

Rolvenden & Newenden *Parish Magazine*

2025
NOVEMBER
ONLINE





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From the Minister's Desk

Dear Friends,

A few days ago, the British Library honoured the Irish writer, Oscar Wilde, by reissuing a reader's card in his name, 130 years after his original was revoked, following his conviction for 'gross indecency'. The celebrated novelist, poet and playwright was excluded from the library's reading room in 1895, after he had been accused of engaging in homosexual relationships - a criminal offence at the time.

The new card, which was collected by the writer's grandson, Merlin Holland, is intended to acknowledge the injustices and immense suffering that Oscar Wilde faced. Merlin Holland described the new card as a "lovely gesture of forgiveness. I'm sure his spirit will be touched and delighted".

Oscar Wilde described Jesus as a poet and wrote that, what makes Jesus a poet, is that he makes poets of us all.

I wonder if Oscar Wilde meant by this that Jesus goes about his work in a way that brings out the possibilities inherent in ordinary men and women, enticing them into responding more fully to the love and grace of God. In this, Jesus is suggestive rather than insistent. He offers us freedom to say "yes", or "no", or "maybe", or "it's hard", or "I wish I could". But still he draws out of us the poem that only we can recite.

Perhaps this is Christian ministry - what we all do for one another as the people of God, our companions in the church. Isn't the task of ministry to try to recognise what God is doing in the world, and in those around us, and help make it conscious, articulate, so that they find their God, their poem and their gifts? That is much harder than baldly stating the truths of Christianity or pressing home moral certainties.

There are few things more important than to do this for one another. We can never know how much a little word of encouragement can mean: "thank you", "that touched me", "God spoke to me through what you did for me." Words and gestures like these are so often how God gives us the gifts and the strength to carry on serving him as followers of Jesus. It means being open to other people, responsive to them in their tentativeness and lack of confidence, glimpsing what God is doing and could do through them. There are those who have done this for us. How can we not do it for others?

This is how the church is built up, as we respond together to the 'one hope of our calling'. Who knows whether there is someone somewhere, waiting for us to prompt them, nudge them, encourage them to write the poem that only they can write.

Lindsay





St Peter and St Mary Flower Rotas for November 2025

Sunday	St Mary	St Peter
Nov 02	Sue C	Rosie Edmonds
Nov 09	REMEMBRANCE	
	Rosemary Izod	Rosie Edmonds
Nov 16	Sylvia K	Sally Manford
Nov 23	Sylvia K	Sally Manford
Nov 30	ADVENT – No Flowers	
Contact:	Sylvia Kellett	Rosie Edmonds
	01580 240463	01797 252196
	Sylviakellett@eplusmail.com	rosie.edmonds@hotmail.com
Brass Cleaning at St Mary: Patrick Izod		

St. Peter's Church: Normally open between 10.00 and 4.00pm. If you need access outside of these times, please contact Frances Jones or Rosie Edmonds. Should arrangers be unable to do any slots please swap with someone else and let Rosie know.

Service of Light- Sunday November 23rd: 4:00pm



The Service of Light is a time for remembering people, family or friends, who have died. During the service their names are read out, and candles are lit. It is a simple but meaning-filled occasion.

We have the names and details of those from Rolvenden and Newenden who have died in the two years from November 2023 where the funeral, in church or at a crematorium, was conducted by one of the Tentrox Benefice Ministry Team, probably Reverends Lindsay, Jeanette or Margaret, or Reader Judy.

Maybe your loved one's service was conducted by someone else. You are still most welcome to attend this service. You will be equally welcome if you come to remember someone significant to you who has died elsewhere. And we know there are people who choose to come to this service annually to remember close family.

If you would like to join us, we will need the name or names of the deceased and the date(s) of their death. Please contact Caroline – see details below.

Judy V

Contact details for Caroline, Churches Co-ordinator 01580 765414

Email: churchescoordinator@tentrox.org



The Church of England

IN TENTERDEN, ROTHER AND OXNEY SERVICES IN CHURCH AND ONLINE DURING NOVEMBER

Sunday 2nd November: All Saints Day/All Souls

9.30am St Peter's Newenden

11:00am St Mary's Rolvenden

The Eucharist

Celtic Morning Prayer

2:00pm St Mary's Rolvenden – Forest Church – NB today in the church

Thursday 6th November 10:50

Rolvenden School Act of Remembrance, War Memorial

Sunday 9th November: Remembrance Sunday

10:50am St Peter's Newenden

10:45am St Mary's Rolvenden

Remembrance Sunday Service

Remembrance Sunday Service

Tuesday 11th November 10:55

Act of Remembrance, Tenterden War Memorial

Sunday 16th November: Second Sunday before Advent

9:30am St Peter's Newenden

11:00am St Mary's Rolvenden

The Eucharist

Matins

6:00pm St Peter's Newenden – Benefice

Sunday 23rd November: Christ the King

9.30am St Peter's Newenden

11am St Mary's Rolvenden

Celtic Morning Prayer

The Eucharist

4pm Service of Light (St Mary's)

Sunday 30th November: Advent Sunday

9.30am St Peter's Newenden

8am St Mary's Rolvenden

The Eucharist

Holy Communion

11:00am St Mary's Rolvenden

Celtic Morning Prayer

And during the week:

Beginning the Day with God

A ten-minute reflective service,
online only from Monday to Saturday.

Ending the Day with God

A ten-minute reflective service, will be online
only from Monday to Saturday.

Holy Communion will be celebrated in
St Michael's Church every Wednesday
and in Tenterden Church every Thursday,
both at 10am. Both celebrations will last
about twenty-five minutes. These services
won't appear online.

St Mildred's, Tenterden Online services,
will be found at YouTube and also can
be accessed through our free daily
bulletin, **Connect Up!** To receive
Connect Up! please visit our website,
www.tentroxchurches.co.uk, and
subscribe.

**And remember, our churches are open
every day – a haven of peace and quiet
where you can sit and think, read, pray
and light a candle if you so wish.**



Introducing Guy Pullen - Borough Councillor

Over six weeks in August and September, my team and I walked the lanes of Rolvenden, Rolvenden Layne, Newenden, Smallhythe and Tenterden West getting to know the place and talking to as many people as we could. Our aim was to knock on every single door in the Ward to try and find out what the challenges are and where I might be able to help. Whilst we didn't always find somebody in, when we did our reception was almost always welcoming and positive. Of course, not everyone wanted to vote for me (that would be a funny world), but even supporters of other parties were friendly.



I have stood in elections before, and I have campaigned for other people too, and I have always found the experience to be tremendously positive. People assume that politics is a toxic business, but I have found that, if it is approached with honesty and positivity, those qualities are reciprocated. These are troubled and divisive times in politics at all levels, but local politics shouldn't be that way. I am sure, if we tried, we could all find a difference of opinion, but there is so much more that we can agree on, so let's start there.

