



# High Halstow TIMES

Home of the Heron



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October 2016

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## ***HIGH HALSTOW RELIEF IN NEED CHARITY***

This charity exists to assist those in need in the village, especially widows and widowers. If you would like the trustees to give consideration to a particular need, please complete the form below. You may apply for yourself or for someone known to you, but their permission must be sought.

***Payments may be made for the following:***

Special payments to relieve sudden distress, travelling expenses to hospital or convalescent home for patients or visitors to patients; fuel bills; food for special diets; medical or other aids; telephone "help line"; nursing care; alterations in the home to assist the disabled; purchase of necessary items for the home; books or tools to assist in earning a living; or assistance towards a holiday for someone who really could not afford one otherwise. Where a specific request is made, e.g. to help with heating or telephone bills, a copy of the relevant bill should be provided and a receipt needed. These are only some of the examples that will be considered by the Charity. Any other requests will also be considered.

**Please return your forms to any of the following trustees:**

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

All requests are dealt with confidentially.

**Please return all forms by  
31st October 2016**

Name: .....

Address: .....

Help Required: .....

**Entries for the Photographic Competition close on 31st October**  
**Please send your entries to [photos@highhalstow.org.uk](mailto:photos@highhalstow.org.uk)**  
**More details on page 4**

## *Resume Of The Parish Council Meeting Held On 14 September 2016*

The Parish Council met after the August break on 14<sup>th</sup> September. George Crozer was at work and the meeting was chaired for the first time by Chris Watson as the new Vice-chairman. Brian Williams also missed the meeting as he was on holiday. There were only two planning applications for consideration and comment to Medway Council. In both cases the Parish Council had no objection in principle, but noted that parts of the proposals appeared to be in front of the building line. Medway's planners will have a view on this. As George wasn't at the meeting, there was no update on the telecommunications mast and whether an alternative, more sympathetic siting has been found.

On the Recreation Ground you may have noticed that the basket swing for older children is in need of repair. We need to go back to the company that Medway Council used when installing the "new" equipment several years ago to obtain the cost of a replacement. Meantime, we will remove the worn out basket and chains for safety reasons. The annual safety inspection on the play equipment was carried out in July and the report has now been received. It was forwarded to Brian Williams, who will comment on it at the next meeting.

We have had a request for the provision of a parking bay for the disabled in the car park. After discussion it was agreed to investigate marking out the entire car park and this is being taken forward. The path from Ruggles Close to The Street across the Recreation Ground is a public right of way and will be surfaced with tarmac by Medway Council during half term week, beginning 24<sup>th</sup> October. Contractors will have vehicles and materials in the car park so please be careful during this time. Cllrs Martin Andrews and Bill Khatkar attended a local police meeting. There are widespread problems with off-road motor bikes. Please remember that these must not be ridden on either the Recreation Ground or on the open space between Half Moon Way, Gypsy Way, Ruggles Close and Topley Drive. Please remind members of your family too. A repeat offender has already been reported to the police.

Concerns in the village also include overgrown garden hedges and overhanging branches making it difficult for pedestrians to use the pavements and the constant issue of parking in Christmas Lane during cricket and football matches.

The WI has been in the village 60 years and is considering another village sign. The Youth Club has started back after the summer holidays. They need more helpers. If you would like to help out, the Youth Club meets on Tuesday evenings in the Recreation Hall.

The next meeting will be held on Wednesday 12<sup>th</sup> October in the Memorial Hall at 8 pm. You are all welcome to attend. If you are coming for a specific item on the agenda, it is important that you introduce yourself to the Chairman and Clerk before the start of the meeting.

## High Halstow Women's Institute

Present  
An Evening of Musical Variety with renowned harpist

**Margaret Watson**

"Life on a Harp String"



At

High Halstow Village Hall

7.00 for 7.30 start on Friday 21 October 2016

£6.00 entry which includes refreshments.

