

Rolvenden & Newenden *Parish Magazine*

2026
MARCH
ONLINE





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From the Minister's Desk March 2026

Be honest...how well are you doing so far with 'giving something up for Lent'? Are you still chocolate free, biscuit free, Facebook free, swearing free? Or have you managed to slide back into old habits and routines and decided to give up giving up?



It is a challenge to give something up for Lent, but I would like to suggest that all is not lost. There is still well over a month of the season of Lent left, and as we begin March, I would like to offer an alternative.

The month of March begins with St. David's Day. St. David, the patron saint of Wales who fought dragons and is remembered in leeks and daffodils, is believed to have left this world uttering something like this: 'Be joyful, keep the faith, and do the little things that you have heard and seen me do.'

This is such a positive phrase! Aside from the joy it conveys, it talks about doing...rather than giving up. Doing the 'little things' seems to me to be an attractive alternative to not doing. It is also a more outward looking approach to the season of Lent.

Whilst it is important to focus on ourselves and our relationship with God during Lent, perhaps another way to do this is by thinking of others... how we can share more love, kindness, generosity or goodwill. Perhaps this is also a good time to think of someone for whom you are thankful and to use this time to let them know.

In these 'little things' we too can bring joy and be joyful, we can keep the faith, and do the little things that bring some light, love and hope to each other and to the dark and loveless places of the world.

During this time of Lent, I pray that you will take heart from the 'little things' of life and the big differences that we can each make to the people amongst whom we live and work, and love.

Jeanette



From the Registers



Baptism

25th January Wilfrid Jeremy Barham at St Mary the Virgin, Rolvenden

Funeral

9th January Ann Elizabeth Cole at St George's Benenden



St Peter and St Mary Flower Rotas March 2026

Sunday	St Mary	St Peter
Mar 01	LENT	NO FLOWERS IN CHURCH
Mar 08	LENT	NO FLOWERS IN CHURCH
Mar 15	LENT	NO FLOWERS IN CHURCH
Mar 22	LENT	NO FLOWERS IN CHURCH
Mar 29	LENT	NO FLOWERS IN CHURCH
April 05	EASTER FLOWER ARRANGERS	
Contact:	Sylvia Kellett 01580 240463 Sylviakellett@eplusmail.com	Rosie Edmonds 01797 252196 rosie.edmonds@hotmail.com
	Brass Cleaning at St Mary: David Macaulay	

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.



St Mary's has a choir!

The choir, in name only, spent some time withering away but finally when we were down to two we called it a day. That's the way things go.

But, and isn't it wonderful that there can always be a but!

At the Carol Service last December a few people were persuaded to become an ad hoc choir, some from other churches, some former members of our choir. And in the chat afterwards, a new choir of five was born, just like that!

But, that word again, we could really do with more people, especially some men. If you enjoy singing and would like to join us, we will be very pleased to welcome you into the choir stalls whatever your age. We are there to sing the hymns as an encouragement to the rest of the congregation. We do not attempt descants and we have no intention of singing anthems or psalms. We sing hymns and those parts of the service that are traditionally sung. Once a month, after the service, we have a short informal practice of the music that will be coming up in that month. And always after a service there is time for some social chat and coffee. The biscuits are pretty good too.

The choir appears at the 11:00am service every Sunday but - there it is again - we know people have other commitments which will mean they cannot come every Sunday. And that's just fine.

If you are interested, please get in touch. Judy V 01580 241504



The Church of England

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

Sunday 1st March Second Sunday of Lent

8:00am St Mary's Rolvenden
Holy Communion
9.30am St Peter's Newenden
Eucharist
11:00am St Mary's Rolvenden
Celtic Morning Prayer

Saturday 7th March 9am at St Mildred's Tenterden

Celtic Lent: A reflective service for Lent, - followed by an optional breakfast

Sunday 8th March: Third Sunday before Lent

9:30am St Peter's Newenden
Eucharist
11:00am St Mary's Rolvenden
Eucharist
2:00pm St Mary's Churchyard Forest Church
6:00pm St Mildred's Tenterden Service of Healing

Saturday 14th March 9am at St Mildred's Tenterden

Celtic Lent: A reflective service for Lent, - followed by an optional breakfast

Sunday 15th March: Mothering Sunday

9:30 am St Peter's Newenden
Service for Mothering Sunday
11am St Mary's Rolvenden
Service for Mothering Sunday
6:00pm St Mary's Rolvenden Benefice Choral Evensong`

Saturday 21st March 9am at St Mildred's Tenterden

Celtic Lent: A reflective service for Lent, - *Note different time*

Sunday 22nd March Fifth Sunday of Lent

9:30am St Peter's Newenden
Morning Praise
11:00am St Mary's Rolvenden
Celtic Morning Prayer

Saturday 28th March 9am at St Mildred's Tenterden

Celtic Lent: A reflective service for Lent, - followed by an optional breakfast

Sunday 29th March: Palm Sunday

9:30am St Peter's Newenden
Morning Praise
11:00am St Mary's Rolvenden
Eucharist

March 30th / 31st 7:00pm St Mildred's Tenterden, Celtic Lent: A Reflective Service

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 St Mildred's Church Church every
Thursday, both at 10am. 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.*



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Rolvenden Gardening Society's AGM

The AGM of Rolvenden Gardening Society was held on the afternoon of Tuesday, 18th November in Rolvenden Village Hall and attended by forty-one members. We are still in need of a permanent secretary and chairman and so Jan Gambier from the committee gave a report on what has happened over the past year.

The first event was an enlightening talk by Melvin Smith in February on hops and hop picking which was well supported. The 10th May saw our Annual Coffee Morning held on a lovely, sunny day at Jean and Ian Clifton's beautiful garden when a profit of £322 was made for our funds. We ran a successful Garden Safari with the Pre School on 5th July when nine local gardens were opened to the public. HQ was at Monypenny where refreshments and a raffle were available. Many tickets had been sold in advance via the Motor Museum and Framers or were available on the day at Monypenny. £715 profit was made which was then divided between the Pre School and ourselves. The Autumn Meal at the Bull on 25th October was a good evening enjoyed by everyone. In between these events were three successful shows and outings to Leonardslee, RHS Wisley and Kew Gardens.

