

Good News Parish Magazine

High Downs Parish

*Serving the villages of
Eastling, Otterden,
Stalisfield and Throwley*

www.goodnews.rf.gd



Treasure Hunt/ Countryside Ramble

Saturday 16th July

Stalisfield Village Hall

ME13 0HY

Pick up a map from the village hall
between 2.30 - 3.30pm and search for
clues along the route through the beautiful
Stalisfield countryside. £2 / person.
Post ramble refreshments available.



JULY 2022

- 3rd Summer Fête
Eastling School Field 12 pm
- 3rd Ceramic Mug Painting
Stalisfield Village Hall 2.30pm
- 3rd Evening Service
Otterden Chapel 4 pm
- 6th Otterden & Stalisfield W.I.
Stalisfield Village Hall 7.30pm
- 8th Eat, Pray, Walk
Doddington Church 1.30pm
- 13th Youth Club - Zine Art & Bake Off Judging
Stalisfield Village Hall 7 - 8.30pm
- 16th Treasure Hunt
Stalisfield Village Hall 2.30 pm
- 20th Residents meeting
Stalisfield Village Hall 7 pm
- 27th Youth Club - Commonwealth Games
Stalisfield Village Hall 7 - 8.30pm

AUGUST

- 1st Events Planning Meeting
Stalisfield Village Hall 6pm
- 24th and 25th YouthFest - on Faversham
Youth Bus Stalisfield 10am - 2pm
- 27th Stalisfield Summer Fête
Village Hall & Green 2 pm

FOES WELCOME YOU TO THE

**Eastling School
Summer Fete**

**Sunday 3rd July
12pm**

**Games, Competitions and
Entertainment!**

Campfire Cooking

Bar Pony Rides Teas

BBQ Raffle Fun!



OTTERDEN

Special Evening Service

Sunday 3rd July
4pm in Otterden Chapel

All welcome for a time of peace, prayer and
slow down in the beautiful country setting of
Otterden Place park.

Message for the Month from Revd. Jim Pye

A man told his wife not to get her hopes up for her birthday. "After all," he said, "The celebrations are only going to last half a minute." "What are you talking about?" she asked. He replied, "Well, it's your thirty-second birthday."

Celebration. I put this into google and the first four links came up with the Kool & The Gang song. 'Celebrations' had many links, equally divided between chocolates and the Queen's Platinum Jubilee. I had been thinking about the latter and this article, and wondering what we could celebrate next. From a nationalistic sports perspective Wimbledon and the World Cup don't seem promising. From a church calendar point of view there isn't a lot. We are counting up the Sundays after Trinity until we approach Advent, though there is Harvest and All Saints.

Why should we celebrate? One google link led me to this... Celebration is an ancient ritual. It gives us a way to feel good about ourselves, and our accomplishments. When we celebrate we are reinforcing something important to us. Without it we simply maintain the status quo and candidly have a lot less fun.

So celebration is good for us. One of the difficulties of lockdown was the inability to mix with others and this brought mental health problems for many people. The Bible is full of celebrations. This includes Sunday worship, to celebrate the resurrection of Jesus, as well as seasonal events like Pentecost. Jesus said he had come to bring abundant life (John 10.10) and that has to include celebration.

How should we celebrate? Nehemiah 12.27 gives us some guidance. At the dedication of the wall of Jerusalem, the Levites were sought out from where they lived and were brought to Jerusalem to celebrate joyfully the dedication with songs of thanksgiving and with the music of cymbals, harps and lyres.

These celebrations were planned, dedicated everything to God, and joyfully brought God's people together with thankfulness.

As well as large, organized events, we can quietly and individually celebrate with God for everything. 1 Thess. 5.18-19; "Give thanks in all circumstances, for this is God's will for you in Christ Jesus. Do not put out the Spirit's fire." We can put out the Spirit's fire by being unthankful and ignoring what God has done for us. There is a hymn which includes the words "Count your blessings, name them one by one; Count your many blessings, see what God hath done." If you ever feel down, start listing your many blessings. Perhaps this is something you can do at the start of each morning; just before you throw off the bed covers and get up, or as you brush your teeth!

