



Frittenden Parish Magazine

Connecting our community



FREE

December 2021 / January 2022

CHURCH OFFICIALS AND ORGANISATIONS

Rector	Rev Pete Deaves rector@frittendenchurch.org.uk	852275
Churchwardens	Joanna Beech John Stansfeld	852312 852185
Reader	Tony Staples	852226
Treasurer	Christopher Page	852230
Deanery Synod	James Highwood	852715
Secretary	Vacant	
Vergers	Margaret Knight	852322
Director of Music	Morwenna Campbell-Smith 07703 522102	
Parish Disclosure Officer	James Highwood	852715
Parish Safeguarding Coordinators	Lindsey Moore James Highwood	852553 852715
Bell Ringers	Captain & Secretary David Manger	01622 890675
Magazine	Editor James Booth-Clibborn frittendenparishmagazine@gmail.com	852538
Features	Rebecca Brown	852561
Organisations	Emma Griffin	852308
Advertising	Nicky Vernon	852537
Art Director	Andy Lane	852769
Open The Book	Helen Stansfeld	852185
<i>Not operating at present</i>		
Sunday Club	Joanna Beech	852312

www.frittendenchurch.org.uk

Childline 0800 1111
Relate 01892 529927
appointments@westmidkent.eclipse.co.uk

Defibrillators
These are now available at: the village hall, the pub, Larchmere and a mobile unit available for use at village events.

OTHER VILLAGE ORGANISATIONS

Cricket, Sports & Social Club	Chair Nick Bull Secretary Charlotte Sharp	852105 852217
Friends of Frittenden School	Chair Beks Harding	712138
Pre-school Manager	Sarah Davies	852100 <i>Home 852130</i>
Primary School Head of School	Nichola Costello	852250
Gardening Society	President Sue Martin Chairman Duncan Rouse Secretary Tricia Palmer Show Secretary Jeremy Beech Treasurer / Subs Nicky Robinson	852425 852232 852430 852312 852488
Historical Society	Chair Phil Betts Treasurer Bernard Millard Secretary Tor Millard	852243 852219 893703
Marquee Hire	Mike Cooper	852108
Memorial Hall	Chair Rosalind Riley Hire hall, tables/chairs, etc. Eileen Bridges	852317 852563
Parish Council	Chairman Tony Staples	852226
<i>(For more details of other Local Council contacts, see back page).</i>		
Royal British Legion	Chairman Mike Burden Hon Sec. Howard Lilley	01622 432866 852225
Tennis Club	Chair Nigel Casswell Treasurer John Marshall	852772 852345
Women's Institute	President Anne Holroyd Vice President Ros Bowles Secretary Ros Bowles (temp) Treasurer Valerie Thomas	893256 852323 852323 762821
Youth Club	<i>The Club is not able to function at the moment. Later, we hope...</i>	



What's the best present you've ever received?

Was it something intricate, ornate or elaborate? Maybe it was a heartfelt homemade item. An expensive gift or something you'd always wanted but never expected to receiving?

Well, thanks to kind and generous Frittenden and Sissinghurst folks, at least 110 children who otherwise probably wouldn't get anything at all, will receive a Christmas shoebox packed with goodies. A huge thanks if you contributed, and if you missed out this time then look out for details of Operation Christmas Child in the September 2022 magazine!

The best present ever? Well, the clue, I reckon, is in the word - 'present'. Especially as we continue to experience the pain of separation, of distancing, of a number of my family still not having visited us since we moved to Kent, being present is everything. And that's the heart of the Christmas message - the wondrous gift of Jesus, God with us. Not distant or

cut off, not aloof or stand offish. But with us, one of us, drawing close to us.

Present to us.

This Christmas if we're lucky enough to be able to open a present or two, let's take a moment to remember those struggling to meet their basic needs. Could your 'Christmas Gift' be a commitment to make a regular donation to a charity who provides

And as we take time out this Christmas to reflect on Jesus, born to be with us, God with us, open your eyes and heart this Christmas. Just maybe, against all the odds, could it be that Jesus really is the best present ever?

Have a special Christmas and peaceful New Year.

Pete



**UNITED BENEFICE OF SISSINGHURST WITH FRITTENDEN
SERVICES, ACTIVITIES AND NOTICES DECEMBER & JANUARY**

DECEMBER

Wed 1st	9:00 SPACE - St Mary's 14:00 School Christingle Service
Thu 2nd	10:00 Open The Book - Frittenden School
Fri 3rd	17:00 - 19:00 Youth Club Memorial Hall
Sat 4th	8:00 United Benefice Prayer Breakfast - Upper Room St Mary's 9:00 - 10:00 Choir Rehearsal for Carol Services 12:00 - 15:00 Christmas Fayre - Memorial Hall 19:30 Trinity Church Winter Concert
Sun 5th	Second Sunday in Advent 10:00 Morning Worship with Sunday Club - St Mary's 11:15 Holy Communion (BCP) - St Mary's
Mon 6th	9:00 Moving Mountains - St Mary's 10:00 Little Lambs 19:30 Bell Ringing Practice
Wed 8th	14:30 CAMEO in St Mary's Church
Fri 10th	17:00 - 19:00 Youth Club Memorial Hall
Sat 11th	9:00 - 10:00 Choir Rehearsal for Carol Services
Sun 12th	Third Sunday in Advent 10:00 Morning Worship 17:30 Carols by Candlelight
Mon 13th	9:00 Moving Mountains - St Mary's 10:00 Little Lambs 19:30 Bell Ringing Practice
Wed 15th	9:00 SPACE - St Mary's
Thu 16th	10:00 Open The Book - Frittenden School 14:00 School Nativity Service 18:30 - 21:00 Carol Singing
Fri 17th	17:00 - 19:00 Youth Club Memorial Hall
Sat 18th	17:00 - 19:30 Carol Singing
Sun 19th	Fourth Sunday in Advent 10:00 Holy Communion (CW) with Sunday Club - St Mary's
Mon 20th	9:00 Moving Mountains - St Mary's 18:30 - 21:00 Carol Singing 19:30 Bell Ringing Practice
Wed 22nd	18:30 - 21:00 Carol Singing
Fri 24th	Christmas Eve 17:00 Crib Service 23:15 Midnight Service
Sat 25th	Christmas Day 10:00 Christmas Family Praise with Communion
Sun 26th	First Sunday of Christmas 10:00 Holy Communion (BCP) - Trinity

JANUARY

Sun 2nd	Second Sunday of Christmas 10:00 Morning Worship with Sunday Club - St Mary's 11:15 Holy Communion (BCP) - St Mary's
Mon 3rd	9:00 Moving Mountains - St Mary's 19:30 Bell Ringing Practice
Wed 5th	9:00 SPACE - St Mary's
Thu 6th	10:00 Open The Book - Frittenden School
Fri 7th	17:00 - 19:00 Youth Club Memorial Hall
Sun 9th	Epiphany 1 10:00 Morning Worship
Mon 10th	9:00 Moving Mountains - St Mary's 10:00 Little Lambs 19:30 Bell Ringing Practice
Wed 12th	14:30 CAMEO in St Mary's Church 20:00 The Bible Course 7 - in Trinity
Thu 13th	10:00 The Bible Course 7 - in St Mary's 19:30 PCC Meeting
Fri 14th	17:00 - 19:00 Youth Club Memorial Hall
Sun 16th	Epiphany 2 10:00 Holy Communion (CW) with Sunday Club - St Mary's 16:00 Families Together - St Mary's
Mon 17th	9:00 Moving Mountains - St Mary's 10:00 Little Lambs 19:30 Bell Ringing Practice
Wed 19th	9:00 SPACE - St Mary's
Thu 20th	10:00 Open The Book - Frittenden School
Fri 21st	17:00 - 19:00 Youth Club Memorial Hall
Sun 23rd	Epiphany 3 10:00 Morning Worship - Trinity, with Sunday Club 17:30 Holy Communion (BCP) - St Mary's
Mon 24th	9:00 Moving Mountains - St Mary's 10:00 Little Lambs 19:30 Bell Ringing Practice
Wed 26th	20:00 The Bible Course 8 - in Trinity
Thu 27th	10:00 The Bible Course 8 - in St Mary's
Fri 28th	17:00 - 19:00 Youth Club Memorial Hall
Sun 30th	Epiphany 4 10:00 United Benefice Joint Service at Trinity
Mon 31st	9:00 Moving Mountains - St Mary's 10:00 Little Lambs 19:30 Bell Ringing Practice

Late changes - Please check on the church website for any changes to services or events - frittendenchurch.org.uk

Church rotas - Sunday Services

Date	Time	Sidesmen	Readers	Prayer	Sound	Coffee
5th Dec	10:00	Rob Addis Judith Addis	Helen Stansfeld Joanna Beech	Elaine Highwood	John Stansfeld	Braggins
5th Dec	11:15	Christopher Page	Jeremy Beech Pete Deaves	-	John Stansfeld	-
12th Dec	10:00	Jeremy Beech Joanna Beech	John Dutton Marian Dutton	Isobel Mehrabian	Debbie Haine	Staples
12th Dec	17:30	Emma Griffin Edward Griffin	-	-	Judy Staples	Stansfeld
19th Dec	10:00	Janin Campos Colin Highwood	Elaine Highwood Diane Campos	Henry Robinson	Debbie Haine	Robinson
24th Dec	17:30	Helen Stansfeld Sophie Beech	-	-	Judy Staples	-
24th Dec	23:15	Mack Mehrabian Judy Staples	James Booth-Clibborn John Stansfeld	Tony Staples	John Stansfeld	-
25th Dec	10:00	Jeremy Beech Joanna Beech	John Dutton Marian Dutton	Helen Stansfeld	John Stansfeld	-
2nd Jan	10:00	Calvin Moore Helen Stansfeld	Tony Staples Judy Staples	John Stansfeld	Debbie Haine	Beech
2nd Jan	11:15	John Stansfeld	Christopher Page Pete Deaves	-	Debbie Haine	-
9th Jan	10:00	Stephen Jeffery Jennifer Jeffery	Lynda Lilley Henry Robinson	Nicola Robinson	John Stansfeld	Booth-Clibborn
16th Jan	10:00	Nicola Robinson Henry Robinson	Edward Griffin Emma Griffin	Isobel Mehrabian	John Stansfeld	Highwood
23rd Jan	17:30	Peter Braggins Janin Campos	Margaret Knight Isobel Mehrabian	-	Judy Staples	Jeffery

Flower Rota December 5th Sally Tuke, Dec 9th All Arrangers for Christmas, January 9th & 16th Diane Campos, January 23rd and 30th Barbara McTurk

Cleaning Rota - December: Peter & Julia Braggins, Joanna Beech & Debbie Haine / January: John & Helen Stansfeld

Key Rota - December: Bill and Barbara McTurk - 852628 / January: Pete Deaves - 852108

SUNDAY CLUB - separate provision for primary age children during part of the service.

