

# Rolvenden & Newenden *Parish Magazine*

2026  
JUNE  
ONLINE





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# Parishes of Rolvenden and Newenden

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## From the Minister's Desk

In the Bible, the number forty generally stands for a time of trial, testing or probation.

For example, Noah's flood lasted forty days and nights; Moses fasted forty days on Mount Sinai; the spies explored Canaan for forty days; Goliath taunted Israel for forty days and Jesus fasted in the wilderness for forty days.

Forty years too, is significant: it was the amount of time that Israel wandered in the wilderness; the land had rest under the Judges for forty-year periods; Moses' life was divided into three forty-year segments.

Forty years is also the length of time for which our Team Rector, Lindsay, has been ordained. I am not sure if he would class this as a time of 'trial, testing or probation', but it is fair to say that it is a significant amount of time to have been in ministry!

If the time that we in this benefice have been a part of his ministry is anything to go by, then it has been forty years of selfless and unstinting service to God and the local community, carried out with good spirit and a willingness to faithfully serve, day in, day out.

It has been a ministry of blessing to regular congregations; a ministry of compassion to those celebrating a birth or a marriage and those in the confusion of grief; a ministry of fellowship to those walking anew the path of faith. It has been a ministry of support to the local community, and his colleagues in the diocese; a ministry of nurture to the local schools.

All this is done in a self-effacing manner and with genuine humility – and when appropriate a jolly good sense of humour!

Please do join with friends, family and parishioners and colleagues past and present to give thanks for all that Lindsay has done in his ministry over our special celebration weekend.

The weekend will start in the belfry of St. Mildred's, when the bellringers will show their appreciation through ringing – one of Lindsay's own pastimes. We then have three key events that you are welcome to attend. These all take place at St. Mildred's in Tenterden:

- Saturday, 20th June at 6-9 pm: an evening social event
- Sunday, 21st June at 10am: Benefice Eucharist with Bishop Rose as preacher and Lindsay as celebrant.
- Sunday, 21st June at 6pm: Songs of Praise. Conclude the celebrations with a selection of hymns and music chosen by Lindsay.

I look forward to seeing you at one of our celebration events.

*Jeanette*

(Team Vicar)





**And a prayer of thanksgiving for Lindsay's ministry**

God our Father, we thank you for Lindsay's ministry and his tireless dedication to walk in the footsteps of Jesus for the good of others.

We thank you for every life touched or changed and every door of faith opened.

Be with Lindsay now as he celebrates forty years of ordained ministry.

May he continue to know your love and grace, showing it in all he says and does. May he never forget that you are the one who calls and gives us all we need to live a life of faithful dedication to you. Amen.

**St Peter and St Mary Flower Rotas June 2026**

**Sunday**

June 07

June 14

June 21

June 28

**Contact:**

**St Mary**

Denise C

Denise C

Jenny F

Jenny F

Sylvia Kellet

01580 240463

Sylviakellett@eplusmail.com

Brass Cleaning at St Mary: Peter K

St. Peter's Church: Normally open between 10.00 and 5.00pm.

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 Peter**

Caroline Anderson Jones

Caroline Anderson Jones

Hazel Mahoney Masters

Rosie Edmonds

Rosie Edmonds

01797 252196

rosie.edmonds@hotmail.com

❖ From the Registers ❖



**Interment of Ashes**

22nd April Margaret Jenner at St Mary's

**The Readers' Survey 2026 - Progress Report**

If you completed the survey in the May issue - THANK YOU!

More are needed to give a meaningful representation of the Mag's readership.

So, the deadline is extended to Wednesday 1st July and it would be great to hear from a few younger readers. 80% of responses received so far are from the 65+ age group.

Whether you read a paper copy or go online, you can use the link below. If you prefer to work with pen and paper, there are spare copies of the survey in both churches.

Judy V

Link: <https://forms.gle/ZqrtKALjC4dWfnxF9>



# The Church of England

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

## Sunday 7th June First Sunday after Trinity

	8:00am St Mary's Rolvenden Holy Communion
9:30am St Peter's Newenden Eucharist	11:00am St Mary's Rolvenden Celtic Morning Praise

## Sunday 14th June Second Sunday after Trinity

9:30am St Peter's Newenden Eucharist	11am St Mary's Rolvenden Eucharist
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*6pm St Peter's Newenden Taizé Service*

## Celebration of Rev'd Lindsay's 40 years of Ministry There will be no other services across the Benefice

10:00am St Mildred's Tenterden  
Benefice Eucharist (will be live streamed)  
*6:00pm Benefice Songs of Praise St Mildred's*

## Sunday 28th June St Peter and St Paul

9:30 am St Peter's Newenden Morning Praise	11:00am St Mary's Rolvenden Eucharist
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### 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 at 10.00am  
in St Michael's Church every Wednesday and in

St Mildred's every Thursday. The service will  
last about twenty-five minutes.

St Mildred's, Tenterden Online services,  
will be found at YouTube and also can be  
accessed through our free daily bulletin,  
**Connect Up!**

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website, [www.tentroxchurches.co.uk](http://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.***





# u3a Pub walk in Rolvenden

*Monday 6th July 2026*

This circular walk of between four to five miles for u3a members, plus those considering joining, will start at 10am from the Bull Public House, Regent Street, Rolvenden TN17 4PB, where cars can be parked for those attending the lunch. The walk will be across fields and woods on the South - facing slopes, with 2 stiles, passing Frensham Manor, Wesley House and Great Maytham.