Tickets from Crystal 251849 or

June 250105



South East Coast Ambulance Service **NHS**  
NHS Foundation Trust



### Restart a Heart Campaign

#### Free CPR demonstration and practice for all

Would you, your family and friends like to be involved in a Europe-wide initiative which teaches the skills to save a life?

If the answer is 'yes' then your local ambulance service staff are willing and able to help you get involved.

As part of the Restart a Heart campaign, members of our staff will visit your village to demonstrate how to carry out basic CPR (Cardiopulmonary Resuscitation), **FREE** during the week of 12-18 October. You will have the opportunity to practice CPR, see how to use a defibrillator, to gain the confidence to do it effectively

and help save a life.

More than 30,000 people suffer cardiac arrests outside of hospital in the UK every year. If this happens in front of a bystander, who starts CPR immediately before the arrival of the ambulance, the patient's chances of survival double.

By linking with the Resuscitation Council's European Restart a Heart Day and the British Heart Foundation, we will provide hundreds of members of the public with the skills they need to help save a life.

**High Halstow Recreation Hall (meeting room)**

**18 October 2016.**

Commencing 0900hrs until evening

Steve Joyce  
Volunteer Area Coordinator  
Community First Responder  
South East Coast Ambulance Service

## *High Halstow Hikers*

Our September walk benefited from the terrific late summer weather we have had, such that the paths were all in good and dry condition save for one that had recently been ploughed across and not reinstated – tested some of our ankles. We started and finished in the attractive village of Addington that sits between the A20 and the M20, but is largely undisturbed by the 2 main roads. We crossed the A20 and walked across fields to enter West Malling by a route few of us had used before. Leaving the village via the large and well cared for churchyard we took to fields again and made our way to Offham which is best known for what is claimed to be an original quintain - an apparatus used for jousting practice. Our route back was through Church Farm where the fields were strikingly striped with multi-coloured rows of flawless lettuce and cabbage of all sorts of varieties. We re-crossed the A20 from an orchard that had been left to fend for itself but offered welcome refreshment for those with a sweet tooth. The footpath then passed through West Malling golf club and involved crossing its driving range, a first for the hikers. We turned to Addington via the cricket pitch, past the church and along a road through the immaculate 39-acre grounds of the Seekers Trust a centre for prayer and healing. Most of the 15 of us then savoured the fare at the Angel Inn. The Sunday roast lunch that some took was clearly excellent and was eyed enviously by those that didn't.

Our walk on Sunday 16th October will be a more local one and will start at 10.00 from the entrance to Brickhouse Farm, that's at the junction of the Ratcliffe Highway (the main Road to Allhallows) and Cuckholds Green Rd (ME3 8RP). As ever all are welcome on what will be a walk of about 5-6 miles. Enquiries to Mitchell on 01634 254428 [or mitch.dowsett@btopenworld.com](mailto:mitch.dowsett@btopenworld.com).

### 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.

A warm welcome awaits you.

## *New Whist Club*

It was only when I first mooted the idea of wanting to play Whist that I learned there had been a thriving group here many years ago. I was pleasantly surprised to be approached by some of those involved wanting to play again. Thanks to the "Times" I had a positive response to my letters and we held our first session on Wednesday 21st September. Players were a mixture of those who knew how to play and complete novices who, after playing a couple of games became so proficient that their tally of wins soon overtook those of their Mentors. This thoroughly enjoyable One and a Half hours passed all too quickly and we ended with a chat, a cup of coffee and some chocolate biscuits. Our sessions will continue to be held at 2pm on the Third Wednesday of the month in the Memorial Hall, the next on the 19th October and 16th November. Everyone is welcome to join us, we will be pleased to see you.  
Christine Wilson

## *Quiz Night*

The September quiz night was the first one after the summer break and we had 12 very full tables. The charity was chosen by the Hot Flushes and was a local charity called Animates - which is an animal sanctuary.

The next quiz in the Memorial Hall is on Friday 28th October.

Margaret Church  
07702 196179

## *Calling all Local Groups*

We can advertise your activities on the Parish Council website if you supply us with the details of your event.

