

Thursday Lunch Provision

Cheery volunteers are needed to join our team providing the popular Lunch run by the Parish Council on Thursdays at 12.00pm at the Youth and Community Centre.

One position is to assist our Cook with food preparation and setting up from 11.15am. Other duties will include making tea and coffee and help serving up.

The second position is for a volunteer driver to bring members to the lunch and take them home again. A DBS Check is required for this position.

Please call the Parish Clerk, Alison de Jager on 01474 702760 to discuss this or pop into the Lunch on a Thursday morning for a chat.

Thursday Lunch Club

Over 60? Come and dine with us at 12:00 noon every Thursday at the Youth & Community Centre. Our diners enjoy a freshly cooked quality two course meal prepared by our professional cook. The £6.00 charge includes tea or coffee.

For more information, please contact the Parish Clerk on 01474 702760.



10 Ways to get involved with the Sports Centre

"Where Health and Community Collaborate"

Opening hours: 8:30am - 9pm Monday to Friday
8:30am - 5pm Saturday
9:30am - 3pm Sunday



1 GYM

180-252 calories

Our qualified instructor offers a full health and fitness evaluation along with the induction to support your personal health and fitness goals.

2 MORNING CLASSES

180-400 calories

Offering a variety fitness classes designed according to demand and feedback. Zumba Gold, Gentle Exercise, Adult Ballet, Pilates and Seated Zumba in the morning. Circuits, Barrefitness, Boxfit, Yoga, Pilates in the evening. Your first class is FREE to try!

3 EVENING CLASSES

180-400 calories

4 SQUASH

450-800 calories

One court open all day from 8:30am to 9pm Mon-Fri 8:30am-5pm Saturday 9:30am-2pm Sunday

5 TABLE TENNIS

274-400 calories

Two tables that can be used in the squash court and times are the same as the squash court.

6 BADMINTON

475-525 calories

Two courts are available to hire from 6pm-9pm Monday to Friday: 12:30pm-5pm Saturday and 9:30-3pm Sunday

7 TENNIS

575-755 calories

2 courts available, 4pm-9pm, and all weekend. During school holidays they are available the same time as our opening hours.

8 TEEN GYM

Parish Council Initiative

Monday and Thursday at 5pm, there are supervised sessions for 14 & 15 year olds to develop and learn the basics of gym training.

9 BASKETBALL

Parish Council Initiative

Tuesday 4:45pm-5:45pm is junior basketball and 5pm-7pm is senior basketball taking place on the badminton courts.

10 HOLIDAY SCHEMES

Parish Council Initiative

Holiday schemes gives local businesses the opportunity to showcase what they can offer the children and youth in our community.

All equipment for racket sports is included in the hire price.

Pop in and visit our friendly staff who will show you around our premises and help you sign up to enjoy all we have to offer our community.



<https://www.facebook.com/AshGreenSports>



[AshGreenSportsCentre](#)



Visit our website www.ashgreensportscentre.co.uk or call us on 01474 702 164

NEW ASH GREEN SOUTH EAST WARD: Councillors Mike Brown (Chairman), Roxana Brammer (Vice Chair), Jill Clucas, Pam Connell, Mark Manley, Isabel MacLeod

NEW ASH GREEN NORTH WEST WARD: Councillors Carol Clark, Sarah Hobbs, Steven Glover, Vusi Ngwenya, Paul Nightingale, Shaun Fishenden

ASH WARD: Councillors Jeremy Scott, Melanie Sapiets

HODSOLL STREET & RIDLEY WARD: Councillors Frank Cottey, Margaret Howie

PARISH COUNCIL WEBSITE: www.acrpc.org.uk

PARISH CLERK: 01474 702760

EMAIL: info@acrpc.org.uk

Ash-cum-Ridley Parish Council

SPRING 2023

Serving the local communities of Ash, Hodsoll Street, New Ash Green & Ridley

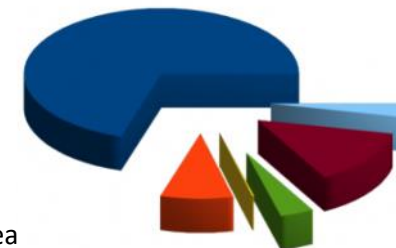
Parish Precept

The Parish Council precept for the 2023/24 Financial Year has been set at £136,324, being a 11.8% increase. While the percentage is slightly above inflation, the actual monetary increase equates to £5.88 for the year (just under 12p per week) on a Band D property.

The Parish Council is very aware of the increasing monetary pressures on individuals and have tried to keep the increase to a bare minimum. Unfortunately due to energy, telecommunications, labour and general running cost increases we have had no alternative.

This increase helps the Parish Council to continue to provide the following services:

- Ash Green Sports Centre
- Thursday Lunch Club for the over 60s
- Youth Club Provision
- Youth Sports Activities
- School Holiday/Summer Scheme Activities
- Hodsoll Street Recreation Ground/Play area
- Ash Burial Ground and Memorial Garden management and maintenance
- Maintain Ash Memorial and Bowdler's well, Ridley
- Ground maintenance at Ash and Hodsoll Street Village Halls
- Maintain Northfield Green Space jointly with Hartley Parish Council



If you require further information or would like to make an appointment to visit the Parish Office and inspect the accounts, please contact the Clerk:

Alison de Jager, Parish Clerk, Ash-cum-Ridley Parish Council, **01474 702760**, info@acrpc.org.uk

New Ash Green Shopping Centre

Ash-cum-Ridley Parish Council is aware of the auction of the Shopping Centre and is monitoring the situation closely alongside our partners at Sevenoaks District Council and the Village Association.

The Parish Council comprises of councillors all of whom live in the local area and so the Council has

always been keen to see the centre regenerated in a sustainable manner.

