



High Halstow TIMES



Home of the Heron

December 2018



High Halstow Parish Council

George Crozer	01634 250 286
	Chairman
Christine Watson	01634 256 529
	Vice Chair
Martin Andrews	07984 791 029
Linda Atkinson	07825 619 353
Ray Colins	01634 250 105
Gary Jerreat	01634 253 999
Bill Khatkar	07775 668 620
Brian Williams	07908 006 448
Mick O'Hanlon	07752 873 379

Your Councillors can also be contacted on **07702 036 836** or emailing the Parish Clerk Miss Cat Bloomfield clerk2@highhalstow.org.uk

Please remember: All Councillors are volunteers and give much of their time to keep the village the great place that it is to live.



Town and parish councils are the first level of local government.

They provide communities with a democratic voice and a structure for taking community action.

Happy Christmas to all our readers

High Halstow Santa's visit 2018



For the 16th year in a row Santa has decided to pay another visit to High Halstow. He has once again agreed and planned his route and therefore will be stopping by to deliver his gifts on Christmas Eve. The charge as last year will be £2 per present being delivered.

The usual rules will apply as follows:

You buy your gift and wrap it clearly with the name of the recipient and the address it is to be delivered to (High Halstow only please). If your child is attending the church service and would like the present at the service please just put the address, as The Church and Santa will call.

Pop the present along to Bob in the shop after SATURDAY 1 DECEMBER but no later than WEDNESDAY 19 DECEMBER. This is to provide Santa's helpers sufficient time to organise his deliveries. This year we cannot guarantee presents are delivered if late to the shop

Please note for insurance purposes the value of the present should not exceed £10.00.

Please, please do not make the presents too large (preferably no bigger than a shoe box size).

Again, like last year Santa plans to start at

around 4.00 p.m. Sorry we cannot guarantee a time for any deliver, as the time taken is around 5 hours. If you have presents for young children don't forget there is a guaranteed delivery time at the Church at 6.00 p.m. if this helps.

This year the money raised will be going to Friends of Chernobyl's Children - Medway (<https://foccmey.org>) funds yearly recuperative visits of one month for socially disadvantaged Belarusian children aged between seven and twelve from the areas still devastated by the 1986 Chernobyl nuclear disaster.

Come on High Halstow – lets make it the biggest one yet

Santa's helpers always appreciate the odd drop of something warming and the occasional mince pie or sausage roll. They have a busy evening and we don't want them slacking do we!



Editorial

It was heart warming to see villagers come together in ensuring our village looked the part to commemorate WW1. The poppies on lamp posts were welcomed and looked great. The monies raised totalled £690 but almost £200 of that was raised by Steve Joyce who worked hard cutting out Tommys for villagers who donated to British Legion. A huge thank you must go to Steve. I must also thank Nigel who had the major part of designing and making our poppies for the lamp posts. The High Halstow Community Lottery funded the materials at a cost of over £1,000 but these poppies can be used in future years to enable the village to fund raise for the British Legion. Have a great Christmas everyone.

St Margaret's Church Sunday Services

Rev. Stephen Gwilt 01634 250 637 or email
StephenGwilt2@hotmail.co.uk

08:00	Holy Communion book of Common Prayer
09:30	1st & 3rd Sundays—all age worship 2nd & 5th Sundays—Morning Prayer 4th Sunday—Family Communion
6:30	1st Sunday—Holy Communion 3rd Sunday—Informal Workshop

Baptisms by arrangement
1st or 3rd Sunday of each month at 09:30

CALL YOUR LOCAL POLICE



101

**IN AN EMERGENCY
ALWAYS CALL 999**

Need to hire a hall?

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

Memorial Hall—Angela Forward 01634 251 756

**Recreation Hall— Wenda Taylor
01634 253169 or 07807 983 248**

Kings Kitchen

**Every Tuesday
In the Memorial Hall
High Halstow**



Open from 10:00 a.m. until 1.00 p.m.

