### Good News Parish Magazine

### High Downs Parish

Serving the villages of Eastling, Otterden, Stalisfield and Throwley

www.goodnews.rf.gd



### Narvest Festivals in our Parishes

Sunday 26th September

10.30am Throwley, Newnham, Lynsted and Oare

#### Sunday 3rd October

10.30am Eastling, Doddington, Norton & Teynham 4pm Wychling

#### Sunday 10th October

10.30am Stalisfield



#### Thank you to Norman and Sylvia Fowler

On Sunday 1st August, the congregation celebrated the 20 years of Reader ministry of Norman with the unfailing support of Sylvia.



#### **SEPTEMBER 2021**

1st Short Mat Bowls
Eastling Village Hall 7 - 9pm

1st Otterden & Stalisfield W.I. Stalisfield Village Hall 7.30pm

4th Eastling Village Party
Eastling Village Hall 4 - 10.30pm

11th Sponsored Bike Ride around
Churches in Kent 10am - 6pm

11th & 12th Woodfest & Country Fair Belmont Gardens 10am - 5pm

20th Copy deadline for September's Good News

26th Harvest Festival 10.30am St. Michael & All Angels, Throwley

#### **OCTOBER**

3rd Harvest Festival 10.30am St. Mary's Church, Eastling

9th Stalisfield Harvest Supper Stalisfield Village Hall

10th Harvest Festival 10.30am St. Mary's Church, Stalisfield

14th Eastling Gardeners' Club
Eastling Village Hall 7.30pm



The Friends of Kent Churches

### **Sponsored Bike Ride and Walk**

(part of the national Ride+Stride) takes place on Saturday 12th September 2021.



Plan your own route, there are about 700 of places of worship open. Ask your relations, friends and colleagues to sponsor you – so much per church or chapel visited between 10am and 6pm on the day. This is recorded on a special sponsor form. Please ask them to tick for Gift Aid if they are tax payers; this increases their donations by 25% with no cost to them.

Sponsorship forms are available in Eastling Church or download from https://www.kentrideandstride.co.uk



50% of sponsorship money raised goes to the church or chapel chosen by the participant,

with the other 50% going to the Friends of Kent Churches, who use it to help the most needy churches in the County.

#### From the Rector

#### **Seasons Change**

So I am writing this on a beautifully warm, and sunny August Day and thinking about September that is on its way, thinking how can it be September already, how can it be that we are approaching Autumn so soon?

The Seasons are a regular occurrence in our lives, Summer, Autumn, Winter and Spring. Some of us may have a favourite and some of us may have a season we particularly dislike but they are all part of God's creation and part of the balance of that creation.

I am also writing this in the week of the publication of the United Nations report stating that Climate Change is definitely due to human activity, and that change is need to prevent things worsening. Changes throughout the world, changes at Government level and changes at the personal level in the way we live out our lives so the way we live is less costly to the planet, less costly to God's creation.

At the end of Genesis Chapter 1, which is the Creation story we read

God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day.

As part of that story of Creation God places humankind in charge of caring for his creation. We are learning what that might now mean. For some it has, sadly, been the hard way, with famine, wildfires, flooding, storm.

It is as if the season is changing in terms of our priorities across the world. Let us all pray for the climate conference in November, but also for the correct actions of us all moving from the talking and new understanding.

In the life of the parishes of Kingsdown & Creekside and High Downs, we could say too we are moving into a new season.

A new season that is about the life of each of our parish Churches in each of our villages, as we move into times without the restrictions that we have all been through because of the Covid pandemic.

It has been a joy to have been involved in a number of weddings across the Benefice (the two parishes) since early July. There are a good number more to come as we head into the Autumn as well. It reminds me to say that anyone who lives or has lived in the Parish for at least 6 months of their lives are automatically entitled to get married in one of our Churches. Do be in contact if you would like to know more about a wedding in one of the Churches.

Another part of the life of the churches which has restarted from July has been baptisms, of which we have had a number recently and are catching up with those that have sadly but necessarily seen postponement. Again do be in contact in you would like to talk about a baptism (christening).

A new season too, as we welcome a new member of the staff team at the end of September. Rev Jim Pye will be licensed in Newnham Church on Tuesday 28th September by Bishop Rose Hudson-Wilkin, as Associate Priest across both our parishes. Jim

will be living in the Eastling Rectory, on Newnham Lane, with his wife Melanie. He will be working with us on a part-time basis. Jim has had 30 years experience as a Parish Priest, in various parishes in different Dioceses so brings with him much experience.

