



High Halstow TIMES

Home of the Heron



March 2016

Queens Birthday Village Event

As mentioned last month we are pleased to say the Parish Council have agreed to set aside £2,000 for a celebration event to mark the Queen's 90th Birthday.

The next meeting to plan the event will be in the Village Hall on Monday 7th March at 7.00pm. All organisations are welcome to send a representative along as well as any other individuals who are interested in making this another terrific day in High Halstow.

See you then.

HH Gardening Club

Our AGM in February was well attended with members enjoying refreshments and completing a quiz as part of our evening. The club continues to prosper with a hard working committee helping to provide another full programme for 2016. All the committee members are standing again for this year. The gardening quiz was won by Margot Sturt.

It will be our Spring Show on the evening of 8th March for members to exhibit spring flowers and plants, cookery and arts & crafts. The benching of exhibits will be from 7.30pm to allow for judging to commence at 8.00pm.

There are a few places remaining for the annual dinner on 2nd April to be held at the Medway Yacht Club so please contact Jan Hughes if you would like further details.

Medway Council Local Plan

The council has started work on a new Local Plan, which will replace the 2003 Medway Local Plan.

This will be a single document, containing strategic level and development management policies, land allocations, minerals and waste, and a policies map. The process of producing a new plan is anticipated to take around three years. The plan will cover the period up to 2035, providing for the number of homes and jobs, and supporting infrastructure, such as transport, health facilities, schools, parks that the area and its growing population needs over this time.

Issues and options

There are five key milestones to pass in order to successfully adopt a new Local Plan for Medway – Issues and Options, Preferred Options, Publication, Submission and Adoption. The timetable for these can be found in the Local Development Scheme.

The first formal stage is the Issues and Options consultation document (pdf 2,597KB), which was approved by the Medway Council Cabinet on 24 November 2015. The document is not a detailed plan, but rather seeks to engage local people, developers and wider stakeholders in assessing what are the best choices for a development strategy for Medway over the next 20 years.

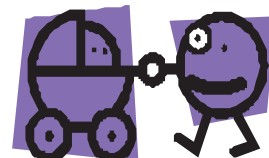
<http://www.medway.gov.uk/planningandbuilding/planningpolicy/localplan2012-2035.aspx>

Considerate Parking

Mums with babies and older people are finding it more and more difficult to walk around the village due to cars parked on the pavement. They are having to walk into the road because of this, which is dangerous and unnecessary, particularly now as it is dark earlier.

Please think about this before you park your car/van and try to be a little more considerate.

Thank you
High Halstow Parish Council



Need to Hire a Hall

If you are interested in hiring either of the halls in the village for a party, function or meeting please contact:

Memorial Hall - Angela Forward 251756
Village Hall - Crystal Wakefield 251849

Please do not call on a Sunday.

Free Type 2 Diabetes Testing

A new free service for the residents of Medway which enables them to test their risk potential from getting type 2 diabetes. Many people are at risk of developing type 2 diabetes without realising it. From the NHS viewpoint the growth of type 2 diabetes is a major concern and already accounts for around 10% of the budget - and it is likely to grow. We all know that prevention is better than cure and so we are keen that as many people as possible take this free test to assess their risk and then if appropriate sign up to the free programmes that we are offering to help combat the type 2 diabetes threat.

Our Website is www.medwaydiabetes.co.uk

The free test page is

www.medwaydiabetes.co.uk/are-you-at-risk/

Details about the programme can be found at www.medwaydiabetes.co.uk/our-programme

The programmes take place across the Medway area and are now available.

Chris Parker

Medway Diabetes

Medway Council would like to invite you to a public consultation on proposals to reduce congestion on the A289

Your views are sought on Medway Council's proposals for highway improvements to the A289 including Wulfure Way, Berwick Way and the Four Elms, Sans Pareil and Anthony's Way Roundabouts.

The proposals include road widening, the addition of a bus lane, a pedestrian/cycle path and two pedestrian footbridges, as well as enlarging and realigning the three roundabouts.

We will display the proposals and information about the development. This is an opportunity to provide feedback on the plans before a planning application is submitted.

You would be very welcome to drop in to the consultation at any time between 10:00am and 3:30pm.



