

Benenden Magazine

April 2023



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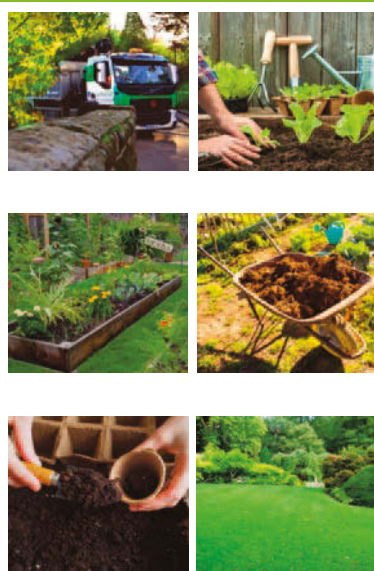
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Editorial



If you're driving up towards Friday's from the village anytime soon, could you please remove the green plastic bag that's hanging from the bushes on the left-hand side. Alternatively, just avert your gaze and pretend it isn't there.

I'm a bit embarrassed about it, because it was on my patch when I joined the spring 'village clean-up' and I completely missed it, so now I wince every time I drive past, but have yet to find an opportune occasion to stop and retrieve it, without 60mph traffic up my exhaust pipe. I also know from bitter experience that a lot of motorists, when seeing a community-spirited citizen retrieving litter near a roadside puddle, will simply carry on at the same speed and trajectory and drench them, so on second thoughts, don't bother stopping.

Stephen Cochrane, the admirable parish councillor who organises the clean-up, tells me that the turnout of pickers was strong (an unofficial record of 31 including, hearteningly, families with children) and the number of bags collected was substantial (32), which leaves me in two minds: to be proud of the efforts of villagers on behalf of us all, or disgusted (I really should be used to it by now) at the amount of litter dropped.

I covered no more than 200 yards of road and still managed to fill two big sacks, but at least I ended the morning in awe of the productivity of the culprits - this time, as well as the usual assorted automotive parts and Red Bull cans, I also picked up a copy of 101 Handy Hints for Gardeners and several plastic flower pots, which perhaps hints at a changing demographic for rural litterers, but I shall reserve judgement and choose, instead, to thank those who turned up to make a difference.

It's amazing how many good folk there are out there. You can read about a lot of them inside this month's magazine.

Peter Thomas, Co-Editor

The Benenden Magazine is published monthly as a joint venture by Benenden Parish Council and St George's Parochial Church Council. It is distributed free to all residents of the parish. Opinions expressed are not necessarily those of the publishers. Responsibility for accuracy of information rests with contributors and advertisers. Neither the publishers nor the editors shall be held responsible for or endorse any opinions, products or services printed in the magazine or directory.

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Church Calendar

St George's Church

Rector: Revd David Commander 240658 revdavidcommander@gmail.com (day off: Thursday)
Curate: Revd Ylva Blid-Mackenzie 01233 820100 rev.ylva@gmail.com (Sunday, Monday and Tuesday)
Churchwarden: David Collard 241944 julia.collard@btinternet.com
Churchwarden: Sue Fisher 241907 sue@undaunted.co.uk
www.benendenchurch.org 850849 benendenchurch@gmail.com
Please inform the Rector, Curate or Churchwardens if you, or anyone else, is ill.

Palm Sunday 2 April 8am Communion 10am All-age Communion 5pm Choral Evensong
followed by breakfast, Memorial Hall

Monday 3 April 7.30pm Reflective Service
at Mission Church, Sandhurst

Tuesday 4 April 7.30pm Reflective Service

Wednesday 5 April 7.30pm Reflective Service
at Mission Church, Sandhurst
7.30pm Communion

Maundy Thursday 6 April

Good Friday 7 April 10am An Hour at the Cross

Easter Eve 8 April 7.30pm Reflective Service

Easter Sunday 9 April 5.50am Sunrise Service
at St Nicholas Church, Sandhurst followed by breakfast, Mission Church

8am Communion 10am Sung Eucharist

Sunday 16 April 8am Communion 10am Sung Eucharist

Saturday 22 April 4pm Connect Four
at Mission Church, Sandhurst

Sunday 23 April 8am Communion 10am Morning Worship

Sunday 30 April 8am Benefice Communion 10am Benefice All-age
at St Nicholas, Sandhurst Communion

Morning Prayer 8am Mondays and Fridays

Mission Church, Sandhurst

Rector: Revd David Commander 240658 revdavidcommander@gmail.com (day off: Thursday)

Morning Prayer 8am Tuesdays and Wednesdays

Mid-week Communion 10am Tuesdays

Iden Green Congregational Church

Pastor: Tobin Bird 240027 www.idengreen.org.uk

Sunday Services 10am Morning Worship 5.30pm Evening Worship

The 10am Morning Worship is broadcast on our YouTube channel: search 'Iden Green Congregational Church'.

The Roman Catholic Chapel of Our Lady and St Joseph TN17 4EL

Fr Barry Grant 713364 www.sttheodore-cranbrook.org

Masses 9am Sundays 7.30pm Holy Days

From the Parish Registers

Baptism 5 March Clementine Champneys

Church Letter



A time of potential and growth

We are well into the lovely period of spring, with its encouragement of beautiful flowers and longer days. In the church calendar, we are also entering the lovely period of Holy Week and Easter; it has so many emotions attached to it; beginning with the joyous celebration of Palm Sunday (2 April); through the reflective time of Holy Week (services every evening); into the thought-provoking service on Maundy Thursday (remembering the Last Supper); to the solemnity of Good Friday with its mixed emotions; before returning once again to the incredibly joyous celebrations of Easter Sunday - including a sunrise service. Holy Week is, in the church, an emotional rollercoaster. I encourage you to join in the rollercoaster journey.

Last month I spoke of the exciting things happening within our parishes, one of those being my commissioning as the next Area Dean for the Weald Deanery. Well, it has happened. The commissioning took place in a Choral Evensong service at St George's Church on 5 March; the Venerable Andrew Sewell, the Archdeacon of Maidstone, preached and carried out the commissioning. I now have a very formal-looking document, complete with an episcopal seal, detailing my commission and appointment. Thank you to everyone who came along to the service.

You may have picked up some reluctance in taking up the role. I have to say, though, that the service was very affirming. I also said I'd let you know what the role involved, once I'd found out for myself; the more I find out, the more daunting it becomes. It seems to involve a lot of meetings throughout the year; that side I am not looking forward to (I'll try and reduce the number). I know, though, that I have support locally from our churches, the PCCs, and the Ministry Leadership Team.

So, what have I picked up so far? Meetings to structure the way forward of our Deanery Synod in the coming year. Attending an all-day Diocesan Synod meeting. The morning was very encouraging; focusing on how to build relationships with families, youngsters and children. The afternoon session was all that I don't like about formal Church meetings and was far from encouraging. I have also been planning, with our Chapter (the seven local priests who look after the 14 parishes in the Weald Deanery), our next Deanery Synod meeting. This will be an open meeting where we'll have speakers discussing both sides of the recent debate from General Synod on the blessing of same-sex relationships (topical and divisive.) I've discovered I'm part of the process of renewing local clergy's licences to officiate within our Deanery (who knew?!). I'm also part of the team appointing the next priest in Cranbrook and have picked up a Deanery wedding, too. Oh, and I ensure that the other priests are looking after themselves. Those meetings I will enjoy.