Jan then spoke about the fact that if we are to continue as a society, we need more committee members from which to elect officers and to help spread the load of running the society. Nine successful events and seven committee meetings were held during the year. We are always appreciative of the help received at these events, but if no more is forthcoming, we will sadly have to close down in a year.

After the treasurer, Trevor Lodge, gave his report, it was the turn of Sue Clout, our Show Secretary, who welcomed everyone to the meeting. She mentioned that the poor weather in March meant numbers of exhibits to the Spring Show were down. These were slightly up for the Summer Show, but the Autumn Show saw 161 exhibits, the most since 2019, despite adverse weather. She commented on the delightful entries from the Pre School for each show and thanked them for their continued support. Sue also thanked those people who regularly helped viz Ashley Bradshaw with the signs, Rita Walters helping



with the labels, Jean and Ian Clifton for doing the raffles, Gill Pooley and Marie Abrahams for doing refreshments, Tony and Marie Abrahams for sorting out the prize winners and Trevor for doing the financial arrangements.

Next came the election of officers. The current committee were happy to continue for now. This was followed by the presentation of cups and shields to the winning members namely:-

Richard Coleman, Bill Burvill, Tony Abrahams, Jean Clifton, Cathy Stern, Ashley Bradshaw, Cynthia Crowley, Gill Pooley, Cindy Norrington and Michael Clout.

The Floral Art Shield was renamed The Maureen Brooks Floral Art Shield in memory of Maureen who was a staunch member but sadly passed away last year. Jan Gambier was the recipient of this trophy. Congratulations to all those who won a trophy during 2025 and final congratulations go to our junior winner of the Judy Baldock Trophy namely Zara Tompsett and from Pre School April, Albert and Otterley.

Graham Tillman gave a short talk about the three trips before showing pictures of the trips, shows and events of 2025 on a newly purchased projector. This slide show was well received. Graham did comment on the rising cost of coach trips but also asked for ideas of future places to visit.

Before we all tucked into tea and cake, the dates for next year's shows were announced. They are:-

- 14th March - Spring Show
- 13th June - Summer Show
- 5th September - Autumn Show.
- AGM - Thursday, 19th November.

Hoping for a successful gardening year for everyone! Please consider joining our committee if you feel able to.

HAPPY GARDENING!

Maralyn Button



Rolvenden Gardening Society Spring Show

Saturday 14th March 2026



Rolvenden Village Hall Doors open at 2.30pm

Prizegiving 4.00pm

Tea, coffee, raffle. All welcome





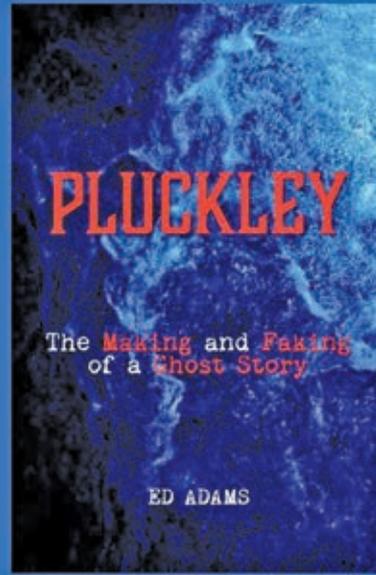
**Friends of St Peter's Church Newenden
First Thursday Talk
12 Noon Thursday 5th March
in St Peter's Church, Newenden**



**Pluckley: the Making and
Faking of a Ghost Story
given by
Ed Adams**

Pluckley, Kent, has been known as The Most Haunted Village in England for as long as anyone today can remember. But what are the historical roots of its many legends? How did the village gain its reputation? And is it truly deserved?

Ed Adams investigates the origins of the stories and traces their development through Pluckley's colourful past and recent history.



Pluckley: The Making and Faking of a Ghost Story has all the twists, intrigues and horrors of any good ghostly tale. Except this one is all true.

The First Thursday talks last for about 45 minutes. Entrance is free but the Friends welcome donations.

And after the talk you might like to have lunch at the White Hart Inn or at Nibbles, booking for both ESSENTIAL.



First Thursday talk on Pluckley

your cooperation is requested

If you are going to lunch in Newenden after the talk, please be aware:

- For Nibbles booking really is essential, by phone 07484 866299 or through the website. But as we go to press, the booking system is showing that they are fully booked on 5th March.
- The White Hart would be very grateful for bookings in advance, 01797252166. And if you have time before the talk, it would be a great help to the chef and his team if you could pop into the pub to choose your meal.

The Friends are part of Newenden Village life. We are delighted to work with the businesses that are also so important to the village. Thank you for your co-operation.

Alan Seal

Gentle Reminder...

The latest Olive Austen Topper in the Layne

At first it will probably make you smile, but take a closer look and discover this is no laughing matter. This colourful 'bag it bin it' reminder is strategically placed near the dog poo bin and adjacent to the Layne playing field which is the last place you should find dog excrement. Unfortunately, there are some dog walkers who are not so careful. The instance of fouling is on the increase.

Olive, we all applaud your effort and hope that your message will be heeded.





Weather and Nature Notes

January ended quite mild and wet and was the second wettest month I have recorded in the last ten years with 208mm, narrowly beaten by September 2024 with 210mm. February started the same way making up for the shortfall of rain last year so that now the hosepipe ban will be lifted. Walking along lanes with any incline sees the journey of rainwater flow from the saturated fields, it trickles into ditches, if they are full or blocked it then follows a path of least resistance steered by the camber of the road. In little roadside channels it races towards lower ground carrying gravel, leaves and other debris. Reaching a swollen tributary, its movement is then organised through channels of increasing volume. Its journey may pass through Potman's Heath which has often been under water this winter which attracts a mix of birds.

As I have passed by Potman's Heath, I have often seen rafts of waterfowl near to the road, however, on the day I was able to go for a quick walk and look properly they were all at a distance that is the limit of my camera zoom. I was pleased to count seven types of duck, widgeon being the most numerous; a couple of pairs of pintail was a nice find that I have rarely seen; the distant photo shows a drake. An assortment of calling geese, ducks, lapwing, gulls and others could all be heard across the water, with only three little egrets, a lonesome coot and mute swan nearer by.