I have met so many people over the last couple of months, that I feel I know many of you already, but I haven't introduced myself. I grew up in Benenden and then Hawkhurst attending Angleley School and then Uplands in Wadhurst. My dad was a sheep farmer and then an agricultural contractor, so I grew up working the land at the weekends before getting into horticulture as a career. After a decade in London – working in tiny, but very expensive gardens - my wife and I moved back to Kent, where I became a Head Gardener before joining the National Trust at Sissinghurst Castle Gardens. I am now self-employed. Natalie and I have two teenage children, two dogs and two cats (I think that's the right order).

I strongly believe that we all have a part to play in our community and over the years I have been a chair of school governors, a youth football coach and I've led volunteers in various horticultural and environmental endeavours. We all live together in this world, so let's do all we can to improve it. I look forward to meeting more of you and to being an active and useful borough councillor on your behalf.

Guy Pullen

guy.pullen@ashford.gov.uk

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Rolvenden Primary School

It has been an action packed first term at the School and there is great excitement about the imminent disco on 14 October.

Reading about the learning that occurs is always intriguing, and seeing familiar timeless stories explored is thrilling; 'Little Red Hen' is such an amazing story - full of ideas and utterly thought provoking. Turning dance into drawings is a fabulous idea. Amongst the familiar academic subjects and the necessity of addition, bonds, and division in maths and instruction and diary writing in English, there are a whole host of topics: a local habitat survey, a day finding out about the impact of evacuation in the Second World War, Zumba, Egyptian gods, David Attenborough, Steve Jobs, Picasso inspired art portraits, archaeology... It is amazing how much is focused upon in just three weeks.

That is not all. Sports are thriving. The annual Harvest Festival was a huge success with its focus upon charity and sharing. There is also great excitement about drama lessons for the second term which will culminate in a Nativity performance by Oak and Hazel classes, and a pantomime performed by Willow and Holly at the end of term, Camelot.

On the 10 of October, World Mental Health Day, Zones of Regulation were foregrounded as they provide a practical tool for fostering emotional literacy. Learning strategies to manage emotions so that children can get back to



feeling calm and ready to learn are vital. Self-regulation is something that we all find difficult at times as worry, anger, restlessness, fear or tiredness can stop us interacting effectively and learning. Good coping strategies are a great gift to give at this stage of life – it will help the children to tackle learning challenges and build better resilience. The children were invited to go to school in an outfit that incorporated all four colours featured in this innovative approach, reinforcing that all of the emotions we experience are part of us and that there are strategies to employ to move between them.

Holly Class were invited to Dulwich School for a workshop with author Jenny Mclachlan on the 10 of October. My source told me how much the visit had been enjoyed, as this month's photo shows. The Zones of Regulation featured in the recap that was given, seamlessly integrated with what was clearly an exciting and stimulating event. The involvement in the sorting ceremony and the acting out of one of the author's stories were highlights.

The events of the week beginning 13 October are eagerly anticipated – the disco and the casting of the plays. By the time you read this, the work of learning lines will have begun and the children will be looking forward to next term.

Sue Hatt



Remembrance Day 2025 in Rolvenden

Rolvenden once again remembers the fallen of the two World Wars and all conflicts before and since at our annual Remembrance Day service on Sunday, 9th November.

The service starts at 10:45 am and will be led by Rev'd Henry Setright. Village clubs, societies, businesses and private individuals who have previously laid wreaths have already been contacted. If you would like to lay one this year, please purchase your own wreath as the bulk order purchase has already been arranged, and email your details to the organiser.

For those laying wreaths please note that there is a practice in the church at 18:00 on Friday 7th November

For those wishing to walk to church with the Royal British Legion, please assemble at the Bull by 10:20 on Sunday to move off shortly thereafter.

Edward Barham Chairman, Rolvenden RBL

edwardbarham@holepark.com



All at Sea Under Sail

Transcribed by Anthony Dawson from his grandfather, Ralph Goodacre's, Memoir on Sea Life under Sail in the 1890s

Chapter 2

My father took me to Dunkirk to join the four masted ship Pegasus as apprentice. I had lived two years in the school ship HMS Conway, and rather fancied myself in uniform! Home for Christmas and looked forward to the real experience of sea life. Trumper, also from the Conway, decided to come in the



A four master of the time

same ship. Well, here were we, father and I, at Dunkirk. We went to the hotel Jean d'Arc. I slept badly, but was ready in the morning for our hearty breakfast. Then we were away to the docks.

My Conway sea chest contained all my belongings, including sea boots and oilskins. The cab driver picked out the Pegasus, and landed us and

luggage near the gangway. Willing hands took my chest and showed us the way aboard. Memories of what happened after that are very vague.

Apprentices were aboard, crew would join later.

Father left soon after. I said a fond goodbye and sent messages home. My new life had begun. After discharging her cargo, the Pegasus had taken in ballast to make her seaworthy for a voyage to Philadelphia, where she was to load crude oil for Calcutta. There was a lot going on aboard that morning. Sailors were on board. Stores were coming aboard. The decks were fresh with litter. To me, all was bursting with confusion. There were six apprentices, four of them old hands who put us wise in a few things. Well, after that, there is a sort of gap in my memory. The ship was towed out to sea, and we said farewell to the homeland. Our sails were set for down channel. The ship would be, for a time, our own little world. We hoped for a fair wind, but we had to toil and strain to make any progress.

There were three mates, Bosun, Carpenter, donkey mate, besides sail maker, and I forgot to mention cook. We had a young pig in a barrel which came to us just as we were leaving port. Our crew of thirty, for the most part, were men of many nations from sailors' boarding houses, who had sailed in British ships before. These seamen were new to the ship, though old.

The lighting on board was all oil. There was no wireless, and no heating. Once at sea, we were cut off from all news, except by signalling from passing ships or from shore.



The Pegasus was on her way down channel, the crew were called together and divided into two watches, port and starboard, henceforth we will watch and watch, four hours on and four hours off. Dog watch, except I have few memories of all that happened afterwards. I do know we ran right into the teeth of a westerly gale, which persisted all day. The ship in ballast behaved badly, like a carrot in the water. We put on our oilskins and our sea boots and hardly ever took them off. The ship rolled and pitched and heavy water came aboard.

My Conway training didn't help me much on this occasion, Trumper was much the same.

Don't remember much about meals, but I was feeling seasick without being actually sick. Must have been absolutely useless, but I hung on. The captain saw our plight, Trumper and me, and stopped us going aloft. For about ten to twelve days, our ship was put about on tack after tack to get out of the channel, but the westerly gale persisted. No progress was made. I remember seeing Portland Bill on three separate occasions. It seemed as though we should never get out of the channel, but, like a bad dream, it was forgotten one morning when we emerged into fine weather. Pegasus was bowling along in a fresh, favourable breeze, our spirits rose and the deck cleaning up began. All sails were set.



The Pegasus under sail

A feeling of exhilaration burst forth.

Always after hardship encountered at sea, a great pleasure is taken in resuming the old hard work, for the crews of sailing ships.

That's about the end of the beginning of my sea life. But one more remark, the young pig in a barrel on foredeck survived the bad weather and lived to provide us with fresh lard on the voyage to Calcutta, when down in the Roaring Forties!

