

Preston Parish Newsletter

Summer 2017

Bringing you local news sponsored by Preston & Elmstone Village Society

Are we the Best?

Well I don't know about you but I certainly think Preston and Elmstone are. What on earth am I talking about I hear you say? I am pleased to announce that we are going to enter the South and South East in Bloom, Village of the Year competition.

Don't worry, I am reliably informed it's not all about how many hanging baskets you have, if your lawns are manicured or if your flowers all sit in a pretty row. And to be honest, if it was about this I really wouldn't be interested. In fact what they are looking for is very far from this. What it is about though, is a campaign that any community, large or small, can get involved in.

The South and South East in Bloom campaign uses gardening and horticulture as its foundation and participating communities are asked to focus on three main areas:

- Horticultural achievement
- Environmental responsibility
- Community participation.

I am confident there are many activities across the Parish that cover all these areas. Not least of these is a plea for more community involvement and participation - an article on this is on page 2.

Our beautiful Robinson Meadow is a real asset. In the five years since it was granted village green status it has developed into a beautiful island of raw beauty in our Parish. The paths patiently mowed (thank you Martin and Pete) through wild grasses, have established a controlled wildness which is essential for native wildlife and flora to flourish.

Looking ahead, we would like to drop a 'Bulb Bomb' on the Parish, literally

dowsing as many green areas as possible with an array of spring bulbs to cheer and brighten up our environment after the long winter months - enough to make even Wingham envious! The Village Society is happy to provide the raw materials and hopes the community will come together for a planting weekend in the autumn - more details to follow in the next newsletter.

After my initial enquiry about the competition, I found out the closing date for 2017 entry was in February. Ahhhgh! But when I mentioned all the things we had achieved in the last year - getting the plants and planters for the green spaces, renovating the village sign, doing litter picks and holding community and fundraising events - these all count as activities where the community has worked together for the benefit of the environment.

The Chairman then offered us late entry as they never want to 'turn away a keen entrant' (That's us!). As part of the entry procedure we have to produce an information booklet and give a guided tour for the judges. Plus, identify criteria where we have achieved the aims set out in the campaign.

Judging takes place between 3 - 14 July so in only a few weeks' time, we'll have to be on our toes getting everything ready - if you could keep this date in mind and give a little extra TLC to your surrounding green spaces it would be most helpful.

We should have the results for you in the next newsletter due out in the beginning of September. Good luck everyone!

Josie
Preston & Elmstone Village Society

Congratulations Jenny



Preston Parish Council awarded Jenny Ralph (AKA Vintage Spice) the Community Award at the Annual Parish meeting in May.

Although Jenny and her husband Frank moved to Preston a few years ago to enjoy their retirement, straight away they became involved in Village Life. Jenny runs the Wednesday Social Club, she has been a local parish councillor, is the booking secretary for the village hall and is a much valued member of the Village Society and newsletter team. She has written a book, *Voices in the Mist* and is currently writing a sequel, she is also a Spiritual Healer, helping many with her tender loving care.

Above all, Jenny is a thoroughly caring and decent person with a wicked sense of humour and fun. Well done Jenny, you thoroughly deserve the recognition and award.

'The editorial team'. xxx

New Name for Preston Village Hall

Preston Village Hall is entering a new phase in its life after almost 50 years of service to the community.

To help with the lottery application for the rebuilding and renovation of the village hall, the committee have decided to rename it the Preston Community Centre with effect from 1st July 2017.

This will emphasise its purpose to serve as a resource for the whole community and new signage is in place to advertise its new name.

Jill Matthews

“If you don’t use it, you’ll lose it”

We are very lucky you know, as we are fortunate to live in a genuine English village. Many people would dream of the opportunity to live in the beautiful English countryside but it’s not just our location that makes living here special.

It’s also a sense of community, safety, friendliness; life lived in a framework of typically English traditions and values. But alas, all is not rosy I’m afraid.

Ok, I’m going to be very frank here. The elephant in the room won’t go away but I hope you will forgive my candidness as I am just reporting on what I hear from many quarters and what I’m about to say just has to be said.

You see, everyone has busy lives but there are a number of people in our parish who patiently and regularly turn up to help out, organise events, get-togethers, organisations and clubs that add that valuable extra layer of contact, cohesion, interest and fun in our community.

For some time, it has become noticeably and increasingly evident that many of the groups, clubs and committees that run in our parish are really struggling.

I’m not just talking about people turning up and taking part, although this is one aspect that challenges viability, but also helpers and people to run and organise are in chronic short supply too.

I can honestly say I’ve heard everyone who runs a club or event almost plead to have more local involvement and support – we see it in black and white every time we put the newsletter together!

In just the last few years we have lost many local attractions and enjoyable so-

cial aspects that helped to bring everyone together. For a number of different reasons we have lost Preston Pre-school, The Steam Rally, Prestonbury, The Village Christmas Party, Big Lunch, Youth Club and F & J Club to name just a few.

Many regular local clubs are functioning on a knife edge as their numbers are dwindling. Imagine if there was NOTHING AT ALL running in our parish. Take a moment and really think about this. What a poorer community we would be?

As a community can we really afford to lose the remaining clubs, events and social events that run? They can’t run without people though, and despite an increase in the local population with the new housing in Grove Road, people seem in short supply.

This is not just a situation experienced in our parish; this is a national problem and is an unhappy symptom many communities experience.

