

# The Lenham Focus

MAY 2025 issue



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Butterfly by Darren Hammond



THE WISHFUL THINKER  
TRIBUTE NIGHT

# THE LEGENDS SHOW

WITH PAUL SANTANA

LEGENDS OVER THE YEARS IN MEDLEY FORM!

FRIDAY 23RD MAY

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.....  
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# Editorial

**FOCUS** is also online at  
[www.lenhamparish.org.uk](http://www.lenhamparish.org.uk)  
 (Click on 'Lenham Focus')

**T**he annual **Pilgrims Way Artists summer exhibition** takes place this month in the Tithe Barn, open daily from 16<sup>th</sup> to 26<sup>th</sup> May between 10am and 5pm. There will be over 400 original paintings, ceramics and sculptures for you to see from local south-east artists. Not to be missed. See inside for a 'taster' and for further details of the event.



Also inside are the plans for the **VE Day celebrations** – both locally here in Lenham and a variety of activities between 8<sup>th</sup> and 10<sup>th</sup> May throughout the borough organised

by Maidstone council including free talks, re-enactments, a display of military vehicles and a free concert.

We've previously covered the subject of **defibrillators** in this magazine. This month we include an update on the location of the nine defibs located around Lenham, including 3 newly installed machines, and information on how to access and use them in an emergency.

**How about joining a walking group for the summer months?** The Len Valley Health Walking group offers 3 easy, gentle walks each week – and at no cost! Contact details are inside for you to find out more about the scheme.

**What's going on at the Lenham Meadows Trust Glebe Pond?** Come to their AGM on 22<sup>nd</sup> May (7:30 at the Dog & Bear) and hear the presentation on the issues regarding the sluice gate problems at the pond. Free entry and free refreshments.

**David Jackson** | Editor

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**We welcome your input and comments please email me at [editorialslf@outlook.com](mailto:editorialslf@outlook.com)**



# Victory in Europe – VE Day 80<sup>th</sup> Anniversary

**Thursday 8<sup>th</sup> May 2025**

**L**enham Parish Council is pleased to be able to advise and advertise that we are holding a celebration of this significant date.

There are many events planned on a national basis – many on the actual day (Thursday 8<sup>th</sup>) and others both in the preceding days and the following days leading up to a major event in London (and other UK cities).

**You will see details of the Maidstone Borough Council events taking place around the borough inside this issue too.**

For the Lenham event on Thursday 8<sup>th</sup> May 2025, we will be welcoming any who wish to celebrate this milestone to the green area outside the Tithe Barn – which can be accessed (on foot only) from Church Square.

Our celebrations will start from 4pm and run on up to 9.30pm and will include live music from The Hooligans, The Village Crier (with



the National Cry), a piper, cash bar, music and (hopefully) some WW2 military vehicles.

Food can be ‘pre-ordered’ from Chequers Fish Bar for cod ‘bits n chips’ in a newspaper wrapper. Or, bring your own picnic!

Period dress is encouraged!

It’s not to be missed. We hope to see you there.



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# LENHAM CELEBRATES: VICTORY IN EUROPE

## *80 Years On*

**Thursday 8<sup>th</sup> May**  
from 4pm to 9.30pm  
On the green, outside  
the Tithe Barn

**Music**  
**Singing**  
**Town Crier**  
**Piper**  
**Military Vehicles**

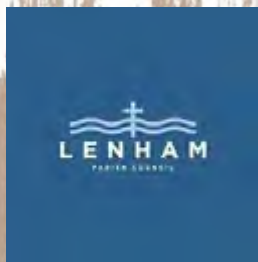
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encouraged!*

*cash bar  
& tea table*

*Pre-order food at  
Chequers Fish Bar  
or bring your own  
picnic!*



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80<sup>TH</sup> ANNIVERSARY  
A SHARED MOMENT OF CELEBRATION  
**8 MAY 2025**



# Maidstone marks VE Day



**M**aidstone Borough Council (MBC) is marking the 80<sup>th</sup> anniversary of Victory in Europe (VE Day) with several events and activities between 8 -10 May.

VE Day has been celebrated since 8 May 1945 and communities are coming together in 2025 to acknowledge this important anniversary of the ending of World War II in Europe.

**In Maidstone, a ceremonial flag raising service will take place on Thursday 8 May at 11am in Jubilee Square.** Visitors

can learn more about what life was like for civilians on the Home Front during the war, while service personnel were fighting overseas, with a special exhibition inside the Town Hall that will feature a variety of photos and stories.

Some of the accounts focus on the roles of women working in the Fire Service, or feeding the nation through

the Land Army. Discover where bombs fell on Maidstone during the Battle of Britain and the damage they caused, as well as how the County Town of Kent celebrated the very first VE Day.

For a chance to get immersed in the history, a selection of military vehicles will be parked outside the Town Hall, in Jubilee Square, during the day on Thursday, Friday and Saturday, along with appearances from a member of the Home Guard and a 1940s house wife.

The re-enactors will be sharing their stories of life on the Home Front.

There will also be **free talks** on Friday 9 and Saturday 10 May hosted by Mary Smith, author of '*A Schoolgirl's War: The story of school life in World War Two*', featuring fascinating recent discoveries at Maidstone Girls Grammar School that provide a vivid insight into education during the War, including the uncovering of an extensive network of tunnels used as underground classrooms!

Visitors to the Town Hall will have the opportunity to share their own stories and memories about past and present conflicts, which will be turned into a special VE Day commemorative bunting by students at Maidstone Girls Grammar School.

The bunting will be displayed in the town centre later this year.

To close the anniversary events programme, All Saints



Church will host a concert and Service of Remembrance, featuring music from Marconi Brass, the Brompton & Invicta Military Wives Choir and the Maidstone Singers.

The concert is free to attend but tickets must be booked in advance.

Cllr Stephen Thompson, MBC Cabinet Member for Healthier Stronger Communities, commented on the events, saying: "VE Day, as well as being a celebration of peace, is also a time for people to reflect and remember the tragedies and sacrifices caused by war.

Like the people of the 1940s, we are brought together and made stronger by our communities, so I encourage everyone to explore those lives in these fascinating



exhibitions and talks, and meet new people and reflect on our collective experience as part of this wide range of anniversary events."

**The full list of free events and booking information can be found on the 'Visit Maidstone' website:  
[www.visitmaidstone.com/whats-on/ve-day](http://www.visitmaidstone.com/whats-on/ve-day)**



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**Come along  
to Maidstone Borough  
Council's drop in sessions for**

# Heathlands Garden Community

Heathlands will be located in the East of the borough between the villages of Lenham and Charing and is allocated in Maidstone Borough Council's Local Plan Review. By 2054, in accordance with the garden settlement principles – this development will deliver:

## Key Features

- 5,000 new homes
- 40% affordable homes
- 5,000 new jobs
- 14 hectares of dedicated new employment land
- One new district centre and two new local centres
- New health care and community facilities
- New rail station along the Ashford-Maidstone line
- New primary school provision totalling 7 forms of entry (FE)
- New 6 FE secondary school
- New country park
- 20% biodiversity net gain
- Due regard given to a range of both on and around the site designated and non-designated heritage assets



**Shape the proposals**

## Drop-in sessions

Comments and feedback will be used to inform the emerging Supplementary Planning Document (SPD) being prepared by Maidstone Borough Council. The SPD will provide further guidance about how the new community should be developed, which will inform any future Outline Planning Application.

**Saturday 10 May, 2pm-8pm**

Lenham Community Centre,  
12 Groom Way, Lenham, Maidstone ME17 2QT

**Tuesday 13 May, 2pm-6pm**

Dog and Bear Hotel, The Square,  
Lenham, Maidstone ME17 2PG

## Online survey

You can also share your feedback via our digital survey. Scan the QR code or visit:

**[bit.ly/localplan-maidstone](https://bit.ly/localplan-maidstone)**



**Website will be available  
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# Defibrillators around Lenham

## A Defibrillator Can Save a Life

A defibrillator is a life-saving device that delivers an electric shock to the heart during sudden cardiac arrest, helping to restore a normal heart rhythm when the heart stops beating effectively. In critical situations, quick access to a defibrillator can significantly increase a person's chances of survival.

## Types of Defibrillators

There are different types of defibrillators, but the most common in public places are Automated External Defibrillators (AEDs). These user-friendly devices are designed for people without medical training. AEDs offer step-by-step voice instructions, guiding users on where to place the pads and when to press the shock button if necessary. This makes AEDs crucial in emergencies, as immediate action can save lives.

