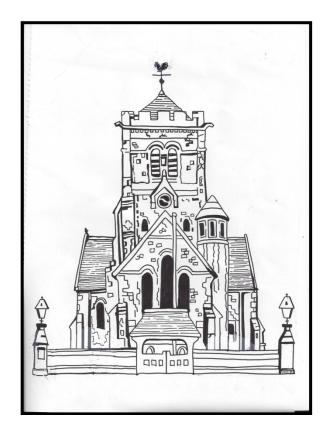
St Giles' and Shipbourne **NEWSLETTER**



March 2024

OFFICERS OF ST GILES' AND VILLAGE ORGANISATIONS

ST GILES **Rector of Shipbourne with Plaxtol:** 811081 **Rev Dr Peter Hayler** Email: RectorSwP@gmail.com http://shipbourne.com/st-giles-church/ The Rectory, The Street, Plaxtol TN15 0QG Mr Mark Packer 07970-709006 Curate Mr P Brewin Lay Reader 810361 07729814798 Churchwardens: Ms C Jackson Mr A Boorman 07795 182966 PAROCHIAL CHURCH COUNCIL Mrs C Chambers 382228 Secretary: Mr C Keeling 07825 139046 **Treasurer:** Mr N Ward 810525 **Deanery Synod Rep: CHURCH OFFICERS Parish Safeguarding** Officers: Ms C Jackson 07729814798 Miss G Coates (children) 811432 Choirmaster: Mr J Young 810289 Electoral Roll: Mrs H Leach 811144 Flower Guild: Mrs F Ward 810525 **Bell Ringing:** Graham Edwards 07487 729549 SHIPBOURNE PARISH COUNCIL Parish Clerk: Sarah Husevin 886402 shipbourneparishcouncil@gmail.com Chair: V Redman J Sheldrick Vice Chair: Councillors P Leach, S Oram, A Dagger, S Davis VILLAGE WEBSITE www.shipbourne.com SHIPBOURNE SCHOOL **Mrs Terri Daters** Head: TDaters@bournepartnership.org SHIPBOURNE VILLAGE HALL Chairman: TBC AFTER shipbourne.villagehall@gmail.com RESTRUCTURE **Helen** Leach 811144 **Bookings:** SHIPBOURNE FARMERS' MARKET Manager: **Bob Taylor** 833976 SHIPBOURNE WI President **Barbara** Jones 420285 b.jones162@btinternet.com SHIPBOURNE CRICKET CLUB Secretary: Mark Fenton **PLAXTOL & SHIPBOURNE TENNIS CLUB** Membership: Cilla Langdon-Down 810338 POLICE Non-urgent: 01622 690690 **Emergency: 999** ST GILES' AND SHIPBOURNE NEWSLETTER

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Editor/Adverts:

Copying:

Rector of Shipbourne with Plaxtol Rev Dr Peter Hayler The Rectory, The Street, Plaxtol TN15 0QG

PARISH DIARY – MARCH 2024

Except where indicated below, the main morning service at ST GILES, SHIPBOURNE is at 9.30am. Every weekday at 8.00am Morning Prayer will be said at Plaxtol and every weekday evening (except Friday and Saturday) at 4.30pm Evening Prayer will be said at St Giles, Shipbourne.

St Giles Shipbourne is open for organ practice and private prayer daily except Mondays from 9.00am to 3.00pm http://shipbourne.com/st-giles-church/