The contact for the walk is Margaret Hewett who can be contacted on [mhewett37@gmail.com](mailto:mhewett37@gmail.com) or 07779 821105.



*Please confirm attendance and menu choices from the website to Margaret by the 26th June 2026.*

## Attention all Readers

If you read the printed magazine... and your magazine is delivered to you, now is the season for the collection of subscriptions. You will have found an envelope stapled to the front of your mag with all you need to know.

*However you choose to pay, thank you from the Mag Team*

### **Polite request to our Online Readers...**

We do not have the sophisticated programming to add a paywall and we like the idea of free access to the online version anywhere in the world, but we make an annual request to the online readership. Please show your appreciation with a donation towards the work of this church.

### **Here's how:**

- Account: PCC of St Mary the Virgin Rolvenden – CAF Bank
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*Thank you from Rolvenden PCC*

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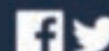
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## Rolvenden Primary School

On 29th of April, Rolvenden Primary School staged its art exhibition. It was brilliant. When this next occurs, please make a note in your diary as the exhibition showcased the amazing work that the children have done, and the inventiveness and ambition of the curriculum in this area.

What was on show were artworks by each class. The foil sculptures made by the children of Oak class were energetic, carefully crafted in the style of Molly Williams. They leave an abiding memory of human form where the figures were posed in acrobatic and balletic poses. Each sculpture was made of a single piece of foil and then decorated.

The African masks were colourful and embellished with ornament, some found ornamentation – seashells. The clay ridges provided character and expression hinting at the ritual connection of masks and their animal inspiration – the horns and ears. It was fabulous. How do I know this information? My guides – students and teachers - and the notes and books that provided the research background of the projects which were on display.

Willow's Dark Skies Collage was beautiful, a symphony of night colours using as inspiration nature and van Gogh's Starry Night. The animals were so beautifully drawn. A work that the children are rightly proud of.

The Magic Lantern workshop on Paolo Ucello's St George and the Dragon which involved explaining the symbolism and the geometry behind the painting led to exciting art works where the children applied the theories and the



geometry to their own work when interpreting the Minotaur myth. A great cross-curricular exercise.

Further exciting art was the draughtsmanship displayed in response to Stephen Wiltshire's cityscapes. Breathtaking clarity of image and precise pen skills with fine liners were in evidence.

There was so much more and I am left wishing that a catalogue had been produced so that I could reflect upon the experience further. This was an evening well spent. I enjoyed it even more than I enjoyed my visit to see the Wright of Derby Exhibition at the National Gallery.

*Thank you, Rolvenden Primary School, for a wonderful, mind stretching experience.*

*Sue Hatt*



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## Early result from the Readers' Survey

One suggestion for topics that came up several times was local walks. Here are some possible ways of tackling this request:

- Individuals might be happy to write up a favourite walk.
- A group, whether friends who walk together regularly or a more formal walking group, might share information about a route.
- Someone might be prepared to write up a series of particular local walks, as an occasional column.

If you fit into any of the above, or have some other ideas, please do get in touch with me to talk it through.

*Judy V [judyannvinson@gmail.com](mailto:judyannvinson@gmail.com)*





## Rolvenden Pre-School News



The pre-school garden is looking so much better now, thanks to the hard work of our staff and local

community heroes. Special thanks go to Steve Bryant for donating, delivering and spreading the play bark in our woodland area, to Gardenscape for donating the play sand for our lovely new sand pit and to Danny Holding of DH Roofing and Property Maintenance Ltd for fixing up the playhouse roof and donating the wood paint for the house and garden.

We still have lots of woodwork to paint in the garden, so if anybody would like to volunteer for the job, we can provide the materials if you can provide the labour!

The children are getting lots of use out of the garden resources and it is a pleasure to see their imaginations at work as they play, explore and learn together. Our next step is to introduce some large-scale outdoor construction kits for them to enable group building projects.

If anybody is looking for a pre-school place for their child, we are now accepting applications for September. Please contact us to arrange a visit. We will also be hosting an open morning in June for all new starters and their families - keep an eye on our Facebook page @rolvendenpreschool for details nearer the time.

*You can contact us by email at [rolvendenps@gmail.com](mailto:rolvendenps@gmail.com) or call 07729718181*

## Newenden Meadow Summer Event

Saturday July 11th 1.00 to 4.00pm

Walks and Talks on the wildflowers growing in the field. we hope to see grass snakes, slow worms and maybe voles  
Insect Drawing Competition for children  
Refreshments and Raffle.





# Rolvenden and District Gardening Society

**Summer Show - Saturday, 13th June**

**Rolvenden Village, Hall Doors open 2.30pm**

**Prizegiving 4.00pm**

It would be lovely to see you for our second show of the year. We have vegetables, fruit, sweet peas, roses and many more flowers.

There is also a cookery and a children's section.

Why not join us for a cup of tea/coffee (or two!) with biscuits, chat with old friends and new, and sit back and enjoy our raffle - always fun.

