

St Giles and Shipbourne
NEWSLETTER



April 2016

OFFICERS OF ST GILES AND VILLAGE ORGANISATIONS

ST GILES

Rector of Shipbourne with Plaxtol:
Rev. Andrew Procter 811081
The Rectory, The Street, Plaxtol
TN15 0QG
Email: a.procter@live.co.uk
Churchwardens: Viv Packer 810035
Paul Britton 365794

PAROCHIAL CHURCH COUNCIL

Secretary: Mary Perry 810797
Children's Rep: Glynis Coates 811432
Treasurer: Martyn Williams 833751
Choirmaster: John Young 810289
Flowers: Felicity Ward 810525
Bellringing: Bob Taylor 833976

SHIPBOURNE PARISH COUNCIL

Parish Clerk: Sarah Codling 01892 530404
shipbourneparishcouncil@gmail.com
Chair: Libby Cohen 07949 591716
Vice Chair: Nick Tyler 811079
Councillors: D Pettengell, V Redman
J Sheldrick, K Wallington
R Wright

VILLAGE WEBSITE www.shipbourne.com

SHIPBOURNE VILLAGE HALL

Chairman: Curtis Galbraith 763637
Bookings: Helen Leach 07762 241720

SHIPBOURNE FARMERS' MARKET

Organiser: Bob Taylor 833976

SHIPBOURNE WI

President: Margaret Thompson 810789

SHIPBOURNE CRICKET CLUB

Secretary: Mark Fenton 811067

PLAXTOL & SHIPBOURNE TENNIS CLUB

Membership: Cilla Langdon-Down 810338

ST GILES' AND SHIPBOURNE NEWSLETTER

Editor: Lindsay Miles 810439
lindsay_miles@btinternet.com
Advertising: Tish Gourmelon 07966 035492
Copying: Mary Perry 810797

USEFUL POLICE CONTACT NUMBERS

101 For non-urgent police attendance,
passing useful information and 24
hour crime reporting

999 For emergencies
01622 690690 For Maidstone office
07772 226006 Mark Thomas, Police Community Support Officer

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(12/15)

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(tbc)

Rector of Shipbourne with Plaxtol
 Rev Andrew Procter
 The Rectory, The Street, Plaxtol TN115 0QG
 (opposite the Papermaker's Arms)
 Tel: 01732 811081
 Email: a.procter@live.co.uk

Please contact him with enquiries about baptisms, banns, weddings and funerals. He would appreciate being told if any parishioner is admitted to hospital, if any housebound person wishes to receive Holy Communion at home, or if there is anyone who would welcome a visit. Normally he takes Friday as a day off except if there is an emergency.

PARISH DIARY – APRIL 2016

EVERY SUNDAY the main morning service at St Giles Shipbourne is at 9.30am
EVERY WEEKDAY at 8.00am Morning Prayer will be said at Plaxtol Church and every weekday evening (except Friday) at 4.30pm Evening Prayer will be said at St Giles Shipbourne.

SUNDAY	3rd	8.00am	Holy Communion at Plaxtol Church
		9.30am	Parish Communion at St Giles Shipbourne
		11.00am	Family Service followed by short Communion at Plaxtol Church
		7.00-8.30pm	Lent Course “Exploring God” at Higlens Farm, Back Lane, Shipbourne
	Readings:	Acts 5 vv 27-32 Revelation 1 vv 4-8 John 20 vv 19-end	
Thursday	7th	9-11am	Farmers’ Market at St Giles Shipbourne
Saturday	9th	9.30am	Playchurch at St Giles Shipbourne
		10.30am	Prayer Course, Multi-Sensory Prayer & God in my Day, at St Giles Shipbourne
SUNDAY	10th	8.00am	Holy Communion at St Giles, Shipbourne
		9.30am	Matins at St Giles Shipbourne
		11.00am	Parish Communion at Plaxtol Church
		Readings:	Acts 9 vv 1-6 Revelation 5 vv 11-end John 21 vv 1-19
Monday	11th	8.00pm	Shipbourne Parish Council Meeting, Village Hall
Thursday	14th	9-11am	Farmers’ Market at St Giles Shipbourne
SUNDAY	17th	8.00am	Holy Communion at Plaxtol Church
		9.30am	Parish Communion at St Giles Shipbourne
		12.00pm	Short Communion service at Plaxtol Church
		4.00pm	Community@4 at Plaxtol Church
		Readings:	Acts 9 vv 36-end Revelation 7 vv 9-end John 10 vv 22-30
Thursday	21st	9-11am	Farmers’ Market at St Giles Shipbourne

Saturday	23rd	9.00am	Churchyard Working Party at St Giles Shipbourne
SUNDAY	24th	8.00am	Holy Communion at St Giles Shipbourne
		9.30am	Family Service at St Giles Shipbourne
		11.00am	Parish Communion at Plaxtol Church
		8.00pm	Prayer Course, <i>God in my Day</i> , at Plaxtol Church
		Readings:	Acts 11 vv 1-18 Revelation 21 vv 1-6 John 13 vv 31-35
Monday	25th	8.00pm	Shipbourne Annual Parochial Church Council Meeting, Village Hall
Thursday	28th	9-11am	Farmers' Market at St Giles Shipbourne

We hope that you will join us at our next joint benefice service

‘Community @ 4’

**On Sunday 17th April from 4-5pm
at Plaxtol Church**

- suitable for all ages
- worship songs with a band
- discussions for different age groups
- craft and play time for children

Please bring food and drink for our

“Bring &Share” refreshments after the service

LETTER FROM THE RECTOR

Dear All

DIOCESAN MAGAZINE - REFLECTIONS

At the back of both our churches you will find free copies of a new diocesan periodical called Reflections.