SPACE - Silent reflection Prayer and Communion Ending by 9:30

Moving Mountains - Prayer for the needs of the Community, held in St Mary's, open to all.

Little Lambs - the new group for Toddlers and their Carers, meeting weekly in St Mary's.

CAMEO - Come And Meet Each Other - Coffee, tea and chat in St Mary's or Memorial Hall.

A recording of the Sunday morning service will be available each week on the website, under the Audio tab, and also available to listen to via the dial up number 01580 234185.

In the United Benefice of Sissinghurst with Frittenden, St Mary's is the parish church of Frittenden and Trinity is the parish church of Sissinghurst.



Mindful

Margaret Searle

Every day
I see or I hear
something
that more or less

kills me
with delight
that makes me
like a needle

in the haystack
of light.
It is what I was born for-
to look, to listen,

to lose myself
inside this soft world-
to instruct myself
over and over

in joy
and acclamation.
Nor am I talking
about the exceptional,

the fearful, the dreadful,
the very extravagant-
but of the ordinary
the common, the very drab,

the daily presentations.
Oh, good scholar,
I say to myself,
how can you help

but grow wise
with such teachings
as these-
the untrimmable light

of the world,
the ocean's shine
the prayers that are made
out of grass?

By Mary Oliver

We welcome reflections to frittendenparishmagazine@gmail.com – a poem, prayer, thought... something to help us pause and reflect.



Festive cheer!



Welcome to our bumper double issue for December and January:-

- News from the Sam West Foundation (page 8)
- Bell Ringers - a month to remember (page 16)
- Bell and Jorrocks new chef and tasty festive menu (page 21)
- Christmas recipe's to add spice to your meal (page 46)
- Carol singing around the Village (page 39)

Thank you for your donations during November and of course your positive feedback - so glad many of you are enjoying the magazine. Please keep those articles coming and we welcome any stories, photo's, news and views.

From all of us at the magazine team may we wish you a Merry Christmas and Happy New Year.

Thank you

James Booth-Clibborn

Editor

frittendenparishmagazine@gmail.com

THE NEW WEEKLY TODDLERS AND THEIR CARERS GROUP

Mondays 10-11.30am @ St Mary's Frittenden

Parents and Carers of Babies, Toddlers and Preschoolers are warmly invited to hop along to Little Lambs @ St Mary's Church.

A warm welcome, toys, good coffee/tea, delicious homemade cakes, crafts, Bible Story and singing time. It will be a great opportunity to connect with other local families. We'd love to see you there!

Currently, there is no need to book a space so do just come along!

For more details contact Claire Deaves: deavesclaire@gmail.com





The work of the Sam West Foundation

An interview with co-founder Michelle West by Ann Booth-Clibborn

From day one, our local community have been amazing supporting our family and the Sam West Foundation (SWF). The generosity of Frittenden folk, the surrounding parishes and those further afield, have enabled us, three years on to embed some positive mental health initiatives locally.

When we first became aware that our son Sam was ill, we discovered that local GPs were seeing many young patients experiencing poor mental. Our amazing GP, Dr Dineli Charlesworth was already looking for ways to support young people in the Cranbrook area, and in 2017 she fund-raised for a Youth Mental Health First Aid Course in Cranbrook. The generous funds raised since both locally and further afield, for which we are hugely grateful, have enabled the SWF to expand on this, and undertake the following projects so far:

Youth Mental Health First Aid (YMHFA) Training

We all have mental health, our brain is just another organ, and just like our other organs it can go wrong. Being aware of the early signs of deteriorating mental health in a young person (and ourselves) and having

the knowledge and confidence to notice, interact and support that person, could positively impact the outcome of their mental health journey. We know from teachers and parents, that many of them feel anxious and ill-equipped to approach a young person with emotional challenges. Adults want to help the young person in their care but are worried to act in case they make it worse or say the wrong thing. YMHFA training enables people to spot warning signs, notice, approach, and assist a young person, and most importantly 'walk alongside' them.



The SWF heavily subsidises the Youth Mental Health First Aid training courses. We encourage local schools to offer these courses to staff and parents. Since September 2018 the SWF has funded 187 adults to be trained as Youth Mental Health First Aiders, including staff from the following local schools:

- Frittenden Primary School (15 all staff)
- Dulwich Prep School (21)
- Cranbrook Grammar School (16)
- Claremont (7)
- Staplehurst Primary (2)
- Cranbrook Primary (2)
- Goudhurst and Kilndown Primary (3)
- Hawkhurst Primary (3)

This is what people have said following course attendance:

"one of the most important courses I have undertaken"

"An eye opening and informative course, giving essential information and the confidence to cope with what students present"

"It has really helped me realise I can make a difference in my school by asking the right questions and listening to students"

The YMHFA courses are available to anyone in contact with young people aged 8 to 18 years. Anyone over 16 years can come on the courses. We have trained teachers, teaching assistants,



parents, youth leaders, and sports coaches. Even sixth-formers can benefit, the skills will be so useful when supporting friends at university or college. For more information email Michellewestymhfa@gmail.com or go to the www.samwestfoundation.org

In-school support:

1. Counselling in primary schools:

The SWF is funding a counsellor through the charity Place2Be for one day a week in 3 local primary schools (Sissinghurst, Cranbrook and Hawkhurst) using Cranbrook Grammar School as a hub. Place2be is a charity which provides a wide range of mental health support in schools.



2. Embedding training within an Academy Trust:

We are working with The Kemnal Trust Academy (TKAT), which runs 45 schools in the South-East, to embed a mental health strategy across all of its schools, supporting students, teachers and parents. We have trained 5 TKAT staff members as youth mental health first aid trainers who can deliver in-house training to other members of staff. We hope to take this model to other Academy Trusts

3. Mental Health Champions for Senior Leaders:

We have co-funded with the Brook Trust, 14 local schools to go through this Place2Be programme. This provides school leaders with knowledge and skills to design and implement a bespoke, robust mental health strategy for their school.



Cranbrook Parents Support Group

For parents and carers of young people experiencing poor mental health. We meet once a month, (currently via zoom but hopefully face-to-face again soon). This is a place to feel supported, listened to non-judgementally and to 'offload' in a confidential, friendly, safe space. It is facilitated by a very experienced child psychotherapist and open to any parent or carer in the area. For more information email: cranbrookcarersgroup@gmail.com

Three things you can do to check your loved one is OK and open conversations

1. Notice any shifts in behaviour or physical appearance be it angry, or withdrawn, or they may be unusually upbeat and overly happy following a period of being down. Notice, name the emotion and ask "I notice you're [angry], [sad], [happy]" followed by "you feel [angry], [sad], [happy] because?"
2. Listen empathetically without being judgemental eg "Thanks for telling me how you're feeling, it must be frustrating for you when [X,Y,Z] happens"
3. Ask on a scale of 1 to 13 what was their day like. What was something good that happened today?

Help and Support:

Papyrus (prevention of young suicide)
- 'HopelineUK' - 0800 068 41 41

SHOUT- text 852258 - 24/7 confidential support for anyone feeling anxious, stressed, overwhelmed or depressed

<https://www.youngminds.org.uk>

<https://www.themix.org.uk/> - support service for young people 25's for any challenge be it mental health, drugs, homelessness, money

www.Beatingeatingdisorders.org.uk

www.newmaudsley-kent.co.uk - for those caring for a loved one with an eating disorder

For more information email Michellewestymhfa@gmail.com or go to the www.samwestfoundation.org



Our Little Hobby

From the Kitchen of the Old Dragon - Jenny & Tim



Old Dragon jams, preserves, pickles and relishes all started with a glut of rhubarb from our allotment in Scotland, where we lived and worked for 12 years. Tim and I moved to Inverallochy which is a wild and rugged village right on the northeast coast of Scotland where we had a holiday cottage from some years. Although we are both born and bred in Frittenden and lived our whole lives here we decided to make the change when we

got close to retirement and moved up there. Although we had family there it was obviously a big change.

From these first few pots of jam our dream of making good additive free preserves was born. When we retired from work in 2011, we decided we didn't want to sit at home and do nothing so to cover the cost of jars etc, we started to sell our now 10 varieties of jams, pickles and relishes at local boot fairs. When neighbours and

From the kitchen of the Old Dragon.

We can offer you a large range of homemade preserves, jams, marmalades, chutneys, sauces and curds.

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friends saw what we were doing they offered some of their spare garden produce so that it didn't go to waste.

After five years we became very well known locally as by now we were attending several farmers markets in the northeast of Scotland to sell our wares. People loved our jams and chutneys and kept asking for new varieties. Often in the local supermarket we overheard people saying "there goes the jam lady" or "have you tried their chutneys?"

When the time came to move back to Kent to be closer to our children and grandchildren, we sold off the remainder of our stock to one of our favourite markets in Macduff - we still get requests to send our products up to our old customers.

Moving back to Frittenden after 12 years was hard work but with the help of friends, we have been able to set up

a new kitchen and are up and running again managing to provide local people with local products at a sensible price.

People often ask, "where did the name originate from"? Most assume that Tim thought of it but actually it was my idea. When we were helping to build the present cricket pavilion all those years ago, I arrived on Saturday lunchtime with a large pan of soup for the workers. One of the lads working on the roof shouted "Down tools lads here comes the old dragon!". This always stuck in my mind and when we were asked about a name it seemed perfect- it's really nice to see the smiles on people's faces when they read our sign. As long as we are able, we hope to continue, as we meet so many nice people.