Everyone is welcome - see you there.

If you can't make this show, our next is Saturday 5th September. Same place, same time with an Autumn theme. A date for your diary!

*Sue Clout, Show Secretary*



## Rolvenden Gardening Society Visit

We have a few spare seats on the coach to visit Borde Hill Gardens, Haywards Heath and the 30th Anniversary Celebrations of its Rose Garden showing over 750 David Austen Roses with one hundred different varieties.

This will be on Tuesday, 23rd June leaving Rolvenden Village Hall at 8.40am arriving back about 5.30 pm.

*The cost will be £29.00 per person.*

*If you are interested, please contact Graham Button on 07754763567 or [grabutton@aol.com](mailto:grabutton@aol.com).*



## Weather and Nature Notes

The countryside and gardens certainly look lush and beautiful; May has to be the best month to see England at its verdant and floral best before the summer heat builds and the new freshness is lost. To sustain all this beauty we soon need some good rain as April only produced a measly 8mm. All the extra sunshine and warmth has really brought on flowers in the garden with many blooming earlier, whilst the bluebell spectacle has faded before I had a chance to properly appreciate it. There is a general trend for spring to happen earlier and if I take the wisteria plants at Maytham as an example, in the last ten or so years I have noticed a shift in the peak flowering by around ten days, and this year they are earlier.

I can hear the young of starlings and sparrows calling from their nests, with few aphids and with the ground getting dry and hard it must be increasingly difficult for the parents, but I see them keep flying past doing their best. A pair of blackbirds in my garden have been finishing off last year's cotoneaster berries and have now moved on to the ripening Mahonia berries, probably to fuel themselves but maybe to supplement the young birds' diet too. They are making the most of them as they visit frequently and are totally unperturbed by my presence.

Shortly after submitting the last article where I wrote that I am listening out for nightingales amongst other birds, I heard one at Maytham early one morning in mid-April, which is when they normally begin to arrive. It sang for a



short while then must have moved on, I then heard another further over about a week later. I don't know whether it could be the same one or a different one. Females migrate during the night, which is why males sing then to attract them. Once they find a mate, they usually stop nocturnal singing, but may still sing at dawn and dusk, and any still singing well into June will be unpaired males still searching for a female. I had some optimism that I may hear one this year as the regrowth in the old, felled conifer plantation is starting to establish and getting the feeling of becoming a more diverse and interesting habitat for various wildlife including nightingales to investigate. It is developing plenty of ground cover and a few bramble thickets providing plenty of safe nesting sites for various birds and protection for young trees that are shooting up. Nightingales are associated with woodland but they look for thick scrub. Whilst working in the garden, I can hear varied birdsong from there, and at mid-day on the 6th a cuckoo announced its arrival loudly for a short while, which was a treat as usually if I hear one at all in the parish, I am normally straining to hear them in the distance. At the time of writing, I have yet to see a swift though, but fingers crossed they are on their way.

The photo shows greater stitchwort, this grows along hedgerows and banks here and there providing a sprinkle of dainty white flowers in April and May. When the seed pods are ripe they make an audible pop and fling the seeds out as their method of dispersal. As children we rather enjoyed the satisfying "pop" if you squeezed a full seed pod between your fingers, a simple pleasure that in the plastic age has been replaced by bubble wrap. On a walk recently I came across some flowers and transported myself back a few decades to a simpler time with a single "pop" of a pod.

*Hazel Beaney*





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**Rolvenden History Group**

Friday, 5 June 2026

## **The Walls Have Tongues**

Many of our medieval churches are covered with graffiti. The marks range from clumsy, hand-drawn shapes to images of mythical creatures to elegant geometric designs. This talk looks at some of the most fascinating graffiti, considers what our forebears may have wanted to achieve and tells you how to find these mysterious markings yourself.



Sue Flipping has surveyed dozens of churches as part of a nationwide project to record graffiti. Through this project, we hope to make sense of the mix of religious belief, folklore and terror that drove our ancestors.

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://therolvendehistorygroup.wordpress.com/>



# FOOD, GLORIOUS FOOD!

## Mulberries



The mulberry is one of the oldest cultivated fruits, its history is a mix of agriculture, mythology, trade, and industry. They have been valued for thousands of years not only for their fruit, which is nutritious, but also for their leaves, which are essential for the production of silk.

They can be traced back to Asia, in particular China, where they were domesticated as early as 3000 BC. The white mulberry, which is native to China, became one of the most important developments in ancient history, sericulture, the farming of silk.

According to Chinese legend, silk was discovered by Empress Leizu, wife of the Yellow Emperor, when a silkworm cocoon fell into her tea and unravelled into a delicate thread. This discovery led to the cultivation of mulberry trees, as silkworms feed almost exclusively on their leaves. For centuries, China guarded the secrets of silk production, making mulberries a highly valued crop.

From China, mulberries spread along trade routes, particularly the Silk Road, to Central Asia, the Middle East and eventually Europe.

The black mulberry, believed to be native to Western Asia, became popular in ancient Persia and later in Greece and Rome. The Romans associated mulberries with patience, due to the tree being one of the last to leaf in spring, so avoiding frost damage, this led to it being linked to wisdom and caution.