SUNDAY	3rd	8.00am	Holy Communion at Plaxtol Church
2 nd Sunday of Lent		9.30am	Parish Communion at St Giles, Shipbourne
		11.00am	Family Service with Communion at Plaxtol Church
		Readings:	Exodus 20: 1-17; 1 Corinthians 1: 18-25; John 2: 13-22
Thursday	7 th	9-11am	Farmers' Market at St Giles, Shipbourne
		12.30pm	Lent Lunch at St Giles, Shipbourne
SUNDAY	10 th	8.00am	Holy Communion at St Giles, Shipbourne
4 th Sunday of Lent		9.30am	Mothering Sunday Family Service at St Giles, Shipbourne
		11.00am	Mothering Sunday Family Communion at Plaxtol Church
		Readings	Exodus 2: 1-10; 2 Corinthians 1: 3-7; Luke 2: 33-35
Tuesday	12th	10- 11.30am	Plaxtol Playtime at Plaxtol Church (see advert)
Thursday	14th	9-11am	Farmers Market at St Giles, Shipbourne
		12.30pm	Lent Lunch at Plaxtol Church
SUNDAY	17th	8.00am	Holy Communion at Plaxtol Church
5th Sunday of Lent		9.30am	Parish Communion at St Giles, Shipbourne
		11am	Community@11 at Plaxtol Church (Refreshments from 10.30am)
		Readings:	Jeremiah 31: 31-34; Hebrews 5: 5-10; John 12: 20-33
Monday	18 th	7.30pm	Lent Lecture No.3 in Shipbourne Village Hall
Thursday	21 st	9-11am	Farmers' Market at St Giles, Shipbourne
		12.30pm	Lent Lunch at St Giles, Shipbourne
Saturday	23rd	9.30-11am	Community Bread Basket at Plaxtol Church

SUNDAY	24th	8.00am	Holy Communion at St Giles, Shipbourne
Palm Sunday		9.15am	Procession of Palms from Shipbourne Village Hall to
		9.30am	Morning Service at St Giles, Shipbourne
		10.45am	Procession of Palms from Yopps Green to
		11.00am	Parish Communion at Plaxtol Church
		Readings:	Isaiah 50: 4-9a; Philippians 2: 5-11; Mark 15 1-39
Monday	25 th	9.00pm	Compline at St Giles, Shipbourne
Tuesday	26 th	9.00pm	Compline at Plaxtol Church
Wednesday	27^{th}	9.00pm	Compline at St Giles, Shipbourne
Maundy Thursday	28 th	9-11am	Farmers' Market at St Giles, Shipbourne
		8.00pm	Holy Communion and Gethsemane Narrative at Plaxtol Church
Good Friday	29 th	12-1pm	Choral Service at St Giles, Shipbourne
		1-2pm	Walking with the cross to Plaxtol Church
		2-3pm	Meditative Service with Hymns at Plaxtol Church
Saturday	30 th	8.00pm	Easter Ceremonies with Renewal of Baptismal Vows at Plaxtol Church
Easter Sunday	31 st	8.00am	Holy Communion at Plaxtol Church
		9.30am	Easter Day Family Communion at St Giles Shipbourne
		11.00am	Easter Day Family Communion at Plaxtol Church
		Readings:	Acts 10: 34-43; 1 Corinthians 15: 1-11; John 20: 1-18

Remember to put clocks forward on Easter Sunday 31st March

DROP, DROP SLOW TEARS...

As I write, it's Shrove Tuesday and we're on the brink of Lent (see last month's letter). By the time this is published, Lent will be well under way, and we shall be on the way to Passiontide, Holy Week and Easter, which falls on March 31st this year.



Also, as I write, I'm knee-deep in the preparations for the funeral of the late Rev Peter Flynn. Peter was 88 when he died. Having entered the ministry at the age of 44, he had served for 13 years balancing ministry with his full-time job, as Mark, our Curate, does at present. Peter then had his own parish in Chessington, Surrey for 13 years before his retirement, and he went on offering ministry for a further 17 years until his frailty meant he could continue no longer. I am grateful for all those in our villages who looked out for and helped Peter in his difficult latter years. I am grateful, too, for all he gave to the Church, both in the benefice and in the wider area. He worked courageously at his theology; some found his teaching interesting and stimulating, while others sometimes took offence at it. May he rest in peace and rise in glory!

The business of Lent and the death of a clergy colleague seem to coalesce in the words of a hymn that we shall be singing on Ash Wednesday, and which is also known as one of the 'Songs of Farewell.' It is based on the Passiontide story, pictured above, in which a woman called Mary anointed Jesus' feet, washing them with her tears and wiping them with her hair, in anticipation of his death and burial.

> Drop, drop slow tears and bathe those beauteous feet, which brought from heaven the news and Prince of Peace. Cease not, wet eyes, his mercies to entreat, to cry for vengeance sin doth never cease. In your deep floods drown all my faults and fears, nor let his eye see sin, but through my tears.

