

Inside - all your local events, clubs & groups



Quarterly | August - November 2019

Folkestone

Town Council community magazine

Photo: Jenny Read



14th
ISSUE



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Welcome



Welcome to the latest edition of the Folkestone Community Magazine, inside you will find a range of articles on a whole host of topics related to Folkestone. If you have an idea for an article or would like to submit a photo of Folkestone, please email them to me at georgina.wilson@folkestone-tc.gov.uk I would like to thank Jenny Read for the photo used on the front cover which is a view of the Harbour Walk Way at night.

In May the local elections were held, and Folkestone Town Council now has eleven new Councillors, please see the 'Your Councillor' page for more information. Councillor Jackie Meade was elected by her fellow Councillors to be the Town Mayor for this year, further information in the article and also a range of photos of just some of the events the Mayor has attended so far, including the recent Armed Forces Community Fun Day which was very well attended and a very successful day for all those involved.

As you will see in the What's On guide there are a number of events taking place throughout the Summer Holidays and Folkestone Museum continues to offer free, family activities, the Museum is open Monday – Saturday, 10am – 4pm. For further details check out our website www.folkestonemuseum.co.uk or follow us on Facebook.

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Your Councillors

**Abena Akuffo-Kelly**

c/o Folkestone Town Council, Town Hall
1-2 Guildhall Street, Folkestone, CT20 1DY

Email: a.akuffo-kelly@outlook.com

Labour | Folkestone Central Ward

**Ann Berry**

35 Birkdale Drive, Folkestone, CT19 5LP
T: 01303 278644

Email: annber35@supanet.com

Conservative | Folkestone Broadmead Ward

**Paul Bingham**

c/o Folkestone Town Council, Town Hall
1-2 Guildhall Street, Folkestone, CT20 1DY
T: 07486 570373

Email: austria65@hotmail.co.uk

Labour | Cheriton West Ward

**Dan Brook**

13 Castle Mews, Folkestone, CT20 2NU
T: 07481 522127

Email: brook.danny@yahoo.co.uk

Conservative | Folkestone Central Ward

**Michelle Dorrell**

c/o Folkestone Town Council, Town Hall
1-2 Guildhall Street, Folkestone, CT20 1DY
M: 07495 041999

Email: michellefolkestonelabour@gmail.com

Labour | East Folkestone Ward

**Ray Field**

c/o Folkestone Town Council, Town Hall
1-2 Guildhall Street, Folkestone, CT20 1DY
T: 07737 244243

Email: Ray.field4labour@mail.com

Labour | Folkestone Harbour Ward

**Peter Gane**

142 Shaftesbury Avenue, Cheriton,
Folkestone CT19 4LX
M: 07758 193157

Email: peter.gane@folkestone-hythe.gov.uk

Conservative | Cheriton West Ward

**Jonathan Graham**

c/o Folkestone Town Council, Town Hall
1-2 Guildhall Street, Folkestone, CT20 1DY

Email: jagrahampolitics@gmail.com

Labour | Cheriton East Ward

**David Horton**

c/o Folkestone Town Council, Town Hall
1-2 Guildhall Street, Folkestone, CT20 1DY

Email: Horton.labour@gmail.com

Labour | Folkestone Central Ward

**Dylan Jeffrey**

c/o Folkestone Town Council, Town Hall
1-2 Guildhall Street, Folkestone, CT20 1DY
M: 01303 255773

Email: dylanjeffrey30@gmail.com

Conservative | East Folkestone Ward

**Nicola Keen**

c/o Folkestone Town Council, Town Hall
1-2 Guildhall Street, Folkestone, CT20 1DY
M: 07540 053284

Email: nicolakeen@sky.com

Labour | Folkestone Harbour Ward

**Mary Lawes**

c/o Folkestone Town Council, Town Hall
1-2 Guildhall Street, Folkestone, CT20 1DY
M: 07505 882169

Email: marylawes@gmx.co.uk

Foundation | Folkestone Harbour Ward

**Connor McConville**

c/o Folkestone Town Council, Town Hall
1-2 Guildhall Street, Folkestone, CT20 1DY
M: 07722 743959