Saturday 5th March
10:00am – 3:30pm
Memorial Hall, Holly Road,
Wainscott, Rochester,
Kent, ME2 4LG

Medway
Council
Serving You

Village Hall

Quiz – January

Belated thanks for all who supported the Village Hall quiz in January.

Special thanks to Margaret Church who has been very ill but still finds time to support the Village even though no longer lives here, who along with her partners in crime John and Lesley run this event so well.

Money raised over the last financial year for the four quiz's was just under a £1000 which is a terrific effort so once again thank you to all who have supported this event over this time.

Bookings

Although we have bookings on most nights of the week Sunday to Thursday, there are still opportunities for smaller groups to hire the Green Room in the evening. If you group is looking for a venue then please discuss with Crystal on 251849.

With regard to Friday's and Saturdays we do not normally allow a regular booking slot as this is the time of the week that many wish to hold that special occasion be it wedding, anniversary or in particular children's parties. It really is turning into the place to hold this event.

Phase Four

At the time of going to press the Village Hall Committee are pleased to inform you all that a meeting with the builders is going ahead with a view to starting the work on Phase Four shortly.

This will entail the stairs being put in along with windows upstairs. Additional storage will be put in at the back of the hall.

Next month we will provide an update as to when the work will formally start and this will be another part of the programme completed.

Come and Meet Your Parish Councillors

Chris(tine) Watson and Gary Jerreat, two of your Parish Councillors, will be at Kings Kitchen in the Memorial Hall on: Tuesday 8th March 2016 from 10.30 – 12.00pm



and every 2nd Tuesday in the month.

Come and tell us your problems or find out about projects we are undertaking.

If we can't answer your questions there and then we will get back to you.

High Halstow Parish Council.

Quiz Nights

The charity to benefit from the November quiz was selected by the WI and was the Wisdom Hospice. A wonderful £241.00 was raised in the night. As the December quiz fell on Christmas Day there was no quiz in December but the table to choose the charity for January was the table formerly known as "The Memorial Hall Mafia" now known as "Give us a Clue". They decided they wanted the profit to go to the Kent Air Ambulance. I am pleased to advise that a cheque for £173.00 has been sent to this very worthwhile cause. The table to choose the charity in February will be Dramarama.

Margaret Church



Frying Pans at the Ready!

Ladies attending the Kings Kitchen on Shrove Tuesday, brought their frying pans and pancakes to take part in a pancake race in the Recreation hall car park. Kings Kitchen is every Tuesday at the Memorial Hall from 10am - 1pm.



High Halstow Hikers

We were very pleased to find that the weather forecast for our February walk had been overly pessimistic so that our excellent turn-out of walkers experienced very good walking conditions for the 6-mile hike around Cliffe. The route took us through very varied scenery. We started on the Buttway where the large space meant we could park easily despite competing with the very healthy congregation at Cliffe Church that dates from Norman times. Walking down Church St took us through the old picturesque centre of the village and then to the end of Wharf Lane where the river met the land in centuries past but now looks out over the marshes to Essex. The route then took us essentially due south along public footpaths and byways between fields for about a mile before taking the farm track from Well Penn to Newlands Farm. We paused for a short while in Buckland to peer at the impressive (very) Old Cliffe Rectory that in the 17th century was described as "one of the prizes of the church" and over the years has housed 2 chancellors of the exchequer and 2 archbishops. We then walked along the edge of a young orchard, along West Street past the tudor-style Manor Farm and on down Black Path to the edge of the artificial lakes that were dug to provide clay for the cement industry of North Kent until the late 1960's. The RSPB now cares for the lakes and has created largely excellent walking surfaces between some of them. This gives views of the abundant wildfowl and waders particularly from some specially created lookout points where some of our weary walkers were able to rest for a few minutes before the walk back to the cars and for many of us a smashing pub lunch.

Our March walk will take us a bit further afield starting Sunday 13th at 10.00 from The Great House, Gills Green, Hawkhurst. This is reached by a right hand turn from the A229 (Cranbrook Road) a little north of Hawkhurst itself. The Great House is a pub and serves Sunday lunch for those interested (01580 753 119). We will be back there by 1.00pm. As ever all are welcome to join us. Any queries to Mitchell (mitch.dowsett@btopenworld.com; 01634-254428).

Vegetation

The Parish Council is asking people who have shrubs/trees overhanging on to public walkways if they would mind cutting back in order for people to walk unhindered. Thank you for your cooperation.