Letters

If you would like to write to the Editor for publication please send an email to Editor@HighHalstow.org.uk or write to Editor at 32 Goodwood Close, High Halstow, ME3 8SU

**The funeral of the late Stuart Fritter will take place on
Thursday 6 December 2018 at 1.00 p.m. at Thamesview
Crematorium, Gravesend.**



Stuart was born in one of the houses at Hill View Cottages in High Halstow and then went on to spend the rest of his life in the village. You may have seen him riding his bike and pottering around on his allotment by the cricket field. He had worked his allotment for the past 50 years. He was also a keen Trustee and Committee Member of the Memorial Hall.

The family would like to thank you all for your kind words and memories sent at this sad time.

The family of Stuart Fritter

High Halstow Community Lottery October game

£1,150 DA16 3RN Welling

£200 ME3 7SL Cliffe

Over £30,000 won by players so far!

£10 per ticket to play

**Disclaimer: HHCL is administered by a Committee
and is not in any way connected with High
Halstow Parish Council**

Email: highhalstowcl@gmail.com

Karate on the Peninsula

We now have 4 new Black Belts at High Halstow AND 5 new Deputy BBs.

Senpai and I are VERY proud of all you and the work that you have done over the last couple of months. You should all be very proud of your new belts and the effort that you have put in.

We are also VERY proud of the way that all of you - including the families of our students - support each other and are representing our academies and more importantly yourselves with true Black belt attitude.

Our main objective at Karate Leadership UK is to develop well rounded students, not only here at the Academy, but in society as well.

Each student has to complete a number of tasks over the eight weeks prior to their final testing held over 2 days:

The technical test covers -

Kata – 5 x pinan & kushanku

Boxing drills 1, 2 and 3

Creative kata

Take downs 6

Wrist locks 6

A week later will be graduation in front of the Chief Master Instructors -

Kata & Boxing drills

The Pad room

Physical drills

Sparring

The Masters sections

1000 Kicks and punches



For a student to be able to complete their Blackbelt test, they will need to have their form signed by their Head Teacher and Instructor to confirm that they have conducted themselves as a Blackbelt with honour, integrity and respect. They should use their Martial Arts skills to maintain order and protect those less able to defend themselves NOT for fighting.



Congratulations to all students.

Resume of the Parish Council Meeting on Wednesday 14 November 2018 held in the Memorial Hall, The Street, High Halstow

The meeting was chaired by Cllr. Crozer. There were 4 members of the public in attendance.

At this meeting the council voted to accept updated standing orders and code of conduct – these are the “rules” that the council members have agreed to abide by and uphold.

The Council also discussed an issue that had been raised about Clarkes coaches driving dangerously in the village – It was decided that the Clerk will write to Clarkes and ask them to be mindful of their driving.

The Council would like to know your views on what sport facilities you would like to see in the village – Before the 31st January please either email the clerk at clerk@highhalstow.org.uk or write to:

The HHPC Clerk, 39 Harrison Drive, High Halstow, ME38TF

The next Parish Council Meeting will be held on the 12th December at the Memorial Hall at 7:30pm.

All are welcome to attend and bring forward any issues that they may have during the public session.

Cat Bloomfield, Clerk to High Halstow Parish Council



Chris(tine) Watson and Gary Jerreat, two of your Parish Councillors, will be at Kings Kitchen in the Memorial Hall on: Tuesday 11 December 2018 from 10.30 – 12.00pm.

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.



Neighbourhood Plan

As many of you know, a steering group has been formed to produce a Neighbourhood Plan.

There have been to date four consultations asking residents their opinion on what is important to them when the development comes to the village. These have been sorted into the objectives that will form the basis of our neighbourhood plan.

What we like to know – is did we get it right? There is still time to contribute to this process – our aim is to consult with residents as much as possible, if you feel that there is something missing – please either email The Clerk clerk@highhalstow.org.uk or write to

The HHPC Clerk, 39 Harrison Drive, High Halstow, ME3 8TF

In no particular order – these are the objectives

1 Community Wellbeing

To provide and enhance facilities to maintain and develop the wellbeing of the community

2 Preserve and improve green spaces

To preserve and Improve sympathetic access to existing green spaces and further provide additional green spaces within the developed environment.