Call Jenny & Tim anytime on 01580 852468



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Medieval and Renaissance Musical Instruments



Our October talk was given by Michael Withers, a conductor and Musical Director of Heber Opera, and an expert on historical musical instruments with a large collection which he brought for us to see.

Michael illustrated his talk with scenes from medieval and Renaissance paintings and sculptures depicting the instruments of the day, and then went on to play selected pieces of music from the period on the appropriate instruments. His wife sang and accompanied him for many of them. It was a rare opportunity to listen to and experience music dating back to the 11th C played on the particular instruments for which it was written.

He began with stringed instruments played with a bow and took us from the 11th to 16th centuries by way of the Rebec; Crowd; Medieval Violin; Fiddle; and Renaissance Violin. While the Rebec was pear-shaped, hollowed out of wood with a rounded back and no neck distinction, the Fiddle had a flat back and a separate neck (see photo) and evolved into the violin in the mid-16th C. Two fiddles were salvaged from the Mary Rose, a very rare find.

Michael also talked about plucked string instruments such as Harps and Lyres, dating back to 2000 and 1400 BC respectively, as well as Lutes and Psalteries.

He then moved on to wind instruments. Bone flutes have been found which date back 40,000 years, made from animal bones or, for example, a swan's slender long wing bone. Michael played a

Shawm (like a long recorder, which evolved into the Oboe) and then the Bagpipes and explained that this particular combination of instruments is still found in European folk music today. The bagpipes are found in every country in the world, with the sole exception of Iceland which somehow managed to escape them.

Another woodwind instrument, the Crumhorn, looked like an upside-down curved umbrella handle. They were very difficult to make, having first to soften the hollow tube of wood, then pack it tightly with sand before fitting it into a curved frame without the wood splitting or pinching closed.

When it was realised that the longer the wind instrument, the deeper the notes it would play, they were made ever longer to the point where the player had to stand on a box simply to reach the mouthpiece. However, by introducing a u-bend, the instrument could be reduced in size while still achieving low notes. The Racket, introduced in the 16th C, had an amazing nine u-bends, said to equal the length of the human large intestine. It was superseded by the bassoon just a century later.

The final instrument played by Michael was the recorder, which dates back to the 13th C - the traditional educational instrument of torture.

Michael delivered a fascinating talk and gave us an excellent performance as well.

Sue Betts



For December our local musicians all plan to be back with the usual popular seasonal concerts. Performances took place as planned in November so let us hope that the dreaded virus doesn't cause problems this month. As we go to press some concerts do not have all details available – if anything interests you do follow up the sources indicated because by the time you read this the information will be available. And don't forget your local church carol services as advertised – always the opportunity for a good sing. Then here is my December selection:

Sat Dec 4th, 4.00pm at All Saints' Church, Mill St., Maidstone ME15 6YE, Maidstone Choral Union will hold an afternoon Christmas concert which will include Wassail by Alexander L'Estrange and Carols for choir and Audience. Tickets from mconcertmanager@gmail.com or choir members or at the door.

Tues 7th & Wed 8th Dec., Maidstone Singers hold their annual Christmas Celebrations at St Martin's Church, Maidstone. For latest information and details see <http://www.themaidsingers.org.uk/>

Sat Dec 11th, 7.30pm at All Saints' Church, Mill St., Maidstone ME15 6YE, Maidstone Wind Symphony return with a concert entitled "Ring in the new" which includes works by Fergus Carol,

James David and Prokofiev arr. Wallace. Tickets from <https://www.maidstonewindssymphony.org> or at the door

Sat Dec 18th, 7.30pm at St Peter's Church, Button Lane, Bearsted, Maidstone, ME15 8NJ, The Christmas concert of Bearsted Choral Society will feature carols, festive songs and readings, with audience participation. Tickets from <https://www.bearstedchoral.org.uk>.

Also on Dec 18th, 6.00pm at Sutton Valence School Chapel, Sutton Valence Choral Society present a carol concert. For details call 01622 861313.

For those looking for stop-at-home music, two items on TV to look out for when timings become available:

Gareth Malone's Christmas Concert – the choir master visits two hospitals to recruit for a special Christmas concert – BBC 2 TV in December, time tbc

Christmas with the Kanneh-Masons – As well as performing in their local studio the 7 siblings practice at home together. – BBC 2 TV in December, time tbc

Brian Hardy

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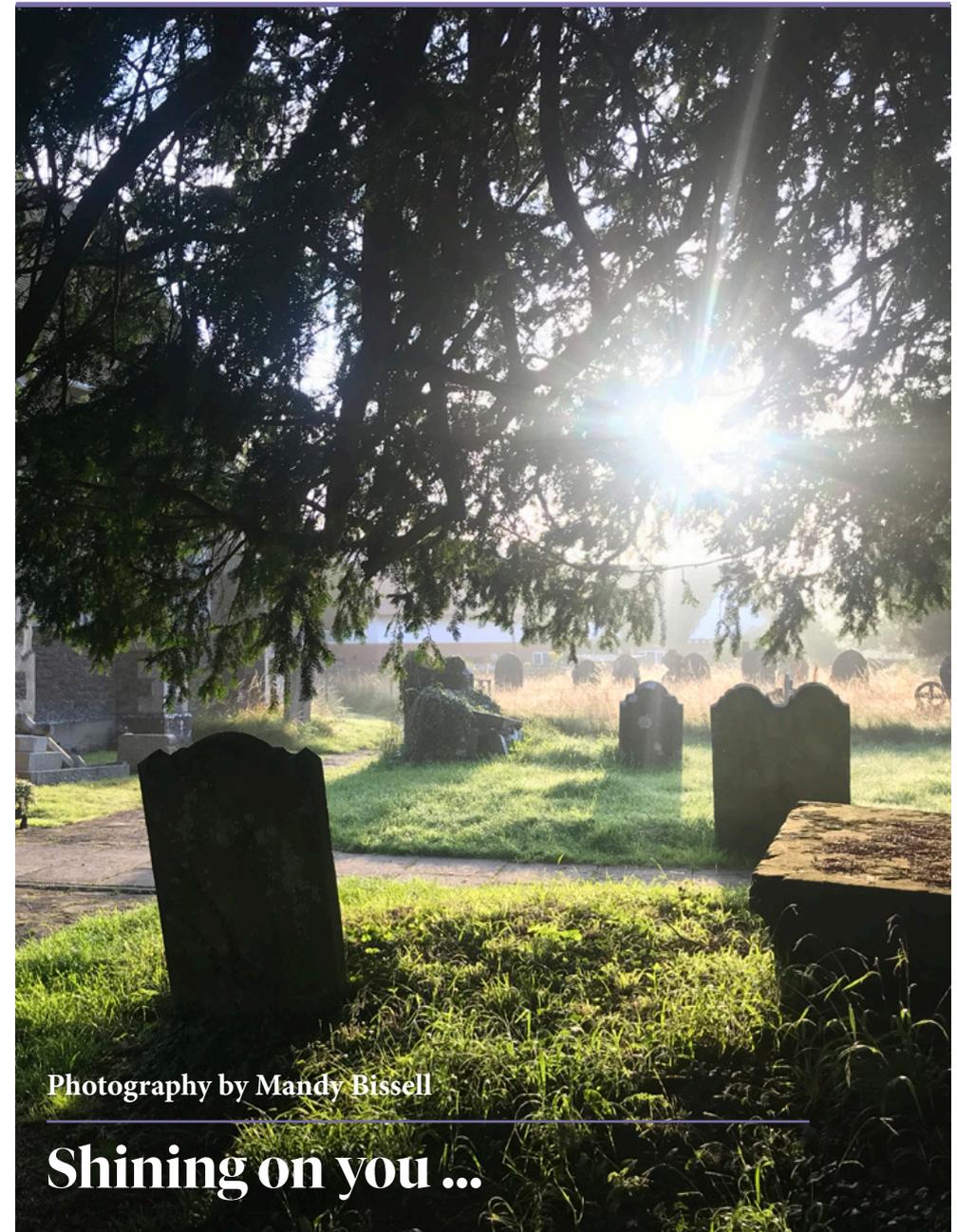
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Photography by Mandy Bissell

Shining on you ...

We welcome monthly photography submissions accompanied by a caption to frittendenparishmagazine@gmail.com

A Month to Remember...

Rebecca Steele



Those of you within the sound of St Mary's church bells on Sunday may have noticed that the bells sounded slightly different from usual. It is the tradition on Remembrance Sunday, that church bells across the country, are rung, half muffled, to remember all British service personnel who have died in wars and military

conflicts since 1914. This half muffling produces an echo effect from the bells which I think is very evocative and rather ghostly. Thank you to the British Legion and everyone involved in organising the service at the War Memorial and at the Church on Sunday 14 November.

Earlier in the month the Kent Association held its annual Inter-District Youth Ringing Contest. There are six geographical districts within the Kent Association, Frittenden is on the far west boundary of the Ashford District. Of our neighbouring towers, Staplehurst is

in Maidstone District and Cranbrook is in Tonbridge District. Three Frittenden young ringers were included in the Ashford team along with three young ringers from Benenden.

The contest was held on Saturday 6 November at Farningham Church. After the past year it was wonderful to get together with other young ringers from around the County to ring bells and make a noise. Ultimately, our Ashford District team brought home the trophy which is going to have pride of place in Frittenden and Benenden ringing rooms for the next twelve months. In a year's time other young ringers in the district will get the chance to retain the title. If you are young enough you could be in the team too!



The third and, maybe even more exciting event in the Frittenden Bell Ringing month was the chance to ring the iconic Bow Bells in London while the Lord Mayor's Show paraded past below.

Kent Young Ringers were

invited to help ring the twelve magnificent bells along with members of the Middlesex Association of Ringers. The largest bell weighs more than two tonnes and was rung very well by one of my brothers. I was thankful that I had a slightly lighter bell to ring!