I'm afraid I usually ignore new things coming out of the diocese but I read this and warmly recommend it to you. It is attractively produced in a glossy format with good photographs. But the articles inside are the most inspiring thing.

For the most part, they are interviews with ordinary members of the diocese who have had interesting experiences of one sort or another. And not just passing events but sustained left-changing things.

In this edition, for instance, Theresa Harrison, a secretary at the diocesan office, speaks of the effect on her and her family off her daughter losing both her legs in the London terror attacks of July 2007.

Deano Standing, a churchwarden in Erith, talks about his life as a football journalist and his strong links with Millwall FC.

Sophie Lott, daughter of one of our Archdeacons, is interviewed about her job at the Foreign Office in a unit which combats forced marriage in this country.

Rev Wil North the Vicar of Barming, tells of his path to ordination which encompasses a chequered life, trouble with the police, involvement in martial arts and much more. He is a serious runner, aiming to have run 50 marathons before becoming 50 himself.

There are three other depth interviews, all as interesting as these four and a penetrating article from the Archdeacon of Rochester about the cult of the self in modern culture.

I found myself inspired at the thought of people like this living out their faith right among us in our own part of the world. I have dealt with Theresa Harrison often and I go through Barming all the time.

I fancy you too would be enriched to take a copy for yourself from the church and read it through.

Best wishes

Andrew

CHURCH NOTICES

COME AND HELP TIDY UP THE CHURCHYARD

The next **Churchyard Working Party** will be on **Saturday 23rd. April- 9.30-11.30.** We need lots of volunteers for this morning to spread the load! Please bring your own tools. Coffee and biscuits will be served from 10.30.

Many thanks.

Jeff King

PLAYCHURCH

Playchurch is for pre-schoolers, primary school children and parents and takes place on the second Saturday of every month from 9.30-10.30am at St Giles Shipbourne.

Come along to hear fuzzy-felt bible stories, singing and craft activities.

Next meeting: Saturday 9th April 2016

For further information please contact:

Mary Perry Tel: 01732 810797

CAKE BAKE SALE

We had a fun afternoon up at the Village Hall in Shipbourne on the afternoon of Saturday, 19th March raising money for Sport Relief 2016 with the Cake Bake Sale. There are many people that we would like to thank for helping to make the event a success.

Thank you to Mary Perry for advertising the afternoon in the Newsletter within a short timescale; to Andrew for blessing the Sale and getting us off to such a good start; to all the bakers that kindly donated their fantastic cakes and bakes; to those that donated money and prizes; and a huge thank you for the fabulous small army that helped set up the hall and worked tirelessly throughout the day (especially Helen, Peter, Lindsay, Imogen, Jo, Rik and Immy).

Our final thanks go to all of you that came along and supported us on the day, helping us raise an amazing total of **£520.30** for such a worthy cause....helping change lives for the better both at home and abroad.

With many heartfelt thanks to you all

Ali & Barbara Jones



The Friends of Plaxtol Church warmly
invite you to the

DUCK RACE 2016

MONDAY 2nd MAY at 2.30pm
SPOUTE RECREATION GROUND

To celebrate the 400th Anniversary of

William Shakespeare, this year's Duck Race has a literary theme. Be as creative as the Bard himself and dress your duck as your favourite character from any book or play! Your duck doesn't have to come from the works of Shakespeare. We look forward to seeing the Gruffalo and Harry Potter as well as Hamlet and Bottom!!

BBQ and DRINKS

Ducks at £3.00 each from Plaxtol Village Stores – after Easter

For more information:

calista.dickinson@hotmail.co.uk or pam_horrell@hotmail.co.uk



“After the guns have fallen silent, and the din of battle quietened, the real fight begins.”

HRH Prince Henry of Wales

During February and March 2016 I was part of a team who took 23 wounded veterans on a trip to begin their rehabilitation into employment. Skiing With Heroes is a UK-based charity that helps wounded soldiers back into employment through a specially designed ski-based development, mentoring and job finding program. Many of the veterans have disabilities which range from amputees, blindness, head injuries and post traumatic stress disorder.

Skiing With Heroes' mission is to help wounded veterans restore their confidence and find full-time employment. The process starts with Paralympic sport as it is a proven, potent medium for confidence building, and skiing levels the odds between the 'able' and 'disabled' as few sports can. Physically, it helps rebuild atrophied core muscles, but as a sport involving adrenaline, speed and danger, it also boosts self-esteem - and that is a key factor when you are trying to overcome the cycle of despair that can come with combat stress.

I found the whole experience incredibly inspiring and wanted to share some of the extracts of my diary to help raise awareness and promote the charity.

DAY 2

Today we met the adaptative ski instructors for training on the different forms of skiing. This included skiing on one leg, skiing blindfolded and trying out the sit ski. For me the skiing blindfold was the hardest, quite claustrophobic. Also as a Buddy trying to explain to someone who is blind how a ski binding works and how to use the edges of the skis to turn is a really good exercise in accurate descriptive instructions.