And finally... going back to the idea of corporate celebrations; Our churches are organizing a "Fun Day" for all ages at Teynham Church on Saturday 16th July 10.00am to 2.00pm, in Frenchie's field next to Teynham church. Everyone is invited, anyone can help. Volunteers would be appreciated, please contact Revd Caroline Turvey 07940816462 01795 886351 caroline.turvey@kc-hd.org.uk

Prayer Pointers

July 2022

Mondays - Pray for all in our parishes who are unable to cope with rising prices.

Tuesdays - Give thanks for Foodbanks and the volunteers who support them.

Wednesdays - Pray for children and their parents in the summer holidays.

Thursdays - Give thanks for seasonal workers and pray for their future in difficult times.

Fridays - Pray for Archbishop Justin and Bishops from across the world coming to Canterbury for the Lambeth Conference.

Saturdays - Give thanks for those being ordained in Canterbury on 2nd July, including Caroline Turvey, and pray for them.

Sundays - Rejoice in the strength of God; Father, Son and Holy Spirit.



Eastling Church

July 2022

3rd July - Caroline

10th, 17th & 24th Bay

31st & 7th Aug - Julia B & Marion

If you would like to join the flower arranging rota, please call Bay on 01795 892036.



Stalisfield Jubilee Celebrations

On Thursday 2nd June, the sun was shining and the whole village were in excellent party mode to celebrate the Queen's Platinum Jubilee.



The magnificent cake was provided by Izzy's bakes and all attendees bought some wonderful food for our 'fare to share', which turned into a huge spread with some absolutely stunning dishes.



The free beverages went down exceptionally well to provide excellent lubrication for dancing to the band 'The Rockin' Badgers'.

A huge Thank You must go to all who helped, these events simply cannot run without you. And of course to everyone who came to make a truly memorable afternoon.



Otterden and Stalisfield W.I.

On 1st June our Group had Martin Newcombe as our Speaker to talk about Food for Free and Herbs that Heal. Martin was a very pleasant gentleman and a natural speaker, as he is a Lecturer. Unfortunately he seemed to have great difficulty with his laptop and projector, which always seem to play up when least expected. His subject matter was very interesting and he practiced what he preached, by eating natural food from the wild environment, as our predecessors did in the distant past. He did suggest eating slugs, but recommended they be washed thoroughly as they could taste a bit 'earthy'. I don't think anyone will be taking up that suggestion!

Andy Robertshaw will be our Speaker on Wednesday 6th July. He is a Military Historian, curator and author who specialises in the history of the First World War. He is best known for his television appearances in programmes such as Two Men in a Trench and Time Team. He was the Military Advisor on the films War Horse and 1917. Andy is Director of Battlefields Partnerships Ltd and is also the lead historian for The Centre for Experimental Military Archaeology at the Kent Showground. It should be an interesting evening for us all. Guests are welcome for a small fee of £3. Beverages and Cake will also be available.

Our W.I. Group meets at 7.30pm at Stalisfield Village Hall on the first Wednesday of each month. Please contact Ellie Cameron 01795 892016 or Helen Brooks on 07477580727 if you would like to join us as a Member or a Guest.

Scouts 

#DreamWild
scouts.org.uk/wsaj
@ f t d /ukcontingent



World Scout Jamboree - Car Boot Sale Macknade Faversham Back Field Sunday 3rd July 2022

Sellers: 8:00 to 9:00 (Just turn up, no booking)
Buyers: 9:00 to 14:00
Sellers Fees: Cars £10, Vans £15, Trailers +£5
Buyers Fees: Adult £1, Children Free (Under 17)
CASH ONLY.
Address: Macknade Faversham, Selling Road, Faversham, Kent. ME13 8XF
Enquiries: 07789 171848

 **Including Bike Jumble Stall** - Please drop off any unwanted bike spares, clothes and kit at Macknade by Thursday 30th June.

Event funds raised are in support of the six Ashford District Scouts who are going to the World Scout Jamboree in 2023 in South Korea – a gathering of 50,000 Scouts from across the world. Each Scout needs to raise £4,000 to go, some of which goes to poorer nations to help with worldwide inclusivity and diversity.