Other than that, there is not a lot to it! Happy Easter. I will be praying for you; please can you hold me in your prayers.

Revd David Commander, Rector

Village Calendar

April

Saturday 1	Churchyard Working Party, St George's, Benenden, 9.30-12noon	
Saturday 1	Skittles, St George's Club, 8.15pm	
Friday 7	Easter Draw, St George's Club, 8.15pm	
Saturday 8	Darts, St George's Club, 8.15pm	
Tuesday 11	Mobile Library, bus stop outside Benenden Village Hall, 10-10.30am	
Tuesday 11	Mobile Library, Benenden Hospital, 10.40-11.10am	
Thursday 13	Iden Green and Benenden WI, Lunch at The Castle Inn, Bodiam, 12noon	p.14
Saturday 15	Quiz Night, St George's Club, 8.15pm	
Monday 17	Friends of St George's, AGM, 7pm, with Wing Commander Ronald Kellett and 303 Squadron talk, St George's Church, 7.30pm	p.13
Monday 17	Parish Council Meeting, Benenden Hospital Quinlan Centre, 7pm	
Tuesday 18	Village Lunch, Benenden Village Hall, 12.30pm	p.15
Tuesday 18	Iden Green and Benenden WI, Working in Wardrobe, Memorial Hall, 2pm	p.14
Tuesday 18	Parochial Church Council Meeting, Memorial Hall, 7.30pm	
Wednesday 19	Benenden Gardening Club, Spring Flower Show, Memorial Hall, 7pm	p.9
Friday 21	Organ Recital, Benenden School Centenary Hall, 1.45pm	p.21
Saturday 22	Ronnie Scott's All Stars, Benenden School Centenary Hall, 7.30pm	p.11
Saturday 22	Fish and Chip Supper, St George's Club, 7.45pm	
Tuesday 25	Mobile Library, bus stop outside Benenden Village Hall, 10-10.30am	
Tuesday 25	Mobile Library, Benenden Hospital, 10.40-11.10am	
Tuesday 25	Trumpet and Organ Recital, Benenden School Centenary Hall, 1.45pm	p.21
Tuesday 25	Merry and Bright, Memorial Hall, 2pm	p.14
Saturday 29	Spring Pilgrimage, St George's Church, 1.45pm	p.9
Saturday 29	Comedy - Paul Sinha, Benenden School Centenary Hall, 7.30pm	p.11
Saturday 29	Spring Barbecue, St George's Club, 7.30pm	

Iden Green Toddler Group

Tuesdays during term time in Iden Green Congregational Church, 9-11.30am

Wednesday Coffee Mornings

Wednesdays in the Memorial Hall, 10-11.30am

Benenden Bowls Club

Thursdays, April-September, on the recreation field, practice night, 6.30pm

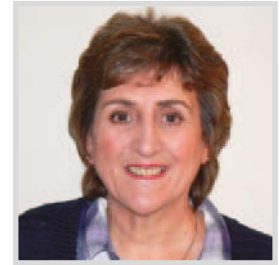
Cakes & Chaos: Café and Toddler Group

Fridays during term time in St George's Church, 9-11.15am

Warm Welcome Space

Fridays and Sundays in the Memorial Hall, 1-3pm

Parish Council



Volunteering to serve the community is not only beneficial to the individual but it helps to create better communities for all. Shared interests build friendships and may imbue such values as reciprocity, solidarity and mutual trust, which could significantly improve one's quality of life.

Here in the Benenden parish we have many who volunteer as councillors, charity trustees, in the village shop, the churches and the many clubs and organisations or groups in and around our patch. Not forgetting the countless people that turn up to volunteer when asked, just because they are able and want to make a difference, however small it might seem. Two recent examples of this have been the good turnout of volunteers for the spring litter picking and those gardeners and nature enthusiasts who've been helping to create the Beacon Field wildflower meadow.

Benenden Parish Council (the BPC) has a responsibility to look after some of the 'furniture' (for want of a better word) around the parish. This includes the Benenden and Iden Green commemorative wells, both of which are listed Grade II, as are the three K6 red telephone boxes. Being listed means they are protected under the planning act 1990, therefore the council has a legal duty to preserve and maintain them. Other assets the BPC is responsible for are: the village green; the public toilets; the notice boards and littering signs; the Benenden village sign and flag pole (soon to be restored); the bus shelters and numerous benches around the parish; the wildflower meadow and the beacon.

Whilst some of these projects need professional services, largely funded via the BPC through grant aid and your council tax, funding everything that needs to be done is a challenge. One example is the three iconic red telephone boxes designed by Sir Giles Gilbert Scott. They are all in need of restoration and refurbishment which, if done professionally, will be very costly. However, many of the 3,000+ K6 boxes around the country have been restored by volunteers (see YouTube videos). Could we do the same I wonder? What an endorsement of how much we value our village surroundings.

As we emerge into the brighter days of spring, we begin to see more clearly those aspects of our environment that are in need of repair and which, with some collective effort, can enhance it.

Julie Lewis, Parish Councillor

Caroline Levett, Benenden Parish Council Clerk

07593 226462 clerk@benendenparishcouncil.org

For more information see our website www.benendenparishcouncil.org or find us on Facebook

Parish Council Meeting

Monday 17 April 2023,

Benenden Hospital Quinlan Centre, 7pm



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Talking Point



Have you thought about breathing today?

As you sit and read this magazine, have you consciously thought: “I’m going to take a really big, slow, deep breath in”? Chances are you will say no. I’m an osteopath, live in Iden Green, I own Cranbrook Osteopathic Practice and I am passionate about breathing. Hopefully by the end of this page you’ll have taken a few proper breaths and will know why it’s so important to do so.

Osteopaths have a four- or five-year degree, where the first two years focus on anatomy and physiology. We have to learn about every bone (206 of them), muscle (over 600), ligament (approximately 900) and tendon (thousands). We then focus on what to do when the musculoskeletal system goes wrong.

We are holistic, which just means considering the patient as a whole. Why does this patient have a sore hip? Is it due to how they are walking, because of their poor foot arches, how they are sitting, the way they sleep or due to something else going on? We find that breathing is something which is involved in many patients’ issues. The diaphragm is a huge dome of muscle dividing the thorax and abdomen, and if the rib cage is tight from lack of diaphragmatic breathing, smoking or poor posture, then the knock-on effects can be significant for the function of other areas.

Where necessary, we coach and encourage patients to breathe using all of their rib cage - a 360-degree breath. This means their diaphragm muscle does a lot of the work and their whole thorax, back, abdomen and body benefit. To start, it’s important to notice how you breathe. Do you use your nose or your mouth? Is your breath fast or slow, shallow or deep? Chances are it varies depending on what is happening in your day/life.

To practice good conscious breathing try and sit somewhere quiet or lie in bed. Place your hands on the bottom of your rib cage. Breathe in slowly through your nose for a count of four, hold for two and then breathe out slowly through pursed lips like you are blowing into a straw for a count of five. As you breathe in you should feel your hands slightly separate as your lower ribs move. Repeat this several times and try to lengthen the breaths - so, in for five and out for six. Maybe stick some post-it notes in areas around your house to remind you take a proper breath when you see them.