The condition of roads affected by weather is often a topic on news programmes, but maybe we should spare a thought for the struggles of our ancestors, here is an interesting excerpt, a description of High Halden, and the now A28 written in about 1797 from The History and Topographical Survey of the County of Kent by Edward Hasted:



“the turnpike road from Tenterden to Bethersden and Ashford leads through it, which as well as the rest of the roads that throughout it, are hardly passable after any rain, being so miry, that traveller’s horses frequently plunges through them up to the girths of the saddle; and the waggons sinking so deep in the ruts, as to slide along on the nave of the wheels and axle of them.” It then goes on to say: “When the roads become tolerably dry in summer, they are ploughed up and laid in a half circle to dry, the only amendment they ever have. In extreme dry weather in summer, they become exceedingly hard, and by traffic so smooth as seem glazed, like a potter’s vessel, though a single hours rain renders them so slippery, as to be very dangerous to travellers.”

I was recently given some fallow deer antlers; I rather fancied crafting a thumb stick or using them for something creative, but they are rather beautiful and tactile as they are. I know the males cast their antlers each spring but hadn’t really thought any deeper about the biology of them until these prompted my enquiring mind to read up on the subject. There is some very in-depth information available, but the basic points are: Deer are the only mammal to be able to regrow a complete bone structure annually, so this has prompted a lot of scientific research. (Humans can heal a bone but not regrow a whole new one.) The antlers are not just bone but cartilage, skin, nerves and



blood vessels. The new antlers start to regrow as soon as the old ones are shed in about April/May, growth is astonishing up to 2cm a day drawing bone from their skeleton in the process. Whilst in their growing stage they are covered in a skin known as velvet containing blood and nerves providing oxygen and materials for their growth. As the male’s testosterone levels rise, the velvet sheds in about August/September leaving the clean full grown antler before the rut. Fallow deer have palmate (flat) antlers, the first simple

set a young buck grows are known as prickets, each new set become more ornate. Palmation doesn’t usually develop until their third or fourth set, and may take six or seven years before they become the most impressive. In the picture you can see the different earlier stages.

Fallow deer are naturalised, not native deer, the Romans first introduced them from the western Mediterranean, these became extinct after the collapse of the Roman Empire, and in the eleventh century were reintroduced from the eastern Mediterranean. Our populations today originated from escapees from the old deer parks after they fell out of favour and declined.

Hazel Beaney.



Rolvenden Pre-school Report

This term at pre-school the children have been enjoying a different theme each week. We take an idea from the children's current interests and build a role play area around that (a shop, a house, a boat, a hospital etc). Staff then plan activities linked to the theme that the children can engage in across the whole curriculum. This works alongside all the usual daily activities that the children enjoy. We often come up with new ideas as the day unfolds and as the children decide for themselves how to make use of the resources available to them. We make good use of recycled materials such as cardboard boxes, leftover materials including unwanted food items and household items that can be incorporated into play.

If you have anything going spare that could ignite the imaginations of our children, we welcome donations, especially if it is something a little unusual! Examples of items we can use include large boxes, old rolls of wallpaper, bandages (these have a use by date after which they are not guaranteed sterile but are still great for play), vegetables, flowers, cardboard tubes, cable reels, fabric and yarn. The list is as long as your imagination!

We have also been enjoying watching our hyacinth bulbs growing roots and shoots. They are all growing at different speeds, some have longer roots and some have bigger shoots. Each one is unique, just like our children - and it is a privilege to nurture them and watch them grow.

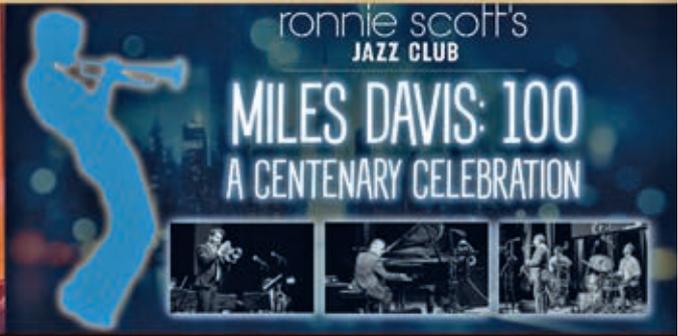
We still have some spaces available for the coming year and would welcome any interested families getting in touch with us and coming for a visit. You can email us at rolvendenps@gmail.com or call us on 07729718181.

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Hot Mess
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Ronnie Scott's Jazz Club
Miles Davis at 100
27 March



Sleeping Beauty
The Ballet
19 April



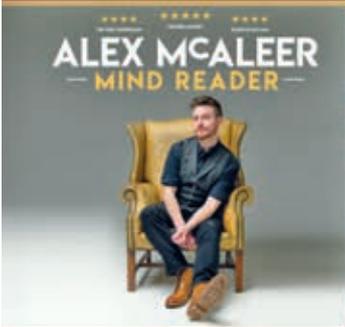
Voces8
24 April



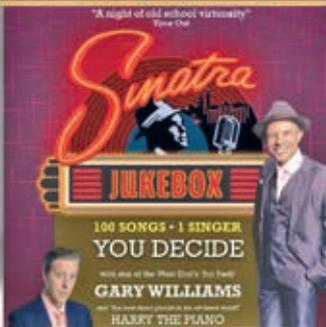
NT Live:
The Audience
26 April



The Bull at Benenden
Music Club
2 May



Alex McAleer
Mind Reader
9 May



The Sinatra Jukebox
30 May



An Evening with
Joe Swift
6 June



Len Phillips
Swing Orchestra
19 June

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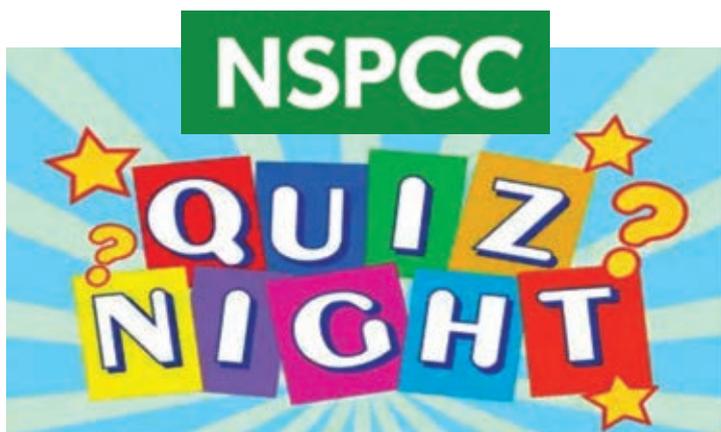
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Gardenscape





