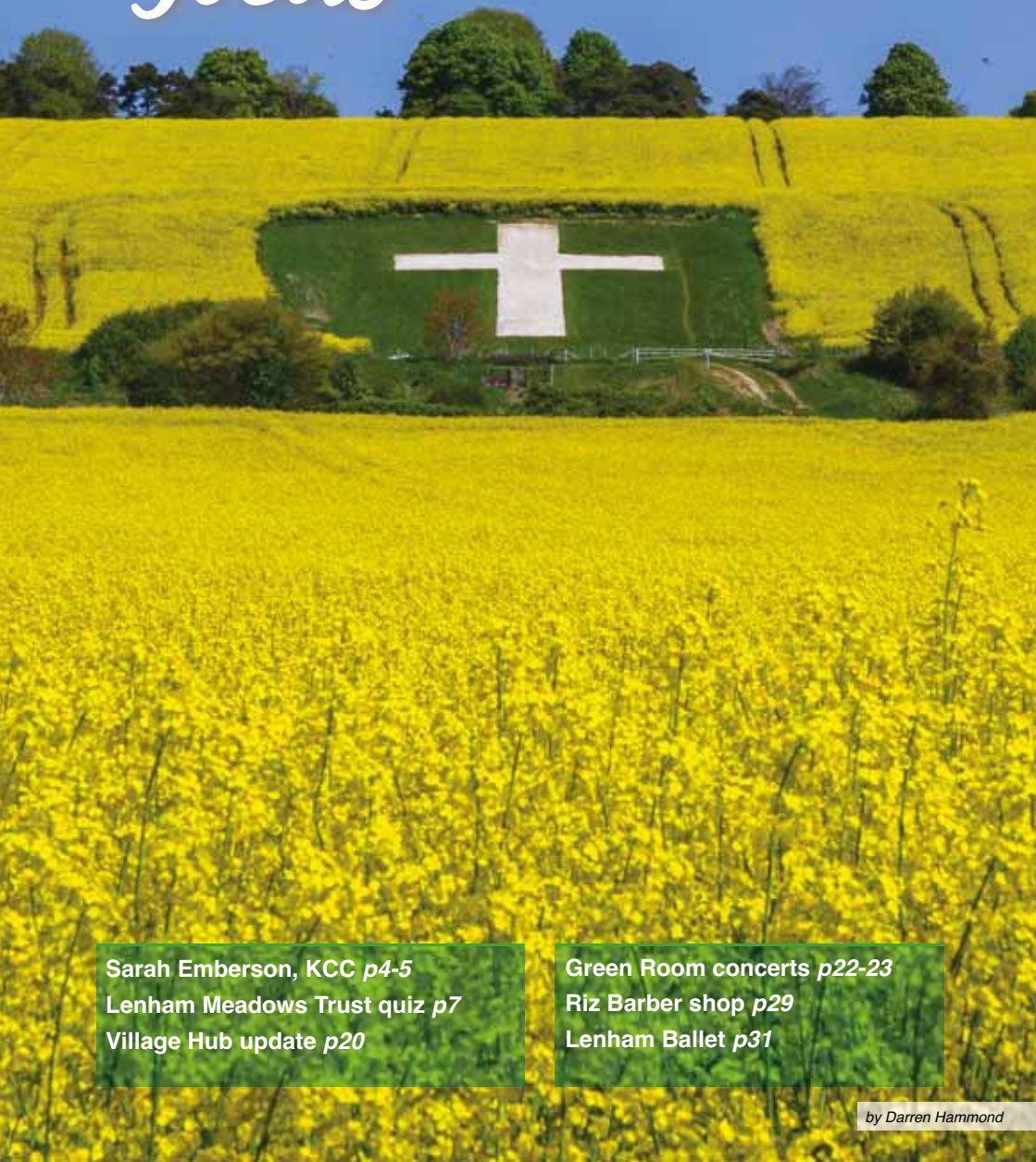


# The Lenham Focus

JULY 2025 issue



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by Darren Hammond



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# Editorial

**E**very now and then the *Focus* team is able to offer donations to local charities and good causes. This month we're delighted to announce **two** such donations.

**The first** is to the *Lenham Primary School* where we have helped support a vital service as part of their 'Partnership for Inclusion of Neurodiversity in Schools' initiative. A Family Forum has been established to support parents and carers, staff have been trained and audits carried out to understand better the special needs required, but that left a financial gap to provide the necessary desks, stools and ear defenders needed for the scheme. A substantial donation from *Focus* has been made to allow for the purchase of this equipment.

**The second** donation was to buy a *bench* which will soon be installed in the Cherry Close play park to commemorate the amazing work that Kaz Gupwell performed on behalf of Lenham villagers in the years before her untimely death. You may remember that Kaz set up and managed the *Keeping Lenham Safe* Facebook page and followed this up with social media pages supporting *Local Small Businesses* and the *Lenham Friends Support scheme*. Fundraising is continuing to pay for the installation costs of the bench.

Details of both donations are covered in articles in this month's edition.

**David Jackson** | Editor

**FOCUS** is also online at  
[www.lenhamparish.org.uk](http://www.lenhamparish.org.uk)  
 (Click on 'Lenham Focus')

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**We welcome your input and comments please email me at [editorialslf@outlook.com](mailto:editorialslf@outlook.com)**



# A Personal Message from Sarah Emberson

## Your new Kent County Councillor for Maidstone Rural East

### Dear resident,

Firstly, thank you to those of you who gave me your vote on 1<sup>st</sup> May. To those of you who did not support me this time around, I can assure you I will be working for all residents. It is a huge honour and privilege to represent you all.

The past couple of weeks have been extremely busy, I have been attending a full schedule of training seminars organised by my new colleagues at Kent County Council.

**For Lenham residents the Heathlands plan continues to be a major area of concern and I'm determined to work with the Save Our Heath Lands (SOHL) team.**

These sessions have covered a wide range of topics from the council's constitution to road safety. I have also been busy attending Parish Council meetings, talking to residents and hearing about the many clubs and societies that operate in our neighbourhoods. We are lucky to have in our midst such committed volunteers who give up their free time for their communities. I'm also hearing they all need more helpers, so if you have been considering volunteering then please do as it will bring so many benefits to you and your community.



At the recent Lenham Parish Council meeting, I heard many good things; for example: the full schedule of events planned by the lovely ladies at the WI and the on-going success of the Farmer's Market. However, there are many challenges. For Lenham residents the Heathlands plan continues to be a major area of concern and I'm determined to work with the Save Our Heath Lands (SOHL) team.

While I acknowledge the need for new housing, I also want to see a scenario where we optimise unused buildings and brownfield sites nearer to established services and infrastructure as opposed to concreting over our beautiful countryside. In fact, over-development in our rural villages was one of the drivers in me standing for election. In 2012, my husband and I moved our young family from London, down to the Weald of Kent. I wanted our children to be brought up in a safer environment, have plenty of green and open space around and ultimately become part of the local community.

I have cherished living here in Kent but as time passes it has become increasingly clear that our way of life is under threat. Our beautiful villages are being transformed by over-development and their very fabric torn apart. Hundreds of houses have been built and continue to be built with no apparent consideration being paid to the creaking infrastructure and services that are struggling to keep up.

Our high streets are suffering too. Residents are shunning their local shops as there is a lack of free parking. Business owners who are overburdened with increased red tape, higher business rates, increased living wage and national insurance contributions are being forced to wind up their companies with a loss of jobs and income to the local community. Our once thriving high streets are becoming a shadow of their former selves.

Our local farmers, the guardians of the Garden of England, are under attack from this tin-eared government. If the planned inheritance tax changes go ahead then many will be forced to sell their land to pay this egregious tax. But what will replace those fields which provide us with our wholesome food? Solar and wind farms? Or more housing?