Some more motivating facts that may apply to you include:

- Stiff in your upper back? Work at a desk? Breathe and get those ribs moving
- Sluggish digestion? Breathe and get your diaphragm massaging your gut
- In pain? Breathe to release endorphins
- Stressed? Breathe to release serotonin and dopamine
- Feeling sluggish? Breathe to oxygenate your body

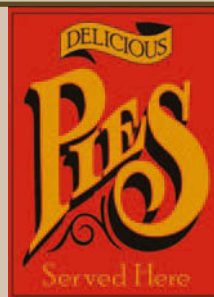
Try to take five conscious, long, slow breaths twice a day. It’s as important as brushing your teeth, it’s free and is literally right under your nose!

Sophie Bendall www.cranbrookosteopaths.co.uk

Sophie will be a regular contributor to our Topical Health column alongside Peter Ellis

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The Saturday Telegraph Travel Section January 2023

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Join us in the gardening club

Benenden now has its own gardening club. The newly formed Benenden Gardening Club will be a meeting place for all those who love plants and gardening. With bi-monthly meetings and speakers on a variety of subjects, competitions, shows and outings plus a couple of social gatherings a year, the club will cater for gardeners of all ages and abilities, whether you have an abundant allotment or a much-loved begonia in a pot.

Gardening in Benenden seems to be going through rather a boom. Having lost its allotments many years ago, the village is about to have new ones courtesy of the field bequeathed to the village by Pat Thoburn for just that purpose. Coincidentally, at the same moment, keen gardeners were regretting the lack of somewhere they could get together and discuss things horticultural and maybe swap cuttings or spare plants or seeds. Thus the new Benenden Gardening Club was formed.

So whether you adore your apples, cherish your courgettes, obsess over your onions, drool over your dahlias, wonder about your window box or are just short of salad, this is the club for you. Membership will entitle you to attend bi-monthly meetings, hear interesting speakers, take part in competitions with prizes and go on reduced-price trips to places of interest.

Annual membership fee (for this inaugural year only) is £20. Anyone joining this month will be entitled to take part in the great potato-in-a-bucket competition!

If you are interested in joining please contact the membership secretary: Stephen Cochrane stephenc@mdiversified.co.uk or fill in the form available at the village shop.

BENENDEN GARDENING CLUB

Spring Flower Show

**Memorial Hall
Wednesday 19 April 7pm**

A fun, friendly get-together
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Competition for members

- ✎ Best single bloom
- ✎ Best spring display
- ✎ Best vegetable or salad

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New members very welcome to
join on the day.

All proceeds will go to
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Spring pilgrimage

Our series of local pilgrimages continues this year, and we are widening our scope to take in routes in Benenden and Iden Green, as well as Sandhurst. Our first walk will be a spring pilgrimage on Saturday 29 April. We will meet at St George's Church, Benenden at 1.45pm for a 2pm start. Our three-mile route will take us through flowering orchards and bluebell woods and will take around three hours, as we will stop for reflection at suitable points. Come and experience our connections; with nature, with the land, with each other. Refreshments will be served in the church at the end of the walk, as always.

We look forward to walking with you.

Lynn and Revd Ylva

07766 711957 rev.ylva@gmail.com

Wednesday coffee mornings

We would love to see more people at the coffee morning in the Memorial Hall every Wednesday between 10am and 11.30am, to catch up with old friends and make new. We look forward to seeing you soon for a hot drink and a biscuit.

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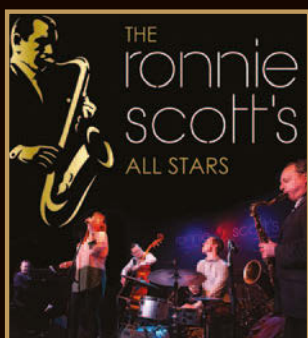
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Comedy –
Paul Sinha

Saturday 29 April



Harry the Piano

Friday 26 May



Stringfever

Saturday 3 June



BBC Big Band

Sunday 25 June



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Tuesday 8 August

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Benenden School

We enjoyed a strong start to the second half of the spring term. This has included plenty of opportunities for students to present to their peers in a series of talks as part of International Languages Week, several enlightening academic trips in politics, drama and English, and a good-natured charity football match between staff and students. Aside from raising money for the school charity, the Ponheary Ly Foundation, an important aspect was that, with the Lacrosse Nationals just around the corner, our lacrosse players survived the staff's tackling unscathed!

The school is currently an energetic blizzard of entrepreneurship as the Six Ones battle to run the most successful business in the annual Enterprise Challenge, part of our Professional Skills Programme, and the students are busy selling some very impressive products and services.

We have also enjoyed a superb Symphony Orchestra Concert, to which we were delighted to welcome many members of the public. It is lovely, too, to see so many members of the local community joining us for our regular lunchtime concerts.

I would like to take the opportunity to remind our friends in Benenden of the season of events we are hosting in the coming months under our new Hemsted Park brand. Performers include Ronnie Scott's All Stars, comedian and TV Chaser Paul Sinha, outstanding improvisational pianist Harry the Piano, the renowned violin quartet Stringfever, and the highly regarded BBC Big Band. We will be announcing more events soon, with details at www.hemstedpark.com

We are finalising our plans for the events that will comprise our centenary celebrations, which get underway at the start of the next academic year in September. We are delighted to be offering a well-balanced programme of events and initiatives, and we hope to welcome the local community to join us in some of these celebrations. More details to follow.

Samantha Price, Headmistress



Ronald Kellett and 303 Squadron

On Monday 17 April there will be a talk in St George's Church about Wing Commander Ronald Kellett and 303 (Polish) Squadron in the Battle of Britain. 303 Squadron was the most successful RAF squadron during the battle and has been celebrated in various books and in the 2018 film 'Hurricane', which can be seen on Netflix. Formed at the end of August 1940 with pilots who had taken on the Luftwaffe during the onslaught on Poland, the squadron had more 'aces' than any other in the RAF, but sadly also lost some fine men. Its vital contribution to winning the battle has been widely recognised.

Ronald Kellett, who formed and led the squadron during the key days of the battle, is buried in our churchyard and his memorial is on the south wall of the church in the shape of a Hurricane's wing.

The talk will take place at 7.30pm after the Friends of St George's AGM. All are welcome.
Martin Pexton, Chairman, Friends of St George's

Iden Green and Benenden WI

Unfortunately, Anna Astin was unable to talk on 'Bringing up Baby the Victorian Way' at our March meeting. We are pleased that our chosen resolution which encourages clean rivers for people and wildlife, is being promoted by National Federation of WIs. A zoom meeting on this has been arranged for 12 April at 7pm and will be given by Katy Lewis. She leads the teams who carry out water quality sampling in the rivers and coastal waters of England for the Environment Agency.

'Ageing is a privilege. It confers wisdom, perspective and freedom'. This is the beginning of a very interesting piece in the WI Life this month, amongst other topics such as gardening, cookery, puzzles, fashion, craft and varied social activities.

A list of members interested in joining us at the Castle Inn, Bodiam on 13 April is being circulated, and on 18 April Sheila Farmer will talk about 'Working in Wardrobe'.