3 Keeping Community Identity

To maintain the existing sense of community and maximize the opportunity for engagement



4 Maintain rural setting

To keep High Halstow a rural village.

5 Leisure and Tourism

To maintain and develop High Halstow as an area rich in history and natural beauty

6 Robust Traffic Management

Minimise the impact of vehicular traffic and improve facilities for pedestrians and cyclists.

7 Sustainable Environment

To provide a sustainable environment for the residents and wildlife of High Halstow whilst being mindful of conserving an ecological balance.

8 Health and well being

To provide an effective locally based healthcare facility to suit the needs of the local population.

9 Housing is relevant to Community Needs

Housing should be relevant to community need and sympathetic to local styles.

10 Infrastructure

Provide infrastructure that is robust enough to support existing and future networks.



The Steering group are starting to work – on the Policy's that will underpin these objectives.

High Halstow Memorial Hall

As with other events over the Remembrance Weekend, the Hall was well attended after the morning Church service for people to see why the Hall was built and photographs etc of the men who returned after the War. Refreshments were available and donations totalling £77 collected and sent to the British Legion.

Thank you to everyone, we are now starting to think of the Centenary of the Hall itself in 2020.

Angela Forward.



Allotment plot available

One half or a full plot has become available on our Allotment area. If you are interested in renting a plot, please contact Linda Atkinson on 07825 619 353 or email Linda23Atkinson@gmail.com

Thank you

High Halstow Parish Council

High Halstow's Parish Council are considering the option of reinstating Tennis Courts for the use of villagers and would welcome the opinions of villagers on this.

The Council would like to know whether you are "for" or "against" the idea and where you believe the best place for the Tennis Courts could be sited etc. Your views would be most welcome as they are essential before we go forward.

This is solely an information gathering exercise.

We would prefer, if possible for you to email our Clerk, Cat Bloomfield Clerk@HighHalstow.org.uk with your response. If you do not have access to an email account, please tear off the slip below and post it to Cat Bloomfield at 39 Harrison Drive, High Halstow ME3 8TF.

Please tick or cross your vote.

Do you think it a good idea to have Tennis Courts available for all to use in High Halstow	Yes	No
Where do you think the best place would be for the Tennis Courts?	Recreation Ground?	Forge Common?

Your alternative suggestion?

Remembrance Service



The Church looked resplendent, decked in over 2000 hand knitted poppies, as well as the “transparent Tommies” from “There but not there”. These are transparent Perspex cut outs in the shape of a man, they were seated in the pews and represented those from the parish who had died in both the first and second world wars. Each one had a name tag on to identify them and a small history of person concerned. The church was completely full with standing room only and it was wonderful to see so many from the village taking the time to come and remember those who had

given so much. There were also uniformed members of the army who represented all branches of our armed services. As part of his message Rev Gwilt got the whole congregation to stand. They were each given a piece of paper with a letter on and as the letter was called out anyone with that letter sat down. Each group that sat represented either those with shell shock, those who had been taken prisoner, those who had been wounded and finally those who had been killed. This left around half the congregation still standing. It was very powerful to see so many sat down and made the dry statistics come to life as you saw family



members, friends and neighbours struck down around you.

He also spoke of the great desire for peace and that if peace in the world was to ever happen it would have to start with each of us individually having peace in our hearts and that only came with the true peace that Christ can bring. After his message the Rev Gwilt had to leave to go down to Allhallows where the service was running almost simultaneously. The service was lead by Gill Ellen and Terry Burton, both lay readers and long term residents of the village. The act of remembrance consisted of wreaths being placed on the war memorial by the representatives of the parish council and the armed forces and a 2 minute silence was observed at 11am. At the end of the service the majority of the congregation made its way to the memorial hall for refreshments and to see the wonderful display inside the hall as well as the memorial bench outside it

High Halstow Village Hall



Hits From The Blitz

What a time we have had since the last High Halstow Times was published.

First we had Motown Gold Night followed by Hits From The Blitz both really successful nights. The Hall Committee would like to thank all those who continue to support the Village Hall in its activities. A donation totalling £309 was made to the Royal British Legion following the Hits From The Blitz.

