, credit card or cash (details on invoice). **Business adverts** cost from £9.50 per month or £95.00 per year. **Personal and charity adverts and articles** from £3 per month, or £30.00 per year. The annual rate offers 12 entries for the price of 10. Please make cheques payable to '**The Lyminge Association**'. If you do not have email, a typed paper-copy may be left with the payment at the Library. Newsletter is printed by Canterbury Print & Mail.

**Lyminge Association accepts no liability for the accuracy of the advertisements or subsequent actions arising in conjunction with advertisers in the newsletter.**

**Further details from Peter Barnes (editor) on 01303 863737 or [pbarnes20@icloud.com](mailto:pbarnes20@icloud.com)**



## District Councillors' Update - July 2024

**General Election 4 July 2024** - A final reminder that The North Downs East and North Downs West wards now form part of the Ashford parliamentary constituency. This means that Kent will get an additional MP. The Ashford constituency comprises 26 Wards and has an electorate of 73,546. FHDC will administer the election for the North Downs. You must take photo ID if voting at a polling station – otherwise you will be unable to vote. Polling stations are open between 7am and 10pm on Thursday 4 July 2024. For further details see [www.folkestone-hythe.gov.uk/elections](http://www.folkestone-hythe.gov.uk/elections) Results will be declared in the early hours of Friday 5 July and results will be published on the website.



**Elham Valley Group of Churches** – What a splendid service it was to welcome the new rector, the Rev Carol Bates on 10 June in the church of St Mary the Virgin in Elham. The church was packed, the singing spirited the organ playing excellent. The Elham Valley Group benefice includes Lyminge, Postling and Stanford Churches in our North Downs West Ward, and I look forward to working with our new rector in our community.

**Stelling Minnis Salvage Yard** - An unearthed piece of Folkestone's Victorian past has been returned to a sea view spot almost 137 years to the day since it was first laid. The 'Victoria Pleasure Pier Foundation Stone' is back in position at the end of the Lower Leas Coastal Park after it was spotted at a salvage yard in Stelling Minnis. Residents and visitors can now view this fascinating part of Folkestone's history on the green space close to where the original pier once stood at the end of the Lower Leas Coastal Park.

**Planning** – At a recent Planning Briefing for Members, we were advised that the Planning Department are dealing with over 80% of current planning applications within the eight week period, unless an extension has been agreed or it is a complex application. However, this does mean that applications must be submitted with all necessary information upon which the decision can be made. There are still some older applications that have yet to be assessed and Officers are working through these. I will update on this issue as it progresses.

**Ward Grants** – our Ward Budget is now open for small grants across the North Downs West Ward – for further information please see [Ward budget scheme | Folkestone & Hythe District Council \(folkestone-hythe.gov.uk\)](http://Ward budget scheme | Folkestone & Hythe District Council (folkestone-hythe.gov.uk))

**Contact:** [jenny.hollingsbee@folkestone-hythe.gov.uk](mailto:jenny.hollingsbee@folkestone-hythe.gov.uk) Mobile 07887918458 X (Twitter) @jennyhollingsbee

There was a lively discussion at the recent **North Downs Forum** which was held in Elham Village Hall. Biodiversity, sustainability, the health and management of the Nailborne stream and land management were all discussed. The next North Downs Forum will be held in Stelling Minnis, date to be confirmed.

The new **Corporate Plan** working group has been convened. The Corporate Plan is the principal document that sets out the Council's strategic direction for the next five years. A draft document will be sent out for consultation at the end of the summer.

Interviews for the **Independent Chair of the Otterpool Park LLP Board** have been held and the post will shortly be filled.

**Folke About Town**, as part of the Folkestone – A Brighter Future project, will be happening through the summer months between June and September. There will be various street activities, a food festival, arts and crafts market, a sports day and a teenage market. The team are really keen to hear thoughts, ideas and suggestions on what other activities can be staged.

I am pleased to tell you that your District Council has recently announced their **Community projects grant funding** of £90,000. Each ward member has a budget of up to £3,000 to award to initiatives in their ward. Applications for 2024/25 are now being accepted. These grants can be vital to smaller, local organisations that have fewer opportunities to access grant funding from other sources so I would encourage eligible groups to contact me, and I can give you details of how to apply.

**Contact:** [elaine.martin@folkestone-hythe.gov.uk](mailto:elaine.martin@folkestone-hythe.gov.uk)

## Etchinghill Update - July 2024

### ETCHINGHILL RESIDENTS' ASSOCIATION (ERA)

Chairman: David McCombe - 07939 076617 E-mail: [dmccombel@gmail.com](mailto:dmccombel@gmail.com)

Website: [www.etchinghill.info](http://www.etchinghill.info) Facebook: Etchinghill Residents

**FILM NIGHT - MONDAY 15 JULY - ETCHINGHILL VILLAGE HALL - 7.30 PM (DOORS OPEN 7 PM). "THE UNLIKELY PILGRIMAGE OF HAROLD FRY" 12A.** Drama. Starring Jim Broadbent and Penelope Wilton. Based on a novel of the same name, this is the story of an unremarkable man, who embarks on a remarkable 450-mile walk from Devon to Berwick-upon-Tweed, in the belief that his journey can keep his old friend Queenie, who is living in a hospice, alive. The entry fee is only £6 pp and includes a glass of wine, tea or coffee with biscuits and entry into a free raffle. New members are welcome, simply register and pay on the night - no need to book.

**THE ORCHARD, SPICER'S LAND, CANTERBURY ROAD** - After the recent closure for roadworks, to help prevent flooding on Canterbury Road by the golf course in Etchinghill, and following advice from Kent Highways, Bob Laslett the owner of the orchard, is creating a couple of small ponds at the bottom of his orchard on either side of the public footpath leading from the village. This is a measure to help stop or reduce the flooding to his barn and neighbour's garden. The creation of these ponds will not disturb any protected species or nesting birds. During construction there will be some minor disruption to a small part of the footpath which will be kept to a minimum. The benefit is that the ponds will be planted with aquatic plants making them an interesting feature for walkers passing through the orchards.

**News contact: Jacqui Blandford – 07543 966830 or email: [jacqui.blandford@gmail.com](mailto:jacqui.blandford@gmail.com)**





LYMINGE HISTORICAL SOCIETY

We are taking our usual summer break in July and August.

Meetings will resume in the Autumn.

The next meeting will be at 7.30pm on Tuesday 3 September

at The Tayne Centre, Church Road, Lyminge

**Henry VIII's castles on the Kent Coast**

**Speaker: George Chittenden**

Annual Membership Fee: £11  
New members and visitors are always welcome  
Visitors: £4 Payable on the door

All our publications, including our latest volume Lyminge a History Part 13, are on sale at our meetings. We accept payments by cash or card.

# A Little More Joy

## Eco-friendly gift boxes



Vibrant, environmentally conscious gift boxes that are kind to the planet. We also have a build your own option for a more bespoke gift.

10% Discount on your first order (**welcome10**).  
Local collection (Lyminge) can be arranged via email.