Thefts from Sheds and Outhouses

Please be aware that thefts from sheds and outhouses have been reported recently on the peninsula and the Parish Council have been asked to remind people to lock up securely to make it more difficult for would be thieves.

HH Parish Council

Friendly Club

Our next meeting is in the Memorial Hall at 2pm on Wednesday 23rd March. We will be having fun making craft items with an Easter theme.

The afternoon is only £1 which includes naughty but very nice refreshments. Visitors will be made very welcome, so why not give us a try.

What alot of Fun

The evening with the ukulele band was a great success, everyone seemed to enjoy it. Very many thanks to those that came along and supported us. The WI lunch club went to the The Cliffe Cafe at Buckland Lake Reserve. A lovely sunny day enhanced the views over the water. A place we can certainly recommend.

Something a little different for our next WI meeting on Wednesday 2nd March. We will be guided by our talented crafters to make something (as yet, item unknown) for Easter. Only £1:50 on the door. A bargain for a really good evenings entertainment.

Dog Walkers

Our rights of way and green spaces are for us all to enjoy. Please be aware that if you are exercising your dog it should be under control at all times, and it is your responsibility to clear up it's mess afterwards.

High Halstow Football Club

See below for match reports for January and February. A rainy January saw three games called off for High Halstow, a heavy loss in which High Halstow struggled to put a team out due to injuries was a particular low point. February saw High Halstow continue their poor form in the league, winless in their last 8 games a return to form is needed to cement their position in this league. Some new signings will hope to boost confidence and spark a run that brings the kind of results the team are capable. All at High Halstow FC would like to wish all the best to their striker Josh Jackson, who has been scouted to play football at a semi pro level in Australia for Griffith City FC.

Dramarama 'Do You Hear The People Sing' Change of Dates

Please note that the date for the next Dramarama show will be:

Friday 20th May at 7:30pm and
Saturday 21st May at 6:30pm

Further details will follow shortly so watch this space

High Halstow Youth Club

The Youth Club meets in the Recreation Hall on Tuesday evenings during school term time. It is for local children from age 9 upwards. Anyone interested in adding their child's name to the waiting list for membership should contact Mrs Chris Peek on 01634 252604 or email chris.peek@lineone.net. It is a good idea for children to be added to the list when they become eight, so by the time they reach their 9th birthday they are likely to be near the top of the list and then be offered a place.

Activities include table tennis, indoor football, art and craft, football table, skipping, dodge ball, or just sitting and chatting with friends. We sometimes do sponsored events for things like Children In Need and Sports Relief. Also there is a tuck shop.

We are always looking for new people to become adult helpers and we hope that you will consider getting in touch to see how you can help the club. We work on a rota system where you can help as often as you like or just occasionally, perhaps once a month – it is up to you to decide how much time you would like to commit and how involved you would like to become in the running of the club.

If you are interested in finding out how you could help the Youth Club and are willing to give some of your time, please get in touch and I will arrange for you to visit. I can also arrange a DBS (CRB) check for you, free of charge. The club is affiliated to the charity Young Kent which offers various training courses (also free of charge to you if you are interested). The Club relies on local volunteers and can only open each week if enough people are there to provide adequate supervision.

I look forward to hearing from you, whether you would like to come and visit the club with a view to becoming a helper or add your child's name to the list for future membership (or both!).

Many thanks,
Chris Peek 01634 252604 (email: chris.peek@lineone.net)

CAKE FESTIVAL

High Halstow Recreation Hall

Saturday 12th March 2016 2.00 – 4.30pm



Fundraising event for
"The Friends of
St. Margaret's Church"

Refreshments available
2.00 – 4.30pm



For further information contact
June Collins 01634 250105 juncollins@btmail.net

COMPETITION CATEGORIES

1. Cupcakes – six
2. Coffee & Walnut cake
3. Fruit cake
4. Chocolate cake
5. Bible cake
6. Novelty cake
7. Madeira cake
8. Lemon Drizzle cake

Entry £3 for first cake £1 for subsequent entries

On the day take part in:-
"The best decorated cupcake"

Cake & materials provided.
50p a go and you get the cake to eat afterwards



TIMETABLE

10.30 – 12am	Entries to be delivered
12 – 1.30pm	Judging
2 – 4.30pm	Cakes exhibited
4pm	Prize giving
4.30 – 5pm	Sale of cakes
5 – 6pm	Collection of unsold entries