Mulberries are steeped in cultural and mythological traditions. In Greek mythology, the fruit is linked to the tragic story of Pyramus and Thisbe, two lovers whose blood, according to legend, stained the originally



white mulberries red, giving us the darker varieties we have today. This inspired many literary works including Shakespeare's *Romeo and Juliet*. In many cultures mulberries symbolise transformation, resilience and the passage of time.

During the Middle Ages, mulberries were cultivated across Europe, especially Italy and France where silk production became an important industry. Cultivation was encouraged by the planting of mulberry trees to reduce reliance on imported silk. In England, King James 1 attempted to establish a silk industry in the seventeenth century by promoting mulberry planting. Unfortunately, he encouraged the planting of black mulberries instead of white which are more suited to silkworms, and so the attempt failed. However, many of the trees planted still survive, some becoming historical landmarks.

As well as their historical significance, mulberries are valued for their culinary uses. The berries which can be red, white or black - depending on the species - are rich in vitamins, minerals and antioxidants. They are used in a variety of dishes, including pies, jams, jellies, wines and syrups. You can use them as you would blackberries. In parts of the Middle East and Central Asia, they dry the fruits and eat them as a snack.



Mulberries are also used in traditional medicine. In Chinese herbal medicine, different parts of the tree are used to treat various ailments. The fruit is believed to nourish the blood and improve circulation, while the leaves are used to regulate blood sugar and support respiratory health. The bark and roots are used for anti-inflammatory and anti-microbial properties. Modern research has begun to support some of these traditional uses.

In recent times mulberries have been called a "superfood", thanks to their nutritional profile. They are rich in vitamins C and K, iron, dietary fibre and their antioxidants, this has led to an increased interest in mulberry based supplements including teas and health foods.

Mulberry wood is also valued for its durability and flexibility. It is used in furniture making, musical instruments and tools.

*Lavinia*



# Journeys

## A Journey through Southern India part 1

We have recently returned from an epic adventure through India, four and a half thousand kilometres in twenty-five days – it would be wrong to call it a holiday since that implies something leisurely and relaxing which this trip certainly was not. But it was fascinating, crammed full of new experiences, a bit scary at times and exhausting (most days 35c and humid).

This was not our first trip to India. Having visited six years ago on a classic “Golden Triangle” tour which we loved so much, we vowed to come back to see more. The India we saw then was very different from the India we saw this time. India is projected to be the fastest-growing major economy in 2026 with a projected growth rate around 6.2%, driven by strong domestic demand, technological advancements and infrastructure investment, all of which were apparent on our travels, even in more remote areas.



*The evening prayer ceremony “Ganga Aarti”.*

Major road, rail and even cableway building was everywhere, with a distinct lack of any consideration for health and safety it seemed. If a section of road was being widened or re-surfaced, just make a detour through the nearest field. Steel fixers would be welding fifty foot off the ground, no safety equipment of any sort, just balancing there in bare feet. Construction material stockpiles and heavy plant mingled with traffic on the existing roads, no need for any road closures, just swerve round it.

The only road closure we did experience was on a steep single track mountain road as we ascended through the Western Ghats (think episode of “The World’s Most Dangerous Roads”). One side of the road was rock face, the other a sheer drop off with no crash barrier and continuous hairpin bends that our bus had to make two or three shunts to get around. We all sat there wondering what happens now – no prospect of doing a three point turn.



Imagine our surprise when the driver calmly started reversing back the way he had come, until eventually he found a gap that he could do a three point turn in.

Volumes of traffic had increased since our first visit, strangely not so much cars but scooters and tuk-tuks. It seems there is no limit to what can be transported on a scooter – we saw a goat strapped to the side of one, one where the pillion passenger was holding two big sheets of glass between him and the driver, and one with a family of 6 on it, new born baby in a scarf tied between the handlebars, Dad driving and with the only crash helmet, then three other children and Mum behind him, some children facing backwards to get them to fit more snugly together. Despite the traffic volume and chaotic nature of the driving everywhere we didn't see one accident during our whole trip.

As an add-on prior to joining the group tour we went to Varanasi, a religious capital of Hinduism and the oldest living city in India. On the first evening we attended, along with an estimated forty-two thousand pilgrims, the Pooja prayer ceremony of Ganga Aarti. This ceremony takes place on the ghats of the River Ganges 364 evenings of the year and anyone who has a flat roof, balcony or even just a concrete ledge overlooking the river will rent it out to tourists and pilgrims as a vantage point. The ceremony lasts around ninety minutes and is an assault on all of your senses – the full moon rising over the Ganges, the colours and scent of the thousands of flower petals and garlands decorating the seven prayer platforms, the intense smell of the incense and the smoke from the burning sambrani stems, the sounds of conch shells being blown, bells being rung and the rhythmic clapping and chanting from priests and worshippers. Whatever your beliefs, it was impossible not to be moved by the experience.

The next morning we were up at 5am to take a small boat out onto the Ganges to witness life along the river, bathing rituals, laundry ghats and funeral pyres (from a respectful distance). The cremations take place twenty-four hours a day and around two hundred happen every day. Women are not allowed to attend as their wailing will distress the departing spirit. The pyres are lit by the eldest male relative, usually a son, who must first shave his head, a practice that has given rise to a great many makeshift "barbers shops" in the alleys behind the funeral ground. The constant supply of wood required is also big business with every form of transport being used to bring in wood, for which suppliers are paid for by weight.