The Rolvenden NSPCC Committee invite you to their next Quiz Night which will be held in Rolvenden Village Hall (TN17 4ND) on Saturday 25th, 7pm for a 7.30pm start. We are fortunate to have Peter Garrott as our Quiz Master once again, assisted by his wife, Tina.

Please form teams of up to eight people per table and inform a committee member of your intention to take part. Tickets will be £10 each and can be purchased in advance or on the night and payable either by cash or card. No cheques please! Nibbles will be provided but please bring your own drink and glasses. We will also be holding a raffle.

Please join us for what should be a fun evening while at the same time raising valuable funds for the NSPCC.

Tickets will be available from:-

★ Jenny Field- 01580241736 ★

★ Lin Lodge- 01580240957 ★

★ Glen Andrews -07841527500 ★

★ Maralyn Button - 07851787424 ★

Thank you! See you there Maralyn Button

Hospice Concerts in Sandhurst

These are the proposed plans for the 2026 Hospice season of recitals in Sandhurst...

Leslie Howard, World Liszt Specialist, is planning a programme on: Wednesday, 17th June at 3pm
(Minimum donation £30)

Daniel Grimwood will be here for the garden party on Saturday, 25th July at 3pm

The Dutch pianist, Florian Verweij, has asked to return on Wednesday, 9th September

Programmes will be confirmed closer to the dates.

For further information contact Gillian Davis in April.

Gillian Davis 01580 850384





FOOD, GLORIOUS FOOD!

Eggs



Eggs are one of the most ancient and universally eaten foods in human history. They are found in nearly every culture and cuisine. They have served as symbols of life, nourishment and renewal while providing a good source of nutrition.

From the foraging of early humans to modern farming, eggs have kept their importance due to their accessibility, versatility and nutritional value.

The eating of eggs predates recorded history. Long before the domestication of animals, humans gathered wild birds' eggs as a seasonal food source. There is archaeological evidence that suggests humans were eating eggs as early as 7500 BC, especially in parts of Southeast Asia. These practices were the start of the domestication of egg laying birds, most notably the chicken which was first domesticated from the red junglefowl around 7000 years ago. Initially chickens were more valued for ritual purposes, cockfighting, and their symbolic significance rather than their eggs. Over time selective breeding increased egg production making chickens a good food source.

As the trade routes expanded, the domesticated chicken spread to India, the Middle East, Africa and Europe bringing egg consumption with them.

Eggs were widely appreciated in ancient civilisations. The Egyptians used eggs in cooking as well as in religious rituals, associating them with the cycle of life and rebirth. In Europe during the Middle Ages eggs became especially important during times when meat was restricted, although some religious fasting rules sometimes limited eggs as well.



Eggs have an exceptional nutritious profile. They are thought of as a complete protein, meaning they contain the nine essential amino acids needed by our bodies. A single egg provides high quality protein that supports muscle growth, tissue repair and cellular function.

As well as containing protein, eggs are a rich source of essential vitamins and minerals, namely Vitamins A,D,E and B12 as well riboflavin, folate, iron, selenium, phosphorus and choline. They also contain Vitamin D which is quite rare in foods.

Over the years eggs have been quite controversial over their cholesterol content. However, modern nutritional research shows that dietary cholesterol from eggs has a limited effect on blood cholesterol levels for most people. Now, they are recognised as a nutrient rich food that can support heart health as part of a balanced diet. Their availability, affordability and nutritional content make them invaluable in addressing food insecurity and malnutrition worldwide.

Eggs have a unique place in culinary traditions of different cultures often prepared in ways that reflect local tastes, resources and beliefs. They also hold symbolic meanings across cultures. In many societies, eggs represent fertility, renewal and new life. This symbolism is evident in religious celebrations such as Easter eggs in Christian tradition. In some cultures eggs are given to pregnant women or new mothers as a symbol of strength and nourishment. When I had my first child, I was given a small box with three things in for my daughter, an egg for health, a coin for wealth and some salt for wisdom, protection and a good life.



From their origins as a foraged food to their role in the modern world today as a global dietary staple they are part of human history. They provide exceptional nutritional value, affordability, and their culinary versatility have ensured they have survived over time and geographically.

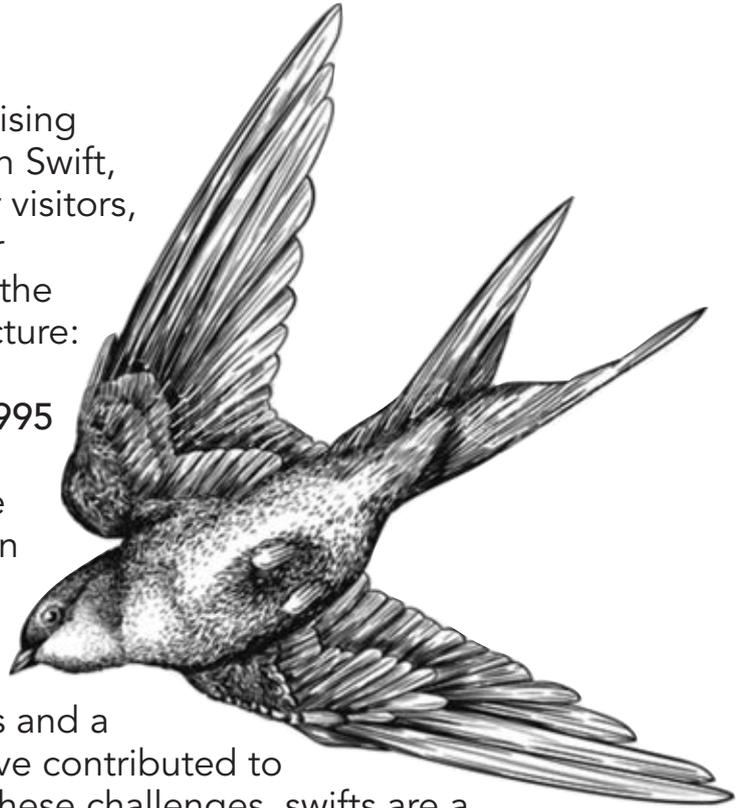
Cultural differences in how eggs are prepared and received reflect broader social values, beliefs and environmental conditions. Whether they are boiled, fried, baked, or preserved, eggs nourish billions of people while symbolising life, continuity and sustenance. Their lasting presence in kitchens and cultures worldwide underlines their importance in history and everyday lives.