This afternoon I then had a chance to meet a dozen of the Veterans to help them get their ski equipment. They all seem really keen to get started.

DAY 3

Yesterday was the start of our official Buddy activities with the Veterans and kicked off with all the Buddies being at the top of the mountain by 08h30. The Veterans then joined us by 09h00 having endured a windy cable car ride up...not the gentlest of introductions to skiing for the beginners.

I have been Buddied up with two Veterans one ex Army, one ex RAF. Both of them have skied before many years ago and prior to their PTSD diagnosis and subsequent medical discharge.

After a warm up session and briefing from the instructor we started on the nursery slopes. Once we were confident of their abilities we then started on a gentle run serviced by a T-bar and that is when the real magic of this mission came to light. Watching the Veterans focus so intensively on the instructor and their skiing which as many if you know is a thrilling experience is then contrasted with the 10 mins conversation you have on the T-bar which is simply heartbreaking. This ski trip means different things to each Veterans but what is common is their determination to get out of the rut they have found themselves in and start a new life.

DAY 4

A tough day yesterday. The weather conditions have changed bringing in lots of snow and poor visibility up on the mountain. In the morning we received an email from the medical team warning us that the poor visibility may cause some of the Veterans to feel claustrophobic and asking us to be especially alert. This turned out to be the case for both of my Veterans. My colleague took them up for the first run of the day and took two hours to bring one of them down a short blue run that the previous day we completed in 15mins, this was because the conditions had triggered an episode. He then had to go back down into the valley for medical support.

My other Veteran had a tough morning completing just one run and then had to sit out for the rest of the morning by himself. By the time I caught up with him at lunch things had improved and so we tried again. Through the combination of chocolate, coffee and laughter we managed to ski for a couple of hours.

The previous afternoon we had a real insight into why we are all here. The committee arranged afternoon tea for everyone and after a short welcome speech by the charity's founder the Veterans were offered an opportunity to share their story with the whole group. One by one they stood up and bravely told us about their experience with phrases such as "I only lost one leg so I'm lucky really", "I was always standing next to the guy that got shot", "I've been told I'll never work again so I'm here to prove them wrong". As you can imagine the atmosphere was 'emotional' but then of course the unique military sense of humour kicked in and we all left the session laughing.

DAY 5

What I am learning about PTSD is that no two cases are the same, that the symptoms vary and those living with it have daily battles. For Veterans suffering from PTSD securing employment post medical discharge from the military is very tough. Few employers are prepared to consider how easy it can be to integrate someone with a mental illness into the workplace. All the Veterans here with PTSD have developed techniques for managing their illness and when in private surroundings it isn't an issue. The difficulties come when they find themselves in a situation which they can't take control or feel they can't alert people around them that they feel out of control.

Part of being a Buddy this week is to give Veteran the opportunity to feel comfortable in speaking openly about their illness and how they try to cope with it in normal life. We then develop a relationship that allows the Veteran to tell us immediately when he begins to feel out of control and what we can do to help. This is the power of this unique week and across the 23 Veterans here we are already seeing some remarkable results. For my two Veterans we know what to look for now and guess what it's really simple, because they trust us they just tell us! We can then go into whatever routine works for them, even when you are on top of a mountain in a whiteout, or when they fire off avalanche explosives or if the restaurant is too noisy and they can't see the exits. We work together to overcome the anxiety and bring things back to normal.

So yesterday I had a great morning with my Veteran and when an episode was triggered by a sudden change in the weather we all knew what to do and headed off to a quiet hut for coffee. Could it be possible for an employer to adopt a similar buddying system?

DAY 6

As we head into the last couple of days of this trip the conversations inevitably begin to shift towards the future and next steps. Returning home after an exciting venture can be a bit of a let-down for anyone, especially if the place you are returning to is filled full of challenges.

As one of the Veterans explained to me, in the military they become used to moving around and forming new friendships, it's part of the fabric of service life and the support network is there - they're all in it together. However civilian life is different and if you have personal challenges and no support network things can become very dark. That is why this week will just be the start of a new chapter for these Veterans. After this week they will be allocated a Buddy as a mentor, will receive regular visits by the full time charity staff and have access to pain management support. As an aside the mindfulness training and Cranial Osteopathy treatments have been very popular with the Veterans this week.

On the skiing we continue to see massive progress on all fronts. Yesterday I was on a red run with a double amputee in a sit ski who prior to this week had never skied before.

DAY 8

On the last day we rounded off an incredible week with a fancy dress slalom race and in the evening we held a dinner for all the veterans, buddies and local volunteers. The conversations throughout the evening centred around the incredible achievements witnessed this week and the new friendships that have been formed which will play a pivotal part of the next step for the veterans.

On returning home the veterans will be allocated mentors who will help them continue on their journey to achieving their new goals. I will be volunteering to be a career mentor and if any of you would also like to take on this role, please feel free to drop me a line or get in contact with the charity directly. Other options for getting involved include fundraising; spreading the word; if you are a good skier perhaps volunteer to be a buddy in 2017 or; enter a team for the business challenge.