> > Peter Hayler, Rector

ALAN BRISTOW

On Monday, the 25th March at 2 o'clock, there will be a Service of Thanksgiving at St. Giles for the life of Alan Bristow.

He was a chartered accountant in the insurance world and he and Carol spent many years abroad, most notably in Canada and Japan, before moving back to England and buying a house in Hildenborough. They moved to Budds Oast, Shipbourne, in 1981

Alan was hugely respected in Shipbourne and the list of voluntary posts he held resembles an extract from Who's Who. He was on the Parochial Church Council of St. Giles and was Treasurer for ten years. He was Chairman of the Parish Council and also Chairman of the Lady Vane Trust. After the Great Storm of 1987 he founded the Shipbourne Footpaths Network, which was originally set up to clear the hundreds of fallen trees which were blocking the footpaths. And then there were the other unsung activities. Often he would be seen on his trusty bicycle picking up rubbish from the verges, and likewise helping to clear the Churchyard. He was certainly not a man to sit on his hands and just seemed incapable of saying no if asked to help.

He was a good and loyal friend to many of us, but more importantly a very proud father of Lucy and Peter, and much loved husband of Carol. He is greatly missed.



IF YOU WOULD LIKE TO GIVE A LILY IN MEMORY OF SOMEONE AT EASTER...

Just fill in the name on one of the slips of paper at the back of the church, and put it with your donation in one of the envelopes marked "Easter Lilies" and give it to one of the Churchwardens. Alternatively you can send your donation to Felicity Ward at Hookwood House, Shipbourne, Kent TN11 9RJ. Cheques should be made payable to Mrs F. L. B. Ward please.

There will be a list in church at Easter in memoriam of all the people who are being remembered.

We shall also use daffodils or tulips for the church at Easter, so if you would like to give some to the church please bring them to St Giles between 9 and 10 am on Saturday 30 March, when we shall be decorating the church. If the weather warms up, we shall use yellow and white tulips on the windowsills, as the daffodils may be going over by then.

If you would like to help with the church flowers at Easter, please contact Felicity Ward (810525).



THE ST GILES' CHURCH RESTORATION APPEAL

We expect to go to tender in March/April, with work starting in May and lasting until the autumn. The precise timing will be affected by the fact that the church is host to long-eared bats and perhaps to some other bat species and the work on the roof will need to fit with their needs. We will keep you informed of progress.

If you have not yet made a donation or pledge and are able to do so, please consider donating:

- ▶ by bank transfer (sort code 09-01-51, account number 74188307),
- > by cheque made out to 'St Giles Church Shipbourne',
- > by placing cash or cheques in the yellow envelopes in church,
- > by placing cash or cheques in the wall safe in the church porch entrance.
- ≻

Please include a reference 'Appeal' on bank transfer donations, on the back of cheques and on yellow envelopes so that we can track progress. If you are a UK taxpayer, you can take advantage of Gift Aid and boost your donation by an extra 25%. To do this simply ask for a gift aid form or use one of the yellow envelopes in the church.

If you wish, you can use our CAF Donate page: URL: <u>https://cafdonate.cafonline.org/23053</u>

which can be quickly accessed using the QR code below:



Thank you for your support.

Paul Britton, Chair, Appeal Committee Tel 01732 365794; email <u>pauljjbritton@live.co.uk</u>

APRIL NEWSLETTER

Please send any articles and adverts for the April Newsletter by <u>15th</u> <u>March 2024</u>. <u>A digital version</u> of the Newsletter is also uploaded on www.shipbourne.com. Please email articles to lindsay_miles@btinternet.com or call 01732 810439.

THE ARTS SOCIETY SEVENOAKS ST GILES' SHIPBOURNE AND THE CAZALETS

A new **Heritage Trail:** *St Giles' Shipbourne and the Cazalets: Six Portraits by Six Artists,* created by members of the Arts Society -Sevenoaks, will be launched in the church on Mothering Sunday, 10 March, after the 9:30am family service. The trail, inspired by a memorial tablet in the church to Maud, wife of William Cazalet and her children, Edward, Victor, Thelma and Peter, who lived at Fairlawne from late Victorian times to the 1930s, explores the lives of these six Cazalets through six portraits, including reproductions of the John Singer Sargent portraits of William and Maud Cazalet. Colour leaflets available in the church.