Please watch this space as the Committee prepare the plans for 2019.



Village Hall Quiz Nights - 14 December 2018

The last one for the year is on 14 December and to book your table please ring Margaret on 01903 340953 or 07702 196179, cost is £3 per person.

HIGH HALSTOW HIKERS

We were fortunate that our November walk found a window of calm, sunny weather between two spells of heavy rain on the day before the 100th Anniversary of Armistice Day. We started from Cliffe churchyard, spending a few minutes to visit the Charnel House that stands in the corner of the graveyard overlooking the marshes. This is an early Victorian building that in the past provided rudimentary mortuary facilities particularly for the storage of corpses found washed up on the riverbank. After this slightly grim start we passed through the old part of Cliffe and then along the long north-to-south bridle path that links the village to the hamlet of Well Penn. The rather muddy path from there took us across farmland with a variety of crops to the B2000. Having crossed this busy road and walked on towards Buckland we had a view through the trees to the Old Rectory that dates back at least as far as 14th Century. Over the years the rectors of Cliffe that lived there included two chancellors of the exchequer, two archbishops, three deans and 11 archdeacons reflecting its reputation as a jewel in the crown of the church's properties.

We then walked along the edge of one of the large chalk pits that were dug to service the cement industry that formed a major part of the employment for the area through the first part of the last

century. The pits have been allowed to flood and as well as being a great haven for wildlife they support a fishery and scuba diving centre. After reaching Westcourt Farm and Brett's gravel and concrete centre we trekked across the RSPB reserve marshes to Cliffe Creek where the mud was fully exposed by the low tide. Some of us reminisced back to our youth, when summer weekends regularly featured dozens of us sunbathing on the river bank and enjoying a swim in the murky water of the Creek.

The path back towards the village initially passes through large pools that are another relic of the cement industry, in this case for the clay they provided. The pools now form a central feature of the RSPB reserve and, given that a number of them have been fully and others partially re-filled with dredging from the river, they provide an ideal habitat for many thousands of waders. We were treated to a view high in the air of many hundreds of lapwing with their loose flight pattern and other, fast flying, smaller waders flashing first white and then dark as they changed direction while tracking low across the water. Less impressive in number but beautiful in appearance were two pair of Goldeneye that generous bird watchers allowed us to view through their telescopes. Leaving the RSPB reserve somewhat reluctantly we returned to the village up Black Path and down Buttway Lane with both giving

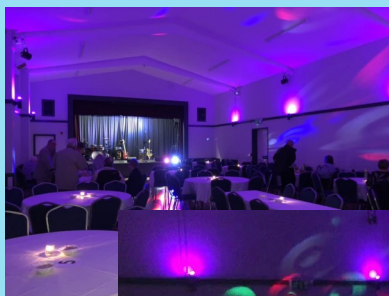


expansive views across the marshes and the river to Essex. It is remarkable just how many different features a local, 2.5-hour, 6-mile walk can fit in.

The December walk will be on 16 Sunday starting at 10.00 from High Halstow village hall car park. The walk will be about 5-6 miles in length. We will take a route that is appropriate to the under foot conditions.

Our walk will be on 6 January, the first Sunday in the month and will follow the Great Stour Way from Chartham to Canterbury. This is an interesting hard-surfaced path of about 3 miles in length that is shared with bike riders. We will start at 10.00 from Chartham village hall car park in Station Road (CT4 7JA). The route back from Canterbury to Chartham will be chosen according to underfoot conditions at that time.

As ever all are welcome on these walks and queries can be made to Mitchell at mitch.dowsett@btopenworld.com or 01634-254428.



Motown Gold Night



HIGH HALSTOW COMMUNITY CHOIR

At a concert down at High Halstow on Friday 9 November, the choir, variously dressed in 1914-18 style, sang all the old, old songs it knew.

During the WW1 Armistice Commemorative concert in St Margaret's Church, the varied programme told some of the story with a narrator, readings and other singing groups.