... and so as Jim joins Caroline Turvey and myself we move into this new season in the life of the Benefice, seeking God for His lead and will for the life of His Church in our villages.

As I reflect about seasons changing I am reminded of one of my favourite bible verses, Hebrews 13:8

Jesus Christ is the same yesterday and today and forever.

God bless *Steve Lillicrap* 

steve.lillicrap@kc-hd.org.uk, 01795 522510

Join with us in thanking God for his leading of us.

Pray that we will continue to hear that leading clearly.

We thank God for the increase in our clergy team with the arrival of Caroline Turvey as Curate and appointment of Rev Jim Pye as a part-time Associate Priest.

Please pray with us as we continue to seek God for increasing the number of those willing to serve on the Ministry Leadership Team using the gifts God has provided.

### Prayer Pointers September 2021

Mondays - Give thanks for teachers and pray for children returning to, or starting, school or college.

Tuesdays - Pray for our farmers and food producers and give thanks for the food we eat.

**Wednesdays** - Pray for the people of Afghanistan and those fleeing for their lives. Give thanks for the freedom we enjoy in this country.

**Thursdays** - Pray for aid agencies in this country & abroad and give thanks for the lives they have changed.

Fridays - Give thanks for nations coming together at the Climate Change talks in Glasgow and pray for pledges to be met.

**Saturdays** - Pray for our emergency services and give thanks for their dedication.

**Sundays** - Give thanks for our Rector Steve and praise God for new ministries in our parishes with Caroline and Jim.



#### Otterden and Stalisfield W.I.

At last we were able to meet at Stalisfield Village Hall for our August meeting and we all enjoyed a very pleasant evening catching up on much missed conversation. It was an opportunity for our group to discuss plans for the next year and many ideas were suggested to carry on our usual varied meetings and events.

On Wednesday 1st September we will be holding our AGM, formally electing our president and committee for the year, and then will be looking forward to October 6th at 7.30 when we welcome our local detectorists, Robin and Denise Golding who will be showing us the amazing items they have discovered in nearby fields.

If you are interested in our local history this is an ideal opportunity to come along as a guest for £3, and enjoy a cuppa and cake.

Please come along too if you would like to join us or if you want to know more details contact our president, Ellie Cameron on 01795 892016



#### Eastling Gardeners' Club

meets on
Thursday, 14th October
Dr John Hughes will give a talk
'The RHS Garden at Wisley'

The meeting takes place in Eastling village hall and starts at 7.30pm,

followed by wine and homemade nibbles.

The meeting is free to members. Non-members are asked to pay £4



### Eastling Village Party

#### Saturday 4th September

in Eastling Village Hall by kind permission of the Trustees

There's still time to donate and come along to the Village Party on 4th September.

A great chance for everyone to meet up, catch up and to enjoy themselves.

There will be **Afternoon Tea**, provided by Jaques and Lilie, served between **4pm and 6pm** and Sports Day for younger members of the village.

At **6.30pm** the **Hog Roast** begins (vegetarian option available) accompanied by live music from local band **Under the Wood**. **Circus Rum Baba** will be entertaining us at **7pm** 

You are welcome to come along for the whole event or to drop in and out whenever you can. The event will finish at 10.30pm.

We have had really good support for this event but if you haven't booked yet please do donate and come along.

#### **ENTRY is by TICKET ONLY**

(provided at the entrance from list of names)

If you donated via Just Giving, please do make sure you let us know how many people are in your party (instructions on the site)

There is no set price for tickets. They are available by **donation** so please do give what you can.

You can donate by:

1. The Just Giving page

#### https://www.justgiving.com/crowdfunding/eastling

2. If you wish to donate and book tickets personally then contact Tish either by phone [07875 356294] or email <u>tishneaves@gmail.com</u> and she happily arrange this.

A couple of reminders to everyone attending:

Please feel free to bring your own (non breakable) glasses although plastic ones will be provided

Dogs are not invited on this occasion

It would be greatly appreciated if you would consider fellow villagers by taking a COVID test ahead of the party.

The party will of course take account of any covid secure requirements that are deemed necessary at the time.

Look out for updates on the village Whats App group. Tim Philpott is the administrator for this so, if you're not on it please do contact him and he will be happy to add you (07850 080007).

It's a great way of staying in touch.

See you there!

