

THE VOICE

February 2024



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Thank You.

Many thanks to everyone who knitted sheep.
The little shepherds at our Christmas Eve Crib Service
brought them all to see the baby Jesus.



Springtime Supper Quiz

Saturday 24 February

**Supper served at 7.00pm
followed by quiz**



**Tickets £15.00
from Julie 01732 885437
Booking Essential**

Licensed Bar
(Please notify of any dietary requirements)

**Church of the Good Shepherd, Quarry Hill Road,
Borough Green TN15 8RF**

Remember you are dust...

This year Valentine's Day, 14th February, also happens to correspond with Ash Wednesday. The day before is Shrove Tuesday, Pancake Day (or as it's called in some parts of the world, Fat Tuesday, Mardis Gras) when traditionally rich, fatty foods in the house were used up to prepare for the days of fasting to mark the season of Lent. Until the celebration of Easter Sunday people followed a limited diet and, even today, many give things up for Lent.

Ash Wednesday marks the beginning of Lent. In many churches there will be services which include the imposition of ashes. Ash, often made from old palm crosses, is used to mark the worshippers' foreheads with the sign of the cross and the words said at that moment are, "Remember you are dust and to dust you shall return". It is a time to reflect on our own mortality, the fact that we are, in the words of Joni Mitchell, 'stardust', with a limited time on the earth. At Ash Wednesday services we will also reflect on the fact that we are broken people living in a broken world. We get things wrong, we hurt ourselves, other people and the creation God gave us to look after.

So, is there anything, other than them being on the same day this year, that connects Ash Wednesday with St Valentine's Day, which is seen as a celebration of love?

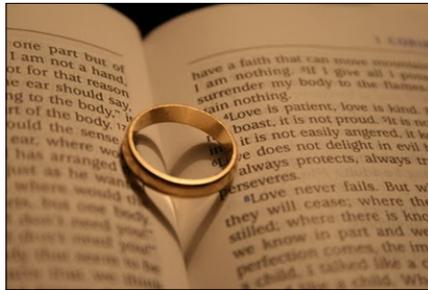
It seems to me a remarkable thing that, even though we are 'dust' and even though we make a mess of things, God loves us. In fact the use of ashes to mark a cross on people's foreheads reminds us that God loves us so much that He came and died for us, carrying our sins with Him. There may be many expressions of love made this Valentine's Day, but none so great a love as that. It is the great mystery of God's love for humanity. As the writer of the Psalms puts it, "What are human beings that you are mindful of them, mortals that you care for them?".

Whether February 14th finds you sharing a romantic meal, being marked with ash or somewhere alone with your own company, remember that you are loved. God, who crafted the heavens, the moon and the stars, loves each one of us, messy, dusty human beings. May you know that love for yourself this Valentine's Day.

God bless
Revd. Chris



Ash Wednesday - 14th February
Service of Holy Communion with Imposition of Ashes
2pm, Church of the Good Shepherd
8pm, St George's, Wrotham



A Valentine's Day proposal?

Recently engaged? Planning a wedding?

At the Church of the Good Shepherd, we would be delighted to help make your special day special.

Find out more about Church of England weddings at:

yourchurchwedding.org

And contact us for more information:

vicar.cogs@gmail.com



The Church of the Good Shepherd

COGS website www.cogsonline.co.uk

Facebook - [COGSBG](https://www.facebook.com/COGSBG)

Email - vicar.cogs@gmail.com

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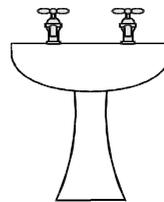
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Notes from Borough Green Parish Council



ESTABLISHED
APRIL 1934

The Council met at 7.30pm Monday 8 January 2024.
Matters discussed and reports received included:

- **Climate Change** BGPC have been years ahead of the game on climate change which is why Potters Mede incorporates many innovative mitigation features and why we have an electric van. For 10 years we have also had a rolling programme of converting our 86 streetlights from the old power hungry Mercury and Sodium to LED; we have just approved the final conversions making us 100% LED. This will net us a 70% reduction in power costs, some £10k per annum, which we will use to fund solar power with battery storage at Potters Mede and are beginning a joint project with the Village Hall as well. Whilst Governments and big business dither and delay, it is down to us to tackle the problem.
- **Public Toilets** The Clerk has successfully negotiated a refund of £7800 from Npower overcharging on the toilet electricity supply. This will also be applied to our solar power project but in the future we hope the toilets will be powered by the Village Hall array.
- **TMBC Planning** The planning system has suffered significant problems with the new Agile software but is slowly being resolved and we are beginning to get regular notifications of applications - all posted as they arrive on the BGPC website at [PLANNING | mysite \(boroughgreen.gov.uk\)](https://www.boroughgreen.gov.uk/planning)
- **The Recreation Ground Pavilion** has been under threat from a dead tree for some months. Because this entire line of trees is protected by a Tree Preservation Order, we have had our fingers crossed whilst the owner awaited planning permission, which finally arrived, and the tree has been felled. This is a timely moment to remind other residents on the boundary with the Rec that all those trees are legally protected and you will be breaking the law if works are carried out without planning permission.
- **D-DAY 80 years 6 June** Plans are in hand for a community celebration on that Thursday, which will involve an extended lunch party for the elderly in the Village Hall, a gathering in the evening in the Rec to watch a Pipe Band, have a burger and a cuppa and a beacon lighting at 9.15pm. If anyone has ideas to add, contact Cllrs Sue Butterfill or Sam Thrush.
- **Julie Beilby** (a Borough Green girl) has retired as Chief Executive at TMBC after 40 years working for the Council. Her temporary replacement will be Adrian Stanfield, her Deputy, until a new CEO is recruited.
- **Jackie Taylor** has retired as Village Hall booking secretary after 12 years in this voluntary post. Bookings can now be made at bookings@boroughgreenvillagehall.co.uk and the phone number is **01732 646040**.
- **Council Vacancy** There is a vacancy on the Parish Council, apply to the Clerk. 
- **58 & 70 Shopper Buses** BGPC is applying for a Lottery Fund Grant on behalf of the Parish Alliance to run the two shopper bus services for a further year.

(Continued on page 9)

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- **Cllr Harry Rayner** warned members that October will see the EU apply their normal rules to those wishing to enter the EU which will require fingerprint and photo checks at the border. This will generate significant delays and it is expected Operation Brock will be in place continuously not just on busy weekends. Another Brexit bonus!
- **The Bowls Club** The Parish Council have granted permission to allow the club to let their hall for private functions provided there are strict rules to prevent impact on local residents. All our local venues are getting busier and this allows them to augment their subscriptions and provide a better service to the community.

The **next** Parish Council meeting will be held at **7.30pm** on **Monday 5th February 2024 at BG Village Hall**. The agenda will include a period for public contributions and questions.

Council Contacts

Chairman mike.taylor@boroughgreen.gov.uk **01732 882880**

Clerk clerk@boroughgreen.gov.uk **07568 536405**

Full minutes are posted at www.boroughgreen.gov.uk

Advertising

Any commercial bodies or people offering services who wish to advertise should contact **Chris Atkins** email chris.atkins1952@gmail.com or phone **01732 366615** about rates and availability of spaces.

If you have something you want to sell, a caravan or cottage you want to let for holidays etc then contact Margaret Jeffery. The cost of such personal notices are just £2 per issue.

The views expressed in articles are not necessarily those of the Editorial Team. The Editorial Team cannot accept responsibility for wrong information received, or mistakes that occur in publication. The Editorial Team cannot accept responsibility for any delay in distribution. Publication of advertisements does not imply any form of recommendation. All articles in this magazine are covered by copyright and permission must be obtained before reproducing them in any format.

The magazine is also available to read on the COGS, BG Community and Parish Council websites.

Articles for the next magazine

The Voice is your community magazine and it relies on the people of Borough Green to make it as interesting as possible. Organisations, clubs and individuals are welcome to submit articles on their activities and subjects likely to be of interest to the village.

The deadline for articles for the next magazine will be **Tuesday 13 February** and these should be sent to the address below. The next magazine will cover March so if you have any events planned for that month and you would like them to appear in the diary section please send to :-

m-jeffery@talktalk.net

01732 883978

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Snow welcomed our first meeting this year. We are very grateful to the 36 members who braved the weather to attend. It was great to have support for John Wale, who also braved the weather, to give a talk on the Bearsted Woodland Trust - a place a lot of people in Kent may not be aware of. It is open to the public and has free entry.