Some fourteen songs of the time were heard, from HHC Choir, popular in the music halls and parlours and it was smile, smile, smile from the audience when they enthusiastically joined in with the well-known choruses.

Of course, the last song was "Land of Hope and Glory" and guess what, everyone was waving a Union Jack !

Bernie Dawe, High Halstow Community Choir



Emails to Medway Council from Roy Freshwater Ward Councillor

Dear Michael, I understand that Medway Council has recently met with Hundred of Hoo Academy and with Arriva over the unacceptable lateness and breakdowns of Arriva buses. You will be aware the log kept by the school shows substantial numbers of buses are late or break down and on the morning I was meeting the headmistress, over 11 very young school students at 10 am in the morning were still walking down Bells Lane and some distance school, because the bus had broken down. Such a situation is unacceptable - not a good example for students in their working life - and although Arriva constantly makes the 'right noises', nothing is happening in real terms to give residents any hope the situation is improving in respect of both the school services or local bus services which is also a lifeline

for many rural residents and ageing residents.

Can you please advise me when a meeting as previously requested can be arranged.

Regards Roy



Dear Michael - You will be aware your offices have received a number of complaints regarding Peninsula bus services provided by Arriva and Arriva school bus services contracted by Medway Council. It is clear that the bus service - which is an essential service for many people living on the Peninsula - is no longer fit for purpose.

You will also be aware that shortages of GP services are causing residents on the Peninsula to be sent by bus to a GP surgery in Gillingham and other villages and any service that is reduced to running 2-hour services instead of 1 hour schedule times are unacceptable for residents generally and especially when attending Gillingham GPs surgery. Buses for schools are also constantly late, many over half hour late or not running at all. People are also trapped on the Peninsula as minicabs will not travel to many villages. I have previously requested that you arrange a meeting with Arriva - can a meeting please be arranged as a matter of urgency and can Ward Councillors and Parish Councils be invited to attend, please. Thank you,

Regards Roy

More News from the Coffee Tree

Well what a busy month November was....."coffee" in the morning and then singing in the Armistice concert in the evening, hence the costumes. Thank you everyone who has so far attended "coffee morning" or donated towards repairing our lovely old Church. To date we have raised £300. Our end of January target is £1000 which, with your help, should be within our reach. Remember every time you attend a "coffee morning" it is a suggested minimum donation of £1 and a pledge to host your own "coffee morning." That way the coffee tree grows.

Please put donations in an envelope (labelled with the host's name and date of the "coffee morning") and hand it to Tamsin Stowers (67



a

The Street) who will pass it on to The Friends of St Margarets. That way we can claim back the associated Gift Aid. Alternatively please go online at [justgiving.com/crowdfunding/highhalstowcoffeetree](https://www.justgiving.com/crowdfunding/highhalstowcoffeetree) and don't forget to tick the Gift Aid box if you are a taxpayer. Post a photo on Facebook at High Halstow Coffee Tree and give yourselves a name.

Wishing you all a Merry Christmas and a Happy New Year.

Jane Cook



GUITAR LESSONS

Professional guitarist and guitar teacher offers one to one tuition. All ages and abilities welcome. Graduate of London Guitar Institute and playing experience includes The Who and Robbie Williams. Practical, grades & theory. Rock, Country, Pop

GIFT VOUCHERS AVAILABLE

CALL MATTHEW 07967 125091

FRIENDS OF ST MARGARET'S

Christmas Tree Festival 2018

Once again we are holding the Festival in St Margaret's Church.

The trees can be displayed right up until to Christmas. The church will be open on Saturday 8 December and Saturday 15 December from 11.am – 5pm.



Refreshments will be available with entertainment on Saturday afternoons. Also afternoons of 11 & 13 December from 3 -5pm

Tree applications can still be accepted for a £5 fee.

If you would like to be involved please contact June Collins on junemari49@gmail.com or 01634 250105.

The trees can be set up on Thursday 6 or Friday 7 December.



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Merry Christmas

Christmas Craft & Well-Being Fayre

9th December 2018 12-4pm

High Halstow Village Hall
The Street
High Halstow
ME3 8SQ

Free Entry!