Tim Philpott, Anne Adams, Lauren Brand, Rich Maxted and Tish Neaves

## Carols in Eastling Church

In preparation for our Christmas Eve Carol Service, choir practices will be on Sunday evenings, 5 - 6pm on 14th and 28th November and 5th, 12th and 19th December.

All voice parts welcome.



#### From the Curate

Hi, I'm Caroline and I've probably met a lot of you around and about the villages by now, but do keep saying hello and reminding me of your names as I'd love to get to know you all better. I'm the Curate for the Benefice and that means I'll be working closely with Revd. Steve as he trains me in all things to do with church life so that I can take on my own Parish in a few years time.

I've loved going to church since I was a young child. My parents didn't go themselves, and saw it as a good thing to send us over the road to the local church Sunday School. Simply, I haven't stopped being actively involved in the church ever since. I have a deep faith in God which has grown over the years. And it's that faith that has brought us to this neck of the woods from the other side of Kent. We grew up in Orpington. moved to Horsmonden and then on to Goudhurst when our children were younger. I felt a big nudge from God about ten years ago to get ordained, which finally



Caroline, ordained Deacon by Bishop Rose on Saturday 3rd July, supported by her family

happened at the beginning of July.

I'm married to Dan, who is a Headteacher at a Primary school in Tunbridge Wells and we have four children. Bethany, Reuben, Lily and Jude, who are all adults and discovering life outside of the family home. You may see Lily as she has just finished uni and is living with us while looking for a job....are there any contacts in the history world out there???? She's also a great

babysitter if anyone is in need. If you have some time, or fancy a chat or a coffee, do ring, or drop a note through the door. The great thing about this role, is that I'm here for you. Dan and I are looking forward to seeing and experiencing Doddington and the surrounding village communities, and we've got to say, we've been made to feel really welcome. Thank you. Caroline.turvey@kc-hd.org.uk 01795 886351











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13<sup>TH</sup> October: Chloe Sayer: From Rag-Dolls to Robots: A World History of Toys

10<sup>TH</sup> November: Paula Nuttall: The Bruges of van Eyck and Memling

**8**<sup>TH</sup> **December:** Dr Graham Jones: A Very Ceremonial Christmas

12<sup>TH</sup> January: Tessa Boase: The Housekeeper's Tale: the Women who really ran the English Country

9<sup>TH</sup> February: Mark Meredith: Castles: the unquenched thirst of William Randolph Hearst

9<sup>TH</sup> March: Tony Rawlins: Mad men and artists: how the advertising industry exploited fine art

13<sup>TH</sup> April: The Artists who outwitted the Nazis

11<sup>TH</sup> May: Annalie Talent: From Errol Flynn to Bottles of Gin: literary portraits and their afterlives

8<sup>TH</sup> June: Pip Burley: The Golden Age of Song: Jerome Kern - the 'Daddy' of them all

We also offer occasional Special Interest Days and Visits <a href="https://">https://</a> theartssocietyegerton.org.uk/ Membership Secretary, Christine Willis, on 01233 756377 email: cmwillis75@gmail.com.

Membership costs £40 and visitors are also welcome at £5

### **Eastling Short Mat Bowls**

WE'RE BACK !! It's been a long time without any information about short mat bowls, but we aim to start back on Wednesday 1st September.

So, from now on, we are going to be playing Wednesday evenings 7.00pm to 9.00pm.

New members will be welcome, all equipment is provided, but we do ask for you to wear flat soled shoes.

The reason we are changing days is that if there is a Saturday wedding or party, it leaves Friday evening for setting up in the hall.

Please villagers come and give it try, don't sit all winter in front of that square thing, come and have some fun winter exercise.

Yours Roy Piles.

#### **Belmont House and** Gardens



#### **Woodfest & Country Fair**

#### Saturday 11th and Sunday 12th September, 10am - 5pm

The Belmont Woodfest & Country Fair is back this year!

We have lots of exciting woodland demonstrations taking place over the weekend including chainsaw carving, willow weaving, campfire cooking, horse logging, pole lathe turning as well as vintage tractors and a fantastic display of stationary steam engines.

The main arena attractions run continuously throughout the day and will include Joe's Bows Falconry Display, Gun Dog demonstrations, Ferret Racing, Terrier Racing, Fun Dog Show (Sunday only) and Alpaca Annie's Display.

We have craft making activities, Creepy Claws animal display and, something new for 2021, Arbor, Part Man. Part Tree. An interactive show for all the family to experience.

This is a great show for all the family!

