



January 2024

Network Harrietsham's Village Magazine





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Harrietsham Fish Scheme Who's Who

Fish Scheme-Helping Hands

Lift Organisers	Andrew & Felicity Rogers <i>Ridgedown, Marley Road, Harrietsham ME17 1AU</i> <i>Email andrew.rogers3@btinternet.com</i>
<i>Telephone 859352</i>	
Chairman	Vacant
Treasurer	Michael Gear <i>Little Hatch, Ashford Road, Harrietsham, ME17 1AJ</i> <i>Email michaeltgear44@hotmail.co.uk</i>
<i>Telephone 859410</i>	
Secretary	Nicola File

Network Magazine

Editor	Nicola File <i>Email editor@harrietshamfishscheme.org</i>
Editorial Team	Amanda Ward, Denise Williams and Rod Martenstyn <i>Email editor@harrietshamfishscheme.org</i>
Advertising Manager	Steve Brown <i>Email advert@harrietshamfishscheme.org</i>
Distribution Manager	Jackie Bevan <i>Faygate, Ashford Road, Lenham ME17 2DA</i>
<i>Telephone 859310</i>	

Visit our website: www.harrietshamfishscheme.org

Harrietsham Network is published by the Harrietsham Fish Scheme

Network Magazine February 2024 deadlines:-

Monday 1 January 2024 12 noon advertising and copy deadline for February Network.

In addition to printing the magazine and distributing it to all homes in the village, Network is uploaded to our website by the 1st of each month.

Please send advertising contributions to advert@harrietshamfishscheme.org

Please send copy to: editor@harrietshamfishscheme.org.

Thank you.

Harrietsham Network



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Message From the Editor

Happy New Year to you all. I hope you had an excellent festive period however you celebrated. If you have set any new year's resolutions I hope they are going well.

We have round 3 of our new quiz corner this month, check out page 12. We also have an interesting piece on Climate Change on page 32 and 33

Peter Brown has kindly supplied some interesting statistics from the most recent Census data on page 17 where we can see lots of change from 10 years ago.

There are details on how to become a Friend of the Church on page 23.

Cover photo by Shivkumar Sd: <https://www.pexels.com/photo/bokeh-photography-of-sparkler-1382177/>

Please remember to email any photographs, articles of interest about Harrietsham, or anything else that could be considered for inclusion to:

E-mail: editor@harrietshamfishscheme.org

Visit our website: www.harrietshamfishscheme.org

Whilst every effort has been made to include as wide a variety of information as possible, the editor reserves the right not to publish, or to edit, any item. The editor's decision is final. Responsibility for the information and views set out in articles and notices in this publication lies entirely with the authors.

Any opinions expressed are those of the contributors and not necessarily those of the officers or committee of the Fish Scheme.

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Harrietsham Network

Harrietsham Gardening Society

Our November meeting was supposed to have had a talk on "A gardener abroad-Four gardens in Rome". Unfortunately the speaker had to cancel as she was unwell. Hopefully we can rebook her in the New Year.



To fill in Kevin Harlock provided alternative entertainment in the form of identifying a number of cuttings from bushes and plants from his garden. Some were easy but some were obscure, very interesting. Kevin also provided a slideshow illustrating his holiday in Cornwall and the flora and fauna on his walks in the area.

We also had our usual tea/coffee and biscuits and raffle.

On 16 January 2024 we will be holding our AGM to which all are welcome. We hopefully will have a speaker, to be arranged, as well as the election of our committee members, also tea/coffee and biscuits will be available and we will have the usual raffle. The January meeting will be held in the village hall starting at 2.30pm.

We wish everyone in the village a Happy New Year and If you would like to get involved in some of the social side of life please come along and see if we can offer some guidance and entertainment as well as meeting some of the village's more knowledgeable inhabitants.

Our annual subscription is £10 with a £1 entry fee per meeting attended.

Keep looking on Harrietshamites for our programme throughout the year.

Mike Flawn - Treasurer

Harrietsham History Society

Happy New Year



Unfortunately, our final meeting of 2023 on Tuesday 14 November was not as well attended as we would like, maybe partly due to the very wet weather experienced on the day. This was a real shame as our speaker Steve Hookins, gave a brilliant talk on the 'Battle of Waterloo, explaining the tactics employed by the Duke of Wellington in defeating the French Army on 18 June, 1815, in one of the bloodiest battles of the Napoleonic Wars. Look out for our programme for this year which will see Steve back again on 3 June to give a talk on the 80th Anniversary of 'D Day'.

Our first meeting this year is on Thursday 11 January at 2.00pm in the village hall when I will be giving a talk on the village. At this meeting we will be dealing with membership applications and renewals so why not come along to find out more about the history of Harrietsham and our society. Membership is still only £15.00 a year which we believe is very good value with six meetings planned and some excellent speakers. Visitors are also welcome to attend any of our meetings for just £3.00. Full details of our meetings will be on our website in the near future which is currently being updated.