*Denise Curtain*



*Joyful Brahmin at Kapaleeswarer Temple in Chennai*



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# Food Supplements for Parkinson's Disease and other Neurodegenerative Disorders.

This is the third of a series of articles on health issues. I hope you find them interesting and helpful. I have Parkinson's disease, a neurodegenerative disorder, which includes dementia, multiple sclerosis, Huntington's disease and other progressive disorder of the nervous system.

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

In this article, I will discuss the use of dietary supplements for Parkinson's disease and other neurodegenerative disorders. A supplement is a vitamin, mineral or plant extract taken in addition to a normal medication regime or diet, with the aim of providing medical and health benefits. A survey conducted by Laurie Mischley in 2021 of 1,053 individuals with Parkinson's disease (PD) showed that 89.9% of participants reported taking at least one supplement.

Although dietary supplements can be important for people who have a deficiency, I must emphasize the importance of a well-balanced diet containing protein, carbohydrates, fats, minerals, vitamins and water. All the supplements listed below can be found in the food we eat. I advise you to look up the food groups from which these supplements are derived.

The rest of the article is divided into supplements grouped according to their function and usefulness for brain health.

## **Help with brain function - Vitamin B1(thiamine) and Vitamin B3 (niacin)**

These water-soluble vitamins are vital for maintaining a healthy nervous system, providing energy and facilitating the functioning of nerve cells.

These vitamins are taken in high doses to alleviate symptoms and improve functioning in a Person with Parkinson's (PwP). Caution must therefore be taken, as overdosing may affect kidney function.

## **Vitamin B12**

This vitamin is essential for the normal functioning of red blood cells and nerve cells. A lack of B12 can result in low energy levels and poor cognitive ability, such as memory and concentration.

Research in 2020 has shown that PwP frequently have low levels of B12, necessitating regular injections and/or oral supplements to boost levels (Fletcher, 2022)

## **Omega 3**

This is a fatty acid essential for the functioning and growth of nerve cells. It also has anti-inflammatory and anti-oxidant properties. Several research studies have demonstrated an improvement of motor symptoms in PwP; Ciulla et al's (2019) review of research on Omega 3 indicated that co-supplementation with vitamin E improves symptoms of PD and slows its progression.

## **Antioxidative and Neuro-protective Properties**

All human cell metabolic processes produce free radicals, which are harmful to the body if allowed to accumulate. Antioxidants play an important role in scavenging free radicals.



### **Vitamin C (ascorbic acid)**

This water-soluble vitamin is present in many fruit and vegetables. It aids brain function due to its antioxidative properties and plays a neuro-protective role, by mitigating inflammatory processes. A recent study demonstrates the role of vitamin C and E in reducing the risk of PD (Ganguly et al., 2021).

### **Vitamin E (tocopherol)**

This fat-soluble vitamin is absorbed along with fats in our diet. It is also a powerful antioxidant. Unlike water-soluble vitamins, fat-soluble vitamins can be stored in the body, making it easy to accumulate them. Past research on this vitamin has shown conflicting results; some studies indicate that vitamin E may slow the progression of PD, while others have not shown evidence of benefits. More research is therefore needed.

### **Green Tea**

Green tea is derived from the leaves of the *Camellia sinensis*, which originate from China. It is believed to have preventative properties against cancer, diabetes, cardiovascular diseases and neuro-degenerative diseases.

Green tea is rich in flavonoids, and several researchers have demonstrated its ability to reduce oxidative stress in cells by scavenging free radicals (antioxidative property). Studies have also shown that green tea has the potential to lower the risk of developing PD (Ciulla, 2019).

NB: Other food with antioxidative properties include: red wine, dark chocolate, berries, citrus fruit, ginkgo biloba

### **Anti Inflammatory Properties**

#### **Curcumin (Turmeric)**

Turmeric is extracted from the rhizome of the *Curcuma longa* plant, native to Asia. It is a powerful anti-inflammatory and anti-oxidative agent that mitigates mitochondrial dysfunction. Several recent research studies have confirmed curcumin's neuro-protective properties in PD. A suggested intake of curcumin is 160mg/Kg/day; despite the high dosage, it has a good safety profile and minimal reported toxicity (Nebrisi, 2021).

#### **Cinnamon**

Similar to curcumin, cinnamon has anti-inflammatory, antioxidant and anti-microbial properties. Little research has been conducted on the effects of cinnamon on the nervous system, as most findings focus on its positive effects on the cardiovascular and gastrointestinal systems (Shen, 2012).

### **Mitochondrial Rescue**

#### **Coenzyme Q10 (Ubiquinone)**

CoQ10 occurs naturally inside the cells of the body. It helps produce energy within the mitochondria of each cell, particularly in the high energy consuming brain cells. In PD mouse models, oral supplementation of CoQ10 reduces the loss of dopamine and has neuro-protective effects.

Although several clinical studies had demonstrated the safety and tolerability of CoQ10 in humans with PD, there is insufficient evidence regarding its clinical benefits, and additional trials are required (Ciulla, 2019).