We hope you have an enjoyable day and thank you for your support.

Sellers rules:
No selling of food and drink. No live animals. No Gazebos.
No flammable or other hazardous or illegal materials.

Entry and participation at individuals' own risk.
Registered Charity: 308138 Ashford District Scout Council

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Stalisfield Village Hall

Planning for events 2023

Stalisfield Village Hall

Monday 1st August at 6pm

Please come along if you would like to help organise the events or have new any new ideas.

I will be stepping back from the committee at the end of 2022 so we will be looking for the next candidate to take the reins.

Please contact me for further details

mjcarter64@outlook.com

Look forward to seeing you

Melanie

STALISFIELD VILLAGE HALL MEETING

For all Stalisfield and Otterden residents

20th July 2022 from 7pm

A meeting for the village to discuss current and future usage of the hall

Please come along and have your say.

Art Activities

at Stalisfield Village Hall

We continue to celebrate with the second **free art activity** organised by 'In A Space Arts' in the village hall.

Sunday 3rd July

2.30pm-4.30pm



Ceramic Mug Painting

Suitable for adults and accompanied children aged 11+ Limited places email info@inaspace.org.uk to book.



STALISFIELD GREEN

SATURDAY 27TH AUGUST 2022

2-5PM

VILLAGE FETE

We are looking for any local companies that may like to sponsor a stall or the main arena...

Donations are needed in the form of books, chocolate, prizes, bric-a-brac etc

Also this year is a very special year as we will be celebrating The Vants farming Stalisfield for 100 years! We would like to pay tribute with a tractor display. Please bring along your old and new tractors or farming equipment on the day to arrive before 1pm.

Volunteers are of course needed, whether you can help with set up/clear down or manning a stall for a couple of hours, all welcome!

Please contact Melanie Carter: mjcarter64@outlook.com

07961 566 814

Stalisfield Highlife

Stalisfield Village Hall

2022

3rd July Ceramic Mug Painting:
2.30 - 4.30pm

16th July Treasure Hunt: 2pm

27th August Village Fete: 2 - 5pm

9th & 10th Dec Pantomime: 7pm

17th Dec Children's Christmas
Party

18th Dec Seniors' Christmas Party

The Summer Garden


Summer comes and waves her hand,
The garden blooms at her command,
Plants abounding everywhere
As fragrant perfumes fill the air.

Roses, geraniums, lilies too
Agapanthus with globes of blue,
Sumptuous colours in such array,
Their beauty takes our breath away.

To sit beneath the shady trees,
To listen to the humming bees,
As Summer wears her rainbow dress
We thank God for such loveliness.

By Megan Carter







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Saturday 9th July 1 to 4

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☕ TEAS AND COFFEES ☕

🐘 WHITE ELEPHANT 🌱 PLANTS

🥥 COCONUT SHY 🍦 ICE CREAMS

🍷 BOTTLE TOMBOLA 🍷

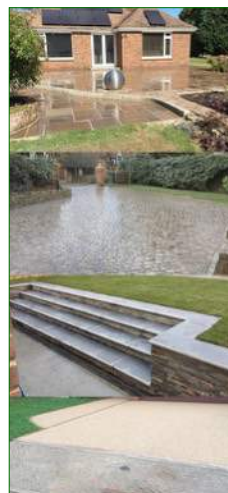
🐭 SPLAT THE RAT 🐎 PONY RIDES

🍰 GUESS THE WEIGHT OF THE CAKE

🐟 HOOK A DUCK 🗑️ TIN CAN ALLEY

🍖 BBQ 🎪 ENTERTAINMENT

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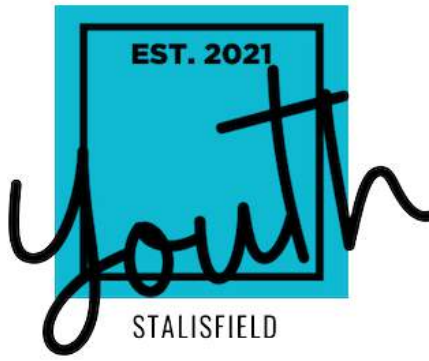
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We celebrated the Jubilee with a visiting animation artist helping some of the youth members make an animation of the Queen. Check out our Facebook (Stalisfield Youth Group) page to view it!