Email: Connormcconville1980@hotmail.com

Labour | East Folkestone Ward

**Jackie Meade**

27 Radnor Park Crescent, Folkestone, CT19 5AS
M: 07475 215521

Email: jmeadefolkestone@gmail.com

Labour | East Folkestone Ward

**Tim Prater**

98a Sandgate High Street, Sandgate, CT20 3BY
T: 01303 210300

Email: tim@prater.uk

Liberal Democrats | Harvey West Ward

**Belinda Walker**

c/o Folkestone Town Council, Town Hall
1-2 Guildhall Street, Folkestone, CT20 1DY

Email: belindajanewalker@gmail.com

Labour | Folkestone Central Ward

**Richard Wallace**

4 Beachborough Road, Folkestone, CT19 4AB
H: 01303 277567 M: 07770670332

Email: richard.wallace.ba.mrics@gmail.com

Conservative | Folkestone Broadmead Ward

**Roger West**

9 Fairfax Close, Folkestone, CT20 3SL
H: 01303 227343 M: 07770670332

Email: thewests9@hotmail.co.uk

Conservative | Cheriton West Ward

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New Mayor of Folkestone 2019-20

At the Annual Council Meeting, held on Tuesday 14 May 2019 in front of invited guests and dignitaries, the outgoing Mayor, Councillor Ann Berry, gave a farewell speech.

After a successful year having raised over £3,200 for her nominated charities (RBL Cheriton & Morehall, Kent Army Cadet Force, Folkestone's Winter Shelter and Folkestone's Young Carers). The Town Mayor and Deputy Mayor, Councillor Richard Wallace, also took part in the 'Big Sleep Out' last September raising a further £425 for Folkestone's Winter Shelter.



Councillor Berry was presented with a gift from Councillors and thanked for her hard work in promoting Folkestone and raising money for charity throughout the year.

Councillor Jackie Meade was elected The Worshipful Town Mayor of Folkestone for the 2019-20 municipal year and her partner, Mr Bryan Garrigan, was appointed as the Consort of Folkestone. Reverend Eileen Webb was named as the Mayor's Chaplain and it was confirmed that a Mayor's Cadet would be formally appointed from the 99 (Folkestone) Squadron Air Training Corp at the Town Meeting on 21 May 2019.

The Town Mayor announced that her nominated charities for the year will be Living Words, FYP Youth Charity and the Folkestone Rainbow Centre.

Councillor Meade commented "I am immensely proud to serve as Mayor of Folkestone this year. I will be promoting our beautiful town to both visitors and business leaders to show them what an exciting town Folkestone is to visit and invest in. This year I will be fundraising for three very worthy local charities and I am just in the process of setting up some exciting charity events that I hope everyone will enjoy."

Councillor Ray Field was elected as Deputy Town Mayor.

If you would like to invite the Mayor to an event, please contact toni.brenchley@folkestone-tc.gov.uk or call **01303 257946**.



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They Nailed It...



Local charity fundraising event brings benefit to the Shorncliffe Trust!

The Landlord and Regulars of the Nailbox Pub on Cooling Lane, Folkestone recently held a fundraising and awareness event for local heritage and education Charity, The Shorncliffe Trust.

The event marked the recent 75th Anniversary of D-Day and popular duo, The Dulcettes, performed 2 lively sets which got regulars dancing to classic 1940's music with a sprinkling of recent hits performed in their own 1940's style.

Many of the pub's customers have enjoyed Battlefield Heritage tours over recent years guided by the Shorncliffe Trust, visiting The Somme and Flanders for day visits and many recently enjoyed a 3 day tour of Normandy visiting the D-Day beaches.

Fundraising through donations and a raffle raised £270 for the charity on the night and further donations can be made on the Trust's website:

<https://shorncliffe-trust.org.uk/support-us/>

Dedications in memory of loved ones can also be made using their Memory Wall page, <https://shorncliffe-trust.org.uk/memory-wall/> which will aid the Trust's eventual aim to turn virtual bricks into real ones as it fundraises to secure one of the few original buildings to remain at Shorncliffe Garrison from which to operate a Heritage and Education Centre retelling 3 centuries of history at Shorncliffe, following demolition of Somerset, Risborough, Napier and Burgoyne Barracks to construct 1200 new homes.