#### **Carroll Siu**

*Ed: if you would like to follow up Carroll's sources, please email me and I will send you the original article.judyannvinson@gmail.com*



# St. Mary's Flower Festival

Meeting with the flower arrangers:

Saturday June 6th 10am in church to discover what our theme is for this year! Look forward to seeing you.

Art, Crafts and Cards in the Hall

We plan to have some tables where creatives can sell their work. If you would like to have a table for 1-3 days please contact Jan 01580 243086 for details.

*Thank you, Sylvia*



## Coming to Biddenden - a Celebration of the Summer Solstice in Style with Flair and Bloomsburys



In enthusiastic collaboration with Biddenden Flair and continuing a legacy of engagement with the arts, and a solid reputation for world class music from rising and creatively inspiring artists, Bloomsburys is delighted to host a stylishly curated afternoon and night to remember on 20th June 2026 in the elegant Cactus Room.

From 2pm-5pm Samantha Baines, actress, presenter and comedienne, will be in though - provoking conversation with Alice Vincent, best - selling author and former music journalist.

The Jazz Quartet will then accompany a sumptuous, vintage high tea. Supper can be enjoyed in the newly opened onsite Roots café before the evening entertainment begins with a bar at

6.30pm. The magnificent headline artist is Billie Marten, accompanied in an acoustic set by Flyte. Supporting them is the artist with a sublime voice, Yoshika Colwell.

In this National Year of Reading and the 'Go All In' campaign, profits will be donated to Biddenden Community Library.

### TICKETS

- For 'Tea, Jazz and Conversation': £28
  - For 'An Evening with Flair at Bloomsburys': £25
  - Tickets to include both afternoon and evening sessions: £45
- Tickets will be on sale from 1st April, and can be reserved by contacting Jo on [info@biddendenflair.co.uk](mailto:info@biddendenflair.co.uk)





## Rolvenden Parish Council Report



The Government's consultation on Local Government Re-organisation for Kent and Medway closed on the 26th March 2026. The Government will be announcing its decision by the summer, (now expected to be on or before the 16th July 2026), on the number of Shadow Unitary Authorities. Elections for the new Shadow Unitary Authorities are expected to take place in May 2027 and are expected to take over the provision of

services in April 2028.

We are pleased to note that ABC are finally repairing all the low-level railings around Sparkeswood and we would like to thank Ward Member, Guy Pullen, for all his help with this.

The next Parish Council Meeting will be held on Thursday, 18th June 2026 at 7.30pm in the village hall.

*As always 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](mailto:clerk@rolvendenparishcouncil.gov.uk) or call 07900 693572.*

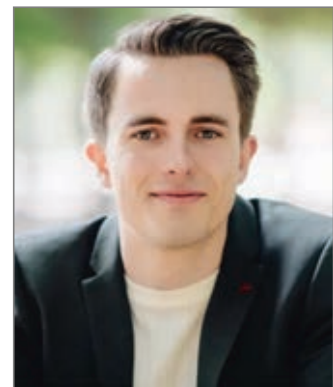
## 18th Annual Hospice in the Weald Musical Events in Sandhurst

The first recital is a special Liszt programme by the world-famous specialist, Leslie Howard.

There will also be a Henselt duet performed with Florian Verweij. This is an extra recital on Wednesday, June 17th @ 3pm and there are still a few tickets available. To book, please call 01580 850384 or drop an envelope with cash or cheque through my letter box. Minimum donation for this first extra recital is £30 - This is a special gift from Leslie Howard to raise even more for Hospice in the Weald!

*The next concert gives us Daniel Grimwood playing for the Garden Party recital on Saturday, July 25th at 3pm.*

*Please call Gillian to book your tickets.*



*Florian Verweij*



# The Annual NSPCC Quiz



It was a great evening with much head scratching, lots of arguments and plenty of laughter. We have to say a huge thank you to Peter and Tina Garrott who set the questions and kept us in order. The total raised for the NSPCC was £1,145 which included money from the raffle and a generous load of logs donated by Steve Bryant.

And now, it is with some sadness that we have decided our days of having an NSPCC Committee in Rolvenden have come to an end. I have records going back to the 1950s when money was raised from house-to-house collections. In 1956 the total was £21, twelve shillings and nine pence. Over the years

our little village has raised thousands of pounds for the NSPCC. Many will remember the very popular Ploughman's Lunch when we persuaded some incredible speakers to come along and talk to us for a plate of bread and cheese! Since the 1950s many people have been part of the committee and we must say a big thank you to those who are still alive.

The reasons for stopping are mainly that life today has changed. The way money is raised for charities is different. Gone is the interest in coffee mornings and other small events that we have tried. Maybe fresh blood would have new ideas but it seems difficult to find people who have the time and enthusiasm to devote to this work.

The NSPCC is a wonderful charity and does amazing work looking after children in need. Clearly those who wish to support it can donate at any time. Finally, I would like to thank everyone who has supported our fund-raising events over so many years.

*Jenny Field*

Y	F	H
U	O	L
E	L	P

## 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.



# Farewell to the NSPCC Quiz

## – and What Follows?

My first reaction to Jenny Field's article was sadness – the end of a regular event, of one more reliable bit of my reality. A few moments of reflection and I found myself imagining the regret and even guilt that the members of the NSPCC team must have felt as they made the decision to call it a day.

