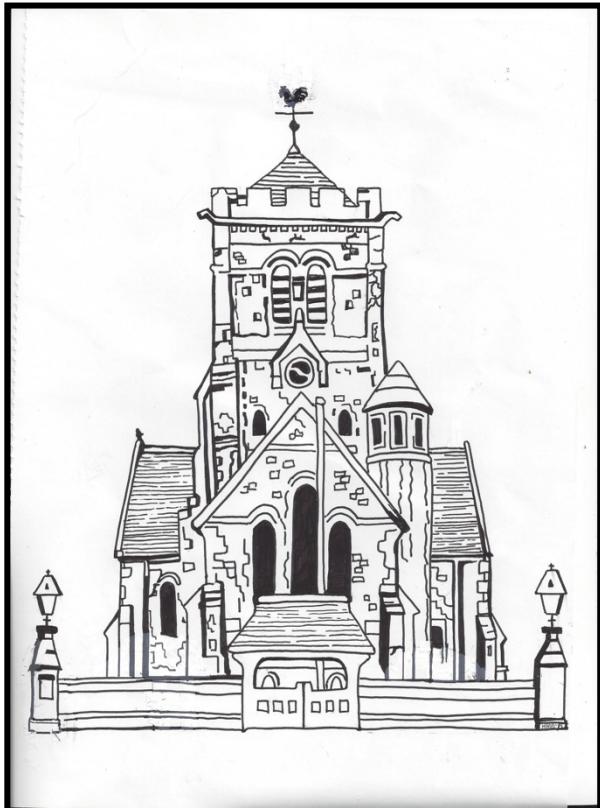


St Giles and Shipbourne **NEWSLETTER**



October 2022

OFFICERS OF ST GILES AND VILLAGE ORGANISATIONS

ST GILES

Rector of Shipbourne with Plaxtol:	811081
Rev Dr Peter Hayler	Email: RectorSwP@gmail.com
The Rectory, The Street, Plaxtol TN15 0QG	http://shipbourne.com/st-giles-church/
Curate	07970-709006
Mr Mark Packer	
Lay Reader	810361
Mr P Brewin	
Churchwardens:	07729814798
Ms C Jackson	
Mr A Boorman	352597

PAROCHIAL CHURCH COUNCIL

Secretary:	Mrs C Chambers	382228
Treasurer:	Mr P Sandland	07866 588856
Deanery Synod Rep:	Mr N Ward	810525

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 Huseyin	886402	shipbourneparishcouncil@gmail.com
Chair:	Nick Tyler	811079	
Councillors:	S Oram	V Redman	P Leach
	J Sheldrick,	J Bate	A Dagger

VILLAGE WEBSITE www.shipbourne.com

SHIPBOURNE SCHOOL

Head:	Mrs Terri Daters	TDaters@bournepartnership.org
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SHIPBOURNE VILLAGE HALL

Chairman:	Curtis Galbraith	763115	shipbourne.villagehall@gmail.com
Bookings:	Helen Leach	811144	

SHIPBOURNE FARMERS' MARKET

Manager:	Bob Taylor	833976
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SHIPBOURNE WI

President	Barbara Jones	811152	b.jones162@btinternet.com
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SHIPBOURNE CRICKET CLUB

Secretary:	Mark Fenton
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PLAXTOL & SHIPBOURNE TENNIS CLUB

Membership:	Cilla Langdon-Down	810338
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SHIPBOURNE HOUSING TRUST LTD

Chairman:	Alan Bristow	
Hon Secretary	John Playle	johnandjanetp@gmail.com

ST GILES' AND SHIPBOURNE NEWSLETTER

Editor/Adverts:	Lindsay Miles	810439	lindsay_miles@btinternet.com
Copying:	Mary Perry	810797	

Rector of Shipbourne with Plaxtol

Rev Dr Peter Hayler

The Rectory, The Street, Plaxtol TN15 0QG
 Tel: 01732-811081 / E-mail: RectorSwP@gmail.com