13.7.22 Zine Art and Bake Off judging
27.7.22 Commonwealth Games theme

All year 6's to year 11's welcome, all the usual activities and tuck shop available. Free entry 7-8.30pm Stalisfield Village Hall ME13 0HY

Look out for **YouthFest** 24/8/22 and Thursday 25/8/22 10-2 games and activities on the Faversham Youth bus rounding off with a BBQ for all the family
Contact : Clnorwood@doctors.org.uk



Time together in church for all ages

All Together Now

10.15am 17th July
Lynsted Church

Who are the bible superheroes?
Come and find out

Craft Stories Coffee

All Together Now is a church service with a difference. It is fun and interactive and you'll walk out feeling joyful and ready to make a difference in the world. There's something for everyone of all ages to enjoy. Everyone is welcome to come and learn something new about God, the church and what it all means, and meet lots of new families from our local communities in the process.

Come along at 10.15 for coffee for a 10.30 start.
Hope to see you there.
For more information, contact caroline.turvey@kc-hd.org.uk

Mouse Makes

Cross out all the X to find the bible verse:

NXOXWXTXHXERXEXA
XRXEXMXAXNXYOXT
XHXEXRXTXHXIXNXGX
SXTXHXAXTXJEXXSXU
XSXDIXDX.WXEXRXEXE
XVXEXRXYXONXEXOXFX
TXHXEXMXTXOXBXEW
XRXIXTXEXNX,IXSXU
XPXPXOXSETHXAXTX
TXHXEXWXOXRXLXDXI
TXSXEXLFXCXOXUXLD
XNXOXTXCXOXNXTXAI
XNXTXHXEXBOXOXKXS
XTXHXAXTXWXOXULX
DBXEXWXRIXTXTXEXN
X.JXOXHXNX2X1X:2X5X

What did Jesus turn water into?
John 2:1-11

Who's mother-in-law did Jesus heal?
Matthew 8:14-15

How did Jesus get out to the disciples in the boat?
Matthew 14:22-27

Who did Jesus raise from the dead?
John 11:38-44

How long had the woman at the synagogue been disabled?
— years

What did she do after she was healed?
Luke 13:10-13

Who did Jesus heal when his ear was cut off?
Luke 22:47-51

DID YOU KNOW?
Jesus fed thousands of people from a few loaves and fish, ... not once but twice!

READ Matthew 14:13-21 AND Matthew 15:32-39

In each story... How many loaves and how many fish did Jesus have?

How many people were fed?

How many baskets of broken pieces were left over?

DID YOU KNOW?
There are over **37** miracles of Jesus recorded in the Gospels.
How many of them do you know?

Find these words in the word search

JESUS • MIRACLE
DEAF • HEAR • BLIND • SEE
PARALYSED • WALK • SICK
HEALED • DEAD • RAISED
MUTE • SPEAK • DEMONS
CAST OUT • STORM
CALMED • WATER • WINE
FISH • MULTIPLIED

F A L S H B J O H E A L E D
I S T T W L W M I R A C L E
S P G O A I I D E A F A I M
H E A R T N N Y J I S S W O
C A L M E D E A D S I T A N
K K P A R A L Y S E D O L S
M U L T I P L I E D E U K T
J E S U S I C K E M U T E W

The Revd Richard Higginbottom looks at the seashore.

If you are fortunate enough to get to the seaside this summer, then you might like to wriggle your toes in the warm sand, and consider the following: It has been said that there are more stars in the universe than there are grains of sand on all the beaches in the world. More recently, as the estimated number of stars has increased, then even the grains of sand in all the world's deserts have been added to the comparison! The Sun, vast though it is, is a fairly ordinary star, 93 million

A sermon in sand

miles away. It is not easy to grasp that sort of a distance, but here's a measuring stick: if you were to fly in a fast passenger jet at 600 miles per hour, then it would take you about 17 hours to fly from London to Sydney; about 17 days to reach the Moon, and about 17 years to reach the Sun! As for how long it would take to fly on to the next nearest star to us - Proxima Centauri - it would take about 4.2 light years, as the distance is more than 24 trillion miles! And that is just to the next nearest star after the Sun.