The first thing to say is a heartfelt 'Thank You' for all that time and energy expended over the years bringing pleasure and a glow of satisfaction to successive waves of quizzers. It was always a fun evening, with elements of challenge and, the odd moment of

tension on a table when two answers were offered. There was quiet satisfaction in knowing we were supporting a worthwhile cause. We will miss your contribution to Village Life.

The second thing is the team's desire to take one more chance of publicising the vital work of the NSPCC. I was asked to put a poster into the Mag with details of the Society's work across Kent. Here you have the framework. To print the full poster would have meant reducing the size, rendering the details unreadable. The next best thing is to display the poster as widely as possible and the team ask you to take time to read it when you see it. Maybe another team will come together and find a way of continuing the support for NSPCC?

And the final thing to say is that every event organised by a team of volunteers which creates an opportunity for the community to come together is a vital part of something called Community Capital. It is about a strong, resilient, caring, sharing fun community that has good vibes, a place where people want to live. And the demise of the NSPCC Quiz is one more loss to Rolvenden's Community Capital.

Do we care? What might we do to reverse the trend? Where might the conversations start?

Would it be an idea to have a Community Volunteer Board, something physical, digital or both where people could flag up a need, share the inklings of ideas, find like-minded enthusiasts, join together as a group of volunteers for a particular task?

Or have you got other ideas for a Volunteer Search? Please get in touch. Let's see where we might go!

*Judy V*





# Katie Lam MP's Weald of Kent Awards 2026



One of the things I love most about being the MP for the Weald of Kent is that it genuinely is one of the most special places in the country. Our farms, village shops, pubs and cafés, growers and producers are some of the best in Britain, and I'll always do whatever I can to support them.

That's why I'm so pleased to open the nominations for the Weald of Kent Awards 2026, my annual celebration of the very best of our corner of Kent. There are five categories: Local Hero of the Year; Independent Shop of the Year; Local Business

of the Year; Farmer, Grower or Producer of the Year; and Pub, Café or Restaurant of the Year.

The awards recognise everyone from individuals and community groups who go above and beyond, to the businesses, pubs, cafés and producers that make the Weald such a special place to live in.

Across the Weald, there are so many people and groups who work quietly and tirelessly to hold our villages and parishes together. Alongside them are brilliant businesses that work around the clock and which stand out as some of the best in Britain, even when the pressures on them have never been greater.

Last year, we received more than one hundred nominations and over one thousand of you cast your votes. I'd love to beat that this year. There's so much to be proud of in the Weald, and I'd love for more of the people who make the Weald what it is to get the recognition that they deserve.

So, if there's a local business that's gone the extra mile, a farm that grows particularly delicious fruit, or a community hero that deserves recognition, please do nominate them. You can do so at [www.katieforkent.com/weald-of-kent-awards](http://www.katieforkent.com/weald-of-kent-awards) and nominations close on 13th July at 5pm with voting to begin shortly after.

Let's use this as a chance to celebrate everything that makes the Weald so special, and the people and businesses who help keep it that way.

*Katie Lam*

---

## The Bear Necessities and more in Rolvenden Churchyard

**Saturday 18th July**

Whether your young or young at heart bring your bear(s)  
and prepare to have fun.

Come and help St Mary's raise money for Bees for Development -  
a charity that will appeal to all the bears for certain.





# Rolvenden Neighbourhood Watch

June 2026

## Our focus this month is on:

- Police and licensed premises working together to keep Tenterden safe including 'Ask for Angela', and what to do if you don't feel safe,
- Scam alert, doorstep criminals!
- Charity Collections – Advice to the Public
- Crime prevention tips

## Summary & recent incidents

Watch for crime: anti-social behaviour including: catapulting, vandalism, riding of e-scooters on roads/pavements, break-in attempts; theft from properties, shops and cars; buying of vapes underage, and non-local vehicles parked. Ball-bearings from catapults have been found, some in Glebe Field shared driveway/pavements. I have alerted the residents there to report any incidents. Parents should discourage children from carrying/using catapults. Take photos/videos and report evidence to the police.

## Police and licensed premises working together to keep Tenterden safe including 'Ask for Angela', what to do if you don't feel safe.



**Licensing checks:** Officers from the Ashford Neighbourhood Team carried out evening foot patrols in Tenterden where a number of licensed premises were visited to conduct spontaneous licensing checks.

These visits help to maintain public safety by ensuring premises are complying with their licensing conditions, while also providing an

opportunity to identify and address concerns at an early stage before they escalate. They also support strong working relationships between the police and license holders, encouraging open communication, information sharing and joint problem-solving around crime, disorder and safeguarding.

During the visits, officers highlighted the 'Ask for Angela' scheme – an important initiative designed to support anyone who feels unsafe, threatened or uncomfortable while inside a licensed venue. By discreetly asking staff for Angela, individuals can signal that they need help. Trained staff can then provide support, arrange a safe exit, or contact the police where necessary. All licensed premises engaged positively with the checks and the police look forward to continuing to work closely with local venues to keep Tenterden safe.