PARISH DIARY – OCTOBER 2022

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	2nd	8.00am	Holy Communion at Plaxtol Church
<i>16th Sunday after Trinity</i>		9.30am	Parish Communion at St Giles, Shipbourne
		11.00am	Family Service with Communion and Harvest Festival at Plaxtol Church
		Readings:	Habakkuk 1: 1-4, 2: 1-4; 2 Timothy 1: 1-14; Luke 17: 5-10
Thursday	6 th	9-11am	Farmers Market at St Giles, Shipbourne
Friday	7 th	7.30pm	Harvest Supper at Forrester's Barn, Home Farm – see advert for tickets
<i>17th Sunday after Trinity</i>	9 th	8.00am	Holy Communion at St Giles, Shipbourne
		9.30am	Matins at St Giles, Shipbourne
		11.00am	Parish Communion at Plaxtol Church
		Readings	2 Kings 5: 1-3, 7-15; 2 Timothy 2: 8-15; Luke 17: 11-19
Thursday	13 th	9-11am	Farmers Market at St Giles, Shipbourne
Friday	14 th	7-9pm	Summer Fair Thank You Drinks in Shipbourne Village Hall
<i>18th Sunday after Trinity</i>	16 th	8.00am	Holy Communion at Plaxtol Church
		9.30am	Parish Communion at St Giles, Shipbourne
		11.00am	Community@11 at Plaxtol Church "Fruit of the Spirit"
		Readings:	Genesis 32: 22-31; 2 Timothy 3: 14-end 4:5; Luke 18: 1-8
Thursday	20 th	9-11am	Farmers Market at St Giles, Shipbourne
Saturday	22nd	9.30-11am	Community Bread Basket at Plaxtol Church

SUNDAY	23rd	8.00am	Holy Communion at St Giles, Shipbourne
<i>Last Sunday after Trinity</i>		9.30am	Family Service at St Giles, Shipbourne
		11.00am	Parish Communion at Plaxtol Church
		Readings:	Jeremiah 14: 7-10, 19-end; 2 Timothy 4: 6-8, 16-18; Luke 18: 9-14
Thursday	27 th	9-11am	Farmers Market at St Giles, Shipbourne

REMEMBER: CLOCKS GO BACK!

SUNDAY	30th	8.00am	Holy Communion at Plaxtol Church
<i>All Saints Day</i>		9.30am	Holy Communion at St Giles, Shipbourne (1662 plus hymns)
		11.00am	Morning Worship at Plaxtol Church
		6.00pm	Benefice Choral Evensong at Plaxtol Church. Commemoration of the faithful departed.
		Readings:	Daniel 7: 1-3, 15-18; Ephesians 1; 11-end; Luke 6: 20-31

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PASTORAL LETTER

LOSS ... NATIONAL AND LOCAL

The whole of Great Britain, perhaps the whole of the world, has been stopped in its tracks by the news of the death of Queen Elizabeth II. From the busyness of flying flags at half-mast (which is actually two thirds!) and putting out Books of Condolence, through numb silence about the passing away of a person who has embodiment of permanence and stability for all of most of our lives, to the dignified if rather saturated coverage on the television, we are genuinely shocked by all that this means, and will mean for change in the day, weeks and months ahead. We are touched by the many dimensions of greatness that we see in the Queen's long and faithful reign.

On the first Sunday after the Queen's death, I also announced the death of Graham Ferris. Graham had lived on The Street in Plaxtol for many years but, after a major stroke, had been confined to a very small existence in a first floor flat with little mobility and next to no speech; he was 'locked-in in more than one way'. Many of you have offered assistance or friendship, and you will have an appreciation of just how hard his later life he been. As I announced both deaths together, I was struck by the contrast between his life and the Queen's; between his death and the Queen's, but I knew instinctively that it was important and right to mention both. His as the Queen's life were both precious to their respective loved ones, and both were precious to God.

As I write, I have also just heard of the death of Jon Austin, for many years landlord of the Kentish Rifleman, on the border between our two parishes in Dunk's Green. Jon died peacefully after a short battle with cancer but will be remembered by so many as a pillar of our community who always had a warm and generous welcome. Our thoughts are with Vicky, Simon, Edward and the whole pub community at this time of loss.

October ends with the season of All Saints' Day and All Souls' Day. There will be a special commemoration of the faithful departed, all our loved ones lost, at 6pm in Plaxtol Church on Sunday 30th. Please write names of those you would have remembered on the lists in our churches by midday on the day. All Welcome!

**Peter Hayler
Rector**

FOODBANK COLLECTIONS FOR ALL SAINTS' COMMUNITY PROJECT, CHATHAM

Due to lockdown restrictions it has been difficult to support our link church All Saints', Chatham with food products. However, we are now able to resume our support and, now more than ever, our help is needed.