EVENT RULES

1. The competition is open to all non-professional bakers and the ingredients must be safe, legal and not a commercial ready mix.
2. Exhibits and place cards must remain in place throughout the event
3. The committee reserves the right to refuse an entry and accepts no responsibility for damage to the entries.
4. The judging will be "blind" i.e. the judges will not know the identity of the entrant.
5. The judge's decision will be final
6. Entrants can offer their cake for sale on the day at their price, but the committee requests a minimum of 10% donation to the fund.
7. Entries not being sold can be collected between 5 – 6pm

HOW TO ENTER

1. Complete the "Entry Form" and send to one of the organisers (see front).
2. It would be appreciated if you book in advance, which will help with the planning of the event.
3. All entries must have been made by the entrant whose name is on the "Entry Form".
4. All entries must arrive with fee between 10.30 – 12pm on the day.

BIBLE CAKE RECIPE

1. 8oz Judges V - verse 25 (last clause)
2. 8oz Jeremiah - VI verse 20
3. 1 Tablespoon 1 Samuel XIV - 25
4. 3 off Jeremiah XVII - 11
5. 5 8oz 1 Samuel XXX - 12
6. 8oz Nahum III - 12 (chopped)
7. 2oz Numbers XVII - 8 (blanched & chopped)
8. 1lb Kings IV - 22
9. Season to taste with II Chronicles IX - 9
10. A pinch of Leviticus II - 13
11. 1 teaspoon of Amos IV - 5
12. 3 tablespoons of Judges IV - 19

Method: Beat nos. 1, 2 & 3 to a cream, Add 4 one at a time, still beating, then 5, 6 & 7 and beat again. Add 8, 9, 10 & 11 having previously mixed them and lastly no 12. Bake in a slow oven for 1.25 hours, or until skewer is clean.

Oven temps. 130 - 140 C, 200 – 275 F, Gas Mark 0.5 - 1

Note: leaven means baking powder

ENTRY FORM

Name

Phone number

Email address

Circle categories you would like to enter

1 2 3 4 5 6 7 8

Underscore circle if you wish to sell cake

Easter Services

20th March Palm Sunday

8:00am Holy Communion High Halstow
9:30am All Age Service High Halstow
11:00am All Age Service Allhallows
6:30pm Informal service High Halstow

24th March Maundy Thursday

Dinner High Halstow Recreation Hall.
£6:00 please book in advance

25th March Good Friday High Halstow

2:00pm An hour at the Cross.
A time of reflection with music video and readings

27th March Easter Sunday

8:00am Holy Communion High Halstow
9:30am Family Communion High Halstow
11:00am Family Communion Allhallows

RESUME OF THE PARISH COUNCIL MEETING HELD ON 10 FEBRUARY 2016

The meeting was chaired by Stuart Bailey as George Crozer had a prior engagement. It was attended by Cllr Roy Freshwater and by 3 members of the public. Unusually, there were no planning applications. However the Medway Local Plan was out for consultation and Cllr Freshwater spoke on this subject. Medway has to build 30,000 homes in the next 20 years. Although some of these will be provided by infilling in the urban areas and by small developments of the sort seen at the former pubs in Chattenden and Allhallows for instance, it is difficult to see where these homes can be built except on greenfield sites in the rural areas of Medway. Lodge Hill is still in the frame as 5,000 dwellings there would provide 17% of the total. The Parish Council's planning committee was delegated to provide a response to the consultation.

The pedestrian crossing in The Street between the school and the hall car park was supposed to start on 1st February. Contractors arrived but went away again. We discovered that the school was not very co-operative about children using the Harrison Drive entrance during the construction period and use of the car park by parents and carers made it all too difficult. The crossing will be installed in the school holidays. This crossing is important for the safety not only of the schoolchildren, but indeed of everybody needing to cross the road at this point. This includes users of the Memorial Hall and those walking to the Doctors' Surgery, to events at the Recreation Hall and users of the Recreation Ground.

The purchase of a bus shelter for the stop in Christmas Lane near its junction with Half Moon Way was confirmed. Brian Williams will be co-ordinating everything and liaising with the shelter manufacturer and the groundworks contractor.

The Recreation Hall Committee reported that they are still raising funds to do the final phase of the refurbishment. There is also a new fitness class in the hall.