## Scam alert! Doorstep criminals!

There have been reports of criminals going door to door in Kent offering poor



quality roofing, garden and/or plumbing work and intimidating residents into overpaying. This could happen in Rolvenden too. Do NOT engage with cold callers. Legitimate traders don't turn up uninvited. Telephone if someone comes to your door or you see suspicious people going door-to-door, report it: CrimeStoppers (100% anonymous): 0800 555 111 or <https://loom.ly/es89zdQ>. If they refuse to leave or act aggressively, call 999.

For advice: Citizens Advice: 0808 223 1133

**Need work done?** Use safe local traders from KCC Trading Standards Checked: <https://loom.ly/CASm6xA>. Please warn vulnerable friends, neighbours and family.

**If you have been a victim of scams** contact your Bank immediately by calling 159 For further information about Fraud: <https://www.reportfraud.police.uk/> to report fraud and cybercrime or paste the link into your browser. This website has replaced Action 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/>

### **Charity Collections – Advice to the Public**

Local beat officers and Neighbourhood Task Force PCSOs were recently patrolling Tenterden when alerted by members of the public to a group approaching people for cash donations, claiming to be collecting money for veterans. Enquiries were carried out in partnership with **Licensing at Ashford Borough Council**. It was established that the group **did not have permission to collect money and they were not operating as a legitimate charity**.

Residents should be cautious when approached by individuals asking for cash donations on the street. Genuine charities will be able to clearly prove who they are and will have the appropriate permissions in place. If you are unsure or have concerns: **Please do not donate**.

In an emergency, always call **999**. Your information could help protect others and prevent people from being misled. **Crime prevention tips:**

<https://www.kent.police.uk/cp/crime-prevention/> **Reporting crime to the police:** Serious crimes in progress dial 999, other incidents via 101 (phone) or online using Live chat: <https://www.kent.police.uk/contact/af/contact-us/>

### **Hearing or speech impairments.**

If you are deaf/have a speech impairment/you've pre-registered with the emergency SMS service, you can use the textphone service: 18000 or text 999.

### **Siân Reeves Rolvenden Neighbourhood Watch**



**Dingleden Gardens Weekend...** was brilliant and raised the fantastic sums of £1700 for St. George's Benenden, Restore, Renew, Rejoice project; and £1140 for the charity Sign Health. Thank you to everyone who made it happen, and to all who came from far and wide, thank you so much for coming to see us.

*Sylvia Kellett*



# 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 JULY ISSUE IS  
5:00PM TUESDAY 16TH JUNE.**

**Note for distributors: ☆ Rolvenden Magazines available for collection on Saturday 27th June. ☆ Newenden Magazines available for collection on Sunday 28th June.**

The online version will be available from 1st July 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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### **Help with Food and Household Items**

Food boxes are available for people suddenly in difficulty due to late credit payments, unexpected bills, loss of job, etc from the Mildred trust, info at the MildredTrust contact details: info@mildredtrust, phone 07745 694748 or call the Social Prescribing Team at Ivy Court surgery if you are registered as a patient there.

### **The Old School House Larder**

Here we provide 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.

You can make one visit per week to one of the venues:

**Tenterden Leisure Centre:** Tuesdays Fortnightly 5.15-6.15pm; 2nd and 16th June  
**Tenterden Family Hub:** Fridays Weekly 9-10am

### **Community shop**

Open to all, you pay £6 for £20 worth of items, please bring cash and shopping bags. We are upstairs in the Tenterden leisure Centre, Tuesdays fortnightly 5:15 to 6:15 pm, 9th and 23rd June.

### **Community fridge and freezer.**

These are open to anyone to share or take food, including surplus food from supermarkets, local businesses, producers, households and gardens. Located intended and Centre entrance Hall, available seven days a week during centre opening hours.

### **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, 12:30 for 1pm  
The Little Silver Hotel, St Michaels  
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).

### **Help with Food and Household Items**

Food boxes are available for people suddenly in difficulty due to late credit payments, unexpected bills, loss of job, etc from the Mildred trust, info at the Mildredtrust.org , phone 07745 694748, or for emergencies only 07805 840493. Or call the Social Prescribing Team at Ivy Court surgery if you are registered as a patient

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: 116 123

Childline: 0800 1111

Mankind: 0808 800 1170

[domesticabuseservices.org.uk](http://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.

**VS** VICTIM  
SUPPORT

SAMARITANS

ChildLine  
0800 1111

ManKind  
Initiative



# 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](mailto: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](http://www.ashford.gov.uk/waste)

Telephone ABC on Tel 01233 330646

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

Our MP is Katie Lam

Email: [katie.lam.mp@parliament.uk](mailto:katie.lam.mp@parliament.uk)

Office tel: 01580 388 344

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

### **NEWENDEN PARISH COUNCIL**

[www.newenden-pc.gov.uk/](http://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](mailto:enquiries@newenden-pc.gov.uk)

*Parish Council July meeting,  
date TBA*

### **ROLVENDEN PARISH COUNCIL**

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

Parish Clerk: Mrs Louise Goldsmith,

5 Artisan Road, Headcorn, TN27 9AZ

Telephone: 07900 693572

email:

[clerk@rolvendenparishcouncil.gov.uk](mailto:clerk@rolvendenparishcouncil.gov.uk)

*Parish Council meeting June 18th  
at 7.30pm in the 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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