Maybe the best aspect of ringing at St Mary-le-Bow is the unrivalled view of the parade that you have from the balcony overlooking Cheapside.

Ringling is a fantastic activity, enabling access to all sorts of places and events not possible for the general public. If you're interested in joining us then please let us know or just come along to the tower on Monday evenings when you hear us ringing.

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Gosbee's Gossip

Lester Gosbee

It always seems strange to wish magazine readers a Merry Christmas and Happy New Year this early. Due to Covid, last Christmas was very strange as we were not allowed to see our loved ones as we normally would during the festive season. It was particularly sad in our family as Hazel lost her dad to Covid just before Christmas last year. We always do a big Boxing Day dinner for our ever expanding family, with a new member of the family that arrived on 10th November, a new grand daughter for George. George's daughter Ashley and her husband George have named the new arrival Margot Edith (the Edith after Ashley's late grandmother Edie). George's youngest daughter Pippa passed her driving test on the same day, so celebrations all round. Pippa's cousin Pearl, who is currently working at the Bell and Jorrockes, passed her driving test a couple of weeks earlier, so it has been a good month or so. Don't forget Stables Stores in the run up to Christmas. I think that more customers could be tempted through their doors if there was a sign outside so that passing trade will know that there is a shop there?

The fund raising quiz for Memorial Hall funds raised £520. Many thanks to all who came and supported the event. It was rather chaotic at times, with the acoustics in the more spacious Hall, but that just added to the entertainment. Many thanks to Roger for all his work on the questions and to Barbara Simmonds for the fantastic food. The Hall will have a new PA system and hearing loop when the next stage of refurbishment is finished, which will help for the next quiz.

Healthwise, I've had a ropey few weeks. I have had several calls from Bart's Hospital saying that my defibrillator pacemaker is not doing its job properly.



I have regular appointments with a heart failure nurse and she prescribed beta blockers, which I have struggled to tolerate before as they badly affect my breathing, which is quite scary. I have had to lower the dose and my heart is now doing its own thing. I get very tired very quickly. I also had to go and have a small bit of skin cancer removed from my face, close to my eye at Guy's Hospital. It required 6 stitches. I had to have a cardiac nurse present during the procedure because of my pacemaker. I am lucky to have been referred to London hospitals as they have the best doctors and nurses in the country. I am very grateful for all the treatment that I have received in my lifetime. For a long time, I have thought that a lot of my heart condition is due to organophosphates, that I had contact with when dipping my sheep over the years. Many farmers in the 1980's had to dip their sheep twice a year, and the chemicals are very similar to a nerve gas that was used during the second World War. I am told that I was put on the prayer list. It is nice to know that people are thinking of you.

If I was a teacher marking Boris and his Government, I would add the comment 'A promising start', but he



has been complacent at times. Sloppy, must do better. I would encourage him to not forget the elderly and the poor, otherwise he could get expelled.

On a much lighter subject, do you watch Strictly Come Dancing?. Hazel and I have been big fans of the show since 2004. This year they have a deaf contestant, actress Rose Ayling Ellis. How she is able to dance so amazingly without being able to hear the music is astonishing. I read that she grew up in Maidstone. Last week she danced to 'Symphony' by Clean Bandit. In the middle of the track, the music was muted to show what Rose 'hears'. If you didn't watch it, it is worth looking up on BBC iplayer. I hope that she wins.

Children In Need is a huge fund raiser each year, and this year, BBC Weather Presenter Owain Wyn Evans played his drums no stop for 24 hours. He had lots of guests that joined him and fellow weather presenter also got involved. Owain raised a record breaking £2.7 million. I did my bit by sponsoring him.

A little limerick for you: On Strictly the temperature is rising, those tangos are mesmerizing, and now

they say that Kai and AJ are in love, which is hardly surprising.

I always look forward to the annual Carols by Candlelight service, as it puts me in the mood for Christmas. I won't have my Covid booster jab until 11th December as I had to cancel the first appointment offered as it clashed with an appointment for my heart echo. I've got to go to Flimwell for it as Staplehurst Health Centre have done their day of appointments. Sadly no-one came forward to run the Friends of Staplehurst Health Centre Committee. The charity has raised £14,000 for specialist equipment for the Health Centre Nurses.

I would like to give a special thank you to Magazine Editor James Booth Clibborn and his team for the new look magazine. I enjoy reading about the local farms. Finally, a joke that you might find in a Christmas cracker: What did Cinderella wear on her feet when she went for a swim?. Glass flippers!

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Welcoming our new chef Andy...



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happy, healthy Christmas & New Year.

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Christmas Market Sat 4th Dec 9.30 - 12pm

Open Mic nite Sun 5th Dec 5pm, serving freshly made pizza

Mon 27th Dec 7pm Quiz nite

Tues 28th Dec 7pm Open Mic nite

Fri 31st DIscO 10pm, Fireworks 12am

Something we have not done before was have our kitchen open for you between Christmas & New Year, so if you want to get out of the kitchen put on your walking shoes and join us for a few of our classics!! Our Kitchen will be open. Wed 29th Dec - Sun 2nd Jan 12 - 3pm

We will take a well earned rest Monday 10th - Thursday 13th Jan.

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Christmas menu



Starters

- Celeriac soup with black pudding and quails egg GF*
- Goats cheese filo pastries with lavender sauce V
- Smoked salmon with beetroot creme friache & crispy capers GF
- Mushroom & tarragon pate & flatbread GF, V
- Pan seared scallops, parsnip puree & gremolata

Mains

- Traditional roast turkey GF*
- Pork belly, dauphinoise potatoes, red cabbage & chantenay carrots GF
- Steak, guinness & oyster pie, mash & chantenay carrots seasonal greens
- Pan seared sea bass fillet with béarnaise sauce, new potatoes, sprouts & tenderstem GF
- Seasonal veg risotto & red cabbage V
- option to add guinea fowl

Desserts

- Sticky toffee pudding with caramel sauce
- Poached Pear tar tan honeycomb ice cream GF
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Little Lambs @ St Mary's

Joanna Beech



On Monday mornings in term time, St Mary's Church is transformed from a place of Worship to a place of fun, noise and children running and crawling about, while adults have a chance to chat with friends and get to know new friends. This is Little Lambs a toddler group for babies, toddlers and pre-schoolers and their parents and carers. We meet from 10 to 11.30 and it's free although donations are welcome.

We only started Little Lambs in September, so what do those who come think about our group?

Sarah (mum), says of Little Lambs, "It's a great space for the children to run around and there's a lovely selection of toys."



Pauline (a granny) says, "It's our first time here with absolutely amazing welcome and friendliness is second to none."

Chloe, (a mum) says, "It's a really lovely structure, free play and craft and then the singing. It's lovely to have a craft activity... Oh and the cake is amazing!"

It has been a difficult couple of years, especially for new mums and young children who haven't had many chances to meet and socialise. If you have young children, then why not come along, or are you past that phase and would like to help making a cake or serve refreshments, do get in touch.

(Claire on 01580 852275). Since September when we started we have had 32 children from 25 different families, often having about 20 children each session and everyone receives a warm welcome.

Do come along, our last session before Christmas is 13th December and then we re-start on 10th January.



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HUGE thank you to SHABBA!

Becky Bruce

Firstly, and foremostly a HUGE THANK YOU to SHABBA. Jan Linch and members (friends and family) from the Frittenden Dog Agility group got together to create SHABBA. An ABBA tribute band that played in our very own Village Hall on Saturday 23rd October. Proceeds of which very kindly went to us here at Larchmere which we were delighted about and so very, very grateful.



will take second place as the West End beckons them! It truly was fantastic and if ever they do this again you simply must go – so much fun. Also, if you look closely at one of the pictures you might



I, as well of plenty of others, rifled around in their wardrobes to find any remnants of 70's gear and dressed accordingly for the evening!! I found a blonde wig that I had been dying to wear for ages and attempted

(very badly) to look like Agnetha from ABBA! (Well at least her mother anyhow!). I expected a fun evening, but was absolutely blown away how brilliant it was. Best night out I have had in months. By the end everyone was jumping up and down shouting 'more' and crying out 'SHABBA, SHABBA, SHABBA' until they were forced to come back on stage and perform another number. I have said to them that their careers in dog training



find Tim Bull dressed up and posing with Agnetha as a member of SHABBA. He couldn't help getting carried away with the fun!



The 31st of October brought Halloween once again and we always try and make a big thing of it here at Larchmere – not just to scare the 'be-jeebers' out of each other but to hopefully make the residents laugh. Our fancy dress wardrobe might be on the 'Iffy' side but we always make this work to our advantage. Elsie, one of our residents, grabbed one of the sets of 'scary teeth' I have and said I need some of them The kitchen staff came up trumps and served the most delicious party food at the end and the



'Piece de resistance' was our lovely staff enacting out 'their' version of the Thriller dance by Michael Jackson. On this occasion I don't think the West End will be beckoning them! But the enthusiasm was there and they sure made everyone laugh – God bless them

Very sadly, we lost a beloved member of the Larchmere family, nurse Sue Graham. Not long retired. Sue was adored by everyone and we were so lucky to have her as part of the Larchmere team for so long and we will miss her terribly. She was an extraordinary woman, with such grace and kindness there was no one quite like her. When we had COVID in the home and staff were sick – we phoned her and she came straight to the help of others without a second thought. She will always remain in our hearts and never forgotten.

Also, this month we have started to get entertainment back in under strict COVID regulations. We have had Victoria the soprano singer which melted everyone's hearts and had Kevin, an old favourite (and the ladies love him)! – please see picture attached of one of our lady residents asking him for a slow dance – so sweet.



Sue Graham

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Frittenden Dog Agility



Queens Platinum Jubilee

Tony Staples

on behalf of Frittenden Parish Council

Meeting in the Memorial Hall
- 10th January 7.30 pm

2022 marks the 70th anniversary of the Queen's accession to the throne. The late Spring Bank Holiday will be moved and an extra day's holiday added to make a long Bank Holiday weekend, starting on Thursday 2nd June to Sunday 5th

June. Throughout the country people will be celebrating in some way or another. The Parish Council would like Frittenden to celebrate so we are calling a meeting in the Memorial Hall on Monday, 10th January at 7.30 pm and have allocated a small amount from parish funds to help towards the costs of whatever event is planned. Hopefully by the end of the meeting we will have lots of ideas and a committee of willing volunteers to take things forward.