An event is being organised to mark the Queen's 90th birthday. It will be held on Saturday 11th June from 1 to 9 pm on the Recreation Ground.

The Surgery has said that Dr Woodfield will be available once a week in High Halstow and they will be trying to increase the presence of a doctor to 3 days. The dispensary at the Hoo surgery is not closing.

Ray Collins spoke about the contingency plans for the A228. Permanent signs will be put up to indicate diversion routes in cases of emergency. In some cases a form of "Operation Stack" will be put in place on Peninsula Way.

Finally, a complaint was made about cars and vans parking on the grass verges in The Street, causing the ground to get churned up. These verges are maintained by the Parish Council on behalf of Medway Council Highways. If parked cars and the damage they cause pose problems for our contractor, costs will inevitably increase and this will eventually be paid for by you, together with all other residents, through your council tax. This would be unfair to residents who don't damage the verges by thoughtless parking. So please don't do it.

The next meeting will be held on Wednesday 9th March in the Memorial Hall at 8 pm. Everyone is welcome to attend. The Annual Parish Meeting, for all residents will be held on Wednesday 13th April. If you would like a particular matter discussed, please let the Parish Clerk know by 5pm on Monday 4th April.

Speed Limits

Please can I remind people to observe the speed limits through the Village. We should all be mindful that High Halstow

is a nice place to live where children, older residents and walkers should feel safe. Some may not be as aware of the traffic as they might otherwise be. Please be careful.

George Crozer, HH Parish Council



Maundy Thursday

24th march 2016
19.15 to be seated 19.30

Foodbank supper
High halstow village hall

Tickets £6.00 per person from
11 Avery way, Allhallows or ring 271579.
Or
The Rectory, 2 Cooling Road High Halstow or ring 250637

If you want to know more
about the foodbank,
support the foodbank or
join us to celebrate Easter
get your ticket soon

With guest speaker
from
Medway foodbank

St. James'
Sure Start Children's Centre
 For families with children aged 0-5 years



Bumps to Toddlers
 at High Halstow Village Hall
Monday
9am-10.30am

For pregnant women and children from birth to toddler stage.

This session includes sensory fun, introducing solid food, stories & rhymes, tummy time, staying safe and much more!
 Come along and meet other parents and their babies.

Self baby weighing is also available in this session.

IF YOU WOULD LIKE FURTHER INFORMATION, PLEASE CONTACT:
St. James' Sure Start Children's Centre
 St. James' Church of England Primary Academy High Street Isle of Grain ME3 0BS
01634 270341 E: childrenscentre@stjames.medway.sch.uk
www.stjamesisleofgrain.org.uk

Sure Start Children's Centres
 Medway



Kings Kitchen



A Coffee and Cake Café
 for the Whole Village.

Open 10.00am - 1.00pm

every Tuesday

in the Memorial Hall.

Why not come in and enjoy a
 cuppa and a chat.



High Halstow Pre-school

Modular Building, Primary School, Harrison Drive,
 High Halstow, Rochester, Kent. ME3 8TF
 01634 255088

Proprietor/Manager Mrs Anita Russell BA (Hons), EYPS

- ✓ 'Outstanding Provider' Ofsted
- ✓ 2009-10 Extensive Outdoor Facilities
- ✓ Excellent Links with Primary School
- ✓ Friendly, Qualified Staff
- ✓ Affordable Childcare

Open Weekdays, term time only
 8.45 am - 3.30pm

Morning, lunch, afternoon and all day sessions
 available.

Children are funded for 5 free sessions the
 term following their third birthday.

Don't take Ofsted's word that we are an
 outstanding provider, come and see for
 yourself.

