



High Halstow TIMES

Home of the Heron



November 2015

High Halstow Doctors Surgery.

Since the upgrading of the surgery in the Village Hall, there is growing concern that there is not always a doctor in attendance during opening hours. I understand that it is still possible to get an appointment to see a doctor when one is in attendance but no set regular times when a doctor is present. It is of course still possible to drop off repeat prescriptions.

I am keen to learn how many of us actually use the surgery particularly those of us who find it difficult to get to Hoo.

If you have friends or family who have had some difficulty in obtaining an appointment or have had to travel by public transport to Hoo please let me know.

George Crozer
HH Parish Council
george@highhalstow.org.uk
07711 432598
Woodlands, High Halstow ME3 8SX

Time to remember our hero's of yesterday and today

A service of Remembrance on

● Sunday 8th 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

High Halstow Football Club

October saw High Halstow turn their attention to the league in the form of an away game at Burham, ultimately losing 5-1 and having a man sent off in the 30th minute. The league games continued with back to back games against Invicta Colts providing High Halstow with their first two wins of the season, a 2-0 home win followed by a 4-1 away win. With High Halstow playing good football and confidence high, they played Burnham for the second time in 3 weeks and were keen to get revenge. A hard fought game ensued and High Halstow took the lead only to be pegged back from a corner, the game finished 1-1 and High Halstow extended their unbeaten run to 3 games.

Currently 4th in the table, High Halstow's next game is at home to Parkwood on Saturday 31st October in the Quarter Century Cup.

See below for Novembers fixtures.

All KO's are 2pm unless stated:

Saturday 31st October 1.45pm -
HH v Parkwood - Quarter Century Cup

Saturday 7th November 1.45pm -
HH v Beechwood 76 - Kent Junior Cup

Saturday 14th November -
HH v Medway Knights - League

Saturday 21st November - No fixture at present

Saturday 28th November - No fixture at present



***Dementia Friends Information Session, Wednesday 18th November
7-8pm, at the Memorial Hall more information on page 6***

High Halstow Hikers

We were very fortunate to have excellent weather for our first venture of having 2 walks on a Saturday and Sunday further away than we normally travel. Twelve of us walked on the Saturday from the village of Rye Harbour and around the nature reserve that is bounded by the River Rother, and the shingle beach looking out across the English Channel. The old lifeboat station occurred about halfway along the route and featured a sad memorial to the disaster of the Mary Stanford lifeboat that went down killing the 17 people aboard in 1928. The walk back meandered through the lakes and featured a flock of unusually large sheep that were mistaken by some of the group as being cows! Half a dozen of us overnighted in the lovely historic town of Rye and met up with others to walk along the Royal Military Canal past the impressive, well-preserved Camber Castle with a kingfisher being spotted diving between the trees over a ditch. We then walked up into lovely, well-kept Winchelsea that overlooks the surrounding fields and marshes and is reputed to be the smallest town in England. Of particular note is the grave of Spike Milligan who lived locally. The grave is visited so frequently that the grass is trodden down to make an obvious unofficial path. While many know that his epitaph reads "I told you I was ill" most will not know that it actually reads "Duirr mé leat go raibh mé breoite" which is the Gaelic for the same phrase. A short visit to the New Inn set us up well for the return walk across the fields towards the windmill at Rye rounding off an excellent couple of days.

Our November walk will be on SATURDAY 7th to leave Remembrance Sunday free. The walk will be from the Dirty Habit in Hollingbourne and as usual will start at 10.00am. The Dirty Habit's post code is ME17 1UW. It is reached by turning off the M20 at Junction 8 and following signs to Lenham and Leeds Castle. At the second roundabout take the road signed to Hollingbourne. Pass through the village to find the pub at the top of Upper Street. The pub car park should only be used if using it later. There is on road car parking close by. Walking in November can be muddy so please wear suitable footwear. The walk will be about 6 miles long. By tradition our December walk will be a local one and will be on Sunday 6th beginning at 10.00 from High Halstow village car park.

All are welcome. Any queries to Mitchell on 01634-254428 or mitch.dowsett@btopenworld.com.

High Halstow Gardening Club

We were entertained at our October meeting by Malcolm Withnall giving us Design Ideas from British Gardens.

Some of our members enjoyed a splendid fund-raising evening sampling British beers, ciders and cheeses. Marj and Roy Ives had worked very hard to make this another very successful evening.



The speaker at our November meeting on Tuesday 10th will be Jim Buttress who was one of the judges on the BBC Allotment challenge. Jim will be speaking to us on 'Royal Parks'. If you want to join us as a guest for this evening, you are welcome with a guest fee of £1.50.