As we are a new u3a, we would welcome suggestions from members as to what they would like at our monthly meetings in the coming year.

Next meeting will be at 2pm on **12 February**. This will be a fun quiz organised by Lorraine our Groups Liaison officer. We hope the weather will be kinder to enable us to have a good attendance. This should be a fun afternoon so please join us. We look forward to seeing existing members and some new on this occasion.

Best wishes for 2024
Christine Ward Vice Chair



Digital Kent is working to improve digital inclusion and capabilities in the county. They will be holding a Get Digital! events at Borough Green Library on **Friday 2 February** (and 1 March and 5 April) from 11.00 - 1.00. Go to page 29 for details on how to book a session.



Kent Fire & Rescue Service



Would you know
what to do to

help save a life?

On **Thursday 7 March** Kent Fire and Rescue Service will be hosting a free CPR, defibrillator and basic life support session. This will be a chance for members of the public to learn vital lifesaving skills and get some hands-on CPR and de-fib training. The event will be at 19:00 at Borough Green Village Hall.

If you are interested, please email me at christopher.wood@kent.fire-uk.org.

Thank you



Borough Green and District Active Retirement Association

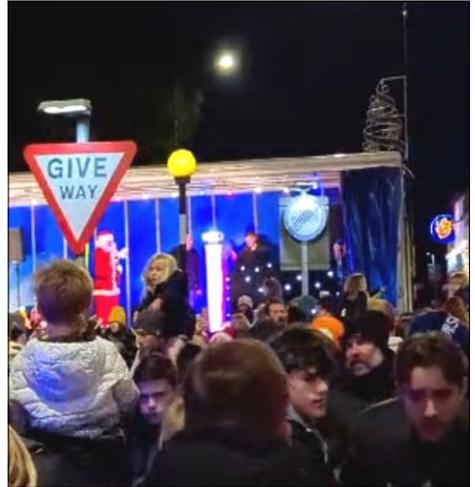
Sadly our AGM in February will be the last meeting of Borodara. The retirement club has served the local community for twenty two years. During that time we have enjoyed some interesting speakers and lively entertainers. In the early days walks around the locality were popular. Coach outings were organised with a programme of trips to the coast, London theatres, The Royal Albert Hall, historic houses, beautiful gardens and short break holidays in the UK and Holland.

I'm sure that members will have happy memories of the years that we spent together.

Helen Ellis

Thanks

Thank you to the **Borough Green Lights Committee**, their helpers, those who contributed to the Christmas market and performances for the switch on. A successful event and another spectacular display.



SOUTH EAST
4x4
RESPONSE

Also thanks to **South East 4x4 Response** and others for the Father Christmas tour of Platt and Borough Green.

And to the **mystery crafter** for the post box in the High Street.





Church of the Good Shepherd Foodbank

Thanks to your continuing generosity we have been able to support many local families in need.

Donations of non-perishable goods may be left at the Church of the Good Shepherd at any time during the day (the Church is usually open 10am - 5pm each day).

For any enquiries regarding our Foodbank please contact

Ian Simpson on **07801 135 460** or foodbank.cogs@gmail.com

Thank you

Foodbank

Church of the Good Shepherd, Borough Green



We are looking for motivated volunteers to join our team on Monday mornings between 8.30 and 11 (during term times) for picking and packing groceries. If you are interested, please contact Steve on **07879 491688** for further details.



TODDLER TIME

1st and 3rd
Monday of
Month
in term time



Feb 5th, 19th
March 4th,
18th

Play and socialising for pre school children and their grown ups

10am till 12 noon in the Annex of
The Church Of The Good Shepherd
Quarry Hill Road, Borough Green, TN15 8RF
linda.bryce56@gmail.com

No charge, just a donation for tea and coffee please



Children's Church

A chance for the younger members of our church family (and their parents if they want) to learn of God's Love and grow in their own faith, exploring through craft, play and imagination a different Bible story each week.

Children's Church meets on the 2nd and 4th Sunday of each month at 10am, starting in the church.