Crafts, Holistic Therapies, Health, Beauty & Well-Being
Advice, Psychic Mediums, Cake & Tea Room

Your personal invitation to celebrate Christmas

23rd December
6:30pm: Carol Service

24th December
5:00-6:00pm The Night Before Christmas for children followed by a visit from Santa
11:30 Midnight Communion

25th December
8:00am Holy Communion
9:00am Christmas family service

Merry Christmas from High Halstow & District Gardening Club

On Tuesday 13 November, Pete Bonney came along to our meeting to talk about the history of garden design through the ages. He explained how we are influenced by gardens created around the world many centuries ago and how mathematicians, artists and architects shaped the way our gardens and parklands look today.



Our annual Christmas social evening will take place on Tuesday 11th December. This event is only open to club members. We will be entertained by Joy Dey, a remarkable soprano, followed by a buffet, quizzes and a raffle.

Other items to note:-

The AGM will take place in the Memorial Hall on Tuesday 12th February 2019.

Our annual dinner will be at The Medway Yacht Club in Upnor on Saturday 6th April 2019.

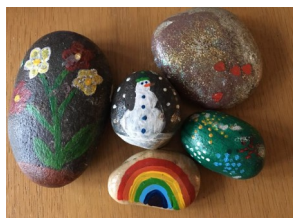
All that remains is for The Garden Club Committee to wish everyone a Happy Christmas and Prosperous New Year.

Happy gardening!

Mike Hughes



High Halstow rocks!



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Master Classes:

- Motivational Communication
- Diabetes
- Food Allergies and Intolerances
- Eat to Gain

Pilates Classes -Memorial Hall 6.15pm Every Tuesday

'Encouraging residents to live healthier lifestyles'

Medway Council already runs a number of programmes to encourage residents to get more active and live healthier lifestyles including the **Man V Fat football pilot in Strood (a totally free initiative)** which encourages men to play enjoy themselves whilst exercising, lose weight and speak to a health coach. More than 3,000 people have taken part in healthy walks and the council continues to encourage schools to sign up to the Medway Mile.

The council's A Better Medway team also works with early years professionals to encourage healthy eating from a young age.

0845 163 0042



As the MAN v FAT Football leagues around the country start to shape up for its different area launches, it's inevitable that new players will feel a bit nervous about what to expect. Fortunately, they've had some brilliant perspectives from the players and even seen the difference that it's made to some of the coaches. Fox Hollies player Mark Durose has now spent a year playing MAN v FAT Football and wanted to share his views on the leagues which show that not everyone has a straight and untroubled path to their goals.

So after three solid seasons, I've arrived at the end of my first year in MAN V FAT Football. The final results of 71lbs lost, a return to normal blood pressure from dangerously high and a visceral fat rating of 12, down from 21 all help to paint a great picture. But this year has been tough and, if I'm honest, it's not always been fun. So why am I so proud to now be taking a job helping other men to join the leagues? Why would I put other blokes through something that has challenged me so much?

To understand why I struggled during MAN v FAT Football you need a bit of context. I first signed up for the scheme after reading about

it in the Birmingham Evening Mail towards the end of 2015, I figured what did I have to lose – aside from the 45kgs of fat that was making my life a misery. To this point I'd been a serial dieting failure who had tried all sorts of diets without success. I'd been the biggest in my circle of friends for as long as I could remember and had learnt to laugh along with people about my weight.

The call came through to turn up at Fox Hollies Leisure Centre in mid-January to meet my new team. I could hardly walk without breathing like a broken bagpipe let alone play football but I consoled myself with the knowledge that I could always go in goal; after all – the fat kid always gets shoved in goal! Even though it had been made clear that it was a league to support men in their battle against weight I still did my usual and lost just under 7 kilos in the two weeks before registration. I thought it might make me feel a bit better about walking into a sports centre in the shape I was, which was not good.

We weighed in at the registration session and I tipped the scales at 136.8kgs. I was nominated as Captain. My job as I saw it was to motivate our team to lose weight, keep them up-to-date with fixtures and results and maybe win a trophy.