### Contact details

Website: [www.alittlemorejoy.co.uk](http://www.alittlemorejoy.co.uk)

Email: [alittlemorejoyuk@outlook.com](mailto:alittlemorejoyuk@outlook.com)



## Summer Show

**At Rhodes Minnis**  
**Village Hall**



**Saturday 3rd August**  
**Opens 2:30 pm**  
**Prizegiving 4:00pm**

**Refreshments**  
**Entry Free**  
**Raffle**



**SCHEDULES available Tel: 01303 862616**

## MEDITATION COURSES

More and more people are learning to use the skills of meditation and their breathing as a way of supporting their health and wellbeing, keeping their minds fit and regulating their nervous systems.

I invite you to join me on my  
next Mindfulness Meditation Course Commencing  
Saturday 5<sup>th</sup> October 2024  
Ending Saturday 23<sup>rd</sup> November 2024  
10.00am - 12.30pm for 8 Sessions  
Location: The Committee Room, Lympe Village Hall

Alternatively, on a WEEKDAY EVENING  
Commencing Thursday 3<sup>rd</sup> October 2024  
Ending Thursday 21<sup>st</sup> November 2024

For more information and to book a place  
Contact Ellen: 07740857109  
Email: [ejgarrard2712@gmail.com](mailto:ejgarrard2712@gmail.com)  
<https://ellengarrard.co.uk/>







**Sibton Park  
Cricket Club**

## FAMILY FRIDAYS

Junior training

Matches every Friday

Bar open from 5.30pm until late

# There's lots going on at The Park this Summer!

Come along and support your village Cricket Club....

### JULY HOME FIXTURES

Tuesday 2nd (18:00)	Boughton & Eastwell CC Under 16 Ashford
Thursday 4th (18:00)	Folkestone CC - U13 ASH Under 13 Ashford A
Saturday 6th (12.30)	Bapchild CC - 1st XI Division 5 Hurricane
Sunday 7th (09.30)	Hythe CC - U11 Gold U11 Saxon Shore
Saturday 13th (13.00)	St Margaret's Cosmopolitan CC - 2nd XI Division 12 Shepherd
Monday 15th (18.00)	Folkestone CC - U15 SSL U15 Saxon Shore
Thursday 18th(18.00)	Rye CC - Under 13 Under 13 Ashford A
Saturday 20th (12.30)	Rainham (Kent) CC - 1st XI Division 5 Hurricane
Sunday 21st (10.00)	The Forty's U9 Softball Tournament
Tuesday 23rd (12.30)	Wye CC - Under 16 B Under 16 Ashford
Thursday 25th (18.00)	Ashford Town CC - Under 13 Under 13 Ashford A

## Junior cricket week 24-27 July 2024

Following the huge succes of last year, cricket week returns for 2024

**Wednesday 24th July**  
Under 15's Tournament

**Thursday 25th July**  
Under 13's Tournament

**Friday 26th July**  
Under 12's Tournament

**\*\*FOOD WILL BE AVAILABLE DAILY\*\***

### **Saturday 27th July 'SUMMER PARTY'**

Under 9's Tournament 11am  
Adults & Kids Pairs 2pm-4pm  
Local band, Gumboots 4pm-6pm  
Sibton Park Raffle 6pm  
Music with Jake Clapson & Marilyn Sky 7pm-late  
Food Truck and Fun Games All Day  
Wheelbarrow of Booze Raffle  
Onsite Camping Friday & Saturday (pre-book)

Follow us for updates on [Facebook.com/sibtonparkcc](https://www.facebook.com/sibtonparkcc).

Contact us: [sibtonpark@outlook.com](mailto:sibtonpark@outlook.com)



## The POSTLING COFFEE & CAKE MORNING IN AID OF THE PILGRIMS HOSPICE

Saturday 13th July 10am to 12noon at Postling Church

**ALL DONATIONS GO TO THE PILGRIMS HOSPICE IN THEIR ENTIRETY - PLEASE BRING CASH**

### ETCHINGHILL RESIDENTS' ASSOCIATION

## Film Night

*'The Unlikely Pilgrimage of  
Harold Fry'<sup>12A</sup>*

**Monday 15th July**

Etchinghill Village Hall - 7 for 7.30pm

Entrance Fee £6pp

Open to new and existing members  
Free Refreshments and Raffle



[www.etchinghill.info](http://www.etchinghill.info)

## Gardener wanted

An enthusiastic retired, or amateur gardener to do paid general tidying, weeding, pruning, watering etc. and help keep a large garden in order in Postling.

Would suit someone who has 2 or 3 days a month available. All the tools and equipment needed are provided.

**If interested, please contact Bob Lock**

**07710 316034** or [boblock10@gmail.com](mailto:boblock10@gmail.com)

## The Sometimes Gallery

A Pop-up Art Gallery  
Every Saturday and Sunday  
12pm - 5pm

St Mary's Hall, Elham

Showcasing local artists, creatives and makers  
Original artwork, limited edition prints & cards

[info@thesometimesgallery.com](mailto:info@thesometimesgallery.com)  
[www.thesometimesgallery.com](http://www.thesometimesgallery.com)

## BACH AND MORE

Sunday 7<sup>th</sup> July 2024 at 3pm

St Mary's Church, Elham, Kent

Music by Bach, Buxtehude, Boellmann, Jongen and Camilleri  
played by Anthony Trinkwon



Entry £10 at the door including refreshments

Tel 07752 142106

Proceeds towards the upkeep & repair of the organ



## Lyminge Primary School Summer Fayre

**Saturday 6th July 2024**

**11am – 2pm**

**on Tayne Field**

Free entry. Inflatables, stalls and games.  
BBQ, refreshments, bottle tombola, raffle,  
books & toys, live music and lots more!  
Please come and support our school.

Run by Lyminge School PFA  
Raising money to support the children at our village school.





## MARKET GARDEN VISIT

Tuesday 16<sup>th</sup> July  
Meet at Brogdale Farm, Brogdale Road, ME13 8XY  
2:15pm for 2:30pm  
Entrance Fee £15 to include tea and cake



## SUMMER SHOW and PLANT SALE



Saturday 20<sup>th</sup> July  
at The Tayne Centre, Lyminge

Plant Sales from 11:00am

Doors open 1:30pm (refreshments available)

Presentation of Cups 4:00pm  
(Staging 8:30am until 10:30am)

Show Schedules will be available in  
The Library and will be emailed to members  
Further details from John and Sara Packer  
on 01303 862816  
or email: [lymingegardeners@gmail.com](mailto:lymingegardeners@gmail.com)

For more information about the Gardeners' Society please email:  
[lymingegardeners@gmail.com](mailto:lymingegardeners@gmail.com) or call Anne on 07703 149008



## Fifth Trust Update

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

Our fundraising month of July to rebuild our music room culminates with our Triathlon on 26 July. Our CEO, Nikki Marley, will be swimming 2km while our Care & Operations Manager, Mike Theoff, gears up for an 80km cycle. Our Chair, Suzanne O'Brien, will then take on a 5km run to the finish line. While training has started, we've still got some way to go towards our fundraising target - so any support would be greatly appreciated. Please make a difference and support our fundraiser today: [www.justgiving.com/campaign/5Tfundraiser](http://www.justgiving.com/campaign/5Tfundraiser)

We have savings on logs ordered and delivered by 31 August. Order now on: 01227 831052. Select call option 2 (week days only). If our phone lines are busy, please email [plant.centre@fifthtrust.co.uk](mailto:plant.centre@fifthtrust.co.uk).