If you would like more details on how to do this, please email [gary@highhasltow.org.uk](mailto:gary@highhasltow.org.uk)

The page can be viewed at:  
[highhalstow.org.uk/local-groups](http://highhalstow.org.uk/local-groups)

## *Harvest Celebrations on Saturday 8<sup>th</sup> October*

Harvest Barn Dance/Vinyl Revival

Allhallows Village Hall 7 for 7.30

Bring your own food/drink to share fun and  
reminisce

All Welcome.

No Charge but donations welcome





## 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

## High Halstow 2016 Photo Competition



After the huge success of last year, the HH Photo Competition returns for it's 8th year. Pictures can be emailed to [photos@highhalstow.org.uk](mailto:photos@highhalstow.org.uk) and can be from a camera, phone or any other device. The categories are the same as last year:

Under 16's - 1st, 2nd, 3rd  
Flora & Fauna - 1st, 2nd, 3rd  
People & Places - 1st, 2nd, 3rd  
Overall Winner

Winners will receive a prize, certificate and their photo included in the HH Calendar.

Closing date for entries is 31st October 2016.  
Entries can be emailed to  
[photos@highhalstow.org.uk](mailto:photos@highhalstow.org.uk)

You don't have to be David Bailey to enter, and pictures from mobile phones as well as camera's are all acceptable.

## High Halstow Arts & Crafts Village Market

Handmade Cards & Jewellery,  
Tattoos, Hand Bags,  
Gifts, Make-up, Collectables,  
Cakes and Treats.  
Refreshments available.

**The Memorial Hall**  
**10am - 2pm**

**Sunday 9th October**

Sunday 13th November\*

\*12noon - 3pm

Sunday 11th December

**Come and support our village event!**

## Cornish Holiday Cottage Let

A fabulous 300 year old cottage, recently fully refurbished with open fire place, fully fitted kitchen, modern decor and off-road parking, benefitting from two well-furnished bedrooms (1 double and 1 twin).

The cottage is in the hamlet of Trewint, only a mile away from Altarnun, one of the most beautiful villages in Cornwall. The Rising Sun Inn just outside the village is

a 16th century award-winning traditional pub, selling locally produced ales and fresh and innovative meals in a great atmosphere. The cottage is ideally placed for discovering the coastline of Cornwall.

- Electric wall heaters with open fire
- Electric oven and hob, microwave, fridge, dishwasher, TV with Freeview, DVD, WiFi, selection of books, games and DVDs
- Fuel, power and starter pack for open fire (October-March) inc. in rent
- Further fuel for fire available to purchase locally
- Bed linen and towels inc. in rent
- Off road parking for 1 car
- Lawned garden with furniture opposite cottage across road
- One well-behaved dog welcome
- Sorry, no smoking
- Shop and pub 1 mile.

The cottage is advertised with Sykes Cottages (<http://www.sykescottages.co.uk/cottage/Cornwall-Fivelanes/Laburnum-Cottage-935455.html>)

Alternatively I live in the village and will be able to offer a discounted rate if you contact me directly on: Andy 01634 936095  
Mobile: 07958 604268



**\*\*STOP PRESS\*\* BREAKING NEWS\*\*STOP PRESS**

### ***High Halstow Community Lottery***

At the time of going to print the countdown begins to the cut off date for our new lottery. If you are reading this, and you didn't join it is now too late to organise your ticket for the FIRST draw but don't despair you can join in from next month !

We have an estimated PRIZE fund of £400 for the first draw. We will know the final figure on 2 October when we download the Bank Statement and print the tickets.

If you want to join in the fun and help raise money for LOCAL causes all you need to do is set up a Standing Order or payment to our Lottery bank account for £10 (per ticket) quoting your post code and door number as your reference. We can tell who has won by the name showing on the Bank Statement and the reference shown is your address and door number so its not essential to process a form. However, forms can be obtained at the Village Shop or The Red Dog if you want to provide us with your contact details.

Cut off date 1 November. The second draw will be on Saturday 5 November in The Red Dog.