I want to stop this blight and protect our villages and countryside. I want to improve our surroundings and facilities. I want to make changes and make people feel proud about where they live. I want us to pass on a beautiful legacy to future generations so they too will want to live and work here.

I am putting my energy into getting the right outcomes for this community and our County.

I look forward to meeting you!

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# Lenham Meadows Trust

## Countryside and community

Our Annual General Meeting, held on 22<sup>nd</sup> May, was very well attended. Reports were delivered by the Chairman, Treasurer and Membership Secretary.

Guest speakers **Mike Guntripp** and **Jack Turnbull** from *JC White Geomatics* gave an excellent presentation of the topographical survey recently carried out at Glebe Pond, supported by **Chris Clark's** presentation (from *CTP Consulting Engineers*) on recommendations for the work that may be necessary to repair the pond's sluice gates.

The Trust's management committees will be considering options once all the data has been analysed. Clearly, this is a serious concern and we will do all we can to ensure the safe future of the pond.

## Duck Food Update

Sadly, the Lenham Farm Shop, our main outlet for the sale of duck food, has closed. However, the Lenham Parish Council office (next door at 1A High Street) has agreed to hold stocks. We thank them for that and encourage villagers to buy packets of duck food at 50p per bag – all in aid of the Meadows Trust charity.

Finally, we are always looking for volunteers to help with our work, it could be cutting back hedges or pruning shrubs or perhaps help running a stall at one of our events.

---

Please email us if you'd like to know more about the Trust or to join our mailing list.  
Follow us on social media for the latest news, details of events and photos of our projects



[enquiries@lenhammeadowstrust.org](mailto:enquiries@lenhammeadowstrust.org)



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**Lenham Meadows Trust**  
Countryside and community

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---

Please email us if you'd like to know more about the Trust or to join our mailing list.  
Follow us on social media for the latest news, details of events and photos of our projects

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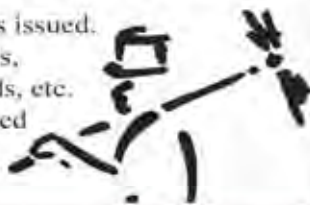
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# Creating a More Inclusive School Environment



**Thanks to support from *The Lenham Focus* – says Mrs McCluskey, Headteacher of Lenham Primary School**



In a previous edition, I shared that we were involved in the PIN project – Partnership for Inclusion of Neurodiversity in Schools. This important initiative has helped us take meaningful steps toward making our school environment more inclusive for all children, with a particular focus on those who are neurodiverse.

As part of this work, we've launched a Family Forum to support parents and carers, and our staff have undertaken specialised training to understand better and meet the needs of neurodiverse learners. We've also carried out comprehensive environment audits to identify how we can make our school spaces more accessible and supportive for every child to thrive.

These audits have been incredibly insightful, revealing both strengths and areas for improvement. However, as many will know, school budgets are under increasing pressure. While every school is doing its best, limited resources often mean we need to reach out for support.

We are very fortunate to have a dedicated PTA who work tirelessly on behalf of our children, but the scale of funding required to make meaningful environmental changes is significant. That's why, like many schools, we have been reaching out to local businesses for help.

I am absolutely delighted to share that *The Lenham Focus* has generously donated funds that will enable us to purchase wobble stools and a raised desk for every classroom, as well as additional ear defenders. These resources will make a real difference, supporting children's comfort, focus, and wellbeing – especially those who benefit from sensory-friendly tools.

This support means the world to us and we are deeply grateful.

**I am absolutely delighted. ..  
that *The Lenham Focus* has  
generously donated funds that  
will enable us to purchase...  
these resources.**

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# Countryways Quilters and Stitchers

From Pamela Gillard

**W**ork on our kimono jackets is going slowly but steadily. One is finished but some patchwork designs and some of the free motion and Sashiko stitching is still on-going. We will be continuing with constructing the jackets throughout July, so that we are ready for hand

stitching. They will be finished at our garden meetings, to come later. I hope you'll come and join us and try your hand at something new or just enjoy the company, have a chat and a cup of tea. It's an enjoyable way to spend an afternoon.

We have our meetings on the first and third Tuesdays of every month except December and would love to see you. We usually meet in the Osborne room in the Lenham Community Centre from 1:30 to 4:30pm. However, sometimes we move location, so please contact me if you plan to drop in. If you'd like more information about our group or a copy of our 2025 programme, please contact me, Pamela Gillard at 07914 809946 or email [moonbeamsspinner@gmail.com](mailto:moonbeamsspinner@gmail.com)

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# Update from Len Valley Medical Practice

**A 'thank you' and a 'looking ahead' note to our patients.  
From Georgia Lane, Practice Operations Manager.**

**H**ello from all of us at Len Valley Medical Practice!

We want to start by saying a big thank you to everyone who used the Accurx Triage service during its recent trial run. This online system allowed patients to send in medical and admin queries without needing to call and your engagement really helped us explore how digital tools can benefit both patients and staff.

The trial phase has now come to an end, and we've gained some really useful insights. With the extra demand it brought alongside our existing services, it gave us a great understanding of how best to shape things moving forward. We're now working behind the scenes on the next version of Accurx within the surgery and we're planning to bring it back later this year, even better and easier to use. So watch this space!

In the meantime, please continue to contact us by phone or in person; we're here to help however we can.

We'd also like to share a quick snapshot of the bigger picture when it comes to appointments. In just one month, in Kent and Medway, over 941,000 people had a GP appointment, that's nearly half the local population. But in the same period, 38,865 appointments were missed. If you're not able to attend, please do let us know. Every cancellation helps someone else to be seen.

**Missed appointments** for LVP are shown in the table below:

<b>MONTH 2025</b>	<b>GP appointments missed</b>	<b>Nurse appointments missed</b>
March	27	102
April	10	146
May	15	145

And finally, an important reminder. We're continuing to see a concerning level of verbal abuse directed at our staff and we want to be open with our community about this. Like many practices across the NHS, we're facing high demand and limited resources.

Our team is working extremely hard to help as many people as possible and we want to gently remind everyone that we're patients too, and we truly understand how frustrating things can feel. But kindness and respect go a long way. We have a zero-tolerance policy for abuse, and we ask that everyone speaks to our staff in the same way they'd like to be spoken to.

A safe, supportive environment helps us all, patients and staff alike, and ensures we can continue providing the best care possible.

Thank you for your continued support.

**If you're unable to  
attend an appointment,  
please let us know.  
Every cancellation helps  
someone else to be seen.**



# Jasmin Vardimon Theatre – The Magic of Dance

By Vladimir Barkanov

**M** eet Jasmin Vardimon's Dance Theatre. Nestled on an industrial estate in Ashford is a purpose-built building: JV H.O.M.E. – the home of the dance school and theatre founded by Jasmin Vardimon, MBE. My wife and I were introduced to it by our friends from Lenham, and it was love at first sight.

I used to believe that contemporary dance was “not my cup of tea”. This theatre proved me wrong. So far we've had the honour of seeing four performances – NOW, Pinocchio, JV2, and Alice. Though to say we “saw” them is not quite right. Nor am I sure one can do justice to this form of art by trying to describe it through words. The dance transports you to a dimension beyond language or even thought. You don't just watch it – you feel it, breathe it, absorb it.

Even though part of you recognises the incredible skill and talent of the dancers – who at times perform movements that seem to defy human limits – the real communication happens on a level directly connected to emotion.

It's the magic of movement, music, and story, fused together by the dancers' complete emotional commitment that draws you into a world of vulnerability, poetry and authenticity.

Authenticity, as described by Canadian physician Gabor Maté, is the ability to connect with your emotions. I've discovered that contemporary dance – and especially the Jasmin Vardimon Company – offers the



opportunity to do just that; to connect with your emotions on a profoundly new level.

It allows you to become vulnerable without fear or shame, and you remain in that liberating state long after the performance ends.