Peter Brown

Harrietsham Short Mat Bowls Club



By the time you read this Christmas will be over and the New Year has begun so I hope your Christmas memories are of happiness and fun and that the New Year that is to follow is a healthy and prosperous one.

In fact this New Year sees a new chapter beginning in Harrietsham SMBC. Our Club Captain, David French, stood down from this role at our AGM. After many, many years of arranging club internal and external competitions, plus friendly games he has without doubt helped to keep the club alive, but now he understandably feels it is time to hand the role over to someone else. The club extends its sincere thanks, David, and hopes that without the added pressure of the captain's role you can keep playing for years to come. This leads us to welcome our new Club Captain, Ron Smith, who has great support within the club and so we look forward to a new episode in our history. Good Luck Ron.

At the end of October and in November we played several friendly games with varying degrees of success. At the end of October, we enjoyed an afternoon at Headcorn, a match that we won which was a good result as we had never played there before. We found the members of Headcorn sporting, and friendly, and are hoping for this to be a permanent fixture.

Burham paid us a visit in early November, bringing along some team members we knew well from past games and also some new faces. We were able to win this game quite convincingly, but Burham turned the tables when we visited them some weeks later. They were able to play their strongest team, and on their notorious mats, we were no match for their knowledge of how they played and lost.

Boughton Monchelsea were our next opponents, once again we found difficulty reading their mats and suffered defeat, so we look forward to getting our revenge when they come to Harrietsham.

Stay safe and keep bowling.

Phil G - Chairman/Secretary HSMBC



Harrietsham in Bloom

Since finishing the Winter/Spring planting through the village our few volunteers are having a break apart from weeding and tidying the planters and beds. 2000 Dwarf narcissi bulbs have been planted along the verge at the edge of the Glebe field, across the road from the Church. These bulbs were purchased with a £500 grant received from Maidstone Borough Council under their 'Love Where You Live' scheme. We look forward to a colourful show in the Spring.

Our thanks to all our sponsors and those that contribute via the collection boxes and to our wonderful volunteers and committee members. We are grateful to Roger Bevan for the repairs he did during 2023.

Thank you everyone for your support and very best wishes for 2024.

Any enquiries to Andrew Rogers (Chair) 01622 859352.

Audrey Joy MBE

Fish Scheme - Lift Organisation

For over 50 years volunteer helpers registered with the Fish Scheme have been helping people in the village by giving the occasional lifts to those who either do not have their own transport or are not able to use public transport. The lifts are mainly for medical appointments and normally only entail giving up a few hours.

Unfortunately, we may not be able to continue providing this help for much longer as we are now down to just a few volunteers drivers.

If you have your own vehicle and could spare the time to help us in this way, please contact our lift organisers Andrew and Felicity Rogers on 01622 859352 and they will be pleased to give you some more information.

It will be a great shame if we are not able to continue helping those in need in the future.

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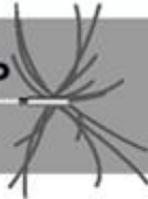
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Harrietsham Network

Borough Council Corner

We attended a zoom meeting of other councillors and Parish Councils within the cluster group of Boxley, Detling and Thurnham, Harrietsham and Lenham and North Downs along with the police and Borough Council officers,.

It was very informative, and we learnt of the new Neighbourhood policing being introduced.

The policing team should be fully resourced by end of January. The current beat officers are Task Force officers, and they will be replaced with regular beat officers. Our Beat officer now is PC Troth. Officers being visible has been prioritised. The difference between the previous model and the new model was explained, specifically in relation to the roles of the Police Community Support Officers (PCSOs). Regular Beat officers, have an array of powers that PCSOs cannot use. The PCSOs have been retained, but in different "problem solving" roles.

The Waste Crime Manager Carl McIvor from MBC provided an update on fly tipping within the cluster.

There were discussions around the use of cameras. It was stated that offenders were being prosecuted for failing to manage their waste, and the removal of abandoned vehicles had been progressed.

Additionally, discussion and feedback on speeding vehicles, off road biking and other crimes such as farm thefts and hare coursing. All in all it made us appreciate the efforts being made on behalf of us all with the police and other agencies working together.

Can we also promote Food stations that exist within the community in Harrietsham St John the Baptist Church and of Lenham St Mary's church. We thank both churches, communities and the volunteers for their continued support and assistance. We have been fortunate to receive funding from KCC members grant fund through our representative Shellina Prendergast and local Charitable organisations which exist and whose generous support is so appreciated. Thank you all.