Landlord Trevor and Nailbox customers together with businesses, supported donations to the Raffle, and prizes included a vintage flag donated by Paul and Karen Rennie of Rennies Seaside Modern on the Old High Street, a Eurotunnel travel voucher; White

Cliffs Beauty Treatment Voucher, Arbonne gift set, Howletts and Wildwood Entry tickets and a signed Cropredy 2019 poster from Folk Legends Fairport Convention.

The Shorncliffe Trust also donated vouchers for use on their Heritage Tours and activity organisers, 'REAL Socialising' provided travel vouchers and a day trip for 2 to Bruges Christmas Market with a regular customer sponsoring 2 tickets to their Winchester Christmas Market trip.

The evening was a great success and the organiser Richard Murrells and Landlord Trevor Allen are planning a similar event for VE Day commemorations next May 2020.

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Folkestone Town Meeting

The Town Meeting is held every year around April/May.

This is a meeting for the electors of Folkestone, invited to this meeting are representatives from local services such as the Kent Fire and Rescue Service, Kent Police and District and County Councillors to give reports and answer questions from members of the public. This year we also had representatives from the Rainbow Centre and the Friends of Folkestone Museum who gave brief reports on the year's activities.

At this meeting the Mayor awarded Mr Robert Moulard a 'For Merit Award' for his services



to the heritage of the Town of Folkestone, including the refurbishment of the bus shelter on Canterbury Road, the final on the Radnor

Park Tea Rooms and the Leas Lift Carriage amongst other projects. He was honoured to receive the award and wanted to



accept it on behalf of everyone who works hard in Folkestone to preserve the heritage of the town. He also expressed his gratitude to the Town Clerk, Staff and Councillors.

Sergeant Elisabeth Summers of 99 (Folkestone) Squadron Air Training Corps was appointed as the Mayors Cadet for the year.

To view the minutes of the meeting please visit our website:

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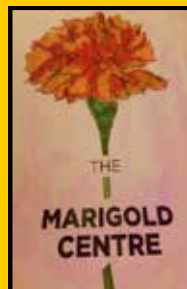


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Rotary Club Of Folkestone

New president leads Folkestone Channel Rotary into its 40th year.



New Channel Rotary President Edwin Beddy (right) is congratulated by Past President Bill Flavell.

This is a very special time for Folkestone Channel Rotary as we enter our 40th year of providing support to the local community; and on 16 June, we also celebrated our 2,000th meeting. We're looking forward to an excellent year under the leadership of new President Edwin Beddy and, on 26th June, 70 members and partners welcomed him to the hot seat when he took over from Bill Flavell at our Handover meeting in The Grand, Folkestone.

This was a typical fun-filled Channel Rotary evening with sketches, songs and other homemade entertainments based on Bill's working life in the hospitality industry and as a life-long cricket fan. At the end of the evening Bill was presented with the traditional large, framed picture as a permanent reminder of his year. It showed a battered burger van on the main cricket pitch at Lords surrounded by Channel Rotary members dressed as caterers and cricketers.

Our new President, Edwin Beddy, was born in Folkestone and has lived in East Kent for most of his life. He and his wife Barbara have an 11 year old daughter. Edwin started work in farming but soon decided that his future lay in commercial transport and he specializes in providing back-up and other services to larger companies. He is always up for a challenge and last year he and fellow Channel Rotary member Mike Simmonds drove 1,500 miles around England and Scotland in the UK Rotary

Car Rally to raise money for Rotary's worldwide programme to eradicate polio. When the programme started some 500,000 children were afflicted in 125 countries. This year, through the dedicated efforts of Rotarians worldwide, there is only a small handful of cases in 2 countries.

Having thanked Bill Flavell for an excellent year, President Edwin explained "I'm delighted to say that Channel Rotary has an enviable record of supporting charities and we'll continue this with the same energy and commitment. Since June 1980 we've raised approaching £1 million and given countless hours of hands-on support to local good causes. We'll also continue our close collaboration with the three other local Rotary Clubs (Folkestone, Hythe) as, for example, in our joint Youth work.

Included in our exciting 2019-20 programme of fund raising, social events and outside visits are two major events. We hope our popular, annual Charity Cycle Ride around Romney Marsh on Sunday 7th July will break our record of 450 riders in support of the Royal British Legion and Prostate Cancer UK; and on Sunday 8th September we have our second Channel Triathlon following the great success of last year's event. Centred on Folkestone's Harbour Arm it will showcase key attractions of the area including the Harbour developments and our prizewinning coastal and rural scenery.