(Our Children's Church Leader are all DBS checked)

Church of the Good Shepherd



Portsmouth, Gunwharf Quay & High Tea in the Clouds

Tuesday 23rd April 2024

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NOTHING FROM THE PARISH REGISTERS THIS MONTH



Anita Caradine

In remembrance of Anita Caradine, resident of the village for more than 50 years, beloved wife to Richard Caradine and mother to Richard, Barry and Adrian, who passed away peacefully on 1 January 2024.

Gone from our sight but always in our hearts.

Cinema at COGS



Wednesday 21 February 2pm in the Church of the Good Shepherd. Please check the Church's noticeboard for this month's presentation. All are welcome so come for an afternoon of free entertainment. Refreshments available during the interval.

Contact Pam on 886150

Games, Tea & Chat



On alternative **Mondays** (for dates see diary section) at 2 - 4pm in the annexe to the Church of the Good Shepherd. Come and enjoy board games, tea and a chat. Plenty of room for new folk so, if you are wondering whether it's for you, do get in touch and ask for more information.

Contact Elaine Almond on 886440 or etalmond@aol.com

Breakfast Church

9am on 3rd Sunday of the month Church of the Good Shepherd

It's a chance to share some good food, chat and worship.

All the family and friends are welcome.

No charge.



Tea-Time Church

4:30 pm 4th Sunday of the month

Church of the Good Shepherd

Food, Fun, Friendship and Faith for all the family

Everybody Welcome

Events in the Village for the month of February

- 1 SJCC - Mass - 10.00
BG Lunch Club Greensleeves - BGVH - 10.00 to 1.00
BG Library - Coffee & Chat - 10.15 to 12.15
- 2 Potters Tots Playgroup - Potters Mede - 9.30 to 11.00
BG Lunch Club Greensleeves - BGVH - 10.00 to 1.00
BG Library - Baby Bounce and Rhyme Time - 10.15 to 10.45
- 3 **Saturday Open House - COGS - 10.00 to 12.00**
- 4 **COGS - Holy Communion said - 8.30**
SJCC - Mass - 9.30
COGS - All-Age Communion - 10.00
BGBC - Service - 10.30
Bash the Trash - BGVH - 11.30 to 12.30
- 5 **Toddler Time - COGS Annexe - 10.00 to 12.00**
Games, Tea and Chat - COGS Annexe - 2.00 to 4.00
BG Parish Council - BGVH - 7.30
- 6 Messy Play - BGVH - 9.45 to 10.45
BG Library - Scrabble Club - 2.15 to 4.15
- 7 Potters Mede - Youth Club - 3.00 to 5.00
- 8 SJCC - Mass - 10.00
BG Lunch Club Greensleeves - BGVH - 10.00 to 1.00
BG Library - Coffee & Chat - 10.15 to 12.15
BORODARA - BGVH - 2.00
- 9 Potters Tots Playgroup - Potters Mede - 9.30 to 11.00
BG Lunch Club Greensleeves - BGVH - 10.00 to 1.00
BG Library - Baby Bounce and Rhyme Time - 10.15 to 10.45
Friday 2 Book Club - BG Library - 2.00
Wrotham Historical Society - 8.00 - Wrotham Village Hall
- 10 **Saturday Open House - COGS - 10.00 to 12.00**
SJCC - Quiz Night - 7.30
- 11 SJCC - Mass - 9.30
COGS - Holy Communion and Children's Church - 10.00
BGBC - Service - 10.30
- 12 BGVH - u3a meeting - 2.00
- 13 Messy Play - BGVH - 9.45 to 10.45
BG Library - Scrabble Club - 2.15 to 4.15
- 14 Sticky Fingers - BGBC - 10.00 to 11.15
BGBC - Women's Fellowship - 2.00
COGS - Ash Wednesday Service - 2.00
Potters Mede - Youth Club - 3.00 to 5.00
Wrotham Church - Ash Wednesday Service - 8.00