Wigmore ON TOUR

This year we are excited to announce that the winning formula of the Wigmore Lectures, a varied and accessible range of talks at reasonable prices, is being offered in other areas across Medway.

At Hoo Library, Church Street, Hoo, ME3 9AL Wed, 4 Nov, 8pm, Toni Mount: Dragon's Blood & Willow Bark Unravelling the Mysteries of Medieval Medicine, Toni Mount looks back to a time when butchers and executioners knew more about anatomy than university-trained physicians. Although the phrase 'Medieval Medicine' conjures up horrors for us with our modern ideas on hygiene, instant pain relief and effective treatments, the medical profession of the Middle Ages created remedies with surprising effectiveness from some very unlikely sources.

Tickets £4 each from Hoo Library. Booking in advance recommended. Note that Wigmore ON TOUR venues are not able to accept cash transactions of more than £20. www.enjoymedway.co.uk for details of the full Wigmore Lectures and Wigmore ON TOUR programme

High Halstow Village Hall

Quizathon

What a great night had by all.

Well done to Margaret and Lesley for running a superb evening. Yet again we failed to win but was part of an evening that raised £260, which will be going towards Phase Four of the refurbishment programme.

It was nice so many people came and saw the works recently finished as a result of Phase Three and to hear that people were happy with the improvements that had been made.

Since the Quizathon has started in the Village Hall some £7,757.79 has been raised towards the refurbishment so thank you all for your continued support.

Murder Mystery

The Murder Mystery, which has been sold out for some time will be going ahead in November. At the start of this idea we thought we would sell a few tickets, enough for one show, but not in a million years did we think it would be so popular that it has resulted in a sell out over two nights.

Village Hall Event Planner

The Village Hall Committee is still looking to put on fund raising events for the year and below are dates that have already been agreed:

Quizathons

15th January 2016
15th April 2016
15th July 2016
15th October 2016

Murder on the Peninsula

**Friday 6th and Saturday 7th November
(Both Sold Out).**

The Committee will be looking for additional ideas and events in the coming year.

Thank you all for your continued support, we couldn't do it without you.

Gary Thomas

Quiz Night

At the end of the September quiz the draw was made to see which charity would benefit from the October quiz. The Misfits number was drawn out and they decided that, just as the September quiz, they would like the profit from the October quiz to go MacMillan Nurses.

Our November quiz on 27th November will be our usual Christmas quiz and, as Christmas Day falls on the date of the next scheduled quiz, the next quiz will be at the end of January (29th) Thank you for your support.

Margaret Church

Responsible Parking

It has been noticed that a number of vehicles around the village are either parking on the kerbs, causing obstruction to pedestrians and risking children crossing the road unseen between parked cars; or are parking on corners which is a danger to other road users. Please park with consideration to pedestrians and other road users.

An Evening with John Lyons with special guest, Matthew Crane

Come and have a great night out on Saturday 21st November 2015 at High Halstow Village Hall, where we are honoured to have the TV Star, actor, John Lyons, who was best known for playing "Sgt George Toolan" in ITV's hugely successful series, "A Touch of Frost".

John will be giving an amazing talk on a career spanning over 50 years, including 17 years with Sir David Jason on the long running show. The talk will include film clips and outtakes and many amusing stories from his time in "On The Buses", "George & Mildred" & "The Sweeney" to name but a few.

If that wasn't enough, Special Guest, Matthew Crane, our very own award winning singer from High Halstow, will be performing a medley of many of his favourite songs. The evening will then finish with a Q & A Session.

Tickets are priced at £10 each, which includes refreshments, and can be purchased by telephoning 01634 251126 or from the High Halstow Village Shop.

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.

Resume Of The Parish Council Meeting Held On 14 October 2015

The meeting held on 14th October was attended by 7 parish councillors and 6 members of the public. Steve Joyce was also present to advise on the purchase of a public access defibrillator.

Steve is a First Responder for the local ambulance service. He brought along an example of the type he would recommend to install for public access. It was agreed to buy one, together with the necessary box. There was a discussion about the best position in the village and after thought it was decided to put it on the Memorial Hall, even though the car park is at the Recreation Hall opposite. It was felt that when used it will be an emergency and the driver collecting it will just stop in the road outside the hall, not bothering to enter the car park which may well be full. It was also felt it would be less open to acts of vandalism at the Memorial Hall, although we were told that generally these life saving devices are respected and mostly left alone..

There have been some complaints about the new path on the Recreation Ground, from Ruggles Close to The Street. The surface will take some time to bed in and people walking on it will help. However, one end has been laid with bigger stones and there were complaints about using push chairs. Medway's public rights of way officer has suggested the entire length could be finished with tarmac during next financial year and this was agreed. Please be aware that there is a point in the alley between the field and Ruggles Close where there is a dip in the land that will always collect water.