How many stars are there in the Universe? Astronomers recently estimated that there are about 70,000 million, million, million stars. As you sit there you might care to pick up a couple of grains of sand. Let the first grain represent our Sun, the second grain the next nearest star to us. Then look at the whole beach and after that consider all the beaches on Earth, with every grain of sand representing a star then it gives some meaning to the phrase "God the Father *Almighty*, Maker of heaven and earth."

Day Surgery

Wearing my own dressing gown over the hospital regulation smock and with my belongings in a bag by my side, I was waiting my turn for a four-hour operation, to be preceded by a general anaesthetic. If all went well, I would be discharged and allowed home that day.

Time went by. Gazing round the anteroom I spotted a shelf with half a dozen baskets holding files: one file per patient awaiting surgery. On the front of each basket, in large letters, was a label with the name of their surgeon. Every one of those names would have been unfamiliar to me when I was a boy in England, for they were all of Indian, African or mid-European origin. My surgeon was born in Romania, and having found as much as I could about her via Google, I was encouraged to know she was world class in her specialism.

Were these medics British citizens, or highly skilled migrants allowed to settle in the UK temporarily because of their worth to our community?

They were expert and caring to a fault. Now I'm home. It's too early to say if the operation was an unqualified success, but I feel fine and have discarded the pre-signed form which acknowledged the risks involved.

Waking up in my own bed the next day, I was overtaken by a sense of gratitude to God, into whose hands I had committed myself, and to friends who were praying for me. I had also committed myself into the hands of a myriad of other people, my fellow human beings. Many were immigrants or descendants of immigrants, who are now crucial to the National Health Service. Nearly half of the new nurses and midwives registered to work in the UK in the past year have come from abroad. My GP was born in Germany and the consultant who fitted a stent in my heart some years ago came from Pakistan. I'm thankful they are here.

I wonder if any of the youngsters crossing the Channel in flimsy dinghies right now will become NHS consultants one day.

Rev Caroline Turvey

Ordination Service

Saturday 2nd July @ 5:30 pm

The Service in Canterbury Cathedral has open doors and anyone who wishes to come and support Caroline is welcome to attend.

Rev Caroline Turvey's

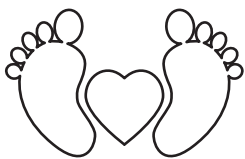
1st Presidency

Benefice Service on

Sunday 3rd July

Holy Communion @ 10:30

Doddington Church



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Sunday Services

3rd July Trinity 3

Galatians 6. 1 - 16, Luke 10. 1 - 11, 16 - 20

Doddington 10.30am Benefice
Communion CW

Otterden 4pm Evening Service

10th July Trinity 4

Colossians 1. 1 - 14, Luke 10. 25 - 37

Eastling 9am Holy Communion BCP

Throwley 10.30am Morning Prayer

17th July Trinity 5

Colossians 1. 15 - 28, Luke 10. 38 - 42

Newnham 9am Holy Communion BCP

Eastling 10.30am Morning Worship

Lynsted 10.30am All Together Now

24th July Trinity 6

Colossians 2. 6 - 19, Luke 11. 1 - 13

Throwley 10.30am Holy Communion

Newnham 10.30am Morning Worship

31st July Trinity 7

Colossians 3. 1 - 11, Luke 12. 13 - 21

Eastling 10.30am Benefice Communion

7th August Trinity 8

Hebrews 11. 1 - 3, 8 - 16, Luke 12. 32 - 40

Eastling 10.30am Holy Communion CW

Wychling 4pm Evening Service

Online Daily Worship Continues

As well as the services in our churches, the daily 9am Morning Prayer at Lynsted will continue and be live online on www.kingsdowncreekside.co.uk - also on the Kingsdown and Creekside Facebook page.