We wish everyone a Happy New Year.

Please contact us on 01622 859412 or 07891901831
Email tomsamscllr7@gmail.com

Janetta & Tom Sams

Independent Borough Councillors Harrietsham & Lenham Ward
Green Independent Alliance

Harrietsham Church of England Primary School

At the time of writing this article our school children are full of excitement preparing and getting ready for Christmas. Being a Church of England School, we had a packed timetable of nativity activities and plays reinforcing the true meaning of Christmas.

The week commencing Monday 4 December was Enterprise week, where the children made gifts to sell at the School Christmas Fair for the 9 December, followed by a Carol Service, Christmas dinner and magical parties throughout December at our school. We finally finished the term on the 15th of December in our beautiful church St John the Baptist for our Christingle Service.

Staff, children, and governors hope you had a great safe Christmas, and we would like to wish you all a

Happy New Year

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Our Christian Values:

Love

Forgiveness

Fellowship

*Christmas may be over, but remember
the light of the world is still here.*

Quiz Corner

Round 3 - Pot Luck

1. What instrument is played by 'Grumpy' in Disney's 'Snow White'?
2. Whose official residence is Lambeth Palace?
3. In which sport would you use a cleek?
4. What has over 40,000 muscles but no bones?
5. What was Margaret Thatcher's maiden name?
6. On the London Underground, which line has most stations?
7. Which U.S. State covers the greatest area of land?
8. What animal stands on top of the 'Calcutta Cup'?
9. Where could one see 'The Swiss Guard'?
10. What are the first names of Harry Potter's parents?

Answers on page 17



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However, the Charity has limited funds available to provide monetary assistance to those people of Harrietsham who are worried about how they will pay all their bills. The Trustees believe that in the current financial crisis the Charity needs to be back in the limelight to help the people of Harrietsham.

If you are claiming benefits of any kind, or even if you are not, and want further help with your family finances, do write to us explaining how you are in need and requesting a Grant claim form to be sent to you.

We are at either: Culpepper.Charity@outlook.com
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The Trustees of the Culpepper Charity are known to the publishers of this magazine..

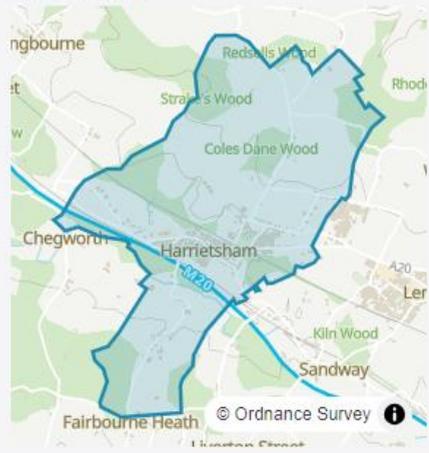
People of Harrietsham - 2021 Census

The 2021 National Census information is now available for everyone to see and can be found on the [kent.gov.uk](https://www.kent.gov.uk) website. Here is some of the information for Maidstone and Harrietsham.

The population of Maidstone increased by 13.3% (20,700) from 155,100 in 2011 to 175,800 in 2021.

Compared with this, the population of Harrietsham increased by almost 61% from 2113 in 2011 to over 3400 in 2021. An increase of 1287 people.

Area map



Population

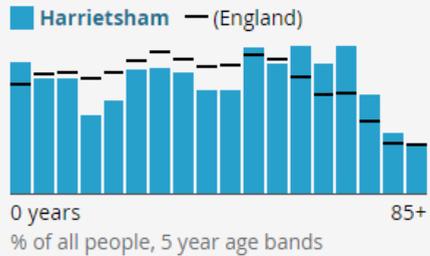
3,400

people

56,490,000 people in England

Rounded to the nearest 100 people

Age profile



Round 3 - Pot Luck

Quiz Corner Answers

1. Organ
2. Archbishop of Canterbury
3. Golf
4. An elephant's trunk
5. Roberts
6. District Line (60)
7. Alaska
8. Elephant
9. Vatican City
10. Lily & James

Harrietsham Network

Local Directory A-Ha

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Captain Graham Cuthbert 01795 886365

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Gardening Society

Chairman Mr David Oversby 01622 859674

Girl Guides

Leader Andrea French 07901 667018

Golf – Bill's Round for Charity

Secretary Mr T Grimes 01622 850632

Harrietsham Academy of Ballet

Organiser Deborah Nankivell 07775 716714

Harrietsham History Society

Chairman Mr M Avis chairmanhhs@gmail.com

Harrietsham in Bloom

Chairman Mr A Rogers 01622 859352

Harrietsham Preschool

Charlee Guy 07897 821399

Local Directory Ha-Z

Harrietsham Social Club

Secretary Jed Stone 07759 8771198/whipacres2@gmail.com

Harrietsham Ladies Group

(formerly Wives Group) Gill Whent 01622 859426

Health Walks

Organiser Ms M Darby 01622 850657

Helpers

Chairman Mr T Sams 01622 859412

Karate Club

Organiser Mr Lewin Tuckwell 07812 089304

Kent Community Warden Mr M Sherwood 07977 981993

Kent Messenger

“Your Local Pages”