Jackie Liffen 752232 WI@daisystar.co.uk

Benenden Pre-School

The children were very engaged in making Mothering Sunday cards and presents. Our current focus at Pre-School is on offering a wide range of art and design activities, working towards our goal of using a variety of techniques to express thoughts and feelings.

Our art trolley is an essential part of daily life. It is bursting with enticing resources, from shiny sweet wrappers and colourful feathers to glue, scissors, tracing paper and magazines to cut up. Encouraging children to select and use resources in an open-ended way helps them make choices and have confidence in their own ideas.

For Mother's Day cards, the children found inspiration in a vase full of daffodils, representing them on paper with paint applied with bits of cardboard as well as brushes. For the presents, the children loved making handprints in salt dough and watching the process of air drying.

Lucy Oakley, Supervisor

supervisor@benendenpreschool.co.uk

Merry and Bright

Our first Victorian tea in late February was such a success that this is now a regular feature. Thank you to Glenda who organised the quiz at that meeting. At our March get together we had a demonstration of sign language, which was really interesting. Our next meeting is on Tuesday 25 April in the Memorial Hall. We look forward to seeing you. Please contact us for more information.

Laraine Penny 241763

Julia Collard julia.collard@btinternet.com

Parent, Teacher and Friends Association

With a glimmer of spring on the way we are preparing for our Easter activities. The children are very excited for our Easter Egg Hunt on 29 March on the Glebe Field, where the children will be searching for letters to unscramble and discover the Easter word. It will be accompanied by an Easter-themed bake sale, with profits going towards our wellbeing garden project.

As the children break for the Easter holiday, the PTFA are also running an art competition to keep them busy over the school break, and four winners will be selected, with prizes very kindly donated by Hobbycraft Tunbridge Wells. From some of the funds raised from our recent book sale, we were also pleased to be able to buy 210 bunches of daffodils that the children took home to present to a family member to mark Mothering Sunday.

To support our ongoing fundraising wellbeing garden project, please visit our JustGiving page www.justgiving.com/crowdfunding/benendenpri maryschoolwellbeinggarden or scan the QR code. Thank you for your continued support with our events and we hope you have a wonderful Easter.

Rachel Tinker, Benenden CEP, PTFA Chair
www.benenden-cep.kent.sch.uk/PTFA/



Primary School

We had a wonderful time celebrating International World Book Day on 2 March. All the classes were thoroughly engaged in a variety of learning activities around our love of reading. The colourful and creative costumes brought many of our favourite characters to life. Book talk around the school was buzzing and we all enjoyed sharing and listening to stories. Some classes even joined schools from all around the country to listen to famous authors and ask questions about the books they have written. It was great to see so many people take part and share their beloved book characters with each other. I spotted a Mad Hatter, lots of Spidermen and even a Demon Dentist! The children enjoyed seeing Mohjo in his little red coat and knew instantly that he was Schnitzel von Krumm from one of my favourite books, Hairy Maclary from Donaldson's Dairy.

Thank you to all the teachers and parents who made this an unforgettable experience. I then had the privilege to attend our second Benenden Brilliant Showcase. I was blown away by the performers' creativity, courage, confidence, commitment, energy and their sense of enjoyment. It was certainly a fabulous evening, and I was a very proud headteacher. I would like to say a huge thank you to Mrs Brook and her band of helpers for organising the event - it was a huge success. The biggest thank you must go to all the performers. Well done everyone, we are looking forward to next year already.

Lindsay Roberts, Executive Headteacher
240565 office@benenden-cep.kent.sch.uk
www.benenden-cep.kent.sch.uk

Village lunch

Anyone and everyone is welcome to join the village lunch, held in the village hall at 12.30pm on Tuesday 18 April. There is always a main course, a pud and coffee or tea, for £5 per person. If you would like to come, please let me know by Thursday 13 April.

Sheila Hume 854627



14-20 MAY

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Or scan this QR code.



Thank you
Deborah Jenkins

Christian Aid Week

I was asked to take on the task of raising funds for Christian Aid Week (14-20 May) this year, following in the footsteps of Tracy Claridge. A tall order, indeed, especially as I'm only 5ft 4in and he was rather taller. How could I refuse, as this was an initiative very close to his heart?

Once again, we are aiming to raise £3,000 to help empower those in vulnerable communities to find practical and sustainable ways out of poverty. Soaring costs are affecting people here and around the world. Families in Malawi, in particular, are paying the price of this global crisis. Food, fuel, fertiliser and school fees have doubled in price in the last 12 months and hard-working farmers are seeing their harvests fail as the climate crisis brings increasingly erratic weather.

No mum should have the heart-breaking choice of which child to educate and which one will miss out on their dreams. No hardworking young person should be forced to give up on education, locking them into poverty. Together, we can help people secure a better future for their families, giving them the chance to fulfil their potential.

Your gift will help support Christian Aid's vital work in some of the world's poorest communities. Donating online via the secure e-envelope (see advert above) is simple, fast and secure. Thank you so much for your support.

Deborah Jenkins



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Benenden fete

Spring is upon us so a perfect time to dig out those clothes, bric-a-brac, books, jewellery, tools and toys in good condition that you don't want or need any more to donate to the fete on Saturday 17 June.

There is a new drop-off point for donations this year: the Gibbon & Buckland Trust building (the old primary school reception class and canteen) on the north side of The Green. You'll see the gazebo in the front yard from Monday 17 April. Please leave donations in the designated zones (kids/books/tools/clothes) within the gazebo from this date (not before). This helps the volunteers, who work extremely hard to sort through all the items ready for the fete. No broken items please.

Also, Penny would love plants for her stall (all funds are donated). So, if you are green fingered and planning to grow seedlings soon, ready for planting out in the summer, please keep a few aside and deliver to her on the morning of the fete (labelled please).

Athena Cripps athenacripps@gmail.com

BENENDEN FETE 2023

Say goodbye to unwanted and un-needed clutter and donate it to the fete's bric-a-brac stall.

Deposit items from Monday 17 April within the gazebo at the Gibbon & Buckland Trust building on the north side of The Green. Please sort items into the designated zones.

Moving or downsizing we would love your donations. Bric-a-brac means 'anything' and textiles (tablecloths, cushions, material, vintage clothes).

Maggy Hoyt 07485 061265
Lalage Johnstone 712815

Bell ringing

In the recent striking competition of Kent Young Ringers held at Stansted, five out of six ringers in the Ashford District team were from Benenden. All six districts of the Kent County Association were represented in teams. The contest showed a very high standard of ringing, with the two judges (from Sussex) saying they had great difficulty separating the top four bands; with the result that our team, the youngest in the contest, were just pipped by a very much more experienced and older Rochester District band.

Coming second in such a closely fought competition was a remarkable achievement for such a young band, with all credit to the intensive practice they put in over many weeks; with such a performance, there's every chance of regaining the trophy next year.

The band is working up for the Coronation ringing on 6 May - we would welcome anyone who wants to join us; tuition is free. A week later (14 May) is 'Bell Sunday', a new national initiative inviting all to come to their local tower, see the bells in action, and try ringing for yourself with an expert coach. Our tower will be open to all from 11.15am to 12.30pm; coffee and biscuits served too.