The All Saints' Community Project helps individuals and families who have an urgent need for food. They also have ongoing projects, groups and a café through which they support people. For more information on the project please visit their website: www.allsaintscommunityproject.org.uk

Here's how we can help:

- Each month: with Community Bread Basket (CBB), we will have boxes out in both Shipbourne and Plaxtol Churches for the collection of food items.
- The money raised by the sale of books at CBB will go into a fund that provides a free hot breakfast to those who otherwise couldn't afford it.

Thank you for your help

Donna Hayler

Community Bread Basket

9:30 - 11:00 on Saturday 22nd October 2022



In Plaxtol Parish Church

Café style Breakfast

All welcome

United Benefice of Shipbourne with Plaxtol
Collections for Chatham Foodbank

Boxes will be placed in both our churches over the fourth weekend of each month for donations of food and toiletries, to coincide with our Community Bread Basket event.

SO, WHAT'S COMMUNITY BREAD BASKET ALL ABOUT?

Community Bread Basket (CBB) is an initiative set up by the Benefice of Shipbourne with Plaxtol. Our aim is to use the beautiful space and facilities within Plaxtol Church as a community 'hub' where everyone is welcome to share in a monthly café-style breakfast. Our hope is to create a relaxed, friendly atmosphere where neighbours and friends can get together. It also provides an opportunity for those who might feel isolated to feel connected and supported by our communities.



Each CBB is run by a team of 10 volunteers from Shipbourne and Plaxtol who take your order and serve you. There is a book table at which you can either swap a book or give a small donation; a children's colouring table and food bank boxes where we welcome donations for families in our link parish in Chatham.

CBB is **not** about fund raising. Yes, we invite donations for the refreshments and, after we have taken expenses, any money left is put into a 'designated' fund. This money can only be used to support little projects and needs within our communities.

We would love to see you at Community Bread Basket. Come and meet others and help all members of our communities to feel better connected and supported.

CBB usually runs on the 4th Saturday of each month from 9.30am – 11am (October 22nd & November 26th)

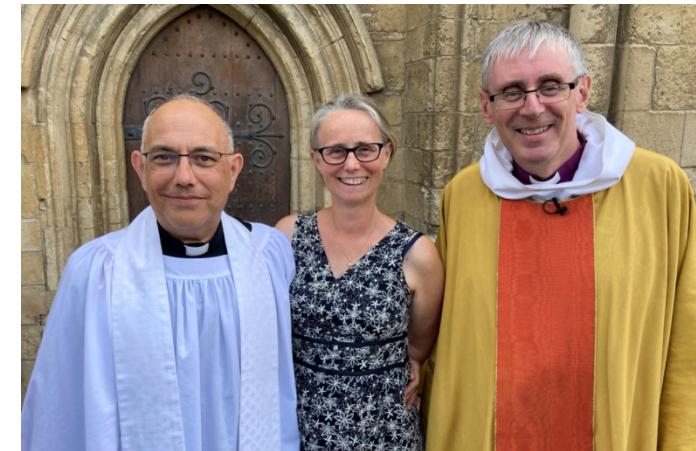
December 17th – join the CBB team for mince pies, yule log and Christmas music! Help decorate our Christmas Tree by writing the names of loved ones you want to remember on a tag before tying it to the tree.

Future dates:

CBB on 28th January 2023 also includes BREAD MAKING COMPETITION! Look out for details in the January edition of the Newsletter.

ORDINATION OF REV MARK PACKER

Congratulations to our Curate, Mark Packer, who was ordained at 11am on Saturday 3rd September 2022 at Rochester Cathedral.



SUMMER FAIR THANK YOU DRINKS FRIDAY 14TH OCTOBER 2022 7PM-9PM SHIPBOURNE VILLAGE HALL

Please come along to the Village Hall on Friday 14th October 2022, 7pm-9pm, for thank you drinks to all the helpers at the Summer Fair.





THE WEATHER IN JULY

The average day temp. was 30.4°C, the average night temp. was 13.8°C, the highest day was Saturday 13th with 37°C, the lowest night was Saturday 7th with 8.0°C, the total rainfall was 50mm with an average over the last 30 years of 63.6mm, the highest year was August 2014 with 116.5mm and the lowest year was August 1995 with 3.0mm, there were only 6 days that we had rain, 21mm (almost an inch) fell on Wednesday 24th in under half an hour.

Lionel Stielow



**PLAXTOL PEST
AND WILDLIFE
MANAGEMENT**

Ciaran Payne
07368 605762

INFO@PLAXTOLPEST.CO.UK
WWW.PLAXTOLPEST.CO.UK

NOVEMBER NEWSLETTER

Please send any articles and adverts for the November Newsletter by
15th October 2022.