Many people that used to join in no longer do. And please don’t presume you can leave it to others, as the ‘others’ are really, really feeling the strain. Goodwill and commitment only go so far when no one else seems interested.

Despite all I’ve just said, there is hope. When we do come together and make a little effort, the community is a powerful force that can and has achieved great things. I am hopeful the community will respond to the call to become more involved. We really don’t want apathy to kill our community do we?

All that is required is just a little more help, a little more involvement, a little more support. If everyone, YES EVERY-

ONE, just did a little more and joined in, think what else could be achieved?

The rather apt saying, “if you don’t use it, you’ll lose it” comes to mind. Please support our local clubs, committees and events, shop locally, use local businesses and resources because to remain sustainable, they may, without more involvement from the local community, become lost in the near future.

A list of all local events is on the back page of every newsletter. Clubs, classes and regular committees that run from the Community Centre (nee Village Hall) are detailed on page 7 and up-dates of events can be found on our village Facebook page.

On the front page we have reported on the fantastic opportunity we have to promote and be proud of our village. A key component of this is the involvement of the community, please let’s take this as a chance to come together and give all the other villages a run for their money!

Thank you for your support.
Josie
Preston & Elmstone Village Society

Litter Letter

I do a monthly litter pick at the southern end of the village (The Street from the Village Stores to Court Lane, Park Lane and The Forstal) and I know that others litter pick on a daily basis whilst walking their dogs (Pete from Longmete Road for one).

Despite this, fresh litter appears virtually every day. Some of it is doubtless thrown out of cars passing through the village, most notably McDonalds packaging but most isn’t.

Empty energy drinks cans (the contents of which obviously don’t work because the consumer hasn’t enough energy to take the empty cans home), lager cans and cigarette packets are regularly thrown away down Court Lane and between the Village Stores and Court Lane.

Can I just remind those responsible that this is OUR village and whilst not everyone is in a position to clean it up, we are all in a position to keep it tidy in the first place. *Name and address supplied*

Letters to the Editors

We very much welcome contributions of news, local issues and points of interest and would like to thank all who submit articles to the Preston Parish Newsletter.

Photo’s by Clare Randel Photography unless otherwise stated.

If you would like to contact the editors please contact any of the following:

Josie:- josie@vfast.co.uk

Jenny:- j.ralph165@btinternet.com

Karen:- karen@wrightshadwell.co.uk

Basma:- basmagale@hotmail.co.uk

Deadline for the next edition of the
Preston Parish Newsletter
Friday 25th August 2017
Please email all articles to:
josie@vfast.co.uk

All written content may be subject to alteration at the discretion of the editors. The views and opinions expressed in the newsletter do not necessarily reflect those of the editors or the publisher, the Preston & Elmstone Village Society.

The 71st Annual Flower Show

Roll up; roll up all you keen gardeners, bakers, florists and artists for the Preston, Elmstone & Stourmouth Gardening and Horticultural Club, Annual Flower Show on Sunday 23rd July at Preston Village hall.

Have you got the straightest carrots, the roundest plums or the largest marrow in the parish? Do you like flower arranging, arts and crafts and baking possibly the most delicious cake in the district? The show is not just about flowers, there are a whole host of different categories to showcase your home grown talents.

If you wish to enter any of the competitions all the details are in the show schedule which has rules of entry and entry form along with full instructions of what is required to enter. Collect your show schedules from Preston Village Stores (just ask at the counter) where you will find all the information you need to enter a whole host of categories for vegetables, fruit, arts and crafts, floral art, cooking and baking – there is also a junior section.

It would be fantastic if every family put even just one entry into the show – its not just about flowers!

The show officially opens to the public at 2pm and entrance is - adults 50p and children 20p. Please contact Esther for further details 01227 722051

The Horticultural and Gardening club are desperate for new members to join them. The club meets 7.30pm every second Tuesday of the month in the village hall for general chat, advice, social get together, with guest speakers with a wealth of knowledge on topics of a gardening nature, plant feeding, wildlife and environmental issues.

Shotfield Equestrian

The Dressage competitions held at Shotfield Equestrian aim to encourage and support all its competitors whilst also providing a professional and welcoming event. On Sunday 28 May we hosted a dressage show which had over 45 competitors taking part. It was the second competition in our summer series and includes qualifiers for the championship on 10th Sept and the overall points league.

The event was well supported by both local riders and those travelling from further afield. All competitors receive a rosette and junior riders can gain points in the junior league during the series, with a chance to win prizes at the championship. Shotfield Equestrians upcoming dressage events are on the 11th June, 16th July, 13th Aug and the 10th Sept. Their show jumping events take place on 23rd July and 27th Aug.

Jess Conway

Spring Village Litter Pick

On Saturday 29 April, we organised a village litter pick to collect rubbish throughout the parish, meeting up in the village hall car park at 10am. A few residents in Preston and Elmstone help us on a regular basis and pick up litter as they go about walking on a weekly basis, but with Preston village on a main road, we seem to get more than our fair share of litter from passing motorists.

The litter pick is carried out entirely by local residents who volunteer, and we were hoping we would get a little more help on the twice annual village litter pick. I am very grateful to the usual helpers who turned up and also to the one new person who turned up to help as well. This little community job would be so much easier if we had more help, and doesn't a clean and tidy village benefit us all?