This year the Tri will support a range of local charities including the Shepway Sports Trust and we hope that local people will turn out to watch and help us as marshals. In summary, Channel Rotary is a very special club and we'd love to welcome some new members to share our unique mixture of activity, fun and personal satisfaction so that we can continue the excellent charitable work that has been the hallmark of our Club over the last 39 years."

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Forthcoming Meetings Aug – Oct 2019



All of these meetings will now be held in the Town Council's offices at the Town Hall starting at 7pm unless otherwise stated.

Full Council Meeting

12th September 2019

Members of the public are welcome to attend. Electors of the Town are able to ask questions relevant to the agenda. For further information contact the Town Council on **01303 257946**.

Finance and General Purposes Committee

5th September and 17th October 2019

Scrutinise, monitor and further develop the Council's budget and oversee Council's policies.

Grants Committee

15th August 2019

To consider Town Grant applications. There is currently approximately £30,000 in Town Grants available each year with a limit of £2,500 per project with a maximum of three applications per organisation per financial year. Please note this meeting starts at 6.30pm.

Planning Committee

8th August, 29th August, 19th September, 10th October and 31st October 2019

Closely examine all planning applications submitted to Shepway District Council in the Folkestone Town area and make recommendations and comments on acceptance as part of the statutory consultation process.

Community Services Committee

6th August and 1st October 2019

Look at how to enhance and improve the environment and facilities in our area, from agreeing expenditure on new facilities to supporting new and proposed events.

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Town Sunday 2019

This year's Town Sunday Service took place at the Parish Church of St Mary and St Eanswythe on 23rd June.

From 1313 the inhabitants of Folkestone, summoned by the blowing of a horn, assembled annually at the Churchyard Cross in the Church grounds to elect their Mayor. After the Reformation and up until the end of the 19th Century, all that remained of the Churchyard and Cross was its plinth and steps, but the custom of the election continued.

In 1897, Canon Matthew Woodward, amid considerable controversy, had the present cross built using the ancient site. Although the Town Mayor is now elected in the comfort of the Town Hall, it is from the Churchyard Cross, prior to the Service in Church, that the Town Mayor is named and prayers said for the person honoured and elected by the Town Councillors for the Town of Folkestone.



The Town Mayor, Councillor Jackie Meade, attended the service accompanied by the Town Councillors of Folkestone and other civic dignitaries along with Townspeople and representatives from local clubs, societies and organisations.

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Annual Blessing of the Fisheries

The annual Blessing of the Fisheries took place on Sunday 23rd June 2019, commencing with a procession from St. Peter's Church, North Street, Folkestone.

Bishop Roger Jupp SSC, Superior General of the Confraternity of the Blessed Sacrament, officiated at the ceremony. He was assisted by Father David Goodburn SSC, Associate Priest at St. Peter's; the Venerable Darren Miller, Archdeacon of Ashford and Rev Eileen Webb, Chaplain to Cllr Jackie Meade, The Worshipful Town Mayor of Folkestone.

The Blessing of the Fisheries is held to coincide with 'Town Sunday' (when the new Mayor is proclaimed from the Churchyard Cross of the Church of St. Mary and St. Eanswythe), making a day of great Folkestone celebration! New Folkestone Mayor Councillor Jackie Meade walked in the procession led by the Bishop and other civic dignitaries together with members of the church. As is tradition, local schoolchildren carried garlands of flowers.

The Simon Langton Brass Band played 4 Hymns, including 'For those in peril on the Sea' and the Blessing took place over Folkestone Harbour with the returning procession marching back singing 'Onward Christian Soldiers'.

After closing prayers, onlookers were invited to the Church for afternoon refreshments.

This June St Peter's Church is celebrating the end of a major



programme of repair to the Church building funded by the Heritage Lottery Fund, the Roger De Haan Charitable Trust and the Friends of Kent Churches.

The Blessing of the Fisheries is one of Folkestone's oldest and most colourful traditions, taking its modern form at St. Peter's during the early 1890's. A long procession of members of the fishing community, parishioners, schoolchildren, servers, choirs and clergy from St. Peter's and other parishes, with the Mayor of Folkestone, Mayors of the Cinque Ports and Civic Dignitaries lead the bishop from the Church to the Stade.