**Defibrillators are vital because quick action can significantly increase a person's chance of survival when having a heart attack. In an emergency, calling 999 and using an AED as soon as possible, can save a life.**



## New Defibrillators in Lenham Parish

Lenham Parish Council is proud to announce the installation of three new public defibrillators in rural areas across the parish. These new defibrillators are located at:

- The Wishful Thinker in Sandway
- Inspired Interiors in Warren Street
- The St Edmunds Centre in Platts Heath

The Parish Council has funded the installation and ongoing maintenance of these devices. However, the cost of keeping them powered is the responsibility of each location.

## Locations of all of the Defibrillators in Lenham Parish

Everyone is encouraged to spread awareness about the locations of defibrillators. There are now a total of **nine** throughout Lenham parish as follows:



### 1. Lenham

#### Community Centre

- on the outside wall next to the entrance door, available 24/7

### 2. Lenham Square -

on the wall of the Dog and Bear pub, available 24/7

### 3. Lenham Fire

Station, available 24/7



4. **The Lenham School**, available 8:00 - 18:00 weekdays
5. **Lenham Train Station** - on the station building wall platform side, available 24/7
6. **M & H Testing**, Northdown Close, Lenham, ME17 2DL (industrial estate off A20) - available 8:00 - 16:00 weekdays
7. **The Wishful Thinker Pub**, Lenham Heath Rd, Sandway, ME17 2HY - available 24/7
8. **Inspired Interiors**, Warren Street, ME17 2ED - available 24/7
9. **St Edmunds Centre**, School Lane, Platt's Heath, ME17 2NU - available 24/7.

Lenham Parish Council would like to thank the **Wishful Thinker**, **Inspired Interiors** and the **St Edmunds Centre** for their collaboration with the recent installations. Also, thanks to **Shepherd Neame** who recently funded a replacement defibrillator at the Dog and Bear.

#### Further information

Please see the following websites for more information:

Defib Finder at [www.defibfinder.uk](http://www.defibfinder.uk) and the British Heart Foundation at [www.bhf.org.uk](http://www.bhf.org.uk).

## Development Update – more homes for Lenham planned

After a gap of some four years, detailed plans have recently been submitted to Maidstone Borough Council for the development of the site at the eastern end of the Old Ashford Road (East Lenham farm), just a little further along the road from the present Liberty View homes. This development is already included in the agreed forward plan for Lenham and has been held up for technical reasons.

The original application and recent amendments/updates can be viewed at the Maidstone Borough Council website's planning portal, reference 19/504724. The main features are for up to 100 dwellings, recreation facilities with the possibility of



indoor/outdoor sports areas, vehicular access and a mix of housing types and sizes.

The map above shows the area under consideration (shown as 'Site' within the red boundary lines). Further information about the proposals will be covered in future *Focus* articles.

# The Lenham Library.....

**P**op into the Lenham library in the village square to select your reading material from their large selection of books for adults and children. If you're looking for a recommendation, see inside this issue for the regular **Book Review** feature written each month by our librarians.

Now on display in the library is the **Lenham Big Art Map** – a collage of over 50 paintings of scenes around the village from the pupils at The Lenham School and from our local art group. You can even buy an A3 version of the map for a donation – with all profits going to our own Lenham Meadows Trust charity.



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Jan Enever on 01622  
851623 or email:  
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# Lenham Cricket Club – May update

**Officers: President:** Andrew Barr; **Chairman:** Alex Gray; **Treasurer:** Sally Lane;  
**Fixtures:** Dan Russell

## Awards & Congratulations:

At the Kent County Village League Awards this year, two awards were received by the club. Huge congratulations must go to Jethro Ashburner for winning the young players award for division 7/8 after having a fantastic season last year with the bat and behind the stumps. Congratulations must also go to Andy Lane for leading our Saturday side to runners-up in Division 7, let's hope the club experiences similar successes starting this season.

With the new season starting, Lenham Cricket Club is looking for players of all abilities. Whether you are a seasoned veteran, returning to the sport, or wanting to take your first steps on the cricket field, we welcome you to play at your own pace in a safe and friendly environment.

## Junior Cricket – Developing our Youngsters

We are proud to support the development of young cricketers through our All-Stars programme (ages 5-8). This fun program introduces children to the sport in an enjoyable way, with weekly sessions on Thursdays to teach basic skills. As they advance, young players can move up to our U/11, U/13, and U/15 teams, where they play in competitive matches and further develop their skills. Younger players train on Mondays in a more structured environment, preparing for more competitive games.

At The Lenham Cricket Ground.

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cricket

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15th May 2025 6-7pm

Register now - [allstarscricket.co.uk](https://allstarscricket.co.uk)

## Upcoming Junior Fixtures:

### U11 Incrediball

- May 7<sup>th</sup> – Mote (**Home**)
- May 13<sup>th</sup> – Mote (Away)
- May 21<sup>st</sup> – Bearsted (**Home**)

### U11 Hardball

- May 6<sup>th</sup> – Leeds and Bloomfield (**Home**)
- May 18<sup>th</sup> – Mote (Away)
- May 24<sup>th</sup> – Bearsted (**Home**)
- June 18<sup>th</sup> – Cranbrook (Away)

### U13 Development

- May 16<sup>th</sup> – Linton (Away)
- May 20<sup>th</sup> – Staplehurst (**Home**)
- May 29<sup>th</sup> – Sissinghurst (Away)
- June 10<sup>th</sup> – Linton (**Home**)

### U9 Finals Day

- July 6<sup>th</sup> at Marden (**Home**)

## Open Age Cricket – For the Social or Competitive Player

Our Saturday side has recently been promoted and will face a higher level of competition this season - perfect for those who want to play in a competitive league environment. For a more relaxed yet still competitive side of the game, our Sunday team plays weekly fixtures

## Upcoming Open Age Fixtures:

- April 26<sup>th</sup> – Otterden (Away)
- May 3<sup>rd</sup> – Town Malling (Away)
- May 4<sup>th</sup> – East Sutton (Away)
- May 10<sup>th</sup> – West Farleigh (**Home**)
- May 11<sup>th</sup> – TBC (**Home**)
- May 17<sup>th</sup> – Penshurst (Away)

- May 18<sup>th</sup> – Sissinghurst (Away)
- May 24<sup>th</sup> – Pembury (Away)
- May 25<sup>th</sup> – Newington (Away)
- May 31<sup>st</sup> – Plaxtol (**Home**)
- June 7<sup>th</sup> – Underriver (Away)
- June 14<sup>th</sup> – Eynsford (**Home**)
- June 21<sup>st</sup> – Marden (**Home**)
- June 28<sup>th</sup> – Four Elms (Away)

Our Friday evening pre-season training is at 7:30 pm - 9:00 pm at Cornwallis Academy.

## Women's Cricket – a Team on the Rise

### Upcoming Women's Fixtures:

- May 11<sup>th</sup> – Mote (**Home**)
- May 18<sup>th</sup> – Tournament at Hythe

Be a part of the club (off the field). We are also looking for a Club Secretary to assist in managing the club's operations. This role is perfect for anyone who wants to be an integral part of the club and help with the administrative side of things.

### Join Today!

Whether you're looking to play on the field, train, or assist off the field, Lenham Cricket Club is the perfect place to be a cricketer and make lasting friendships. Come along to a training session or get in touch today!

### Contact Us

**Andy (Open Age):** 07584 052846

**Alex (Youth & Women's Teams):**  
07760 132803

**Sally (General Enquiries):** 07887 844875



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The Council meet on the first Wednesday of each month.

Our committees also meet once a month.

These are:-

*Finance & General Purposes*

*Planning & Implementation*

Please see the notice boards and website for the dates of these.

All meetings are held at the Lenham Community Centre at 7:30pm.

Parishioners may attend all meetings.

Contact details: Lisa Westcott

(Clerk) 01622 829034

[clerk@lenhamparishcouncil.org.uk](mailto:clerk@lenhamparishcouncil.org.uk)

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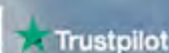
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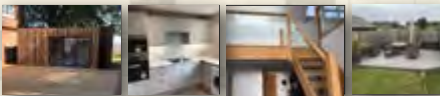
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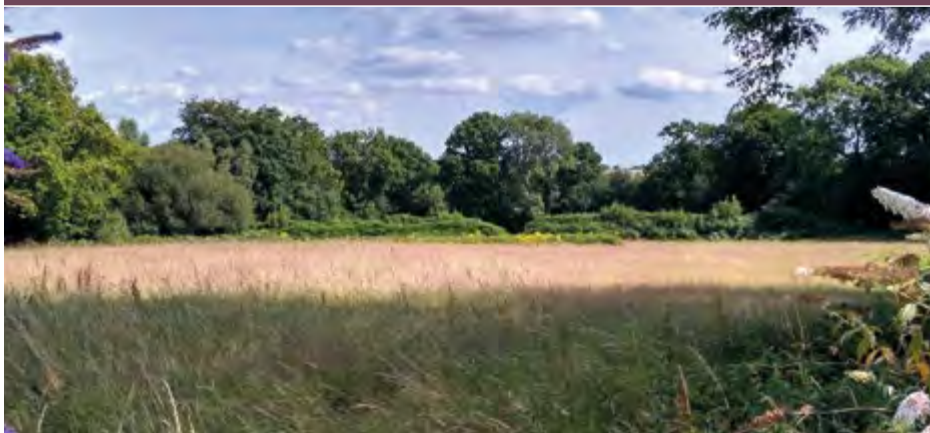


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**07739 514350** or **01892 579937**  
website: [sjd-projects.com](http://sjd-projects.com)  
email: [steve@sjd-projects.com](mailto:steve@sjd-projects.com)

For regular updates, visit us at  
[twitter.com/projects](https://twitter.com/projects)

**SJD**

LAND AND DEVELOPMENT

# Demelza in Kent

By Emma Ashby, External Communications Manager

For more than 25 years, Demelza has been delivering extraordinary care to children with serious or life-limiting conditions, and their families, across Kent, South East London and East Sussex.