Ralph Goodacre

Your invitation **Coffee with a Cop**

In fact, with
Police Constable Darren Laker,
Ashford Neighbourhood
Beat Officer



Darren will be in Nibbles, Rye Road, Newenden Monday 17th November - 10:00 to 11:30



Weather and Nature Notes

September is a pleasant month and I always enjoy it but it seemed to fly by. The 94mm of rainfall (over three and a half inches) rejuvenated the borders and gave some drought affected plants a "second wind", although plenty more will be needed to fill reservoirs.

On the subject of wind, here in the South East we escaped the worst effects of the first named storm of the new season, Storm Amy. Autumn is officially here and now in October, in typical form, the weather can switch from being quite cold, dull, windy or rainy for a day or two, and then glorious another as if it is gently acclimatising us to the transition into the colder darker months ahead.

As I write it is such a day, with blue skies and warmth in the sun, various ladybirds that had started to slow down and hide up in seed heads and other crooks and crannies are emerging and flying around. A satisfying hum comes from aptly named glowing red hot poker flowers as honey bees forage in their tubular florets, a clear favourite with them. I also spotted a couple of shield bugs positioned on top of these pokers angled to absorb maximum sun like a pair of miniature solar panels. Plenty of floral colour is still to be seen in the garden from flowers that usually flower at this time of year and from those that have been reinvigorated by the rains and are blooming again. Leaves are also starting to turn autumnal shades, and some are beginning to fall. Amongst the leaf litter are plenty of acorns, conkers and chestnuts, it appears we are having



a mast year which will be good news to wildlife relying on these and berries etc to get them through the winter.

An easily overlooked and uncommon tree bearing fruit now is the wild service tree or chequer tree. It seems strange that a native tree should not be more widespread like oaks or ash for example. Most people will be familiar with the chequers name through the pub connection, but may not know it as the local common name for this tree and its fruit. Like medlars, the fruit needs bletting and is a little dull looking – it is interesting to read about its history and uses, more than I can include here. They like our clay soil in the Weald, and as a native tree can be an indicator of an ancient woodland, or an old hedgerow and were once widely known, often grown in gardens and parkland. By the early 1900s, they were falling out of favour, maybe as more exotic trees and fruits were more widely available. There is an old specimen around Mounts Lane that has sadly lost a limb recently, but there are a few younger ones nearby, and odd ones here and there. With more interest in native hedging plants and trees, their appears to have been a resurgence of interest in it as a wildlife friendly ornamental tree.

I came across the entomologist who is monitoring the beetle traps in the wood behind Maytham and had an interesting chat. It was his last count of the



year as any Spruce beetles that he is looking for will soon be going into hibernation over winter. Before and after the affected trees were felled, around twenty-six traps were in place over the area to record numbers, incredibly some of which had to be replaced due to vandalism in the form of arson! The beetles prefer stressed trees that already have damage which are less able to defend themselves from attack, they can harbour under the bark of the cut logs so these also have to be removed. Since the trees were felled and removed, the beetle

numbers have decreased so only a handful of traps remain. A couple of trees could be supporting the remaining few beetles, so they will be felled too.

There is always a danger of pests and diseases entering through imported goods and inspections have been in place for this problem for years; however, it was discovered that these beetles were finding their own way to the South East on the wind from Europe where they have caused problems. I also questioned him about other beetles falling into the traps, and he said that through the year as various other beetles emerge, they can fall in and he often finds the sexton beetles that I have previously written about.

Hazel Beaney



Forest Church 2025

Forest Church was introduced to the benefice by Rev'd Andrew: a special style of worship, outdoors, immersed in God's Creation, a time to give all our senses to what is going on in our immediate surroundings and, in quiet contemplation, to come closer to God.

Andrew was a curate, which meant he was always going to move on. For we regular attendees of Forest Church there was a sense of impending loss. But Andrew intended that this service should continue. He decided I might be the person to take on the role of leader. Interviews followed with the clergy team. It was going to be a privilege and a challenge, but I knew it was something that I wanted to do. And importantly my family were very happy to become the support team.



We have had three services in Rolvenden churchyard, which is an amazing space in which to worship. Our engagement with the natural world is enhanced each time through undertaking an activity with natural objects. We've worked with wood and wool, clay and, in October, with grain and pinecones. This time we were making something practical, a bird feeder based on the principle of a fat ball but built up on a pinecone. Let the pictures tell the story.

On November 2nd we will meet in church at 2:00pm and sausages, oven cooked, will replace toasted marshmallows sandwiched between chocolate biscuits. The PCC would not have sanctioned the firepit in the nave.

That will be the last Forest Church for this year. We will be back out in the churchyard for February to experience and give thanks for signs of new growth. Meanwhile, do come and join us for a service with sausages as we experience the seasonal seeking after warmth and fellowship.

Nick Sermon

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PARK

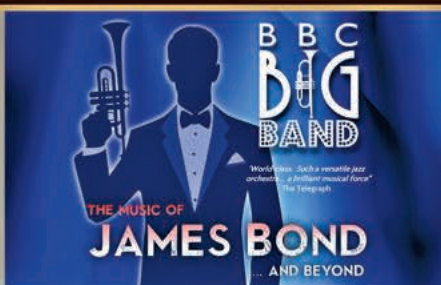
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AUTUMN/WINTER 2025

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9 November



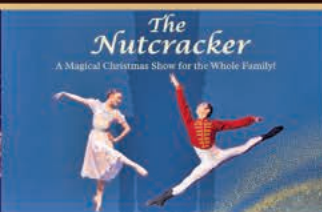
The BBC
Big Band
22 November



Jess Gillam
11 December



Lost in Music
12 December



The Nutcracker
13 December



Faulty Towers
Dining Experience
13 & 14 December



The Philharmonia Brass
at Christmas
19 December



NT Live
Hamlet
25 January



The Nat King Cole
Story
13 February



Ben Fogle
23 February



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Rolvenden Allotments - Autumn Report

Plot holders at the Allotment Gardens have on the whole had a very successful and productive season. Despite the difficult weather conditions throughout the summer, gardeners have worked hard to produce and harvest an abundance of fruit, flowers and vegetables – salad crops, root vegetables, cabbages and other green vegetables, cauliflowers, beans of all sizes and shapes, sweetcorn and asparagus.

Two of our new plot holders have grown an amazing selection of squashes and other plot holders have grown some impressive pumpkins. Tomatoes grown under cover have been prolific and a lot of soups, chutney and sauces have been made. The soft fruit and the fruit trees have been marvellous this year, with pounds of fruit being picked. Some of our hardier plot holders carry on working on their plots throughout the winter months to keep themselves supplied with winter vegetables.

The allotment community now includes families with young children, which is lovely to see and the more experienced gardeners are always willing to help and advise when necessary.

At this time, we have one vacant half plot available to rent.

Jan Bridger

***Enquiries regarding the vacant plot to Jan Bridger
rolvendenallotmentgardens@gmail.com 07445 971791***





FOOD, GLORIOUS FOOD!

Leeks



Ceramic leek vase by Eleonore Joulin

Leeks belong to the same family as onions, garlic, shallots and chives. They are believed to have originated in the Eastern Mediterranean and Middle East dating back over four thousand years. Ancient Egyptians are thought to have grown leeks along with onions and garlic both for food and to use in rituals. Paintings and carvings in Egyptian tombs show leeks being offered to the gods, so important were they in the spiritual life of the time as well as in the diet.