Hythe Aqua Swimming Club has vacancies for potential competitive swimmers Level 7 and above. Join a Club with a nationally accredited swim programme. Lessons/Coaching sessions are held on Tuesday & Thursday evenings at Hythe Pool.

We also welcome adult length swimmers to our Adult training on Tuesdays & Thursdays at 9.00pm

To book your place

Email: [hytheaqua@btinternet.com](mailto:hytheaqua@btinternet.com) or checkout our website:  
[www.hytheaqua.org.uk](http://www.hytheaqua.org.uk) or F/book

Editor: [pbarnes20@icloud.com](mailto:pbarnes20@icloud.com)

## Letters To The Editor

Dear All,

We recently replied to the request for our cherished views of Lyminge. This was the view up the valley from various view points such as Silverlands, our house, Old Robus etc. The view is bordered by ancient buildings, Lyndon Hall, Old Robus and North and South Cottages (1870). We think it puts these buildings in context and is a view that has not changed much over hundreds of years, looking at a variety of mature trees with a backdrop of agriculture and in the distance the hills dotted with sheep and cows.

We noticed that the 5 acre field has been cut and a firm spent 2 days surveying the field. In 2015 a plan was put forward as part of the council's 5 year plan for 30 plus houses to be built on this field but was turned down. At the same time the golf club application for 36 houses (now to be 56) was passed along with the 30 plus on the nursery site in Etchinghill.

Apart from the need to keep the village as a village from an aesthetic and historical aspect, there remains the practical issues such as a single sewer pipe which is already overloaded!, an influx of people requiring health care, increased traffic, etc. The on-road parking is already limited and as we know from the golf club estate plans very little parking is provide on these new estates. I don't know if a new application is being made to build on the 5 acre field yet but I can see no advantage for Lyminge for any further development at this time.

Yours *A. Gledhill.*

## Rhodes Minnis Circle

In May we held our AGM. Members expressed their gratitude to the outgoing Chair **Marion Hoare** who has given so many years of service to the group.

On **24<sup>th</sup> July Rachael Edmed** is coming to speak to us about **Canterbury Hospice**.

We meet at Rhodes Minnis Village Hall at 2.30pm and visitors are very welcome.

For further information contact:

**Lis Hirlemann 07590 913856.**

## Have you recently lost a valuable Watch?

If so, please contact Mr Harding who has found one in Nash Hill.

Tel 07943 404761



## Lyminge Judo Club

(Bushido Club registered)

We are a small friendly village club. We welcome and encourage both novices and skilled players and train every Monday evening at Lyminge Village Hall from 6.30pm. Open to all ages from 6 upwards - no upper age limit.

Juniors £2.50 per week; Seniors £3.50 per week. First session free, with no obligation.

**Contact: Craig Munn** email: [craig.munn1@yahoo.com](mailto:craig.munn1@yahoo.com)

Facebook: [www.facebook.com/Lymingejudoclub](http://www.facebook.com/Lymingejudoclub)

Tel: 01303 863737

In loving memory of  
**Mrs Daphne Patricia Marsh**

17.03.1937 - 20.05.2024

Daphne lived in Etchinghill for more than 60 years and was a devoted mother, grandmother and wife to her late husband, Gerald.

She was well known and loved by many friends in the village and enjoyed a variety of activities in the village hall. Daphne's funeral took place at Hawkinge Crematorium on the 7th June 2024 with the wake held at her much-loved home in Etchinghill.

Rest in Peace Mum.

All our love...Christian and Tonya Marsh xxx



*Think you are  
over the hill?  
**Try Pickleball**  
- it provides  
exercise in a highly  
enjoyable way*

We are a friendly non-competitive group, looking for new players of any age to join us.

It's a simple sport, easy to learn and equipment is supplied. An inexpensive way to have fun all year round.

**Etchinghill Village Hall**

**Tuesdays 2pm - 4pm**

**Call 01303 862696**



**in concert  
at**

**Lyminge  
Methodist Church  
Saturday, 13<sup>th</sup> July: 3pm**

**Retiring Collection**

**in aid of**

**Lyminge Methodist Church  
Roof Repair Fund**

**Freshly Prepared  
Breakfasts & Light Lunches  
Home Baked Cakes  
Vintage Afternoon Teas  
Coffees  
Teas  
Takeaway Available  
Private Functions**

**Open Tuesday to Saturday  
9am to 3pm  
Dog Friendly**

**THE COFFEE CABIN TEA ROOM LTD.  
CANTERBURY ROAD, LYMINGE, KENT.  
CT18 8HU. 01303 864222  
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Find us on Google Maps**



**Lyminge Friends**

**On Wednesday, 03 July** there will be a talk by Maureen Lewsey - **"My Life with St. John Ambulance."** An insight into an interesting career in this voluntary service which continues to this today.

**On Wednesday, 07 August Lyminge Friends** will be hosting a **Summer Lunch** which is **OPEN TO ALL** and is being held this year in the Lyminge Church and Gardens, hopefully the sun will be shining by then! The cost is **£7 which includes food and a glass of wine/soft drinks**. There will also be a raffle with some fantastic prizes and Music Bingo. Tickets are available from Mary on 07904 157897 or Sally on 07821 289191.

**Everyone welcome - Entry is £4** (including Tea/Coffee)

We are a friendly social group and welcome new members and visitors so just drop into a meeting, or if you'd like to talk to one of us first, please call 07904 157897. All meetings are in the Rigden Room of the Tayne Centre from 10.30am to 12noon unless otherwise stated.





# Art with Claire

**Every Tuesday**  
 Age UK Lyminge,  
 Everist Court,  
 63 Station Road,  
 Lyminge, CT18 8HQ  
**10am-12pm**  
**£13.20**



Registered charity number 1125274. Company number 6589817. © Age UK Hythe, Lyminge and Ashford 2024.



## Join us for All Day Breakfast

Every Wednesday

9am - 2pm

£6 pp - includes Tea/Coffee

No need to book

AGE UK Lyminge, Everist Court



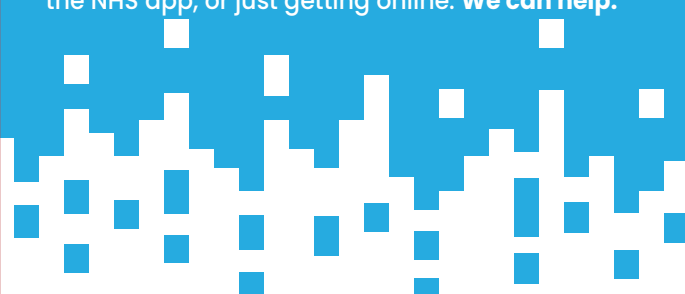
Registered charity number 1125274. Company number 6589817. © Age UK Hythe, Lyminge and Ashford 2023.