The charity opened its Kent site in 1998 after Derek and Jennifer Phillips launched a fundraising campaign in memory of their daughter Demelza to build a special place where children with complex conditions could access expert care in a safe, peaceful and comfortable setting.

The charity offers support as unique as every family they work with; from symptom management, day care and short breaks, to practical and emotional support for families and siblings, creative therapies, memory making, end of life care and bereavement support. Families can also make use of fully accessible facilities across the hospice sites, including sensory rooms, soft play and a large hydro pool at Demelza Kent.

Demelza's specialist nursing and care teams are on hand every day and every night, all year round, allowing families the ability to access help where best suits them – in the charity's hospices or in their homes, online, at school and in local communities.

The charity has been running its spring appeal over the last few months, featuring seven-year-old Daisy and her family. Daisy has a complex medical history – she's ventilated by a tracheostomy 24/7, has a feeding peg, epilepsy and global development delay. Daisy was in hospital



for the first year of her life and when she came home, her family soon realised how vital Demelza's support would be.

Daisy's mum Fiona has spoken about how Demelza has been life-changing for the family, including Daisy's sister Freya, and said she wouldn't be able to cope without the support of our specialist nurses. "I couldn't see who was going to be able to look after my daughter the way I could look after her," she said. "But when I saw how happy Daisy was there, everything changed.

"Demelza has helped us in ways I didn't even think they could help us, from taking us up to London for hospital appointments and bringing us home the next day, to entertaining Freya on the most fantastic sibling events, to making sure that Daisy is well cared for. They have supported us every step of the way.

"For any parent sitting there not wanting to get in touch with Demelza, take hospice out of your mind and see it as freedom. See it as quality time and as the biggest support you're ever going to get on your journey."

There are many ways you can get involved with supporting Demelza, from organising your own fundraising event to taking part in one of Demelza's such as Bubble Rush in Maidstone this summer (see the poster in this issue of FOCUS) to volunteering with the charity or visiting one of their shops – each and every person who fundraises, shops, donates or volunteers makes a difference to the children and families who use the services.

To find out more about Demelza, go to **[www.demelza.org.uk](http://www.demelza.org.uk)**

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**Lenham Meadows Trust**  
Countryside and community

## **LENHAM MEADOWS TRUST AGM**



**Followed by a discussion and presentation on the issues regarding the sluice gate at Glebe Pond.**

**To be held in the Dog and Bear Function Room  
at 7.30pm on Thursday 22nd May 2025**

**Free entry, all welcome, refreshments.**

---

Please email us if you'd like to know more about the Trust or to join our mailing list.  
Follow us on social media for the latest news, details of events and photos of our projects

 [enquiries@lenhammeadowstrust.org](mailto:enquiries@lenhammeadowstrust.org)  [www.lenhammeadowstrust.org](http://www.lenhammeadowstrust.org)   [@LenhamMeadows](https://www.instagram.com/LenhamMeadows)



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# Winner!

**T**hank you to all those who applied to be entered into the free draw for annual, family tickets to the Chatham Historic Dockyard.

There was a bumper response to this latest *FOCUS* initiative.



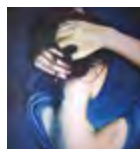
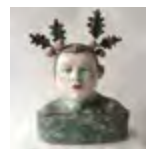
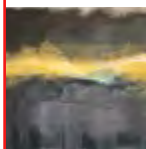
**The lucky winner, selected at random, is Karen Bates of Lenham, who expressed surprise and delight at the news!**

She said that her family will be particularly keen to see the current exhibition of 'sunken ships in LEGO bricks', which is included in the entry tickets.

Visit: **[www.thedockyard.co.uk](http://www.thedockyard.co.uk)** for events this year and how to get tickets.



PILGRIMS WAY ARTISTS



## SUMMER EXHIBITION

May 16<sup>th</sup> – 26<sup>th</sup> 2025

Open Daily 10am - 5pm

We offer a very warm welcome to the 27th Pilgrims Way Artists Summer Exhibition.

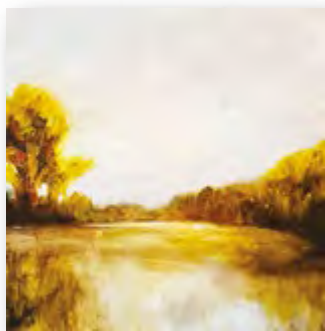
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# Pilgrims Way Artists

The Pilgrims Way Art group are preparing for their annual summer exhibition in May, to be held in the Tithe Barn. As a 'taster', here are just a few of the spectacular examples from the artists who will be showing their work.



*Emma Dove*



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# 40<sup>th</sup> North Downs Walk – 8 June 2025



## Sponsored Walk for Cancer Research UK and your own selected charities

**T**he Rotary Club of the Weald of Kent is running its annual North Downs Walk on Sunday 8th June, starting at Harrietsham Village Hall. It is a sponsored walk, which has been held annually (except in 2020 due to the pandemic) since 1985 and has raised in excess of £600,000 for Cancer Research UK and the walkers' chosen charities.

2025 is Weald Rotary's 50th Anniversary year, and this will be the 40th Walk, so we have a double celebration and it would be wonderful if we could make it a record-breaking year.

There are alternative routes to suit walkers of all levels of fitness. The 1 mile and 3 mile routes are fairly flat; the 6 mile and 9 mile routes take in the beautiful North Downs, with stunning views across the Weald. We have water stations, including dog bowls (this is a dog-friendly event, so give your furry friends an extended walkies) and toilets en-route.

Walkers can start at any time between 8am and 11am and should be back in time for lunch. When you get back to Harrietsham, all walkers are given a free ploughman's lunch, strawberries and cream, and entertainment by local musicians. Come and make a day of it, and raise money for your favourite cause or charity at the same time.

Half of your sponsorship money will be donated by Rotary to Cancer Research UK. The other half is yours to donate to your selected cause or charity, which could also be CRUK but might include Scouts, Guides, school PTA, local church, sports club etc. This makes it a great way of raising money for your cause, with Rotary looking after all of the details.

Many thanks to our event sponsors, Family Funeral Service, who have underwritten all the costs of the event; every penny raised in sponsorship will go to the charities.

Visit our website at [www.wealdofkentrotary.org.uk](http://www.wealdofkentrotary.org.uk) to download registration forms, route maps and event posters, or to learn more about Rotary. For further details contact Chas, our walk-committee chairman on 07831 449216 or at [walkline@wealdofkentrotary.org.uk](mailto:walkline@wealdofkentrotary.org.uk)



# North Downs Walk

for Cancer Research UK

Rotary  
Weald of Kent



**SUNDAY 8th JUNE 2025**

Register Online now at

[www.wealdofkentrotary.org.uk/north-downs-walk](http://www.wealdofkentrotary.org.uk/north-downs-walk)

The 40th North Downs Walk,  
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50th Anniversary year.

A sponsored walk, starting and finishing  
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All expenses are underwritten by our  
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Every penny raised in sponsorship will go  
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Wales (1089454), Scotland (SC041666), the Isle of Man  
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# Book Review from the Lenham Library:

## Black Tag by Simon Mayo

I've read a couple of Simon Mayo books and been pleasantly surprised, but I thought this one was definitely the best so far. It was really exciting and is composed of short, dynamic chapters which make you want to read 'just one more' until the book is finished.

The plot is clever with several strands that seem unconnected at first, but as the story progresses they intertwine nicely and you are quite impressed with the plotting.

There is a variety of sentences and very pared down descriptions, with speech which rings true, and it all adds up to a very impressive modern read.