Rod and Karen Lebon 240083
rodericklebon@hotmail.com

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Benenden Hospital

I'm proud to announce the launch of a new content hub on our website called Sports Injury Care. Whether you're an amateur or a professional athlete, sports injuries can be a frustrating and painful part of participating in physical activity.

Sports are at the centre of our Benenden community, as we value keeping active and recognise the social opportunity team exercise can bring. There are so many sports clubs in our village and surrounding areas, from tennis and cricket to bowls and golf.

This is why I want to share our new hub with you all, so you can access tips and techniques for preventing these injuries, as well as expert advice from our physiotherapists and consultants on how to manage pain and discomfort, so you can return to the activities you love as quickly as possible.

If you have a problem with your hip, knee, back, neck, shoulder, elbow, foot, ankle, hand or wrist, there's advice for all ages. As a nurse myself, I've had the misfortune to see some quite nasty injuries people have suffered, so feel it is important to do everything you can to reduce your risk. I've put together a list for you to use to help prevent an injury: warm up before exercise for around ten minutes; recognise your limitations and don't overdo it; learn the correct techniques and postures, especially if using gym equipment; use the right equipment - running shoes that fit, mouth guards and any other protective essentials; and stretching after exercising will help to loosen your muscles and prevent tightness.

The benefits of exercising and participating in sports far outweigh the negatives, but I believe it's reassuring for us to know that this Sports Injury Care hub is available for us to access if and when we need it.

Jane Abbott, Hospital Director and Chief Nurse

Topical health

Anxiety is the most common mental health issue and can cause an individual to panic in otherwise everyday situations. People affected by anxiety often have amplified concerns about a potential danger, leading to an above normal level of worry.

Those affected by generalised anxiety disorder often worry a lot, struggle to concentrate, don't sleep well and can feel irritable. Anxiety may be a genetic/family trait, be related to acute or chronic stress or result from a trauma, either physical or emotional. Notably, anxiety rarely exists on its own, as most diagnosed with anxiety are also affected by panic disorder and/or depression.

People affected by anxiety should seek a professional diagnosis because it is treatable and could be the result of organic disease, which may be reversible. Key among the strategies for the management of anxiety are the adoption of good lifestyle habits such as not smoking or using illicit drugs and taking alcohol in moderation. Those affected also often find some relief in gentle exercise, like walking, especially when they are feeling at their most anxious.

Just knowing one has a diagnosis is also helpful for some people, who can engage in self-help strategies such as gentle exercise and relaxation, while others find a support group beneficial. Doctors usually don't like to try medication until a high-intensity talking therapy, like cognitive behavioural therapy, has been tried, but may prescribe antidepressant medication for some. Those with more severe anxiety will benefit from a referral to a multidisciplinary mental health team.

You should not ignore feelings of anxiety that start to affect your life. A failure to engage with treatment can make the anxiety worse and lead to depression. Family and friends can help by not putting pressure on those affected. For more information visit: www.mind.org.uk

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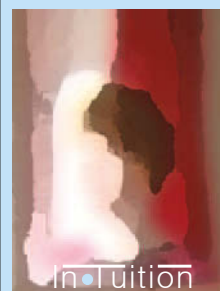
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Planning Matters

For full details of the Parish Council's comment please see minutes of meetings.

- 23/00422/LBC Weald House, Mill Street. Stud wall and ceiling removal, Internal remodelling.
- 23/00318/FULL Under Mount, Cranbrook Road. Erection of double garage with extended hardstanding.
- 23/00410/LBC Benenden C Of E Primary School, The Green. Alterations to previously approved Planning Permission
- 22/02278/LBC including Installation of electric vehicle chargers mounted on Northern and Eastern elevations, Replacement of entrance screen with new door, Installation of gas meter boxes, replacement of two dormer windows on Northern elevation to match southern dormers, installation of stove into existing fire place of Unit 1, adjustment of uncovered wooden timber screen to allow new door way to bedroom floor.
- 23/00482/FULL and 23/00483/LBC White Chimneys, Nineveh Lane. Erection of single-storey rear extension.

More planning matters at:
benendenparishcouncil.org

Coronation concert

Cranbrook Choral presents a special concert featuring Handel's coronation anthems, including Zadok the Priest, at 7.30pm on Saturday 29 April in St Dunstan's Church, Cranbrook.

You can buy tickets at £15 (£7.50 students) online at www.cranbrookchoral.org.uk, on the door, by phone on 714828 or from Baldwins Travel Agents, Carriers Road, Cranbrook.



**LUNCHTIME
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Friday 21 April, 1.45-2.25pm
Organ Recital – Francesca Massey

Tuesday 25 April, 1.45-2.25pm
Matilda Lloyd (Trumpet) &
David Bednall (Organ)

 Centenary Hall, Benenden School
Admission FREE

Enquiries:
01580 236685/music@benenden.school

A guy for the bonfire

Last month I wrote that unless a new chair for the Bonfire/Firework committee came forward there would be no event this year. I am delighted to say that Gary Bell has volunteered and is going to take on the role, albeit as a 'job share' for this year. So, it looks as though I'm involved for just one more Guy Fawkes night.

Gary is relatively new to the village but is already volunteering in the shop and has recently joined the shop committee, bringing with him a wealth of experience from his business background. He impressed with his desire to keep the fundamentals of our village bonfire just as we have always enjoyed: a good fire, great display, burgers, sausages and beer tent!

He is also keen to continue, when possible, the funding distributions to local groups. It seems to me we are in safe hands and I look forward to working with him this year and watching with a pint in hand, next year.

If you are interested in joining the committee, please get in touch.

Grant Matthews, Co-Chair, Benenden
Bonfire Society 07788 279000
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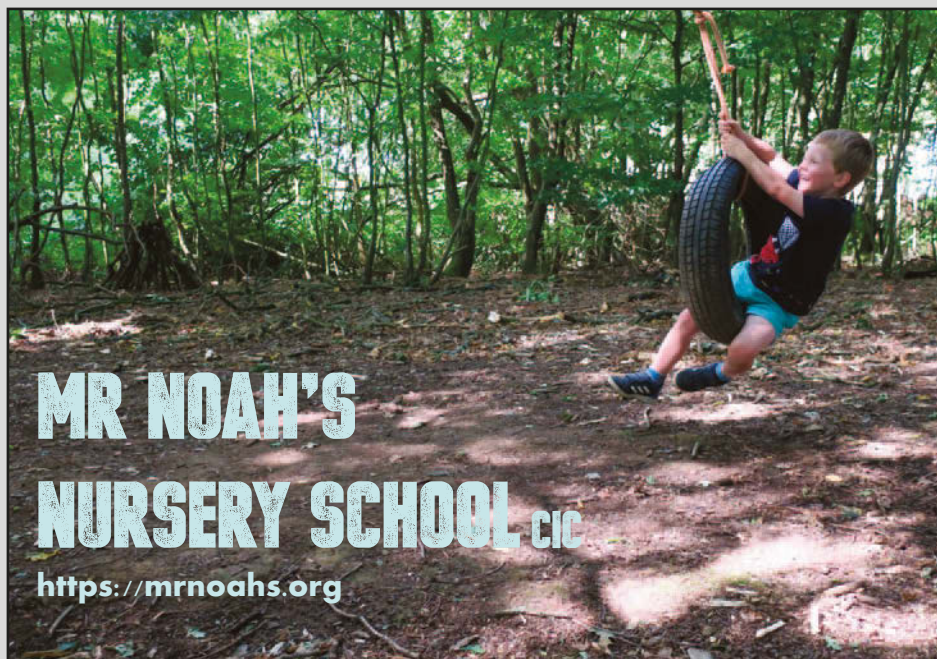
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Appleacre Art Studio: teaching that bears fruit among the orchards

Ruth Clark visits a creative oasis in Iden Green

Anna Caddick's Appleacre Art Studio in Iden Green is

a calm and peaceful creative space.