High Downs Parish

Rector Reverend Canon Dr. Steve Lillicrap
01795 522510 steve.lillicrap@kc-hd.org.uk

Associate Priest Reverend James (Jim) Pye
01795 890726 jim.pye@kc-hd.org.uk

Curate Reverend Caroline Turvey
01795 886351 caroline.turvey@kc-hd.org.uk

Reader Caroline Ramshaw (07799 538809)

Anna Chaplain Caroline Ramshaw
AnnaChaplaincy@outlook.com

Churchwardens

Eastling Andrew Baxter (01795 890598)

Administrator Janet Payne
E mail: eastlingchurch@gmail.com

Stalisfield with Otterden
Jenny King (01795 890366)

Administrator Shirley Pritchard
Email: Stmarystalisfield@gmail.com

Throwley Gaynore Moss (01795 890995)

Parish Office Email: eastlingchurch@gmail.com

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From The Registers

Baptisms

George and Samuel Hall
12th June 2022 at Eastling

CONTACT THE GOOD NEWS EDITOR

Hilary Harlow 01795 890338

If you would like to submit articles, or to advertise in the August 2022 magazine, send your submission by 20th July to: goodnewsmagazine@me.com.

Past and current issues of the Good News may be viewed on www.goodnews.rf.gd



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ROSIE BAKER

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Local host families needed for international Students

Every year, thousands of overseas students are educated at independent schools across the UK. During half term holidays and exeat weekends, students usually stay with a host family.

Pippa's Guardians have been providing high quality Guardianship services to international students for 25 years and understand the value of a good home and how a host family can positively impact a student's wellbeing.

We are looking for families who are welcoming and interested in other cultures. Having children of similar ages helps but isn't the most important thing as we have many successful host families

who have no children, younger children or indeed older children who have left home."

Becoming a host family is a wonderful experience; providing the opportunity to make a difference to a student studying a long way from home and Pippa's Guardians offer a generous remuneration.

For children of host families, it can be exciting and interesting getting to know children from other countries and cultures. For families whose children have grown up and left home, it is a chance to enjoy the fun and companionship of having younger people in the home once again.

Anne Weir has recently hosted a student from Singapore "She was a delight to host, polite, helpful and a pleasure to have around. She worked hard on her schoolwork and the practical work she did for her food technology course. She even cooked us a three-course meal as part of her schoolwork which was a great success."

Pippa's Guardians provide ongoing support and assistance to their host families, you will receive a generous daily payment, mileage and out of pocket expenses for each student that you host. If you are interested in hosting a student, please contact us on [01684 252757](tel:01684252757) or visit www.pippasguardians.co.uk

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From our County Councillor - June 2022

Well, one year into the role and what a rollercoaster of a year it has been. So much so that the below was originally due to be my councillor update last month, but I couldn't find the time to write it.

A year ago when I was fresh faced and two weeks into my tenure, the first piece I wrote for our local parish magazines shared a few of the ambitions I had in mind for my four years in this role. Among them were 20mph limits and roadside verges. Two areas which, at the time, I thought might be possible to make good progress on in my first year. Sadly these tasks both turned out to be more complicated than I had realised.

To get a change in speed limit there are a number of hoops to jump through, each of which can take several weeks. Progress has been slow, but I'm pleased to have assisted a number of parish councils to varying degrees in moving their requests forward. Sheldwich will hopefully have a long overdue 20mph limit on Lees Court Road by the end of this year, and, if all goes well, other parishes won't be far behind.

Letting roadside verges grow long is another area more complex than I'd originally realised. Despite KCC's vocal support of No Mow May via their 'Kent's Plan Bee' campaign, many verges across our area were unnecessarily cut back during May 2021 and May 2022. In some cases there was a necessity to maintain sightlines for road safety, but in many more this wasn't an issue. KCC are in a tough position on this topic as public opinion is still greatly divided. Recent studies suggested that Kent has seen a 70% reduction in insect life over the

past two decades, so we really should be doing all we can to try and reverse that worrying trend. I will continue to push for KCC to reduce their use of glyphosates and leave verges that don't impact on highway sightlines.