The cultivation of them spread across the ancient world and leeks were particularly popular with the Greeks and Romans. The Roman emperor Nero was said to have eaten massive quantities of them cooked in oil, believing they would improve his singing voice, a habit that had earned him the nickname Porrophagus, meaning "leek eater". History doesn't relate if it worked.

The Romans introduced leeks across their Empire and across Europe. Leeks thrived in the cooler climates of Western Europe and became particularly popular in Britain where they became a national symbol of Wales. According to legend, during a battle against invading Saxons, the Welsh soldiers, under the leadership of Saint David wore leeks in their helmets to distinguish themselves from their enemies. They were victorious and the leek became a proud emblem of Welsh identity. To this day Welsh soldiers wear a leek on St. David's Day which is March 1st. The vegetable also appears on many Welsh coins, badges and crests.

Leeks became an important part of cooking in medieval Europe. Their mild flavour made them ideal for soups and broths which were a large part of the diet in monasteries and households where meat was scarce. As leeks were resilient to cold weather they could be grown and harvested most of the year bringing nourishment in hard seasons as they are highly nutritious.

They are low in calories but contain significant amounts of vitamins K,



A, and C along with minerals folate, manganese and iron. Their fibre supports digestive health and their high concentration of prebiotics promotes the growth of beneficial gut bacteria. They also contain flavonoids which are anti-inflammatory and antioxidants.

Not surprisingly they were used in traditional medicine for centuries. Modern research supports their potential role in promoting overall metabolic health. Their combination of low calories, high fibre and nutrients makes them excellent for weight management and general wellbeing.

For me, leeks are one of the most versatile of vegetables and I prefer their subtle flavour over the onion, although there is of course a place for both.

The most common use is in soups which are undoubtedly delicious, and leek and potato served either hot or cold is always a winner. Many people do not like leeks as they have only had them when they've been



overcooked and have become watery, slimy and very unappealing! I prefer to steam them which makes it easier not to overcook.

You can use leeks in almost any dish as well as or instead of onions. Their delicate flavour goes really well with fish and shellfish without overpowering them.

Leeks do need careful washing to remove any soil, the easiest way is to cut them lengthwise and wash under the tap.

There are many ways to eat leeks:

- raw, grilled, roasted, steamed or in soups - vichyssoise and cock-a-leekie being the classics;
- add them to stews and stocks;
- use them in pasta dishes and risottos, or on a pizza;
- in stuffings, with eggs and cheese;
- in pies both fish and chicken.

There is so much choice. These are a few of my favourites: chowder, either chicken or fish; smoked haddock and leek fish cakes; in a goat's cheese tart with walnut pastry; Anglesey eggs, mixed with mashed potato, topped with hard boiled eggs and cheese sauce; leek and mushroom frittata with blue cheese.

I hope you enjoy making your own favourites.

Lavinia



Health Issues - Sleep Deprivation



This is the second instalment of a four-monthly series of articles addressing health issues. I hope you will find them both interesting and helpful. As an individual with Parkinson's disease, a neurodegenerative disorder, I understand the classifications of conditions such as dementia, multiple sclerosis, Huntington's disease and other progressive disorder of the nervous system.

The views expressed in this article are solely my own; they are based on my experience as a retired nurse lecturer and my voluntary work with Parkinson's UK charity. The facts given are extensively researched with references listed in the footnotes.

This month, I will focus on sleep problems associated with Parkinson's disease (PD). Sleep disturbances are common in PD, affecting over 75% of people with neurodegenerative disorders (i). Disturbed sleep is particularly prevalent in Western countries, where approximately 33% of the population experience sleep issues at least once a week. Strategies such as improving sleep hygiene, adjusting medications and implementing environmental modifications can help manage these issues, which significantly impact quality of life.

First, we need to understand our normal sleep pattern. A typical night's sleep consists of three main components:

- Quiet sleep: This is divided into four stages, each progressively deeper. Quiet sleep is often referred to as deep sleep.
- Rapid eye movement (REM) sleep: REM sleep occurs when the brain is highly active while the body remains relaxed, apart from the eyes, which move rapidly. Most dreaming takes place during this phase.
- Short periods of waking: These brief awakenings usually last for 1-2 minutes. Throughout the night, approximately 4-5 periods of quiet sleep alternate with 4-5 periods of REM sleep. Additionally, several short periods of awakenings typically occur every two hours or so, becoming more frequent towards the end of the night. Normally, we do not recall these brief awakenings if they last less than two minutes. However, if distractions occur during these times (such as a partner snoring or traffic noise), they may extend longer, making us more likely to remember them.

Changes in the brain of individuals with PD can disrupt the natural sleep-wake cycle due to the influence of chemicals involved in sleep regulation. The medications prescribed for PD may contribute to insomnia and excessive daytime sleepiness. These challenges are compounded by the natural ageing process and other health conditions, including mental health issues, stress and hormone imbalances, particularly in women (ii)

Here are some strategies for improving sleep (iii) :

Improve Sleep Hygiene:

- Maintain a regular sleep schedule, going to bed and waking up at the same



time each day.

- Create a calm, comfortable, and quiet bedroom environment, free from clutter and excessive light.
- Limit daytime naps to shorter periods (e.g., under 30-40 minutes).

Modify Your Environment:

- Ensure the bedroom is a quiet, relaxing place.
- It should not be too hot, cold, or noisy.
- Earplugs and eye shades may be beneficial if you share a bed with a snoring partner.
- Use blackout curtains to block early morning sunlight; or wear an eye mask.
- Avoid using the bedroom for activities such as work, eating or television.
- Consider replacing an old or uncomfortable mattress or pillow.
- Place your alarm clock out of sight to avoid clock-watching, which can hinder falling asleep.

Create a Relaxing Mood and Atmosphere:



- Establish a calming bedtime routine, such as: taking a stroll followed by a warm bath, some reading, and a caffeine-free herbal tea in the evening.
- Avoid engaging in mentally demanding tasks within ninety minutes of bedtime.
- Go to bed when you feel sleepy.
- Playing soft music at bedtime may be helpful; consider using a timer for the player to turn off after about thirty minutes.

Medications and Treatment:

- Discuss any sleep problems with your doctor or Parkinson's nurse.
- Your specialist may prescribe medications, such as melatonin or antihistamines or sedatives to manage chronic symptoms like insomnia.
- A review of your medication list for Parkinson's disease and other conditions may be conducted to identify any potential sleep disturbances.
- Herbal remedies, such as valerian, chamomile, passionflower, lemon balm, zinc, magnesium, 5-HTP, cannabidiol, ashwagandha.
- Cognitive Behavioural Therapy, such as the Sleepio (iv) web-based self-help programme recommended by NICE, could be beneficial.

Other Lifestyle Adjustments:

- Avoid caffeine, nicotine, and alcohol close to bedtime.
- Engage in regular, mild exercise during the day.
- Get exposure to bright light in the morning to help regulate your circadian rhythm.