We will be contacting all village organisations, encouraging them to send representatives but all are welcome to come along. So make a note of the date and start thinking!

Helen Grant

MP for Maidstone and the Weald

I am here to help you in any way that I can. If there is an issue of concern to you, where you believe I can assist, or if you would like to arrange a meeting with me, please email me at helen.grant.mp@parliament.uk or telephone **020 7219 7107**.

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Tidiness and Teasels

Rebecca Warren

For most of us, an important part of Christmas is the 'feast'; the opportunity and excuse to eat food that we don't usually eat at other times. For wildlife, however, the opposite is true. Both the range and quantity of available food decrease rapidly in winter and many species are heavily reliant on food that we provide for them.

Increasingly, we are encouraged to feed the birds throughout the year. Our insect populations are declining catastrophically and most of the wild and weedy areas that used to provide bird and insect food have been cultivated or 'tidied up' - all of which is leading to catastrophic decline in bird numbers too. But you can grow your own bird food and one great source is the teasel. These stately, spiky plants have a long relationship with man, having been used for centuries by clothworkers to 'tease' out fabrics and raise the nap on them. The teasel heads were set into wooden frames, called 'teasel hands', which were brushed over cloth by 'fullers', who gave their name to the plant *Dipsacus fullonum* (syn. *D. sylvestris*).

Teasel flower-heads are full of seeds. Beloved by goldfinches and, later, by insects who overwinter in the seedheads and stalks, they are a statuesque and beneficial addition to anyone's garden. Which is a long way of saying, I have more young teasels that I can accommodate in my garden and if anyone would like some plants (they are biennial, so will flower next summer, then die) just get in touch - please!

And a very Happy Christmas to you all.





St Mary's awarded three grants towards repairs and eco-improvements

Mike Fitzgerald

There's always something to do when it comes to old buildings (and newer ones too!) and Frittenden has a wealth of charming buildings, both old and new. In many ways we are custodians for future generations - something that chimes with the climate change debate, so preserving our homes is important. Now that the leaves are falling and wetter weather is probably on the way, it's a good time to do some essential maintenance.



The Society for the Protection of Ancient Buildings (SPAB) was founded in 1877 by none other than the celebrated designer William Morris who was concerned about the work of Victorian architects whose propensity

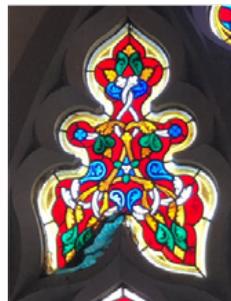
for over-restoring buildings was causing irreparable damage. Amongst his founding principles were 'to protect rather than restore buildings' and 'to stave off decay by daily care'. These tenets are just as relevant



today (although 'daily' might be stretching it a bit!) and so the SPAB runs a week-long maintenance campaign every November to encourage householders to do some simple checks. If you missed it, it's not too late to see if any roof tiles/slates have slipped or the ridge tiles need some pointing so that the roof is watertight. It's just as important to check that gutters, hoppers, downpipes, gulleys and drains are not blocked so that rainwater is conveyed away from the building. Hopefully, they have not reached the stage shown in this photo! Finally, replace any putty that's missing around window glass.

St Mary's needs plenty of maintenance too and sometimes repairs are necessary. There are several valleys between the pitched roofs that collect and carry away the rainwater, but some years ago one of these leaked and water found its way into the vestry, damaging the ceiling, the wall plaster and the oak moulding. The plaster is fragile, dusty and unsightly. The ceiling was repaired in 2018 as part of major repairs to the church roof and the south aisle windows, largely funded by the Heritage Lottery Fund. Now the National Churches Trust has awarded us a grant towards the cost of tidying up this corner of the vestry. The old plaster has already been cut away and the first of three coats of traditional lime plaster is now curing.

Next time you go upstairs and admire the large stained glass window in the Upper Room, you might take a closer look at the lower left tracery light. Yes, there's something not quite right going on there. The dirty green discoloration turns out to be a piece of tarpaulin! It's a wonder that water hasn't got in. Clearly the window has been damaged in the past -



some glass is missing and the lead comes are bent. What's more, the whole light is distorted so the plan is to remove it, relead it and replace the missing pieces with newly painted quarries to match. Fortunately, the Friends of Kent Churches

have agreed to provide part-funding for this as well as the plaster repair.

You may know that earlier this year St Mary's achieved the accolade of a bronze Eco Church award. This is a scheme to encourage churches along the Church of England's path to 'net zero carbon' by 2030. Sophie Beech



leads on this and there is progress towards achieving a silver award. A large and leaky old church does not readily lend itself to the usual methods of cutting back on heating energy - insulation and double glazing - but changing the lighting offers possibilities now that LED lights are more powerful and so much closer to halogen bulbs in terms of colour. Look up in the south aisle and you'll see ten floodlights - the sort that are often used in stage lighting - or rather they were! There's two more in the north aisle and each has a 300 watt glass filament bulb that looks like a classic car headlight and blows all too frequently. So that's 3.6 kW when they are all on; put another way that's nearly four one-bar electric fires!

It's the same story in the rest of the church where there are 37 more lights burning 5.9 kW. To keep the costs manageable, we plan



to replace the light fittings in the aisles with some architectural LED down lights which will give a more even light distribution and to replace the light bulbs in the rest of the church with equivalent LED bulbs. Overall,

energy usage will be reduced by over 90%! Allchurches Trust have offered to help with the costs of this and both repairs.

The Parochial Church Council of St Mary's Church are extremely grateful to Allchurches Trust, Friends of Kent Churches and The National Churches Trust for their funding.

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Food for Thought

Colin Bullock

I realise the following article is a change from my usual etymology themed subjects, however, I believe this article is worth the deviance.

We are bombarded on a daily basis by stories of shortages, ranging from HGV drivers, petrol, some foodstuff and Heaven forbid, Christmas supplies and presents. Has this green and pleasant land transformed into a third world country? No way!! Read on and see if you agree with the following statement;

“WE ARE SO LUCKY TO LIVE IN THIS COUNTRY”

While shopping in a local supermarket, I noticed that whole fresh British chickens were available for just £3.00. Now whilst they were graded “small” they are certainly big enough to feed a family of four, especially if served as part of a classic British Roast! Which brings me nicely to my main point in the form of the above statement.

Please allow me to expand on my rather bold statement. Apart from the world leading food hygiene and consumer protection laws we residents enjoy, the fact is that some food is incredibly cheap in this country in comparison to the rest of the world.

Let’s break it down to a level we can all relate to, that is the amount of time needed to work to enable the purchase of our family chicken.

If we use the minimum wage for a UK worker of 23 years or older it is currently £8.91 per hour, which very simply means that our worker will have to labour for 15 minutes to generate enough cash to buy the chicken. So, how does this compare to other countries? Let’s take a look at a small cross section.

COUNTRY	MIN. HOURLY WAGE	COST OF WHOLE CHICKEN	WORK HOURS REQUIRED
MEXICO	0.76	4.35	5.45
TURKEY	1.39	2.18	1.50
BRAZIL	1.57	1.69	1.07
ESTONIA	2.45	6.36	2.50
GREECE	3.59	5.92	1.40
SOUTH KOREA	4.93	5.44	1.15
USA	7.25	4.65	0.38

So, our British worker toils for 15 minutes for a fresh chicken, a USA worker puts in almost 40 minutes, while our poor compadres in Mexico have to work for almost 6 hours to achieve the same result. If other countries are checked, a similar pattern emerges, even a worker in Germany has to invest 1 hour 4 minutes to buy a chicken.

This is why I made the statement above, mind you, not just for food prices in general, there are a myriad of reasons why the UK is hard to beat as a residence, borne out by the 1000’s of people wishing to emigrate here. But the biggest reason in my opinion is that the UK, for all its faults, either real, contrived or imagined is a very civilised country, I love it and I wouldn’t want to be anywhere else, even if we didn’t have cheap, safe and plentiful food!

Bon appetit and a very merry christmas everybody!

Our November meeting was an interesting talk and demonstration on Water Colour Painting by Alan Colledge, and several of his framed paintings and greetings cards were on display. The following Sunday, one of our members laid a wreath, on behalf of the WI, at the Memorial during the Remembrance Day service, which several of our members attended.

Our next meeting on 14th December will be our Christmas Party, and on 11th January Morwenna Campbell-Smith will give us a talk on ‘The Lady Organist.’

Liz Tapper



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Seasonal trivia and christmas quiz



*A very Merry Christmas and a Happy
New Year to all my friends in Frittenden*

Colin Bullock

The average Briton devotes 15 hours to Christmas shopping. Around 25% of that time is spent in queues.

The Christmas song “Jingle Bells” was originally composed in 1857 as a Thanksgiving song.

The Queen sends out some 850 Christmas cards every year.

Santa Claus is called Babbo Natale in Italy.

It's St Francis of Assisi we have to thank for introducing Christmas carols to church services.

It wasn't until the year 440 that December 25th was first celebrated as the birthday of Christ.

The average British mother spends 13 days preparing for Christmas.

Two-thirds of office workers receive corporate Christmas cards from people they don't know.

In the nineteenth century, Christmas cards were hand delivered on Christmas day itself.

More than 8 million Christmas trees were sold in Britain last year.

Holly is associated with Christmas because the sharply pointed leaves symbolized the thorns in Christ's crown and the red berries his blood.

Christmas pies – aka mince pies – were banned by Oliver Cromwell and the Puritans in 1657.

Around 16 million turkeys were sold in the UK last Christmas.

The world's first Christmas postage stamp was issued by Austria in 1937.

In 1597, William Shakespeare gave “The Merry Wives of Windsor” to Queen Elizabeth I for Christmas.