The main character is Famie Maden and she is extremely interesting. Through her website HOWL, she supports international journalists who find themselves under threat from those who would prefer their deeds went unreported. This feels relevant to today's society with fake news and the danger reporters find themselves in as they report



from war zones, making for a convincing narrative.

Obviously Famie has incredible integrity and is prepared to put her own safety at risk to ensure that right is pursued. At the same time she is not above some dubious methods to get her story to bring the truth to light. Her recklessness, her flaws and her tenacity make for a modern heroine.

The relationship with her daughter is convincingly portrayed, who has inherited many of her mother's traits. They are strong modern women well written by Mr Mayo.

The themes add to the layers of interest. There is political manipulation and historical intrigue, there is friendship and family, and there is guilt and atonement all woven into a pacy story.

The themes are topical and relevant and thought provoking. I think this elevates the book beyond your average thriller. It is hard not to say too much and give away the plot but it does make you think - and I recommend it most highly.

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**W**elcome. It's been a few weeks since I last spoke to you all about various health issues and treatments and this month I have a new one for you! So, let's talk about an ancient therapy still used in my practice daily...

## DRY CUPPING

Dry cupping therapy (myofascial decompression) has been traced back to ancient Chinese, Egyptian and Middle Eastern cultures. The technique is even described in one of the oldest medical textbooks in the world, the Ebers Papyrus, which would imply the ancient Egyptians were using this therapy back in 1550 B.C. It's an oldie but a goody!

### What is Dry Cupping?

Cupping therapy uses specially designed vacuum cups that latch onto the skin, creating a suction which helps to decompress the muscles and connective tissue underneath. This will help to promote blood flow to the local area and speed up the healing process.

### How does it work?

Once the cups are placed in the desired area, a hand pump is placed onto a valve on the cup which draws out the air and creates suction. The suction from the cupping draws fluid into the treated area. Usually the cup will remain in this suction state for 5-10 mins, in which time you will see the skin colour change to a dark red/purple colour. The prolonged suction force expands and breaks open tiny blood vessels (capillaries) under your skin. Your body then replenishes the treated areas with healthier blood flow and stimulates normal healing at a cellular level.



### What can Dry Cupping help with?

Typically it's used to help with decreasing pain, inflammation, and to increase blood flow. It has also been shown in latest research to have an effect on removing toxins by stimulating the immune response, both locally and systemically. It also suggests that it may eliminate Uric acid, a natural waste product from the digestion of certain foods. Uric acid build-up, as we know, can lead to high levels of acidity in the blood and urine, and be the main culprit in certain conditions such as gout!

Predominately, its main use is fascial release—the fascia is a membrane found within our body that covers the muscles/fat/tendons/ligaments. The easiest way to describe it is that it's almost like a lubricant that helps all those structures pass one another without any friction, but, should the fascia become tightened itself, this can lead to an array of issues that can affect not only the musculo-skeletal system but also has an effect on the visceral organ it surrounds.

Finally, it can be used as a general relaxation therapy when placed on individual vertebrae; this I personally find calms the mind and body. But beware it can leave marks for up to 7 days post treatment so no backless dresses for a while!

---

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A look back at Cranbrook's Majorettes

### SEPTEMBER and OCTOBER

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## MAY

**This month's meeting is on 15<sup>th</sup> May  
at 7.30pm in the Community Centre**

**Jane Scotchmer** will give her talk on  
*'Pulhamite – a Scenic Revelation'*.

The competition will be for 3 Flapjacks and/or 1 sprig  
of blossom.

All are welcome to the meetings except in February, July  
and November which are for members only. Members  
pay £1 entrance with non-members paying £1.50.  
Annual subscription is £7 per person. Tea/coffee and  
biscuits are available in the interval and a raffle is held  
before the evening's close.

Our outing will be to Wisley on 20<sup>th</sup> May. Ticket prices are - members £20 and non-  
members £28 to include entry, coach and cream tea.

**Dairy Note:** The Lenham Garden Show is on 16<sup>th</sup> August in the Community Centre.

**For further information: Email: [gardenlenham@gmail.com](mailto:gardenlenham@gmail.com) Tel: 07917401228**



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Bowling Club	Lyn Fuller	01622-851538
Bridge Club	Keith Rylands	01622-891964
Brownies (2nd Lenham)	Andrea French	01622-851646
Cat Protection	Mid-Kent Branch	0345-3712758
Church Office	Sarah Hills	01622-850604
Dog Warden (Louise Duke)	Community Protec'n	01622-602117
Drama	Gail Kelly	01622-850671
Friends of St Mary's Church	Andrew Barr	enquiries@friendsofstmaryslenham.org
Gardening Society	Margaret Baines	01622-431649
Guides (1st Lenham)	Jo Homes	07887-877814
Ham Lane Allotment Association	Doug Matthews	01622-297692
HAMS Productions	David Penny	07731-455677
Harrietsham & Lenham Beavers	Duncan Keenan	07768-926654
Harrietsham & Lenham Cubs	Mrs A Seales	01622-859829
Hub Club	Nina Kent	01622-851970
KCC for Maidstone Rural East	Shellina Prendergast	Shellina.Prendergast@kent.gov.uk
Kent Highway Services	Roads, paths etc.	03000-418181
Kent Wildlife Trust		01622-662012
Lenham Country Market	Sandra Woodfall	07775-736116
Lenham Community Centre	Carol Higgins	01622-853800 (am)
Lenham Cricket Club	Alex Gray	07760-132803
Lenham Film Club	Danny Coorsh	lenhamfilmclub@gmail.com
Lenham Heath Memorial Hall	Rosemarie Pomeroy	07572-911396
Lenham Heritage Society	Henny Shotter	01622-851355
Lenham Lifts scheme	Phil Hollier	01622-859154 / 07542 625277
Lenham Meadows Trust	Danny Matthews	enquiries@lenhammeadowstrust.org
Lenham Nursery	Sarah Siddens	07967-128056
Lenham Parish Council	Lisa Westcott	01622-829034 (M-F 9am-1pm) clerk@lenhamparishcouncil.org.uk
Lenham Quilters & Stitchers	Pamela Gillard	01233-879507
Lenham Social Club	Sue Neaves	01622-532409
Lenham Toddlers Group	Irene Hine	01622-858919
Lenham Wanderers FC	Anna Russell	07747-844785
Len Valley FC	Paul Hewish	07795-324062
Len Valley Health Walks	Jan Enever	01622-851623
Len Valley Practice	GP surgery	01622-858341 / 859204
Member of Parliament	Helen Whately	helen.whately.mp@parliament.uk
Mothers' Union	Mrs J Thomsett	01622-947938
Patient Participation Group	Teresa New	01622-858341
Pilates Classes	Vivien Elcomb	01622-853887
Redback Explorer Scouts	Mark Horlock	redbackesu@hotmail.com
St Edmunds; Platts Heath	Kate Stansfield	07500-895831
Save Our Heathlands (SOHL)	Kate Hammond	07925-606236
Sing & Shake / Make & Shake	Steph Richardson	07894-160906
Vicar	Rev Dr. John Huggins	01622-850280
Wellbeing Community Group	Ellie Stevens	07952-594655 / (Vladimir 07877-143088)
Women's Institute	Chris Godden	01622-858658