## AGE UK - LYMINGE

### Drop-in to Get Digital

at Age UK Lyminge, 63 Station Road, Lyminge, Folkestone. CT18 8HQ





Whether you need support with using your tablet, the NHS app, or just getting online. **We can help.**



Between 10am and 12pm on the following Tuesdays:

- 5<sup>th</sup> March
- 2<sup>nd</sup> April
- 7<sup>th</sup> May
- 4<sup>th</sup> June
- 2<sup>nd</sup> July
- 6<sup>th</sup> August
- 3<sup>rd</sup> September
- 1<sup>st</sup> October
- 5<sup>th</sup> November
- 3<sup>rd</sup> December

**Remember to bring your device along with you!**  
 For more information contact Age UK on 01303 269602.

Editor: pbarnes20@icloud.com



## We need your help!

SCAN ME TO DONATE

Cleo, Emma and Sam, who is living with Dementia, are going to

### Complete the Everest Base Camp Trek Challenge

All funds raised will go directly to Age UK Hythe, Lyminge and Ashford – to support those living with Dementia.

Climbing to Everest Base Camp is definitely a challenge not to be taken lightly, but it is an achievable one! We know we can do it especially with your support.

**£30K**  
 Our Target is to raise

Donations can be made online, through Go fund me at [www.ageuk.org.uk/hythelymingeashford/](http://www.ageuk.org.uk/hythelymingeashford/)  
**01303 269602**  
[co@ageukhla.org.uk](mailto:co@ageukhla.org.uk)



Registered charity number 1125274. Company number 6589817. © Age UK Hythe, Lyminge and Ashford 2024.



# LYMINGE AND ELHAM VALLEY STROKE SUPPORT

Have you, a family member or a friend been affected by a stroke?

Come and join our informal support group.

For more information, to check the dates of meetings/events, or if you would like support but are unable to attend the meetings

Email: [Lymingestrokesocial@gmail.com](mailto:Lymingestrokesocial@gmail.com)  
or Telephone: 07846 177 409

## Dates for next meetings

1<sup>st</sup> and 15<sup>th</sup> July

Future events include a visit to  
Royal British Legion Industries -  
Aylesford

We usually meet on  
the 1<sup>st</sup> and 3<sup>rd</sup>  
Mondays of the  
month (except  
Bank Holidays) at  
The Coach and  
Horses, Lyminge  
10:00am until  
12:00noon

# THE TOWER THEATRE FOLKESTONE



For full details of all our forthcoming shows and to book tickets, please  
visit [towertheatrefolkestone.co.uk](http://towertheatrefolkestone.co.uk) or call the box office on 01303 223925  
The Tower Theatre, North Road, Shorncliffe, Folkestone CT20 3HL

Registered Charity 1180504



**4th Sunday  
of each  
month**

**Sunday June 23**  
**Sunday July 28**  
**Sunday Aug 25**  
**Sunday Sept 22**

**9.30-12.30**  
**LYMINGE**  
**VILLAGE**  
**HALL**

Editor: [pbarnes20@icloud.com](mailto:pbarnes20@icloud.com)

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**B-B-Q**

**HOMEMADE CAKES**  
**STRAWBERRIES & CREAM MERINGUES**

**TICKET** **TOMBOLA** **MUSICAL NOTE** **STALLS**  
**LIVE MUSIC** **MEET THE CATS**

**RHODES MINNIS CAT SANCTUARY**  
**OPEN DAY**

**SUNDAY 21ST JULY 2024**  
**11AM - 3.30PM**

**PET PHOTO COMPETITION** **HAMPER RAFFLES**  
**BARROW OF BOOZE RAFFLE**  
**TEA, COFFEE & REFRESHMENTS AVAILABLE**  
**ADMISSION BY DONATION**

**PLANTS**

RHODES MINNIS CAT SANCTUARY  
GREEN LANE  
RHODES MINNIS  
NEAR CANTERBURY CT4 6XU  
01303 862243  
REGISTERED CHARITY NUMBER 262245  
[WWW.RHODESMINNISCATSANCTUARY.COM](http://WWW.RHODESMINNISCATSANCTUARY.COM)

Tel: 01303 863737



# COACH AND HORSES

Lunch service:

12:00 - 2:30

Dinner service:

5:30 - 8:00

Monday-Saturday

## WHAT'S ON?

Roast dinners  
served 12:00 - 7:00

Sundays

### WEDNESDAY LUNCH

#### Pie and mash

- Wednesday lunchtime
- £10 per person

### ALL DAY FRIDAY

#### Fishy Fry-day

- Fish dish for £10
- Includes fish and chips, scampi and chips, fish pie etc

### ALL DAY SATURDAY

#### Curry Curry Curry

- You guessed it... curry!
- £10 curry and rice
- A variety of curries including Boo's own thai curry (fan fave!)

**WE ARE  
HAPPY TO  
DELIVER  
LOCALLY  
(LYMINGE)  
FREE OF  
CHARGE**

### SECOND WEDS

#### Music bingo

- £2 per card
- £5 for bingo food
- Starts at 7:30

### FOURTH WEDS

#### Monthly quiz

- £2 per person entry
- £5 for quiz food
- Starts at 7:30

**We have recently installed a  
pool table.  
Please come and join in with  
this ever popular pastime.**



## ENVISAGE GROUNDCARE

### Domestic & Commercial

- GRASS CUTTING
- HEDGE CUTTING
- CLEARANCE
- TREE WORK
- FENCING

**Tel: 07724 447 368**

**Email:**

**[enquiries@envisagegroundcare.co.uk](mailto:enquiries@envisagegroundcare.co.uk)**

**[www.envisagegroundcare.co.uk](http://www.envisagegroundcare.co.uk)**

My colleague and I are retiring this summer and 1st Lyminge Brownies are looking for new leaders to continue our unit. Sadly it will have to close if nobody comes forward to help.