The Christmas day edition of EastEnders attracted an unbroken record of 30.15 million viewers in 1986.

In Ukraine, it's considered good luck to find a spider's web in the house on Christmas morning.

In Slovakia, rural peasants take a little of each Christmas dish and feed it to their domestic animals.

In Greenland, the traditional Christmas fare is roast seabird, wrapped in the skin of a seal.

The Christmas phenomenon of retailers starting Christmas promotions earlier and earlier each year is known as “Christmas Creep”.

Christmas quiz

1. What Christmas plant is also known as ‘Viscum’?
2. What is the name of Scrooge's dead business partner?
3. Which author made the remark “I had them dine at my house on a piece of roast beef and plumb puddings – and after dinner half a pint of strong ale and a shilling to each to carry home to their wives.”
4. Who tried to steal Christmas from the “Who's of Whoville, in the 1966 cartoon?”
5. In which film did Peter Auty sing “Walking on Air?”
6. What Christmas food is made from marsh whorts?
7. Which ocean is Christmas Island in?
8. Who wrote the poem “The Cultivation of Christmas Trees?”
9. From where does the turkey originate from?
10. Who wrote in a novel that it's “always winter but never Christmas”?

(Answers on the back page)



Staplehurst Music Centre battles through challenges

Sophie Simpson

You may not have known that there has been a music centre in Staplehurst for over 25 years. Since its formation in 1948, Kent Music has operated music centres in many of the smaller towns and larger villages across Kent. Our local centre, the Wealden Music Centre, was originally held on Saturday mornings at what was then Angley School, now the High Weald Academy. This moved to Staplehurst around 1995, offering a wide range of individual instrumental lessons and boasting a large orchestra, Junior and Senior string groups, a fun band for brass players, a woodwind ensemble, Fundermusic, (a precursor of Kindermusic), a choir and three recorder ensembles! Unfortunately, government funding constraints in the 2000s meant that this was no longer possible, and several centres had to close. The Music Centre had a choice – allow itself to close down like so many others, or find a way to keep bringing opportunities for music making to the local community. In 2006 a group of committed teachers and enthusiastic parents decided to keep the centre going, changing the name to Staplehurst Music Centre (SMC) to mark the break with Kent Music. And so it has continued.

Until Covid, SMC has operated as a musical hub, offering lessons and ensembles every Saturday during term-time (save for the odd snow day). Covid and lockdown meant that SMC had to close

temporarily. While many teachers were able to switch to online lessons, this was sadly not possible for the orchestra. The past 18 months have proven extremely challenging for musicians and music teachers, as for so many businesses and industries. And we know it's not over yet.

However, we're delighted that Staplehurst Music Centre is now back with music lessons and community music activities at Staplehurst Primary School every Saturday morning during term-time. Experienced teachers run a range of music lessons and ensemble opportunities for adults and children of all ages and abilities.

Come and try:

- Individual music lessons, including violin, piano, recorder, cello, guitar, ukulele, saxophone, clarinet and flute.
- Music Foundations classes for age 2-8 year olds to develop musical skills and confidence through singing, rhythm work and experimenting with different instruments.
- Community Orchestra, open to adults and children. No previous orchestra experience is necessary. The orchestra has been working on Serenade from Mozart's "Eine Kleine Nachtmusik" and is preparing a seasonal piece by Leroy Anderson, "Sleigh Ride".

****New for January 2022**** Ukulele orchestra. Wondering what to get them for Christmas? The ukulele is one of the friendliest instruments: it's easy to start playing, small, lightweight and inexpensive, and most popular songs and music can be adapted to it. We're planning to launch a new ukulele orchestra to make the most of this popular instrument so please let us know if you're interested.

Find out more and contact us through <http://www.staplehurst-music-centre.org/> or on Facebook.

Paraprosdokians...

David Manger

Winston Churchill loved paraprosdokians, figures of speech in which the latter part of a sentence or phrase is surprising or unexpected. [Or his staff were?]

1. Where there's a will, I want to be in it.
2. The last thing I want to do is hurt you, but it's still on my list.
3. Since light travels faster than sound, some people appear bright until you hear them speak.
4. If I agreed with you, we'd both be wrong.
5. War does not determine who is right - only who is left.
6. Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
7. They begin the evening news with 'Good Evening,' then proceed to tell you why it isn't.
8. To steal ideas from one person is plagiarism. To steal from many is research.
9. I thought I wanted a career. Turns out, I just wanted pay checks.
10. In filling out an application, where it says, 'In case of emergency, notify:' I put "DOCTOR."
11. I didn't say it was your fault, I said I was blaming you.
12. Women will never be equal to men until they can walk down the street...with a bald

head and a beer gut, and still think they are sexy.

13. Behind every successful man is his woman. Behind the fall of a successful man is usually another woman.
14. A clear conscience is the sign of a fuzzy memory.
15. You do not need a parachute to skydive. You only need a parachute to skydive twice.
16. Money can't buy happiness, but it sure makes misery easier to live with.
17. There's a fine line between cuddling and...holding someone down so they can't get away.
18. I used to be indecisive. Now I'm not so sure.
19. You're never too old to learn something stupid.
20. To be sure of hitting the target, shoot first and call whatever you hit the target.
21. Nostalgia isn't what it used to be.
22. Change is inevitable, except from a vending machine.
23. Going to church doesn't make you a Christian any more than standing in a garage makes you a car.
24. I'm supposed to respect my elders, but now it's getting harder and harder for me to find one.



What's On

Nativity Trail

Can you find all 7 characters from the nativity story?



Can you find all seven characters from the St Mary's Church Nativity hiding around Frittenden? When you've found all seven, scan the QR code and download the free nativity craft, and get creative! We'd love to see your creations - a prize for everyone who brings one along to our Families Together Film afternoon between 2-4pm Sunday 19th December at Trinity, Sissinghurst. Or bring yours to our Christmas Eve Crib service 5pm Friday 24th December at St Mary's, Frittenden. See you soon! Rev Pete.

Memorial Hall

The winners of the Prize Draw

NOVEMBER 2021 DRAW

1st Prize	No. 21	Mike Ashbee	£20.00
2nd Prize	No. 58	Sue Ramsey	£15.00
3rd Prize	No. 20	Jill Ashbee	£10.00

Here are the lucky winners of the second draw of the year. The prize money has increased as we now have 90 members. As you know half of the monthly ticket proceeds are divided between three prize winners and the other half goes towards the upkeep of the Frittenden Memorial Hall.

If you haven't managed to get around to completing a Membership Form yet, but would like to join, please email me at: shop@acornsstores.co.uk or give me a ring on 01580 852563 and I will get one to you. You can pay by cash, cheque or by bank transfer (details on the form). Thank you for reading this and Good Luck!

Sarah Willsey MCFHP MAFHP Foot Health Professional

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Children's Society

As usual, I will be asking Children's Society box-holders after Christmas to let me have their boxes for emptying. These donations are always much appreciated by the Society, especially so at a time when, like other charities, their income has been hit by the effects of the pandemic.

It has been decided not to hold a church Christingle service this year, though the primary school will be having their own celebration at the beginning of December. Collections from Christingle services go to the Society. You may of course like to hold your own mini-Christingle at home!

The website childrenssociety.org.uk provides information about their work.

Thank you for your support.

Judy Staples; tel. 01580 852226

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Carol singing round the village

Frittenden Carol Singers in action, Christmas 2018

After a year's enforced break - probably the first time that we have been silenced since the end of the Second World War - Frittenden's Carol Singers will be out again this Christmas.

We always meet outside the Bell & Jorrocks. The dates and starting times are fixed but just in case there is a late change to the routes do check the church website, Frittenden Facebook or call me nearer the time.

As well as bringing you a cheerful reminder of Christmas by singing a carol we will be collecting for two local charities which do really valuable work with children and families. All the money raised is passed on in full. One half goes to Fegans,



a Tunbridge Wells-based charity with a wealth of experience in child and family support. The other half goes to the Weald Family Hub, which works through local schools to support teenagers and their families affected by mental health issues. You can find out more via these links:

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

<https://www.fegans.org.uk/parent-support/>

Carols – sentimental Christmas songs, mediaeval folk songs, or songs of resistance?

Nowadays examples of all of these can be found in the carols we sing. Carols have been around in some form for many centuries. You can trace elements of English folk ballads, French dances and Italian devotional songs in them. During the Reformation attitudes changed and carols were viewed with suspicion by some Protestants who saw them as "folk religion" tainted with dangerous overtones of "Papism". Gradually these concerns subsided and by the 19th Century there was a revival of interest in carol singing at Christmas. Many of the carols familiar to us today were written as a result of this renewed interest. Some were sentimental but more were serious attempts to explain, in a simple and memorable way, the story of Jesus' birth and his role as our Saviour.

So where are the songs of resistance? Look at words from "O Holy Night"

Truly He taught us to love one another,
His law is love and His gospel is peace.
Chains he shall break, for the slave is our brother.
And in his name all oppression shall cease.
Sweet hymns of joy in grateful chorus raise we,
With all our hearts we praise His holy name.
Christ is the Lord! Then ever, ever praise we,
His power and glory ever more proclaim!

If you are new to Frittenden or haven't joined us before come and see for yourself. Enjoy the singing – and the end-of-evening refreshments, guaranteed to leave us with a pleasant glow even on a cold or damp evening. We do go out whatever the weather!

This is our proposed schedule:

Thursday Dec 16th 6.30pm
Headcorn Road, Mill Lane, Sinkhurst Green

Saturday Dec 18th 5.00pm
Centre of the village

Ideal for families as we start earlier and finish at 7.30.

Young children should be accompanied by an adult.

Tuesday Dec 20th 6.30pm
Cranbrook Road, Waller Hill, Knoxbridge

Wednesday Dec 22th 6.30pm
Biddenden Road, Sand Lane, Bubhurst Lane

This was written, originally in French, in 1843 – nearly twenty years before the American Civil War. Just imagine the impact this would have had then. It's not in our repertoire but you'll often hear it in broadcast carol services. Here's a verse from one we do sing – "It Came Upon the Midnight Clear":

Yet with the woes of sin and strife
The world has suffered long; Beneath the angel-strain have rolled
Two thousand years of wrong;
And man, at war with man, hears not
The love-song which they bring;
O hush the noise, ye men of strife,
And hear the angels sing.