Payee: High Halstow Community Lottery

Account No: 21507826

Sort Code: 40 43 44

Reference: Your post code and door number/name

(THIS IS VERY IMPORTANT) [e.g. ME39QZ-12]

Payments must be received by 1st of each month to be drawn by 7th.

No payment received – no ticket.

\*\*\*\*\*

***Please note that this is a completely independent and private venture. It is not being run by or being run on behalf of the High Halstow Parish Council.***

PERSONAL NOTE from Linda Atkinson.

I would like to thank everyone who has helped and encouraged me in this idea and helped me bring it to fruition. It seemed too simple to be able to work - but it does!

I hope the idea really takes off and that more people will join which will give us a bigger prize and even more money towards peninsula causes.

Our target for the launch was 100 players which I haven't reached (well not at time of going to press anyway). Our target for the next draw is 150! Wouldn't that be an amazing **monthly prize fund £1,125** for one lucky winner and **£375 monthly** for our charity fund.

### ***High Halstow Gardening Club***

For our September meeting, it was a delight to be transported to Monet's garden at Giverny and to be given an insight into the joys of being a gardener in the garden. Caroline Halfpenny had been a volunteer for a summer in Monet's garden and she shared some of the differences between English and French horticultural. Caroline explained the importance of colour in the garden illustrated with a variety of photos.

'Do You Know About Birds?' is the subject of the talk for our next meeting on 11th October which will be at 8.00pm in the Memorial Hall. Any visitors would be welcome with a charge of £1.50.

### ***Macmillan Coffee Morning***

Ann and her team would like to thank everyone that came along on 30th September to support their Macmillan Coffee morning. They are pleased to announce that it was another record year in which they raised £1485.

Thanks again to everyone who helped make it another successful year and see you again next year.



### ***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 11<sup>th</sup> October 2016 from 10.30 – 12.00pm



and every 2<sup>nd</sup> 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.



**Petals**  
**Emma Ryan**  
**Florist**

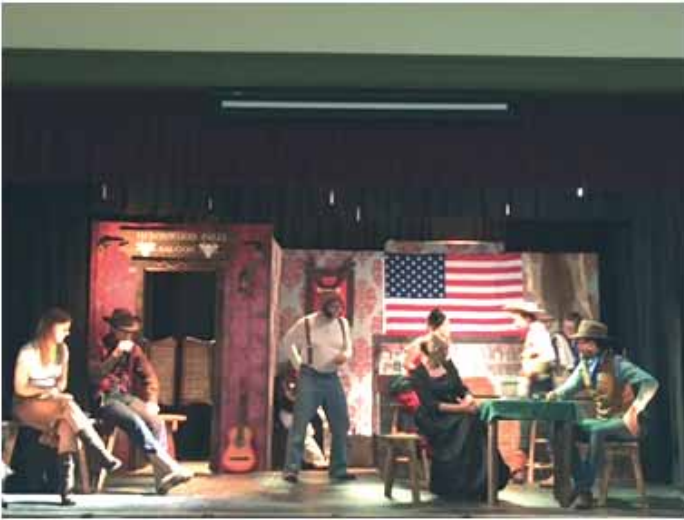
Bouquet, Weddings,  
Funerals &  
Special Occasions

petalsbyemma@gmail.com  
07525 757997

## High Halstow Village Hall

**WOW!!** What a fantastic couple of nights..

With the scenery and great script from the pen of Mick Woolmington, the cast of Dramarama performed for two nights 'Murder at Heronwood Falls Saloon'. A three-course meal expertly organised by Jo Mitchell, Wenda Taylor and their army of helpers, kept people happy in between scenes whilst they considered all of the evidence.



Mick had no reason to worry about his script as a great night was had by all. It was good to say that this was the first event held with the Hall being able to use the new bar area.

Dramarama will be next performing at the Hall in January 2017 with their annual pantomime. Watch out for details appearing soon in the HHT.