Ring 01634 255088

Dates for Diary

Every Monday:

Bumps & Toddler's

09:00

Village Hall

Every Tuesday:

King's Kitchen

10:00

Memorial Hall

Bell Ringers

19:30

St Margaret's

Church

Every Wednesday:

Stay & Play

09:00

Village Hall

Every Thursday:

Mother and Toddler's

09:00

Memorial Hall

Sugar Babes

19:00

Memorial Hall

Every Saturday:

Karmann Dancers

09:00

Memorial Hall

Every Sunday:

Déjà Vu Spiritual Centre

18:30

Village Hall

Every 4th Wednesday:

Friendly Club

14:00

Memorial Hall

Other Dates:

Wednesday 2nd:

19:30

Women's Institute

Memorial Hall

Sunday 6th:

09:30

Family Service

St. Margaret's Church

Monday 7th:

19:00

Village Event Planning

Village Hall (Green Room)

Sunday 7th:

10:00

Tabletop Fair

Memorial Hall

Tuesday 8th:

20:00

Gardening Club

Memorial Hall

Wednesday 9th:

20:00

Parish Council

Memorial Hall

Sunday 13th:

10:00

Tabletop Fair

Memorial Hall

Sunday 13th:

High Halstow Hikers

Details in HHT

Sunday 20th:

09:30

Family Service

St. Margaret's Church

Friday 25th:

20:00

Quiz

Memorial Hall

Friday 20th May & Saturday 21st May:

Dramarama Summer Show

Local groups, please let us know the dates of your
 meetings/events for the coming year so we can
 include them in the HHT and on the website.



Summer Time

Don't forget to set your clocks forward by one hour on Sunday 27th March 2016, officially the start of British Summer Time. We may be losing an hour in bed but with extra daylight in the evenings and a long summer ahead, there's plenty to look forward to after the clocks go forward.

During British Summer Time (BST), civil time in the United Kingdom is advanced one hour forward of Greenwich Mean Time, so that evenings have more daylight and mornings have less.

The practice was first established by the Summer Time Act 1916, after a campaign by builder William Willett. His original proposal was to move the clocks forward by 80 minutes, in 20-minute weekly steps on Sunday in April and by the reverse procedure in September. The bill was popular following its introduction in 1916, although it now divides opinion.

BST begins at 1:00 AM GMT on the last Sunday of March and ends at 1:00 AM GMT on the last Sunday of October. In 2016 it will begin on 27th March and end on 30th October.



Based in High
Halstow
Contact Jade
07708 394979



Permanent Makeup is an advanced technique used to apply coloured hypoallergenic pigments into the dermal layer of the skin. The pigments are made from natural minerals making enhancements look very natural that can last for years but will fade over time.

Treatment areas:

Brows: Eyebrows frame the face, with the right shape & colour brows it can make you look years younger

Eyes: It can be difficult to apply eyeliner correctly & make it last all day. Define your eyes with eyeliner or lash enhancement.

Lips: Define & enhance your lips with a gorgeous lip liner, blush or full lip colour.

Book a free consultation to see how Permanent Makeup can help you.

www.serenitypermanentmakeup.co.uk



Jonathan Computers

Freephone: 0800 321 38 79

Mobile No: 07905 120 557

Email: sales@jonathancomputers.co.uk



Computer problems solved quickly and cheaply...with a friendly face

And Best of all I come to YOU!!!!

- ☐ Dramatically Speed up Slow PC's
- ☐ Fix Broadband connection issues
- ☐ Install Windows 10 or Fix Install Issues
- ☐ Make Win 8/8.1 look like XP, Vista or 7
- ☐ Virus & Malware Removal
- ☐ Data Transfer & Recovery
- ☐ NO 'Call Out' Charge
- ☐ New Economy Pc's & Laptops



NEW!!!!!!
Windows 10™

From 8th April 2014 All Support for ALL XP™ Versions has discontinued!!!!

If you are using a computer with Windows XP on

YOU ARE AT SEVERE RISK!!!!



**I Am Based In High Halstow
So Can Be Quick To Respond!**

01474 879878

(Gravesham Office Number)

St. James' Sure Start Children's Centre

For families with children aged 0-5 years



Stay and Play

at High Halstow Village Hall

**Wednesday
9am-10.30am**

For children 0-5 years.

A wide range of activities for children and adults to get involved with including creative activities, physical activities and exploration.

Fresh fruit and drinks are available.

IF YOU WOULD LIKE FURTHER INFORMATION, PLEASE CONTACT:

St. James' Sure Start Children's Centre

St. James' Church of England Primary Academy High Street Isle of Grain ME3 0BS

01634 270341 E: childrenscentre@stjames.medway.sch.uk

www.stjamesisleofgrain.org.uk

**Sure Start
Children's Centres**
Medway



Medway
Serving You

High Halstow Relief in Need Charity

This charity exists to assist those in the Village who are in need, especially widows and widowers. The trustees wish to remind the people of the parish that they will give consideration to any request for a particular need, at any time during the year. If you, or an elderly relative would feel safer at home with a telephone 'Lifeline' the Charity could help with this. All requests are dealt with in complete confidence and there is no need to wait for the October form.