That was also written in the 1840s, by an American.

Those carols weren't written to send us all on a guilt trip but to remind us of just why we needed Jesus to come into the world. Above all they bring a message of hope. As "O Holy Night" puts it: In his name all oppression shall cease.

Who among us could wish otherwise?

Enjoy carols this Christmas however and wherever you hear them. In Frittenden you may not hear the angels sing but you can hear a cheerful group of singers doing their best. And don't forget the Carol Service on Dec 12th in St. Mary's.

Tony Staples 01580 852226



Weald Deanery Events December

Brian Woodgate - Deanery Communications Officer

St. Peter and St. Paul's church, Headcorn

Sunday 5th December – 10.00am -

Christingle

Saturday 11th December – Christmas

Market, including a crib and angel festival, together with the start of the christmas tree festival

Friday 24th December – Crib service 4.00pm

St. Peter and St. Paul's church, East Sutton

Saturday 4th december – 12.00 noon –

Filmer Hall, East Sutton Christmas Fair,

Trinity church, Sissinghurst

Saturday 4th December – 7.30pm - church

Tunbridge Wells orpheus male voice choir.

Interval bar provided in the parish room by

The Milk House. Tickets:- £8.00 per person

available from penny durie – duriejp@aol.com or 01580 712612. All welcome

St. Michael and All Angels church, Marden

Advance notice. Friends of Marden's heritage

Saturday in January, 2022 (date to be confirmed) – 7.30pm - Memorial Hall.

Annual quiz

See notices and January Parish magazine for further details

St. Dunstan's church, Cranbrook

Wednesday 8th December, 2021 – 7.00pm

Question and answer session/debate – What can the church do for you and you for it? All welcome.

Guest speakers include Kim Fletcher from the Parish council and students from the local school.

Friday 10th to Sunday 12th December, 2021

Christmas tree festival. Come and see more than 40 different trees sponsored by various groups, charities, organisations and businesses from cranbrook and the local area.

Saturday 11th December, 2021 – 10.00am

to 5.00pm - church. Christmas Bazaar taking place amongst the christmas trees

Sunday 12th December, 2021

11.30am to 5.00pm – Come and see the christmas trees and support local charities. 4.00pm – Carol sing-a-long for all to enjoy

Sunday 19th December, 2012

6.00pm – Carol service

Friday 24th December, 2021

4.00pm - Crib service with carols 11.30 pm - Midnight Mass service

Teeth-gritting, award-winning, challenging!

Welcome to SISSINGHURST SCOUTS. Aged 18+? We'd love you to join our team of go-getters, doers and give-it-a-goers. Find out how YOU can make our evenings even better. Do you mind crawling on the floor with 4 year olds or would you prefer climbing a wall with 9 year olds? Are you a gamer, crafter, manager, story teller, planner, tea maker, fundraiser, inventor, listener, adventurer? VOLUNTEERING is easier than you think. You can give as much or as little time as you like. Give young people the skills they need to succeed and find out how Scouts can be just as rewarding for you. Email: SissinghurstGSL@gmail.com Aged 4 to 18? Then join the fun. Get in touch. Email: SissinghurstGSL@gmail.com Squirrels 4 & 5 yrs Beavers 6 & 7 yrs Cubs 8 -10½ yrs Scouts 10½ - 14 yrs Explorers/young leaders 14 - 18

SissinghurstScouts.org.uk SCOUT XMAS POST, delivering to the Sissinghurst area, will be running again this year. Lookout for our boxes - shop & church.



BOOK LAUNCH

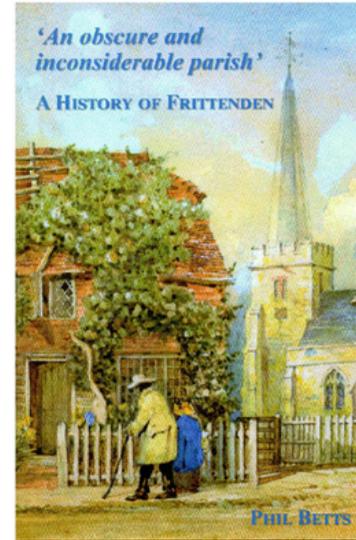
'An obscure and inconsiderable parish' A History of Frittenden

You are invited to the launch of this new book about the parish of Frittenden and its inhabitants. With over 300 pages & 36 illustrations, it charts life in the parish from pre-history to the 1970's.

There are also 11 Appendices recording the landowners, farms and farmers, as well as those who served in WWI & WWII.

The launch will be held at Frittenden Memorial Hall Tuesday 7 December from 7 to 9pm.

By the Chairman of Frittenden Historical Society, copies will be on sale in the hall priced at £17



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Coffee Morning

We were privileged to have Captain Jonathan Rouffet from the Salvation Army in Maidstone come to talk to us about how they help and respond to the needs of their community.

Firstly they run a food bank which during covid saw an increase in demand from 20 to 40 families a week before lockdown, to up to 100 families a week needing help. Two months after lockdown Jon said they ran out of supplies and needed to queue up at supermarkets themselves to get essential food supplies. Even now there is still great demand, due to issues such as cuts in benefits, so they are still helping on average 40-50 households a week with food parcels that will generally last families up to 5 days. They also refer and work with other agencies to identify the underlying cause of the hardship so that expert help can be offered.

The S.A. also organise a Christmas present appeal which enables up to 600 local children a year

receive Christmas presents either from donated presents held at the Salvation Army or through a voucher scheme. This is very well received by families who would really struggle to be able to buy any presents for their children.

They have also recently helped around 30 families with new school uniforms, which can cost up to £200, and were generously donated through a buy one donate one scheme.

A magnificent £209.70 was raised which will be used for the Christmas present appeal. Many thanks to all those who came and for their huge generosity.

Next Bring and Buy Coffee Morning will be in aid of Porchlight for the homeless and will be on Wednesday 1st December at 10.00am, Trinity Parish Room

Pat Heath and Jah Tolhurst

Headcorn Health Walks December

Wednesday 8th: Meet at the Pepperbox Inn, Windmill Hill, Harrietsham (ME17 1LP) at 10:45 for a 11:00am start (please note, this is later than usual) for a short walk of 1½ miles (approximately 45 minutes). The exact route will be decided on the day and, depending on conditions under foot, will either be fairly flat along footpaths and across fields or mostly on the road including a hill.

January:

Wednesday 12th: Meet in the car park at Sutton Valence Village Hall, North Street, Sutton Valence (ME17 3HS) at 9:30 for a 9:45am start for a 90 minutes circular walk on country lanes and footpaths exploring to the north and west of Sutton Valence. No stiles!

Wednesday 19th: Meet at Parsonage Meadow, next to Headcorn Village Hall, at 9.30 for a 9.45am start for a 45 minute walk in the village.

Wednesday 26th: Meet in the car park at Kingswood & Broomfield Recreation Ground, Lenham Road, Kingswood (ME17 1LX) at 09:30 for 9:45am start for a walk of 3.3 miles (approximately 90 minutes) through woodland which may be rather muddy! *Directions: take the road from Headcorn to Ulcombe, continuing through the village to the crossroads at the top of Ulcombe Hill. Turn left along Lenham Road and the entrance to the recreation ground is on the right-hand side.*

If you would like further information on any of our walks, please contact Barry (barry@watersideeast.com) or Paula (07525 260539).



CHRISTMAS FAYRE

2021

Saturday Dec. 4th 12-3pm

Produce, Gifts, Cakes, Toys
Cherry Tree Burgers, Raffle

Mulled Wine, Festive Fizz

Guess the weight of the
Christmas Cake

Silent Auction of Promises

Please come and support this yuletide village event.
We look forward to seeing you.

Donations can be dropped off at the Village Hall on
Saturday 4th Dec. from 8am. Or contact Katie Cox
01580 852576 katielouisecox@hotmail.com



Weather Statistics:

Lester Gosbee lester.gosbee@btinternet.com

The warmest day of October in Frittenden was 19th with a temperature of 19.45 c/ 66.92 f. Frittenden's lowest day maximum temperature was 12.67 c/ 54.68 f on 21st, and the lowest night minimum was also 21st at 1.25 c/ 34.16 f. I recorded 4 grass frosts in October, the lowest of -2.44 c/ 27.68 f (on 21st). Our wettest October day was on 2nd when we had 26.2mm/ 1.03 inches.

Countrywide, the warmest October day was on 9th, when temperatures soared to 21.1 c/ 69.98 f at Herstmonceux, East Sussex. The coldest countrywide day max temperature was in Loch Glascarnoch, Scottish Highlands at 7 c/ 44.60 f, and the lowest night minimum temperature countrywide in October was on 23rd at Aboyne, Aberdeenshire at -3.1 c/ 26.42 f. The Central England Temperature for October was 12.1 c/ 53.78 f, which is 1.5 c/ 2.70 f above average.

On 29th October, Honister Pass in Cumbria recorded a huge amount of rain in 24 hours: 370mm/ 14.56 inches. Honister Pass is 356 metres above sea level.

I usually write my long range forecast around 10th December, so I will be looking into my crystal ball of weather statistics for the next magazine.

There has been much talk about Global Warming and keeping temperatures to 1.5 c above the temperature in 1850. We are now at about 1.18 c above pre-industrial levels. Not quite in my lifetime, but the second half of the 21st Century could be catastrophic for poorer countries in the Middle East if the world doesn't phase out fossil fuels. Man must stop the destruction of our rain forests. Millions of trees must be replanted. Trees are the lungs of the world. Scientists are not always right. From 1960 to the early 1970's, scientists

predicted that we were heading back to the Ice Age. A little scepticism. I personally think that all events show that global warming is happening. All western Governments, including China and Russia need to act now.