As I sit here back in the UK I'm finding it almost impossible to describe the emotional journey I have all been on this week. It has been probably one of the most humbling and rewarding things I have ever done. For many of us it is relatively easy to support charities with financial contributions but I now believe the gift of

time and emotional support in our fast paced, busy lives can sometimes effect a much greater change for good, even if you are just a middle aged Dad.

Finally I would like to thank you all for your kind words of support and such generous donations - at the time of writing I have raised £3,434.23 which will go towards helping our veterans and their families get the lives they deserve.

In 2017 I will be returning to Klosters to participate in the charity's Business Challenge to continue my support, raise awareness and promote the charity:

<https://www.justgiving.com/Duncan-Symonds2017>

Charity Registration No. 1149727

Duncan Symonds

DEFIBRILLATOR TRAINING

**7.30-9.00PM, MONDAY 25 APRIL 2016
AT THE CHASER**

**Come and see how to use a defibrillator. Training
provided by Sevenoaks Community First
Responders.**

**Sevenoaks Community First Responders are volunteers who
attend life threatening occurrences if an ambulance is not
immediately available. They have kindly agreed to give up their
free time and come to Shipbourne to show us how to use our
defibrillator in the event of an emergency.**



THE QUEEN'S
90TH BIRTHDAY
CELEBRATION

Right Royal Village Supper

In Aid of Shipbourne Village Hall Funds

Sunday 12th June 2016, 7pm

The Village Hall & Garden

Cash Bar Open 7pm for Pimms, Beer & Wine

3 Course Buffet Supper, 8pm

£12.50 per person

Dress smart casual but tiaras may be worn.

Tickets available from Libby Cohen 810739 and Curtis
Galbraith 810338

or email Shipbourne.villagehall@gmail.com

Cheques should be made payable to 'Shipbourne Village Hall' and delivered to 5 New Cottages, Upper Green Road.

Can you spare some time to make a difference?

Compaid is a charity based in Paddock Wood supporting disabled people in a variety of ways, and we are looking for volunteers to assist our work. If you have a few spare hours a week and are good with people, you can make a difference by volunteering in a number of ways:

- Join our training centre team supporting clients to discover the magic of computers in a relaxed and informal way, helping individuals gain in confidence and ability.
- Join our team of volunteer minibus drivers providing a vital lifeline to many disabled people.
- Help us to raise vital funds by holding events or by taking part in a sponsored run, walk or other challenge

If you would like to find out more please contact
Judith Williams, HR Administrator

t: 01892 834539 e: judith.williams@compaid.org.uk

www.compaid.org.uk



BRIDGE FOR BEGINNERS

Are you interested in learning to play Bridge?

Would you like a taster session on your doorstep in Shipbourne Village Hall?

I have found a teacher who could tailor classes to suit if there is enough interest. Possibly 2 x 2 hour lessons to get us started followed by sessions to progress.

Please ring me as below and I will formulate a list!

Cilla Langdon-Down - 810338

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SHIPBOURNE VILLAGE HALL

TUESDAY 5TH and 19TH APRIL AT 7PM
FRIDAY 1ST APRIL AT 2PM

Contact Helen (811144) or Margaret (810789)



MOBILE LIBRARY IN SHIPBOURNE

TUESDAYS

**10.45am – 11.00am – outside the Village Hall
11.05am – 11.20am – at Lady Vane**

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books, talking books, large print and children's
books, DVDs.**

Reservations, 4 week loans and no charges.



Shipbourne Village Hall
Registered Charity No 1074519

The Hall can be hired for £12.50 per hour with a minimum of 4 hours (£50.00). It has an attractive secure garden with a good gate that can be closed. Inside there is wheelchair access through the rear door, a well-appointed kitchen, the main hall and an adjoining side room plus all usual facilities.

For Village Hall **enquiries and bookings** please call 07762 241720 or email shipbourne.villagehall@gmail.com

Further details can be found on the Shipbourne website
www.shipbourne.com



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Bookings always advisable on 01732 810727

SHIPBOURNE PARISH COUNCIL

Defibrillator Training – Monday 25 April 2016, 7.30-9.00pm at The Chaser

Come and see how to use a defibrillator. Training provided by Sevenoaks Community First Responders. Sevenoaks Community First Responders are volunteers who attend life threatening occurrences if an ambulance is not immediately available. They have kindly agreed to give up their free time and come to Shipbourne to show us how to use our defibrillator in the event of an emergency.

Speedwatch

Following implementation of the 30mph scheme, the Parish Council are looking for volunteers to help with Speedwatch. Please contact the Parish Clerk if you are interested in volunteering.

Call for Sites

The timetable for the Local Plan has been reviewed, following decisions made at the Planning and Transportation Advisory Board meeting, 12 February. The timetable can be viewed at:

http://www.tmbc.gov.uk/__data/assets/pdf_file/0011/95753/Local_Plan_Timetable_revised_Feb_2016.pdf

The minutes of the meeting state:

Members were provided with an update on the Local Plan progress including the assessments of the sites submitted as part of the Call for Sites exercise, the programme for preparing the Plan and Duty to Co-operate issues.

It was reported that work continued on the assessments and these were currently on schedule to be completed in the spring in accordance with the Local Plan programme. However, it was noted that there remained a number of factors beyond the Borough Council's control that might yet have an impact on the timetable. These included the contribution of key infrastructure providers and statutory consultees to the assessment process and the ongoing Government planning reforms.