Apart from the “indescribable” and invisible messages, each performance also conveys clear themes, delivered in a powerful and beautifully creative way.

NOW took us on a journey from totalitarianism and mob culture to the complexities and intricate beauty of the relationship between a man and a woman.

Pinocchio explored the wonders and horrors of growing up, and the meaning of being human.

Alice guided us through the extraordinary world of womanhood. Each performance

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You will see regular updates on all the parish council's activities in the *Focus*, our website and social media.

## Annual Parish meeting – Progress on some of the capital projects

### The toilets in Maidstone Road

The toilets are either nearing completion or already open, depending on suppliers and contractors. The reconfiguration has taken longer than expected due to unforeseen technical issues. However, these have been resolved, and the work is now completed or will be very soon.

Please note there will now be a charge for using the facilities. This measure aligns with a common practice across the country aimed at deterring vandalism. Many may remember that the previous setup was frequently subject to vandalism and damage.

Additionally, all toilet cubicles are now unisex and compliant with disability requirements, as mandated for any new facility. The reconfiguration also provided the parish council with a larger storage area within the original footprint.

### The play areas in Cherry Close Play Park and Ham Lane

Both play areas will be updated with new equipment and surfaces in July.

Funds from local developments have provided £51,597 for Cherry Close Play Park and £118,424 for Ham Lane. The goal is to complete these upgrades by the summer holidays, depending on contractors and suppliers.

A memorial bench, donated by *The Lenham FOCUS* magazine for Kaz Gupwell, founder of Keeping Lenham Safe (KLS) Facebook page, will be added to Cherry Close Play

Park. More information can be found in this month's magazine.

### New floor at the Parish Office

The work to install a new floor is now complete. Following the completion, the office has been redecorated and reconfigured to make the space more inviting and informal. The upgrade in insulation also means that we should spend less on heating in the colder weather!

### CCTV upgrade

Discussions about how to achieve an upgrade and extension of CCTV in and around the village continue. As you can imagine, this is a complex task and has produced some interesting, and challenging, issues which need to be resolved.

The plan is to publish the proposals in the autumn, for discussion.

### ... and finally

I'd like to thank the volunteers who turned out, once again, for a mega litter pick in May. Also, the volunteers who have given up their time to refresh the many planters around the village with summer bedding plants.

Thanks to all of you for helping to keep our village clean, tidy and looking lovely!

As we approach the holiday season, I'd just like to remind everyone that the full parish council does not meet during August, although the committees continue to work.

The next full parish council meeting will be on Wednesday 3 September at 7:30 in the Osborne Room at the Community Centre.

**Have a great summer!**



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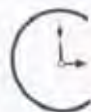
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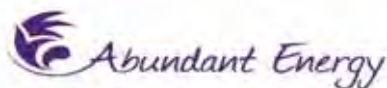


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# Lenham Village Hub update



## Connecting Church & Community

It has been a while since we updated you on progress, and a lot has happened that draws us closer to making this project an exciting reality in our village.

Firstly, we were aware that the total price was creeping up and we have managed to tweak the plans with a bit of ingenuity so that the total that we need drops by about £100,000. Secondly, we are now making progress with fund-raising, achieving 27.8% of our new funding-raising goal. In addition, we are waiting to hear from two grant bodies to which we have made applications. Getting to 33% is our next goal; we will then be able to apply to national grant-makers.

Also, we have decided to divide the project into two phases so that there will be something to show more quickly. The first phase will be to produce a marvelous community kitchen in the tower area. This is already used for things like Saturday's coffee and cake and Wednesday's Lenham Feast, so having it will boost our capability to serve you, the community. There is a fighting chance that we will raise the money

**Our fundraising has  
achieved over 27%  
of the target to date.**

needed for this phase and that the work could be completed by the end of the year, which would give everybody a great boost and encouragement.

Lastly, some of you will know that the vicar is anticipating surgery over the summer and in preparation for this Brian Parfett has stepped up as chair of the LVH team and enthusiasm for the project is unabated.

Lenham is an interesting place, not untypical of many rural "idylls": On the surface it seems wealthy, but underneath the surface, there is a lot of need. For the church to flourish in the future we need to ensure that it services the whole community displaying Christian love-hence the *raison d'être* of the hub.

For more information on the hub, please visit [www.lenhamvillagehub.org](http://www.lenhamvillagehub.org)

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# Green Room is back!

GREEN ROOM

**August 29<sup>th</sup> – 31<sup>st</sup> at the beautiful Tithe Barn, Lenham**

**W**e are thrilled to announce that the legendary Van Morrison Alumni Band will be opening the festival at 19.30 on Friday 29 August. The Van Morrison Alumni Band is a remarkable ensemble of all-star musicians, who have between them accompanied Van Morrison in more than 2500 concerts around the world and have amassed more than 500 recordings credits on the singer's most celebrated albums dating back several decades.

2025 coincides with the year of Sir Van's 80th birthday, and we are so lucky that **Leo Green**, saxophonist and long time collaborator has agreed to bring this project to Green Room with Sir Van's personal endorsement, underscoring its authenticity and significance. "These songs are meant to be sung and heard, and I am really happy that Leo is carrying the torch."

**Saturday 30 August** sees the return of the ever popular **Bach to Baby** with music for the whole family at 11.00. All ages, 0-100, welcome.

This will be followed later at 19.30 by something a little bit different as we



transform the barn into a 1920s cinema. We invite you to sit back, relax and watch 3 iconic silent films, on our very own cinema silver screen whilst being accompanied by one of the finest exponents in the world of this long lost art. Piano dynamo and much-loved BBC presenter and broadcaster **Neil Brand**, alongside three of the greatest



ever silent comedians, Charlie Chaplin, Buster Keaton and Harold Lloyd, will come together for one awesome show.

Neil, considered one of the finest improvising piano accompanists in the world, will tell the stories behind these iconic slapstick classics and accompany on the piano in his inimitable style. This **Comedy Triple Bill**, 'The Rink', 'The High Sign' and 'Never Weaken', represent the Golden Age of silent comedy and is a guaranteed laugh-maker for a Saturday night!

**Sunday 31 August** is now '**Jazz Sunday**' at Green Room - whether you like your jazz energetic or chilled, we have a brilliant selection for you to round off the weekend:

Back by popular demand for '**Second Helpings**' is **Jay Rayner and his Sextet** for brunch at 11.00 bringing jazz into some of their favourite 80s classics.

This is followed by our wonderful **Classic Car Meet** which will fill the grounds surrounding the barn once more from 13.30, accompanied by live music and great refreshments.

An addition to our Sunday schedule this year is a tea-time gig by the brilliant '**The Dime Notes**'. Bringing their timeless style to 1920s New Orleans jazz, with the propulsive grooves and

sultry melodies which made early jazz revolutionary, controversial, and so wildly popular, these guys now perform to critical acclaim all over the world. "*Swings from start to finish*" – **JUST JAZZ**.

And finally, we will be welcoming the fabulous **Joe Stilgoe and The Entertainers** to close our festival at 19.30, fresh from sell-out shows at Cadogan Hall, Birdland New York, Cheltenham Jazz Festival and Ronnie Scotts. With these shows, Joe and his cohorts have created a wondrously immersive night of entertainment, 'so from the moment you step into the barn it will feel like the greatest night at the greatest jazz club on earth'. We cannot wait!