Thank you to everyone who came along and litter picked, we managed a great haul of rubbish which has now been properly disposed of. Hopefully we will see a few more new faces when we do the next litter pick in the autumn? Date TBC in the next newsletter.

Who Shot Harry?

We are very sad to report of an attack on one of our feline residents. Harry, a pet cat from Park Farm Riding School, was shot with an air rifle on Friday 5 May.

Fortunately, it would appear that the pellet bounced off a rib in Harry's side and apart from a small wound-hole, he was given the all-clear after visiting the vet.

In the words of Anne and Monique, "How terribly sad that there is someone living in our village whose life is so utterly devoid of love, light and passion that shooting a cat constitutes entertainment".

I am sure we are all in total agreement and send our best wishes to Harry and his friends at Park Farm.

Allotments in Preston

There are two allotments available in Mill Lane: One is a standard allotment of approx. 240 square metres and the other a half allotment of approximately 120 square metres. The rent is £20 per year for a large and £10 a year for a small allotment. Please contact Frank Pinnington 01227 728460: email frankipin@hotmail.com if you are interested.

Spiritual Healing

What is it? It is a natural source of Healing that is available to everyone, irrespective of religion, colour or creed. It is understood to be a beneficial flow of energy between the Healer and the patient that deals with the dis-ease, at its deepest level, allowing your own natural resources to work with you to feel better.

I use my hands, sometimes a short distance away, sometimes very respectfully and with permission, on your person. I have been able to connect with this wonderful source of energy since I was a young girl although I didn't know it then. When I was just 9 years old I can remember my poor Mum who was a chronic asthmatic, asking me to rub her back. I used to think that the ache and heat in my arms and hands was because I was tired. I now know that it is showing me where I have to work.

I was in my late twenties before I started to become curious and looking for answers. The story is long and I don't think Josie would thank me for filling the Newsletter up! (*We wouldn't mind Jenny!*)

I have been healing regularly for 33 years with other clinics and privately. I will never say no if I'm needed, Healing is my first priority.

I started my new monthly Healing Clinic on the 27th April at Preston Community Centre. This is an open evening where you can call in between 7-9pm, have refreshments and spend time with like-minded friends in a pleasant and relaxing atmosphere.

Apart from my new monthly clinic, I am also available for private appointments on Thursdays.

The next Spiritual Healing evening will be Thursday 29th June. 7-9pm. You are welcome to email me:

jennifer.ralph@icloud.com. or phone: 07521 704302 with your questions.

Love & Light

Jenny

Parish Council News



Parish councillors' contact details

Ollie Chapman 721162
Jude Lawson 722184
Chris Wallis 07939 055630

Jill Matthews 722518
Trevor Bradley 721015
Lauren Hunt 07980 000777
Alwyn Pidgen 728533

Clerk: Frank Pinnington 728460

Email: frankipin@hotmail.com

Since our last newsletter the council has not only had its usual monthly meetings but also the annual parish meeting. This meeting was well attended, with over forty residents being present as well as parish and district councillors.

It began with an extremely interesting talk by Trevor Bradley on the changes in farming in the Preston area over the last hundred years. Trevor outlined the changes in farming practices, the development of large farms, the increasing mechanisation of farming and growing productivity. He also outlined how he thought farming would develop in the future. There were many pictures of Preston as it has developed during this time and personal anecdotes from people present.

The council was also pleased to present Jenny Ralph with a Community Award Certificate in acknowledgement of all the work she has done for the community over the last few years.

In the open discussion the question of speeding traffic was raised together with the various issues surrounding it. This is a growing concern and the council has since approached Kent Police with a view to discussing with them possible actions that could be taken. There were also reports at the annual meeting from the various parish organisations and once again it is amazing how much is going on in what

is a small village.

Over the last few months there have been reports of burglaries in the village. These have been opportunistic with people gaining access into property through open windows etc. There has also been the theft of diesel from local farms.

Since last reporting, the council has taken legal ownership of the six acres of land that was given to it as part of the agreement with Salvatori when the Grange Development was given planning permission.

It has also funded the repainting of the village sign by the Village Society and the renewal of the Heritage Board. The council would like to thank all those who have given up their time to improve the appearance of the village.

One matter which has not yet been resolved is the pedestrian route to the village from the Grange. We believe that Kent Highways have now completed their final audit of the route; once this process is complete the route will go out for formal consultation. Developers have always been supportive of the council's views.

Our long-suffering clerk Frank has decided to call it a day from 1st May 2018.

Frank was clerk from 2007-14 when he decided to retire and returned in 2016. We were very grateful to have his 'steady hand' during the Salvatori/Quinn controversy. Although Frank doesn't step down until 2018 we are looking for a replacement clerk and you will see the formal advert elsewhere in the newsletter.

Parish Council Meetings are held on the first Wednesday of every month at 7.30pm in the Village Hall and are open to the public

Ideally we would like to recruit from within the community and if you feel you have the skills and time please do come and find out more. This is an opportunity to do something for your community and get paid for it too.

Residents are reminded that the Parish Council meets on the first Wednesday of each month (except August) in the Village Hall starting at 7.30. There is a fifteen minute slot at the beginning of each meeting for issues to be raised by residents.

The contact details of councillors are set out above.

JOB VACANCY:

CLERK TO PRESTON PARISH COUNCIL.

A vacancy has arisen for the post of Clerk to Preston Parish Council. The post is part time and consists of 6.00 hours per week at a present salary of £8.85 an hour.