A digital version of the Newsletter is also uploaded on
www.shipbourne.com.

Please email articles to lindsay_miles@btinternet.com or
call 01732 810439.



Haunted Half-Term at Ightham Mote

Ghosts at the Mote - 13th & 25th October

Immerse yourself in the haunted history of Ightham Mote as you are led on a very special after-hours tour of our 700 year old moated manor-house.

Legends & Myths of Ightham Mote - 22nd - 30th October

We are joined by some colourful characters in the Great Hall. Drop in as they tell ghost stories and learn about the legends and myths of the ghosts at Ightham Mote.

Halloween Crafts - 23rd October

Unleash your inner artist this October Half Term and enjoy an afternoon of child-friendly crafting and gourd decorating

To see what else we have going on, please visit:
[nationaltrust.org.uk/ightham-mote/whats-on](https://www.nationaltrust.org.uk/ightham-mote/whats-on)



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. For information on planning applications, in Shipbourne, you can sign up for an alert with TMBC. Please note that the meeting in September was cancelled as it fell within the mourning period of Queen Elizabeth II.

PLANNING APPLICATIONS – SEPTEMBER

<https://www.tmbc.gov.uk/planning-applications-appeals/planning-view-comment-planning-applications>

CLIMATE CHANGE

Shipbourne Parish Council declared a Climate Emergency in 2019 and are working towards net Zero by 2030. The Parish Council are putting together an audit and have found that our carbon footprint is low. Milage for Parish business is minimal as most Councillors walk to the meetings or only travel a short distance. Many external meeting and training sessions are now held virtually which had reduced the milage considerably. We only meet 11 times a year so use a minimal amount of electricity in the village hall. Councillors have been encouraged to view meeting papers online so we have



FOLLOW SHIPBOURNE ON FACEBOOK FOR VILLAGE NEWS, INFORMATION AND EVENTS

@shipbournevillage

also reduced the amount of paper and printing ink that we use. If you want to work out your carbon footprint, there are many resources online.

If you would like to become a Climate Change Champion and help lead change in the community, please contact the Parish Clerk at shipbourneparishcouncil@gmail.com



Our friendly group is one of 13 Ramblers groups in Kent and part of the national Ramblers walking organisation. We explore the beautiful countryside of Tonbridge and Malling and surrounding areas.

You don't have to be a Ramblers member to try out a couple of walks with us, to help you decide if you'd like to join. Advance booking is not required; you can just turn up on the day. If you are new to our walks, it's a good idea to contact the walk leader beforehand to check that their walk will suit you. Always check our website for latest details, including any late changes due to weather or other conditions.

Walks usually start mid-morning. There's a short break half-way through the walk (bring refreshments) and we finish near a pub.

For full details of our walks and walk leader contacts, see www.tonbridgeandmallingramblers.org.uk or email info@tonbridgeandmallingramblers.org.uk



Great Big Green Week is coming and we are welcoming it with open arms across Kent from 24 September to 2 October!

A fantastic range of events are planned across the County to celebrate our green spaces and the climate action taking place in our communities. Take a look at our map of local events at www.kent.gov.uk/gbgw to see what's happening in your area and you can also add any events that are not already listed.

From our website you can share your top green tips or ideas and see what others have come up with. You can also let us know what green action you are already taking via our quick 'pulse check' survey.

Visit www.kent.gov.uk/gbgw to find out more and get involved.

KCC's Engagement and Consultation Team
consultation@kent.gov.uk

WINTER IS COMING

This year we all face major challenges as the cold weather approaches and the cost-of-living rises, many parishioners, neighbours, friends will be worried about the cost of oil, gas, LPG, and electricity for cooking, lighting, and hot water.

There are numerous things that we can all do that will help reduce our running costs and therefore save energy which in turn will help the environment.

Kettles – Do not overfill the kettle or saucepan to make tea and coffee, try to only boil sufficient water for the number of cups needed, measure the water into a cup and use that to fill the kettle, this will save energy and also water and therefore cost if you are on a water meter. Consider making a flask of tea or coffee if you need to drink throughout the day. It is cheaper to do this than keep boiling the kettle for a single cup or two.

Saucepans – only fill with sufficient water necessary to do what is required. USE LIDS as this retains the heat in the water and allows you to turn down the electricity or gas being used and it speeds up the cooking time so reduces the amount of energy required.