I would be lying if I said that my first year as a councillor hasn't been tough. My hair is now greyer and I've gained a few lines on my forehead and inches around my waistline. That being said, the second half of the year was far more enjoyable than the first. The incredibly steep learning curve I started out with is beginning to level off and I'm able to respond to many more enquiries without having to go round the houses to get an answer. More importantly, this knowledge has bolstered my confidence in dealing with KCC related matters.

Regardless of political leaning, our local authorities work best for everyone when opposition parties can provide strong and effective scrutiny of the administration. In February I submitted a motion at KCC's budget meeting which prevented the cost of school bus passes being increased for families with children in receipt of free school meals. This was voted through by the council and the cost of a pass for those families should remain frozen for the next three years.

All things considered, my first year has been a case of finding out just how much I didn't know about local government, and then filling the gaps. I still have a lot to learn, but am looking forward to being more proactive as time moves on and I really get to grips with the role.

rich.lehmann@kent.gov.uk

Eastling Neighbourhood Watch

Village Warden

07794 010 394
or 01795 890848



Police 101 Emergency 999

There has been a couple of incidents within the village recently:

One of these was obviously a targeted burglary in a garage in The Street where power tools were stolen. It always makes it more traumatic when the tools are used for the owners profession.

The other incident was an attempted burglary at the local school over the last weekend.

Although nothing was stolen the damage caused on the attempt was quite considerable

If any suspicious vehicles are seen parked up in the village please either ring the police on 101 or call me so they can be checked out.

I received a scam call this last week with someone purporting to be from the tax office telling me I owed them money. Needless to say I was not polite to them but please be aware of scam calls as they do not seem to go away. Protect your bank account.

Harvesting will probably be happening within the next month so please be extra careful on the roads.

Have a good month
Take Care
Alan.

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Updates from Citizens Advice Swale

As the cost-of-living crisis bites, here at Citizens Advice Swale we've seen a huge number of enquiries from local people struggling to stay on top of household bills.

Thanks to the tireless dedication of our volunteers and staff, we've continued to give essential advice and crisis support to help people find a way forward. In the last year, Citizens Advice Swale helped over 3,600 local people with more than 15,000 issues, such as debt, housing, benefit and employment issues.

Our Chief Officer, Mark Hinton, said, "We have an incredible team of volunteers who freely give their time and skills to ensure people in Swale can get support in their time of need. I'm particularly proud of the immense dedication they've shown during the ongoing cost-of-living crisis, when demand for our help is so high. Their dedication and commitment knows no bounds. We simply couldn't do it without them."

To find out more about joining our friendly team of volunteers call 01795 417666 or visit www.citizensadvice.org.uk/volunteer. No experience is required, full training and support is provided for volunteer roles.

Our clients in Boughton & Courtenay and East Down wards

In the first quarter of 2022 we helped people in your local area with over 150 issues. People in Boughton & Courtenay and East

Down came to us for help with Universal Credit and benefits, financial services, debt, housing, relationships and more. Overall the clients gained income of more than £25,000 thanks to our assistance.

How can we help you?

- **General Advice:** Call Adviceline on freephone 0808 278 7979 or send an online request at <https://citizensadvice.org.uk/email-general-advice/>
- **New Universal Credit claims:** Call Help to Claim on freephone 0800 144 8444
- **Debt:** Request a call back at <https://citizensadvice.org.uk/debt/>

We offer free, confidential and impartial advice to people living or working in and around Faversham, Sheppey and Sittingbourne, and campaign on big issues affecting people's lives. Our goal is to help everyone find a way forward, whatever problem they face. In addition to general advice we offer specialist advice services including debt, benefits, Help to Claim (new Universal Credit claims), housing and pensions. We're an independent charity and we rely on donations and grants to make a difference to people in our community.



Love

by Audrey Keen

How many kinds of love are there?
How many times in life
Do we encounter love in all its forms?
How receptive is the mind
To the code of love,
Or to its intensity and depth?
How good are we at restraining
This powerful emotion when it comes
to us,
When our feelings are signalled
On those who attract us magnetically?
And, if we are specially blessed,
We experience a closeness that lasts
A lifetime and beyond.

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