



KENT ACTIVE Quarterly Newsletter



NEWSLETTER OF THE KENT ACTIVE RETIREMENT ASSOCIATION



A report from Ian, KentARA Chair:

I was over whelmed to see the different clubs represented at County Hall for the King's Award for Voluntary Service presentation.

I would like to thank Lynne our secretary who helped to organise the event along with the County Hall staff. Lord and Lady Colgrain enjoyed meeting all the attendees, spending time chatting to various people.

I think all club committee members should feel so proud of themselves as it is them who deserve the praise for their hard work that we recieved the wonderful award.

I would like to offer myself & Lynne at sometime to visit any club that wishes to invite us with opportunity to see the Crystal Award and the signed Certificate by King Charles III.

PICTURES:

TOP LEFT: ALL THE ATTENDEES LISTENING TO KENTARA CHAIRMAN OPENING THE CEREMONY.
TOP RIGHT: LORD & LADY COLGRAIN

We have already been to AARA and BiARA to show them everything and BiARA purchased a miniature crystal which they asked me to present.

We still have several roll up banners that need the clubs to collect or a representative (it doesn't have to be a committee member) to deliver to groups that haven't got there banner yet.

Ian



Handy Hints Corner

If you place your candles in your fridge, they will burn twice as long and melt in the centre - not the outside.

If you need to sharpen scissors quickly - fold up a wad of aluminium foil and cut it up into small pieces with the scissors!!!

Put your nail polish (and lipstick) in the fridge. The polish will flow better and the lipstick will last longer.



HeadARA Lunch Club

Eight members of Headara met at the Bell and Jorrock's pub in Frittenden recently where they enjoyed a superb lunch, organised by Membership Secretary Maggie Ellison who has restarted the club's lunch club. The majority chose fish dishes while two chose the chicken pie with tarragon. All the food was plentiful and very tasty: whatever their choice everyone thoroughly enjoyed their meal and the chunky chips certainly got the thumbs up!



Kentish Lady

MaidARA and AARA have both enjoyed trips recently along the River Medway on the Kentish Lady to Allington Castle. A great time was had by all. MaidARA had tea and cake on the return journey. However, if your trip includes fish and chips, as was AARA's, please be advised that they, sadly, do not cater for gluten and dairy free fish and chips. They had to order a salad instead. Both clubs enjoyed their separate trips had a great time and the weather was kind. Very good commentary on board.

Cotton Powell Museum, Birchington, can organise private tours of the museum, gardens and house. They will open the museum up for private tours on days when they do not open to the public. There is a cafe on site that is not part of the package. They will also give a short presentation regarding the Museum if requested. In the grounds there are other eateries, independent shops, and a mini golf course. This is a very interesting place to visit and does not cost very much, entrance fee includes entrance to the museum, house and gardens. Contact Cotton Powell on 01843 842168 for group price.



LARA Joe Shepherd Awarded

Lara are absolutely thrilled to announce that their wonderful Committee member, Joe Shepherd, has been honoured with a well-deserved Community Service Award! Joe is the driving force behind so much of their local music, brilliantly running both our Singing Group and Ukulele Group, as well as the Larkfield Community Choir. Between his dedication to these musical circles, his work with LARA, and his involvement in countless other local initiatives, Joe constantly goes above and beyond for the neighbourhood. Thank you, Joe, for your tireless hard work and for keeping our community connected and singing. We are incredibly proud to have you on our team—congratulations!

Short Mat Bowls

The Executive Committee are pleased to announce that the winners of the Short Mat Bowls and 10 Pin Bowling Events will not have to organise the events for the following year. We now have someone to do the organising thus taking away the pressure of the event. Although, a little help with the scoring of the Short Mat Bowls may be required as they are not familiar with that game, plus a little help at the 10 Pin Bowling for the raffle for 2027.

The Short Mat Bowls VENUE

**Ditton Community Centre, Kiln Barn Road, Ditton, Maidstone ME20 6AH
on Wednesday 16th September 2026**

The doors will open at 8.30am and all teams are requested to book in by no later than 9.00am for a 9.15am start. The entry fee is £25 per team. Each game will consist of 7 ends with 2 woods. The skips may NOT visit the head and there will be no trial ends. 2 points will be awarded for a win and 1 point to each team for a draw. Dress will be white or club shirts above the waist and grey or black below. Team members to wear same-coloured shirts. K C S M Rules will apply.

Please bring a packed lunch. Tea and coffee will be available. Please complete the form that has been sent to your committee (any extra teams can go on a separate sheet). **Send the entry form and the cheques,** made payable to KENTARA to - Mary Hunt, (MarshARA), 28 Elm Road, St. Mary's Bay, Romney Marsh, Kent, TN29 0ST

Thank You, Volunteers

#volunteersweek



Thank You

Ashford ARA Recognised for Volunteer Week!

We have some fantastic news to celebrate! During Volunteer Week, Ashford ARA was officially recognised by the Ashford Borough Council for the incredible impact.

This recognition is a massive thank you to every single one of you who generously gives your time, energy, and heart to support our group and its activities.

Thank you for everything you do to keep Ashford ARA thriving.



Quex Park & Powell Cotton Museum

Members of AGTO were invited to a visit to Quex Park & Powell Cotton Museum Birchington (some KentARA members attended) Powell Cotton Museum is now a member of AGTO. Quex Park provided a talk on it's future plans, also Leeds Castle gave a talk as they will be the hosts for the next visit. Lunch was provided (free) by Quex Park. Leeds Castle is the October meeting.

Nick Kelly

Most members may have heard the Nick Kelly 'Duck Soup' a very talented musician and entertainer, has sadly passed away. The Executive Committee have sent condolences to his wife, along with many lovely tributes from ARA groups.



Kings Award for Voluntary Service

Lynne and I had the pleasure of representing KentARA at the House of Lords in London, following an invitation from the Lord-Lieutenant of Kent, Lady Colgrain, and her deputies. The afternoon tea was hosted by BBC newsreader Martyn Lewis, who served on the panel responsible for selecting the recipients of The King's Award for Voluntary Service.



Share Your News

Please let us know any news for your Ara, whether it is an event that's happened, an event you'd like to invite others to, or a special recognition for any members. Please send any news and pictures to:

kentarasecretary@outlook.com

THANKS TO OUR SPONSORS:



COMMITTEE MEMBERS CONTACT DETAILS

Position	Name	Number	Email
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Treasurer	Gerry Water		

Thank you for reading!