- 15 SJCC - Mass - 10.00
BG Lunch Club Greensleeves - BGVH - 10.00 to 1.00
BG Library - Coffee & Chat - 10.15 to 12.15
- 16 BG Lunch Club Greensleeves - BGVH - 10.00 to 1.00
BG Library - Baby Bounce and Rhyme Time - 10.15 to 10.45
- 17 **Saturday Open House - COGS - 10.00 to 12.00**
- 18 **COGS - Breakfast Church - 9.00**
SJCC - Mass - 9.30
COGS - Holy Communion - 10.30
BGBC - Service - 10.30
- 19 **Toddler Time - COGS Annexe - 10.00 to 12.00**
Games, Tea and Chat - COGS Annexe - 2.00 to 4.00
- 20 Messy Play - BGVH - 9.45 to 10.45
BG Library - Scrabble Club - 2.15 to 4.15
- 21 **COGS - Film Afternoon - 2.00**
Potters Mede - Youth Club - 3.00 to 5.00
- 22 SJCC - Mass - 10.00
BG Lunch Club Greensleeves - BGVH - 10.00 to 1.00
BG Library - Coffee & Chat - 10.15 to 12.15
- 23 Potters Tots Playgroup - Potters Mede - 9.30 to 11.00
BG Lunch Club Greensleeves - BGVH - 10.00 to 1.00
BG Library - Baby Bounce and Rhyme Time - 10.15 to 10.45
- 24 **Saturday Open House - COGS - 10.00 to 12.00**
COGS - Spring Quiz Night - 7.00
- 25 SJCC - Mass - 9.30
COGS - Holy Communion and Children's Church - 10.00
BGBC - Service - 10.30
COGS - Tea-Time Church - 4.30
- 27 Messy Play - BGVH - 9.45 to 10.45
BG Library - Scrabble Club - 2.15 to 4.15
- 28 Ightham and District Gardeners Club - Ightham Village Hall - 7.15
Sticky Fingers - BGBC - 10.00 to 11.15
BGBC - Women's Fellowship - 2.00
Potters Mede - Youth Club - 3.00 to 5.00
- 29 SJCC - Mass - 10.00
BG Lunch Club Greensleeves - BGVH - 10.00 to 1.00
BG Library - Coffee & Chat - 10.15 to 12.15



Abbreviations

COGS	Church of the Good Shepherd
BGBC	Borough Green Baptist Church
SJCC	St Joseph's Catholic Church
BGVH	Borough Green Village Hall

QUIZ NIGHT

on
Saturday 10 February
Time : 7.30pm start



Maximum of 6
persons per table.
Either make up
your own team or
join with others on
the night.



Tickets £10 (to include a
Ploughman's Supper)
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Jenny 07591 301 186

Margaret 01732 885 295

Bring own drinks, glasses
and nibbles

Venue:
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Wrotham Historical Society

Friday 9 February

THE KENT AND EAST SUSSEX RAILWAY
The origins and development of the
railway through to the voluntary
successful organisation it is today.

Talk by Doug Lindsay

8.00pm Wrotham Village Hall
All visitors welcome - £4

www.wrothamhistorical.org.uk



Unfortunately Borograds have had to cancel their planned
production in February of Jack the Ripper - the musical.



Borough Green Baptist Church

For ages 5 and under

10am - 11.15am

Alternative Wednesdays see diary section
**£2 per child to include play, refreshments
and take home craft**

Regular updates on Facebook.com/StickyFingersCrafts



Saturday 10 February : 10 am - 4 pm
OPEN DAY at SEVENOAKS INDOOR BOWLS CLUB
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An opportunity to try a new hobby that provides gentle exercise
and the chance to make new friends. Bowls and guidance provided. Bowl for
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Always a warm welcome.

Kent County Council has introduced an exciting new scheme offering Kent residents, businesses and organisations the opportunity to recycle their unwanted IT equipment and devices. The scheme covers equipment such as PCs, laptops, printers and mobile phones.

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Unwanted and discarded devices contribute to the Waste Electrical and Electronic Equipment (WEEE) category and

are part of the fastest growing type of waste in the UK today. Our Device Recycling Scheme aims to refurbish and reuse wherever possible in the local community. We use a specialist process to ensure 100% data-wiping, to the strictest UK legislative standards. Businesses or organisations will be provided with data erasure certification for auditing purposes.

To book a slot go to <https://devicerecyclingscheme.co.uk/> and Digital Kent will collect your equipment.