As readers of *The Lenham Focus*, we would like to offer you a **10% discount** on tickets, please just enter the code **LENHAM10**

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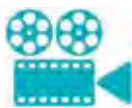
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LAND AND DEVELOPMENT

# Maria



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**Friday JULY 11<sup>th</sup>**

**Performance begins 19.30,  
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**Running time 2 hrs 3 mins**

**Director: Pablo Larrain**

Maria Callas needs little introduction as the world-famous opera singer, but what of Maria herself? **Maria** (12A, 2025) is a moving biopic set in 1977, in which we find Maria living in Paris with two loyal servants, her career at an end. The film tells the story of her final seven days during which she looks back over the tumultuous but ultimately tragic story of her life, at both her wonderful career on the stage and her personal relationships, including the passionate but doomed love affair with the magnate Aristotle Onassis. Angelina Jolie gives a brilliant performance as

the tragic woman behind the voice and is even responsible for some of the singing in the film. Earning a host of award nominations, **Maria** is a beautiful film which invokes the style of the day; the film is as unforgettable as the diva herself. Join us on 11<sup>th</sup> July to share the glory of her voice once more, as it rises above her tragic life.

A leading lady of an entirely different kind dominates our performance on Friday August 8<sup>th</sup> **Bridget Jones: Mad About the Boy**. Comedy, romance, Renée Zellweger, Hugh Grant... Well, what more could you want? See you there!

Please get in touch for more information or to join our mailing list.

**Admission:** Adults £5, under 16s £2; cash only, card payments not accepted.



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## Lenham Fun Bike Ride

**Sunday 6<sup>th</sup> July 2025 - 10am**

£20 per entry

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Riz is no stranger to the area. He already has two other barber shops in the locality – in Charing and in Ashford – and is excited to be opening his third venture right here in Lenham. He is shown above in one of his barber shops.



**Open every day 9am - 6pm (Sundays 9am - 4pm). No appointment needed.**

# An update from your local MP, Helen Whately

**H**ow safe do you find our country lanes? People often contact me about dangerous driving on local lanes. One constituent recently had a frightening hit and run incident while she was riding her horse. One moment she was riding along a quiet single-track lane; the next a van was flying past leaving so little space his wing mirror bashed her leg. Thankfully in this case, both horse and rider were okay if shaken and bruised, but it could easily have been a horrible accident.

I raised this with the British Horse Society (BHS) and the situation is worse than I feared. In 2024 there were over 3,000 road incidents involving horses. 58 horses and ponies were killed and 97 injured on our roads nationally, while in Kent alone we have seen a 48% increase in incidents since 2023. Interestingly, according to the BHS, it is more likely to be people who have been driving for some time who are involved in incidents rather than people who have recently passed their test

It is not just horse riders who are affected by dangerous driving on our lanes. Cyclists, walkers, wildlife and pets, particularly cats, are casualties of reckless driving. And in fact, drivers themselves. I'm sure many of us have had the experience of slamming on the brakes as someone comes flying round a blind corner on a narrow lane. The fatality rate on rural roads is seven times higher than on motorways.

I raised road safety on country lanes with Lilian Greenwood MP, Minister for Road Safety. Her response highlighted

**I would be grateful if you would take part in my 'Helen Whately road safety survey'. I can then use your contributions as evidence.**



*Helen walking her dog, Alfie, along our country lanes*

the Government's THINK! Road safety campaign which aims to reduce the number of people killed and seriously injured on our roads. But that campaign has been running since 2000. It's time for the Government to give this a fresh look. For instance, as suggested by the British Horse Society, they need to reach people who passed their driving test some years ago if those are the drivers most likely to be speeding. Many people have flagged to me speeding delivery van drivers as a problem too.

In the meantime, there are local groups working hard to make our roads safer, including the Co-ordinated Parishes Traffic Group made up of eight local parish councils, and local parish speed watch teams who do a great job in many of our villages.

To help me build a case, I want to know

about your experiences on our country lanes. Do you feel safe walking, cycling or horse riding on them? Have you had any bad experiences? I would be grateful if you would take part in my survey which you can find by Googling: 'Helen Whately road safety survey'. I can then use your contributions as evidence to press the Government, KCC and the police to do more to make our roads safer.

So far over 400 people have taken part in my survey and the vast majority have said they either feel unsafe or so unsafe they no longer walk, cycle or horse ride on

country lanes. This is sad. We don't have pavements and public transport on hand the way you do in cities, but one of the upsides of living here should be that you can get out and do these kinds of things – and enjoy our wonderful countryside. We can't turn back the clock, but we can put up a fight to make our lanes safer for everyone.

Best wishes, Helen

e: [helen.whately.mp@parliament.uk](mailto:helen.whately.mp@parliament.uk)

t: 0207 219 6472

## Lenham Ballet School's Fundraising Performance

On the 22 & 23 March, over 50 pupils from Lenham Ballet School took to the stage at the Lenham Community Centre to perform 'Sleeping Beauty', raising an incredible **£754.50** for local charity Demelza.

Pupils aged 5 – 22 years, spent over 3 months learning and rehearsing their dances for this magical full-length ballet. It included fairies, the wicked Carabosse and her bats, as well as forest nymphs and garland dancers.

It was a spectacular feast of dazzling costumes, props, and talented dancers, who presented a variety of dance styles including ballet, modern jazz and street dance.

The lead roles of Princess Aurora, Lilac Fairy, Carabosse and the Prince were performed by senior pupils, who had to learn complex mime to narrate the story, as well as various solo dances. For some of the pupils, it was their first time on stage but they all performed with such confidence and passion and everyone shone on stage.

Lenham Ballet School was opened in 1975 by Vivienne Lawrence and will be celebrating its 50<sup>th</sup> anniversary later this year.

It offers a variety of dance styles including ballet, tap and modern jazz as well as adult ballet classes too at Lenham Community Centre.

Contact Erica McCabe, the school principal, for further details on classes: [www.lenhamballetschooldance.co.uk](http://www.lenhamballetschooldance.co.uk)



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TO MY NEWSLETTER

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# Book Review from the Lenham Library:

## A Lady and her Husband by Amber Reeves

To begin with I'd like to bring the publishers of this book to your attention. Persephone Books reprints neglected fiction and non-fiction, mostly by women writers and mostly dating from the mid-twentieth century. All of the 152 titles are intelligent, thought-provoking and beautifully written and I cannot recommend them highly enough.

I discovered them when I read "*Someone at a Distance*" by Dorothy Whipple which is in stock at Lenham Library. I have since been requesting titles purely based on the publisher, which is how I came to read "*A Lady and her Husband*" which was originally published in 1914.

The book questions the role of women within the family, in the workplace and in making a difference in the economic life of the country. Mary, wife of James and mother of three adult children, has lived a very comfortable life. She has been consulted on family matters but has been patronised by her son and husband who know best. Her daughter has made a study of working women and persuades



the family that the loneliness her mother will feel when she marries could be staved off by a study of the young women employed in the chain of tea shops owned by the family.

Mary is unpleasantly surprised by what she discovers about the working conditions of the girls and it is when she presents the findings to her husband that their relationship is threatened.

This is more than a family saga. It can be read on several levels but is subtle enough so that the narrative is not obscured by political or social arguments. It has an enjoyable story but also considers the overwhelming sense of a challenge beyond the vote. Both within an outwardly happy marriage and in a profitable and successful business, the daily life of women is depicted as difficult and even oppressive.

I thoroughly recommend this as a thought provoking, informative and enjoyable read.

Don't forget the **Summer Reading Challenge** for primary school children taking place in all our libraries from 5<sup>th</sup> July.





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# Understanding Restrictive Covenants and what they mean when purchasing a property

Alice Clapson of Hallett and co., solicitors, explains



When purchasing a property, it's important to be aware of any restrictive covenants – these are legal conditions attached to the title that limit how the land or buildings can be used. Covenants “run with the land,” and remain in effect even if ownership changes. Understanding and complying is essential to avoid future legal or financial issues.

Common examples of restrictive covenants include:

- Limitations on building height
- Prohibitions against running a business from the property
- Requirements to maintain a certain exterior appearance
- Restrictions against causing nuisance or disturbance to neighbours.

These covenants are typically put in place to preserve the uniform appearance of a development, protect shared access rights, or maintain harmony between neighbours.