It's the perfect environment for those (of any age and ability) who are keen to learn a variety

of artistic techniques or would like a place to develop their skills. She is an experienced teacher whose gentle guidance and

encouragement give her students the confidence to produce beautiful work. As well as drawing, painting and collage, Anna's a specialist in the gentle art of Chinese brush and calligraphy.

Her own artistic journey started at just 16, studying at the prestigious City & Guilds Art School in London, where she was being taught by such

influential artists and designers as Ralph Beyer, Berthold Wolpe and Roger de Grey. Since then, she has spent the last 30 years teaching both here and in Canada before setting up her own studio,

backing onto apple orchards, in Iden Green last year.

Anna teaches one-to-one or in groups of up to six. You can book a regular session or an occasional workshop, which has proved popular for groups of friends, birthdays

and hen parties (dogs welcome!). You will find her every Tuesday teaching at the 'Art in Tenterden' classes in St Mildred's Church.

With a special interest in art therapy and teaching those with special needs, Anna has many years' experience in the field. Every week a group from The Grange visit the studio producing an impressive standard of artwork. When I

visited, beautiful collages and cherry

blossom petals were in progress, which they had produced ready to be installed

at an exhibition in Tenterden Museum

this summer.

"Art is embedded in us all and I believe it is so important for our wellbeing," says Anna. "I love teaching and it's truly inspiring to see people develop in confidence and creativity."

Browsing through the impressive range of work that Anna's students produce (Instagram: appleacre_artstudio) I'm tempted to take up my pastels once more (last time was over after 50 years ago), leave my ego behind and have a go. **Appleacre Art Studio 07282 672772**
anna.taylor@live.com



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industry,” she says. Over the next 11 years she worked on a variety of shows and commercials and ultimately specialised in fitness modelling. Not surprisingly this led to her interest in nutrition, exercise and the transformative benefits of both. Not just to her body but her overall wellbeing. She acquired a variety of nutrition and physical education qualifications and started sharing what she’d learned with her family and friends. “Their response led me to launch my business RTWellness (www.rtwellness.com) in 2013.

“I take a 360-degree

approach, discussing lifestyle, nutrition, sleep patterns, daily work or personal routines and any concerns my clients may have. We then develop a strategy for a healthier lifestyle and work together to achieve and maintain it. Nutrition is a central component of brain function, mood, immune system, inflammation, gut health, skin and a contributing factor in high blood pressure and ‘lifestyle diseases’. No two people are alike so all my coaching sessions are tailored to specific needs and at a pace they choose.”

Although the USA appeared to be the “land of dreams when I moved there, it soon turned sour when Trump ran for president in 2016”, says Rachel. She, now married to Joel, decided to return to raise their family in the UK, eventually moving into the village in 2019. Rachel didn’t wait long to channel her energies into fund raising for the pre-school before heading up the PTFA committee in September last year. This alongside running RTWellness and looking after her clients on both sides of the Atlantic, while studying for a master’s degree in psychology.

It’s a long way from Los Angeles to rural Kent - not just in distance but certainly in pace of life - but Rachel is clearly making the most of it and relishing every minute.

Rachel Tinker: wellbeing advocate and PTFA dynamo

You may well have spotted her in an episode or two of CSI, but these days you’re more likely to see Rachel Tinker in Benenden as wife, mum to two and chair of the Parent, Teacher and Friends Association

It’s always fascinating to hear about people’s journeys through life that lead them to this village. Rachel’s took her from Chislehurst to a degree in TV production, which led her to an internship with Warner Brothers in Los Angeles in 2006.

“I loved working in film and TV, although it wasn’t an easy life in what is a very competitive

RTWELLNESS

My top tips for improving nutritional health and your overall well-being.

1. Have a positive outlook and increase social connections.
2. Smile everyday. Studies show that smiling helps to reduce stress, blood pressure and makes us feel happier.
3. Improve your gut bacteria.
4. Reduce processed foods and increase consumption of fruit and vegetables, whole grains and legumes.
5. Drink water and reduce or avoid sugary drinks.
6. Be mindful. Recognise and acknowledge bad habits, be more present and don’t be afraid of change.
7. Go outside. A walk, gardening or physical activity outside will help increase your vitamin D levels, whilst helping you stay active and boost your mood.
8. Allow your body to repair by getting adequate sleep. Meditation, especially at bedtime, can be a great way to relax, alleviate stress and help you get a restful night’s sleep.
9. Don’t restrict or fall into the trap of fad diets. Learn how to nourish your body and mind the right way.
10. Don’t let packaging or marketing fool you. Read the product labels and know what you are putting into your body.

On the record

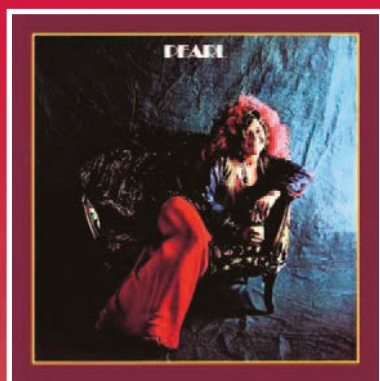
The music that moved our villagers - back in the day

Here's the latest instalment of our look into the musical tastes of the village. Here, we move between the weighty and serious and the unapologetically naff/popular, as our respondents reveal their inner selves. If you'd like to join in, please send your contribution to benendenparishmagazine@gmail.com

Giles Clark

CRY BABY by JANIS JOPLIN AND THE FULL TILT BOOGIE BAND (From PEARL, 1971)

First trip to sea in 1973 and MV Plainsman arrives in New Orleans to load cotton homeward



bound for Belfast and Manchester. I get my O Level results by telegram, I eat beignets in the French Market, and I hear Janis Joplin's album Pearl on a tape bought for the officers' bar. Happy days.

By the time I hear it

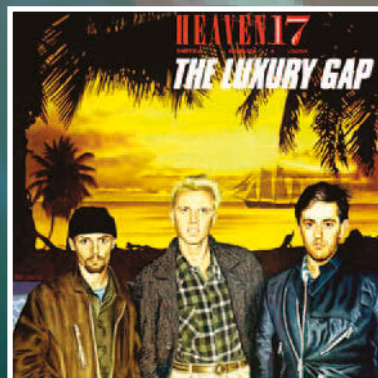
Janis Joplin is dead from an overdose, and Pearl will turn out to be her final album. It's a great listen with better known tracks Me and Bobby Magee and Mercedes Benz but Cry Baby just struck a chord. It still does.

Oddly, it popped up again recently on a television advertisement for Miss Dior. Janis will be turning in her grave!