All collections are carried out using satellite-tracked vehicles, driven by Security Cleared drivers, so your discarded devices are safe and secure from the moment you dispose of them with us. Once your devices reach our partner's secure plant, it goes through a specialist data-wiping process, in line with the strictest UK legislative standards. When this is successfully completed, your device will then be refurbished and reused. If for any reason, your device fails to be 100% wiped, it will be destroyed and immediately shredded onsite, before being recycled in line with the WEEE directive, current UK legislation and our zero-landfill policy.



Charges for DIY Waste

You can now get rid of some of your DIY waste free of charge due to changes in government regulations. However there are limits on the frequency of your visits and the amount you can get rid of, as our household

waste recycling centres cannot accept all waste free of charge.

The limit includes:

- no more than 4 visits over a 4-week period with DIY waste
- 1 large item up to 200cm x 75cm in size (vehicle restrictions still apply) or
- 2 x 50-litre bags (standard black bag).

For more information and to book slots go to KCC's Household waste recycling centres (HWRC) webpage.

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- Unvented cylinder service and repairs
- LPG, oil and leisure park homes / caravans
- Landlords gas safety records
- Cooker and gas fire servicing
- Radiator repairs and replacements



www.shiresheatingservices.com





Services Schedule

**1st Wednesday
and
3rd Monday**

Singing Group: 3pm - 4:30pm

Singing can help people with dementia develop and maintain relationships with others and improve their wellbeing. This group is for people with dementia and their partner/carer/family member to attend together.

**2nd Wednesday
and
4th Monday**

Music and Movement: 2:30pm - 4pm

A session based around music and movement designed for those living with dementia and their carers. This is a mainly seated exercise session. £3 per person (no charge for carers).

**4th Wednesday
of each month**

Dementia Carers Supports Group: 2:30pm - 4:30pm

This is a group for anyone who is caring for a loved one with dementia.

**2nd Monday
of each month**

Dementia Arts and Crafts: 2:30pm - 4:30pm

An arts and crafts group for people living with dementia with a variety of craft projects including painting, modelmaking, woodwork and collage.

**1st Monday
and
3rd Wednesday**

Memory Café: 2:30pm - 4:30pm

A coffee afternoon for those living with dementia and their care givers to share memories and stories in a safe and welcoming environment. There is usually an entertainer, speaker or a quiz.

Spadework, Teston Road, Offham, ME19 5NA.

If you would like more information about any of our services, please call the team on 01732 870002 or email dementia@spadework.org.uk.



Potters Tots Playgroup



Potters Mede, Borough Green, TN15 7RD.

W3W ///fund.olive.loose

**Fridays 9.30-11am. Term time only.
£2.50 first child, 50p per sibling.**

For any child before school age - babies, toddlers and pre-schoolers. A different craft every week. Teas, coffees and snacks are included.

Somewhere for mums/dads/grandparents/caregivers to come and meet, have adult conversation while the child socialises!



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Tonbridge and Malling Borough Council items



Training to boost borough's 'carbon literacy'

Local organisations which want to learn more about how to cut their carbon emissions are being invited to apply for funding to undertake specialist training. TMBC will help meet the cost of the courses which are being offered to small businesses, voluntary groups and parish and town councils.



The Carbon Literacy Training Grant scheme is designed to build understanding of sources of emissions linked to climate change and practical steps that can be taken to reduce them. Those completing the training will be certified as a carbon literate by the scheme's governing body, the Carbon Literacy Project.

Courses are available from a wide range of independent trainers and training organisations. Applicants will be able to shop around and choose an accredited course that is tailored to their particular sector. Applications can be made via <http://www.tmbc.gov.uk/carbonliteracy> and the closing date is **3 March**.

Shopfront and Vacant Unit Improvement Grant Scheme

This scheme is open to eligible businesses from across the Borough and applications would be welcomed particularly from four areas one of which is Borough Green High Street. Businesses can apply for a grant of up to 60% of eligible costs subject to a maximum of £5,000 towards the external renovation or improvement of ground floor and upper floor retail premises. For more information go to www.tmbc.gov.uk/business/shopfront-grant. The deadline for applications is **26 February**.