The Local Plan was being prepared in accordance with the Duty to Co-operate and the first formal request from a neighbouring authority in respect of unmet Gypsy and Traveller need from Maidstone

Borough Council was received in December. A response had been sent advising that it was not possible, at the current time, to confirm whether there may or may not be any allocations for this type of development in the emerging Tonbridge and Malling Local Plan.'

Please review the T&MBC website for any updates. Again, the Parish Council will advise when we hear more.

Shipbourne Spring Clean

Many thanks to all who took part in the 'Shipbourne Spring Clean'. The Parish Council will be dedicating March as our Spring Clean month each year. Naturally, keeping the village beautiful is not restricted to just one month!!!

Our next Parish Council meeting is 7.30pm **11 April 2016**. All public are welcome to attend.

Sarah Codling, Parish Clerk.
shipbourneparishcouncil@gmail.com
01892 530404

CALL FOR SITES IN SHIPBOURNE

Local Plan outline

<https://www.tmbc.gov.uk/services/environment-and-planning/planning/planning-local-plans>

Call for Sites outline

https://www.tmbc.gov.uk/services/environment-and-planning/planning/call_for_sites

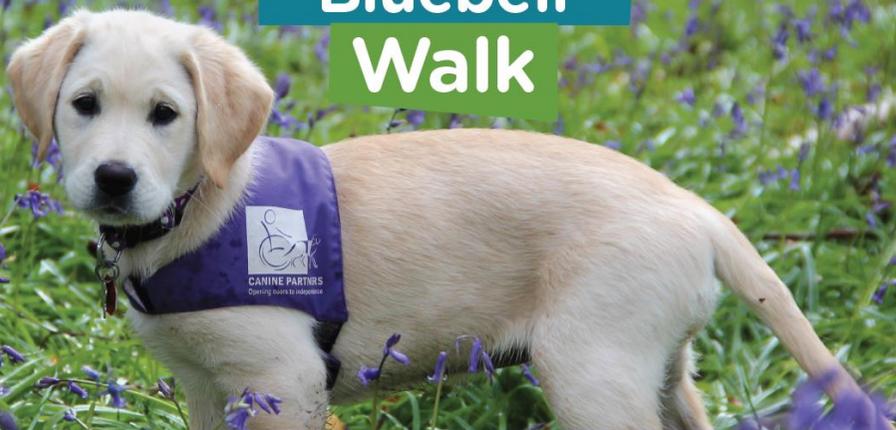
Call for Sites map

<https://maps.tmbc.gov.uk/LocalViewPub/Sites/callforsites/> “

MAY NEWSLETTER

Please send any articles and adverts for the May newsletter by **17 April 2016**. Please note any articles received after this date will be held over to the next issue as the Newsletter has a tight deadline for printing. Please email articles to lindsay_miles@btinternet.com or call 01732 810439.

The Big Bluebell Walk



Where Riverhill Himalayan Gardens, Sevenoaks, Kent TN15 0RR

When Friday 15 April 2016 - 9.20am to 10.20am

Contact sjfparters@hotmail.com / 07803 231723

Join us and help raise funds to train more amazing assistance dogs. Enjoy coffee and biscuits after the walk. Registration is £10.00 per person. caninepartners.org.uk/bigbluebellwalks



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Amazing dogs. Transforming lives.

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10/16

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(05/162)

FROM YOUR COUNTY COUNCILLOR

Kent County Council continues to face unprecedented challenges, notably a reduction of over 30% (£58 million) in our revenue support grant from central government, as part of its effort to balance the nation's finances. Yet there is an increase in costs of £80 million from increases in demand for services, in particular adult social care. K.C.C. Members have been asked to approve a 1.99% Council tax increase, raising £11 million towards all council services. They will also have been asked to agree an extra 2% for the National Social care levy, which will raise an additional £11 million specifically for Social Care. The remaining £94 million budget gap will be met through savings including staff reductions and the one off use of reserves.

I recognise that not everyone is interested in reading about our K.C.C. Budget, but if you have any special questions, please advise me and I shall endeavour to find the answers!

On a different subject, I would like to express my great pleasure and gratitude to John Young and the joint choirs of Shipbourne and Plaxtol Churches for the beautiful music they produce at the special Evensong Services which Andrew conducts in the joint Benefice every time there is a fifth Sunday in the month. These services have a very special reflective atmosphere, and I feel very fortunate that we are able to take part in them.

With best wishes,

Valerie Dagger, County Councillor

Tel. 01732 810222

E-mail: valerie.dagger@kent.gov.uk

BULK REFUSE SERVICE (4th Saturday of month)

Upper Green Road (opposite Village Hall) 8am - 9am on

Saturday 30 April 2016

Saturday 28 May 2016

SHIPBOURNE FARMERS' MARKET

Numbers, Numbers

So far the 'footfall' at the Farmers Market for the first two months of the year is the best for 3 years though, although you may be surprised, the weather has also been good to us on a Thursday. However, March to date has been the lowest on record even though the weather has been on our side. The market helps supports 17 small businesses so footfall is a reasonable measurement as to their income. The market, like any other business follows the 'rules' of supply and demand. If demand dries up the supply moves elsewhere.