Carroll Siu

i Parkinson's UK Website

ii NICE Clinical Knowledge Summaries on Insomnia

iii Patient info Website

iv www.sleepio.com/nhs



Dark Skies for Rolvenden-Neighbourhood Development Plan



A clear, cloudless sky in Rolvenden, a time for awe and wonder. We are so lucky to live in an area where the skies are relatively dark and light pollution low.

One of the policies that this updated version of the Neighbourhood Development Plan wishes to develop, with your support, is a dark skies policy. The aim of this would be to reduce light pollution. Having our own Dark Skies Policy will enable us to get the right sort of lighting in any future developments and implement best practice.

Why are dark skies so important? Stargazing and watching the phases of the moon is part of our cultural inheritance, we have always been fascinated by looking up at the night sky. Starlight grounds us, gives perspective when we ponder the nature of time and consider the number of light years that it takes

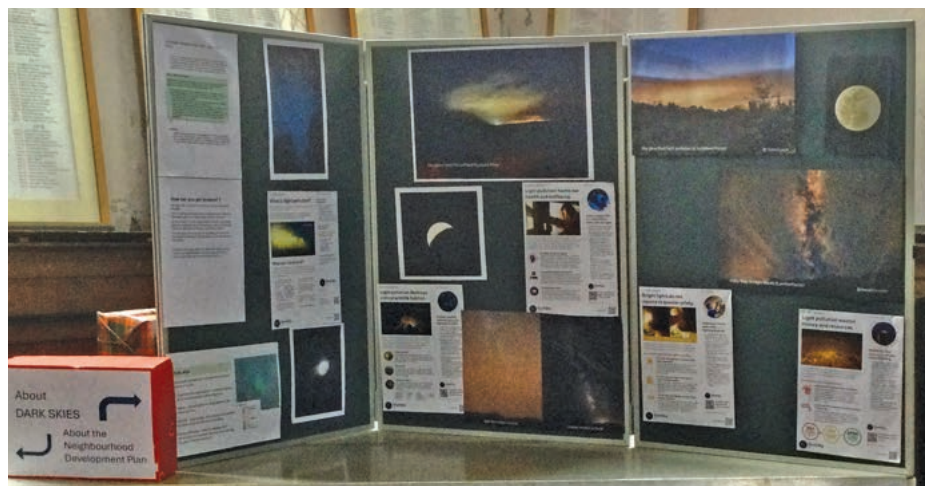
for that cool clear light to reach us. We look at the constellations and find delight in naming them and learning about them.

Dark skies benefit mental and physical health. The rhythm of night and day is crucial to the health of many species not just

ours. Wildlife navigates by moon and stars – think of a skein of wild geese making its way from Greenland to the United Kingdom, or swallows and swifts on the wing. Light pollution disturbs the flight of migratory birds and can cause fatal crashes.

The transition between day and night follows a pattern, a circadian rhythm, which if disturbed by artificial light can have devastating consequences on the ecosystem. Hibernation patterns which are set by the hours of daylight are disrupted, insects hatch at the wrong time of year, fail to reproduce, fail to survive the winter, fail to play their part in the ecosystem.

Hunting and mating are also affected. The predator prey balance is disturbed by night light. It advantages those species that see well and disadvantages species that are attracted by the light. A light source three kilometres away can attract a moth, leading it to fly long distances. The consequent disorientation has a devastating effect on moth populations disrupting feeding patterns and breeding which in turn threaten the broader ecosystem.





What can we do to reduce light pollution? Here are some tips:

- Light just the area you need
- Shield and point lights down
- Choose less bright bulbs
- Use timers and sensors
- Use warm-white bulbs

An easy way to remember is: Turn it down, Tilt it down, Turn it off!

Night time is so important to all of us which is why this policy is a timely addition for our community.

If you wish to learn more, the High Weald National Landscape's 'Wild About Dark Skies Festival' has a fabulous programme of events and runs from the 18 of September until the 16 of November. Information about it is to be found at: <https://highweald.org/get-involved/dark-skies/wild-about-dark-skies-festival/> Our own information points in St Mary's and the Star are now featuring Dark Skies.

With the help of High Weald National Landscape we are going to add Rolvenden details to the Dark Skies map of the High Weald. If you would like to help with this field work, please email rnresponses@gmail.com. There will be a training session at 7pm on 6th November.

Sue Hatt



Rolvenden and District Gardening Society Annual General Meeting

★ ★ ★ PLEASE NOTE NEW DATE!!! ★ ★ ★

Tuesday 18th November 2.00pm

Rolvenden Village Hall

Trophy Presentations.

Photo Presentation of trips, shows etc throughout the year.

Tea and cake

Everyone Welcome.



Big Wrap Day and Christmas Cheer Appeal 2025

The partnership of 'The Big Wrap and Christmas Cheer Appeal' begins again to shine a little light into gloomy Christmases as we will try and bring a seasonal joy into the lives of families in our communities who are finding life tough.

The Tenterden, Rother and Oxney Benefice launches the Christmas Cheer Appeal on Sunday, 2nd November and this runs until Sunday, 7th December. You can help by making a financial donation. All donations will be turned into Tesco Gift Cards. Please get in touch to find out how.

In the past, we have received some very moving letters of gratitude, and so we know that we will make a real difference to people's lives this Christmas.

And there is the Big Wrap on Saturday, 29th November. This will be in St Mildred's Tenterden.

From 9:00am to 12:45 pm we will be ready and waiting to receive donations of brand-new gifts for children and items for food and hygiene bank. There's room for some Festive Treats too. Before you rush out to buy, please do check the detailed information on the Big Wrap website, see the section 'How can you help.' You'll find useful ideas on what is wanted.

There's even the chance to make the shopping really easy by choosing items from the Big Wrap Amazon wish list.

Then, from 1:00pm to 3:00pm, we shall be wrapping. If you have any time to spare on 29th you will be very welcome to come and join the Big Wrap team.

Here's that website address: www.thebigwrap.co.uk

BIG WRAP – St Mildred's Church – Saturday 29th November
From 9:00am drop in donated items
From 1:00 to 3:00 get wrapping



Stool Ball 2025

This year Rosanna and I decided we would try and take on Stool Ball duties. Stool Ball has always been such a fond part of our community for as long as I remember. It was always something that I had hoped my own children would be able to enjoy and get involved in.

Ken, Judith and Judy left very big shoes to be filled! They kindly filled us in with all the rules and regulations and we set to it to bring the tradition back to life for the summer of 2025.

We made it through and it was a huge pleasure to see an incredible turnout from the children in our community. It is also just as wonderful to see parents coming along and pitching up on the sideline to socialise and cheer on the children.

Some of the children had never played before but by the end of the summer we saw huge improvements in skill and confidence. They also were hugely supportive of each other which they all found very encouraging.

We would like to take this opportunity to thank all parents involved and a huge thanks to Ken for believing in us.

Here's to the next season!

Charlotte Walters





Rolvenden History Group

Friday, 7 November 2025

Kentish Clerical Errors

A talk by Ed Adams



We look to the clergy as exemplars of Christian behaviour, but historically this has not always been the case. Ed Adams will guide you through local stories of ministerial misbehaviour and priestly peccadilloes from the Victorian and Edwardian eras with a talk that promises to be amusing, shocking and thought-provoking.