Folkestone Museum Activities



The Folkestone Museum will be hosting a whole range of activities and workshops over the summer holidays

The museum is free to enter but we do ask for a small donation of £2 per visit to cover the costs of the workshops and to keep the museum free to enter for all, there are three colourful donation boxes around the Museum for you to use. We have a free children's guide to the museum that is packed full of fun activities to keep little ones entertained. For further information on all our events and exhibitions please visit our website:

www.folkestonemuseum.co.uk or call: **01303 257946**

The museum is open Monday – Saturday from 10am – 4pm.

Victorian Seaside - 29 July - 3 Aug 2019

10.00-16.00

For one week only, Folkestone Museum will take you back to the Victorian age. Events include a live Punch and Judy show, make and send your own postcard, along with other arts and crafts.

Punch and Judy Show! - 29, 31 July & 2 August

13.30-15.30

Mr Punch and his wife Judy will be doing three performances as part of our Victorian Seaside. Punch and Judy shows were familiar sights on the streets throughout the Victorian period and were enjoyed by adults and children alike. The shows are free drop-in events, no booking required.

Nature Week - 5 - 10 August 2019

10.00-16.00

Discover the exciting nature on display at Folkestone Museum and meet some live bugs with the 'Bug Roadshow'. Arts and crafts will be on at various time in the week, all materials are provided.

Bug Road Show - 8 August 2019

10.00-16.00

Come give a 'bug a hug' at the Bug Roadshow where there will be giant moths and mega millipedes for you to meet. This event is a free drop-in event, no booking required.

Archaeology Week - 12 - 17 August 2019

10.00-16.00

From fossils to Anglo Saxons to Romans, we have it all here at Folkestone Museum. This week children will be able to dig into Folkestone's past with guidance from our very own experts.

Prehistory Workshop - 14 - 15 August 2019

10.00-16.00

Find out about life in Britain from the Stone Age through to the Iron Age! Let us take you on a journey spanning almost a quarter of a million years, looking at how people evolved and what effect technology and spiritual advances had on their everyday lives. Examining the changes in the climate caused

by the Ice ages and how they adapted to the environmental changes they encountered.

Roman Kitchen - 14 - 15 August 2019

10.00-16.00

Ever wondered what the Romans ate 2000 years ago? Come to Folkestone Museum to take a time travelling cookery lesson.

Dinosaur Week - 19 - 24 August 2019

10.00-16.00

Folkestone Museum and The Dr Fossil show will take you back in time, hundreds of millions of years to meet Dexter the Dinosaur, a roaring baby Tyrannosaurus Rex.

Britain's Last Dinosaur - 19, 20, 21, 22 August 2019

10.00-16.00

Back in September 2017, Steve made a major discovery which has helped re-write the story of our past and confirmed an earlier theory regarding dinosaurs in Britain. Meet the discoverer of 'Britain's last Dinosaur' and join him on a detective trail unearthing how the last dinosaurs to live in Britain were tracked down.

The Dr Fossil Show - 20 August 2019

10.00-16.00

Meet Dexter the Dinosaur. He's an amazingly lifelike 4m long walking, roaring baby Tyrannosaurus Rex! And he hardly ever eats children! Catch the DinoBabies Walkaround at 10.00-11.00 and 13.00-14.00 along with The Dr Fossil Show at 11.00-12.00 and 14.00-15.00.

Maritime Week - 26 - 31 August 2019

10.00-16.00

Ahoy Matey! Come to Folkestone Museum to make your own pirate hat and eye patch or join in other activities throughout the week.

Meet a Smuggler -

28, 29 & 30 - August 2019

10.00-16.00

Meet Blackthorn an honest law-abiding man from Romney Marsh, who is responsible for maintaining the sea wall. Any aspersions cast about possible nocturnal activities involving the 'free trade' of goods with France are pure hearsay and have no basis or proof!



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30th Anniversary of the formation of the Merchant Navy Association

2019 is the 30th Anniversary of the formation of the Merchant Navy Association.

We have been lucky to be awarded the use of the charity garden on The Leas for the year, by the Folkestone and Hythe District Council and are very grateful to them for that.