Ovens – Try to combine cooking into a few sessions so that a number of meals are cooked simultaneously and can be put into the refrigerator and used for meals later in the week. It is more efficient to heat the oven and use it for a longer period, altering the temperature as necessary rather than heating the oven from cold 2, 3, or 4 times.

Cooking on hobs – Reduce the number of different pans that are being used and if possible, combine ingredients into fewer pans. Vegetables can be cooked in a single pan – albeit the individual flavours may not be quite the same.

Washing Machines – most modern machines only have a cold-water supply, and the machine heats the water it uses. Consider using cooler washes, using washing liquids/tablets that will work at lower temperatures, reduce the spin cycle to again save on electricity. Try to build wash loads that are larger rather than washing small quantities of clothes.

Tumble Dryers – these use large quantities of electricity, so think before using them routinely. If you do have to use one try to get the maximum load rather than just a few items.

Dishwashers – try to make sure the dishwasher is full before it is used and use Eco settings whenever possible

Heating – is one of our major costs and whilst it is necessary to keep warm, turning the heating down one or two degrees will save money. We have all become accustomed to wearing less during the winter months when we are indoors and having the heating turned up. We should all now start to wear warmer clothes indoors, and this will allow us to reduce heating costs, so thermal underwear, if you have it or if you can buy some is excellent, use layers rather than very thick clothes and keeping feet and hands warm is also very beneficial. In addition, use blankets, when sitting down if you are still cold.

Electric fan heaters, bar heaters and convector heaters are all expensive to run.

Exercise is also helpful to stimulate our bodies, this is not always possible but even a few arm and leg movements at various times during the day will help.

Ventilation - Many older houses will have airbricks set into the walls, these are very important and should not be blocked up as doing so will encourage damp and mould issues. Airbricks allow ventilation and do need to be maintained, if they are draughty,

external, and internal covers can be fitted that will reduce the draughts. Alternatively, Passive Air Ventilation units can be installed that maintain the airflow but remove the draughts entirely. Rooms fitted with log burners and gas fires should/will have fresh air ventilation **THIS MUST NOT BE BLOCKED AND MUST BE MAINTAINED AT ALL TIMES.**

External Doors and windows – Think about getting these fitted with draught excluder if they have gaps all round them

Showers – reduce the water temperature and take short showers

Baths – Run the bath with hot water first then add the cold to get the temperature you need, try to reduce the volume of hot water used. If your bath is a steel or cast-iron bath, putting the hot water in first is always best as the metal immediately cools the water anyway.

Lights – New LED lights are far more efficient than the older halogen and or traditional light bulbs, wherever possible change to low energy and/or LED lamps and fittings, they are more expensive to purchase but do generally last longer and do not require the same amount of electricity.

If you have rooms with multiple lights, try to remove some of the bulbs/lamps if they are all on the same switch. If they are on separate switches only turn on what you actually need.

Do not leave lights on when rooms are not being used.

External lights – consider getting PIR/movement sensors fitted rather than having the lights operated by a switch and leaving them on all evening/night.

Go around the house and check each room for any electrical items that may be constantly on unnecessarily and turn them off.

USB Sockets - USB ports are constantly using electricity if they have a usb lead plugged into them, so always take the lead out of the socket when it is not being used

Do not leave phone, toothbrush chargers and other electrical goods that have transformer plugs on them, plugged in, and turned on as these are constantly drawing electricity.

Televisions, digital boxes (Sky) - and other similar equipment such as DVD's, radios, games consoles that have stand-by modes are constantly drawing electricity, think about turning them off at the mains.

Computers, and printers - are often left on rather than being closed down and switched off at the mains.

Battery chargers, battery vacuums - and other battery-operated equipment that remains plugged in and switched on for convenience are using power.

Reclining Lounge chairs - with electric mechanisms, will be constantly drawing power as they have transformers built into the mechanisms.

Please look out for your neighbours and particularly elderly and vulnerable people, check they are OK and managing through the coming weeks and months. Perhaps offer to cook some meals for them when you are cooking. If you know they are struggling with heating invite them to spend time with you.

TMBC has a website page dedicated to cost of living support:

Cost of living support <https://www.tmbc.gov.uk/cost-of-living>

Citizens Advice in North & West Kent Energy Talks

Citizens Advice in North & West Kent are currently running the Big Energy Saving Network project, where they go out into our community in Tonbridge & Malling and deliver energy advice sessions to local community groups.

If you would like any additional information or to discuss further, please e-mail energy@nwkent.cab.org.uk.