**Thank you. Angela Foxon 1st Lyminge Brownies.**

[barnowllyminge@btinternet.com](mailto:barnowllyminge@btinternet.com)

## Anna Lindley (RVN, Dip.A.Physio)



**Anna's Animal  
Physiotherapy**

For dogs, cats & small pets



- Offering physiotherapy assessment and treatment of dogs, cats and small animals.
- Physiotherapy can help with osteoarthritis and the ageing pet, post operative orthopaedic surgery, neurological, spinal conditions, unexplained lameness and many more conditions.
- I use a combination of manual therapy, laser, ultrasound therapy, TENS, kinesiology tape and exercises to rehabilitate your pet depending on your their needs. I also address environmental and exercise factors that can help your pet with their condition.
- I am fully insured with over 16 years experience working with animals. I am a member of the International Association of Animal Therapists (IAAT).
- For more information please visit my website: [annasanimalphysio.co.uk](http://annasanimalphysio.co.uk) or feel free to contact me on 07944 606453 or [anna@annasanimalphysio.co.uk](mailto:anna@annasanimalphysio.co.uk)
- Why not follow me on social media:  
Instagram: [@annas\\_animal\\_physiotherapy](https://www.instagram.com/annas_animal_physiotherapy),  
Facebook: [@annasanimalphysiotherapy](https://www.facebook.com/annasanimalphysiotherapy)



## Home Instead.

*To us, it's personal*

**01303 847899**

*Live well, your way  
with care at home*

- ✓ Personal Care
- ✓ Companionship Care
- ✓ Home Help
- ✓ Dementia Care
- ✓ End of life Care
- ✓ Live in Care

CARE professional with client and Grandson

**Home Instead**

Folkestone, Hythe & Ashford

300 Cheriton Road

Folkestone, Kent, CT19 4DP

[accounts.folkestone@fha.homeinstead.co.uk](mailto:accounts.folkestone@fha.homeinstead.co.uk)

[www.homeinstead.co.uk/folkestone](http://www.homeinstead.co.uk/folkestone)





# Lyminge Parish Council Climate Action Committee

Lyminge Parish Council recently decided to create a Climate Action Committee. If you have any suggestions for climate action initiatives that could be supported in the Parish please do let us know, if possible by coming along to one of the Committee meetings as advertised by the Parish Council. The first meeting is on Monday 1st July at 7.30pm in the Lyminge Methodist Church. Keep an eye out for the agenda as advertised by the Parish Council.

## Climate Action and the Neighbourhood Plan

One of the key ways we can implement climate action locally is through the Parish Neighbourhood Plan. In addition to the Climate Action Committee, Lyminge Parish Council has also recently created a Neighbourhood Plan Committee, to help facilitate the ongoing process of producing a Neighbourhood Plan for the Parish. We are trying to advance this project, if you are not already involved please do get involved, either by coming along to relevant Committee meetings or other meetings as advertised by the Parish Council, or by contacting us via the clerk or the Committee Chairs.

## Hedgehogs in the Parish

Thanks to everyone who has sent in their observations of hedgehogs in the Parish, it is helping us get a good idea of how they are faring locally. We have received several recent records from Lyminge which are all centred around High Street, Woodland Road, and James Close, suggesting a thriving population in this area. Please keep the records coming in, including from elsewhere in the Parish, by email to [tony.king@lymingeparishcouncil.org.uk](mailto:tony.king@lymingeparishcouncil.org.uk)

## Bee Walks ready...

Following the discovery of rare Ruderal Bumblebees in the Parish from last year and again this year, as advertised in previous newsletters, we have now set up two local "bee walks" to regularly monitor our local bumblebee populations and consequently help inform local land management for pollinators. To participate you will need to sign up to <https://beewalk.org.uk/> which is a national bee monitoring programme set up by the Bumblebee Conservation Trust. Once you are registered you can set up your own regular "bee walk", which needs to be approximately 1 to 2km long, or you can contact the Bee Walk team and ask them to add you to the team for monitoring the two walks we have set up in Lyminge. One is called "Lyminge Court Lodge Green and adjacent fields" and the other is "Lyminge Tayne Field and churchyard". Feel free to contact [tony.king@lymingeparishcouncil.org.uk](mailto:tony.king@lymingeparishcouncil.org.uk) for further guidance or support.



Red Tailed Bumble Bee

To be able to monitor bumblebees effectively we need volunteers with a reasonable level of bumblebee identification knowledge - the Bumblebee Conservation Trust recently ran a Bumblebee Identification Workshop in Lyminge, so everyone who attended should now be able to identify the bumblebees most likely to occur in the



Vestal Cuckoo Bees

Parish. The Bee Walk website also provides plenty of online resources for bee identification training. The 12 different bumblebee species currently known from Lyminge Parish are:

Frequently seen "big 8" species: Buff-tailed Bumblebee, White-tailed Bumblebee, Red-tailed Bumblebee, Small Garden Bumblebee, Early Bumblebee, Common Carder Bee, Tree Bumblebee, and Vestal Cuckoo Bee.

Rather rarely seen species: Ruderal Bumblebee, Red-tailed Cuckoo Bee, Forest Cuckoo Bee, and Field Cuckoo Bee.

If you would like to join us on a Bee Walk to help you learn to identify our different bumblebees please contact [tony.king@lymingeparishcouncil.org.uk](mailto:tony.king@lymingeparishcouncil.org.uk)



## Thoughtful Food....

...is a group of local volunteers looking at our food, and how this impacts climate change. Our aims are to support people to produce more of their own food, and to shop locally, sourcing seasonal produce. We also run a community allotment in Lyminge and welcome new members.

**Contact:** [thoughtfulfoodgroup@gmail.com](mailto:thoughtfulfoodgroup@gmail.com) or on Facebook and Instagram [@thoughtfulfoodgroup](https://www.instagram.com/thoughtfulfoodgroup)

Next **Thoughtful Food** meeting, **Tuesday 2nd July, 7.15pm**, at the Coach and Horses Public House

## Contaminated Manure

If you have had distorted (the leaves all curl up) growth on your tomatoes or beans this might be an answer. Herbicide contaminated manure. You can check if the manure you have obtained free from a friendly horse owner or dairy farmer is free from 'nasties' by doing the following things:

1. Let it rot down for at least 6 months then..
2. Plant a broad bean seed in to a pot of the manure and let it grow. If it is distorted and all curly then the likelihood is that there is herbicide in the manure and it will cause your plants to be deformed and stunted. Bag it up and take to the tip! Their high heating process will solve the problem!



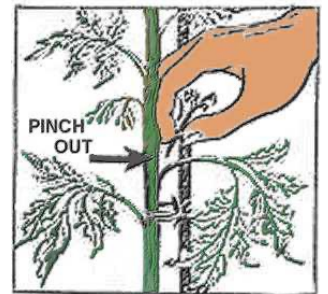
## Caring For Your Tomatoes!

For help look at this video: [www.youtube.com/watch?v=4SIM8HbZRn4](https://www.youtube.com/watch?v=4SIM8HbZRn4)

There are two types – cordon and bush varieties. Bush varieties are such as Tumbling Tom – used in baskets and pots. They produce one flush of fruit and don't need any attention – maybe except feeding occasionally. Cordon / standard types need staking and training, either up a string by just twisting the growing plant around the string or tied gently to a cane.

The main thing I get asked about tomato care is how to care for the cordon plant as it grows to prevent it becoming out of control with green growth and how to make the plant concentrate on forming good fruit on one main stem?

1. Remove all suckers and their leaves below the first flower cluster. Do this no matter what kind of tomato plant.
2. Pinch out extra growth on the LEAF joins. See picture. DO NOT PINCH OUT FLOWERING TRUSSES – those will bear the tomatoes.
3. Remove yellow leaves. Yellow leaves are leaves that use up more sugar than they produce.
4. Top the plant. To get the best out of the last growth of the season, it is necessary to "top" the plant. Take out the top growing point once the plant has produced 5 fruit trusses or reached the top of the greenhouse!



Once the first flower truss has changed to fruit – tiny tomatoes – you need to start feeding the plant once a week with comfrey feed, liquid seaweed or equivalent.