Lavinia



Give Swifts a Home

High Weald Swifts is dedicated to raising awareness of the incredible Common Swift, one of our most remarkable summer visitors, by encouraging action to boost their numbers locally. Sadly, surveys from the Weald reflect a worrying national picture: swift populations in the UK have declined by around **66% between 1995 and 2023**. The Common Swift has joined Sparrows and Starlings on the UK's Red List of Birds of Conservation Concern.



Swifts are in serious trouble - and they need our help. Climate

change, declining insect populations and a shortage of suitable nesting sites have contributed to their dramatic decline. Yet, despite these challenges, swifts are a species we can help. By offering them just a small corner of our homes to nest in, we can play a vital role in their survival.

A life on the wing. Every year, swifts make an extraordinary 3,500-mile journey from Africa, arriving in the UK in late April. Their sole purpose here is to nest and raise their young before returning south in early August. Swifts are unique: they only land to nest. For the remaining nine months of the year, they eat, sleep and even mate on the wing. Once young swifts leave the nest, they won't touch down again until they are ready to breed at around three years old.



A housing shortage. Swifts are faithful to traditional nest sites, often using small gaps under roof tiles, behind soffits or within brickwork, often without homeowners ever realising they are there. Modern buildings are well sealed, while older houses are renovated and gaps closed, leaving swifts homeless. As long-

lived birds, they may have used the same site for decades. They are quiet, clean, discreet neighbours.

The good news is that swifts readily adopt specially designed nest boxes and bricks. With the addition of a simple call system that plays recorded swift calls, new nesting sites can be successfully established. There are many box options available to suit different buildings and budgets. Visit www.highwealdswifts.co.uk to see some of our recommendations.

Serve up some insects. Swifts feed exclusively on insects, which is why they



migrate to warmer regions of Africa during winter. When they return in late April, they rely on a plentiful supply to survive and raise their young. A single swift can eat up to **20,000 insects a day**.

You can help by making your outdoor space insect friendly. Planting wildflowers is one of the most effective actions you can take. Most importantly, avoid harmful insecticides and embrace organic gardening, which supports a healthy, balanced ecosystem.

Let's celebrate swifts and give them a home to return to each year.

Cheryl Mason

Trustee, High Weald Swifts

High Weald Swifts - our aims

- Provide advice on installing swift boxes and bricks
- Carry out swift surveys during the breeding season
- Give talks to local groups
- Attend local events to educate and inform
- Encourage developers to include swift nesting provision

www.highwealdswifts.co.uk

Follow us on Facebook: High Weald Swift Conservation

Registered Charity Number: 1204521

Summer Parking in the Selmes Field

The Selmes Trust is getting ready to open the Selmes field for parking at weekends and bank holidays, subject to the state of the field.

Following last year's pattern, the arrangement will start on 23rd May, the Spring Bank Holiday weekend, and run to the end of August, or possibly early September, dependent on when the sheep are to come and graze the meadow and the field.

The arrangement relies on a team of volunteers taking turns in unlocking and locking the gates. There also needs to be producer of the rota which is circulated by email or WhatsApp.

We believe Newenden residents benefit from the reduction in parked cars in Lossenham Lane during the holiday season. The question is are there any residents who will volunteer to help with the locking/unlocking? And is there someone willing to manage the rota?

Please contact:

Judy Vinson or Hugh Edmonds





Yoga for Everyone

Whether you are a complete beginner or have practised yoga before, in full health or managing some challenges, I would love to welcome you to my new classes in Rolvenden and Tenterden.

Originally based in Surrey, and having relocated to Rolvenden Layne, I am delighted to introduce my yoga classes to Kent. Offering dynamic yet gentle vinyasa yoga, my classes are designed to build strength, flexibility and inner calm while remaining accessible to all levels, from complete beginners to experienced practitioners.



Vinyasa yoga is often described as a flowing practice, where movement and breath are seamlessly linked. In my classes, each sequence unfolds with intention and grace, with carefully designed flows that gently elevate the heart rate, strengthen the body and encourage mobility, while always allowing space to slow down and soften. The emphasis is not on perfection or performance, but on awareness, presence and personal growth.

I spent time studying in India, deepening my understanding of yoga beyond the physical postures, so my classes are grounded in Indian Tradition. Influenced by classical teachings and the philosophy of practices such as Hatha Yoga, my classes weave together mindful movement, breathwork (pranayama) and moments of stillness. This holistic approach honours yoga as more than exercise – it is a practice for the whole self.

My teaching style is warm and encouraging, to create a supportive environment where everyone feels comfortable to explore at their own pace. Options and variations are always offered, empowering students to adapt the practice to their own needs. My classes close with a nourishing relaxation, leaving you feeling balanced, grounded and refreshed.

Whether you are seeking to increase strength, improve flexibility, manage stress, or simply carve out time for yourself, these classes offer a space to reset and restore.

All you need is a mat and some comfy clothes to get started.

I would love to hear from you, so you can find me at:

tracey@plumnutrition.co.uk

www.plumnutrition.co.uk

@plumnutritionandyoga (Instagram)

Or call me on 07876 232948

Tracey



Yoga for Everyone - Group Classes

Tenterden Pavilion – Monday 09:15-10:15 (starting 20th April)

Rolvenden Village Hall – Friday 09:15-10:15 (starting 24th April)

Donation

£12 per class – your first class is free!