Mark Hollander

TEMPTATION by HEAVEN 17 (From THE LUXURY GAP, 1983)

If the 80s were one of your glory decades, as they were mine, you'll smile (and possibly get up and boogie) at the very thought of this synth-pop classic album. Tracks from the platinum-selling classic included joys such as Temptation, Come Live with Me and Let Me Go.



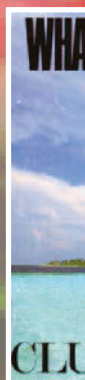
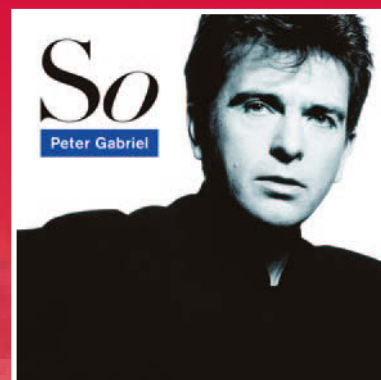
Heaven 17 are named (randomly) after a fictitious pop group in Stanley Kubrick's film A Clockwork Orange and made up of Martyn Ware (originally of The Human League) and singer Glenn Gregory. Heroes of mine. Even more so when I got to meet them both about seven years ago when they were playing at a small venue in London. And while they say "be wary about meeting your heroes", these guys were friendlier, more genuine and unaffected than I could ever have hoped for. They still play regularly at 80s all-day concerts such as Let's Rock Kent, where, despite my dancing being banned in 14 counties, I'm unable to not get up and shake it.

Stuart Collier IN YOUR EYES by PETER GABRIEL (From SO, 1986)

As a teenager I had an eclectic taste in music, from heavy rock (AC/DC, Iron Maiden), through pop (Tears For Fears, Big Country) to 'dinosaur rock' (Led Zeppelin, Genesis, Pink Floyd).

It was fitting then that the album that really defined my young life combined many of these elements into one neat package. In the nascent MTV age, the video for former Genesis front-man Peter Gabriel's single Sledgehammer burst like a technicolour, day-glo sensation into my family's suburban, beige Hertfordshire living room.

The much-lauded stop-motion animation visual feast proved as much of a hook for my young self as the song itself, seeing me soon after go to a fancy



dress party garbed as Gabriel himself, complete with a sculpted plasticine dodgem I had made that afternoon.

Saving up to make the investment to buy the vinyl LP So off the back of the single was a true revelation. The opening chords of Red Rain, the first track on the album, showed that this was no poppy, chart-baiting fluff - there was true substance here. Of course, the album proved hugely successful for Gabriel, perhaps an unlikely pop star but surely no more unlikely than his former bandmate Phil Collins. I still listen to my original vinyl copy now. A little scratched but, for me, that adds to the nostalgic appeal.

The album spawned the UK chart hits Big Time and Don't Give Up, a duet with Kate Bush, but hidden deeper lay true gems. In Your Eyes remains my all-time favourite song. For me, you can't beat opening lyrics of "Love, I get so lost sometimes; days pass, and this emptiness fills my heart". Simply beautiful.

The album opened my eyes and ears to Peter Gabriel's canon. When I moved to Bath in my late 20s, I found myself actually climbing up on Solsbury Hill on a run. It's a steep ascent, but most definitely worth it.



**Nancy Tolhurst
CLUB TROPICANA
by WHAM (From
FANTASTIC, 1983)**

No apologies. I'm headed straight up the shallow end of the pool. It's a throwback to hot sunny afternoons in Suffolk doing my A Levels and worrying about my UCAS form. George Michael could actually sing!

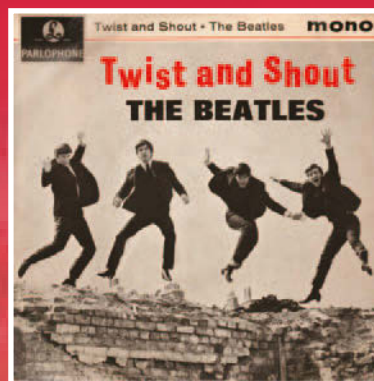
**TEENAGE KICKS by
THE UNDERTONES
(From THE
UNDERTONES,
1978)**

The perfect dance song and a classic ending.



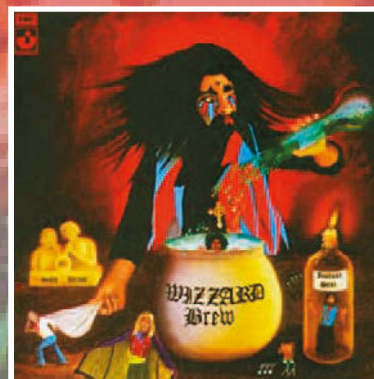
**FAR AWAY EYES
by THE ROLLING
STONES (From
SOME GIRLS, 1978)**

You have to have some Stones, surely, and it's this one, or occasionally Wild Horses.



**TWIST AND SHOUT by
THE BEATLES (From
TWIST AND SHOUT, 1964)**

Reminds me of my mum and her tales of being an art student in London and meeting my dad. Cripes!



**SEE MY BABY JIVE
by WIZZARD (From
WIZZARD BREW, 1973)**

First dance at our wedding, and a glam-rock classic.



**HAPPY HOUR by
THE HOUSEMARTINS
(From LONDON o
HULL 4, 1986)**

This always reminds me of uni, picnicking in the park with friends I still see, and dodging tutorials. The lyrics remind me of my first few years at work.




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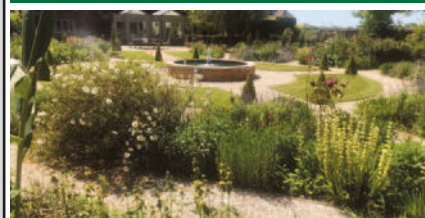
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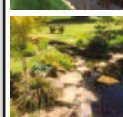
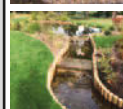
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Alan Williams

1927-2022

Alan wasn't an academic, but he was both practical and resourceful, his joy coming from understanding how things work, fixing things and solving problems.

Alan and Judy met in Devon on a camping holiday. He relocated from Buckinghamshire to Dingleton just before they married in 1967 and started renovating Barnhill Cottage into their family home. Alan's work as a Rumbelows TV engineer moved to Kent. Sportscars and smoking were replaced with boring family cars and DIY construction.

Thriftiness and being resourceful became a theme throughout his life, especially after Carol, Daniel, Colin and Ant arrived in quick succession. He was a perfectionist who didn't trust anyone else to do an adequate job, some of which remained forever on his 'to do' list.

Alan's Garage took preference over lesser projects in the house and was hand-built using recycled bricks and family labour to dig foundations, while he learned the skills needed on the job. Once it was built, he would usually be found immersed in something mechanical amongst his treasured tools.

He became self-employed and took on a mower repair business after redundancy in 1987, facing the challenges, meeting people in the

village and around and gaining a well-deserved reputation for fixing anything.

Alan also had to take charge at home as Judy returned to full-time work. He was there when the children needed him and encouraged them to be independent and value their education. He enjoyed family time on the farm, starting with a single house cow expanding into a suckler herd, the heavy work involving everyone. Hay making and straw baling were the main event in summer, dung digging in the spring, and the logging in between.