Venue: St Mary's Church, Rolvenden

Coffee and biscuits

7.15 pm for the lecture which starts at 7.30pm

Everyone welcome - Non-members: £4

<https://therolvendenhistorygroup.wordpress.com/>



Rolvenden Pre-school Report

Autumn has been good to us so far at the pre-school and we have enjoyed lots of nature walks and themed craft activities. By the time you read this, we will have had our Hallowe'en Fundraiser, hopefully everyone enjoyed pumpkin picking, games and refreshments to raise money for some improvements to our garden play areas.

November will see our, Friday 21 November in the evening (time to be confirmed) in the pre-school room. This is an essential time for our committee to vote in new members and plan for the coming year. Sometimes we get so busy with plans for the future that we forget to slow down and enjoy the moment. Every day at pre-school gives us so many moments of wonder to enjoy as the children play, learn and explore. (We share the children's black cat artwork.) Recently we have studied ladybirds looking for a cosy winter



home, found acorns, conkers, pinecones and leaves to bring back from our walks and investigated how many foam bricks our toy train can push across the floor! What can you find around you that sparks the joy of wonder?

We still have some spaces available for the coming year and would welcome any interested families getting in touch with us and coming for a visit. You can email us at rolvendenps@gmail.com or call us on 07729718181. Follow us on Facebook @rolvendenpreschool to see more of what we get up to each week.

T	U	C
H	E	S
T	S	N

Get those little grey cells working

See how many words you can make out of these 9 letters.

Two rules: Only use each letter once in a word and you must use the middle one.



Monypenny News

Macmillan Coffee Morning, 26 September:

Firstly, a BIG Thank You to all who supported our Macmillan Coffee Morning on 26 September, who made the day possible with their generosity, baking cakes, donating raffle/tombola prizes, and those of you who gave help on the day online. Altogether we made a fantastic total of £839. (This includes £45 from online donations)



Monypenny Redevelopment Proposals:

We are still waiting for a directive from ABC to confirm the future for Monypenny Residents. We have, however, been reassured by ABC that they are likely to have a definite answer very soon. They are aware of the immense pressure residents are under and are working hard to finalise the outstanding issues. Our Campaign is still active and we are monitoring events closely ready to take action when needed.

Events:

- Afternoon Tea on a Wednesday at 2pm continues to be well supported (all welcome).
- Tuesday Breakfasts,
- Curling and fish and chips on a Thursday continue to be enjoyed, as do the monthly dinners, lovingly prepared by Toni and Julie, our in-house staff.
- We held our first Film Night on Thursday, 9 October, showing Finding Your Feet Starring Timothy Spall, an uplifting and heartwarming story. Those attending thoroughly enjoyed the evening. This will be a monthly event.
- Next Film Night: Thursday, 13 November at 6.30pm. Non-residents are very welcome to attend this free event, so please come along and join us. We will be showing Arthur's Dyke, a 2001 British film directed by Gerry Poulson and starring Pauline Quirke and Brian Conley. A group of old friends traverse the Offa's Dyke path as a reunion and are joined by a lady with marriage difficulties looking for adventure. Lots of laughs on the way.
- Coming soon: October/November. Open to the public. Wine tasting evening! *Details to follow.*



Trips:

We had another trip to Hollywood Bowling in Tunbridge Wells on Monday, 13 October in the newly acquired Wealden Wheels. We are planning a trip in December to Tunbridge Wells' Christmas Fayre and Market held in the famous Pantiles. More details next month.

Forthcoming Events:

Friday, 31st October is our Hallowe'en party. This is open to the general public and promises to be a great evening. Tickets £5 each, bring your own alcoholic drinks. Ticket price includes: Hallowe'en food, a fabulous singing duo and more to entertain. Fancy dress optional. (Just a mask will suffice, though!) Monypenny lounge will be appropriately decorated for the evening. Don't miss it! For tickets contact: Toni Burke. Independent Living Officer. 01580-241526 or just turn up on the night. *Graham Tiltman*



Memory Café - Eastbourne Trip

On the first of October, thirty visitors and volunteers from Tenterden Memory Café and Musical Memories went by coach for our twice-yearly trip to Eastbourne. It was a joy to watch the changing scenery from our very comfortable coach seats.

The weather was dry, not sunny but it wasn't cold or windy. Lunch at The Langham Hotel was wonderful and there was plenty of time to cross the road to the seafront. Some of our hardier visitors walked along the esplanade. The really hardy ones strolled on the pier.

We are already booked in for our next trip which will be in April.

Jan Bridger



The Shepherd's Calendar



Throughout the year, in all weathers, Ben Tompsett is out on his gator, with his dogs Jill and Penny, looking over his flocks. Here's what's on his calendar. Traditionally rams were put to ewes on Bonfire Night for an April 1 lambing. To avoid April's unsettled weather, Ben now puts his rams to the ewes in the last week of October bringing lambing to mid-March with slightly more predictable weather; good weather makes for an easier lambing.

Rams are separated from the ewes just before Christmas. The bulk of the lambing occurs across three weeks with a few stragglers where ewes have not taken with the first mating. There is a risk to starting earlier, but it does mean that lambs are better to sell on in August

Lambing occurs outside, but near to the farm. Based on ultrasound scans the sheep are split into fields anticipating singles, pairs and triplets. They are then split into lots, and the shepherds circle the fields all day checking on the lambing progress. Ewes with lambs are moved from the lambing field to the next field by the end of the day. Lambs' tails are ringed as they go through the gate, and the males are castrated.

Shepherds want pairs of lambs rather than singles or triplets. Sheep only have two teats making raising three tricky. Ben and Eddie have some North of England 'mules' which will take on the extra lambs; their mothering instinct is



brilliant. Kent ewes are not so willing to take extras.

Moving the newborns avoids overnight muddling which can occur in bad weather. The sheep huddle together for shelter against the fence or hedge where they can steal each other's lambs. When the ewe licks her newborn lamb, she knows it is hers but if another sheep has licked it, she will not take it back. Reversing the ewe's rejection is not always possible.

Once the lambing is completed, the sheep are moved to fields in Benenden, and around the village for the summer. They are put in lots of about fifty or sixty; singles mixed with the pairs to make midsummer looking easier. The health of sheep and rapidly maturing lambs is continually checked throughout the summer for flies, maggots and worms, with drenching, if needed - to deal with worms (coccidiosis) and pests. Climate change means fly is now a problem until October, as there are no sharp frosts to kill them off.

Mid-May is shearing time with pens being set up where the sheep are. The tews, next year's replacement ewes, a few hundred, are shorn first in the third week in May. Ewes with lambs are shorn six weeks after lambing, that all takes a few weeks. The rams are shorn last. They are big, heavy and hard work. It takes two men to get one ram prepared, then Eddie and Ben take it in turns to shear. The Kent rams, the Romneys, are big and docile and tend to just sit there. Ben talks to them as he is shearing, to keep them calm. But the texel rams are a different kettle of fish. They are shorter, not so heavy but more solid. Their necks are so muscular that it is difficult to get them in the best position, they do not want to be shorn. Fortunately, Eddie prefers to do the Texels and Ben the Kents.