Experience of local government and financial processes as well as IT skills would be an advantage.

For further details either contact the present Clerk, Frank Pinnington, 01227 728460 (Frankipin@hotmail.com) or

Ollie Chapman, the Chairman, 01227 721162 (oliver@historicbuildingadvisors.com)

Annual Village Plant Sale



Preston Village Hall Committee held the annual Plant Sale on Saturday 20th May. The weather was lovely as crowds gathered to take advantage of the bargains, including tomato plants, border plants and perennials, all grown and donated by local people. Cauliflowers, cabbages and sacks of potatoes donated by Trevor Bradley sold out quickly.

Inside the hall many stall holders sold anything from Bric-a-Brac to Books, to individual pottery pieces, hand knitted and crocheted woollen garments, hand pressed Apple Juice from our own Preston Forstal Marsh, jewellery, soaps, jumble and 100Club numbers.

From beginning to end Jill's Pop Up Café served bacon rolls, teas, coffees and wonderful cakes. Keeping everyone going with the delicious refreshments.

A big thank you to all those who came along and bought plants and who helped with the event: Ollie, Martin, Karen who turned up in case we needed to put up the tent; Cyril, Richard and Trevor for putting up the tables and putting them away, Pam, Saffyh and Liz Scott for selling the plants, Jenny and Trevor for helping to run the café and, of course, Lindsey and Sean for allowing us to put the left over plants outside the shop for further donations.

Thank you to all who helped with this annual event which this year raised just over £385.00 for the new Community Centre Funds!

Well done all!

Karen,

hTreasurer Village Hall Committee

Image above: Lovely photo of Pam, Saffy, Karen and Liz at the Plant Sale.

Middle: Ivor enjoying the cakes and company.

Bottom: A couple of shots of the goodies available from the indoor stalls.





Pilgrims Cycle Challenge

On 30th April, the Village Hall was chosen to be a stop-off post for The Pilgrims Hospice Cycle Challenge - and what an amazing day! Volunteers were set up and ready to go at 10am.

It was a slow start, but by 1pm the cyclists started pouring in, after completing 80 miles already and with another 20 miles to go! They were smashing good sports, with lots of smiles.

The three ladies providing refreshments, (I noticed lots of good energy foods) worked really hard all day, as did the bike maintenance man.

Well done to everyone, especially the cyclists - 100 miles to raise funds for the Pilgrims Hospice - incredible.



Photos by Jenny. Top: The cyclist's pit stop. Middle image: The two lovely ladies keep them all going with fine refreshments. Bottom: Sometimes you just have to sit down and rest!

Village Hall News

Parking Issues

The hall is well-used at various times of day during the week by the local community. Many of the day-time users are elderly, have limited mobility or may use a wheelchair, and need to be able to park close access to the hall and need space to manoeuvre in and out of their cars. We have recently been approached by people using the village hall with complaints that they are not able to park close to the hall and that if they have managed to secure a space to park, they are then boxed in, and are not able to leave. This affects the use of the hall as a venue and its role as a community centre in an area of rural deprivation.

The land designated as parking for village hall users is not public land but is held in trust for the village hall. The spaces need to be available to village hall users at all times. Areas for blue card users near the entrance to the hall and parking spaces on the right hand side of the car park will soon be designated clearly as reserved for village hall users.

The trustees wish to maintain a positive, amicable working relationship with the school and parents. The Village Hall Management Committee has traditionally consented to parents driving onto the premises in the morning, to drop off their children and then leave. Recently, however, this concession has been abused by some parents who have occupied the parking area for considerable periods, both in the mornings and in the afternoons. I have written to Ms Taylor, the executive headteacher explaining that, whilst we are content for the informal agreement to continue for parents to drive through the parking area before 9:00am to drop off their children at the school gate, we request that parents should be asked to find alternative parking spaces in the village and walk to collect their children in the afternoons.

New Users

There are two new bookings for weekday mornings. Liz Nightingale will be teaching Yoga sessions first thing on a Monday morning from 9am, just the thing to de-stress after a busy weekend!! Jan Cross is introducing a chair-based exercise class on 2nd June. A great way to keep flexible if you have limited mobility.

Jenny's "spiritual healing" clinic is held from 7-9pm on the last Thursday of the month.

Maintenance

Trevor and Charles have made a fantastic job of repairing the manhole cover outside the school entrance.

Trustees

We are pleased to announce that Jane Davies is our new secretary.

Volunteers needed

Working parties are needed to help with general tidying up of the premises. If you are interested and willing to give up an hour or so at weekends or in the evening to help with clearing the paths, the patio garden etc. please let Jill or Jenny know. We already have one Duke of Edinburgh volunteer, so a group of other young people working together on a project towards this award would be a great boost to the community. Your suggestions to boost the community use of the hall would be welcome. Any ideas to Jenny and Jill.

Ideas being floated are:

Pop-up evening Bistro and Pop-up Lunch for our elderly - Volunteers needed for both : Cooks (recipes given), Waiters/waitresses, Washer uppers

We have purchased a notice board to erect in the car park. Please watch out for notices when help is needed. Do come along, if only for a short while. It is a good way to get involved, meet people and actively support our community.