# Lenham Community Centre - Regular Clubs/Classes/Societies - May 2025

ACTIVITY	WHEN HELD	DAY	CONTACT NO
Abundant Energy Tai Chi	Weekly Monday	0930-1030	07985 001782
<b>Abundant Energy Qigong</b>	<b>Weekly Monday</b>	<b>1045-1145</b>	<b>07985 001782</b>
Country Ways Knitting	2 <sup>nd</sup> Monday	1330-1630	01622 858658
<b>Country Ways Quilting</b>	<b>1<sup>st</sup> &amp; 3<sup>rd</sup> Tuesday</b>	<b>1330-1630</b>	<b>01233 879507</b>
Country Ways Rugmaking	2 <sup>nd</sup> & last Wednesday	0900-1300	07784 892160
<b>Feathers Badminton</b>	<b>Weekly Monday</b>	<b>2000-2200</b>	<b>07984 948524</b>
Gardening Society	3 <sup>rd</sup> Thursday	1845-2200	01622 430649
<b>Hatha Yoga</b>	<b>Weekly Monday</b>	<b>1815-1945</b>	<b>07850 355918</b>
Kent School of Bridge	Weekly Thursday	1330-1730	01622 891964
<b>LenARA Bowling</b>	<b>Weekly Tuesday</b>	<b>1330-1700</b>	<b>01622 858439</b>
LenARA Line Dancing	Weekly Wednesday	1845-2115	01622 859725
<b>LenARA Members</b>	<b>4<sup>th</sup> Wednesday</b>	<b>1230-1700</b>	<b>01622 851763</b>
LenARA Petanque	Thursday if weather permits	0900-1300	01622 858439
<b>LenARA Zumba Gold</b>	<b>Weekly Wednesday</b>	<b>0900-1030</b>	<b>01622 850228</b>
Lenham Art Group	Weekly Thursday	1000-1300	01622 858238
<b>Lenham Badminton</b>	<b>Weekly Tuesday</b>	<b>2000-2200</b>	<b>01622 858561</b>
Lenham Ballet School	Monday/Tuesday	1700-2030	07866 316056
<b>Lenham Ballet School</b>	<b>Thursday</b>	<b>1630-2100</b>	<b>07866 316056</b>
Lenham Ballet School	Weekly Saturday	0900-1530	07866 316056
<b>Lenham Heritage</b>	<b>4<sup>th</sup> Thursday</b>	<b>1900-2130</b>	<b>01622 850228</b>
Lenham Toddlers pre-school	Weekly Tuesday	0930-1130	01622 858919
<b>Lenham Meadows Trust</b>	<b>4<sup>th</sup> Thursday</b>	<b>1800-2300</b>	<b>01622 851291</b>
Lenham Toddlers Pre-school	Weekly Tuesday	0930-1130	01622 858919
<b>Lenham WI</b>	<b>2<sup>nd</sup> Thursday</b>	<b>1845-2200</b>	<b>01622 858658</b>
Make & Shake (Pre-school)	Weekly Wednesday	1030-1300	07894 160906
<b>Parish Council</b>	<b>1<sup>st</sup> Wednesday</b>	<b>1930-2230</b>	<b>01622 829034</b>
Parish Council F & G P	3 <sup>rd</sup> Wednesday	1930-2200	01622 829034
<b>Parish Council Planning</b>	<b>1<sup>st</sup> Monday</b>	<b>1930-2200</b>	<b>01622 829034</b>
Pathways Church	1 <sup>st</sup> & 3 <sup>rd</sup> Sunday	0830-1330	01622 850266
<b>Pilates</b>	<b>Weekly Tuesday</b>	<b>0900-1100</b>	<b>07495481726</b>
Sing & Shake (Pre-school)	Weekly Monday	0930-1300	07894 160906
<b>Telisa Tai Chi</b>	<b>Weekly Wednesday</b>	<b>1730-1830</b>	<b>07734 108683</b>
Zumba with Rosie	Weekly Tuesday	1830-1930	07809 490982

PLEASE CONTACT ORGANISERS DIRECT FOR UP-TO-DATE TIMES/DATES AND INFORMATION



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The Friends of  
St Mary's Church, Lenham

# UPDATE

## FOLLOWING OUR SUPPER QUIZ

The Friends of St Mary's latest fundraising event was a Supper Quiz which was on the 5<sup>th</sup> April at Lenham Community Centre. A sell out event, the hall was packed with 110 keen quizzers, who made up 15 teams. With five rounds of questions on topics covering general knowledge, food & drink, people & places and entertainment, there was certainly something for everyone. The Pot Luck round was particularly fun – we found out that an octopus has 3 hearts, the national animal of Scotland is the Unicorn and the most common UK pub name is The Red Lion!

In addition to the five rounds of questions, teams were kept busy by a picture round and a puzzle round to complete at their table. Liz Cocker was in charge of asking the questions and she did an excellent job of keeping us all on track. The team in last place were awarded a tin of sardines each (brain food!) and a Friends of St Mary's magnet. It was very close at the top of the leader board, but the '*Tanyard Teacakes*' just clinched the top spot, winning mini bottles of Prosecco and magnets!

We provided a fabulous ploughman's supper during the first break, prepared by team members Gill Simes and Hannah Goodwin, assisted by Jo Glazebrook of Kent Loves... Chairman Andrew Barr spoke about the importance of our work to maintain St Mary's and encouraged attendees who aren't yet members to join the Friends. We held a great raffle during the second break, with prizes of 6 bottles of Chapel Down fizz and still wine,

a bottle of whiskey, a lovely hamper and afternoon tea for 2 at Chilston Park.



Win or lose, everyone seemed to have a wonderful evening! We'd like to say a huge thank you to everyone who supported and attended the event and made it such a superb sell-out night. In addition, grateful thanks to the hardworking team of volunteers who set up and cleared the hall. **We are extremely happy to report that the quiz raised over £1,500.** Our fundraising activity is vital as we work to maintain and preserve our Grade I listed church building. The profits from the quiz will go towards our future renovation projects, particularly work planned to carry out necessary repairs to the tower roof and maintenance of the clock face.

Please email us if you would like to receive regular updates about our work or if you would like to become a member. You'll also find more information about us and a membership application form on our website.

**SAVE THE DATE:** We'll be holding the **Annual Village Barn Dance** in the Tithe Barn on Saturday 20<sup>th</sup> September 2025. Tickets go on sale 1<sup>st</sup> August.



[www.friendsofstmaryslenham.org](http://www.friendsofstmaryslenham.org)



@FriendsofStMarysLenham



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## Harrietsham Lawn Tennis Club (Est. 1924)

From Andrew Rogers, Tennis Club Chairman

**G**rass court tennis will be starting up in May. Our first session will be on Sunday May 4<sup>th</sup> from 2pm and everyone is welcome to come & play.

Our usual schedule for **social tennis** will be on **Tuesday and Thursday evenings from 6pm and Sundays from 2pm.**

Members can play at anytime during the week on the 3 grass courts for singles & doubles.

This year we plan to introduce **Walking Tennis** - an LTA approved version of tennis played on a standard sized court where the ball can bounce twice and no running or jumping is permitted.

The game is ideally suited to those who are less mobile or recovering from an injury where more gentle exercise is necessary.

We are running **Free taster sessions on Monday May 12<sup>th</sup> & 19<sup>th</sup> from 10-11:30am** - no need to book just turn up and give walking tennis a go.

**For any further details please ring Andrew on 079000 23399 or visit our website [harrietshamlawntenniscub.weebly.com](http://harrietshamlawntenniscub.weebly.com) for the latest news.**

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# Lenham Primary School



**From Mrs McCluskey, Headteacher**

**L**enham Primary School is proud to be part of the PINs (Partnerships for Inclusion of Neurodiversity in Schools) Pilot Project.

This national initiative, led by the Department for Education and NHS England, aims to create a more inclusive and supportive school environment for neurodivergent children, ensuring they feel welcomed, valued, and able to participate fully in school life.

As one of 20 primary schools in Kent, including others in the Maidstone area, Lenham Primary School has embraced the opportunities provided by the PINs project. The school has accessed extensive training to enhance staff knowledge and support systems. This includes:

- ADHD training
- Grief and Loss training
- Independent Learning strategies
- Emotional Literacy Support Assistant (ELSA) training
- Autism training
- A comprehensive school review with an Educational Psychologist

Beyond staff training, the school has forged a valuable partnership with Kent PACT (Kent Parents and Carers Together) to establish a Family Forum.

This forum is currently being developed and we hope will serve as a crucial support

network for families, addressing key topics such as:

- Understanding neurodiversity
- Autism awareness
- ADHD and its impact on children
- Emotional regulation and support
- Managing anxiety and worries
- Sleep difficulties in children

A dedicated team of parents is actively involved in shaping the Family Forum, ensuring it meets the real-life needs of families within the school community.

We are also drawing parents attention to The Family Hub which offers a variety of support to families: **[www.kent.gov.uk/education-and-children/kent-family-hub](http://www.kent.gov.uk/education-and-children/kent-family-hub)**

Through the PINs project, Lenham Primary School continues to foster an inclusive, understanding, and supportive environment where every child can thrive.





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# Nature Watch

From Darren Hammond

## Float like a butterfly

**A**s the days warm up and the flowers bloom fully we will see more and more butterflies (and of course moths) floating about the air. There are about 59 types of butterfly that live in the UK and another 30 that visit occasionally or regularly through the summer.

Usually butterflies are active from March to October and can be enticed into the garden by planting a variety of wildflowers so they can feed on the nectar. You can also leave fruit on the ground as they may feed on that or plant different plants the caterpillars may feed on. The most common butterflies you may find in the garden are the Red Admiral, Peacock, Brimstone, Painted Lady, Comma, Small Tortoiseshell, Small White and Large White. There are others that are less common in the garden but you can find them out in the fields surrounding Lenham.



### The Marbled White Butterfly

Despite its appearance and its name, this butterfly is actually part of the “brown” butterfly family, usually found in forest clearings and the edges of meadows.

Eggs are often laid while they are flying, or sometimes from a very brief perch on a blade of grass.

They are most active from early June to early September and you will find them often fluttering over the grass in warm sunny weather.

### The Comma Butterfly

It gets its name from a small mark that looks like a comma on the underside of the wing.