The working party to investigate the provision of wooden bus shelters has now met and quotations are being sought.

Nothing further had been heard from Medway Council about the proposed pedestrian crossing in The Street from the school gate to the car park. A member of the public informed councillors that a scheme had been sent to him as a resident of The Street and that comments had to be made by the beginning of the next week. The Clerk has investigated and been sent drawings that will be discussed at the next meeting. It's a pity that one of Medway Council's highways officers had delayed it through lack of thought in consulting the Parish Council. I would like to thank Cllr Phil Filmer for his co-operation in this.

By the time you read this the Finance Committee will have met to draft a budget for the financial year 2016/17. This will be recommended for adoption to full council at its meeting on 14th November. There will probably be an increase in your council tax next year for the amount you pay for the running of the Parish Council. Several factors are involved, not least the probable addition to staff costs of the Government's contributory workplace pensions. There is also the one item in the playpark that was not replaced at the same time as the rest of the equipment in the fenced area. It has become apparent that this really needs either removing altogether or, preferably, replacing. We will seek grants but need to put money into the youth provision reserve, which was emptied to provide the skateboard half pipe.

The fence erected at a house in Gypsy Way has been reported to the planning enforcement team at Medway Council. The planning consent for the estate provides for open front gardens and in the past applications to fence boundaries of private properties have been refused. So far nothing has been heard from Enforcement.

Chris Peek reported that 3 parish councillors and the Clerk had visited the Youth Club. She also thanked those who had joined the school lottery and Cllr Chris Watson said she had been invited to attend the next meeting of the School Council.

A member of the public said that yet again no doctors had been present at the surgery and various stories were circulating of the reason why.

As usual the Parish Council will be laying its poppy wreath on Remembrance Sunday.

The next meeting will be held on Wednesday 11th November in the Memorial Hall at 8pm. You are all welcome to attend as observers. The awards for the annual photographic competition will be presented at the meeting and the High Halstow calendar for 2016 will be launched.

GET IN THE MOOD FOR CHRISTMAS



**9th December
2pm - 4:30pm
The Memorial Hall**



**Come along and enjoy a mince pie,
a glass of mulled wine
and a game of bingo.**



**Have an hour or two to relax and
enjoy yourself
before the stress
of Christmas shopping
and preparations set in.**



£3 on the door



**For more info ring
Wendy 01634 255366**

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:

Sunday 1st:

09:30

Family Service

Wednesday 4th:

19:30

St. Margaret's Church

Friday 6th:

19:30

Women's Institute

Saturday 7th:

19:00

Memorial Hall

Saturday 7th:

Murder Mystery

Village Hall

Murder Mystery

Village Hall

High Halstow Hikers

Details in HHT

Sunday 8th:

10:15

Remembrance Service

Sunday 8th:

10:00

St. Margaret's Church

Tuesday 10th:

20:00

Village Market

Memorial Hall

Wednesday 11th:

20:00

Gardening Club

Memorial Hall

Sunday 15th:

09:30

Parish Council Meeting

Memorial Hall

Friday 30th:

20:00

Family Service

St. Margaret's Church

Quiz Night

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.

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 10th November 2015 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.

CODY {GEEKS}

Your Local Website Design Services.

Cody is a new, local web design company in your area. In fact, the owner grew up in High Halstow.

Our services include site designs / re-designs, updates, repairs and touch-ups.

If you are thinking about having a web design service, get in touch for a quote.

www.codywd.com

07792 611528

contact@codywd.com

Dementia Friends Information Session
Wednesday 18th November
7-8pm, at the Memorial Hall



There are more than 850,000 people living with dementia in the UK with over 40,000 people aged 65 and below. The overall number is set to rise to 1 million by 2021. There are also huge differences in diagnosis rates across the country, ranging from 32 to 75%. Overall, less than half of people living with dementia in the UK have a diagnosis. In Medway there is a 56% diagnosis rate with over 2,800 people living with dementia.

Dementia is caused by a number of diseases that affect the brain. The most common is Alzheimer's but diseases also include vascular dementia, dementia with Lewy bodies and Pick's disease. Different types of dementia affect the brain at different rates and in different ways, but other things like someone's personal circumstances, the people around them and the environment in which they live, will affect each person's experience. Dementia progresses in a way that is unique to each individual.