While restrictive covenants shouldn't automatically discourage you from buying,

it's important to consider whether they align with your future plans – such as adding an extension or operating a business from home. If you're unsure about how a covenant may affect you, consult your solicitor early in the process for tailored advice.

## Legal Consequences of Breaching a Restrictive Covenant

Failing to comply with a restrictive covenant can lead to:

- Court injunctions requiring reversal of unauthorised work
- Financial penalties or damages payable to the party benefiting from the covenant
- Complications during future sales, especially if a breach is discovered by a buyer's solicitor.

## Impact on Mortgage Lending

Mortgage lenders assess restrictive covenants carefully, as they may affect the value or legal security of the property. Key concerns include:

1. **Property Value** – Restrictions may limit development potential or reduce the property's market appeal.
2. **Enforcement Risk** – Existing or potential breaches may result in costly legal action.
3. **Insurance Requirements** – Lenders may require indemnity insurance to protect against enforcement claims.
4. **Loan Approval Delays or Refusals** – Particularly burdensome or unclear covenants may lead lenders to delay or decline a mortgage until the issue is resolved or insured.



In essence, lenders seek assurance that there are no legal obstacles that might affect their security over the property.

### Can a Restrictive Covenant Be Removed?

Yes, although unlikely, restrictive covenants can sometimes be removed or modified, though the process can be complex, time-consuming, and may incur legal costs. The main options include:

1. By Agreement – If you can identify the individual or organisation benefiting from the covenant (such as a neighbour or developer), you may be able to negotiate a formal release or variation. This must be documented and registered with the Land Registry.
2. Application to the Upper Tribunal (Lands Chamber). You can apply to have a covenant discharged or changed. The tribunal may approve your application if:

- The covenant is outdated due to changes in the area or property use
  - It unreasonably restricts the property's use
  - The beneficiary consents to its removal
  - No significant harm or inconvenience would result from its removal.
3. Extinguishment by Merger – In rare cases, if the same person comes to own both the land with the covenant and the land that benefits from it, the covenant may automatically cease to have effect.
  4. Indemnity Insurance – If a covenant has already been breached or might be, and the beneficiary is unknown or hasn't objected for many years, indemnity insurance can be used to protect against enforcement. However, this does not give you permission to breach the covenant – it only offers financial protection in case of a claim.



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Badminton Club Feathers	Robert Day	07984-948524
Borough Councillors	Tom & Janetta Sams	01622-859412 / 0789-1901831
Bowling Club	Lynn Fuller	01622-851538
Bridge Club	Keith Rylands	01622-891964
Brownies (2nd Lenham)	Andrea French	01622-851646
Cat Protection	Mid-Kent Branch	0345-3712758
Church Office	Sarah Hills	01622-850604
Dog Warden (Louise Duke)	Community Protec'n	01622-602117
Drama	Gail Kelly	01622-850671
Friends of St Mary's Church	Andrew Barr	enquiries@friendsofstmaryslenham.org
Gardening Society	Margaret Baines	01622-431649
Guides (1st Lenham)	Jo Homes	07887-877814
Ham Lane Allotment Association	Doug Matthews	01622-297692
HAMS Productions	David Penny	07731-455677
Harrietsham & Lenham Beavers	Duncan Keenan	07768-926654
Harrietsham & Lenham Cubs	Mrs A Seales	01622-859829
Hub Club	Nina Kent	01622-851970
KCC for Maidstone Rural East	Sarah Emberson	sarah.emberson@kent.gov.uk
Kent Highway Services	Roads, paths etc.	03000-418181
Kent Wildlife Trust		01622-662012
Lenham Country Market	Sandra Woodfall	07775-736116
Lenham Community Centre	Carol Higgins	01622-853800 (am)
Lenham Cricket Club	Alex Gray	07760-132803
Lenham Film Club	Danny Coorsh	lenhamfilmclub@gmail.com
Lenham Heath Memorial Hall	Rosemarie Pomeroy	07572-911396
Lenham Heritage Society	Henny Shotter	01622-851355
Lenham Lifts scheme	Phil Hollier	01622-859154 / 07542 625277
Lenham Meadows Trust	Danny Matthews	enquiries@lenhammeadowstrust.org
Lenham Nursery	Sarah Siddens	07967 128056
Lenham Parish Council	Lisa Westcott	01622-829034 (M-F 9am-1pm) clerk@lenhamparishcouncil.org.uk
Lenham Quilters & Stitchers	Pamela Gillard	01233-879507
Lenham Social Club	Sue Neaves	01622-532409
Lenham Toddlers Group	Irene Hine	01622-858919
Lenham Wanderers FC	Anna Russell	07747-844785
Len Valley FC	Paul Hewish	07795-324062
Len Valley Health Walks	Jan Enever	01622-851623
Len Valley Practice	GP surgery	01622-858341 / 859204
Member of Parliament	Helen Whately	helen.whately.mp@parliament.uk
Mothers' Union	Mrs J Thomsett	01622-947938
Patient Participation Group	Teresa New	01622-858341
Pilates Classes	Vivien Elcomb	01622-853887
Redback Explorer Scouts	Mark Horlock	redbackesu@hotmail.com
St Edmunds; Platts Heath	Kate Stansfield	07500-895831
Save Our Heathlands (SOHL)	Kate Hammond	07925-606236
Sing & Shake / Make & Shake	Steph Richardson	07894-160906
Vicar	Rev Dr. John Huggins	01622-850280
Wellbeing Community Group	Ellie Stevens	07952-594655 / (Vladimir 07877-143088)
Women's Institute	Chris Godden	01622-858658



# Lenham Community Centre - Regular Clubs/Classes/Societies - July 2025

ACTIVITY	WHEN HELD	DAY	CONTACT NO
Abundant Energy Tai Chi	Weekly Monday	0930-1030	07985 001782
<b>Abundant Energy Qigong</b>	<b>Weekly Monday</b>	<b>1045-1145</b>	<b>07985 001782</b>
Country Ways Quilting	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday	1330-1630	01233 879507
<b>Country Ways Rugmaking</b>	<b>2<sup>nd</sup> &amp; last Wednesday</b>	<b>0900-1300</b>	<b>07784 892160</b>
Feathers Badminton	Weekly Monday	2000-2200	07984 948524
<b>Gardening Society</b>	<b>3<sup>rd</sup> Thursday</b>	<b>1845-2200</b>	<b>01622 430649</b>
Hatha Yoga	Weekly Monday	1815-1945	07850 355918
<b>Kent School of Bridge</b>	<b>Weekly Thursday</b>	<b>1330-1730</b>	<b>01622 891964</b>
LenARA Bowling	Weekly Tuesday	1330-1700	01622 858439
<b>LenARA Line Dancing</b>	<b>Weekly Wednesday</b>	<b>1845-2115</b>	<b>01622 859725</b>
LenARA Members	4 <sup>th</sup> Wednesday	1230-1700	01622 851763
<b>LenARA Petanque</b>	<b>Thursday if weather permits</b>	<b>0900-1300</b>	<b>01622 858439</b>
LenARA Zumba Gold	Weekly Wednesday	0900-1030	01622 850468
<b>Lenham Art Group</b>	<b>Weekly Thursday</b>	<b>1000-1300</b>	<b>01622 858238</b>
Lenham Badminton	Weekly Tuesday	2000-2200	01622 858561
<b>Lenham Ballet School</b>	<b>Monday / Tuesday</b>	<b>1700-2030</b>	<b>07866 316056</b>
Lenham Ballet School	Thursday	1630-2100	07866 316056
<b>Lenham Ballet School</b>	<b>Weekly Saturday</b>	<b>0900-1530</b>	<b>07866 316056</b>
Lenham Heritage	4 <sup>th</sup> Thursday	1900-2130	01622 850228
<b>Lenham Toddlers pre-school</b>	<b>Weekly Tuesday</b>	<b>0930-1130</b>	<b>01622 858919</b>
Lenham Meadows Trust	4 <sup>th</sup> Thursday	1800-2300	01622 851291
<b>Lenham Toddlers Pre-school</b>	<b>Weekly Tuesday</b>	<b>0930-1130</b>	<b>01622 858919</b>
Lenham WI	2 <sup>nd</sup> Thursday	1845-2200	01622 858658
<b>Make &amp; Shake (Pre-school)</b>	<b>Weekly Wednesday</b>	<b>1030-1300</b>	<b>07894 160906</b>
Parish Council	1 <sup>st</sup> Wednesday	1930-2230	01622 829034
<b>Parish Council F &amp; G P</b>	<b>3<sup>rd</sup> Wednesday</b>	<b>1930-2200</b>	<b>01622 829034</b>
Parish Council Planning	1 <sup>st</sup> Monday	1930-2200	01622 829034
<b>Pathways Church</b>	<b>1<sup>st</sup> &amp; 3<sup>rd</sup> Sunday</b>	<b>0830-1330</b>	<b>07708 754672</b>
Pilates	Weekly Tuesday	0900-1100	07495481726
<b>Sing &amp; Shake (Pre-school)</b>	<b>Weekly Monday</b>	<b>0930-1300</b>	<b>07894 160906</b>
Telisa Tai Chi	Weekly Wednesday	1730-1830	07734 108683
<b>Zumba with Rosie</b>	<b>Weekly Tuesday</b>	<b>1830-1930</b>	<b>07809 490982</b>