Following the closure of some recycling sites in TMBC, here is an up to date list:

Recycling site	Plastic bottles	Mixed glass	Food & drink cans	Newspapers & magazines	Mixed textiles & clothing	Other
Aylesford, Bailey Bridge Car Park		✓	✓	✓	✓	CD's & Books
Sainsbury's Quarry Wood *	✓	✓	✓	✓	✓	
Borough Green, Station Approach	✓	✓		✓	✓	

Burham Village Hall, Rochester Road **	✓	✓	✓	✓		CD's & Books
Ditton Community Centre,Kiln Barn Road		✓	✓			
East Malling, Village Hall, New Road		✓	✓			
Twisden Road Car Park		✓	✓			
Hadlow, Hadlow College, Tonbridge Road		✓	✓			
Ightham Village Hall, Sevenoaks Road	✓	✓	✓	✓	✓	
Kings Hill, Asda, Alexander Grove	✓	✓	✓	✓	✓	
Larkfield Morrisons car park, New Hythe Lane		✓	✓	✓	✓	
Tesco, Lunsford Park	✓	✓	✓	✓	✓	
Snodland Rocfort Road Car Park	✓	✓	✓	✓	✓	CD's & Books
Community Centre, Paddleswoth Rd.		✓	✓	✓	✓	
Tonbridge, Angel Centre CarPark	✓	✓	✓	✓	✓	
Swanmead Sportsground,		✓	✓			

adjacent to Tonbridge Golf Centre						
Sovereign Way Car Park		✓	✓	✓	✓	CD's & Books
Tonbridge Farm, Darenth Ave	✓	✓	✓	✓	✓	
Wateringbury Hotel, Tonbridge Road		✓	✓			
West Malling, High Street Car Park	✓	✓	✓		✓	

*The Quarry Wood site at Aylesford is operated and maintained by Sainsbury's.

**The mixed paper/card bank at Burham Village Hall is operated by Burham P.C.

Waste services team
<mailto:waste.services@tmbc.gov.uk> 01732 876147



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SHIPBOURNE VILLAGE HALL

SATURDAY 29TH OCTOBER 2022

12.30 – 4.30PM

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OCTOBER IN SHIPBOURNE VILLAGE HALL

Monday	3rd	19:00-21:00	CPR/Defibrillator Training
Wednesday	5th	10:00-11:00	Pilates
Wednesday	5th	19:30-20:30	Pilates
Thursday	6th	10:30-12:30	Scent Training Class
Thursday	6th	19:30-20:30	Pilates
Saturday	8th	13:00-17:00	Private Hire
Sunday	9th	08:00-15:00	Kent Classic Cycle Event
Monday	10th	19:00-21:00	Parish Council Meeting
Wednesday	12th	10:00-11:00	Pilates
Wednesday	12th	14:00-16:00	WI Meeting
Wednesday	12th	19:30-20:30	Pilates
Thursday	13th	19:30-20:30	Pilates
Sunday	16th	13:30-17:30	Private Hire
Monday	17th	20:00-22:00	PCC Meeting
Tuesday	18th	10:30-12:30	Scent Training Class
Wednesday	19th	10:00-11:00	Pilates
Wednesday	19th	19:30-20:30	Pilates
Thursday	20th	10:30-12:30	Scent Training Class
Thursday	20th	19:30-20:30	Pilates
Wednesday	26th	10:00-11:00	Pilates
Wednesday	26th	19:30-20:30	Pilates
Thursday	27th	19:30-20:30	Pilates
Friday	28th	09:30-13:30	Meet Tom Tugendhat
Saturday	29th	12:30-16:30	WI Bookworm & Teas Event

If anyone is interested in joining the Pilates classes, there is now space on the Wednesday morning class. Please contact Emma Foyle at emma.foyle@sky.com / 07967 645695

Please see separate advertisement for general hall hire enquiries

Helen Leach
01732 811144

SHIPBOURNE VILLAGE HALL

Following the Village Hall Trust AGM on 1st August, a new committee has been elected to manage the hall and arrange activities

The Village Hall is a real asset to the village and it is largely under utilised.

The new committee are keen to revitalise the hall and organise a variety of activities for everyone to take part in, enjoy and benefit from.

The first such activity:

Did you know there are defibrillators at the village hall, the Chaser and the Rifleman? Do you know how to operate one if the need arose? Would you like to know and be comfortable using one in an emergency situation?

The Sevenoaks CPR Charity, offer free training to groups of 10 or more and are happy to come to the Shipbourne village hall on a weekday evening or Saturday morning. They are all volunteers and most have day jobs.