The **Arts Society Sevenoaks** holds lectures 2nd Thursday of each month except August & September at Walthamstow Hall Senior School, Holly Bush Lane, Sevenoaks, TN13 3UL. Drinks served from 7:30pm, lecture begins 8.00pm. Visitors welcome, £7.00 per lecture. Also visits, study days and arts volunteering. Contact secretary.sevenoaksartssociety@gmail.com or visit www.theartssocietysevenoaks.org.uk

Next Lecture: Thursday 14 March: *Silent Witness; A Journey through the Art of Holy Week* Helen McIldowie-Jenkins will describe a mini visual pilgrimage, taking a reflective tour of Eastern Orthodox icons and beautiful works of art from the 6th to the 14th centuries. Her lecture will focus on how artists depicted the most important days of Holy Week and how they responded to the theme of Witness which was so central to medieval Christianity.

Gordon Wright

SHIPBOURNE WI

This month the main meeting was very well supported, but unfortunately the speaker failed to arrive. Nothing loath, after the business meeting we had tea and a good chat.

Our visit to Haysden Lake for our recent walk was very enjoyable, almost mud-free. We are meeting for our next walk on Friday 16th February at Godden Green. We are all looking forward to a London Walk around the Fleet Street area in March.

The previous book, "The Miniscule Mansion of Myra Malone", was not a universal success, although enjoyed by some. We are currently reading a book by Maggie O'Farrell titled "The hand that first held mine", which is a very different kind of novel. Book Club meets on Monday 19th February at 3.00pm, at Hookwood Orchard.

The lunch this month will be at The Carpenter's Arms on 21st February.

In March we shall be meeting on Wednesday 13th when the speaker will be considering "How Big is the Universe?" Watch this space!

Glynis Coates



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

SHIPBOURNE PARISH COUNCIL

The contact details for the Parish Council are:

Shipbourne Parish Council Clerk – Mrs Sarah Huseyin Gable Cottage Ismays Road Ightham TN15 9BE e-mail: shipbourneparishcouncil@gmail.com Telephone: 01732 886402

Please visit the website for Shipbourne Parish Council Meeting Agenda's, Minutes and News. (http://www.shipbourne.com/) If you have any ideas or would like something added, such as a news item, please email the Parish Clerk.

The Parish Council meetings *usually* take place on the second Monday of each month (except August) at 7pm and the agenda will be posted a few days beforehand on the noticeboard in the bus shelter opposite The Chaser and on the Parish website. If you have anything that you would like to raise or would like to join the meeting, please email the Parish Clerk shipbourneparishcouncil@gmail.com. Please visit our website **www.shipbourne.com** for further details.

Our next meeting will be on Monday 11th March 2024 at 7pm. We currently have a vacancy, if you are interested in becoming a Councillor, please contact the Parish Clerk

PLANNING APPLICATIONS

23/03399 - 2 Springhill Cottages, Ightham Road, Shipbourne, Tonbridge, TN11 9PT. Demolition of existing single storey side extension and erection of new two storey side extension with extended roof. Conservation rooflight to rear and new front porch.

23/03480 - 2 Rose Cottage, Grange Cottages, Upper Green Road, Shipbourne, Tonbridge, TN11 9PJ - Single storey side and rear extension incorporating a new porch.

Kent Minerals and Waste Local Plan 2024-39 Pre-Submission Draft (Regulation 19) Public Consultation - Deadline 29 February 2024 www.kent.gov.uk/mineralsandwaste

https://www.tmbc.gov.uk/planning-applicationsappeals/planning-view-comment-planning-applications TMBC has just launched a new planning portal and planning applications are now sent to us when they are validated rather than via a weekly list. If you would like to receive planning applications for Shipbourne, please sign up to alerts on the TMBC website.

FREE HOME ENERGY UPGRADES AVAILABLE NOW

Tonbridge and Malling Borough Council is helping residents save on energy use and make their homes warmer with the Home Upgrade Grant Scheme – open now.

Residents who rely on oil, electricity, liquid petroleum gas (LPG), coal, or wood to heat their homes could dramatically improve their home's energy efficiency for free and save money in the long run. Under the scheme, measures including insulation, air source heat pumps and solar panels are all available to residents that meet certain criteria.