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# Lenham Lets Loose

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This was the headline in the South Eastern Gazette of 2<sup>nd</sup> July 1974.

The Lenham Carnival was a very popular event from before the war and was held up to the 1990s. It usually raised funds for a village concern such as the village hall or, in 1974, for the Swimming Pool at Swadelands. Sadly, both the carnival and the swimming pool are now defunct.

The carnival took place in early July and started with a parade. There were also swings and roundabouts in a field on Ham Lane.

The photos were taken before Shepherd Neame owned the 'Dog and Bear' and the beer on tap was brewed by Mason. Landlord at the time was Harold Ellis who had taken over the pub from his parents.

We would love to hear your memories of the Lenham carnival and perhaps you can share your photos? Please get in touch:

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The Friends of  
St Mary's Church, Lenham

# SAVE THE DATE:

## ANNUAL VILLAGE BARN DANCE

### 20<sup>TH</sup> SEPTEMBER 2025

**A**lthough it is not long since our last event, the very successful quiz night we held in April, it will soon be time to get ready for our next fundraising activity.

Our next event is the ever-popular **Annual Village Barn Dance**, which this year takes place on **Saturday 20th September**. The dance will be held in the beautiful setting of the Tithe Barn, ME17 2QD and is set to be a great night as usual. There will be dancing to 'Whirling Skirmish' and our magnificent raffle. **Tickets will go on sale on 1<sup>st</sup> August** and will be priced at **£15** for adults and **£5** for under 16s. There will be further details in the next issue of *The Lenham Focus*.

The dance is always a sell-out event, so make sure you plan to buy your tickets early!

The Friends of St Mary's is a registered charity, set up with the single purpose of preserving and maintaining our Grade I listed church building, so that it can stand at the centre of the village for future generations. Events like the quiz night and the Barn Dance are vital in helping us raise funds to be able to do this.

Please email us if you would like to sign up to receive regular updates about our work or if you would like to become a member. You'll also find more information about us and a membership application form on our website.



[www.friendsofstmaryslenham.org](http://www.friendsofstmaryslenham.org)



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The Council meet on the first Wednesday of each month.

Our committees also meet once a month.

These are:-

*Finance & General Purposes  
Planning & Implementation*

Please see the notice boards and website for the dates of these.

All meetings are held at the Lenham Community Centre at 7:30pm.

Parishioners may attend all meetings.

Contact details: Lisa Westcott

(Clerk) 01622 829034

[clerk@lenhamparishcouncil.org.uk](mailto:clerk@lenhamparishcouncil.org.uk)

[www.lenhamparish.org.uk](http://www.lenhamparish.org.uk)



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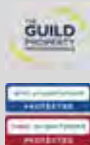
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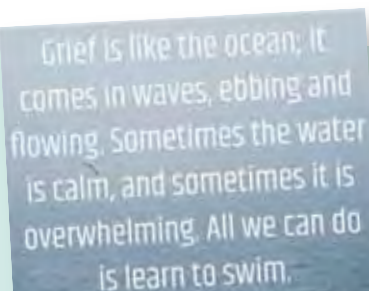
By Vladimir Barkanov

Last time, I promised to talk about grief. Most people perceive grief as something negative – perhaps even the ultimate negative emotion. That makes sense. No one wants to lose someone close and dear, myself included. Every time my wife or children are late and I cannot reach them I worry myself sick. I even dread the day my dog will pass away.

Grief can be incapacitating. When we lose someone, it feels as though the world is ending – and in a way, it is. Our life will never be the same again. An important part of it has disappeared, and it will be changed forever.

But there is another way to look at loss. Why do we grieve? Because we love. If there were no love, there would be no grief. Think about it – can this thought change our perception of grief?

Let me tell you a story. When my dad passed away, I found it incredibly difficult. For a week, I took comfort in preparing for the funeral. But then, the grief and pain hit me hard. Moreover, I clung to them, as if they might bring my dad back or make his death untrue.



Grief is like the ocean; it comes in waves, ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we can do is learn to swim.

VICKI HARRISON

...sorrow doesn't  
mean you can't  
have fun...

One of my friends, who had also lost his father when he was young, saw me struggling and gave me valuable advice: *"If you think clinging to your sorrow will help either you or your dad, you are wrong. Of course, you miss him. But that doesn't mean you can't have fun or enjoy your life."*

My friend wasn't a guru, influencer, or psychologist. Yet his words transformed my life. Looking back, I realise that in clinging to my grief I was, in fact, trying to avoid feeling real pain – replacing it with a self-made, mind-created pain. Instead of leaning into the emotions arising within me, I constructed a narrative about why I was sad and how I should behave.

But once I abandoned the story... yes, I felt pain. A deep, powerful pain amplified by its apparent finality. It lasted for about five minutes. Then my friend told me a joke – and I laughed, without guilt or shame, remembering that my dad had loved to joke too.

I felt free. Not free from pain, but free from the fear of it.

Thirty years on, I still shed a tear when I think about my dad. But they are not tears of grief – they are tears of love. They don't make me feel sad. They make me feel alive.



# Summertime – and the livin' is easy

**Isn't it time to upgrade your outdoor living spaces?**

**R**ight here in Lenham, we have The Patio Warehouse and Outdoor Living display units at the Ashmill Business Park on the Ashford Road with a huge range of furniture, outdoor bars, fire pits and heaters, parasols and gazebos, pots and planters – indeed all you could wish for to enhance your outdoor areas for the summer.

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**A**s we say farewell to spring and look forward to some long sunny days of summer, relaxation is on everyone's mind ahead of their summer holidays. With this, I find more and more patients asking about acupuncture - be it Medical or Chinese. Below I will explain the differences and how its place within practice is so highly regarded.

## ACUPUNCTURE

### What is Acupuncture?

Acupuncture is a treatment derived from ancient Chinese medicine. Fine needles are inserted at certain sites in the body for therapeutic or preventative purposes.

### What is the difference between Medical and Chinese Acupuncture?

In simple terms, traditional Chinese acupuncture is based on the belief that it can restore the flow of Qi, the body's energy flow, whilst medical acupuncture, or sometimes referred to as western medical acupuncture, uses anatomy and physiology and is based very much on relieving pain and muscle tensions. I also practice Electric Acupuncture which I will cover in a separate article.