If you are interested in learning CPR and becoming a potential life saver, please confirm your interest and let us know dates in September and October that would be convenient. Once we have group together we will book a date and confirm back to anyone who has registered interested.

Please do remember that the people running the training courses are volunteers and therefore once you have registered please do not cancel the arrangement as it will cause disruption and possibly cost to other respondents.

Peter Leach

**REMEMBER: CLOCKS GO BACK
SUNDAY 30TH OCTOBER 2022**





**Shipbourne Village Hall
Registered Charity No 1074519**

The Hall can be hired for £15 per hour with a minimum of 4 hours (£60.00).

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 01732 811144 or 07762 241720 or email shipbourne.villagehall@gmail.com

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



**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 home-made 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.thekentishrifleman.co.uk

OCTOBER AT SHIPBOURNE FARMERS MARKET

The cooler weather and rain in September has been a relief from the heat of summer. In fact it rained so hard during one Thursday that it severely impacted on our monthly footfall) visitors!

We would like to say goodbye to Per, our Swedish baker as he goes off to find pastures new. What with energy and wheat prices increasing so much, combined with much higher premises rental, he has found it very hard for Per to earn a living. Pierre, our confiture baker, together with his wife will take over this role.

The summer is well and truly over when it comes to food, so it's the month to rediscover the delights of colder weather eating with all the wonderful harvest of ingredients at our disposal. Our fresh fruit and vegetables are at their best – autumn and winter varieties and are even improved by a touch of frost. Onions, leeks, beetroot, carrots and tomatoes are all full of flavour at this time of year whilst the wonderful array of squashes and pumpkins offer so much more for the cook than just as lanterns for Halloween. Root vegetables such as parsnip, swede and celeriac are all wonderful roasted or mashed and perfect with new season's game. Use them in soups, stews, curries and pickles for rich seasonal colour and taste. Cobnuts, walnuts, hazelnuts and chestnuts have been harvested – try them now when they are 'wet' and discover a whole new intensity of flavour. Use in autumn salads for impact.

We have a much larger variety of apples at the market than at supermarkets so try different varieties. Bramleys for cooking seem to have fared well so make them into chutneys and jellies to enjoy through the winter. The later ripening varieties are good for keeping so you will be able to enjoy from now until next summer. Plums are becoming scarce but autumn fruiting raspberries and later strawberries are still available.

Much of our seafood is at its best caught from colder waters so as the sea temperature drops this month, fish just gets better and better. Sea bass, haddock and Dover sole will be fishing well. Remember the better the quality of the fish, the simpler it needs to be cooked.

October 1st sees the start of the pheasant-shooting season but this for many reasons, there are so few shoots the early birds will be expensive so try quail, wild duck and rabbit. Venison is plentiful this year. All are excellent partnered with autumn greens and

creamy mashed roots which are the perfect partner for game. And where better to buy them than at the market, the best way to enjoy great local flavours and support your local farmers and growers at the same time.

SEASONAL COOKERY CORNER

SMOKED HADDOCK POTATO GRATIN

An easy take on fish pie that makes a great winter supper.

Serves 6 / Prepare 15 minutes / Cook 1 hour

- 1 kg (2 lb) smoked haddock fillets
- 450ml (3/4 pint) semi-skimmed milk
- 2 fresh bay leaves, 2 cloves garlic crushed
- 1.2kg (3 lb) floury potatoes such as Maris Piper, peeled and thinly sliced
- 25g (1oz) butter
- 300ml (1/2pint) carton double cream
- salt and freshly ground black pepper

1. Preheat the oven to 200C /fan oven 180C/Gas Mark 6. Place the haddock in a pan, add the milk and the bay leaves and bring to the boil. Poach gently for 5 – 6 minutes until just cooked through – the flesh should just flake but not fall apart. Drain off the cooking liquid and reserve. Flake the fish, discarding the skin.

2. Layer up the sliced potatoes and flaked fish with the garlic and plenty of seasoning in a well-buttered 1.7litre (3pint) shallow ovenproof dish, ending with a neat layer of potatoes. Dot with butter and pour over the reserved cooking milk and cream.

3. Bake in the oven for 50 – 60 minutes until the potato is tender and the top golden and crisp. Cover with foil if the top gets too brown. Serve with a green salad or frozen peas.

Recipe by Mary Gwynn who is a local author and food writer. She writes regularly for Waitrose Weekend newspaper and has published several cookery books, including The WI Cookbook: The First 100 Years and The Busy Mum's Cookbook. She is Chair of Penshurst Farmers Market.