One-to-one sessions

If you have an injury or would like one-on-one guidance, you can book a private class with me in the comfort of your home.

Open the Book in action



Open the Book is an exciting storytelling project, through which Bible stories are shared with children in a way that is fun, interactive and memorable. In St Mary's we have a team of seven who once a month act out a Bible story to the entire school. The children play an active part, providing 'extras' when needed or all joining in from their pews, much in the pantomime tradition of 'Behind you!'

Here from the February session are some of the team in action, a tense moment in the story of The Wisdom of Solomon. We liked to think that the children went away wiser!

Judy V



Tenterden Drama Presents

Rodgers & Hammersteins

Oklahoma!

SPONSORED BY



18-21 March 2026

Smarden Charter Hall

SPONSORED BY



ROBOWATCH



SELF STORAGE

Group Discounts Available
ticketsource.co.uk/todsproductions



Rolvenden History Group

Friday, 6 March 2026

Bodiam Dig: the Road to 100

A talk about the archaeological excavations at Bodiam by
Nathalie Cohen, National Trust Archaeologist for the South-East



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 Parish Council Report



You are no doubt aware that thousands of people across Kent and Sussex were left without running water for days, local volunteers stepped up where South East Water failed horribly.

Ofwat has launched a formal investigation into South East Water, and the Chief Executive is due to be recalled to the House of Commons Environment, Food and Rural Affairs Select Committee.

Katie Lam MP wants to make sure that Ofwat and Parliament know about your actual experiences, not just the South East Water version. She has sent a survey asking about any issues people might have had with their water to every household across the Weald of Kent and she will submit all the responses as evidence to both Ofwat and Parliament. Katie Lam MP is keen to hear from you, so please do complete the survey.

Here is a link to the survey: [Katie Lam MP Water Survey | PaperSurvey.io](https://papersurvey.io/Katie-Lam-MP-Water-Survey)

As reported last month the Thoburn Land Trust is a charity and has been registered onto the Register of Charities with the Registered Charity Number 1216472. The Parish Council is hopeful that this status will assist with obtaining grants to install new fencing and enhance this beautiful space.

Date for the Diary: Our Annual Parish Meeting is due to be held on Thursday, 16 April 2026 at 7.30pm in the village hall.

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 or call 07900 693572.

I	T	P
A	E	L
Y	T	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.



Notes on Newenden Wildflower Meadow

March 2026



Firstly, a date to put in your diary! Brian Banks, an environmental consultant with many years experience, is coming to St. Peter's Church, Newenden on Friday 13th March 2026, at 7pm to give a talk 'Nature Recovery in Northiam'.

Brian has been involved in our efforts to restore wildflowers to our meadow in the Selmes Field, Newenden for several years, giving valuable help and

advice and taking part in our first field walk with Ralph Hobbs, in May 2023, when they pointed out many flowers, butterflies, beetles and other insects to a group of fascinated villagers, explaining life cycles, feeding and breeding habits which enthralled everyone.

Brian is working on fields in Northiam, to bring them back to their natural state, and we are delighted that he is coming to tell us how the work is going and to share his ideas and expertise.

Over the winter months, we have been planning action for the meadow this year. At the moment it is constantly flooded. As soon as the water drains away, we have another bout of torrential rain and it fills again. There are a few Mallard ducks who love it and gulls too. Recently we had a Little Egret there finding food in the flood margins. This has become a regular sight in the last few years when there is water in the field. Luckily the wildflower plants that grow there are not affected as long as the water doesn't stay too long.

In the autumn we strimmed four patches at the western end of the meadow area, and sowed a mixture of yellow rattle, and both annual and perennial native wildflowers. Some may have washed away in the water pouring off the lane, but I'm sure that some will germinate and grow in the spring. We are looking forward to seeing if we have succeeded.

in the spring we will find areas where there are still no plants other than grass, and will strim and then lay down black plastic under tarpaulins held down by tent pegs. These will stay in place until July, when we take them up and prepare for green hay from Great Dixter and sowing of wildflower seeds that will germinate and overwinter and flower during 2027. We will take up the tarpaulin and plastic covers at our Summer Meadow Event on Saturday, 11th July, when we are likely to see grass snakes, slow worms and field voles briefly as they move away for the safety of the undergrowth. More details about the summer event will be shared nearer the time.

in the meantime we will be tackling thistles and docks whenever we can. They are much easier to remove in spring when the ground is still soft. There are bees and beetles and other insects that thrive on these two plants, but they can easily overcome the field, so we try to keep them down to a reasonable level.

Jillian Eldridge



Rolvenden Neighbourhood Plan Consultation Event



Over the weekend of the 14th and 15th of February an informal consultation event was held in Rolvenden Village Hall. The purpose of the event was to check with residents that the work we've done so far on your behalf reflects your wishes for the future of the Village.

The event was well received, particularly the informative presentations given by our planning consultant, Alison Eardley. Our next task will be to collate and consider the feedback forms that were completed over the weekend to see if any changes need to be made before the Draft Plan goes off to Ashford Borough Council for screening, later in the spring.

My thanks to my fellow steering committee members for all their hard work so far and for their help at the consultation event. And thank you to the residents that came along over the weekend to support the event and give us valuable feedback.

If you missed the event at the weekend, it is not too late to have a look at the Plan and give your feedback. It will be on display in the church from 25th of February and through March with feedback forms available for your comments.

Denise Curtain Postscript

Amongst the information on the revised policies for the NDP was this colourful display of posters produced by the School as part of their engagement with the Dark Skies policy.

First and second prizes were awarded for each of the three classes who participated. Denise Curtain and Judy Vinson for the steering committee were asked to identify the winners.



Full story and the results in next month's magazine.



ANNUAL LITTER PICK

ROLVENDEN
COMMUNITY

Seeking Volunteers to divide into teams and attempt to cover every road in the Parish.

Please bring gloves and a tabard or Hi-Viz jacket and a litter picker if you have one.