### How does it work?

Western medical acupuncture (dry needling) is the use of acupuncture following a medical diagnosis. It involves stimulating sensory nerves under the skin and in the muscles.

This results in the body producing natural substances, such as pain-relieving endorphins. It's likely that these naturally released substances are responsible for the beneficial effects experienced with acupuncture.



Acupuncture of the thoracic spine

### Can I have Acupuncture alongside other treatment modalities?

In short, yes. If we imagine an osteopath like a builder- in the tool belt there may be a hammer, screwdriver, drill, etc. An osteopath may have acupuncture, spinal adjustments, manipulation, soft tissue techniques, kinesio taping etc. There is no reason why in most cases it can't be used alongside other modalities.

### Is it painful and are there any side effects?

It shouldn't ever been painful, though you will obviously have an awareness of it as we are piercing a needle through the skin. However, if done correctly the feeling should be awareness not pain! Side effects are relatively minimal, like bruising and minor tenderness. The main contraindication to note is where a patient is on anti- coagulation drugs. For obvious reasons this would be approached with a degree of caution and assessed on a case by case scenario.

---

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---

### What symptoms or conditions is Acupuncture mainly used for?

It can be used to treat various conditions. However, the use of acupuncture is not always based on rigorous scientific evidence. The National Institute for Health and Care Excellence (NICE) provides guidelines for the NHS on the use of

acupuncture for the treatment and care of patients, namely:

Chronic pain, migraines, chronic tension-type headaches, various joint and muscle pains, jaw pain and, believe it or not, for hiccups!

## Focus donation helps fund memorial bench

**A**s many of you will know, Kaz Gupwell (pictured right) passed away April 2023.

She was the instigator of KLS (*Keeping Lenham Safe*) as well as the 'Local Small Businesses' and 'Lenham Friends Support' social media pages. One of her passions was trying to get help making our roads safer, particularly Ham Lane, for the school children. Kaz loved Lenham and loved helping people.

Her good friend Diane Turner (below) decided that there should be a permanent memorial to recognise the amazing work that Kaz performed throughout her short life for the benefit of Lenham villagers. Diane thought that an appropriate tribute would be to



**'We're really grateful to the Lenham Focus team for offering to buy the bench for us.'**

sponsor a bench which her family and friends could use to visit, sit and reflect to commemorate her.

Her brother Mark and Diane have been planning this for some time and after discussing with other family members, decided that a

good place for the bench to be placed would be in the Cherry Close Play Park, which is owned by the Lenham Parish Council.

They have been given permission to do so and have begun the process to provide the funding for the bench, the installation and the inscription or plaque.

This is when your Lenham *Focus* stepped in. Having worked closely with Kaz over recent years and given her community spirit, it seemed entirely right to help with this fundraising project, so we have donated sufficient money to buy the bench and the fixings.

Diane says: 'We are really grateful to the Lenham Focus team for offering to buy the bench for us, leaving just the hard standing and installation to pay for.

We expect the bench to be installed in the coming weeks and hope that all villagers enjoy the peace and place of rest whilst reflecting on Kaz.'



# Nature Watch

From Darren Hammond

## A family of Tits

**K**eeping with the theme of a family (or group) of birds, I thought we would look at the most common families that you would find in your gardens. We will start with the tit family and it's one that we can see nearly all of its members in our gardens.

There are 7 species of tit in the UK. The only one that we won't see is the Crested Tit (definitely a bird I want to photograph) that lives up in the highlands and rarely visits bird feeders. Most of the others you will see in and around Lenham village, with only two that are rare and may be harder to spot - but they are still there.



### The Blue Tit

Definitely the most common of the family you will see around the gardens of Lenham. This brightly coloured little bird is full of character and can be a cheeky chappie.

It has a lovely blue cap (that, believe it or not, has an ultra violet glow that only other blue tits can see) and wings, with a green back and shoulders and can have a very yellow breast. It also proves to be a bit of an acrobat on the bird feeders, even hanging upside down.



### The Great Tit

This is the larger cousin of the tit family, hence the name Great Tit. It's not quite as outgoing as its little blue cousin and will often fly off at any sound or movement. It has a black cap and "beard" with a yellow chest that has a black "tie" separating the two halves.

It's got a dark green back and greyish wings. With its white cheeks it looks like it's wearing a mask. They can be nearly twice as large as a blue tit or coal tit. In the sunlight you can see a real depth of colour to their feathers.





## The Coal Tit

The Coal Tit, when compared to its cousins, is a lot more plain looking - but I have to say it's still a handsome bird. This bird is also third equal smallest in Britain, but only if the Wren is particularly large and the Coal Tit is particularly small.

It has a similar mask and crown to the Great Tit but the body is a very different colour. Almost beige on the belly, with grey brown wings and a small white stripe on the back of its neck. It's the shyest of the tit family, but will zip in and out of the trees and bushes to make use of bird feeders.



## The Long-tailed Tit

Perhaps the most beautiful (and definitely the cutest) of them all is the Long-tailed Tit, which looks like a little ball of fluff on a stick.

**“They are very acrobatic and incredibly quick. Hanging upside down from bird feeders”.**

They can be seen in flocks, especially in the winter, and can be heard from quite a distance with their very distinctive peeping sound. They are mostly white with a mottled brown on the back and black on the wings and tail. Their beaks also have a little covering of feathers and their eyes are surrounded by a ray of small stripes radiating out.

They are very acrobatic and incredibly quick. I have seen them eating seeds hanging upside down from a branch. They also move with a great deal of agility. They are usually found on the outskirts of Lenham and throughout Lenham Heath, but are found in gardens more and more.

The final two birds from the tit family you might be lucky to see are the Marsh and Willow Tits. The Marsh Tit is slightly more common but is becoming rarer. It looks similar to the Coal Tit but with more white down its belly, still with a black cap but has a more pink buff colouring.

## The Marsh Tit

The Marsh Tit is generally found in wet woodlands (we have a couple of those around the village, more into the Lenham Heath countryside) and looks only slightly different to the Willow Tit, which makes it very hard to tell them apart. Sadly I have not been lucky enough to capture them “on film” yet. Certainly a goal for the future.

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## The latest news from Chris Godden

**T**his month we welcome **Elitta Fell**, a silk painter and watercolourist. She says "I enjoy meeting the public and talking about silk painting and the interaction of showing how it's done, as well as getting together with other artists in different fields."



Wren, Watercolour; Silk Scarf, Bois de Rose

Painting on luxurious silk is wonderful - and using the interaction of dye and resists with the silk can be challenging! Watercolour painting can be similar but so very different and brings its own challenges!"



Gyrfalcon, Watercolour



Wisteria Hand Painted Silk Scarf

We are hoping to organise a Have-a-Go workshop later in the year so that we can all have some hands-on experience.

Did you know that 15<sup>th</sup> July is "Give Something Away Day"? So take something to the Charity Shop. And 30<sup>th</sup> July is the "International Day of Friendship".



Cherry Blossoms Silk Scarf

**If you want to join us, we meet at Lenham Community Centre on the second Thursday of the month at 7.30pm. Please come along and see what we get up to. To find out more please contact [rrgodden@btinternet.com](mailto:rrgodden@btinternet.com)**





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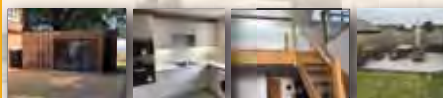
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# Lenham Garden Show

Saturday 16<sup>th</sup> August 2025

2.00 pm – 4.00 pm

Lenham Community Centre

**Entries open to everyone, of all ages and abilities, from the Len Valley area**



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# Lenham Gardening Society

From Margaret Baines

**This month's meeting is our Pimms and Strawberries social evening, for members only. It will be held on 17th July at 7.30pm in the Community Centre.**

All are welcome to most meetings, except those in February, July and November which are for members only. Members pay £1 entrance with non-members paying £1.50. Annual subscription is £7 per person.