When any new owner is known; the Parish Council alongside other bodies will pro-actively engage with them to ascertain their vision for the centre and share residents views with them on any future developments and regeneration.

Baby Group

By Lisette and Niki

In 2021, we set up a new parent support group with one aim: to support and connect parents and carers looking after young children in our village.

Following Covid, the number of new parents who felt isolated and alone had increased. Knowing how important the support of other mums had been in our own motherhood journeys and with the children's centre no longer offering such a service, we decided to take action.

We were kindly offered the NAG Village Association meeting room as a venue and self-funded the setup. Financial support was later provided by an anonymous donor, whose generous donation has enabled us to support more than 50 local families this past year. We do not charge an entry fee. Instead, our group aims to be inclusive; everyone is welcome and refreshments are provided free of charge.

If you or someone you know would like to come along, we'd love to meet you! Our group runs every Tuesday in the VA offices 10-12pm for children two years and under. Breastfeeding peer support also available.



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My Community Voice

My Community Voice is a messaging service that helps Kent and Medway residents, businesses, and community groups to keep in touch with their local policing teams. It sends updates about the local area directly from the police officers themselves and allows direct replies to the alerts, and sharing of information.

It is committed to engaging with communities to increase trust and confidence and to help protect people from harm. Police and the public working together can build resilient and safe communities, which can both reduce and prevent crime. Everyone can play an active part in police appeals as well as keeping updated in what is happening in the local area.

Recently, Kevin Savill of Kent Police met the NAG focus group. He observed that the very make up of New Ash Green lends itself very well to how senior officers in Kent Police would like MCV to be used. New approaches to how the police work have had to be adopted. Owing to cut backs, they are more dependent on strong communication with communities to be our eyes and ears.

If each of the Residents' Associations within New Ash Green were to encourage their residents to sign up for My Community Voice more people will be able to assist.

An example was given of how this could work – an alert can be sent out to all residents in a specific location saying 'There was a theft from a motor vehicle at ...between 23:00 & 03:00 on the 02.01.23 could anyone with doorbell cameras please check between these times for any suspicion activity'. Anyone with

something to report can send it as a reply to the message or alternatively send any other relevant information.

There will always be debate that it overlaps with Neighbourhood Watch or other residents groups but hopefully, from the example, it can be seen that if people sign up, information can be sent out and come back much more quickly.



Hi Kent Hearing Aid Clinics

Hi Kent run aftercare clinics for NHS hearing aids in towns, villages and communities throughout Kent. These clinics are free of charge and open on a drop-in basis, so there is no need to make an appointment. Our clinics are run by trained volunteers and they will be able to change batteries and clean and re-tube hearing aids, while you wait.

New Ash Green is one of the villages they run the aftercare clinics in. They hold it at New Ash Green Village Hall from 10am-11am on the following dates in 2023 -

- 7th March 2023
- 4th April 2023
- 2nd May 2023
- 6th June 2023
- 4th July 2023
- 1st August 2023
- 5th September 2023
- 3rd October 2023
- 7th November 2023
- 5th December 2023

Please do come and make use of this excellent resource.

ADVICE, MEDIATION & USEFUL NUMBERS

Kent County Council.....	03000 418181
Sevenoaks District Council	01732 227000
Kent Police - Emergency Calls	999
Kent Police - Non Emergency Calls	101
KCC Community Warden	07811 271259
New Ash Green Village Association	01474 872691
New Ash Green Library	03000 413131
Doctors Surgery	01474 873828
Village Pharmacy.....	01474 873811
Citizens Advice	03003 309001
Arriva Northfleet.....	01474 535138
West Kent Mediation.....	01732 469696
Samaritans	116 123 (free)
Childline	0800 1111
Community Cupboard.....	07526 823122
Kent Integrated Domestic Abuse Service	08081 689111
Papyrus Suicide Prevention Under 35s.....	0800 0684141 (free)
Young Minds	www.youngminds.org.uk
KCC website for COVID-19 advice & testing information	www.kent.gov.uk

Time to get walking again!

With Spring on its way we start to think about getting out to walk in the beautiful English countryside again, but where to find new and interesting walks?

Walking in Kent

www.walkinginengland.co.uk/kent has loads of walks to download and print, free, it also has books of walks, details of all the walking groups in the county and much more. Whether you want to walk on your own or with a group all the information is there in one place.

John Harris (who maintains the website) said 'There is so much walking information on the web but it is difficult to find. Walking in Kent (part of the Walking in England website) has brought it together in one place so whether you are walking from home, or away on holiday, you will be able to find a walk suitable for you'.

With walks from half a mile to twelve miles plus long, and a note of suitability for pushchairs and wheelchairs, everyone can find a walk to enjoy. So home or away, check out the websites and get walking!

www.walkinginengland.co.uk
john@walkinginengland.co.uk



Trustee Vacancy

Ash-cum-Ridley Parish Council nominates three trustees to the Lances Almshouses charity.

The Almshouses located at the end of North Ash Road houses two elderly residents of the parish. We are currently looking for a new trustee; we need someone who is willing to help the community.

Ideally with daytime availability, skilled in book-keeping, minute-

taking and good with people. Please contact our Clerk Alison to find out more information on info@acrpc.org.uk



WANT TO ENSURE THAT THE LOCAL VOICE IS HEARD?

It's Election Year! Have you considered becoming a Local Councillor?

Join one of our online info sessions

KALC is running two identical online events that last for one hour each and will give potential candidates an idea of the rewarding nature of the role of Councillor in a Parish or Town Council.

- 21 February 2023
- 21 March 2023

Both at 7pm and totally free!

Head over to our website: Training & Events - KALC (kentalc.gov.uk)

More contact info:

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