Home Upgrade checklist:

•Do you own your property or rent from a private sector landlord? •Does your heating source include oil, electricity, LPG, coal, wood? •Is your household income below £31,000 annually? (Earning threshold varies in some postcode areas).

•Is your property's Energy Performance Certificate (EPC) rating D, E, F, or G? (Help is available to find this out).

Funding for the Home Upgrade Grant scheme has been allocated to local authorities by central government. Tonbridge and Malling Borough Council has partnered with E.ON Energy Solutions Limited to deliver the scheme.

Cllr Robin Betts, Tonbridge & Malling Borough Council's Cabinet Member for Street Scene and Environment Services, says: This really is a great opportunity for those eligible to take control of their energy use and save money on energy bills. I urge people to find out more about the scheme. We will ensure successful applicants receive the most suitable upgrades for their homes and it won't cost them a penny. In turn, we hope the scheme will help to create a more energy-efficient community and reduce the carbon footprint of the borough.'

To find out more about the scheme and apply, visit www.tmbc.gov.uk/housingupgrade or call E.ON on 0333 202 4820 (9am to 5pm Monday to Friday).

Contact: corporate.communications@tmbc.gov.uk 01732 876009

WEST KENT RURAL GRANTS SCHEME

The **West Kent Rural Grant Scheme** is now open again for applications. This capital grant funding scheme is aimed at both rural businesses and communities (Parish Councils that are located within the eligible area can apply) and grants range from £2,000 to £24,999.

You can find further information, including the guidance notes and the application form via

https://www.sevenoaks.gov.uk/westkentruralgrants

A link to the DEFRA magic map is also available on the link above. This map shows the eligible rural area. Please note some areas of the borough are not eligible for this fund as they have been deemed by DEFRA to be urban in nature.

This is a rolling call for applications, so the scheme will stay open until the funding pot has been exhausted. However, for applicants looking to get their proposals to the first panel decision meeting on 24 January 2024, complete applications will need to be submitted by 10 January 2024. The following panel meeting will be on 06 March 2024, and complete applications will need to be submitted by 21 February 2024 to be considered at this meeting. As things stand, there is also a panel meeting scheduled for 16 April (deadline of 02 April 2024), and further panel dates will be released while funding remains available. The West Kent Rural Grant scheme will close when all funds have been allocated.

TONBRIDGE AND MALLING RAMBLERS NEW WALKS IN MARCH



Our group is one of 13 Ramblers groups in Kent and part of the national Ramblers walking

organisation. We offer a variety of group walks, mostly on Sunday mornings with additional mid-week rambles each month. Our walks are usually circular and about 4 - 6 miles in duration. We explore the beautiful Kent countryside from different starting points within the Tonbridge and Malling area and, occasionally, further afield. Everyone is welcome to join us on our published walks. Please arrive at the starting point at least 10 minutes before the start time for the walk to be greeted by the walk leader, to sign-in and listen to their briefing. You are welcome to join us on up to three taster walks. If you would like to continue walking with us after that you will be expected to join Ramblers, to comply with our insurance requirements. Our next walks can be found at:

https://www.tonbridgeand malling ramblers.org.uk/walks/walks-programme.html

HELPING TONBRIDGE & MALLING GET DIGITAL

You could be eligible to access free: • Gifted 2-in-1 laptop • Digital skills sessions • One to one digital support

This is available for Tonbridge & Malling residents over the age of 16 and digitally excluded, that meet one of the following criteria:

- In or at-risk of financial hardship.
- Unemployed and seeking employment.
- Looking to develop skills to support employment or career development.
- Aged 16 to 18 (up to 25 with an EHCP) and not in education, employment or training.

Full eligibility details and how to apply is available at www.digitalkent.uk or call 03000 410 950.

FLY-TIPPERS AND LITTER BUGS TO FACE HEFTIER FINES

Councillors have recommended an increase in the penalties for littering and fly-tipping in Tonbridge and Malling.

Changes to government legislation allow councils to increase the maximum fixed penalty for littering from £150 to £500. The maximum for fly-tipping has risen from £400 to £1,000.