Adults £10, Concession £8 and children under 16 are free of charge Book your tickets online to save 10%

#### **Modern Calligraphy Workshop** Wednesday 22<sup>nd</sup> September, 10am - 2.30pm

During this workshop you will learn the techniques needed to write modern calligraphy and copperplate font using a dip pen and ink. Suitable for all abilities. You will take home a folder full of worksheets to carry on practising at home and 3 different papers to complete with a finished piece. Light refreshments are provided.

£45.00 per person. Booking online required







Belmont House & Gardens, Throwley, Nr Faversham, Kent ME13

W: www.belmont-house.org E: events@belmont-house.org T: 01795 890228

#### Thanking God for our blessings

Our winter barley ripened quickly this year, and soon the combine harvesters were rolling here on the Northumberland / Scottish Border.

As the first trailer load of grain came into the shed, I ran my hands through the golden grains, offering a short prayer of thankfulness as I savoured the smell of fresh cut barley. It was a good harvest. I've often reflected on the Old Testament festival of the Firstfruits, where the Israelites offered the very first sheaf of the spring harvest to God (Leviticus 23:9-14). I think this act required great faith, as they trusted God for a fruitful harvest to come, something that was far from certain, given their utter dependence on the weather.

I'm not sure about you, but I'm always up for giving thanks *after* the event. I'll sing 'Come ye thankful people come' and rejoice that "all is safely gathered in", but am I able to trust with anticipation for what is *yet to come*?

The festival of the Firstfruits reminded God's people that everything they had came from Him. I am reminded that I must learn (and relearn) to trust in God, who has proven His faithfulness to me, over and over again.

Perhaps right now as a church community or an individual you're waiting for a certain event, standing on the cusp of a new initiative, praying for a certain outcome or anticipating a long-held vision becoming reality. Let's all keep trusting that whatever the challenge, however things turn out, irrespective of what we anticipate, God is going before us and has secured the Firstfruits of an even greater harvest through Jesus, as He rose from the dead.

Just as the grain offering to God in the Old Testament anticipated a harvest to come, Paul reminds us that Jesus' victory anticipates an even greater bodily resurrection and eternal peace (1 Corinthians 15:20-22).

As we continue our journey with Jesus through the challenges of each day, let's do so with a deepening faith and trust. In the meantime, bring on the harvest - I'll see you on the other side!

This comes from a blog by Alistair Birkett, director of Rural Ministries for Scotland and Northern England.You can read more at:

www.ruralministries.org.uk

#### I walk alone, or run beside

by Audrey Keen

Bracken now begins to dim And turns from green to foxy brown, While rushy grass and dying bramble Touches dock and thistledown.

Butterflies will play no longer Nature sends them all away, Baby fledglings learnt to fly Though I see none of these today. I walk alone or run beside Wild hops and coloured leaves that

Between thin stems of pale fireweed That sports a fluffy head of seed.

I see blackberries, elder fruits Fungi grow from crooked roots, Redish toadstools stand beside Russet leaves and flowers that died.

A yellowhammer, happy sings, A pigeon flusters, flaps his wings, The yew boughs spread, the chestnut

Above the brown leaf path that wends. I stand beneath and stretch to reach The roughened mast on bough of beech.

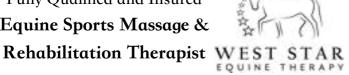
I gather cones, rose hips and haws, Or spindles with pink orange claws.

And though it saddens me when precious

Autumn sunlight dims, I smile again for spring awaits As winter time begins.

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### Sunday Services

subject to Covid restrictions and ministry team availability

#### 5th September Trinity 14

James 2. 1 - 17, Mark 7. 24 - 37

Eastling 10.30am Holy Communion Norton 10.30am Morning Worship Wychling 4pm Evensong

#### 12th September Trinity 15

James 3. 1 - 12, Mark 8. 27 - 38

Throwley 10.30am Morning Worship Newnham 10.30am Holy Communion

#### 19th September Trinity 16

James 3. 13 - 4. 3, 7-8a, Mark 9. 30 - 37

Eastling 10.30am Morning Worship Norton 10.30am Holy Communion

#### 26th September Trinity 17

1 Timothy 6. 6 - 10, Matthew 6. 25 - 33

Throwley 10.30am Harvest Festival with Communion

Newnham 10.30am Harvest Festival

#### **Tuesday 28th September**

Newnham 7pm Licensing of Revd. Jim Pye by Bishop Rose Hudson-Wilkin

#### 3rd October Trinity 18

1 Timothy 6. 6 - 10, Matthew 6. 25 - 33

Eastling 10.30am Harvest Festival with Communion

Wychling 4pm Harvest Festival

#### **BREAKTHROUGH**

Lynsted Church 6pm Every Sunday

#### 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 YouTube Channel 'Breakthrough at Lynsted'.

More information is updated weekly on St Mary's Eastling 'A Church Near You': https://www.achurchnearyou.com/church/11982/