## Ultra-processed Food

Thoughtful Food would like to support you all, not only with growing tips but also in the mission to steer people away from using too much ultra-processed food. Over the next few months we will be giving you tried and tested hacks in how to plan and cook from scratch as pain free as possible. But first, what is ultra-processed food?

Ultra-processed food is constructed by industrial processes from ingredients that would not usually be found in a regular family kitchen. Packaged food with an extensive ingredient list that includes contents such as: Emulsifiers, humectants, stabilizers, xanthan gum, guar gum, lucus gum, flavouring, colourings (natural or not) and sweeteners (from corn syrup to aspartame plus many others). Ultra processed foods start with a staple crop like corn or soya, essentially these are disassembled into products such as starch, flours, protein isolates, fats and oils. These commodities can then be reassembled into structured food like products that can have specific textures and tastes manufactured into them in order to be packaged for taste, shelf life and profit. Chris van Tulleken is a well respected infectious diseases doctor an associate professor at UCL and works with the World Health Organization. His book '*Ultra Processed People*' is a great book but he says, it is best read while munching on Pringles. At some point you may decide to discard the Pringles and substitute real food. Where to start though?? How about breakfast.

Breakfast UPF	Substitute
Coco Pops and other cereals	Porridge with a few nuts seeds and frozen berries Soak ½ a cup oats overnight in a cup of water, heat through in the morning for a couple of mins with some frozen berries. Mix in a little milk/ yoghurt and honey. Other tasty additives are cinnamon, ginger, nuts and seeds.
Poptarts	Pancakes (dropped scones) spread with plain yoghurt and honey. Keep a container in the fridge with several pre measured portions of flour, baking powder, salt and sugar. Beat in the egg and milk. Drop onto heated pan flip over when bubbles start to burst.
Bacon, eggs and frozen hash browns.	Messy eggs. Add a little oil to a frying pan add mushroom/garlic/avocado any veg you have handy. While heating through beat a couple of eggs with milk, salt pepper turmeric and paprika. Pour the egg over the mixture then as the egg sets, turn over, serve with salad greens.



**Very Best Seasonal Wishes from Thoughtful Food**



# LYMINGE PARISH COUNCIL

Etchinghill - Lyminge - Rhodes Minnis

[www.lymingeparishcouncil.org.uk](http://www.lymingeparishcouncil.org.uk)

[clerk@lymingeparishcouncil.org.uk](mailto:clerk@lymingeparishcouncil.org.uk)



Agendas, minutes and relevant reports are published on the council website. If you would like a copy of council documents please contact the clerk.

## D DAY:

On 6 June LPC Chairman Cllr Emily Arnold attended a touching service, led by Reverend Peter Ashman. The service was well attended and followed by the lighting of the beacon. It was a humbling event that was truly fitting for the heroes it was intended to honour.

Cllr Arnold laid a beautiful white floral wreath on behalf of Lyminge Parish Council and Raja Stokes of the Royal British Legion laid a traditional poppy wreath.



## MERIDEN PARK:

The council has been working with residents to put together a 'dream' park replacement for Meriden Park. We are happy to share that we have moved to the next stage and the contract for the refurbishment of the park is currently out to tender. You may have noticed our clerk on site with various contractors. The council is hoping to be able to award the contract in July and move to the next stage shortly after.

We know that Meriden Park is well used and cherished and that it being closed over the summer holidays isn't ideal but we hope that the refurbishment will be worth the wait!

## TREE ROOT IN PALM TREE WAY/CHURCH ROAD WALKWAY

Please note that we are aware of this issue and are working with FHDC on the best course of action.



## UPCOMING EVENT

'MUSIC ON  
THE FIELD'  
EVENT  
JULY 6TH

ON TAYNE FIELD  
FROM 14:00

GAMES, LIVE  
MUSIC, BOUNCY  
CASTLE, AXE  
THROWING, FOOD  
& MORE

EVENT TIMES  
ON NEXT PAGE

## CONTACT INFORMATION

General - [clerk@lymingeparishcouncil.org.uk](mailto:clerk@lymingeparishcouncil.org.uk) / 07999 403948

Handyman - [fred@lymingeparishcouncil.org.uk](mailto:fred@lymingeparishcouncil.org.uk)

### AUDIT:

Each year the parish council is internally and externally audited. The audit taking place currently is in respect of the 23/24 financial year. At a meeting held on 15.06.24 the council looked critically at its previous processes and procedures and voluntarily ticked relevant boxes on the audit paperwork to highlight that the methods of controlling financial risk are not adequate. Improvements are and have already been implemented however those changes will not become relevant until the 24/25 audit next year. It is likely that the Internal Auditor and External Auditor will highlight the same issues the council has and will set out areas where changes need to happen and how to achieve best practice.

### UPCOMING GENERAL ELECTION:

On 24.06.24 Lyminge Parish Council held a non-selective hustings to allow members of the parish (and beyond) to meet and question their Ashford constituency Parliamentary candidates. The event was livestreamed and well received by the parish.

Please remember that you will need ID when going to vote. Any questions, please contact us!

## UPCOMING MEETINGS

**FULL COUNCIL**  
(FROM 19:00)

8 JULY

12 AUGUST

9 SEPTEMBER

14 OCTOBER

11 NOVEMBER

9 DECEMBER

**COMMUNITY  
ENGAGEMENT  
AND EVENTS**

(FROM 19:30)

5 AUGUST

7 OCTOBER

9 DECEMBER

**FINANCE  
& ADMIN**

(FROM 18:30)

1 JULY

5 AUGUST

2 SEPTEMBER

7 OCTOBER

4 NOVEMBER

2 DECEMBER

**CLIMATE ACTION**  
(FROM 19:30)

8 JULY

9 SEPTEMBER

11 NOVEMBER

Please note that  
incorrect dates for  
Climate Action were  
printed last month.



**MUSIC on the FIELD**

14:00 - 15:15	NIC BENNETT
15:35 - 16:20	BERNIE WATTS & THE SONIC RAINBOWS
16:40 - 17:25	VIKKI'S VOCALS
17:45 - 18:45	SIDETRACKED
19:05 - 20:20	LUKE JACKSON
20:30 - 22:00	ZERO GRAVITY

JOIN US AT 14:00 FOR A SPECIAL CELEBRATION. WE WILL BE UNVEILING A 'THANK YOU' PLAQUE FOR THOSE INVOLVED WITH FUNDRAISING FOR THE REFURBISHMENT OF TAYNE FIELD PLAY PARK.