WEATHER FORECAST FOR DECEMBER

2021 (For Kent, the Cotswold Counties, East Anglia, the Midlands and Lincolnshire): November has been remarkably mild and dry. The warmest November on record was 1994 at 10.3 c/ 50.5 f. The second half of this November will scupper our chance of equaling that record. The first half of December will be dominated by high pressure. In LA NINA years, the Pacific, in which the circulation of the ocean water helps to cool the atmosphere, Atlantic high pressure systems give England and Wales drier, colder winters and more unsettled, cooler summers. There will be a lot of fog in the South East, East Anglia and the Midlands. All motorways will be affected at times, and the M25 will be the worst affected. This spell will last up to 12th, and the weather will also be frosty. In some frost hollows like Benson in Oxfordshire, temperatures could drop to -6 c/ 21 f in the first week of the month. The days will be chilly where fog lingers, with temperatures not rising above 1- 2 c/34 - 36 f. On some days the fog will clear quickly, leaving bright sunshine for a couple of hours or so. On those days, temperatures could rise to 8 - 10 c/ 46 - 50 f, with almost calm winds, north to north west. Between 13th and 18th December, lower pressure will give spells of rain, mostly north of Bristol to Norwich. Winds will be northerly. It will feel quite raw on the windward coast, where there could be snow showers on the highest ground in the Midlands. Day temperatures will drop to 0 - 2 c/ 32 - 36 f. South of the Bristol to Norwich line, the weather will be mostly dry, but overcast day and night with a few showers. Temperatures will be around 4 - 6 c/ 39 - 43 f. From 19th, there will be westerly winds with gales along the Channel Coast. There will be

some spells of rain in all parts that I forecast for. It will be mild, with temperatures of 10 - 12 c/ 50 - 54 f. This will be our weather for the run up to Christmas. High pressure will form around 24th, then it will be back to frost and fog. The South East could remain milder with spells of rain, until we join the rest of the country in colder weather on Boxing Day. We will have a cold, foggy, frosty end to the year, with some sharp frosts of -8 c/ 17 f in the Midlands, and -4 c/ 25 f in the South East. Some parts of Scotland and Northern England will see snow on the ground, along with higher ground in Yorkshire and the Peak District. December will have below average rainfall and above average sunshine. The average Central England Temperature for December is 4.37 c/ 39.85 f. We have only had two average Decembers since the very cold one of 2010, which were 2012 and 2017. This year, December's CET will also be very close to average.

WEATHER FORECAST FOR JANUARY

2022: January may start bright and cold in the east, but rain will reach us all before the second day of the year starts. The weather will become mild everywhere, and London could reach 13 c/ 55 f by 3rd January. There will be gales and some spells of heavy rain. Dorset and Essex will be the wettest. This spell of weather will take us up to 8th. There will be signs of a blocking pattern of weather system highs over the mid Atlantic, and there will be high pressure from Russia to Germany. This will keep the UK in the northerly or north westerly winds, which could veer to the east at times. This spell could last for more than 2 weeks, and will give us the best chance of seeing some snow, but again it will be mostly over high ground above 800 feet, so the South East and most of the Cotswold Counties will not see any laying snow. Some snow will lay on higher ground in the Midlands, such as Turns Hill in the West Midlands that is at 271 metres/ 889m feet or Cleave Hill which is 330 metres/ 1082 feet. There could be 4 inches/ 10

cms of snow there. In sheltered areas like the Weald of Kent and Sussex, there will be frosts with minimum temperatures down to -3 c/ 27 f, with a northerly breeze which could make the frost quite penetrating. There will be no frost or snow on the coasts, but from Grimsby to Lincolnshire down to Thanet, icy winds will make it feel much colder than the thermometer reads. Day temperatures of 5 c/ 41 f with a wind chill will feel more like -1 c/ 30 f. The South may get a few wintry showers around 20th January as high pressure declines and low pressure moves in. The weather could become very windy around 23rd, with severe gales around all coasts. There could be winds of 80 - 90mph over the Isle of Wight and the Dover Straits. It will even close the Dartford Crossing. This will be joined by spells of heavy rain, and some localised flooding. Dorset and Sussex could be the worst affected. It will be very mild, in spite of the southerly gales, temperatures will be around 14 - 15 c/ 57 - 59 f in many places. The weather will remain unsettled and blustery, with spells of rain mixed in with the odd 36 hours of dry weather. Winds will turn to the north west after 28th January, and temperatures will become less mild at 10 c/50 f. There could even be the odd frost in the Weald of Kent. January's rain will be mostly below average during January, apart from Channel Coastal counties. Sunshine will be below average, but only 5% below average. The Central England Temperature will be very close to average at 4.10 c/ 39.38 f.

This forecast is a shortened version for the Parish Magazine. I will write the more detailed forecast next month. If you would like a free copy of my full long range forecast from December to May 2022, please let me know. There are 450 Met Office weather screens around the UK, as well as many private ones. Only 5% have recorded snow fall on Christmas Day, so 95% haven't. White Easters are more common, especially if they fall early.





Festive recipes to inspire and enhance your Christmas table

A selection brought to you by the magazine team

Lush Cranberry Sauce

- 4 apples
- 50g butter
- 2 tbsp maple syrup or honey (do not over-sweeten, so if your apples are sweet, halve the initial syrup/honey content)
- dessertspoon of thyme leaves
- 300g fresh or frozen cranberries
- 50ml rum or cointreau
- pinch of nutmeg or cinnamon or crushed juniper berries, to taste

- roughly dice the apples and crush the juniper berries, if using
- melt the butter in a saucepan then add the syrup/honey, apples, cranberries and rum/cointreau, spice
- cook gently for about ¼ hour until thick and the fruit is softened. Watch it carefully, and add water if necessary to prevent it catching on the bottom. Remove from the heat as soon as the fruit is cooked and the taste/consistency are to your liking.
- serve in an open bowl to display the lumps of apple and cranberry



Sweet Potato Soufflé

- 1.3 kg (6 cups) cooked mashed sweet potato
- 170 g butter (¾ cup)
- 3 eggs
- 110g (½ cup) brown sugar
- 60ml (¼cup) apple juice
- 100g chopped walnuts

Combine everything together except nuts. Put into a buttered soufflé dish and sprinkle walnuts on the top. Bake for 30-35 minutes at 180C

Can be made ahead and reheated.

Claudia Spiers (with thanks Julia Booth-Clibborn)

Christmas Baked Apples - for 4

- 4 medium apples
- 1 finely chopped onion
- a rasher or two of smoked dry-cured bacon
- a tablespoon of chopped rosemary
- good pinch of nutmeg
- salt and cracked black pepper

- gently colour the onion in butter in a pan
- add the bacon, rosemary, spice and seasoning
- core the apples and stuff the bacon filling into the holes
- slice a line right round each apple, through the skins to a depth of 1mm
- bake for about ½ to ¾ hour in a medium oven and serve alongside your turkey or other main-course dish.

REFUSE TRUCK SCHEDULE

This service has been suspended until further notice

LOCAL COUNCIL CONTACTS

Frittenden Parish Council		
Chairman	Tony Staples	01580 852226
Vice Chairman	James Tuke	01580 852372
	Heather Cullingworth	
	Lester Gosbee	01580 852340
	Sarah Murray	01580 852288
	Rosalind Riley	07854679348
	Richard Vernon	01580 852317
Parish Clerk	Emma Nightingale	01580 852537
		01580 292576

www.frittenden.org.uk

Tunbridge Wells Borough Council	
Town Hall	01892 526121
Cranbrook - Weald Information Centre	
	01580 715686

Member for Frittenden & Sissinghurst
Andy Fairweather 07976 290185
andrew.fairweather@tunbridgewells.gov.uk

Kent County Council
County Hall 01622 671411

Member for Cranbrook
Sean Holden 01580 714880
sean.holden@kent.gov.uk

Policing
Non-urgent crime reports 101

Neighbourhood Watch Liaison
Sean Croucher 01580 852415

Community Warden
Adam Osborn 07813 695741

NEXT EDITION

Closing date for material for the next edition is Monday 17th January.

Email: frittendenparishmagazine@gmail.com

To submit an article please send as a word document. We encourage colour images to illustrate your article, and please supply as high resolution (PDF or 300 DPI). If you wish to text images, or What's App please do so on 07768456935.

The Editor wishes it to be known that any opinions expressed in any edition of this magazine are those of the individual contributor and in no way infer any form of agreement, either by the Editor or by St. Mary's Church, of the details given or sentiments implied.

QUIZ (PAGE 33) ANSWERS

1) Mistletoe, 2) Jacob Marely, 3) James Woodforde, 4) The Grinch, 5) The Snowman, 6) Cranberry Sauce, 7) Indian Ocean, 8) T S Elliot, 9) North America, 10) C S Lewis.

Frittenden Parish Magazine

Connecting our community

Send us your submissions

We want to make this magazine as vibrant and interesting as possible. If you have story to tell, a hobby to share, a viewpoint or a picture, even your favourite pet - we would love to share it.

All ages welcome, this magazine is for you and your village.

frittendenparishmagazine@gmail.com

We are most grateful for your support and welcome any contributions.
It is simple to do
NatWest: Sort: 60-06-18, A/c: 59020911
Name: PCC Frittenden. Ref: Parish Mag
Hope you are all enjoying the new magazine

Blue Topaz. The perfect icy blue reflects the energy of the mind and is reminiscent of the icicles one may find on a frosty morning in December.



Larchmere House is set in the pretty Wealden village of Frittenden providing 24-hour nursing Care. Our team of friendly, qualified Nurses and Care Staff are committed to providing the highest standards of nursing care for up to 30 residents in a safe and caring environment. * Delicious home cooked food and all dietary needs catered for * Daily activities, entertainment and regular outings (current situation permitting) * Consistently 'Good' CQC Inspections.

Please feel free to contact the home on the number below if you have any questions and take a look at our Face Book page for an insight of activities at Larchmere House. We have maintained a Covid-19 Free environment for over a year and continue to follow Government Guidelines in order to keep our residents safe and well.

BIDDENDEN ROAD, FRITTENDEN, KENT TN17 2EN •

01580 852335 Find us on Face Book

www.larchmere.co.uk • info@larchmere.co.uk