### High Downs Parish

**Rector** Reverend Canon Dr. Steve Lillicrap

01795 522510 highdownsvicar@gmail.com

**Curate** Reverend Caroline Turvey (01795 886351)

**Reader** Caroline Ramshaw (07799 538809)

#### **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 facebook.com/highdownsbenefice

#### From The Registers

#### Marriage

Gail Shrubsall and Robert Gribble 31st July 2021 at Otterden

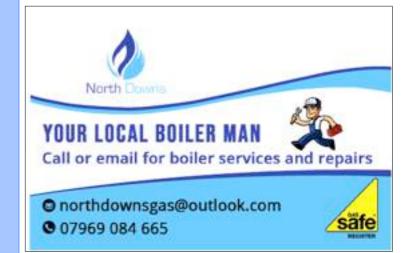
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#### CONTACT THE GOOD NEWS EDITOR

Hilary Harlow 01795 890338

If you would like to submit articles, or to advertise in the October 2021 magazine, send your submission by 20th September 2021 to: goodnewsmagazine@me.com.

Past and current issues of the Good News may be viewed on ccgi.northdowns.plus.com/goodnews or www.goodnews.rf.gd



#### KCC Member for Swale - August Report

As some of you may have seen earlier in the year, the government announced a new National Bus Strategy which aims to invest billions into improving bus services across the country.

Part of the strategy is that bus operators and local authorities will work more closely together using mutually agreed Bus Service Improvement Plans. These plans will allow regional bus services to 'level up' by improving both the frequency and reliability of services, which in turn will hopefully increase passenger numbers too. The plans will then be used to help create Enhanced Partnership Schemes with bus operators, which will set the standards for all bus services running in the county.

The first version of the Improvement Plan must be published by the end of October and the Enhanced Partnership Schemes will need to start from April 2022.

KCC are currently running a consultation on the future of buses in Kent which can be accessed via the following link – kent.gov.uk/busfuture. The questions are fairly minimal currently, but the page promises that a

further consultation on the emerging proposals will be available to comment on later in the summer.

If you have a few minutes to spare, please complete the survey and give your opinion on how bus services in the area could be improved. The page also has an option to sign up to be kept informed by KCC about the bus service improvement plans, which you should do if you would like the opportunity to comment on the outline proposals later in the year. In rural areas like ours, buses have the potential to play a big part in cutting carbon emissions over the coming years by reducing our reliance on cars as the primary means of transport between villages and towns. We need to break the Catch 22 of people not using buses because the services aren't regular or reliable, and bus operators reducing services because they are not profitable. I hope that this new investment cans help turn this trend around and help buses become a viable, and even an attractive, option for more residents in our area.

Rich Lehmann – KCC Member for Swale East

rich.lehmann@kent.gov.uk

## Eastling Neighbourhood Watch

Village Warden 07794 010 394 or 01795 890848

#### Police 101 Emergency 999

Now that the fields have been harvested there has been a considerable increase in crime in the locality, namely in the area of hare coursing and stealing equipment from the farms. These persons who commit these crimes also will take advantage should any opportunity to steal anything that is left unattended so please make sure that care is taken. Should anything be seen look suspicious either people or vehicles please contact the police on 101 or give me a call.

There seems to be one of two people in the village driving vehicles who think they are on a race track. The registration no of these vehicles have been passed onto the police for further action.

Have a good month and take care, Alan.

EDITOR'S NOTE
The update from Helen Whately
M.P. can be found on
Eastlingvillage.co.uk

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Also, dare I say it but, Christmas
Day .... book early to avoid
disappointment.

Keep up to date by following us on Facebook, Twitter or Instagram Stalisfield Road, Faversham, Kent ME13 0HY Tel:01795 890256 Email:

info@theploughinnstalisfield.co.uk



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includes holiday pay + tips

Some previous experience is ideal, but willingness to work & a good personality is essential, we can teach you the rest!

Also great opportunity for full time supervisor! (previous experience in the industry required)

Please send your CV to info@theploughinnstalisfield.co.uk

I'm involved in a project rooted in the Church of England's St Albans diocese, north of London. We bring together people from a range of backgrounds and faiths to address the question 'Where is Truth now?'