Alan and Judy finally saw their children moving abroad, but this came with some benefits.

When Daniel left for Australia, Dad bought his Lotus and finally had a car he could be proud of again. He upgraded parts, polished, researched, and occasionally took it out for a spin.

He hadn't travelled, but in retirement they headed overseas to see their family around the world. Alan was special to each of his grandchildren, often entertaining them with his unique ear-wagging skills, rides in the tractor and the Lotus, or keenly watching their shows. He was reliable and predictable, fixed most things that broke and set an example for his kids of how a good husband and father should be. He started each day happy and content.

A parting tribute: As we bid farewell, let us take inspiration from the way he lived his life. He taught us to make the most of every opportunity, to find joy in the everyday, to persevere through challenges and to always have a helping hand for those in need. His achievements speak to his unwavering determination and his love for fixing things. Let us honour his memory by following in his footsteps and living our lives with the same passion and purpose that he did. Rest in peace, dear Dad.

Edited for this magazine from Colin's eulogy,
18 January 2023

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NURSERY





Betty Ward: butcher, banker and lucky car dodger

Betty, who died on 13 December last year aged 90, spent many years running Benenden's butchers alongside her husband Peter and two of their three sons, Andrew and Martin. Here we pay tribute to a lady who is much missed by family, friends and customers.

My first memory of Betty was soon after moving into the village in 1991. There she was, sitting at the table, orchestrating activities behind and in front of the counter, adding up customers' orders on her pad and, with a smile, not taking any nonsense from anyone.

She would open her infamous Christmas order book sometime in late September, and if you timed your turkey order too early you would be sent away with a flea in your ear.

Persistence paid off and I eventually persuaded her to open the book early to give me the prestigious ticket no.1 several years running! With great enjoyment, Betty told me that I had beaten "a lady from Chatham", who was knocked off pole position. I never met the lady but she eventually snuck in before me again!

The young Betty was one of six sisters and two brothers born to Harold and Lily Lawrence in Hawkhurst. She was only one year old when her mother tragically died, aged just 37, just after giving birth to Betty's sister. Faced with raising a young family, Fred made the difficult decision to put the new-born into care and Betty didn't meet her until seven years later.

Although life wasn't easy for the Lawrence family, Betty remembered a happy time growing up, working on the farm with geese, chickens, sheep and cows and growing hops and corn. School was a four-mile walk away, and they came

home for lunch, too - that's 16 miles a day.

Once she left school, Betty became a receptionist at a butcher's in Hawkhurst and it was at a local dance that Betty caught the eye of Peter Ward, a young butcher from Headcorn. They married a year later in 1951 and raised their three boys first in Headcorn and from 1969 in Benenden, when they took over the village butcher's and renamed it P Ward & Sons. The Wards were a great team, behind and in front of the counter. The shop was also a branch of Nat West Bank for many years and Betty acted as local manager, dealing with chops and cheques

with equal efficiency. The safe is still on the premises as it's too heavy to shift.

While never raided by bank robbers, the shop has been 'ram-raided' several times and Betty had four close shaves when cars ploughed into the building. She was in the shop one Sunday morning when a car came through the front window, showering her with glass. On another occasion she was sitting in her front room when a car came through the wall, pushing

her and the chair across the room.

Betty loved having a laugh with customers and would enjoy watching cricket on The Green before the painful arthritis that plagued her in later years affected her mobility - much to her great frustration. She leaves three sons, two grandchildren and five great-grandchildren.

Thank you to Andrew and Martin for sharing stories about their mother's life. She would have laughed that I tried to persuade them to open the Christmas order book early - and happy that they sent me away with another flea in my ear! They know I'll be back in September.

Ruth Clark



In Your Garden

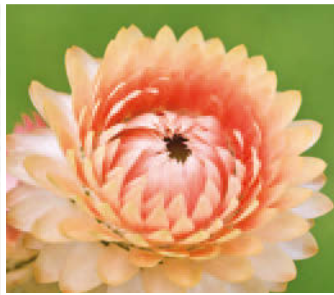
Seed sowing in spring

While you may have been convinced of the need for a wealth of knowledge and horticultural kit to ensure seed-sowing perfection, there really is no need. If budget allows then do head down to your local garden centre, or shop online, but I often find it takes the pressure off if you can repurpose any old trays or pots rattling around in your sheds to get going, and I would concentrate your energies on getting the right growing medium instead. More on that later.

I like to choose a few new varieties of flowers to grow each year. This allows me to experiment with something new on a regular basis, alongside guaranteed successes with the familiar plants I already know and grow. The peachy/apricot shades are still a huge draw for me, so I have chosen a helichrysum 'Salmon Rose', a calendula 'Touch of Red Buff' and the stouter rudbeckia 'Sahara'. For foliage I have chosen Panicum elegans 'Sprinkles' and always an umbellifer (*Daucus carota*). A *Cosmos bipinnatus* 'Antiquity' and one of the 'Double Click' series - irresistibly pretty and so easy to germinate - will also be grown.

I have grown dahlias from seed, and highly recommend it. D. 'Bishops Children' germinated very easily and I had good solid plants with plenty of blooms in their first year. I am also a fan of growing zinnias - these are best sown quite late (May), as they really like the warmth and will sulk if sown too early. I see there are a tempting number of varieties in the Chiltern Seeds catalogue.

I usually sow into small trays and then prick out, burying any leggy stems up to the first set of true leaves. I suggest raising seed in some



sieved home-made compost, or try blending a 50:50 mix of sand with sieved garden soil. Seeds do not require nutrition to germinate so there is no need to waste quality compost here, but do make sure your medium is light and well-drained.

I loosely fill my trays and gently tap to settle the contents, sow onto the surface and cover with a fine layer of sieved compost, and then gently tamp down to ensure good contact with the soil. Most half hardy annuals can be placed on a windowsill, where good light and a little warmth will bring the most optimum of conditions.

I still buy one small bag of compost containing peat each year - please do not inundate my inbox in protest - to experiment and compare success rates with different composted blends. I will now lightly step onto my soap box: we are in danger of committing to unsuitable alternatives to peat in the race to tick boxes and become peat-free. Coir, in my view, is a highly controversial growing medium requiring copious amount of salt-washing (using fresh water) and high freight costs. It consequently does not retain water well and leaches nutrients, which means a grower will have to use extra water and additional fertiliser to raise quality plants.

Recycled waste material can be very high in micro-plastics, leading to the soil surface capping, making germination tricky and largely unsuccessful. Of the three million hectares of peat in this country, horticulture uses a scant 0.053% compared with other industries.

More research into paludiculture and a steady, timely approach to finding a solution, rather than the torch-bearing race we currently have, is the way to go, I believe. Good luck.

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Above: Teamwork: Weald Table Tennis Club in action in the village hall; Revd David Commander commissioned as Area Dean by the Ven Andrew Sewell, Archdeacon of Maidstone; Ashford District Young Ringers band took second place at the Kent Young Ringers competition; Wealden Consort performing; Benenden Showcase and World Book Day at the primary school
Front cover: Creativity together: Anna Caddick's art club at The Grange prepare for their exhibition. Photograph: Ruth Clark