Programme of Events (so far)

Pop up Cafe- Every second Saturday of the month, pop in for coffee, cake and chat

Lettings

If you wish to hire the hall for a function, please contact our Bookings Secretary: Jenny Ralph on Tel: 01227721165 or email: jennifer.ralph@icloud.com



The Development Committee is pleased to announce that it has appointed a firm of architects to take the project forward. As reported last time, the committee invited five architectural companies to put design concepts forward.

The final decision was between two companies, Clagues and Godden Allen Lawn. In the event Godden Allen Lawn were successful in their presentation and we are pleased to say that Nick Lawn, who will be leading the project, lives locally.

Two examples of projects which he has led recently are Barham Community Centre and the 'Wing' which is the Battle of Britain Memorial at Capel-le-Fern.

Frank Pinnington
Chairman.

Clubs & Classes Preston Village Hall

Art Class -every Monday from 2.30pm -5pm Ring Terrence Macklin :07796 558704

Email: terrencemacklin@hotmail.com
Pop-Up Cafe - 2nd Saturday of the Month, Jill Mathews. 01227 722518.

Bowls Club -every Monday evening from 7.30 pm.ring Diane Johnson 01227 722451,

The Wednesday Club 50+ (A Social Club available for everyone in the Parish) -every Wednesday at 2pm Jenny Ralph 01227 721165.

Yoga Monday morning 9.15am-10.30, with Liz Nightingale 07790123727

Chair-based exercise from 2nd June 11am with Jan 07825 041288

Zumba with Jo Silence -every Wednesday evening from 5.45pm ring Jo,:07898270760

Gardening 2nd -every Tuesday of the month ring 01227722051 Esther.

W.I -2nd Wednesday of the month from 7.15pm. Ring D. Saxby 01227668060

W.I Darts -Friday's 2-3pm a every week.

Junior Church, Sunday mornings in term time ...Penny Cornett

Spiritual Healing Clinic with Jenny & friends Thursday 29th June 7-9pm 01227 721165. Jennifer.ralph@icloud.com

Preston with Elmstone & Stourmouth WI



Since the last newsletter, Preston, Elmstone & Stourmouth WI has welcomed three new members and one returning member. Joan Foad moved to be near her daughter and she has returned to the fold bringing Pippa along with her, our other two new members are Hilda Knight and Ellie Matthews.

In March, our speaker was Lara Murphy from the Dog's Trust. She told us the history of the Dog's Trust and gave us an insight into the work that they do today. The Dog's Trust is a rehoming centre and its aim is to find new owners within four weeks. In April, David Cornet gave us a humorous talk about his work and life at the BBC during the past 50 years.

Over the years it has become a tradition that the May meeting is a cookery and craft evening. There are five classes cooking, craft, flower arranging art and photography. All the classes were well supported. The overall winner was Penny Cornet, with Liz Preston the winner of our monthly competition. Well done to all those who entered.

We are arranging an outing in June to Minster Abbey for lunch and a tour around the abbey. We have had plenty of interest and hope for a fine day. Our August meeting will be a garden party in Diane Johnson's lovely garden.

The WI has a lot to offer, with two group meetings a year, interesting speakers and a competition, raffle and a 'bring and buy' table. The theme of the competition is usually something to do with the speaker's subject. We talk to members of the other WIs and our group hear about what they are doing, it is a very sociable meeting. The East Kent Federation also offers a variety of outings, craft, cookery and flower arranging demonstrations. There is the top team quiz, darts and much more. All these activities are open to all members of the East Kent WIs.

The WI is open to all so if you would like to join us please come along on the 2nd Wednesday of every month, we meet in Preston Village Hall at 7.15pm. You will be made most welcome. Our programme for the year is on the village notice board and the village hall notice board, if anything is of interest just come along as a visitor and see what you think.

Why holidays are a pain in the neck... and what you can do about it!

There's something about summer that sees a sharp increase in the number of acute neck and back problems seen in my clinic. Often, people return crooked from a break away (most commonly as a result of having lost a battle with a suitcase!). Prevention is better than cure, so read on for my top tips for a pain-free back this summer.

- Avoid lifting heavy suitcases -

But if you must, remember my 3 golden rules - 1) NEVER lift and twist at the same time, 2) ALLOW the biggest muscle groups (thighs and bum) to take the strain by channeling your inner weightlifter - feet wide, knees bent, toes pointed out, 3) BRACE - create a natural corset by pulling your tummy button upwards and inwards.

- Consider your footwear -

Flip flops scream summer but are not back friendly. Ensuring that your shoes have decent arch support helps maintain pelvic alignment, which in turn supports the spine's natural curves.

- Move! -

Plan walking/stretching breaks into long car journeys wherever possible, otherwise squeeze your buttocks every 10-15 minutes whilst driving. You may feel like a wally, but it will boost circulation to your lower back (and no-one will know!).

- Sleep -

Consider taking your own pillow if you suffer from neck issues. If you find yourself stuck with a saggy pillow, a rolled-up towel tucked inside may offer more neck support. Use a spare pillow under your knees or between your legs to maintain spinal alignment.

If you do find yourself sore, alternate heat and ice treatment to relax muscle spasm and reduce inflammation. Wishing you all a healthy, pain-free holiday!
Basma, Simply Therapies

Keeping Fit for Everyone

As booking clerk for the Village Hall, I am constantly searching and looking out for new ideas and interests for our centre. Sports and keep fit has been the hardest to find and stay with us. The one class that has stayed consistent is Zumba with Jo Sillence which has proved very popular.