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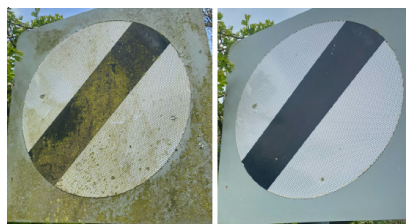
## PARISH COUNCIL QUESTIONS & ANSWERS REGARDING THE 24/25 BUDGET & PRECEPT

**Q: In response to Letters to the Editor in last month's Lyminge Newsletter, I would like to raise the following questions in relation to the substantial local parish council tax increase of 48%. This increase is substantial. I have been unable to find anywhere the reasons behind this increase or what this increase in tax is going towards. Please can this clearly be set out in an open and transparent budget for the year.**

A: The precept increase is 41.7% and while this does seem substantial, it is to be put to use for the good of the parish. The full budget for the 24-25 period is set out on the website, however there is an open ended 'future projects' listed with £45,000 set against it. Upon reflection, the Parish Council appreciates that this isn't transparent. The 'future projects' have not yet been finalised and therefore we cannot name specific projects. The aim of this budget item was to set aside funds for acting on aspirations identified as part of the emerging Neighbourhood Plan. The Parish Council held a community event at Lyminge Village Hall on 22nd February with the intention of gathering information on what parishioners would like to see implemented in the parish. The full results of the event can be found on our website. Some of those ideas have included better signage highlighting our many local walks, a bandstand, increasing accessibility and footpaths in general, safeguarding local facilities, adaptable housing and much more. The £45,000 is intended to be used to get the ball rolling on projects while we wait for the Community Infrastructure Levy monies to become available to us.

**Q: I understand some of this increase is to pay the wage of the 'village handyman'. I would like to know what work is being carried out by the handyman in the village, how this is requested and logged as I understand some works on the village is contracted out. It also includes provision of overtime. What hours is the handyman doing and is there sufficient work in the village to warrant overtime?**

A: The work that is contracted out as part of our grounds maintenance contract tends to be larger jobs, for example mowing Tayne Field. The handyman, who works 16 hours per week, does the smaller, more regular jobs. Part of the handyman's role is also to report issues within the parish. During the work day if he sees potholes etc he will report them to the relevant authority. Another aspect of the role is to keep the parish looking tidy by strimming/mowing and generally maintaining areas of the parish. Some recent works include a complete tidy up of the Lyminge Village Hall grounds and the removal of dangerous rusted gates at the top and bottom of Court Lodge Green. The Parish Council also donates some of the handyman's time to the parish, for example Lyminge Library needs some wood furniture sanded and varnished and the handyman is completing the task as a donation from the Parish Council. The handyman is also due to complete a complete refurbishment of the allotments over the summer months. The overtime provision relates to the Clerk, RFO and handyman. As larger projects emerge, it is likely that the Clerk and RFO will need to take on additional hours due to the increased workload. If this appears to be a regular occurrence, their contracted hours may be revisited however for now the intention is that the requirement for overtime is only temporary.



**Q: As a Lyminge resident and having become aware of the huge rise in the Lyminge Parish Council part of the Council Tax bill (close to 50% for this year alone) and looked back on the last few years, the increase since 2018 is over 200%.**

A: Below is the data from the Parish Council's precept requirements over the last few years.

Year	Precept requirement for LPC	Band D Council Tax amount for Lyminge Parish per household	Percentage increase on previous year (rounded to nearest whole figure)	FHDC Band D Council Tax amount
2020-2021	£54,720	£47.08	39%	£1934.94
2021-2022	£67,718	£59.64	24%	£2036.57
2022-2023	£88,034	£76.70	30%	£2112.68
2023-2024	£107,495	£91.49	22%	£2228.24
2024-2025	£152,349	£129.77	42%	£2369.03

As you can see, the increase in precept requirement is closer to 40% than 50%, though the % figure will vary on the individual council tax statements as different bands pay different amounts. That said, we can understand that the figure appears to be an incredibly high amount. To put it into perspective, for a band D property, this figure would result in an increase of around £130 per year or £2.50 per week. This will allow the Parish Council to bring to life many of the aspirational projects set out by residents via the emerging Neighbourhood Plan.

**Q: When you look at the other sections of our Council Tax, all have kept the increase to a minimum despite the financial times we currently live in. Lyminge Parish Council have definitely not followed this line. Why is the rise in the Lyminge Parish...**

## PARISH COUNCIL QUESTIONS & ANSWERS REGARDING THE 24/25 BUDGET & PRECEPT (contd)

**...Council tax so large compared to the other components of the Tax. Not just this year but the past few years?**

A: By law Local Authorities (FHDC/KCC) are only allowed to increase their precept by a certain amount. This doesn't apply to Parish Councils. Of course, this doesn't mean that Parish Councils should be aiming to increase their precept requirements by continuously large amounts.

**Q: Why has the Parish Council approved such huge increases particularly in view of the financial problems people have faced in the past few years bearing in mind we have had the Pandemic and an economic collapse?**

A: The Parish Council wants to improve the parish and this comes with additional costs. As shown above, the figure of £130 per band D property (around £88 for band A) will give us an additional £50,000ish to make improvements. LPC understands that the increase on the council tax statement can feel jarring, however the improvements that it will facilitate will be a great benefit to the community, many of which are accessed free of charge. One of the recent additions to the parish was Tayne Field play park which has been thoroughly enjoyed so far. The play park cost around £150,000 which would have used precept funds. The park is free to use and will last years into the future to be enjoyed by many.

**Q: I see that £40k is being budgeted for the salary of the clerk, RFO and handyman and I would like a breakdown of this. Please state the annual salaries of each Clerk, RFO and Handyman together with the overtime provision included.**

A: The salary guidelines for the Clerk and RFO are set out in the Local Government Services Pay Agreement issued by the National Association of Local Councils each year. Lyminge Parish Council is an LC2 council with the pay scale points being set between 18 and 32 which equates to £15.21 - £20.90 per hour. When advertising for the handyman position a salary range of £26,000 - £34,000 (pro-rated for 16 hours per week) was given based on qualifications and experience.

**Q: Why is there an increase of 148% against the expenditure for 2023/24 Clerk, RFO and Handyman salaries from £16,534 to £40,000?**

A: The 23/24 budget for salaries was £23,130. This budget line has been increased by just under 73% to allow for additional hours for the clerk (from 20 hours to 25 hours per week), the salary for the handyman (who works 16 hours per week) and for the potential for overtime.

**Q: £2k has been budgeted for training. Who is being trained and what training is taking place?**

A: £2,000 is a very small budget for training and training is incredibly important. Training is offered to all councillors and employees of the council. We are at the start of the financial year so none of this £2,000 has currently been spent, however I have included some examples of training that has been completed in the last year below:

- Planning (reforms to planning system, neighbourhood planning policies, renewable energy, legislation etc)
- Finance (community banks, VAT liability, councils as landlords, medium term financial planning etc)
- Community Engagement (engaging audiences with social media, managing risks, embracing tourism etc)
- Allotment management (legislation, contracts, water etc)
- Public Play spaces (inclusivity and accessibility, health and safety, aesthetics etc)
- Quotes, tenders and contract management

We are currently planning a dynamic councillor training for all councillors and this training will help them understand their role and how to best represent the parish.

**Q: Repairs & replacements, what is the reason for this 433% increase from last year? You state that the Council have spent between £8K and £13K in previous years but this is not true as the average over the last 5 years has been £7,500 with last year being £2,439. So why this increase?**

A: This budget line has been consistently over budget as shown:  
Given that this has been consistently over budget, it was reasonable for the Parish Council to increase the budgeted amount.