Village correspondent Charlotte Lingard miss_lingard@hotmail.com

Lenham and Harrietsham Youth Hub

Contact Katie at KCC 01622 755044

Liberal Democrat Assoc. Mr David Naghi 07970 626829

PTFA (Harrietsham School)

Chairman Rachel Slaughter harrietshamptfa@gmail.com

Rainbows

Leader Kate Davies 07971254029/beaukate@btinternet.com

Scouts

Group leader Mr E Seales 859829

Leader Mr N Still 880139

Short Mat Bowls

Chairman Phil Gooda 01622851217/p.gooda@btinternet.com

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Everybody is welcome



'The kingdom of heaven is like a mustard seed, which a man took and planted in his field. Though it is the smallest of all seeds, yet when it grows, it is the largest of garden plants and becomes a tree, so that the birds come and perch in its branches.'

Matthew 13:31-32

Wednesday 3 January

9.30am Lenham: Morning Worship

Sunday 7 January

9.30am Boughton Malherbe: Holy Communion (BCP)

9.30am Lenham: Breakfast Church

11.00am Harrietsham: Family friendly Morning Worship

11.00am Lenham: Holy Communion

Sunday 14 January

9.30am Harrietsham: Holy Communion

9.30am Lenham: Breakfast Church

11.00am Lenham: Holy Communion

11.00am Ulcombe: Holy Communion

3.30pm Boughton Malherbe: Choral Evensong

Sunday 21 January

8.00am Lenham: Holy Communion (BCP)

9.30am Boughton Malherbe: Holy Communion

9.30am Harrietsham: Holy Communion

9.30am Lenham: Breakfast Church

11.00am Lenham: Morning Worship

11.00am Ulcombe: Holy Communion

Sunday 28 January

10.30am Benefice Holy Communion at St John's, Harrietsham

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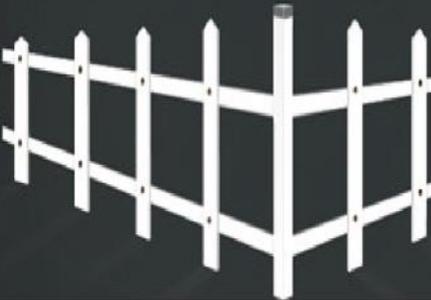
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The Friends of the Church of St John the Baptist, Harrietsham

Registered Charity No. 1090622

Soup Saturday

Our Soup Saturday event returns on Saturday 13 January 2024 between 12 noon and 2pm. Do come along and enjoy a bowl of hearty soup with crusty bread. Everyone is welcome. Tea, coffee, and biscuits will also be available.

100 Club Lottery Results

The results of the Eighty-fourth Draw of the Friends of St John 100 Club, drawn on 11 November 2023 by various diners at the Ploughman's Platter Saturday, under the supervision of John Hart (acting as Independent Adjudicator) and Chris Roots (Promoter) are:

- First prize £81.50 - number 98 – Pamela Curden;
- Second prize £48.90 – number 107 – The Estate of Avice Harms;
- Third prize £32.60 – number 136 – Rita Manser.

There were 163 numbers included in the draw giving a prize fund of £163.

Have you ever considered becoming a Friend of the church?

The Friends of the Church of St John the Baptist, Harrietsham, is a secular organisation with membership open to anyone over the age of 18. New members are always very welcome. It was formed as a registered charity in 2001 with the objective "to maintain, repair, restore, preserve, improve ... for the benefit of the public the fabric of the Church ... its monuments, fixtures, fittings, furniture, stained glass, ornaments and other chattels and its churchyard." Money raised is solely used to maintain this Grade 1 Listed building and its surroundings to ensure that its contribution to the character, life, and amenity of the whole community of Harrietsham continues into the future. Annual membership costs £10 per person or £15 per couple.

If you would like further information or an application form to join either the 100 Club or as a Friend, write to me at friendsofstjohnharr@outlook.com or phone 859 885.

Finally

Thank you to everyone who supported our fundraising events during 2023. Whether you attended our events in the past year or not, we hope you have a Happy 2024 and look forward to seeing you at one or more of our future events.