The arrival of Spring!

April heralds spring really starting to get into gear as longer days with more light stimulate growth and make us all feel better after a long winter. Lambs are gamboling in the fields, wild garlic is sprouting near streams and rivers and although the month still comes with a rather restricted selection of fresh seasonal produce to choose from, it's the perfect time to try some of the wonderful array of prepared and preserved products made by our talented producers.

So what else should you be buying and eating this April? Fish and seafood lovers will find sea bass, cod, halibut, cockles, mussels and scallops all at their finest now. A whole salmon is a good choice for a spring celebration. Bake a whole one wrapped in foil with butter and herbs and serve simply with a homemade hollandaise sauce.

It is too early for spring lambs so enjoy a wonderful joint of fine rare-breed beef or pork for a family Sunday roast. For poultry look out for guinea fowl, whilst Keiron has venison, hare, rabbit and wood pigeon. You might want to try one of Wendy's fine game pie, either hot with plenty of savoury gravy, or in a magnificent raised pie perfect for a bank holiday weekend picnic at the end of the month.

As the palette turns to lighter foods with the longer days, lettuces, spinach, watercress, cucumber and spring onions are starting to arrive, taking over from the brassicas such as cauliflower, purple sprouting broccoli, cabbages and kale, for those yearning to satisfy the desire for salads. Foragers are out after wild garlic so buy it if you see it – the white flowers should still be in bud for the best flavour. Wrap the leaves around fish before baking, or shred the leaves and use in soups, pasta dishes and risottos.

Keep on cooking with rhubarb, now moving from the bright pink early forced variety marketed as *champagne rhubarb* into the darker and more sour outdoor version. Rhubarb is a versatile fruit that works in both sweet and savoury dishes but do make sure you add the right amount of sugar to balances the sour. A really good rhubarb fool is a seasonal pleasure, especially when made with local cream as the new grass is starting to add richness to the dairy produce, maybe flavoured with ginger. And local apples are still good as the storing varieties keep well into this month.



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(04/16?)

COOKERY CORNER

SMOKED HADDOCK FISHCAKES WITH WILD GARLIC BUTTER SAUCE

Serves 4

Prepare 25 minutes / Cook 30 minutes

- 600g old potatoes, peeled and cut into small cubes
- 2 medium eggs
- 30g butter
- 450g undyed smoked haddock
- 2 small leeks, finely sliced
- juice of ½ lemon
- 1 tbsp capers, finely chopped
- 2 tbsp seasoned flour
- 2 tbsp cold pressed rapeseed oil
- For the sauce:-
- 50g butter, 2 shallots, finely chopped, 100ml white wine, 75ml double cream
- 3 - 4 tbsp shredded wild garlic leaves

1 Cook the potatoes in boiling water for 15 – 18 minutes until tender, drain thoroughly, and mash. Cook the eggs for 8 minutes in boiling water then run under cold water till cool, peel and chop. While the potatoes are cooking place the smoked haddock in a shallow pan, cover with cold water, bring to the boil and poach for 8 – 10 minutes until just cooked through – the flesh will be opaque. Drain off the liquid and flake the flesh.

2 Cook the leeks in the butter in a frying pan for 4 – 5 minutes until soft then stir into the potato mixture with the lemon juice. Fold through the flaked fish, eggs and chopped capers. Season to taste. Shape the mixture into eight patties. Place the flour in a shallow bowl and dip the fishcakes in it to coat lightly. Chill until needed.

3 The sauce. Melt a small piece of the butter in a pan and add the shallots. Cook gently until soft but not golden then add the white wine and boil until reduced by half. Add the cream and bring to simmering point. Gradually whisk in the butter in small pieces to give a smooth sauce. Check seasoning and add the wild garlic. Keep warm while you cook the fish cakes but don't boil.

4 Heat the oil in a shallow non-stick frying pan and fry the fishcakes for 6-8 minutes until golden brown and cooked through, turning occasionally. Drain on kitchen paper and serve with the sauce and steamed shredded spring cabbage.

SHIPBOURNE WI

Shipbourne Village Hall was packed with WI members and visitors to hear Mary Gwynn on Wednesday 9th March. An editor and food writer, Mary Gwynn wrote the book, "100 Years of WI Cooking" containing 100 recipes for 100 years, or how we've changed the way we eat.

The talk covered the 100 years of the WI, and the impact that various historic events and changing lifestyles have had on the type of food we eat. Her talk lasting an hour, passed very quickly and was thoroughly enjoyed by all of those present.

The next committee meeting will be on 6th April, and the main meeting on 13th April, when the speaker will be Mr Tony Harris on the subject of "Kiss Me Goodnight Sgt.Major", previously postponed.

For interest: Photograph of a Tree.

Glynis Coates

SHIPBOURNE OPEN GARDENS SUNDAY 12TH JUNE

Shipbourne will be holding a 'Garden Safari' from the Village Hall to Puttenden Manor on Sunday June 12th from 2 to 6pm. Owners of some of the smaller gardens in the village have agreed to open their gardens along the route of the 'Garden Safari' to raise funds for the Village Hall. Teas will be served in Shipbourne Village Hall during the afternoon. Parking will be available at Puttenden Manor and on the road sides around 'The Green'. All are welcome to explore some of the smaller gardens of Shipbourne. All proceeds in aid of The Shipbourne Village Hall Fund. If any more keen gardeners would like to open their gardens along the route please contact Clare McKissack on 810515 or at a.mckissack@bopenworld.com

SHIPBOURNE SCHOOL NEWS

Whilst this term has been short, the school continue to pack a lot into their school weeks, providing enrichment activities wherever possible. The netball team continue to go from strength to strength, and pupils have also enjoyed gymnastics and some taster sessions of squash in the school hall.