A vital issue for us from recent months has been 'How has truth fared during the pandemic? Here are five key points.

#### Truth can save your life.

Knowing the truth about the Covid-19 virus and vaccines gave vital protection during the pandemic. The advice of scientists, health professionals and researchers has been widely sought out and debated.

But we've also seen a rise in conspiracy theories, antivaccination campaigns and growing confusion as people challenge the extent of the pandemic, and whether Covid-19 is really a threat. Social media algorithms stand accused of spreading misinformation faster than reliable facts and corrections.

#### Truth comes from trust.

Knowing who to trust is one of the fastest growing challenges facing anyone wanting to know more about the pandemic and its causes.

While faith in doctors and scientists is generally good, trust in politicians has remained low, and scepticism and confusion are growing.

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By the Revd Peter Crumpler, a Church of England priest in St Albans, Herts, and a former communications director for the C of E.

#### Five things we've learnt about Truth in the pandemic

#### Truth can be found on your doorstep - but not always.

Local information has become more important, especially during lockdowns. But with local newspapers and radio in decline, neighbourhood social media networks have been taking their place, spreading information – not all of it verifiable and sometimes incorrect.

Often, it's fear that drives our response to the stories we read. We eagerly consume stories highlighting a new 'threat' from Covid or scapegoating people not keeping to the lockdown rules. We respond emotionally, 'with our gut' - rather than our brain or intellect.

#### Truth has to be valued and protected.

Reliable, trusted journalism has been at a premium. ITV News journalist Julie Etchingham defended the role of the media during Covid-19. The news presenter, a practising Roman Catholic, explained: "Many in our front-line services and the wider public are demanding answers. We are there on their behalf."

In December 2020, Yorkshire Post editor James Mitchinson, published his response to a reader

who believed social media posts over his newspaper's reports. The open letter, headlined 'Do not believe a stranger on social media who disappears into the night' sets out the contrast between verified public interest journalism and disinformation posted online.

#### Truth can be complicated and that's ok.

Throughout the pandemic, politicians have spoken about 'following the science.' This, they have said, has guided their decision making. Yet scientists can have a range of views, based on similar research findings. It's in the discussion and debate that scientific truth arises.

People accept that the 'scientific evidence' is not always straightforward. We know that truth can be complicated, from our own daily lives. So politicians who level with their electors about the complexity of the decisions are often received with more credibility.

In continuing to ask the question "Where is Truth Now?" our modest project is helping to keep the conversation going - and encouraging others to do the same.

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#### Children and tea-drinking

Put the kettle on. Children should begin to drink tea from the age of four, in order to combat later stress, obesity and heart disease.



So says the results of a recent study which appeared in the Nutrition and Food Technology journal. It says that green tea and the more traditional black tea contain compounds which can aid concentration and cognitive function.

As one doctor said, "Including three cups of black tea daily as a part of a healthy lifestyle could help to preserve physical and mental health in childhood... and into old age."

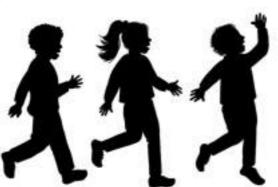
Parents could offer tea as a substitute for sweet and sugary drinks for children

#### If you can't sleep well, then walk

A recent study by the Universities of London and Sydney has found that brisk walking for 150 minutes a week may reduce the risk of an early death caused by poor sleep.

Lack of sleep has links to an increased risk of stroke, heart disease and cancer. But according to the study, published in the British Journal of Sports Medicine, exercise in line with the World Health Organisation (WHO) guidelines 'eliminated most of the deleterious associations' of poor sleep with early death.

The WHO recommends 150 minutes brisk walking, or 75 minutes of running a week.



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### Help feed local people in crisis

#### Foodbank Collections in Eastling Church are back!

Please leave your contributions at the back of the church which is now open again every day from 9am - 5pm

#### **Collections in Throwley Church**

Please leave your contributions in the church porch.

#### September 2021

Urgent items required for September:

Tinned fruit; tinned peas, tinned ham; tinned carrots; long life milk; rice pudding; biscuits; hair conditioner (NOT shampoo)







"All safely gathered in - that should boost the church funds, Vicar."

# Stalisfield Highlife

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Stalisfield Village Hall

9<sup>th</sup> October Harvest Supper

Village Panto - Postponed

12th Dec Children's Christmas **Party** 

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18th Dec Seniors' Tea

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