Training to break down barriers faced by socially excluded groups

TMBC have announced funding for three projects to help socially excluded groups overcome a range of challenges:

- a. to incentivise local employers to provide workplace experience for young people with special educational needs (SEN) and supporting those facing mental health challenges;
- b. to provide one-to-one support for people who are struggling to get a job because they lack literacy, numeracy or digital skills. Potential providers of training will be able to bid to provide help to a range of groups, including the over 50s, people with a disability, care leavers and victims of domestic abuse;
- c. to tackle digital exclusion by providing lap-tops and training to those who lack the skills and equipment to access employment opportunities.

Details on application procedures not available at time of writing.



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CONTACTS FOR HELP

Kent County Council issued a press release on 20 December to detail a number of contacts for help. This was devised with the festive break in mind but may be of value at any time of the year.

Release the Pressure

<https://www.kent.gov.uk/social-care-and-health/health/release-the-pressure> offers free expert advice from trained counsellors who can support no matter what you are going through. Text the word “Kent” to 85258, to start a confidential conversation with one of the experienced team who can give you help at any time, wherever you are. Alternatively, call the 24/7 freephone helpline on 0800 107 0160.

Samaritans

<https://www.samaritans.org/how-we-can-help/contact-samaritan/> or phone free on 116 123.

NHS

In an emergency, if someone’s life is at risk, always call 999.

For more about urgent mental health help, visit

<https://www.kentandmedway.icb.nhs.uk/mental-wellbeing-information-hub/need-help-now>

If you’re not sure where you can get mental health support, contact NHS 111, or visit <https://www.stopthinkchoose.co.uk/> for a list of local services.

All adults in Kent can now visit <https://www.qwell.io/> to access support for all mental health issues, 7-days-a-week, 365-days-a-year.

Kent Together

For information if you need financial advice and support including around council tax reduction, childcare costs and food and energy bills visit

<https://www.kent.gov.uk/leisure-and-community/cost-of-living-support>

Citizens Advice

If you are experiencing both money and mental health problems, Citizens Advice also have dedicated teams who can help. To find out more go to

<https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/contact-us/>

Other Mental Health and Support

Kent and Medway Safe Havens – offer crisis mental health support to anyone aged over 16, in safe, comfortable and supportive environments. Open every night for face-to-face support, there are Safe Havens in Gillingham, Maidstone, Margate and Canterbury. Find out more about Kent and Medway Safe Havens, including opening times by visiting <https://www.mhm.org.uk/kent-safe-havens>.

Every Mind Matters – if you’re suffering with stress, anxiety, low mood or sleep issues <https://www.kent.gov.uk/social-care-and-health/health/one-you-kent/every-mind-matters> has lots of information to help you stay on top of your mental wellbeing.



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Tom Tugendhat MP's Column

December article

2024 promises to be an exciting year locally, nationally and internationally. Ensuring stability in the middle east remains a top priority for the country and we also need to make sure that we make progress on the Prime Minister's 5 key pledges made last year.

Locally, my work continues for you and I remain happy to help as best I can. Representing a number of different towns and villages means that I am able to use the experiences gained in one particular area to help residents in another.

It also means that problems you find in one area might be repeated elsewhere. One such instance is the erratic postal service faced by many rural villages. Though their busiest time of year, there were a number of people I heard from before Christmas who were waiting a fortnight for post. It meant cards and gifts didn't arrive on time, bills couldn't be paid and long-awaited medical appointments were missed. Given the rising price of stamps we need reassurance that the postal service will be reliable.

I'd be keen to hear from anyone across Borough Green if you're having trouble with receiving post. I'm trying to build up a picture of the areas most badly affected, so I can work with Royal Mail to make sure they deliver across every area.

Please do encourage your friends, family and neighbours to be in contact if they are affected, or would like me help with any other issue. My e-mail address is tom.tugendhat.mp@parliament.uk and phone number is 01732 441563. If you wish to take the chance that my own post isn't delayed then you can also write to me at 130 Vale Road, Tonbridge, Kent, TN9 1SP.

January article

We're already a month into 2024 and it has certainly been full steam ahead in Tonbridge and Malling, as well as in the Home Office. I hope everybody is back into the swing of things after a much needed and well deserved Christmas break.

After years of campaigning alongside many of you, last month we had some fantastic news regarding updated times on the Maidstone East Line from Charing Cross to Borough Green and West Malling. We know that since being reinstated, services from Charing Cross and London Bridge on the Maidstone East line have been hugely popular. That's why I've been asking Southeastern to add further services in the evening peak.