It's a very bright orange and has very distinctive shaped wings. They used to live only in the south of Britain but in recent years they have spread north and as far as Ireland. You will often see them feeding on flowers and fruit.



### The Speckled Wood

The speckled wood is a brown colour with white spots and, while it may seem plain, is actually quite beautiful.

These are becoming more common as

climate change takes place and, while they don't visit flowers as much as other types of butterflies, they will feed on the honeydew left behind by aphids.



“There are about 59 types of butterfly that live in the UK.”





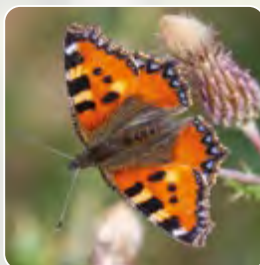
### **The Peacock Butterfly**

Incredibly colourful and quite a large specimen that you will see on flowers through the summer.

If you're walking through fields or patches of nettles you might see their

caterpillars which will be found living in large groups in what will look like silk nests. They also love the buddleia flowers, especially late in the season when they are trying to fatten up for winter.

### **The Small Tortoiseshell**



A very pretty butterfly that is quite vivid in colour and has electric blue highlights on the edges of its wings.

It used to be quite widespread across the UK but in recent years it has faced a

noticeable decline in numbers. It feeds on flowers from a wide range of plants like bramble, ivy and thistles.

Like the peacock butterfly, the caterpillars of this butterfly also live in communal

groups and silk nests and usually on nettle plants.

### **The Common And Holly Blue**

You might see a few of these very small but incredibly vivid butterflies flying about woodlands and gardens.



While they have a very bright blue upper wing, their bottom wings are less so and have

spots. The males are the ones that are blue while the common blue females actually have brown upper wings.

They feed primarily on honeydew that aphids leave on plants. Most common in the south but are moving north.

To encourage butterflies into the garden, plant plenty of flowering plants and try to encourage other insects, like the aphid (of course not everyone's favourite bug in the garden).

Not only will this brighten up your garden but it will give one of nature's most beautiful pollinators a place to call home.



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# An update from your local MP, Helen Whately

A lot of people think catapults are just kids' toys. Yet I am receiving more and more emails from people sharing stories about how they are being used to cause devastating harm. That's why I am campaigning for them to be classed as 'offensive weapons' so the police have the powers they need to take action.

I have been told how catapults have been used to knock out people's teeth, seriously maim or kill pets and wildlife, as well damage property including shattering car windscreens and breaking house and shed windows. Reports about the damage catapults cause is growing more serious and more widespread.

I have been working hard to change the law. Last year, I led an initiative with other Kent MPs pressing the Home Office to do more to tighten up on catapults. In January I met the Policing Minister to push for them to be classed as offensive weapons and grant the police the right to confiscate them.

I am now looking at whether I can get the forthcoming Crime Bill amended to achieve this. In the coming weeks I will be asking more questions in Parliament and following up with Ministers to keep up the pressure. Sometimes anglers use a special kind of catapult to spread bait – but there's no reason for anglers to be affected by a crackdown on catapults used as weapons.

There is a Parliamentary petition calling for companies to be banned from selling dangerous catapults and ammunition in the UK which you can sign by typing in this link: <https://petition.parliament.uk/petitions/701064> or searching for



*Helen on a rural crime visit with the police*

**Sign the petition  
to ban the selling  
of catapults and  
ammunition.**

'Parliamentary catapult petition'. The petition was set up by Danni Rogers, a volunteer at the Shepperton Swan Sanctuary, after numerous attacks on swans. If the petition reaches 100,000 signatures by 27th May it will force a debate in Parliament – which will also help to raise awareness of the problem.

I will not rest until something is done, but I need your help. To build a strong case I want to gather as much evidence as possible. So, if you or someone you know has had a bad experience with catapults, please share it with me.

Best wishes, Helen

**e:** [helen.whately.mp@parliament.uk](mailto:helen.whately.mp@parliament.uk)

**t:** 0207 219 6472

# The Critic



**LENHAM  
FILM CLUB**

*at Lenham Community Centre, Groom Way*

**Friday May 9<sup>th</sup>**

**Performance begins 19.30,  
doors open 19.00**

***Running time 1hr 41 mins***

Our film in May is **The Critic** (15, 2024), which stars the wonderful Ian McKellen as vitriolic and powerful theatre critic Jimmy Erskine in this brilliant thriller set in 1934. Erskine vows revenge when he is sacked by the new owner of the newspaper where he works. Convinced he has been treated unfairly he gleefully plans every step of his retaliation. For this he manipulates a gullible young actress, Nina Land, for his first move. She is persuaded to seduce his ex-boss which sets in train the dark and gripping

rigmarole that follows. Based on a novel by Anthony Quinn, **The Critic** offers an evening of thrills and suspense with the incomparable Ian McKellan, wonderfully supported by a host of British stars including Gemma Arterton, Mark Strong and Lesley Manville. What more could you want? Directed by Anand Tucker.

For our June performance, June 13<sup>th</sup>, we've something different - we journey to the Land of Oz, not with Judy Garland, but in the gorgeous Oscar winning musical fantasy **Wicked**. Don't miss this one!

**Admission:** Adults £5, under 16s £2; cash only, card payments not accepted.



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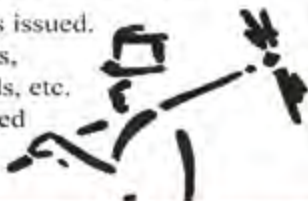
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# The Arts Society Egerton



The Arts Society brings people together  
through a shared curiosity for the arts

We meet at Egerton Millennium Hall, Elm Close TN27 9DS on the second Wednesday of each month (doors open from 2.00pm).

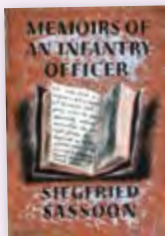
Our next lecture will be:

**Wednesday 14<sup>th</sup> May at 2.30pm:**

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**Toby Faber:** author of 'Faber & Faber – the untold story and other books' was managing director of the publishing company for 5 years.

Visitors are always very welcome at £6 (just turn up and pay on the door), refunded if you join.



To find out more please visit: [www.theartsocietyegerton.org.uk](http://www.theartsocietyegerton.org.uk) or contact our Membership Secretary, Christine on [cmwillis75@gmail.com](mailto:cmwillis75@gmail.com) or 01233 756377



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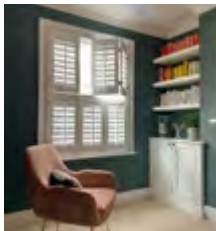
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# Processing Negative Emotions

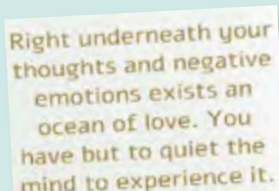
By Vladimir Barkanov

Previously, I mentioned the difficulties in processing positive emotions. When it comes to negative emotions, there's no mystery why we want to avoid them. The question is, why shouldn't we?

Negative emotions tell us that something is wrong and needs to be changed. (Not always, though. For example, grief has a different purpose. Personally, I do not view grief as negative.) Additionally, there is a message concealed in emotions, which we can extract only by processing them carefully.

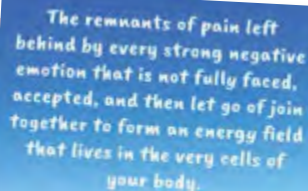
The way we process negative emotions is similar to how we handle positive ones. We begin by allowing ourselves to feel. However, here comes the difference. Unlike with positive emotions, when we try to protect ourselves from negative ones, our mind rushes to "help" by filling us with never-ending monologues about who or what is at fault, how bad it all is, and what we coulda/shoulda/woulda done about it.

This "help" is exhausting and pointless, as its only purpose is to prevent us from feeling negative emotions. Yet, in the process, the mind generates even more negative emotions. In other words, we replace emotions caused by external events with self-generated ones and hope to feel better. It makes no sense.



Right underneath your thoughts and negative emotions exists an ocean of love. You have but to quiet the mind to experience it.

Barbara Ann Kipfer



The remnants of pain left behind by every strong negative emotion that is not fully faced, accepted, and then let go of join together to form an energy field that lives in the very cells of your body.

Richard Teller

Now, let's see how processing emotions works. I'll give you a personal example.

Not long ago, I had a conflict at work. It affected me severely. As I live with depression, it triggered a crisis, caused me insomnia, and I had to take a day off. The next day, while driving to work, my mind was filled with shoulda/coulda/woulda thoughts, to the point that my head was aching. Then I stopped myself. "What are you doing, exactly? Why are you thinking all this rubbish?" The answer was clear: I was hiding from my feelings. So, I let the feelings in. While in the clasps of my mind, I thought my feelings were anger and indignation. But in reality, I felt hurt and scared. I value my work and love the team, hence such a situation made me feel like I was losing an important part of my life.