The trustees are:

- Rev. S. Gwilt - The Rectory
- Mr S. Bailey - 27 Cooling Road
- Mrs J. Collins - 6 Marsh Crescent
- Mrs L. Munday - 22 Willowbank Drive
- Mr J. Myatt - Decoy Hill Road
- Mrs C. Peek - 2 Willowbank Drive
- Mrs N. Turner - 12 Marsh Crescent

SanFran Fitness

Fitness classes for all ages in Kent

A New Fitness Class

"Seated Exercises"

Thursday Morning 11:30am - 12:15pm

£4 per session

This class is all about upper and lower body movement. If you have a problem with balance, are an older adult or are in rehabilitation then this is the class for you. All the exercises are completed using a chair in a relaxed and fun atmosphere. Equipment such as light weights, resistance bands and foam balls are used to move to music.

Come and join us...No Lycra Necessary!!!

Phone Wendy (255366) or Ann (251914) for more info.

High Halstow Stitchers in The Memorial Hall

1st, 2nd & 3rd Wednesdays in each month 12-2pm

A chance to learn a new skill involving Stitches of all types from friendly, like minded ladies and to pass on any skills you may have.

Quilting - X Stitching - Patchwork - Knitting
Sewing in General etc.

Come along and join us.



High Halstow Toddler Group

Term time only

Thursday mornings

9-11

In

The Memorial Hall

From birth - 5 years

If you are a Mummy, Daddy, Grandparent or Carer please come along for a chat and some homemade cake whilst your children play!

Just £2 a session

For More Information Please Contact Emma

On

01634 255874

Or

Emma.widler1@btinternet.com

Or Find Us On Facebook



HOLIDAY BIBLE CLUB
CHAMPIONS!

HBC

Tues. 5th to Fri. 8th April
9.15 to 12 noon
For 6 to 11 yr olds

JOIN IN WITH OUR TEAM FOR - PRIZES & SINGING STORIES & QUIZZES COMPETITIONS & GAMES

www.whafc.co.uk
Waterford House Evangelical Free Church,
Rede Court Road, Strood
ME2 3TE

GOLD
SILVER
BRONZE

IT'S FUN & IT'S FREE!

Readers Letters continued...

consequently am now the subject of a university study on the impact I have had with my dogs. Please feel free to stop me and have a chat anytime about anything including exercising dogs. I hope that in future, people will feel as if they can approach me personally in the first instance. After all, us dog owners love to talk!

I would like to finish by expressing huge gratitude to the many people who contacted me in support of the things I do.

Regards,
Jenny Duckworth
Ruggles Close

Dear HHT,

I am a Pharmacy student who lives in the village and I am climbing Mount Kilimanjaro in Tanzania on 6th September 2016 to raise money for the fantastic charity, Meningitis Research Foundation. Meningitis is the inflammation of the lining of the brain and spinal cord. Millions of people across the World including the UK are affected by the disease. Many people are killed by the disease, unfortunately babies and young children are the most vulnerable.

Meningitis Research Foundation is involved in finding prevention and treatment for both Meningitis and Septicaemia, a serious form of Meningitis. The largest recent success of Meningitis Research Foundation was the introduction of the Meningococcal B vaccine, which is now available on the NHS for all babies born after the 1st July 2015.

I would be very grateful if you could sponsor me and support me in reaching my fundraising goal of £2990. You can do so by donating to my fundraising page:

<https://give.everydayhero.com/uk/kiran-cheema>. I

have already done a bucket collection and a bake sale to raise money for the charity and in March I will be taking part in Meningitis Research Foundation's largest street collection event called the London Loot, however I still need to raise a lot of money to reach my fundraising target.

By sponsoring me, your money will go towards scientific research to help find prevention and treatment for Meningitis and help to create a World free from the disease. This will be an exciting but very tough challenge for me but I am determined to reach the top of the mountain so I can assure you that your donation will be going towards a very good cause.