**Thanks to all who made this a great night and thanks to all who came along to support it.**

### Quizathon 14<sup>th</sup> October 7:00pm

The next Quizathon at the Village Hall is October 14<sup>th</sup>. To book your team please contact Margaret on 07702 196179, entry fee £3.00 per person.

### Golf Event 2016

Due to other commitments it is with regret that the Golf Tournament for 2016 will not happen but it will be back for 2017. Please accept our apologies for this.

### Boot Fair January 2017

In the November HHT details will be provided for a Boot Fair to happen in January as well as the four Quiz Nights for the coming year so please watch this space.

### Refurbishment Programme

As many of you would have seen at the Murder Mystery, Phase Four is just about finished with the next phase being the floor sanding and new markings for the floor being painted on. We will put the pictures of the new room into the next edition.



### 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**



### 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. Dog fouling is an eyesore, a serious health hazard and an environmental crime. Please clean up after your 4-legged friend.



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01634 222 327 or 07889 028 889.  
or email us at [info@beautifulkitchens.co.uk](mailto:info@beautifulkitchens.co.uk)

**Checkatrade.com**



### ***Birthday Celebrations***

High Halstow Women's Institute  
will be celebrating its 60<sup>th</sup> Birthday  
in May 2017.

As part of the celebrations we  
would like to invite past members for any memories  
of the Institute. Do you have any photographs of  
the events such as annual May Fairs? Were you a  
May Queen or an attendant?

At the very first meeting on 1<sup>st</sup> May 1957 forty six  
members joined. We now have 26 members and it  
would be lovely to boost the membership for this  
special anniversary.

Meetings take place in the Memorial Hall on the  
first Wednesday of the Month at 7.30. Our next  
meeting is on 5th October.

If you have any memorabilia please contact:  
Crystal - 01634 251849  
or June - 01634 250105

### ***"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.*

### ***The Village Shop Opening Hours***

***Monday – Saturday 7am – 8pm  
Sunday 8am – 5pm  
Telephone number: 01634 254561***

## Dates for Diary

### Every Monday:

Bumps & Toddler's

09:00 Village Hall

Glowfit

18:30 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:

Sugar Babes

19:00 Memorial Hall

### Every Saturday:

Karmann Dancers

09:00 Memorial Hall

Karate

09:30 Village Hall

### Every Sunday:

Déjà Vu Spiritual Centre

18:30 Village Hall

### Every 3rd Wednesday:

Whist Club

14:00 Memorial Hall

### Every 4th Wednesday:

Friendly Club

14:00 Memorial Hall

### Other Dates:

Wednesday 5th: Women's Institute

19:30 Memorial Hall

Sunday 7th: Family Service

09:30 St. Margaret's Church

Sunday 9th: Arts & Craft Fair

10:00 Memorial Hall

Wednesday 12th: Parish Council

20:00 Memorial Hall

Friday 14th: Village Hall Quiz

19:30 Village Hall

Sunday 16th: High Halstow Hikers

Details in HHT

Sunday 16th: Family Service

09:30 St. Margaret's Church

Tuesday 18th: Restart a Heart

Campaign

From 9:00 Village Hall

Wednesday 19th: Whist Club

14:00 Memorial Hall

Friday 28th: Quiz Night

20:00 Memorial Hall

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.

## Time to remember our hero's of yesterday and today

A service of Remembrance on

● Sunday 13th November at ●

10:15 am to 11:15 am, please do

join us and stay for some tea or

coffee after the service.

St. Margarets's Church High Halstow

## Vegetation

The Parish Council is asking people who have any shrubs/trees overhanging public walkways, or vegetation spilling onto the path if they would mind cutting them 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**



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](http://www.serenitypermanentmakeup.co.uk)





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**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)



## HH Village Website

Please visit the Parish Council website for everything about our village. You can see the minutes of your Parish Council or look up local groups in the village, past copies of the High Halstow Times, and pictures of recent events. Please note that there is now an RSS feed on the Parish Website where you can get automatic updates when the site is updated. Please visit [www.highhalstow.org.uk](http://www.highhalstow.org.uk) and follow the instructions on the right hand side.