REFUSE BINS

Please remember to put out your refuse bins no sooner than 7:00 pm on the evening before the collection day and collect them once they have been emptied. If you have difficulty in taking out or collecting your bins, please contact TMBC who will be able to assist you.

Contact the waste services team Tel: 01732 876147 Email: waste.services@tmbc.gov.uk





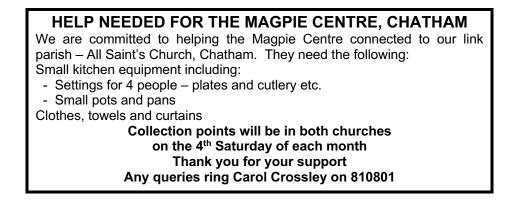
The Kentish Rifleman Dunk's Green, TN11 9RU 01732 810727

Born in the 1500s, our traditional family run pub is open daily from 11.30am. By the cosy fire or out in the beer garden, we offer homemade food, local beers, a lovely selection of wines and spirits and a friendly atmosphere. Please book your table on 01732 810727 or on our website.

We look forward to seeing you soon.

www.the kent is hriflem an.co.uk

02/25)





News The Swan on the Green

The Swan on the Green has been part of West Peckham since 1685 and is a much loved asset to the community. Following the decision for the pub to be put up for sale, West Peckham residents are now working hard on the proposal of turning the Swan on the Green into a community-owned pub. So far, the steering group has completed a round of pledges to give an indication on the funds we can raise and they hit an incredible £195,000. Following this, the team have compiled an application for the Community Ownership Fund, a grant that if successful will add £250,000 to our fundraising. As part of the application, a business plan and share prospectus have been put together, which includes an outline for the financial and operational plans for the Swan, we plan to share this with the public. On April the 18th, we will be holding an event where the team will lead a walkthrough of these plans and answer all of your questions. This project is not restricted to residents only and for it to become a reality, we need as many people as possible to get involved. The next part of the project is the most important yet as we officially launch the fundraising phase to make all of this a reality so if you're interested in being involved in the project, email theswancommunityproject@gmail.com to book your place at the event.

Created by Paint S







at Ightham Mote Opening 1 March

Join us this Spring for our series of displays celebrating renowned artist John Singer Sargent, his love of colour and the inspiration he drew from the English Country Garden.

Sargent's paint box and palettes are on public display for the first time here at Ightham Mote and offer a rare, behind the scenes glimpse into his technique, working methods and his favourite range of oil paint colours.

Seasonal flowers complement the colour ways in Sargent's paintings, freshly picked from Ightham Mote's gardens, in arrangements around the house.

To find out what else we have going on this year please visit nationaltrust.org.uk/ightham-mote/whats-on or call 01732 810378



Join them on a Tudor themed adventure, complete ten activities and claim your chocolate egg as a reward.

From hopping like a bunny to spotting the odd egg out there's so many fun things to do at Ightham Mote this Easter

To discover more about what we have on this Spring, please visit

nationaltrust.org.uk/ightham-mote/whats-on or call 01732 810378



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We Offer a range of cleaning services catered to you. -Full house cleans weekly, bi-weekly, monthly -basic and deep cleaning -end of tenancy cleaning -oven cleaning -washing up -dusting, polishing -brass & silver cleaning -ironing Call or text: 07999039451 Email: natalieyoungcleaning@gmail.com

USED STAMPS FOR THE R.N.I.B

I would like to thank everyone who has left used postage stamps at the back of the Church. It has taken over a year to collect sufficient stamps to weigh a total in excess of 1 kilo, but I have now managed to achieve this. 1 kilo of stamps should raise £20 for the RNIB, so I think it is a worthwhile thing to do.

So please keep collecting for me. *Jenny Porter*

THE WEATHER IN JANUARY

The average day temp. was 9.9° c, the average night temp. was 2.1° c, the highest day was Wednesday 3^{rd} with 15.5° c, the lowest night was Tuesday 16^{th} with -8.5° c, the total rainfall was 88mm, with an average of 85.9 over the last 30 years, the highest year was January 2014 with 182mm and the lowest year was January 1997 with 20.0mm, this month we had 18 days without rain. **Lionel Stielow**



02/25)

FROM YOUR LOCAL MP

Last month we celebrated National Apprenticeship Week. This gives us the chance to showcase what opportunities are available throughout a range of sectors offering apprenticeships. Their growth has been one of the best successes of the Government over recent years.