All shorn wool goes to the British Wool Market Board who sell it on. Historically fortunes were built on wool. Today it barely pays to shear the sheep; it is done more for their welfare.

Shearing over it is just 'lookering', keeping everything going. At the end of July, the shepherds start weaning the lambs off, parting them from the ewes. The Kent ewe lambs – are ear tagged – are kept for replacements. Some of the lambs are fed 'cake' and put in fields to fatten up. Cross bred lambs make a bigger, more solid sheep. Farmers are paid by weight. As the lambs become heavy enough they are sent off to market. Prices vary. The lambs that we sell in August go as store lambs for someone else to fatten up for slaughter. The Tompsetts sell sixty to seventy percent then. As winter comes in there are fewer lambs available and hopefully the price goes up by Christmas and New Year.

August to October is a rest period for the ewes. Ben and Eddie have sorted out the ones to keep, checked teeth and udders; considered lambing troubles, prolapses and a hundred other things. But the Tompsetts must now switch their attention to apple picking. Farming is a busy life.

And the other members of the team are the sheepdogs. Ben prefers the Huntaway, a New Zealand breed. They are good with children. Huntaways are mellow, but energetic working dogs.

Sue Hatt



Rolvenden Parish Council Report



Mark Bawden, Housing Strategy and Partnerships Manager at ABC, has advised that ABC has been exploring all of the options for Monypenny, but that further work is required before they are able to indicate which options are being taken further. Mark Bawden has advised that ABC is committed to trying to minimise the impact on the residents whilst also trying to address the unmet local housing need and that an option to 'do nothing' is definitely being considered.

The annual RoSPA inspection of both playgrounds has taken place and the Parish Council will carry out the necessary remedial works.

Quick update on Local Government Reorganisation. The deadline for the full proposal to be sent to Government is the 28 November 2025. Currently it seems that the Borough Councils are considering a three or four Unitary Council model. Three Unitary Councils would consist of Dartford, Gravesham, Medway and Swale in the north; Sevenoaks, Tonbridge and Malling, Maidstone and Tunbridge Wells in the west; and Ashford, Canterbury, Thanet, Dover and Folkestone and Hythe in the east. Four Unitary Councils would consist of Dartford, Gravesham, Medway in the north; Sevenoaks, Tonbridge and Malling, Tunbridge Wells in the west; and Ashford, Swale, Maidstone and Folkestone and Hythe in the middle and Canterbury Thanet and Dover in the east.

Medway is considering four Unitary Councils but with a different division and KCC is working on a single Unitary with local offices. KPMG, the appointed strategic partner, and the Councils are working closely together to draw up business cases for each of the options. Each Council will then decide which option it supports.

KCC is conducting an 'engagement/consultation' survey on Local Government Reorganisation. If you would like to take part, please use the following link.

Local Government Reorganisation in Kent | Let's Talk Kent

Please do get in touch if you have any questions or suggestions for the Parish Council.

Louise Goldsmith, Parish Clerk,
email: clerk@rolvendenparishcouncil.gov.uk
Tel: 07900 693572



Rolvenden Neighbourhood Watch

November 2025

This month's focus: wildlife and pet crime; catapulting/anti-social behaviour; pet scams and mobile phone theft



Summary & recent incidents

Continue to watch for Wildlife Crime: catapulting, riding of e-scooters on roads/pavements and rural theft. Take photos/videos and report evidence to the police. I spoke at the recent Rolvenden Parish Council meeting regarding a BBC documentary on Catapulting. It is only 26 minutes long and shows the scale of the problem.

This is the link: <https://www.bbc.co.uk/iplayer/episode/m002k6mz/on-the-front-line-catapult-crime-killing-for-fun>

Reminder: to sign these petitions click on the links or type them into a search engine then share with friends/family. **Ban the use of catapults to protect**

wildlife: <https://chng.it/hGgWNX584c> and

<https://you.38degrees.org.uk/petitions/end-catapult-cruelty>

1. Pet's Corner and Associated Scams



Criminals are always looking for ways to scam you out of your hard-earned cash and take advantage of the current cost of living crisis. Pet owners know the costs of vet's bills.

Recently, an urgent warning was issued to pet owners by the UK Government after an owner unknowingly purchased a counterfeit flea treatment online causing the cat to become seriously ill. This prompted the owner to get the product tested and toxic pesticide traces were found. See here for the full story:

<https://www.gov.uk/government/news/urgent-warning-to-pet-owners-as-toxic-chemicals-found-in-fake-flea-treatments>

2. Shopping Safely for Pet Treatments

- Always buy flea treatments from trusted sources
- Be wary of retailers selling prescription only products without asking for your prescription. This is illegal.
- If a deal/offer looks too good to be true, it probably is! If you need advice, contact Citizens Advice on 0808 223 1133.

Please share this with family and friends, especially those who might be more vulnerable to these types of scams to help protect pets.

Mobile phone theft

A mobile phone is stolen every hour in some areas of the UK. Below are top tips to help keep your mobile safer. Our mobile phone's value is more than just



monetary, they contain our personal data, social media accounts, banking details and our treasured photos of our loved ones. Priceless.



1. Stay aware in public spaces. Thieves often target people who are distracted (e.g. texting while walking/standing by bus/train stops). Avoid displaying your phone when standing near open train doors, escalators or while cycling.
2. Keep your phone out of sight in crowded areas like high streets, public transport or outside bars/clubs.
3. Use secure carrying methods.

4. Avoid keeping your phone in back pockets or loosely in your hand. Use a zipped bag or front pocket, ideally with the opening facing inward when in a crowd.
5. Enable security features. Set up a strong PIN, password, fingerprint, or facial recognition. Register your device's IMEI number (by dialling *#06#) with your network provider; this makes it easier to block if stolen.
6. Be cautious at hotspots for theft. Phone theft is common near transport hubs, tourist attractions and busy nightlife areas in UK cities (London, Manchester and Birmingham).
7. Use tracking and backup services. Activate "Find My iPhone" (Apple) or "Find My Device" (Android). Regularly back up important data, so if your phone is stolen, you won't lose personal information.

If your phone is stolen, immediately inform:

- your network provider – phone will be blocked and IMEI number suspended,
- your bank - payment methods like Apple Pay or Google Wallet disabled and banking apps suspended.
- the police - you will need a crime number if you are making an insurance claim.

Reporting crime to the police

- Serious crimes in progress dial 999, other incidents via 101 (phone) online using Live chat: <https://www.kent.police.uk/contact/af/contact-us/>
- Hearing or speech impairments. If you are deaf or have a speech impairment and you've pre-registered with the emergency SMS service, you can use the textphone service: 18000 or text 999.

Siân Reeves Rolvenden Neighbourhood Watch



**Letters to Santa - you can get them In early.-
last posting day is 11th December. Send them to:**

Santa/Father Christmas, Santa's Grotto, Reindeerland XM4 5HQ

DON'T FORGET!! Put a stamp on the envelope so it gets to Santa,
Include your full name and address on the back of the envelope.