I'm delighted they've confirmed to me that following the next timetable change in June 2024, we will see the additional evening services that we have campaigned for. This provides an additional service between the busy 17:31 and 18:31 from Charing Cross.

Southeastern have confirmed to me that the services will be re-timed as follows: 16:29, 17:29, 17:59, 18:29, and 19:29.

Changes such as this can only be made if Southeastern are made aware just how important or busy services are. It is why I always ask for you to keep me updated with any issues, not just those related to the trains. It allows me to speak directly with those who make decisions within organisations such as Southeastern. Contact details as above.

SMALL NOTICES



Slimming World
Group on
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b) When premises are open

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and 9 - 1 on Saturday.

Ancestry - Monday 10.15 - 12.15 need to book an appointment

Scrabble - Tuesday 2.15 - 4.15

Coffee & Chat - Thursday 10.15 - 12.15

Baby Bounce & Rhyme Time - Friday 10.15 - 10.45

Friday 2 Book Club (second Friday of each month) 2.00

For more advice please call the library on 03000 413 131 or email boroughgreenlibrary@kent.gov.uk where staff will be able to help.



Get Digital! - Friday 2 February 11.00 - 1.00. To book a session and find out more please visit www.digitalkent.uk or call 0300 0410950.

We look forward to seeing you.



Hi Kent

Sound support for deaf and hard of hearing people

The next clinic at Borough Green Library is on Friday 23 February from 2.00 - 3.30.



**LADDINGFORD
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LADDINGFORD & DISTRICT BEEKEEPERS ASSOCIATION (LDBKA)

Becoming a Beekeeper?

Have you thought about taking up beekeeping? The best way to get started is to join a beekeeping course where you'll discover the basics of bee biology and beekeeping. You'll also learn about the equipment you need to get started and what it's worth spending money on. (Tip: Don't buy a cheap Chinese bee-suit. They're not sting-proof!). Even if you decide beekeeping is not for you, you'll still find out lots of fascinating bee facts.

The Laddingford and District Beekeeping Club 2024 beginners course will run at our apiary in The Gardens, Yalding, on six Saturday mornings, 10-12, from 9 March (with a break for Easter). The cost is £95 and also includes your club membership for the first year.

After the course you can drop in to our regular Sunday afternoon apiary sessions where you can get practical hands-on experience in our apiary and build your confidence. If you decide to get your own hives, you'll meet experienced beekeepers happy to share their knowledge. If you're not ready to get your own bees yet, you can still enjoy beekeeping at the club. To sign up for the course, contact chair@laddingfordbeekeepers.co.uk.



Tonbridge and Malling Ramblers

You don't have to be a Ramblers member to try up to three 'taster' walks with us. If you're new to our walks, please contact the walk leader to check that their walk will suit you.

For details of these and other upcoming walks and walk leaders, see our Facebook page at www.facebook.com/groups/tonbridgeandmallingeramblers or visit www.tonbridgeandmallingeramblers.org.uk.

Dates in February	Route	Distance in miles
Sunday 4th	Circular walk from Ide Hill to Bayley's Hill along the Greensand Ridge. Moderate difficulty.	4.8
Thursday 8th	An interesting walk over the hills from the Westerham to Chartwell with good views of the North Downs on the return. Moderate difficulty.	5.5
Thursday 15th	Circular walk from Stansted on footpaths and quiet country lanes, passing through the hamlets of Fairseat and Hodsell Street. Three ascents and ten stiles; walking poles recommended. Moderate difficulty.	6.5
Sunday 18th	Circular walk from Wadhurst to Bewl Water. Moderate difficulty.	6
Wednesday 21st	Circular walk from Mereworth Church. Moderate difficulty.	5.5
Thursday 29th	Circular walk from Harrietsham along field paths and tracks with some slopes. Includes part of the North Downs Way with excellent views of the surrounding countryside. Quite a few stiles, mostly in good order. Moderate difficulty.	5.9
Walks usually start mid-morning. There's a short half-way break (bring refreshments) and we usually finish near a pub. Most walks are dog-friendly (see website).		



View from the Greensand Ridge see 4 February walk

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