Personal wellbeing is now very much at the forefront of people's needs and with that in mind, I was pleased to book our Hall for the Village Society's Pamper and Well-being evening at the end of March.

Many people got a chance to demonstrate their skills, and a need to hire the Hall for regular weekly and monthly bookings has arisen. I am pleased to say that the mornings left vacant by pre-school are now being used. I can recommend the following exercise and well-being for all age groups:

ZUMBA - A dance based class for the energetic among you. Every Wednesday at 5.45pm with Jo Sillence 07898 270760

YOGA - for a relaxing start to your day, Monday 9.15am with Liz Nightingale 07790 123727

CHAIR BASED EXERCISE CLASS - for those that need help to exercise. Fridays at 11am (I've tried it and it really helps!) ring Jan 07825 041288.

SPIRITUAL HEALING CLINIC - with Jenny, next monthly clinic is Thursday June 29th 7-9pm and last Thursday of the month thereafter.

For further information ring Jenny Ralph 01227 721165 or 07521 704302.





Above: Dot and the Easter Bunny get cosy. Right: Oliver taking on the table football. Below: Busy colouring-in the Easter Eggs as part of the Treasure Hunt.

Easter Egg Treasure Hunt

We had a great Easter Sunday morning in the village hall as the Preston & Elmstone Village Society hosted the third Easter Egg Treasure Hunt. This event becomes more popular every year and we try to make it fun and welcoming for children of all ages and their families.

We set out some simple questions and activities and upon completion, the children received a free chocolate Easter Egg. If you have been in the village hall since Easter you may have seen all the beautiful eggs the children coloured in as one of their tasks. We also had the table tennis, pool, air hockey and table football out so the older children had some fun too!

The Preston Easter Bunny paid us a visit again this year although I'm not sure if she scared more than she charmed!

We also held a cake sale and had refreshments available with all proceeds given to Penny Cornet's daughter, Olivia, for a charity which helps children in Africa. Due to everyone's generosity we were able to donate £73 from the morning and distribute over forty Easter eggs to the children. Our thanks to everyone who came along, took part and helped out.

Josie



Mitzie getting into the Easter spirit with her amazing cake display, gosh those Easter Eggs are enormous!

Inheritance Tax

Does the new
“Residence Nil-Rate Band”
affect you?

In the Summer Budget of 2015, the Chancellor introduced an additional tax allowance the “residence Nil-Rate Band” or RNRB. When fully in force it will potentially provide a total nil-rate band of up to £1million for married couples with children and is one of the biggest changes to Inheritance Tax in recent times.

How will the RNRB work?

The measure is effective for transfers of property on or after 6th April 2017. The transfer can only be made on death, but could be by Will, under rules of intestacy, or under rules of survivorship. It will be phased in as follows:-

- £100,000 for the tax year 2017/18
- £125,000 for the tax year 2018/19
- £150,000 for the tax year 2019/20
- £175,000 for the tax year 2020/21

Thereafter it will increase in line with the Consumer Price Index. It has also been confirmed that the existing nil-rate band will remain frozen at £325,000 until the 2021/22 tax year.

The new allowance applies to those estates that are “closely inherited” and contain “qualifying residential interest” - this latter point means that the individual must have owned the property and have lived in it at some point.

Conclusion?

While the introduction of the RNRB will be welcomed by those whose most valuable asset is their property, with the nil-rate band frozen until 2021 and house prices continuing to increase, many people will continue to find themselves drawn into the Inheritance Tax net.

While the operation of the rules means that the winners are couples with children and an estate worth £2 million or less, with a substantial property element, there will be many people who will be unable to take full, or indeed any, advantage of the additional allowance; for them, the £1 million exemption will remain unobtainable.

Karen Wright
Wright & Shadwell
Financial Management

THE FRIENDS OF ELMSTONE AND PRESTON CHURCHES

RECENT EVENTS IN MAY

The Elmstone Church Open Afternoon was a very sociable and enjoyable event with beautiful floral decorations, delicious cakes and home-made scones and jam. We would like to thank the Nickols Family for organising the event, the flower arrangers and all those helped with various tasks. Thanks also to the visitors who supported the event which helped to make just over £400 for Church funds.

We would like to thank everyone who helped with our Open Afternoon at St. Mildred's, especially the flower arrangers and cake makers, and those who visited the beautifully decorated Church and enjoyed teas. The art exhibition and stalls proved popular too. It was another enjoyable, sociable occasion which raised £326 for Church funds.

FUTURE EVENTS

Sunday 25 June

St. Mildred's Open Afternoon 2.30 - 4.30pm with tea, home-made cakes, stalls and Art Display.

Sunday 9 July

Open Garden, Westmarsh 2.30 - 4.30 Home Farm Cottage, CT3 2LW.

By kind permission of Liz and Gerald Greenwood

This event will be in aid of Elmstone Church, St. Mildred's and the Charity run by Olivia Stanton, (Penny Cornet's Daughter) - Education for Change - for the Orphanage in Uganda. Do come and see this delightful garden.

Sunday 27 August

Elmstone Church Open Afternoon 2.30 - 4.30

Tea, home-made scones and jam.

Donations of home-made cakes will be very welcome for the Open Afternoon at St. Mildred's on 25 June. These can be brought on the day. We look forward to your continued support and seeing you at some of the above events.