Many thanks,
Kiran Cheema



Jen, Jock & Layla

Dear HHT,

I am writing in response to the letter that was published last month regarding exercising your dog while cycling and to express my full support to the lady that cycles with her dog. The breed of dog in question requires frequent exercise and has been trained over a long period of time and they enjoy the cycle ride, some basic education or even an Internet search would highlight that cycling with your dog is a great form of exercise for both humans and dogs. I am also disappointed with HHT for publishing a letter that appears to be a personal attack on an individual. I would like it known that the lady in question is a fantastic dog trainer and assists many children at the local school with her dog. These dogs are very much loved and cared for which is evident to see.

Ann Dugard
Ruggles close

Dear HHT,

We are running The Dartford Half Marathon on Sunday 13th March, 2016 for The Gravesend Epilepsy Network and are looking for people or businesses to sponsor us. If you would like to help, please click on the Paypal link, (www.paypal.com), sign up if you don't have an account and add our email, (sawmac@heronfields.freeserve.co.uk), and the amount you would like to sponsor us for and we will pass the money on to Gravesend Epilepsy Network after we finish the Half Marathon and collected in all our donations. Alternatively, you can post donations to our address: 1 Gypsy Way, High Halstow. Please Help If You Can. Thank You So Much !!

Mark & Matthew Crane (www.matthewcrane.co.uk)

Readers Letters

Dear HHT,

In response to the letter published last month, this is me riding my bike with my dog, Layla.



She is excellently trained to keep away from the wheels and knows several word based commands and signals in order to ride safely.

I built her fitness up gradually so she is able to run on bike trails.

You may also see me running with Layla. She has regular checks at the vets to ensure that her health never suffers.

Border Collies are working animals and need constant exercise. Physical activity is very important to this breed. Lack of it is actually the reason why so many Border Collie owners struggle with their dogs. They don't exercise their dogs enough and because of that the dogs become agitated and stressed which leads to numerous behaviour problems.

Generally, if you see us riding on the road it will be towards an off-road area where she can run off the lead. While on the road she will obviously be on a lead (for safety) at a comfortable speed for her. I never take her long distances solely on the road. As you can imagine, she loves to run! As a responsible dog owner I also always make sure she has a suitable time to rest while out along with water and the odd treat.

The training I was able to give to Layla is something that I have put into practice many times during my time as a qualified dog trainer. After I attended an extensive course with the Institute of Modern Dog Trainers (at the Royal Veterinary College in Hatfield), I ran a successful business training all breeds of dog.

I now work with both of our dogs in almost a dozen primary and secondary schools in the Medway and Tonbridge & Malling borough council areas. I work as a behaviour consultant and assist school's staff and pupils to improve their educational environments, this also includes training staff to use their own dogs in school more effectively. I have had and continue to see amazing results and

Dear HHT,

My brother and his family live in Eden Road, High Halstow. Would you know of any one in your Parish who might be selling a Workshop/Garage or a small plot of land to build a small workshop on.

I have a couple of Modern classic cars and my rubbish as my Wife states I have!! Which I need to find a dry, safe home for, it's not going to be used for a commercial business.

I've recently become disabled after a slight accident with a tractor and we need to empty my rubbish (Classic Car parts) to make more room at home. Thank you for your help & time

Kind Regards

Scott Wilson

Murder at Heronwood Falls Saloon

After last years successful Murder Mystery evening we are planning to hold a similar event on Friday 23rd and Saturday 24th September. More details to follow in the HHT.

The Village Shop

Opening Hours

Monday – Saturday 7am – 8pm

Sunday 8am – 5pm

Telephone number: 01634 254561

Your Parish Councillors

George Crozer, Chair 01634 250286

e.mail: george@highhalstow.org.uk

Stuart Bailey, Vice Chair 07976 760844

e.mail: bailey.stu@btinternet.com

Martin Andrews 07984 791029

Ray Collins 01634 250105

Gary Jerreat 01634 253999

Bill Khatkar 07775 668620

Carl Mitchell 01634 250911

Christine Watson 01634 256529

Brian Williams 07908 006448

e.mail: bdwilliams9@hotmail.com

Your councillors may also be contacted through the Parish Clerk:

Mrs Roxana Brammer 01474 871269

clerk@highhalstow.org.uk

Next edition April 2016; Contributions for March should be sent by 24th March to:

Carl Mitchell, 8 Marsh Crescent, High Halstow ME3 8TJ
or e.mail to editor@highhalstow.org.uk