The whole school participated in World Book Day on 3rd March with children and staff dressing up as favourite book characters.

Year 6 attended Stocks Green Primary School participating in a road safety talk. The annual 'maths race' took place at Sommerhill School where a small group of year 5 and 6 children were chosen to represent the school.

There has been the opportunity for some Year 3 and 4 children to participate in an Able Writers Workshop and History visits to Bodiam Castle, Battle Abbey & Ightham Mote were enjoyed by the children.

We would like to open up the school hall and the new play area to the wider community of Shipbourne and its surrounds. Therefore we will provide refreshment once a month on a Tuesday morning from 9am – 10am to enable parents and younger children to enjoy the facility. Please feel free to come along. The first of these monthly dates will be on Tuesday 19th April, thereafter it will run on Tuesday 17th May and Tuesday 14th June.

Term ended on 24th March and the Summer Term will begin on Monday 11th April.

Cilla Langdon-Down

THE WEATHER IN FEBRUARY

The rainfall recorded in February was 43.8 mm. (1.7 in.), compared with an average of 56 mm (2.2 ins.) over 31 years, although it rained for all but seven days in the month. The average maximum temperature over the month was 10.4°C, compared with an average over the last twenty six years of 7.5°C. The average minimum temperature over the month was 1.1°C, compared with an average over the last eleven years of 1.1°C.

Donald Forbes



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(12/16)

THE GARDEN SHED

April is one of the busiest months in the gardening calendar, and this one will be no exception. The wet weather and chilly winds of February and March have held up much of the work that had to be done during those months, so there is much to be done now. Of course this is being written in the first half of March. The conditions could improve and the backlog of jobs might not be so daunting.

This month is one of the best times to plant evergreens (the other occurs in late September and throughout October). As evergreens, both broad leaved and coniferous, lose moisture through their leaves all the year round, any newly planted plants will have difficulty in absorbing enough water during the winter months to keep their foliage healthy, as the cold soil will hamper new root growth. Sometimes evergreens planted during the winter can suffer badly, or even die of drought. The warming of the soil in late spring encourages rapid root growth and therefore the ability to gather moisture for the plants to grow. BUT it is vital to keep the plants well watered especially during a dry spell. Adding a thick layer of mulch (providing the soil surface is damp) will prevent the water evaporating quite so rapidly, and will also keep weeds in check. An application of a mulch to any planting will greatly help the plants to get established.

A very important task is to complete any pruning before the sap rises too fast. This is for those shrubs that flower in late summer, such as *Buddleja*, *Lavatera*, Sage (*Salvia*), summer flowering heathers (*Calluna*) and *Caryopteris*. The purpose of this pruning is to encourage young growth that flowers in the late summer; this is achieved by cutting back to buds at the base of the previous year's growth. Much harder pruning can be used on the *Buddleja* and *Lavatera*, but the rest resent being trimmed into old growth.

As the soil begins to warm up seed sowing can begin, whether vegetable or ornamental, but only start with plants that are hardy. The less hardy plants like tomatoes, marrows, beans (French or runner) and half hardy summer bedding plants can be sown but under protection; this will be for planting outside once the risk of frost is over, usually in late May or early June.

The sages (*Salvia*) are a lovely group of plants - not only are they extremely ornamental, but they are also very useful in the kitchen. The culinary sages (*Salvia officinalis*) are all small shrubs, and as they come from the Mediterranean area they enjoy a hot, sunny

situation with good drainage. The best flavours come from the grey foliage varieties which bears spikes of soft blue to purple flowers in early summer. There are varieties of *Salvia officinalis* which have coloured foliage, *S. o. Purpurascens* has purple leaves, *S. o. Icterina* with green leaves mottled with yellow and gold and *S. o. Tricolor* has white, deep pink and purple foliage. They are all very colourful as border plants.

S. x superba is a herbaceous perennial and it produces masses of violet blue flowers in mid summer; the crimson purple bracts remain after the flowers have faded, so lengthening the display. The variety *S. x s. Superba* has deep purple flowers and the variety *S. x s. Rubin* has pink flowers with the bracts having deep red stripes on them.

There will be more next month about this colourful group.

Tessa Forbes



PLANET PLANTS

Open Days 2016

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LOCAL HISTORY

THE ROYAL HORSES AND FAIRLAWNE

This month Her Majesty the Queen celebrates her 90th birthday and frequent reference is sure to be made of the royal love of horses in which the Cazalet family of Fairlawne played a valuable part.

Sir Edward Cazalet writes in his Jubilee Memories: "Following the death of King George VI in 1952, the present queen, at a later stage, took on ownership of the National Stud flat-race horses. The Queen Mother then took over ownership of the steeplechasers. As a result, and for more than 20 years thereafter, my father (Peter Cazalet) trained the Queen Mother's steeplechasers at Fairlawne and won no less than 250 races for her as an owner. In a highly competitive field this was no mean achievement and my father, who over that period was champion trainer on three occasions, had a particularly successful season in 1964/65 when the Queen Mother won more races, 27 in all, with her horses, than any other owner."