FROM YOUR MEMBER OF PARLIAMENT

I am deeply saddened at the passing of Her Majesty the Queen. I am sure this feeling is echoed across our nation, the Commonwealth, and the whole world.

I swore allegiance to Her Majesty as a soldier and politician. I will be forever grateful of her incomparable service.

I was proud to represent our community and country at the Accession Council on Saturday 10 September where we proclaimed the King. At the first meeting between His Majesty and His Majesty's Government, I shared with King Charles III the deepest expression of our condolences and loyalty as his subjects across Tonbridge, Edenbridge and Malling.

I also had the pleasure of being at the proclamation at Tonbridge Castle on Sunday 11 September. Thank you to everybody who was able to attend or attended other local events across our villages. It was a bittersweet moment to sing the prayer and anthem, God Save The King. The civic service hosted by St Peter and St Paul at Tonbridge Parish Church afterwards was particularly special. It showed our community at its best and demonstrated the respect with which we hold the monarchy.

This is a momentous occasion in our shared history, one in which she has provided an unwavering example of duty and kindness. Her deep faith was a strength and pillar.

My thoughts continue to remain with the whole of the Royal Family.

God Save The King.

Tom Tugendhat

Member of Parliament for Tonbridge and Malling

SHIPBOURNE CLASSIFIEDS

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. **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 £1 per monthly issue or £10 for a whole year of 12 issues Also available are up to half-page display advertisements, charged at £10 per monthly issue, or £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.

STRESSED PARENTS LOOKING FOR SOME AFTER SCHOOL CARE HELP Mum and Dad working full time and struggling to juggle the school pick ups, after school clubs, homework and supper/bedtime routine. We're looking for some help looking after our lovely 2 children (7 and 9 yr olds) from September onwards. Ideally 2-4 days a week but flexible. Pick up from school in North Tonbridge to home in South Tonbridge from c4-7.30pm but flexible on hours. Would suit student or parent/grandparent. If you think you can help, drop us a line at katieshowe@hotmail.com (11/22)

LOCKSMITH SERVICES BASED IN SHIPBOURNE: Hello local residents, my name is Paul. I can help if you have locked yourself out of your home or workplace or lost your keys. I can do lock changes, lock upgrades, new lock fittings. I can repair or replace any door or window mechanisms inc handles, hinges and letterboxes. Please call for a free quote or advice on 07795 254834 or email me on foxylockskent@gmail.com (02/23)

YOGA: For Active Seniors or Complete Beginners. More information available on Alison's Booking Website at bookwhen.com/alisonsyogaandfitness or any questions please contact fitalison1@aol.com / Facebook: Alisons Yoga & Well-being / Instagram: Alisons_Yoga_Wellbeing (02/23)

SHIPBOURNE B&B holiday accommodation in self-contained oast house in the heart of Shipbourne village. Visit www.bearmanoroast.com For further details phone 01732 384318 or e-mail BearManorOast@hotmail.co.uk (02/23)

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. (02/23)

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 (02/23)

GARDENING SERVICES: Hadlow College and National Trust trained. Regular or one off jobs available. Please call Peter Zoephel on 01892 836866 or 07845 174936 (02/23)

HAIR BY SHARON - Mobile hairdresser, for prices or to make an appointment please call 01732 773043 (02/23)

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 (02/23)

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 (02/23)

KINDLING: Split softwood quality kindling sticks, neatly cut and bagged in large green or orange nets. These barn stored seasoned sticks are ideal for lighting woodburners, log fires or barbeques. £5 each or 3 nets for £12. C.O.D. Free delivery in Shipbourne. Ring Cilla on 810338 (02/23)

LOCAL WASP NEST TREATMENT: Fast, efficient, reliable. Andy Wasp 07833 558773

NEED ASSISTANCE with your tax return? Worried about tax? Let me help. Friendly and personal assistance from a specialist. Call John Foster-Powell FCCA on 01732 810661 or 07914 855035 to arrange a meeting to suit you. Free initial consultation. (02/23)

Royal National Institute for the Blind. See differently.

Used stamps are a great way to raise funds for a charity - they can raise up to £20 per kilogram.

- . Trim off any excess paper leaving a border about 1 cm.
- . Pop the stamps into the box on the pew at the back of St. Giles' Church.
- . When the box is full it will be collected by Jenny Porter who will arrange for these stamps to be forwarded to the RNIB.