I let my emotions run their course. I leaned into my pain and fear to the point that tears came to my eyes. It lasted less than five minutes, after which my mind was quiet, my heart was at peace, and I was not worried about the day anymore.

If I had had enough presence to process my feelings on the day of the conflict, I could have avoided insomnia and all the suffering.

Emotions have enormous power to heal and guide us, and if we just lean into them without letting our minds run wild, they can bring great clarity and peace. Next time, I may touch on the question of grief.





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# Mote Park Art Competition 2025



**M**aidstone Borough Council is inviting people to get creative and enter the **Mote Park Art Competition 2025**. The competition opened on 1 April and closes on 12 September.

Now in its third year, budding artists are being invited to create a piece of original artwork in readiness for entering the competition. The piece should showcase a 'Favourite Time' spent in Maidstone's Mote Park which is a Green Flag Award winner for several years running; with its woodland, grassland, rivers and 30-acre lake it is a stunning green space for everyone to enjoy.

Artwork for the Mote Park Competition can be in any medium, except photography. 3D submissions including textiles, glass, pottery and woodwork are particularly welcome, as well as paintings and drawings.

The Mayor of Maidstone, Cllr John Perry, said: "Our annual Art Competition is a great way for people to share a favourite time they have spent in the fabulous Mote Park- reflecting this jewel in the County Town's crown, at the heart of the borough. I am really looking forward to seeing all the entries to the competition and would encourage as many people as possible to get creative and take part."

Prizes will be awarded in two categories, sponsored by Marathon Wealth Management:

- Over 18's winner - £250; runner up - £100
- Under 18's winner - £100; runner up - £50

**The competition will be open to any age and the closing date for entries is 12 September 2025.** Full terms and conditions and how to enter can be found at <https://arts.maidstone.gov.uk> or via the QR code.



Scan the QR code to go direct



A number of entries will be shortlisted to feature in a free exhibition which will be open to the public in the Mote Park Learning Space from Monday 20 Oct to Saturday 1 Nov 2025.

Visitors to the exhibition will be invited to vote for their own favourite artwork and the winner of this 'visitors vote' will receive a voucher for art materials.

You will see regular updates on all the parish council's activities in the *Focus*, our website and social media.

## Your community needs you!

Much of what we rely on and take for granted comes from the efforts of others – the imaginary army of “they” ... as in “*They should do something about that...*”

All around us there are folk beavering away, giving their time to enhance their community, to make sure the litter gets collected, the spring bulbs are planted which make the village look jolly, ensure that the Christmas lights happen, that the film nights take place or provide recreational activities for young and old – there are so many examples.

However, when those who have supported different things decide to step back (usually because they have done it for years and want some me-time) and there is no one to step in and keep the various activities afloat, they sink. People often only recognise the value of something when it is no longer there.

Our community, our village, has a long and cherished history of volunteering and we need to find a way to make sure that it can carry on in the 21st century, when there are so many calls on much of our time and effort.

So, this is a plea, do you have some time to spare to enhance your community?

**Lenham Parish Council is holding its Annual Parish Meeting this month on Wednesday 14 May at 7:30 in the Community Centre and the theme of this year's meeting is: 'What can you do for your community?'**

**Wednesday 14 May at 7:30  
in the Community Centre  
- and we look forward to  
meeting you!**

We recognise that times are tough. However, helping to maintain the fabric of where you live can be very rewarding and it doesn't mean you have to engage in endless meetings (although finding someone to fill the vacancy on the parish council would be a bonus – we don't bite!). There are many opportunities to get out and about, to learn about the community we live in, to meet different people and make new friends and we would like to champion that at our meeting in May.

As well as focusing on volunteering there will be updates on the parish council's work-plan for 2025/26, the capital projects we will be rolling out and we will also have an update on the so-called “Garden Community” proposal at Lenham Heath – so a packed evening.

There will be refreshments (a glass or two of wine and some tasty snacks), people to talk to, to maybe discover something which might interest you, so please put the date in your diary.



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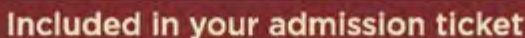
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# Understanding Pharmacy First

## From the Wellbeing Community Group

**T**he NHS Pharmacy First service, which replaced the Community Pharmacist Consultation Service (CPCS), offers advice and treatment for seven common conditions in eligible age groups, accessible through walk-in or online consultations at Saxon Warrior Pharmacy.

Here's a breakdown of the eligibility criteria:

### Conditions Covered:

- Uncomplicated urinary tract infections (UTIs) in women aged 16-64
- Shingles in individuals 18 years and above
- Impetigo in individuals 1 year and above
- Infected insect bites in individuals 1 year and above
- Sinusitis in individuals 12 years and above
- Sore throat in individuals 5 years and above
- Acute otitis media (ear infection) in children aged 1-17 years.

### How to Access Pharmacy First:

- **Walk-in or online consultations:** Patients can directly access the service by visiting or contacting your local pharmacy.
- **NHS 111 referral:** NHS 111 may refer patients to the service.
- **GP Referral:** General practices can also refer patients to Pharmacy First for low acuity minor illness conditions and the seven clinical pathways.

Please make the best use of this service to save GP appointments and get treatment when appropriate without delay. One of the common misconceptions following the national launch of the service last year has been the exclusion criteria especially in the case of UTIs in older women.

**Your pharmacy team is always available to answer any questions about this service.**





# Lurcock...trading for over 300 years in Lenham

**Most of us feel unsettled by the political changes taking place in the world. Nothing new about this!**



When Edward Lurcock wrote his will in 1647, the country was in turmoil, which is very evident when reading the will. Charles I is not named anymore as King of England, Scotland and Ireland, which used to be the case in earlier wills of this period, but only as King of England. He was, at the time, under house arrest at Hampton Court and, later that year, was imprisoned by Cromwell on the Isle of Wight.

The reader of the will gains the impression that even the scribe was uncertain about the status of Charles I and whether it was still given that he could write on paper *'in the tenth day of March now in three and twentieth year of the Reign of the Sovereign King Charles of England.'*<sup>1</sup>

The world of politics was possibly not on Edward's mind when he wrote his will and it wouldn't have occurred to him that his family would still be serving customers in Lenham more than 300 years later.

In the recent past, the name of 'Lurcock' is firmly connected to a delicatessen shop, which still existed in the 20<sup>th</sup> century in the place where the 'Fig Tree Spa' is today. However, the Lurcock Family did not start off as a provider of delicatessen. In 1647,

Edward Lurcocke was a cordwainer<sup>2</sup> by profession. He was a highly qualified person who made shoes at a time when shoes were not made in factories.

The second will we have<sup>3</sup> is that of John Lurcock, one hundred years later, dated 1747. He still works with leather but he puts it to good use in the making of gloves - he was a glover. From this period, we also have documents<sup>4</sup> from the workhouse where a pauper was given money to buy an "Allweathercoat" from Lurcock. Another poor person was sent to the shop to buy breeches.

In 1840, a William Lurcock is mentioned as a glover but, in the trade directory<sup>5</sup> of 1850, we find him named as glover and grocer, which in those days did not necessarily mean food grocery. Mrs. Lurcock is named as dressmaker.





From the period when Lurcock traded in clothing, we have the earliest existing photograph of the shop (below left) and, when you zoom in, the display in the shop window is clearly of clothes.

In the last photograph, here we can see one proud Lurcock, purveyor of foods standing in front of his shop.

In the early 1970s, the long tradition of Lurcocks as Lenham shopkeepers came to an end and Tony and Carole Robinson took over the business. You were served with a smile and, as usual in those days, going shopping was always an opportunity for a chat, as everybody knew everybody. That has changed! Today some people talk in chat rooms with people they don't know at all!

#### References:

1. Canterbury Probate Records PRC/16/257 L/3
2. The term 'cordwainer' derives from "Cordoba which was famous for the finest goat's leather.
3. Canterbury Probate Records PRC/17/93/19j
4. Overseers' records Kent Archive P224/12
5. Directory for the Environs 1850.



*Possibly taken before WWI. As I don't know the date of the photo I cannot be certain of the first name of this particular Mr. Lurcock*

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# Obituary – Kathy Harlow

1947 – 2025

It is with great sadness that I announce the death of Kathleen (Kathy) Harlow. Kathy passed away peacefully at William Harvey hospital on Sunday 30<sup>th</sup> March with her family at her side. She was aged 78.

Originally from London, where she worked for the Amalgamated Engineering Union (AEUW), Kathy moved to Kent about 35 years ago and lived in Lenham Heath for over 30 years.