Graham Rock, the racing correspondent of the Observer wrote the following before his death in 2001: during the 1950's and 60's the Queen Mother expanded her interest in jump racing and "spent many happy weekends at Fairlawne, a country house that continued to live as though the Second World War had never been fought".

He continues, "An annual routine was established for that (Lingfield) Saturday in early December. The house guests arrived on Friday, watched the horses work on Saturday morning, and then were driven to the racecourse. 'Leafy Lingfield', the railway posters would say, but if the trees were winter stark the sport was full-blooded, brave horses and bold men galloping for little more than personal delight. the resident cook, and the songs of Noël Coward, delivered with gusto by the composer himself. On Sunday morning the Queen Mother would attend nearby St Giles's Church, chat with the locals, enjoy one of Roux's lunches and then partner Cazalet at croquet. In the half century following the death of her husband, the weekends spent at the exemplary stables and the local racecourse were among her happiest days".

Anthony Mildmay, Lord Mildmay of Flete, was a great friend of Peter Cazalet and rode his steeplechasers for him. Rock continued: "The Queen Mother had sat next to the steeplechase jockey, at a dinner in (Windsor Castle) 1949. One of the most gifted of riders, Mildmay persuaded Elizabeth that he should buy her a horse, to be shared

with her daughter, Princess Elizabeth”. Peter Cazalet was honoured to be asked to find such a steeplechaser and bought Monaveen to train for the royal mother and daughter.

“The horse won his first race for the his new owners at Fontwell Park, earning £204, finished second in the Grand Sefton Chase at Aintree, and then took the prestigious Queen Elizabeth Chase at Hurst Park (now the King George VI Chase at Kempton). These victories kindled a passion for jump racing that lasted until her death.

Monaveen was the only horse shared by the Queen Mother and her daughter. In attempting to win the race named after his owner the following year, Monaveen broke a leg and was put down” wrote Rock.

“For all her 457 victories over the years, the Queen Mother's association with jumping will be linked most famously with Devon Loch and the Grand National of 1956. The owner was joined by her two daughters to watch the most famous race in the world from the Aintree grandstand. Devon Loch jumped soundly, galloped hard, and pulled clear of ESB on the long run from the final fence to the winning post.

The nation cheered as one, but a dozen strides from the line Devon Loch collapsed like a new-born foal unable to find his feet. ESB swept by to win, and a disconsolate Dick Francis, who rode Devon Loch, was taken to the royal box to be greeted by the owner. 'That's racing, I suppose,' were the Queen Mother's words.

Since then the cause of Devon Loch's downfall has been the subject of debate from palaces to pubs. It might have been a sudden cramp or, as Dick Francis believed, that the deafening roar of the crowd petrified the horse, which started and crumpled when faced with an invisible wall of noise. The failure was one of the most famous in sport, but the Queen Mother was dignified in defeat. 'We will not be done in by this. We will just keep trying,' she wrote to Peter Cazalet.

In 1973 Peter Cazalet was terminally ill. “His last runner for the Queen Mother was Inch Arran in the Topham Trophy at Aintree” wrote Rock, “The big grey soared over the Grand National fences to win easily. Cazalet was too ill to travel. He and the Queen Mother watched the race on television. As soon as Inch Arran had crossed

the winning line, the telephone rang. It was her elder daughter: 'Well done, Mummy. Well done.' "

Libby Cohen



SHIPBOURNE ARTIST OPEN STUDIO – JUNE 2016

Every year in June, artists and craftspeople across south east England open their doors to the public. It is a unique opportunity to meet, talk to and see them at work as part of the South East Open Studios event.

Painter Aggy Boshoff, who has recently come to live in Shipbourne, will be opening her studio doors to the public at **Meadow Place, Upper Green Road, Shipbourne, TN11 9PG** on the following days in June:

3, 4 and 5 June;
10, 11 and 12 June; and
17, 18 and 19 June.

Please come and visit Aggy's studio and have a chat with her. For further details of Aggy's work, please visit www.aggyboshoff.com. Further details of the South East Open Art Studios can be found at www.seos-art.org.

SHIPBOURNE CLASSIFIEDS

Shipbourne Classifieds –Contact Details:

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Simple Domestic and Personal Advertisements, up to four lines, are free to Newsletter readers. This free category includes items for sale or wanted, baby-sitting, dog walking, domestic needs etc.

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NEW: 2 STURDY BUNK BEDS AND LARGE DROP-SIDED COT, all with mattresses, on offer in return for contribution to choir funds. Call John Young on 01732 810289 (06/16)

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BABYSITTER - Shipbourne resident, 19 year old babysitter with own transport. Experienced, confident, responsible and good with children. References available. Available during university holidays. I also have a 16 year old sister who is also available for babysitting. Please phone Amy Wadsworth on 07514819430

DOG GROOMING KENT - Sue Angliss your local pet groomer based in Plaxtol both Salon Details Certified and City & Guilds qualified. Find me on FB or www.doggroomingkent.co.uk. Please call 01732 811023 (12/16)

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