Local Churches

Parish Church of St John the Baptist

Vicar: Revd. John Huggins
01622 850280 vicar@lvb.org.uk
(Day off: Wednesday)

Assisting priests:

Revd. Millie Hart 01622 297296
revmilliehart@lvb.org.uk

Readers:

Pamela Cuerden 01622 859442

pamela@lvb.org.uk

Benefice Office:

Sarah Hills 01622 850604
churchOffice@lvb.org.uk

For details of services see p.23

United Reformed Church

Week Street, Maidstone

Minister: Rev Andrew Royal
Sunday Service at 10.30am with creche. No evening service.
01622 686053

maidstoneurcoffice@talktalk.net

Baptist Church

Knightrider Street, Maidstone

Minister: Bill Miller
Office: 01622 686013

Sunday Services at 10.30am with creche, and at 6.30pm

www.maidatonebaptist.net

Bearsted and Thurnham Methodist Church

Bearsted (next to Station)

Minister: Revd. Robert Zachar
117 Crossways
Sittingbourne
ME10 4RN
01795 422573
Sunday Service 10.30am

Church of the Good Shepherd Roman Catholic Church

Rectory Lane, off East Street,
Harrietsham

Parish Priest: Fr Geoffrey Pointer
Deacon: Rev Cyril Durbin 736100
Mass every Sunday at 8.45am and
Wednesday at 10.00am
Holydays Mass 7pm

St Peter's Roman Catholic Church

Button Lane, Bearsted 736100
Confessions, Saturday 5 – 5.30pm
Saturday Evening Mass 6pm
Sunday Mass 10.30am

Weekday Mass generally
Monday and Tuesday 7pm and Friday
10am
Holydays Mass 10am and 8pm

Pathways Church, Maidstone

1st and 3rd Sundays of each month at
10.30am in Lenham Community Centre.
Wednesday evenings in homes in
Lenham and Harrietsham.

Church leaders: Ben and Kaat Doggett
info@pathwayschurch.org.uk
www.pathwayschurch.org.uk

For all church services please see
information on page 23 or contact your
own church for up to date information.

Public Services and Emergencies Directory

Doctors' Surgery (Lenham and Harrietsham)	01622 858341
Dentist, Lenham	01622 858204
Dentaline (out of hours emergency treatment)	01634 890300
Saxon Warrior Pharmacy	01622 858287

Hospitals:

Maidstone ME16 9QQ	01622 729000
The Tunbridge Wells Hospital, Pembury, TN2 4QJ	01892 823535
William Harvey Hospital, Ashford	01233 633331

Councils:

MP - Helen Whately	01622 758053
Kent County Council	03000 414141
Maidstone Borough Council - all departments	01622 602000
Harrietsham Parish Council - Parish Clerk	01622 850089

Police:

Emergencies only	999
Non emergencies	101

Samaritans, 48 Grecian Street, Maidstone	01622 674444
Citizens Advice Bureau, 2 Bower Terrace, Maidstone	0808 2505704
Childline	0800 1111
KCC Children's Social Services	03000 411111
KCC Adult Social Services	03000 416161



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January 2024 Diary

Abbreviations:

HVH = Harrietsham Village Hall LCC = Lenham Community Centre

Wed	3	7.30pm	Harrietsham Ladies Group	Scout Hut
Thurs	4	7.30pm	Harrietsham Short Mat Bowls	HVH
Fri	5	10.00am	Ladies Group Coffee Morning	HVH
Mon	8	9.45am	Purple Yoga	HVH
Mon	8	2pm	Harrietsham Short Mat Bowls	HVH
Wed	10	1.30pm	Craft and Chat	LCC
Thurs	11	2pm	Harrietsham History Society	HVH
Thurs	11	7.30pm	Harrietsham Short Mat Bowls	HVH
Thurs	11	7.30pm	Lenham WI	LCC
Fri	12	10.00am	Ladies Group Coffee Morning	HVH
Fri	12	7.30pm	Lenham Film Club	LCC
Mon	15	9.45am	Purple Yoga	HVH
Mon	15	2pm	Harrietsham Short Mat Bowls	HVH
Mon	15	2pm	Knit, Crochet and Natter	HVH
Tues	16	2.30pm	Harrietsham Gardening Society	HVH
Thurs	18	7.30pm	Harrietsham Short Mat Bowls	HVH
Fri	19	10.00am	Ladies Group Coffee Morning	HVH
Mon	22	9.45am	Purple Yoga	HVH
Mon	22	2pm	Harrietsham Short Mat Bowls	HVH
Thurs	25	7.30pm	Harrietsham Short Mat Bowls	HVH
Sat	27	1.30pm	Craft and Chat	LCC
Mon	29	9.45am	Purple Yoga	HVH
Mon	29	2pm	Harrietsham Short Mat Bowls	HVH

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Lenham WI

This year we look forward every month to more good speakers – Islands of the Medway, Women in Policing, Ghosts, Bumble Bees and Quizzes and Games Nights.