**Q: Where are the accounts kept and where can they be viewed?**

A: Anything related to finance can be obtained by contacting the Responsible Financial Officer (RFO). You can request information directly from the RFO by emailing [rfo@lymingeparishcouncil.org.uk](mailto:rfo@lymingeparishcouncil.org.uk) or by emailing the Clerk who can pass it on to the RFO.

**Q: Who has oversight of these accounts?**

A: The RFO oversees the accounts on a day to day basis. Each month at the Finance and Administration committee, the accounts are reconciled and approved by the committee. These meetings are public as is the information should you wish to attend.

**Q: I want to know why the Council required a Handyman. The usual small tasks needed in the Parish can be carried out by employing local traders as before.**

A: The hiring of a handyman has been discussed by the council for a number of years and the council did consider this as an option but decided that by employing a handyman we would have someone available who could prioritise the work needing completing in the parish. In addition, due to laws and feelings around 'gig economy' the council felt that it was more appropriate to offer employment.

**Q: Why do you not have separate meetings? This is more efficient in terms of accomplishing all of the work involved. Looking at the meetings scheduled not enough time is allowed to do the work.**

A: The council is currently made up of full council and six committees. There are currently more committees and meetings than ever before and this will allow adequate time and resources for the council to achieve their aims. Committees will change based on the requirements of the council.

**PLEASE EMAIL [CLERK@LYMINGEPARISHCOUNCIL.ORG.UK](mailto:CLERK@LYMINGEPARISHCOUNCIL.ORG.UK) IF YOU WISH TO DISCUSS THESE ANSWERS OR ASK FURTHER QUESTIONS.**

Year	Budgeted Amount	Actual Spend
19-20	£4500	£10,864.05
20-21	£4500	£12,786.32
21-22	£4500	£8,585
22-23	£4650	(Figure not to hand)
23-24	£1000	£2,439 (forecast)



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22

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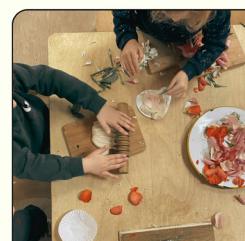
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### Contacts:

**Chair:** Peter Barnes 01303 863737 or 07808775302  
pbarnes20@icloud.com

**Treasurer:** Martin Fry 01303 863177  
martin@rhodesminnis.org.uk

**Minute Sec:** Heather Dunford

### Committee Members:

Marian Chubb, Richard Chubb, Dave Hunt-Cooke, Stephen Guyatt, Gillian Heywood, Robin Mackonochie, Derek Smith, Penny Stephens, Adrian Willcox, Bernie Wood

**Newsletter:** As for Peter Barnes above

**Editor:** pbarnes20@icloud.com

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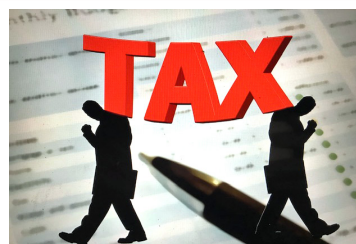
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**- Robin Williams**



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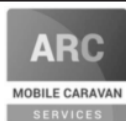


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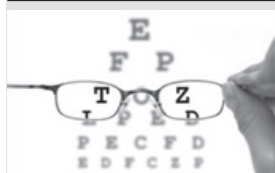
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## LYMINGE THEN AND NOW

Our monthly look at how Lyminge has changed over the years, with thanks to Lyminge Historical Society.



It is hard to believe that these two photographs both show Yew Tree Cross, looking across what is now Canterbury Road to Brady Road which snakes off to the right. Although now greatly obscured by trees, the house's distinctive chimney stacks are still visible. The upper windows too have remained, but at ground level, two new bay windows and a much larger porch have radically changed the look of the front so it is barely recognisable. The photograph on the left is taken from a higher vantage point from the top of the bank, looking over the hedge that is still there and bordered what was then Mill Meadow but is now the gardens of The Old Mill and Four Wents.

The older photograph is undated but we can guess the photographer was standing above the ground on the windmill that once stood there. It is likely to have been taken in the second half of the 19th Century. The house is said to have once been a pub, but this did not deter the first Methodist congregation in Lyminge meeting here from 1820, initially outside and then from 1822 actually using the house. This remained the Methodist meeting house for six years, until a chapel was built in the High Street on the site now occupied by the post-war houses Lynton and Draris.

Yew Tree Cross was shown as Palm Tree Cross on a map of 1769, recalling how at that time yew boughs were used as a substitute for palm tree boughs on Palm Sunday, the Sunday before Easter. In 1840, this house was known as Mill Land Homestead and was occupied by Edward Hogben, although it belonged to Stephen Gibbs who owned and ran a farm in North Lyminge. Gibbs's farmhouse still survives and is the row of three dwellings now called Sparrow Tree Cottages.

THE  
LYMINGE  
ASSOCIATION



**Lyminge  
SHOWCASE**

Visually it was a great success with some very interesting stands. From the feedback on the day all those who came with their stand or display were very pleased to have a chance to meet and speak to people who were running other groups. It was a pity that not more than about 40 of the public from the village actually came. The challenge is how can we make contact with the younger generation in the village, the thirty year and forty year olds??

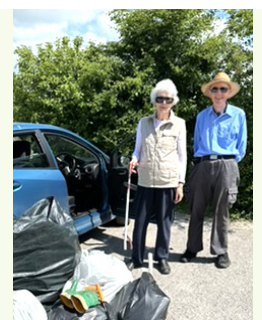


### Lyminge Litter Pick - May 2024

Overall, the residents of Lyminge deserve a 'pat-on-the-back' for looking after and keeping the village relatively clear of litter.

The Lyminge Association would like to thank those residents who assisted with this litter pick. The morning was successful with 10 bags of litter recovered from areas around the parish.

The Champion litter-pickers were Jenny and Elliot Kemp who picked up 5 bags of rubbish from Brady Road, Loughborough Lane and the footpaths back to Lyminge. Well done and thank you!!





## D Day Remembered

On 6th June a short service of commemoration was held in the parish church which was very well attended by around 45 parishioners. Wreaths were laid on behalf of the Parish Council by Emily Arnold, The Chairlady, and the Royal British Legion by Raja Stokes.

This was followed by refreshments and then the lighting of the parish beacon on top of the church tower. The PCC is very grateful to the Reverend Peter Ashman who led the service.



Photos from Kathryn Druery



and Steve Guyett

## Lyminge Guides Replant the Planters



With great advice from Farthing Common Plant Centre and financial support from The Lyminge Association, Lyminge Guides undertook the replanting of the three planters close to the New Surgery. Many of the plants are hardy and will hopefully last a few years.



## Lyminge Bowls breaks out for Bowls England Big Week-End

A fun afternoon of bowls with refreshments, bar, plant sale and tombola, appealing to beginners through to the more professional!!



The tallest foxglove in Lyminge  
- courtesy of Vanessa Carr  
- 2.3m (7'6") tall