This month I will be hosting the annual Apprenticeship Fair in Maidstone, alongside six other MPs. This is an event that I have been involved in organising for a number of years now and it is fantastic to see the number of school children who get so much out of it.

At the Apprenticeship Fair we will welcome a wide range of business and organisations, from the Armed Forces to construction. We're expecting over one thousand students attending and over seventy exhibits for them to look at. I hope to see lots of children from Shipbourne at Maidstone Leisure Centre on Friday 8 March.

In recent years we have seen the apprenticeship market transform. There are greater options and opportunities for everybody, no matter your age. It is important that as we look to develop as a nation, everybody has equal opportunity to succeed and to contribute.

Apprenticeships are now a viable alternative to university, or they can be a fantastic opportunity for somebody looking to get back into work. They offer the chance to learn new skills while earning money while also allowing business and companies to train up staff and invest in their future.

If anybody is considering an Apprenticeship or may know somebody who is, you can always take a look at the Government website here: www.gov.uk/apply-apprenticeship.

I am sure the Apprenticeship Fair will be a huge success as it has been many times before, and I'm looking forward to seeing some of the schools from across Tonbridge and Malling who have signed up to go.

Tom Tugendhat

E-mail – <u>tom.tugendhat.mp@parliament.uk</u> Phone – 01732 441563 Facebook, Twitter and Instagram - @TomTugendhat Address – 130 Vale Road, Tonbridge, Kent, TN9 1SP

MARCH AT SHIPBOURNE FARMERS MARKET (Local produce made/grown by Local producers)

Last month, 15 pupils from Shipbourne School visited the market to decide what they would like to purchase for breakfast. They created a menu and shopping list at their first visit and the following week picked up their purchases, took them to the Chaser kitchens and helped



the chefs cook their menu and had a good healthy breakfast!

Cooks call March the 'famine' month for its lack of seasonal choice. But don't despair for Spring is just around the corner and at the end of the month the clocks go forward, with the promise of longer, warmer days as the season changes. So why not make the most of the last of the winter at the Farmers' Market this month, and savour all those wonderful comfort foods before the spring really gets going? After all that's one of the real joys of seasonal local shopping – life moves on, ingredients come and go with the changing year, and we can all enjoy knowing we are eating food at its finest whilst giving vital support to local producers who are working flat out to cope with the challenges the British weather keeps throwing at them.

A wonderful warming fish stew is a superb way of enjoying superb fish and seafood this month. For meat eaters, pork is an excellent choice this month and it's still ideal weather to enjoy a hearty roast on Sunday with all the family. Try a shoulder joint for the best combination of flavour and texture. The cheaper cuts are worth trying in slow cooked stews –pork belly, breast of lamb, shin of beef – all great value and superb eating. Rough shooting takes over as the end of the season has arrived for many game birds so rabbit and wood pigeon are both good value now.

Winter cabbages, cauliflower, spring greens and kale are all picking well now. They need little cooking and are really at their best simply shredded and steamed. Or try quickly stir fried with garlic, ginger and chilli for an accompaniment to good local sausages. Cauliflower goes really well with curry spices so try it in vegetable curries, soups and fritters. And make the most of leeks, radishes, carrots, swede and Jerusalem artichokes before they disappear.

Beautiful pink forced rhubarb is really the only local fruit around now but the season is short so make the most of it. Use in crumbles, fools, ice creams and sauces – it goes particularly well with a large pinch or two of ginger. Or make up batches of rhubarb compote and freeze in pots for later in the year. Don't forget that local apples are still good as the storing varieties go on delivering flavour and texture until April.

SEASONAL COOKERY CORNER

EASY PROVENCAL FISH SOUP

(Taken from The Busy Mum's Cookbook by Mary Gwynne)

Serves 2 Prepare 5 minutes Cook 10 minutes

- 2 tbsp olive oil
- 1 medium onion, chopped
- 1 clove garlic, crushed
- 2 fresh bay leaves
- 1/4 tsp saffron strands
- 225g can chopped Italian tomatoes
- 600ml (1 pint) fresh fish stock (or a cube)
- 100g (4oz) firm white fish fillet (cod or haddock), skinned and cubed
- 250g (9oz) uncooked mixed seafood, such as scallops and prawns
- salt and freshly ground black pepper
- toasted baguette slices, grated hard cheese such as Winterdale cheese

1 Heat the oil in a medium pan and cook the onion for 5 minutes until softened. Add the garlic, bay leaves and saffron and cook for a minute. Stir in the chopped tomatoes and fish stock.