At Federation level we will be going to the Annual General Meeting in March, Lifestyle Days, Craft Workshops and Whist Days. Our AGM is held in Tunbridge Wells and the speakers this year are Dr Annie Gray who is one of the country's leading food historians and Lindsay Barrell (aka Ms Cherry Bombe) talking about "Burlesque, Me and the WI".

Nationally we have the opportunity to vote on one of four resolutions. This year they are:

1. Dental Health Matters. The WI calls on the Government to increase investment in the training and retention of dentists and review the inadequate NHS contracts to ensure that everyone can access an NHS dentist. Currently one in four people need dentist treatment but are not able to sign up to an NHS dentist.
2. Impacts of Poor Housing Conditions. The WI will ask the UK Government to boost housing standards and regulations, increase funding for renovation and increase the supply of affordable and secure housing. Ten million people in England are living in homes that fall below the minimum standard for housing with over one million on social housing waiting lists. In May 2023 the Renters Reform Bill was introduced which would abolish the Section 21 "no fault" evictions. In July 2023 the Social Housing Act hoped to improve the quality of social housing but at a cost of £18 million to local councils. The WI are asking the Government to provide appropriate funding for this.
3. Say "No" to gambling advertising. The WI are calling on the Government, regulators, the NHS, educationalists and gambling charities to work together with them to ban gambling advertising. The problem is widespread with around 400 people per annum attempting suicide; 300,000 individuals are experiencing problems whilst 1.8 million are gambling at elevated levels. Italy and Belgium have already banned gambling advertising so it can be done.
4. Improving outcomes for women in the criminal justice system. The WI wants to see cross-government collaboration to deliver the 2018 female offender strategy to reduce the number of women, pregnant women and mothers who have committed non-violent offences from being imprisoned. It is estimated that 17,000 children are affected by maternal imprisonment each year and 600 pregnant women enter prison each year with 50 in prison at any one time.

Every WI member can vote for one of these resolutions and the one with the highest number of votes will be adopted.

This month the WI is launching the WI Learning Hub. The WI was born out of a need to educate women and the Hub will provide a rich variety of learning experiences for members. Courses will be online and many of them will be free of charge. So nationally, county wide and locally the WI provides something for everyone.

We meet at Lenham Community Centre on the second Thursday of the month at 7.30pm. If you would like to join us please contact Chris Godden on 01622 858658 or email rgodden@btinternet.com.

COUNSELLOR

Rebecca Winterflood MBACP

An experienced counsellor having previously worked for both the public sector and charitable organisations. Working both in Hollingbourne and Headcorn I offer face to face, online or telephone sessions to adults and teenagers, working with a wide variety of issues including; depression, anxiety, trauma and relationship issues.

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Accessible Well-being: Self-love

*Not that people think that love is not important. They are starved for it; they watch an endless number of films about happy and unhappy love stories, they listen to hundreds of trashy songs about love – yet hardly anyone thinks that there is anything that needs to be learned about love. - Erich Fromm (*The Art of Loving*).*

Love is an interesting and rather confusing topic. The majority of people on this planet will agree that love is the most important thing in our lives. Yet, if to ask people what is love, you would, probably, receive as many different answers as people who gave them. It is a bizarre situation that we understand so little about something so important.

For instance, it is not obvious to people that love is something that separates us from animals. No, I don't mean that animals cannot love. They can, and they do, and their love can be absolutely amazing. But animals don't have the need to love. If an animal will not have someone to love, it won't affect this animal in any negative way. It may even improve chances for its survival. But with humans it is different. We have an intrinsic need to love. Not to be loved, but to love. It is an irrepressible impulse that exists in every one of us, that is often misunderstood. We often perceive it as a need to be loved, but this is a big mistake. Unlike animals, if we do not find where to direct our love, it will affect us. It may cause the development of neuroses, may affect our mental health, and even lead to addiction.

But then, there is another problem. As there is no universal understanding of what love is, even when I understand the importance of loving others, it does not guarantee that I will be able to do it. Not many people know how to love, and the staggering number of broken relationships testifies to that.

We can safely conclude that we need to learn to love. But how? Fortunately there is a simple answer to that. It appeared in the Bible.

'Love your neighbour as yourself.' There is no commandment greater than these.
Mark 12:30-31

This well-known quotation gives us a formula for developing the love within – before we will learn to love others we need to learn to love ourselves.

But how to love yourself? First, we need to realise that loving does not equal pleasing. To love yourself you need to do what is good for you. And what is it? Anything that brings you joy without an undertone of guilt, that is good for your body and your peace of mind, will do.

And here is an exercise you can try, that can set you on your way of self-love.