Some jackets and litter pickers are available to lend.



SATURDAY

7th March

From 09.00 - 11.00

MEET AT THE BULL

9:00am

Free coffee and
bacon rolls
kindly offered for
volunteers at The
Star from 11am.

Or pre-arrange to work direct from your home on a section of verge near your home.

Unfortunately the Litter Pick is unsuitable for pets or children.

Sign up or learn more from Edward Barham
edwardbarham@holepark.com 07976 241794



Brickwall Music & Arts Society

Since 1967, Brickwall Music & Arts Society has been offering excellent live classical performances, without the need to travel for miles! We hold five concerts a year at Northiam, in the glorious music room of the 400-year-old Brickwall House, home to Frewen College.

We host both experienced and up-and-coming artists (giving the latter a platform for wider exposure) and in recent years have presented Melvyn Tan, Alessandro Taverna and the Allegri and Villiers Quartets. Each season brings a fresh new programme and a unique opportunity to experience quality recitals locally.

Where are our concerts held?

Concerts are held at Brickwall House, Northiam, TN31 6NL (off the B2088), with kind permission of Frewen College. There is free parking with disabled access (and toilets) on site.

When are our concerts held?

There are five concerts per season (usually held from August to April) on Friday evenings, starting at 7.30 p.m. Please see our website brickwallmusic.org.uk for details of performers and concert dates. Refreshments are available at all concerts but we are only able to accept cash.

Tickets and Membership

Annual membership is currently £100 per person for five concerts, representing a considerable saving over the individual concert ticket price of £23. To enquire about becoming a member, please email our Treasurer in the first instance: treasurer@brickwallmusic.org.uk

Non-members are very welcome to attend concerts but should contact us in advance at enquiries@brickwallmusic.org.uk to confirm ticket availability. Similarly, we ask members to let us know if they are unable to attend concerts so that we can sell individual tickets to room capacity.



Dear Readers,

Please pour yourself a favourite beverage and prepare for a long read.

I have in mind two readers, one who counts themselves a member of the church in Rolvenden, and one who lives in the village, maybe calls St Mary's their church but whose lifestyle does not include Sunday services.

There is a problem looming. Put your credit cards away. I am not launching an appeal for money for the roof. This is a different appeal, calling for a response some may find difficult. See it as a wake-up call.

Let's start with the basics. The church is that large, ancient, building at the end of the High Street. The Church is the people who come together in that building and who sometimes call themselves the body of Christ. That was St Paul's idea, teaching the first Christians in Corinth, 50 – 55CE. He was explaining how this diverse group of individuals were united in their following Jesus Christ.*

Those first Christians would come together on the first day of the week, to praise God, to hear holy words, to pray, to nurture and comfort one another, to share. Thus resourced, strengthened, reminded by the love of God, they went out into the world and showed their neighbours, through friendship and practical support, what it meant to love your neighbour as yourself.

People wondered what made new-fangled Christians so kind, helpful, hopeful. They liked what they saw and wanted to know more. They came along to the weekly gatherings and the numbers grew.

Skipping two thousand years let's jump to Rolvenden 2026. It is no longer a given that a majority of people in this country know their Bible, understand something of Christian faith, feel confident entering a church. We've been drifting to this point for decades for all sorts of reasons. But this is reality.

We live in a world where it appears all the values and understandings that have regulated global behaviour are no longer working. We can see the environment is in trouble. It is not surprising that there is plenty of despair and fear around. The theory that 'Someone will fix it' just does not work anymore.

Paradoxically, we are interested in improving our mental and spiritual well-being, with this or that diet, exotic juice, yoga, mindfulness, even dropping into church to find the peace and prayerfulness embedded in the very stones.

There is good news if you dig for it. There is still kindness, generosity, sharing of wealth and resources, dedicated work to mend the damage in the world. And there is still the story of God's love and purpose for his creation, for everyone, including you and me. We have all this and a building acting as a beacon of hope to the village.

And yet. last Sunday from my seat in the choir in St Mary's I saw a church full,





full of empty pews, with four scattered people. We have 48 names on the church electoral roll. Surely, we can expect half of them will turn up for church on a Sunday, twenty-four rather than the eight who came.

How on earth can we expect to offer a meaningful, effective welcome to anyone coming to see what we Christians might have to offer as encouragement and hope? It needs an engaged, enthusiastic committed group who exude energy, goodwill and welcome. People who are confident about being in church, standing up to sing, sitting down to pray. People who become the model for anyone who drops in.

I am told we need to introduce new services that will appeal to younger people. I agree, but I firmly believe that needs to follow the rejuvenation of our local manifestation of the body of Christ.

That means we have to increase the number of worshippers at our Sunday services. That upward trend starts with the 'paid up' members of the Church. Whether you like the service on a particular Sunday or loath it, if you care about the future of the local church, you need to turn up and join in. Are there Sundays when you routinely stay away? If you answer 'yes', please take time to look at the pattern of your church attendance. There will be days when you are genuinely required to be somewhere else, but what about the Sundays when you could come?

We are not going to reverse the downward slide to the inevitable closure of the church, no matter how healthy the bank balance, unless we restore the number of people attending services, living out being the body of Christ, ready to welcome people who come to see what we have to offer. Think of it as anticipated love of neighbour.

What can I say to the second reader, the neighbour who is just wondering if this God business might be able to help right now. From personal experience I can say please do come and see. Amazing things can happen. But right now, please will you take us as you find us. We are a work in progress, just like you.

Judy V

**The story of Paul and those first Christians is told in The Acts of the Apostles. These are words filleted from Chapter 12 of Paul's first letter to the Corinthians: If the foot should say, "Because I am not a hand, I do not belong to the body," that would not make it any less a part of the body. If the whole body were an ear, where would be the sense of smell? But as it is, God arranged the members in the body, each one of them, as he chose. Here are many parts, yet one body. If one member suffers, all suffer together; if one member is honoured, all rejoice together. Now you are the body of Christ and individually members of it.*

Got any questions? I'm happy to talk over a cup of coffee.