Elizabeth Timms

Secretary, Tel: 01227 722704

News from The Belfry

For this issue of the Parish Newsletter, I've submitted a copy of the annual report given to the Parish Council in April.

“Our small but dedicated band of bell ringers is going from strength to strength in terms of ringing ability. We would like more ringers to support us as we still only have 3 fully competent ringers for 6 bells.

A 4th ringer is getting closer to being able to ring as part of the band but still needs a bit more ‘rope time’ before she's ready.

With help from Wingham we've rung for most of the services at Preston on Sunday mornings and we've had a busy year for weddings, with 14 in total. The earnings from these weddings have allowed us to donate £1200 to the Friends of Elmstone and Preston Churches.

As we reported last year, we are currently in a position where maintenance of the bells requires very little expenditure. Whatever is needed can be covered from the bell fund accrued over a number of years without touching our current earnings.

We have 12 weddings to ring for in the coming season, possibly 13 so once more we have a busy year ahead which will only be achieved with help from ringers from Ash, Sandwich, Wingham, Eastry, Wickhambreaux and Minster.”

Brian Covey



Junior Church

In the lead up to Easter, the children of Preston Junior Church decorated these carved, wooden ducklings as a sign of new life. These were then put on display as part of the open afternoon at Saint Mildred's Church in Preston.

The ducklings were 'judged' by visitors to find a winner, but in the end they were all judged so good that all the children were all awarded prizes. Image: David Cornet

Knitted Hats

Last September I spent 3 weeks helping at a refugee camp in Greece. I worked with some Yasidi people who had fled Northern Iraq eventually arriving in Greece in May 2016 with little beyond the clothes they were wearing and perhaps a mobile phone which enabled them to keep in touch with other members of their family.

When I returned to England it was already getting cold in Northern Greece; the camp was in the mountains and I had been told that the babies in particular would need hats to keep them warm. Friends rallied round and started knitting.

Others gave money to cover the shipping costs and I held a coffee morning which raised a further £110. In all, I have sent out just over 1000 knitted hats and blankets for premature babies.

The picture below of wash day gives you some idea of the conditions the refugees are living in. Washing is done by hand in cold water. Some of the mothers are washing for



4 or 5 children, as well as a new-born baby, their husbands and perhaps other relatives who made the journey with them.

The hats were distributed to mothers in a pack for new-born babies.

The picture above shows new-born Mary, snug and warm. You can see that the hats have been well received and well used.

Thank you so much to everyone who helped. Jill Matthews



Half Moon & Seven Stars

How time flies by and it now been some 2 years and 4 months we arrived here at the Stars. It was a long winter and our Monday nights had become a little quiet. On asking a few people in the bar if they'd try BINGO we were staggered by the response, so we now have BINGO every Monday teatime.

BINGO
EVERY MONDAY
7pm to 8.30pm

Games start 7pm sharp and often end with a single jackpot game of £100 to the winner, soon to be playing for a monthly Jackpot Red of over £200:00 on top of the regular games. Finishes by 8.30pm.

We have much more planned for a fun-filled Summer 2017 with a live music night on June 23rd with Gracie and the Booms and our ever popular Curry Chat n Chew quiz on June 24th.

Sunday July 2nd is KARAOKE - get your names in early on this hilarious night. Karaoke is every month on the 1st Sunday.

We celebrated our 2nd year with a fantastic party with Shameless and having had such a blast we've secured them for our New Years Eve Party at the end of the year.

We have our Second Wine & Prosecco Garden Party now planned for SUNDAY AUGUST 27TH (put it in your diary now). This year we have a BBQ and live music in the marquee along with an outside servery in the garden.

Sunday June 25th join us for our mid-year CHRISTMAS DAY DINNER Book now.

We offer free party nights for your celebrations and can offer food / buffet to your requirements, just call in for a chat. Also available is our snug room for any meetings you may wish to have during the week.

If you have any further requests please call 01227 722296 or email: moonandstars@hotmail.com Sheila, Dave & all the staff look forward to seeing you soon!

Community News & Events

Pamper Night

We held our second Pamper night at the end of March due to popular demand and the success of the inaugural event in November. We brought together some of the best local practitioners who shared their skills including hypnotherapy, medium and tarot readings, spiritual healing, reflexology, shellac nails Forever Living products and personal training. We also served refreshments and healthy snacks.

The whole evening was run purely on good will and voluntary donations from guests who had received treatments. We raised just over £400 after costs and plan to hold another pamper night in November.

The Village Society would like to thank everyone who came along, helped out and shared in the special evening of relaxation and well-being.



Image above: The Pamper Posse poised for action. Images below left to right: Elsie on a Treat Your Feet Pampering mission, Basma giving some love to them feet, Mel buffing for England and two lovely ladies enjoying the Prosecco, a mighty chin-wag and drawing lots of pretty pictures!



The Poppies are Back!



Ian, they look stunning and well worth the wait.
Thank you for your hard work and effort. xx

Preston Primary School Summer Fete Sunday 18th May

It is that time of year again when you need to make a date in your diary for Sunday 18th June 2017, not only is it Father's day but also the date of probably one of the best school summer fetes in Kent. Friends of Preston School (FOPS) are again hosting this very popular event on Preston recreation ground from 12 o'clock onwards, both parking and entrance is free to all visitors.

Last year FOPS raised over £6000 at the summer fete which funded various projects around the school including new laptops, coaches for school trips and sports equipment.