2 Bring to the boil and add the cubed cod. Simmer gently for 3 minutes then add the seafood (the mussels and prawns in their shells), bring to the boil and simmer gently for a couple of minutes until heated through. Check seasoning and discard the bay leaves and any unopened shellfish. Serve in warm basins with garlic croutes and grated Winterdale cheese.





SHIPBOURNE CLASSIFIEDS

<u>Simple Domestic and Personal Advertisements</u>, 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. **To** *ensure Shipbourne Classifieds is kept up to date, each domestic/personal advertisement will be published in the Newsletter for three months and then removed unless requested otherwise.*

Business Advertisements up to four lines are charged at $\pounds 1$ per monthly issue or $\pounds 10$ for a whole year of 12 issues Also available are up to half-page display advertisements, charged at $\pounds 10$ per monthly issue, or $\pounds 100$ for a full year of 12 issues.

All revenue raised from Shipbourne Classifieds goes towards St Giles and the printing costs of the Newsletter.

Disclaimer: Please note that the St Giles and Shipbourne Newsletter cannot be held responsible for the quality of the goods or services advertised in the Newsletter.

UPDATED: **JOANNE LOUISE BEAUTY** - Offering Gel Nails, builder gel, ELIM pedicures and LVL lashes from my home studio in Shipbourne. I am fully insured and accredited, offering evening and Sunday appointments. Keep an eye on my Instagram for updates @joannelouisebeauty_ For any questions or to book an appointment I can be contacted on 07894054015 or email joanne@joannelouisebeauty.co.uk (02/25)

MULTIPLE ITEMS:

AIDAPT height adjustable bed cradle, to keep weight off injured foot or lower leg £15 **BEKO SMALL LARDER FRIDGE** UL584APS, excellent condition, H84xW54xD59 silver £40

2 DRAW FILING CABINET with key, black, foolscap size, some hangers included $\pounds 30$ **ALLUMINIUM EXTENSION LADDER**, 360cm closed $\pounds 30$

All proceeds for above items to St Giles Restoration Appeal. Please contact John Thompson, Shipbourne 07973 539472

FOOT CARE PODIATRIST/CHIROPODIST at my clinic in central Hildenborough. Gentle and effective care for your feet. Alice Neale MRCPod BSC Hons HCPC registered. Contact telephone 01732 832524 or text 07951949015 (02/25)

ORIGINALS IN PENCIL: Local artist applying bespoke art to interior design for homes and businesses. I love to create the unique, the unusual, the talking piece of any room and the best gifts. Visit www.originalsinpencil.co.uk to see a selection of my recent projects or contact me on victoria@originalsinpencil.co.uk or 07711 038484. (02/25)

MARVELLOUS MEN BUILDING AND PROPERTY MAINTENANCE: We do all types of building work and construction and refurbishment kitchens, bathrooms, extensions, loft conversions, painting and decorating, plumbing, electrics to garden and landscape work and much more. Please don't hesitate to contact us on 07887 511411 or 07478 739947 (02/25)

HAIR BY SHARON - Mobile hairdresser, for prices or to make an appointment please call 01732 773043 (02/25)

SALLY OSBORNE – ELECTRICIAN: NAPIT Part P approved. All domestic electrical work undertaken. To arrange a free quote please contact me on 07710 443079 or email salvioz@blueyonder.co.uk (02/25)

DAVID ROWE Plumbing & Heating, a reliable engineer for all your domestic requirements including: boiler installation, servicing and repairs, full heating systems, radiators, hot water cylinders, power-flushing, gas fires, gas cookers, bathrooms. Please contact David, 07715266311 or email droweph@virginmedia.com (02/25)

LOCAL WASP NEST TREATMENT: Fast, efficient, reliable. Andy Wasp 07833 558773 02/25)