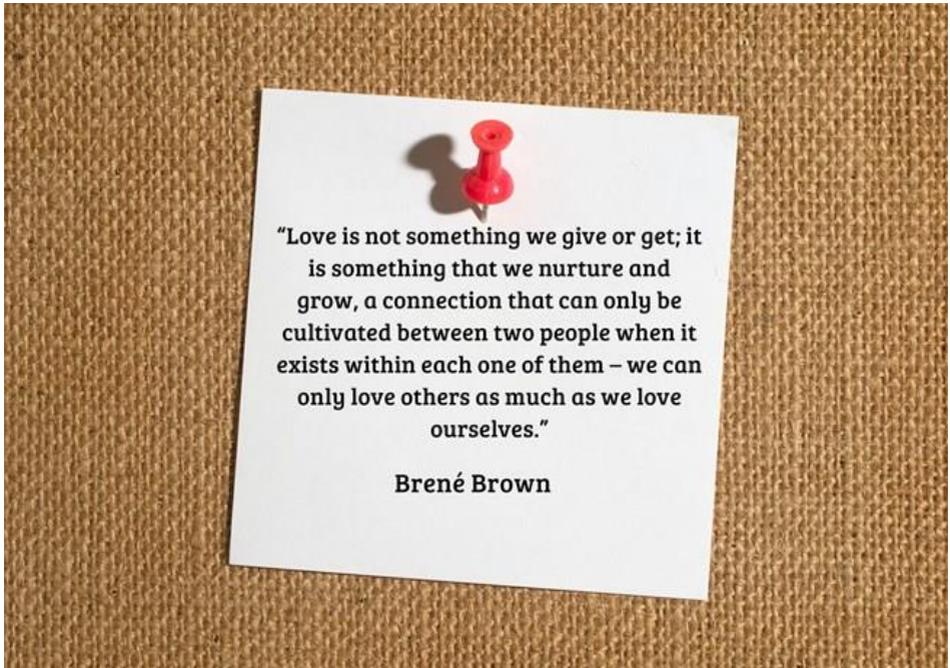
1. Write for 3 minutes (minimum) about how you can love yourself. Do not bullet-point, write it as narration. Think of different ways you can love yourself, be bold, and be inventive (but practical).

Write non-stop. Do not stop to think. Dream while you are writing.

2. Choose something from what you just wrote that you can do now – today. Write for 3 minutes about it. Describe how it will make you feel. How it will change the way you see yourself. How it will change your relationship with others. How it will affect you in 1 month's time; 1 year.
3. Think a little about what you just wrote. Is it valuable? Will it make you happier? Now write for 3 minutes about what will happen if you WILL NOT DO IT. How it will make you feel? What you will be missing out on? What people around you will miss out on?

Hopefully, this exercise will inspire you to embark on an exciting, though not very easy, journey to self-love and better well-being. The next time we will be talking about specific ways how you can bring more love and joy into your life.

Vladimir Barkanov



Do you feel powerless in the face of Climate Change?

Before you start reading, please note, I am not an expert in the field. I'm an average citizen just trying to make sense of this crazy world!

Do you feel powerless in the face of Climate Change? Like me, do you do your best to recycle, eat less meat and use the car less but then often wonder: is this making any difference? After some pondering, reading and watching many of the recent Climate Change TV programmes, I've decided that yes, we, the public, can make a difference. And I ask you to join me to be part of the Climate Change solution. What the country (and world) needs right now is hope. Hope must come from action. Whether we like it or not, the climate on earth has changed and is changing. According to the UN, 'To keep global warming to no more than 1.5°C ... emissions need to be reduced by 45% by 2030 and reach net zero by 2050'. At the moment, we're heading towards an average global increase of 2°C or higher. This will have consequences for all our lives – particularly our children and grandchildren.

But it's not too late to reverse this pattern. Did you know that the UK's Climate Change Committee has provided the government with a credible plan to reach its target of Carbon Net Zero by 2050 without hurting the economy? It's all possible. BUT...the government is not quite sticking to this plan, even though they commissioned the research. (They are currently: still giving oil and gas companies huge tax breaks - money which could be invested in green technology; being incredibly slow to encourage onshore wind farms and preside over a housing stock that has some of the worst insulated homes in Europe.) To avoid this crisis, the world needs to come together and keep to its pledge of Carbon Net Zero by 2050. However, you could argue, why does the UK need to bother if other countries aren't? I don't have a detailed answer for this but as compassionate human beings, surely we have to lead by example?

Back to my plea! So, while individuals alone may not be able to make the drastic emission cuts to slow down climate change, it's essential that we take action to raise the importance of this huge issue to businesses and politicians. Ultimately, politicians want our vote and businesses want our custom; if we all demand their true commitment to Net Zero by 2050, then change will have to happen.