Season one was fun, there was lots of interest in the concept and all sorts of people showing up to speak with us and film us. One of the highlights was an appearance on The One Show, we answered questions about our aims and what had brought us to MAN v FAT. My team finished second in the league and I lost weight 10 weeks out of the 14 week season. Each league has a special game at the end of the season for those players who hit this magic target and they're always special games that all the players want to be a part of.

Season two started with another low, I returned to the set of The One Show surrounded by the league's biggest losers and realised I had wasted a massive opportunity, with the weight I'd gained during the off season I was a stone lighter which was ok but still pretty poor from where I had been and what I could have achieved.

Then came my lightbulb moment. By a quirk of fate I became the face, or rather the back, of MAN v FAT Football. A photographer visited the league one evening and a snap of me watching a game was one of the ones

that was used. Suddenly, everywhere I looked my back was on promotional material and it... looked...HUGE. I decided to use this as motivation – so I started to put this picture everywhere as a screensaver: on my phone, on my fridge – as a motivation to never go back to the fat back point.

As a result of the changes I made the season was fantastic, the weight loss percentage doubled to over 8% and I was making a positive impact both on and off the pitch. Suddenly I was less than twenty stones which had been a massive target of mine for a long time. It was now so much easier to get involved in other activities that I took up a coaching role with my son's junior rugby team and started coaching adult Touch Rugby to maintain and improve my fitness. I've never been one for the gym, so I have had to find other ways to be active that I enjoy.

Because I'd beaten the magic 5% target I also got to play in the MAN v FAT Inter-league game and I played the whole game. I'd gone from playing four minutes maximum to cruising through 90 minutes in a matter of months, now I felt that I belonged amongst the biggest losers and could hold my own finally!

Season 3 I took on a new approach as I wanted to achieve something as an individual as well as within the team. The initial target was to be the biggest loser and deliver losses every week of the season. In the end I made Top 3, losing over 12% of my body weight and I hit my target of losing every week and contributing the maximum 16.5 goals by achieving 13 losses, 4 hat tricks my 5% and 10% bonuses! Again this led to a qualification for a Losers match at St. George's Park which was held in February 2017 and is by far my biggest footballing achievement in my life – so far!

During the leagues I'd applied to become a MAN v FAT Football Weight Loss Coach and though I felt I could contribute, at that point in the first season realistically I was yet to prove that I could be a positive role model and support the other guys on their journey. I'm beyond proud to say that I'm now going to be the Coach for the Grace Academy league starting in January – I want to bring everything about my experience so far to the men on the league, not just the victories that I've had on the leagues, but also the low points and the challenges. After all, if I can crack it, then you can too.

MONDAYS	Line Dancing	11:00 — 12:30	Memorial Hall
Alternate Mondays	Community Choir	20:00 — 21:00	St. Margaret's Church
TUESDAYS	Kings Kitchen	10:00 — 13:00	Memorial Hall
	Pilates	18:15 — 19:15	Memorial Hall
	Youth Club	19:00 — 20:45	Recreation Hall
	Bell Ringers	19:30 — 21:00	St. Margaret's Church
WEDNESDAYS	Tai Chi	10:30 — 11.30	Memorial Hall
THURSDAYS	Seated Exercise	11:00 — 11:45	Memorial Hall
	Sugar Babes	19:00	Memorial Hall
FRIDAYS	Pilates	14:15 — 15:45	Memorial Hall
SATURDAYS	Karmann Dancers	09:00	Memorial Hall
	KLUK Martial Arts	09:30	Recreation Hall
SUNDAYS	déjà vu Spiritual Centre	18:30	Recreation Hall
Every 1st Wednesday	Knit and Natter	13:30	St. Margaret's Church
	Women's Institute	19:30	Memorial Hall
Every 2nd Tuesday	Gardening Club	20:00	Memorial Hall
Every 2nd Wednesday	Parish Council Meeting	19:30	Memorial Hall
Every 3rd Wednesday	Whist Club	14:00	Memorial Hall
Every 4th Wednesday	Friendly Club	14:00	Memorial Hall
Last Friday	Quiz Nights	20:00	Memorial Hall



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