Dementia often starts with short-term memory loss but it can also affect the way that people think, speak and do things. People with dementia can become confused, find it difficult to communicate (as they can't remember the words that they want) and can have difficulties planning. Dementia also affects people's moods and motivations so people with dementia can feel sad, frightened, frustrated or angry about what is happening to them.

Alzheimer's Society is the leading dementia support and research charity for people with dementia and their carers. We provide information and practical and emotional support to help people live well with dementia, as well as investing in world class research with the ultimate goal of defeating

dementia. We also campaign to improve public understanding of dementia. Across the country we have almost 3,000 community-based services and, locally in Kent & Medway, we provide: Day Services, Home Support Service, Dementia Support Workers, Dementia Café's, Peer Support Groups and Activity Groups.

Alzheimer's Society's Dementia Friends

programme is the biggest ever initiative to change people's perceptions of dementia. It was launched to tackle the stigma and lack of understanding that means many people with the condition experience loneliness and social exclusion. Dementia Friends aims to transform the way the nation thinks, talks and acts about dementia and is helping to turn communities across England into **dementia friendly communities** where more people understand dementia, there is less fear and avoidance, and people living with dementia are included and supported to live independently for longer. A Dementia Friend understands a little bit more about what it's like to live with dementia and the small ways you can help. Anyone of any age can be a Dementia Friend.

A Dementia Friends information session is arranged for **Wednesday 18th November, 7-8pm, at the Memorial Hall in High Halstow**. Gary Burke, a Dementia Friends Champion, will be hosting this **FREE** session so, if you would like to attend and understand more about dementia, and become a Dementia Friend, he would be delighted to see you there.

You can also register online by clicking the 'Find an Information Session' link on the Dementia Friends website, www.dementiafriends.org.uk

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.

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

Medway
Serving You

Christmas Tree Festival 2015

On December 12th the Village Hall doors will be open to the fourth Christmas Tree Festival in High Halstow. This is now proving to be a must event in the High Halstow Calendar



It is not too late to let us know if your group, family, business etc would like to put a tree in. All we are asking for is a donation of £5.00 per tree submitted.

Trees can be any size or shape, fresh or artificial; as far as decoration is concerned, the only limit is your imagination and afterwards your tree goes home with you for Christmas.

Trees can be decorated at the Hall or brought ready-decorated. Power is available for lights.

Trees should be brought to the Hall on

**Friday 11th December from 19.00 to 21.00 or
Saturday 12th December from 9.00 to 12.00**

Trees must be collected on

Saturday 12th December from 17.00 to 18.00



Please invite all your friends to come and see your entry and enjoy this event. With your help - and with the help of others – please make this Christmas Tree Festival a success.

The public are invited to view the trees from 13:00 to 16:30 with entry being just 50p. Refreshments will be available on the day.

Full programme of events to be published next months HHT.

Future Events

12th March 2016: **Cake Festival**

Building on the success of the first Cake Festival, the event will run again and so you all have enough notice to practice your baking skills.

Date to be confirmed: **Scarecrow Festival**

Likely to be June, the Committee are looking to hold the first Scarecrow Festival within the Village. We would like to think something different for the Village so watch this space for further details.

Date to be confirmed: **Flower Festival**

Likely to be July we are looking to hold a Flower Festival in the Church

Please watch this space in future High Halstow Times for further details of these events



A Reminder of How To Join

Although in the past we had accepted requests for people to pay an annual fee in one go, it was not clear enough to all that this was the case, so just to be clear you could pay as follows:

- 1 A monthly Standing Order
- 2 A one off Annual Fee

Forms are available on <http://thefriendsofstmargarets.org.uk> or from any Committee member

Thank you all for your continued support.

*The Parish of High Halstow and Allhallows
with St Mary Hoo are delighted to present*

A TASTE OF CHRISTMAS

Saturday 5th December 2015

12.00 - 3.00 p.m.

**at the HIGH HALSTOW
RECREATION HALL**

*Locally made preserves, cordials,
crafts, cakes and festive food*

Beautiful hand-crafted Christmas decorations, books

Dress up in the Festive Photo booth

Great Christmas music

And a whole lot more.

*With a special guest from the North Pole
as well as children's games and stalls*

**Come and join us for lunch. There will be a
selection of hot and cold food available
and get ready for the best Christmas ever**



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!!!!

- | | |
|--|--|
| <input type="radio"/> Dramatically Speed up Slow PC's | <input type="radio"/> Virus & Malware Removal |
| <input type="radio"/> Fix Broadband connection issues | <input type="radio"/> Data Transfer & Recovery |
| <input type="radio"/> Install Windows 10 or Fix Install Issues | <input type="radio"/> NO 'Call Out' Charge |
| <input type="radio"/> Make Win 8/8.1 look like XP, Vista or 7 | <input type="radio"/> 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)

The All New High Halstow Market and Table Top Sale

High Halstow Memorial Hall
Sunday 8th November
10am - 2pm

Stalls will include:
Butcher, Jeweller, Hand-made-Cards, Make-up,
Lucky Dip, Bric-a-Brac, Hand Bags,
Dragon & Fairy Ornaments, Cakes
and much more!!