All money raised during this year will be donated to Local Maritime Charities, if you would like to donate you can do so by cheque made payable to "Merchant Navy Association (Kent Branch) and send it to Mr S Shaw, 4 The Close, Fleming Way, Folkestone, CT19 6QB. We would like to thank you in advance for your generosity to this cause.

By Steve Shaw



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Folkestone Pride celebrated with town-wide festival and rooftop party!

The new Folkestone Pride Team were very excited to announce that this year's Pride was to be a town-wide festival

Kicking off with a parade along The Leas to a rooftop party on top of the iconic Leas Cliff Hall, which has stunning views across the channel.

The event took place on Saturday 20th July and started with a midday march from the memorial arch, heading up The Leas. The main daytime events were centred around the Leas Cliff Hall's chequer board, with DJs, singalongs and live entertainment, as well as family events – including two drag story time sessions.

The Blue Martini Bar and Skuba Bar, both situated on The Leas were flying the rainbow flag for the festival, with further DJs and special Pride cocktails.

Hot Chip's Joe Goddard headlined the after party.

The revelries moved on to Folkestone's Creative Quarter for the second part of the day, with free live music at Kipps Alehouse and Tom Marshman's show "A Haunted Existence" at The Quarterhouse. Folkestone's Silver Screen Cinema also showed The Matrix.

Bacchus served up Camp Cocktails as the warm up bar, ahead of the official after parties at Space and Eleto. Eleto was headlined by Joe Goddard (Hot Chip, The 2 Bears) performing a DJ set, alongside a host of other DJs and performers, while Space featured the Pink Flamingo party.

A host of official venues across the town ran food and drinks promotions to show their support, including The Chambers, Planet Earth Kitchen, Carte D'or and Yo Yo Street Food – people dressed up in their best Pride Party wear received hefty discounts across the town!

Recently under new management, The Pride Team had been working hard to raise funds for this year's festival, with recent events such as Fight for Pride, Backyard Auction and Pride's Got Talent, plus donations and support had been received from many local businesses, Folkestone Town Council and Creative Folkestone.

Other events such as Dance with Pride and Pride in Football took place over the weeks ahead of the festival, plus there was Pride bunting down The Old High Street to raise awareness of this important cause.

To keep in the loop with future Folkestone Pride Festivals and associated fundraisers, or to support our LGBTQI community, follow us on Facebook @FolkestonePride.



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The Worshipful Town Mayor of Folkestone

The Town Mayor is elected by fellow Councillors at the Annual Council Meeting held in May each year in the Council Chamber.

This year Councillor Jackie Meade was elected to be Mayor for the municipal year 2019/20. The Town Mayor acts as a representative for Folkestone by promoting the town at various events around the District and by attending many local events. The Mayor has had a busy start to her year attending a variety of events as you can see in the photos, just some of the events pictured are the Cinque Port Mayors Meeting, 30th Anniversary of the Merchant Seaman's Association, the launch of Together Kent, Normandy Day, Harvey Sunday, the Great War Baseball Game, the opening of the Lost Metropole Collection, visit to the Living Words open day, the Shepway Brass Academy fund raising day and of course the recent Armed Forces Community Fun Day which was organised by the Town Council, to mention just a few.

If you would like to invite the Mayor to your event, please contact: toni.brenchley@folkestone-tc.gov.uk or have a look on our website: www.folkestonetc.kentparishes.gov.uk





Canada Day

The annual Canada Day Service in Folkestone which commemorates the 305 Canadian soldiers who died during WWI and are buried in the Shorncliffe Military Cemetery took place on Monday 1 July.

The memorial service takes place each year on or near Canada Day at the Canadian Servicemen's graves at Shorncliffe, which is attended by local civic dignitaries, representatives from the Canadian High Commission and Canadian Provincial Governments, the local British Army Command, War Graves Commission, Veterans and Old Comrades' Associations.

The Worshipful Town Mayor of Folkestone, Councillor Jackie Meade, attended the service accompanied by the Councillors of Folkestone Town Council, Major Dennis Bradley (Retd) DL, Major Daniel Martimbealt – representing the Canadian High Commission, officers from the Canadian Forces Support Unit in the UK, officers from Shorncliffe Station Support Unit, Chairman of the District Council, members of local ex-service associations and their Standard Bearers and local dignitaries.