Predeceased by her husband Albert, she lived with her brother John.

Kathy thoroughly enjoyed living in the local community and made many friends in and around Lenham.



She joined LenAra and delivered the Lenham Focus magazine. She was hugely sociable and outgoing. She was an excellent cook and hostess.

After Albert's death she travelled widely. She was the heart and soul of her family. Survived by her brother John, daughter Nicola and two grandchildren Robert and Jack, she adored her grandchildren and a year ago was delighted to have become a great-grandmother when

Ronnie was born to Robert and Beth.

Kathy had a generous nature and was a beautiful soul who brought us all great joy and happiness and left a lasting legacy.  
**Forever in our hearts.**

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# Recipe of the Month

## Chicken A La Marengo

The perfect main dish for a spring buffet.  
Served with a ham and rice salad -  
serves 8.

### Ingredients:

2 chickens cut into pieces  
(not too small)  
1 small tin tomatoes, sieved  
250g mushrooms  
1 large onion  
6oz white wine or chicken stock  
2 bay leaves  
Olive oil

### Method:

Gently cook the chopped onion in 3 tablespoons of olive oil in a large frying pan. Then brown the chicken pieces, add the tomatoes and juice, bay leaves and wine or stock – or a mixture of both - and simmer for ½ hour. Saute the mushrooms in butter or oil for a few minutes then turn



them into the dish, scraping the delicious brown bits into the sauce.

### HAM & RICE SALAD

Boil the rice. Drain as soon as cooked, rinse with warm water then dress with a good French dressing while still warm. Season with salt & pepper, a little nutmeg and mix in black olives, chopped ham and chopped green pepper.



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**NEXT SESSION 15<sup>th</sup> May (1:30–3pm) Lenham Community Centre**

## EAR CARE SERVICES

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Further dates for 2025 will be released soon.

**Ear health checks cost £10 & wax micro suction £50 (for one or both ears).**

**Contact us on 01227 760046 or email [earcare@hikent.org.uk](mailto:earcare@hikent.org.uk)**

# Christian Message

From Reverend Richard Birch

What is the “church”? We have a wonderful medieval building on the Square in Lenham, dedicated to St Mary, which we call our “church”. But in the years just following the death and resurrection of Jesus there were no buildings specifically for Christian worship and the “church” was the family of Christian worshippers. It is important to remember that the church is about people more than it is about buildings.

In the third century after Jesus, Christians began to set aside buildings specifically for worship and gradually they became known as “churches”. Now there are many ancient buildings that are very special to us, they are places where people have prayed and worshipped over the centuries and it is possible to feel the atmosphere inside and sense the presence of God. They are amazing places for Christians to join together and develop their relationship with God. But we can do that in other places too, for example at the war memorial across the A20, and we still meet in house groups, very similar to those in the first century.

People meet together in St Mary’s every day of the week, not always to sing hymns and to worship formally. The building is used for many purposes, for bellringing and choir singing, for coffee and chat, for Wednesday Feast, for sewing circle, for the food bank.

When Archbishop William Temple was reported as saying, ‘The church is the only

society on earth that exists for the benefit of non-members.’ He was talking about the church as the family of believers. It is this thought that inspires the Christian family to use the church building for the good of all the community.

At St Mary’s we are currently raising money for the Hub project, which will open up the church building for much more flexible use for the benefit of the Lenham community. Jesus instructed us to love our neighbours and it is the working out of this that drives us to use the church building as widely as possible, not just for Christian worship.

The need for good village venues is increasing as Lenham doubles and re-doubles in population. St Mary’s has a long and interesting history at the very centre of the community. We have an amazing opportunity to develop the church building as a place where the church family can meet, where the community can gather for Christenings, weddings and funerals, and where we can have the space for many activities for the wellbeing of all who live in our village.

**‘The church is the only society  
on earth that exists for the  
benefit of non-members.’**



# Len Valley Benefice

Everybody is welcome

For I am the Lord your God who takes hold of your right hand  
and says to you, do not fear; I will help you. *Isaiah 41:13*

## Sunday 4 May

**9.30am Lenham:** Breakfast Church

**11.00am Lenham:** Holy Communion  
with baptism

## Wednesday 7 May

**9.30am Lenham:** Holy Communion

## Sunday 11 May

**9.30am Lenham:** Breakfast Church

**11.00am Lenham:** Holy Communion

## Sunday 18 May

**8.00am Lenham:** Holy Communion (BCP)

**9.30am Lenham:** Breakfast Church

**11.00am Lenham:** Morning Worship

## Sunday 25 May

**11.00am** Benefice Holy Communion at St  
Nicholas, Boughton Malherbe.

*'Re-Sourced in Christ – Community'*

**Check local notice boards for more details**

## THE PATIO WAREHOUSE



UNIT 3, ASHMILL BUSINESS PARK, ASHFORD RD, LENHAM, ME17 2GQ. TEL: 01622 231399

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**OPEN TO THE PUBLIC AND TRADE 7 DAYS A WEEK**

# Lenham Wednesday Feast

**W**e have been meeting together for 9 months now and are now fully booked every week. This has meant that we have had to turn away people every week, which is a shame. So, we have decided it's time for a bit of a shake-up. We've split the 2 large tables up so we can now seat 38 for lunch, the booking system will still be in place for 24 reserved places, but we'll cater for casual walk-ins.

This should ensure that no-one will be turned away; we also have a number of highchairs and good accessibility for pushchairs, walkers and wheelchairs.

As the warmer weather approaches, we may even be setting tables up outside.

If you fancy a homecooked meal with good company, why not come along.

## **BUT NOW FOR SOME EXCITING NEWS**

We are opening a Café:

### **THE BRIDGE CAFÉ**

**We will be open every Wednesday  
10.30 – 12.00**

Come along for coffee, tea and biscuits. We've even got a play area. So pop in with your friends for a coffee and a chat

You might enjoy it so much that you decide to stay for lunch.



## **Better Connected.**

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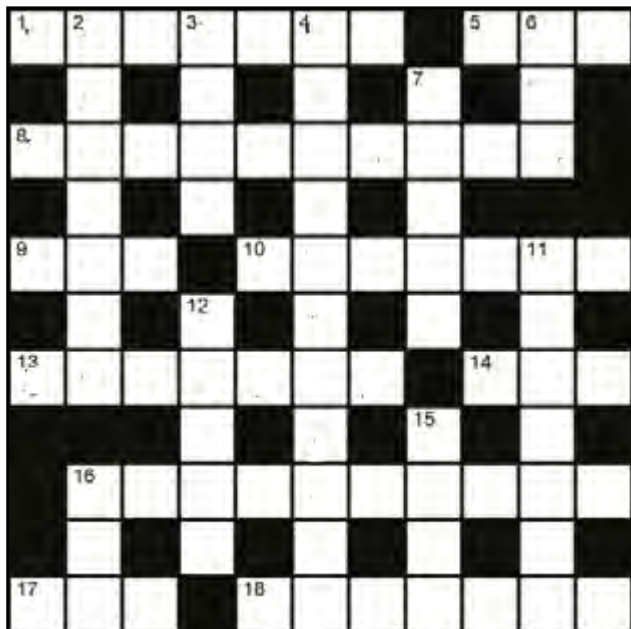
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Based in Lenham, connect with Luke on LinkedIn, WhatsApp or at **[www.betterconnected.uk](http://www.betterconnected.uk)**



# Focus PRIZE Crossword May 2025

The March Winner was Andrew Barr of Lenham. Well done!



## Across clues

1. Burnt on the surface. (7)
5. Excellent' as termed nowadays. (3)
8. In a state of being dirty. (10)
9. Vehicle driven by delivery people. (3)
10. A highly toxic liquid. (7)
13. Top newspaper people. (7)
14. Eggs. (3)
16. 'Fight or Flight' hormone. (10)
17. One of two pieces of sporting equipment. (3)
18. One time Queen of the Netherlands. (7)

## Down clues

2. John F Kennedy's University. (7)
3. A popular gemstone. (4)
4. She wrote 'Wuthering Heights'. (5,6)
6. Lettuce type also know as Romaine. (3)
7. Baked bean Company. (5)
11. Painter of the Mona Lisa. (2,5)
12. It brings heavy rain and wind. (5)
15. Drink that has lost its fizz is this. (4)
16. Noah's animal boat. (3)

Answers for April 2025  
Focus Crossword



A £10 voucher, donated by your crossword compiler, will go to the first correctly completed crossword picked from your entries. Please complete the box below and hand your entries into the Lenham Parish Council offices at 1a High Street Lenham or into the Lenham library by **no later than 21 May** where they'll be placed in an envelope. The winner will be notified direct and announced in a future issue of *Focus*.

Name ..... Phone No .....

Address .....



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