### 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](mailto:childrenscentre@stjames.medway.sch.uk)

[www.stjamesisleofgrain.org.uk](http://www.stjamesisleofgrain.org.uk)

**Sure Start Children's Centres**  
Medway



A Sure Start Children's Centre

**Medway**  
Serving You

### 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](mailto:childrenscentre@stjames.medway.sch.uk)

[www.stjamesisleofgrain.org.uk](http://www.stjamesisleofgrain.org.uk)

**Sure Start Children's Centres**  
Medway



A Sure Start Children's Centre

**Medway**  
Serving You

## Get Fit, Having Fun in the Dark.

### High Halstow Village Hall



## GLOWFITT

Easy to follow dance moves to club tunes in the dark with disco lights and glowsticks!

No need to pre-book, just turn up! Mondays at 6.30pm at the High Halstow Village Hall

For more info like our Facebook page!

**f JR Fitness 07746082182**

## Sunday Services

8:00am High Halstow  
Holy Communion BCP

9:30am High Halstow  
1st and 3rd Sundays All age worship  
2nd and 5th Sundays morning prayer  
4th Sunday Family Communion

6:30pm High Halstow  
1st Sunday Holy Communion  
3rd Sunday Informal worship

**Baptisms by arrangement**  
1st or 3rd Sunday of each month at 9:30am

For further information. Rev Stephen Gwilt 01634 250637  
Or Email [stephengwilt2@hotmail.co.uk](mailto:stephengwilt2@hotmail.co.uk)

*Caring for the needs of the community for over 1000 years*

*Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another - and all the more as you see the day of judgment approaching. Heb 10:25*

## ***Stoptober: Breathe easy in Medway***

Medway Council is encouraging its residents to breathe easy this October and get help to quit smoking as part of Stoptober. Public Health England's national campaign runs throughout October and the 28-day challenge supports people to stop smoking for good.

The council has a team of public health professionals working with smokers throughout the year to help them stub the habit. They work in a variety of locations across Medway and offer a free stop smoking service, providing advice on the health risks of smoking as well as support to stub the habit. There are stop smoking services running all over Medway, including a Stop Smoking Shop in Chatham town centre, in GP practices, pharmacies, workplaces and within the military.

Scott Elliott, Head of Health and Wellbeing at Medway Council said: "Medway's stop smoking service is accredited by the National Centre for Smoking Cessation Treatments and the Royal Society of Public Health for the extensive work carried out locally. There are a number of free initiatives in place to support local people in their fight to kick the habit - our stop smoking team can provide one-to-one advice and support. They recognise that every smoker is different and will work closely with each smoker to agree a date to quit smoking and prepare them for their stop smoking journey to give them the best chance to quit.

"Smoking has been found to cause heart disease, cancers and strokes. It can also increase stress due to the imbalance in chemicals that nicotine causes and is also a risk factor for cancer. By quitting smoking, people will feel less stressed, have more money, breathe more easily and generally have a longer, healthier life."

As well as offering advice to individuals, the team has also been supporting workplaces. They are currently helping Medway Foundation Trust to become a smoke-free organisation and to discourage people from lighting up in Medway Maritime Hospital's grounds. The change is aimed to help promote healthier living and to reduce second hand smoke inhalation.

The team is also reaching out to younger people to advise them of the health risks of smoking and to offer support to help them curb their habit. They are supporting schools to educate young people around the harm of smoking through their personal, social, health and educational (PSHE) sessions. They are also working with schools in the area to encourage a smoke-free gates policy.

### **A mother-to-be gets help to stop smoking during pregnancy**

Public Health and Medway Maritime Hospital jointly organised an event for health professionals to help reduce smoking prevalence and the adverse outcomes during pregnancy. On Tuesday, 27 September, a range of staff joined the star of BBC Three's *Misbehaving Mums* Lisa Fendall, at the hospital to discuss how the issue can be tackled. They listened to a number of speakers, including hospital Chief Executive Leslie Dwyer, Professor Ranjit Akolekar and members of Medway Council's Stop Smoking Service, who explained the risks of smoking while pregnant, from an unhealthy placenta to stillbirth and the support available to stop smoking.