So what can we do? A lot! The advice from Imperial College, London is that 'using your voice as a consumer, a customer, a member of the electorate and an active citizen, will lead to changes on a much grander scale.'

- Write to our MPs (see www.moralfibres.co.uk on how to do this) or attend one of their surgeries. Personal emails are more effective than mass petitions. Tell them how important the Climate Change Crisis is to us and that we're concerned the present government is veering away from Net Zero by 2050. If enough of us speak up, they will have to listen. See template letters at www.hfff.org.uk/template-letters
- Continue to consider our life style choices – fly less, use the car less. Continue to reduce what we consume, reuse and repair what we can and recycle. Shop wisely and let businesses know if we are not happy with their policies.

- Talk to everyone we know – friends, family, neighbours about climate issues. If you haven't already, look at [Watch The Great Climate Fight | Stream free on Channel 4](#) and [Watch Chris Packham: Is It Time to Break the Law? | Stream free on Channel 4](#) check out the following websites for help with making lifestyle choices: www.theccc.org.uk and www.un.org/en/climatechange
www.imperial.ac.uk

Thanks for reading. I invite you to be part of the Climate Crisis solution - together we are stronger. Let's keep hopeful and act!

[Climate Change Survey 2023 | Lets Talk Maidstone \(engagementhq.com\)](#)

Maidstone Borough Council is consulting residents on their priorities for climate change – this is the link to the survey but the closing date is 1 January 2024. I believe it's really important that as many people as possible have their say.

Ellie Stevens - Harrietsham resident

Lenham Film Club

at Lenham Community Centre, Groom Way



LENHAM
FILM CLUB

Indiana Jones and the Dial of Destiny Friday 12 January

Performance begins 19.30, doors open 19.00

Running time 2 hrs 34 mins + interval

Yes, it's Indiana Jones back for one last memorable adventure in Indiana Jones and the Dial of Destiny (PG 13, 2023). Harrison Ford returns, reprising his iconic role as our favourite onscreen archaeologist, trying to save the world yet again. The film takes place in 1969, with Indy on the verge of retirement. He has a visit from his goddaughter, archaeologist Helena Shaw (played by Phoebe Waller-Bridge), eager to see the Dial which Indy had saved from Nazi Jürgen Voller during World War 2. But Indiana only has half of the Dial and Voller, who is now working for NASA, is intent on regaining it. Sparks fly in the race that begins in earnest, not just for one but both halves of the Dial. Come along to watch Harrison Ford on our big screen as he triumphs yet again in his inimitable role. We'll hold a 15-minute interval halfway through the film. Wine, soft drinks, tea and coffee are available to purchase. Directed by James Mangold

Our February performance is the superb Green Book (2008), which won a Best Film Oscar and tells the story of an unlikely friendship between a classical pianist and his driver, set against the backdrop of segregation and racism in the deep south USA during the 1960's.

Please get in touch for more information, to join our mailing list or to become a member. Admission: members £4, non-members £5 Annual membership: £6 (over 16's only).

lenhamfilmclub@gmail.com

www.lenhamfilmclub.org

@lenhamfilmclub

Christian Message

Blue January. The month when credit card bills start to be repaid. The month when the twinkling lights come down but the weather can be grim. The month when calls to the Samaritans go up.

Well, I hope this isn't you. But if it is you, take heart. Spring inevitably comes and the warmth of summer is on the way. The Bible entreats us to "Cast our anxieties upon him (the Lord) because he cares for you" (1 Peter 5:7). That doesn't mean he will pay off our credit cards, but it does mean that God knows us (Psalm 139) and stands with us. The whole message of Christmas is that God, incredibly, came to us! God is for us. God is on our side. As we align ourselves to His will, God fights for us and is alongside us.

In the church in Boughton Malherbe, we are going to start sessions that are a guided space for reflection, for stillness, for withdrawing (at least for an hour) from everyday conflict, and for rediscovering peace and inner strength. (First Saturday of each month at 2 pm.) Part of the reason is that I have become very aware of how many people are struggling in these post-Covid days with busyness and stress and anxiety. Absolutely everybody who wants to come is welcome to these. You don't need to be a churchgoer. You don't need to come regularly. You don't need to share anything with anybody else.

People seem to assume that meditation is the stuff of Buddhists and so on, but actually there's a massively strong Christian tradition for reflective stillness. The early Christians sometimes went out into the desert and lived their lives there, sometimes sharing their wisdom with others who came to them. Jesus himself spent 40 days in the wilderness as he started his ministry. And modern neuroscience (look at the work of Iain McGilchrist) points to the need for more open and abstract thinking for mental flourishing.

So take heart. Blue January? The sun is on the way! The light of Christ be with you.

Revd. John P. Huggins
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