There will be a huge variety of activities and games for you to enjoy on the day with a dedicated Games Zone which hosts favourite family games such as the coconut shy, bouncy castle, tin-can ally, and giant hoopla to name just a few.

Other attractions include the Classic Car Club, teddy tombola, plant stall and sweet jar challenge. In the central arena will be traditional maypole dancing and country dancing performed by the pupils. There will also be some lively fun with a tug of war and egg throwing competition.

Refreshments will be available on the day which will include tea, coffee and soft drinks and a beer tent. The BBQ will be running again this year serving burgers and bangers sourced from our very own Preston butchers in the village. The ploughman's lunch tent offers an alternative salad lunch. To finish off, why not sample some of the delicious homemade cakes on offer?

The Summer Fete wouldn't be complete without a raffle and FOPS will be running a Grand Prize Draw with some fantastic prizes for you to win. In fact the Grand Draw is so big there will be 3 rounds of draws taking place throughout the day. Tickets can be purchased from the school office after half term or on the day at the entrance to the summer fete.

Please come along to support FOPS and our local school which we are immensely proud of and have a great fun day out with your family in the village.

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St Mildreds Church

Preston

Rainbow Flowers

Cream teas

Sunday 25th June

2.30 to 4.30pm

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Jodie's Summer Recipe

Summer in a Bowl

This is a delicious, simple summer supper that is a fantastic way to make the most of your summer tomatoes. It's from a torn out old magazine recipe, so I'm not sure who's recipe it is, but it's one of my go-to recipes as it's so quick and easy and looks fantastic. The flavour of the tomatoes is key, so I recommend using the ripest most delicious tomatoes you can get your hands on.

Fresh Tomato Penne

Ingredients:

1kg ripe tomatoes (I use plum and/or cherry tomatoes, but any flavoursome tomatoes will do)

1 clove garlic

½ teaspoon sea salt

1 small chilli crumbled or a pinch or two chilli flakes

75g capers, rinsed if salted

200g black olives, such as Kalamata (stoned)

500g penne pasta

85g rocket leaves roughly chopped

Extra virgin olive oil for drizzling

Method:

Cut the tomatoes in half and squeeze out and discard the excess juice and seeds. Roughly chop the tomatoes. Mash the garlic with sea salt to make a paste. Combine the tomatoes with the garlic paste, chilli and capers in a large bowl, season with black pepper and add the olives. Allow to rest for half an hour.

Cook the penne according to the packet instructions, until al dente (cooked but still firm to the bite). Drain and then stir the pasta into the tomato mix. Add the rocket and finish with a good glug of olive oil drizzled over. Enjoy the taste of summer in a bowl.

(This dish can work well with the addition of chorizo as well for any of you meat-eaters)



New 100 Club Draw

The 100 Club is coming up for its last draw of the year before we start another 12 month run in July. The 100 Club is run by the Village Society and is a monthly prize draw with a first prize of £25 and second prize of £10. There are 100 numbers and they cost just £12 each – please see Mitzie or email mits404@hotmail.com if you would like to sponsor a number.

All remaining proceeds are used by the Village Society. In the past this had helped local clubs and organisations, contributed to local events and good causes i.e. Easter Eggs for local children and plants and materials. We also need to raise funds for the newsletter, as advertising doesn't always cover costs. Either way, all funds raised are used helping the community and with two big new projects on the drawing board – a new website and Bulb Bomb in Autumn - the 100 Club is a vital part of our fund raising.

The 100 Club numbers are drawn at the monthly Village Society meetings; we contact winners and distribute their winnings in person and post the winning numbers in the newsletter.

Thank you for your support.

Preston & Elmstone Village Society

100 Club

Monthly local prize draw to raise funds for the community.

1st Prize £25, 2nd Prize £10

March winners

12: J. Rudolf

32: A. McGeoch

April winners

23: Mark the Butcher

36: B. De Barra

May Winners

86: P. Cornet

32: M Ferber

Congratulations to the winners

Don't forget to renew your numbers?

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What's on this Summer?

June

- Sun 11th Shotfield Equestrian Dressage Event
Sun 18th Preston School Fete. Recreation Ground,
mid-day onwards
Fri 23rd Live Band – Gracie & the Booms
Half Moon & Seven Stars
Sat 24th Chat & Chew Quiz night
Half Moon & Seven Stars
Sun 25th St Mildreds Open Afternoon
2.30 – 4.30 Tea and Cake
Thur 29th Spiritual Healing Clinic 7pm
Preston Community Centre

July

- Sat 1st Barn Dance Boundary Farm, 7pm 'til late
Sun 2nd Karaoke, Half Moon & Seven Stars
Sun 9th Open Garden, Home farm Cottage
Westmarsh (Details P. 10)
Sun 16th Shotfield Dressage Event
Sun 23rd 71st Annual Flower Show, Preston
Community Centre, 2pm
Sun 23rd Shotfield Showjumping Event
Thur 27th Spiritual Healing Clinic 7pm
Preston Community Centre

August

- Sun 5th Karaoke, Half Moon & Seven Stars
Sun 13th Shotfield Dressage Event
Sun 27th Wine & Prosecco Garden Party, BBQ & Live music.
Half Moon & Seven Stars

Wishing everyone a sizzling summer
from all your friends in the
Preston & Elmstone Village Society



The Autumn edition of the Preston Parish Newsletter
will be available from the second week of Sept 2017