Rolvenden Neighbourhood Watch

March 2026

Our focus this month is on:

'What to do if someone with dementia goes missing, safe online dating, ticket scams and Community Engagement in Tenterden



Summary & recent incidents

Continue to watch for crime: catapulting, vandalism, riding of e-scooters on roads/pavements, break-in attempts and theft. Take photos/videos and report evidence to the police.

The Police Surgery was held at Rolvenden Village market 19 February 2026

1. What to do if someone with dementia goes missing

The Herbert Protocol



If you care for someone with dementia, either in a care home or in their own home, the Herbert Protocol is a simple form that records important details such as routines, background and places they may visit. Having this information ready can save vital time if they go missing.

You can find out more and complete a Herbert Protocol form here:

<https://www.kent.police.uk/advice/advice-and-information/missing-person/missing-persons/vulnerable-people-at-risk-of-going-missing/dementia-missing-risk-herbert-protocol/>

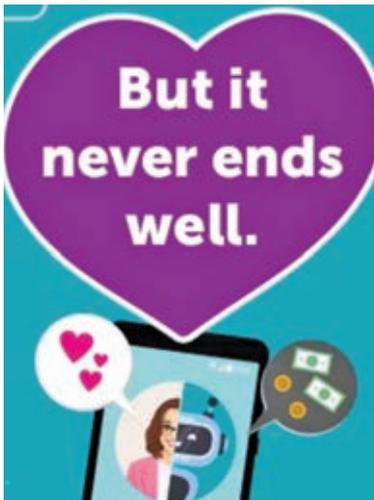
If you discover someone is missing:

- Check around the house or home first, including the garden and any outbuildings
- If you do not find them, call 999 immediately
- Please don't worry — you will not be criticised for calling the police if you are concerned about someone's safety

When you call, let Kent Police know if you have a **Herbert Protocol** profile available. They can collect a copy from you directly, or contact **Safe and Found Online**: <https://safeandfoundonline.co.uk/> to have it sent to Kent Police, helping officers begin the search as quickly as possible.

2. Safe online dating and ticket scams

According to recent research, more than one in four people say they or someone they know have been approached by an AI chatbot posing as a real person on a dating app or social media. Even if AI isn't involved, it's still easy to get taken in by a scam if you're really keen to start a new relationship. Whether you're trying online dating for the first time or a regular, take time to read the *Get Safe Online* safe online dating top tips:



<https://www.getsafeonline.org/romancescams/>

If you're looking to buy resale tickets to an event, try the *Get Safe Online*: new Safe Ticket Buyer Tools page launched by their Get Safe Online ticket expert, Nick Howe - it has easy to use tools to check if the online tickets you're buying are legitimate or not before you commit.

<https://www.getsafeonline.org/safeticketbuyertools/>

Finally, if you work or volunteer with children you may be interested in a new Cyber Trauma course now offered by one of the Get Safe Online experts, Dr Cath Knibbs. She's a highly experienced child

psychotherapist and cyber trauma expert and you can learn more about this here: <https://www.childrenandtech.co.uk/cybertrauma-certificate-course-2026>

3. Community Engagement in Tenterden

Dan Edge (Kent Police Sergeant, Ashford District) joined **Matthew Scott, Kent Police and Crime Commissioner**, while on foot patrol in Tenterden recently, a valuable opportunity to discuss the key issues affecting Tenterden and the surrounding villages, along with the ongoing work being carried out locally by **Ashford Community Safety Unit** to address these concerns.

If you have been a victim of scams

Contact your Bank immediately by calling 159 and report it to Action Fraud at www.actionfraud.police.uk or call 0300 123 2040. For further information about Fraud, visit: <https://www.kent.police.uk/advice/advice-and-information/fa/fraud/>. You will also find valuable information from the Home Office at: Stop! Think Fraud - How to stay safe from scams:

<https://stopthinkfraud.campaign.gov.uk/>

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

Kent Police's Rural Task Force offer the rural community free property marking, on metal, plastic and leather. This can all be done at the farm or area where the equipment is stored and is designed to identify owners should an item be recovered by police. If you are interested in having property marked free of charge please email rural.task.force@kent.police.uk



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 APRIL ISSUE IS
5:00PM TUESDAY 17TH MARCH.**

Note for distributors: ☆ Rolvenden Magazines available for collection on Saturday 28th March. ☆ Newenden Magazines available for collection on Saturday 28th March.

The online version will be available from 1st April 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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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/>

TENTERDEN MUSICAL MEMORIES

Highbury Hall
Highbury Lane, Tenterden
Every Tuesday, 10.45am-12 noon



Come and sing! Not only will it be good fun, but singing is scientifically proven to promote good health and a feel-good factor. Refreshments will be provided

FOR FURTHER INFORMATION

janetpbridger@icloud.com

Jan Bridger

01580 762932

07445 971791

Every Friday: Memory Cafe

Every Tuesday: Musical Memories

Wed: Monthly lunch

More than books to borrow



Library activities

- Baby Rhyme Time and Storytime on Tues 10am - 10:30am (term time)
- Creative Writing Group on Tues. 2pm – 4pm (term time)
- History Detectives Local History Group on Wednesday 2pm - 4pm (booking essential)
- Tea & Chat on Thursday 10:30am - 11:30am
- Reading Group meets monthly second Saturday, first meeting 10:30am – 11:30am and then 11:45am - 12:45pm
- IT Buddy help is available; please book with library
- Support for those setting up a Reading Groups

Other Services

- Free bookable public computers and Wi-Fi for your own device
- A4 B&W and colour printer
- A3 & A4 B&W and colour photocopier
- We accept completed ENTCS bus pass applications
- Meeting room for hire, please email library
- UK Online Centre ID 5110 access to the internet and help using it
- Registration Service – births and deaths. Call ~03000 41 51 51 to book appointment
- Santander Bank Thursday 9:30am – 1pm walk-in, 2pm – 5pm appointments

Telephone: 03000 41 31 31

E-mail: tenterdenlibrary@kent.gov.uk

<https://www.kent.gov.uk/leisure-and-community/libraries>

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

Website: <https://www.katieforkent.com/>

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

10th March '26 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 19th March '26

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.

The White Hart, Newenden



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