Parish Magazine Essential Information:

Articles and supporting photographs: email to judyannvinson@gmail.com. Photos for the cover should be emailed as a jpeg in colour or monochrome to Trevor Lodge on stmaryrolv@aol.com. To keep the cover photos in tune with the month, Trevor likes to keep seasonal photos on hold waiting for the season to come round the following year. Any keen photographers who want to contribute, please send your photos to Trevor.



THE DEADLINE FOR THE DECEMBER/JANUARY ISSUE IS

5:00pm TUESDAY 11TH NOVEMBER. REMINDER -

THIS IS A DOUBLE ISSUE. WE DO NOT PRINT IN JANUARY!!

Note for distributors: ★ Rolvenden Magazines available for collection on Saturday 22nd November. ★ Newenden Magazines available for collection on Sunday 23rd November. The online version will be available from 1st December accessed via the Parish Council websites for Newenden and Rolvenden Parish Councils, for which arrangement we are most grateful. *Judy V*



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email: justineoliver.fhp@gmail.com

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The Great Barn Halden Place, Rolvenden



This magnificent 18th century barn is full of character and rustic charm. Located to the East of the Hole Park Estate amid rolling farmland and orchards, the Great Barn provides the ideal blank canvas in which to create your bespoke wedding.

Registered with KCC for Civil Ceremonies.

www.greatbarnweddings.com

info@greatbarnweddings.com

Hole Park Estate, Rolvenden, Kent

Organisations here to help

EC30, a coffee shop and so much more! For more information email: info@ec30.co.uk, also see www.ec30.co.uk. EC30, Recreation Ground Rd, Tenterden.

Open: Mon- Fri 9am – 4pm; Sat 10am to noon.

The Tenterden Family Foodbank EC30 times as above.

Food boxes for people suddenly in difficulty due to late credit payments, unexpected bills, loss of job etc.

info@themildredtrust.org or info@ec30.co.uk, phone 07745 694748

Emergencies only please call: 07805 840493

Community Fridge

Open in the entrance hall at the Leisure Centre seven days a week during centre opening hours. Community facility everyone welcome to donate surplus perishable food or to collect some. This reduces food waste and food insecurity. Details of acceptable donations are on the fridge: fresh perishable goods that are within the use-by date only. No fresh meat, butchery or fish.

Community Shop

Leisure Centre every Monday, 1.45-2.45pm. Freely available to ANYONE finding it hard to make ends meet. No eligibility criteria. Select groceries to the value of £20 and only pay £6. Cash only.

Old Schoolhouse Larder

Free non-perishable groceries, household and hygiene goods for families with children under the age of 18. Fresh bread, milk and vouchers for fruit and vegetables are often available. Tuesdays at Tenterden Leisure Centre from 5.15-6.15pm and The Family Hub, Recreation Ground Road on Fridays from 9.30-10.30am.

Regular Events

For those living with short-term memory loss and their supporters

- Memory Café and Friends every Friday
Meets every Friday 2 – 4pm at St Andrews Church Hall,
Ashford Road, Tenterden
- Musical Memories meets every Tuesday 10:45am – 12 noon
Highbury Hall, Highbury Lane, Tenterden,
a singing for health group.
- Monthly Lunch Club Meets 4th Wednesday 1:15 for 1:30pm
Groves Restaurant, Tenterden Garden Centre Reading St.

For all 3: Contact Jan Bridger

Tel: 01580 762932 Mob: 07445971791

Tenterden Parkinsons Café Please note that the monthly Parkinson's Support Group meeting is now scheduled in the afternoon between 2:30-4pm every third Monday of the month.

We are still meeting at the EC30 cafe at Tenterden Recreation Ground Road (next to Ivy Court Surgery).

CARM Rolvenden Meeting Point, every second Wednesday 10:00am to noon in Monypenny Lounge, drop in and meet friends old and new.
<https://carmromneymarsh.org.uk/>

Wave Community Bank

We turn borrowers into savers



Why “Start the Conversation” Matters

Money can be personal, emotional, and sometimes difficult to discuss. Many people keep financial worries to themselves. But when we begin to talk — with family, friends, colleagues, or trusted advisors — we open the door to support, insight, and better decision-making.

Opening Hours

**Our phones are open
Mon to Fri 9.30am-1.00pm
and we continue to monitor
emails 9.30am - 4.00pm.**

Contact Us

Phone: 0300 303 3188

Email:

info@wavecb.org.uk

**Wave Community Bank, 39-48 Marsham Street,
Maidstone, Kent, ME14 1HH**

Scan the code to be taken to the Kent
Domestic Abuse support website



There is NO excuse for domestic abuse

If you or someone you know is being physically,
sexually, economically or emotionally abused by
another person, this is domestic abuse.

Victim Support: 0808 16 89 111

If you are in immediate danger,
or suspect someone else is,
call 999

The Samaritans: 0845 79 09 090

Childline: 0800 1111

Mankind: 01823 334 244

domesticabuseservices.org.uk

Please act NOW and call any of these numbers if
you feel unsafe or suspect someone you know may
be at risk of domestic abuse or bullying.



Refuse Collection

Waste food bins, small black with orange lid, are emptied weekly. All other bins, grey, green and brown are emptied fortnightly. To see which of your bins are emptied when type 'Ashford BC Find my bin' into your web browser. You have 2 search tools:

- Grey (household) or Green (recycling)
- Brown (Garden refuse)

You can also download a calendar.

Collection dates do not vary through the year except across the Christmas New Year Holiday season.

Please keep an eye out for neighbours who may not be connected to the web. If neighbours are not getting the bins right have a friendly word and tell them which bins to put out when.

For new arrangements on such things as clothes, shoe and electrical items please see the Ashford BC – How do I dispose of?

- Yellow sacks, where supplied, will be collected weekly
- For all queries about recycling or waste disposal:

On-line, see ABC website: www.ashford.gov.uk/waste

Telephone ABC on Tel 01233 330646

Our parishes lie in the Parliamentary constituency of the Weald of Kent

Our MP is Katie Lam

Email: katie.lam.mp@parliament.uk

Office tel: 01580 388 344

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NEWENDEN PARISH COUNCIL

www.newenden-pc.gov.uk/

Parish Clerk: Mrs Lauren Dobson.

C/o Carpens, Hobbs lane,

Beckley. East Sussex, TN31 6TT

Telephone: 01797 260364

e-mail: enquiries@newenden-pc.gov.uk

Parish Council will meet at 7:00pm

11th November in St Peter's church.

ROLVENDEN PARISH COUNCIL

www.rolvendenparishcouncil.org.uk

Parish Clerk: Mrs Louise Goldsmith,

5 Artisan Road, Headcorn, TN27 9AZ

Telephone: 07900 693572

email:

clerk@rolvendenparishcouncil.gov.uk

Parish Council will meet at

*7:30pm 20th November
in Rolvenden Village Hall.*

*Members of the public have a statutory right to attend
as observers. At the discretion of the Parish Council
Chair people may be invited to speak.*

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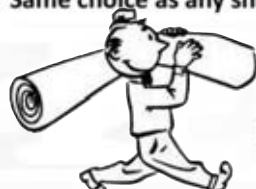
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