Tea/coffee and biscuits are available in the interval and a raffle held before the evening's close.

## Diary Dates:

### 22<sup>nd</sup> July – Hever Castle.

Cost to members £35, non-members £45. Includes entry, coach and cream tea. Coach leaves the Dog & Bear Hotel at 9.30am and Harrietsham at 9.35am. More information and ticket requests from the society on **01622 859084** or **gardenlenham@gmail.com**



**Lenham Garden Show – 16th August** in the Community Centre. Entries are open to everyone, of all ages and abilities, in the Len Valley area. Each exhibit entry costs 25p and entry to the afternoon session is 50p.

Exhibitors 10am to 12:00. Doors open to all at 2pm. Raffle and prize giving at 3.45pm. Programmes available from the Community Centre, Library, Kent Loves and Chequers Fish Shop.

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# Recipe of the Month

## Roulades of Smoked Salmon

### Ingredients:

½ lb thinly sliced smoked salmon  
 ½ lb shelled Prawns  
 ½ pint cream  
 Lemon juice  
 Horseradish cream  
 Paprika  
 Seasoning



### Method:

Whip the cream, stir in the prawns, lemon juice, horseradish and seasoning. Place a spoonful on each slice of salmon. Roll up and serve on a bed of lettuce. Accompany with brown bread and butter.

This is a delicious and easy recipe for the starter of a summer's evening dinner. The entire menu suggests following with Beef Stroganoff then Griestorte.

**Serves 6**



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# Christian Message

From Rev. Lorraine Apps-Huggins

**D**ear All, Things are not always what they seem.

Just recently I came across an image on my phone. An astounding picture of a snowy owl with both wings around her gorgeous fledglings, which numbered about 12 – it was an incredible image, they were all full face forward, fluffy, delightful, so I sent it to various members of our family. One of my own fledglings pointed out quite rapidly this image was not real at all – this was instead an AI created image and whilst Snowy Owls do indeed tuck their young under their wings, they do not have as many fledglings as that.

I had been fooled. I wanted it to be real, but it wasn't. I had been duped. And I was truly disappointed as it had brought me such pleasure and now I looked foolish – naïve! Being a bit of a bore I have never really like magic either – as I know it is a trick and therefore not true. It might be clever, very clever, but it is not real or true.

What is true? One thing that is fairly reliable is nature – not the AI images of nature that I just fell foul of – but being present to the nature and creation that is all around us, living as we do in a rural setting, this is surely a place of honesty and truth.

Perhaps this is why it is so good for us to be outdoors? To hear the birds who do not lie when they sing; to see the plants flourishing in their actual setting with no hint of colour correction or airbrushed imagery; to watch the water in the stream freely flowing, undisturbed. We are blessed to live with these honest experiences of creation, and therefore The Creator, right on our doorstep.

An adaption of Romans 1:20-21 says: 'For what is known about God is plain, God has revealed it, His invisible attributes, His power and divine nature can be clearly perceived in nature, so that humans are without excuse...' St Paul who writes the book of Romans and writes to the Philippians (4:8) also tells us 'whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is admirable, if anything is excellent or praiseworthy, think about these things....and the God of Peace will be with you.'

Have an excellent summer seeking out those things which are true, noble and good for the soul – every peace be yours.



# Len Valley Benefice

Everybody is welcome

For I am the Lord your God who takes hold of your right hand and says to you, do not fear; I will help you. *Isaiah 41:13*

## Wednesday 2 July

9.30 am Lenham: Holy Communion

## Sunday 6 July

11.00am Lenham: Holy Communion

## Sunday 13 July

9.30am Lenham: Breakfast Church

11.00am Lenham: Holy Communion

## Sunday 20 July

8.00am Lenham: Holy Communion (BCP)

9.30am Lenham: Breakfast Church

11.00am Lenham: Morning Worship

## Sunday 27 July

11.00am Benefice Holy Communion;  
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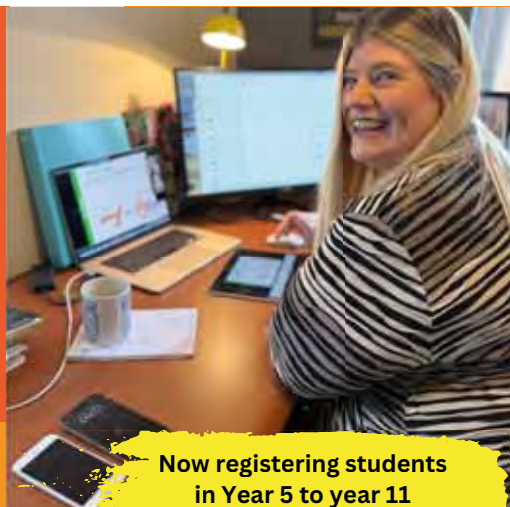


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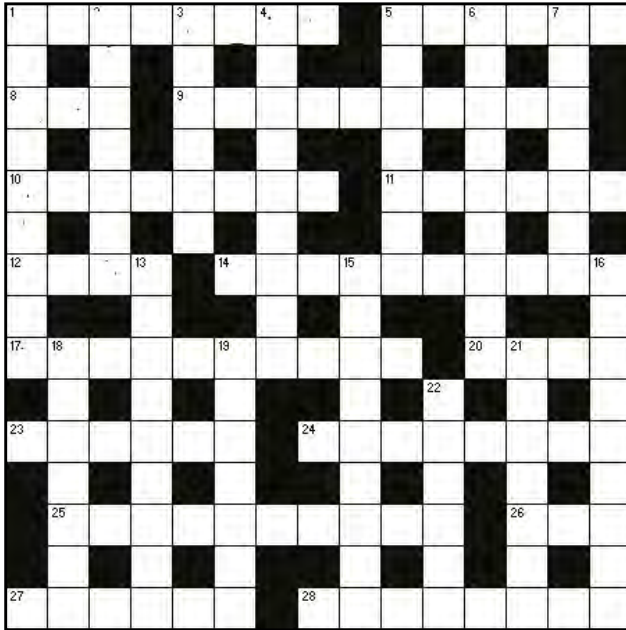


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# Focus PRIZE Crossword July 2025

The winner of the May crossword is Abby Lovett of Lenham – well done!



## Across clues

1. Evident. (8)
5. Dashboard. (6)
8. Our source of heat. (3)
9. Willow and reeds are used in this craft. (10)
10. Beekeeper. (8)
11. Senior school exam. (1,5)
12. Nearby. (4)
14. World War II fighter airport. (6,4)
17. Someone who works on a service between Lenham and Victoria. (10)
20. Empty (Scottish). (4)
23. A reviewer of plays, for example. (6)
24. Less sunny. (8)
25. Period already spent in prison. (4,6)
26. Professional skills shown in our Tithe Barn each May. (3)
27. More than loves! (6)
28. Devonian afternoon treat. (5,3)

## Down clues

1. One who chooses not to vote. (9)
2. Breathing like a hot dog. (7)
3. Prize for doing well. (6)
4. Absolute need. (9)
5. Italian luxury sports car. (7)
6. Small robin-like bird with a striking black head. (9)
7. A container for writing liquid. (3,4)
13. One who is only partly employed. (4,5)

15. It was once called a 'stick' in a car. (4,5)
16. Motor scooter manufactured in Milan. (9)
18. Fizzy water has been this. (7)
19. Points the figure at. (7)
21. Chemical that affects other chemicals. (7)
22. Religious teacher who lived in South Asia. (6)

## Answers for June 2025 Focus Crossword



A £10 voucher, donated by your crossword compiler, will go to the first correctly completed crossword picked from your entries. Please complete the box below and hand your entries into the Lenham Parish Council offices at 1a High Street Lenham or into the Lenham library by **no later than 20 July** where they'll be placed in an envelope. The winner will be notified direct and announced in a future issue of *Focus*.

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