Refreshments available.

If you would like a table, please call Pat 01634 251077

Raffle for the Friendly Club and Charity

Learn GUITAR

Professional guitarist and guitar teacher offers 1 to 1 tuition. All ages and abilities welcome. Graduate of London Guitar Institute and playing experience includes The Who and Robbie Williams. Can inc practical, grades & theory.

CHRISTMAS VOUCHERS AND DEALS AVAILABLE
HOME VISITS OR AT HOME STUDIO IN CHRISTMAS LANE
Call Matthew 07967 125091



LOCAL ELECTRICIAN

Domestic + Commercial + Industrial
NAPIT PART P APPROVED ELECTRICIAN
Steve Waldie

Full & Part Rewires - Consumer unit changes - internal power sockets & lighting - External power & lighting - Bathroom fans - Testing & inspection - Alarm Systems

No Job Too Small - No Call Out Charge
All work fully insured and guaranteed



Tel 01634 253169 Mob 07833 251805

PAUL HUGHES

Double Glazing Repairs

NO CALL OUT CHARGE FREE ESTIMATES

- Misted Units Replaced •
- Cracked Units Replaced •
- Broken Hinges •
- Cat Flaps Fitted •
- Locks Repaired •
- Damaged Handles •
- Doors Re-Adjusted •
- Windows Fitted •



M: 07815 948637

H: 01634 256631

MMS Productions Presents

An Evening With John Lyons

An Amazing Talk On A Career Spanning Over 50 Years of Acting
Including 17 years with Sir David Jason on ITV's Hugely Successful, "A Touch of Frost"

Saturday
21st November
2015
Arrive
7.00pm

Tickets
£10

Including Refreshments
Plus Charity Raffle
In Aid of
High Halstow Friendly Club


High Halstow Village Hall
The Street,
High Halstow,
Rochester,
Kent,
ME3 8SQ

FOR TICKETS
OR MORE INFORMATION,
PLEASE CALL:
01634 251126
TICKETS ALSO AVAILABLE
FROM
**HIGH HALSTOW
VILLAGE SHOP**

With Special Guest
Award Winning Singer



Matthew Crane



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

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



A Sure Start Children's Centre

Medway
Serving You



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

DEJA VU SPIRITUAL CENTRE



Every Sunday

Please join us to see mediumship demonstrated by different medium's each week. **6.30-9.30pm ONLY £3.00 ENTRY FEE.**

**RAFFLE PRIZES TO BE WON AND REFRESHMENTS AVAILABLE.
RECREATION HALL, THE STREET
HIGH HALSTOW.
ROCHESTER
ME3 8SQ**



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.



SanFran Fitness

Fitness classes for all ages in Kent



**A New Fitness Class
"Seated Exercises"
with Scott of SanFran Fitness
Thursday Morning 11:30am - 12:15pm
Starting 1st October
£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.



Readers Letters

Dear HHT,

Whilst I have repeatedly tried to have speeding in Christmas lane lessened and whilst the lunatics in the village continue to use it as a launch pad, I am finally coming to the end of my tether.

As the first house beyond the cricket club coming down Christmas lane, I constantly hear people who are driving too fast braking hard to avoid running into the back of my parked car, after they all too late realise a car is coming up the road and they have to give way. Motorbikes and scooters that think they are immortal defy the rules of the road and try and squeeze between the oncoming traffic and the parked cars. Coaches that find a timetable more important than diligence and care for others. At what point does it become a need to address the speeding.

This morning a wing mirror from one of our cars was found knocked off onto the road, three or four doors down. This may sound petty to many but this is now the third time in two months this has happened, first broken glass now the whole mirror unit. Whilst it's a wing mirror this time, again, next time it could be a child, a dog, a cat or an elderly person and then the impact to your conscience and livelihood may be substantially more than a strongly worded letter.

SLOW DOWN IN THE VILLAGE

Euan Orr
Christmas Lane



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 and follow the instructions on the right hand side.

Local Groups and the Website

You can advertise your activities free of charge on this site just let us have the details. If your details need updating with either dates or details of events please let us know by emailing gary@highhalstow.org.uk. This can be used to keep your members informed and possibly attract new members to your group.

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 December 2015; Contributions for December should be sent by 24th November to:

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