A 28-year-old mother, from Gillingham, accessed the council's stop smoking team during the pregnancy of her now three-month old daughter. She said: "I had been smoking for 15 years and when I found out I was pregnant I approached the council's stop smoking team as I was concerned what effect smoking would have on my baby. I had a one-to-one meeting and we discussed all of the things that could help me quit smoking; I used an inhalator and the patches and my daughter was born in June weighing a healthy 7lbs 7ozs. I would encourage other mums-to-be to talk to the council as they were able to help me stop smoking and can help you too."

"I would encourage all smokers to be mindful that their habit could cause health implications for them, their baby and others around them. Giving up smoking isn't easy, but with help and support the chances of quitting are significantly increased."

### **Book a stop smoking session**

There are a number of sessions being held throughout October which smokers considering quitting are invited to attend. They are being held from Monday to Saturday at The Stop Smoking Shop in Chatham town centre, and at locations in Lordswood, Rainham, Chatham, Gillingham, Strood and Rochester

To book a one-to-one session with the stop smoking team:

- call 01634 334800
- email
- [medwaystopsmokingservice@nhs.net](mailto:medwaystopsmokingservice@nhs.net) or
- text 'QUIT' to 81025.



## Readers Letters

### *Passing of Tony Davis*

The family of Tony Davis wish to express their sincere thanks for the many messages of sympathy and donations to the Alzheimer's Society following his funeral on 7th September at St Margaret's Church. Donations in memory of Tony for the Society have now exceeded £500.

Many thanks

Yours Sincerely

Chris Davis

Tel 01580 765615

Mob 07583682028

Dear HHT,

We have moved from High Halstow to St. Ives Cambridgeshire after over 50 years in the village. We have seen many changes, many happy events and lots of sad ones too. As we have been unable to say goodbye to the very many people we know here, we would like to take this opportunity to do



so. Over the years, Roy has been involved in the badminton club, indoor bowls as well as the Red Dog. He has been privileged to share many good times with you all. For my part, I remember my Brownies, my Explorers, and my Pathfinders - some

stretching back many years (so if you happen to be reading this I loved every minute of it). St Margaret's church has been our mainstay and we shall miss all of our fellowship there. We have had the best of neighbours, both in Harrison Drive to begin with and Medway Avenue for the past 22 years and we shall miss them, the new neighbours in St Ives will have a hard job to begin to compete! Thanks for the memories.

Rosemary and Roy Pike.

### ***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 \*\***



### ***Halloween***

The spookiest night of the year is fast approaching, and the ghosts and ghouls of High Halstow will take to the streets for the annual 'Trick or Treat'. However, please be aware that not everyone wants to be included in this scary night. So please observe the rule that if there are no decorations or lights on in the porch/doorway then try another house.

**HH Parish Council**

### ***Your Parish Councillors***

George Crozer, Chair 01634 250286

e.mail: [george@highhalstow.org.uk](mailto:george@highhalstow.org.uk)

Christine Watson, Vice Chair 01634 256529

Martin Andrews 07984 791029

Linda Atkinson 07825 619353

Ray Collins 01634 250105

Gary Jerreat 01634 253999

Bill Khatkar 07775 668620

Carl Mitchell 01634 250911

Brian Williams 07908 006448

e.mail: [bdwilliams9@hotmail.com](mailto:bdwilliams9@hotmail.com)

Your councillors may also be contacted through the Parish Clerk:

Mrs Roxana Brammer 01474 871269

[clerk@highhalstow.org.uk](mailto:clerk@highhalstow.org.uk)

The next Parish Council meeting is on Wednesday 12th October at 8pm in the Memorial Hall, all are welcome.

Next edition November 2016; Contributions for November should be sent by 26th October to:

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or e.mail to [editor@highhalstow.org.uk](mailto:editor@highhalstow.org.uk)