This year 360 children from local schools attended and laid posies on the graves of the Canadian soldiers.

This tradition started over 100 years ago and the Mayor of Folkestone stated in 1927 that "As far as Folkestone is concerned, the ceremony should last as long as it is in the power of human beings to do so." This statement is strongly endorsed by all who participated in the ceremony.

The current Town Mayor of Folkestone, Councillor Jackie Meade, thanked past and present Regiments based at Sir John Moore Barracks for their support in enabling the annual Canada Day Commemorations to continue for over 100 years and said "Let us all hope that we can continue this tradition for many, many years to come and remember the 305 Canadian Soldiers who gave their lives in WWI and are buried at the Shorncliffe Cemetery. Hopefully our tribute each year to those soldiers that sacrificed their lives for us all, provides some comfort to their relations in Canada who are unable to visit their graves."



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- A link with a Police liaison officer
- We may have local coordinators in your area, who will keep you up to date

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Pelham House Care Home Open Day

On Saturday 29th June, Pelham House Care Home in Folkestone held an open day in the form of a Mini Donkey Derby.

Dice were rolled and children riding Stick Donkeys played around a track that was similar to the old Snakes and Ladders game. Pin the tail, Tombola, Face painting, BBQ, Cream teas, 3 visiting school choirs, carers wheelchair race and a delightful little donkey named Florence all formed part of the afternoon's entertainment.

with Dignity Champions forming part of a nationwide network of 120,000+ individuals and organisations who work to put dignity and respect at the heart of UK care services to enable a positive experience of care.



Approximately 300 people visited the Home over of the afternoon with the glorious UK sun shining down; a wonderful afternoon was enjoyed by staff, residents, family, friends and visitors.



The event was held to uphold Dignity in Care and bridge the gap between old and young, home and community. This challenge is led by the National Dignity Council,



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Royal Gurkha Rifles

2019 celebrates 25 years of the formation of the Royal Gurkha Rifles.



To recognise this amazing achievement there is a small exhibition on display at the Folkestone Museum to honour the Royal Gurkha Rifles, who have been based at Shorncliffe Barracks since 2001. The exhibition will be

displayed until the end of August 2019.

As part of their celebrations, the Royal Gurkha Rifles are running a charity raffle, all proceeds go to The Royal Gurkha Rifles Regimental Trust which supports service personnel, especially those injured on recent operations, and their

families. There is a range of prizes to be won including dinner and an overnight stay at a 5* hotel in London, a week's stay for 9 at a chateau in South West France, a private box at Ascot and many more fantastic prizes.



To purchase a ticket for the charity raffle visit www.uk.virginmoneygiving.com/fund/RGR25Raffle

Admiral of the Fleet enthralled by annual commemoration of 'The Seafarers Friend'

The ancient St Martin's Church, Cheriton, thought to be the oldest remaining church in the area, was once again the setting for the annual commemoration of the life and work of 'The Seafarers Friend' Samuel Plimsoll.

The event, organised by the Folkestone Samuel Plimsoll Memorial Campaign, saw more than a hundred people attend. These included five Mayors and consorts, Cllr Gordon Cowen, Dover; Cllr Philip Martin, Hawkinge; Cllr Jackie Meade, Folkestone; Cllrs Paul and Janet Thomas, New Romney and Jurat David Page, Deputy Mayor of Winchelsea with consort Howard Norton. The event was graced by the presence of Admiral of the Fleet, The Lord Boyce, Lord Warden of the Cinque Ports, who gave the commemorative speech this year.

The event was opened by Steve Shaw, of the Merchant Navy Association, with a Royal Navy Standard leading the Folkestone Mayor's Chaplain Rev Eileen Webb, who is also a member of the Plimsoll Committee.

The Rev Webb spoke of the John Masefield poem 'Sea Fever', which begins, 'A few Draw Down to the Sea in Ships...' in her introduction, but feeling that it was a little too romantic preferred to read a few lines from Psalm 107 which is based upon it and is used as a prayer for all those who are at sea to be protected.

The congregation then proceeded to the grave of the great man where the Lord Warden, some of the Mayors and Angela Conyers, on behalf of Plimsoll's biographer Nicolette Jones who could not be present this year, each laid a wreath in his honour.

Returning to the Church, The Lord Boyce, a former sub mariner spoke to the gathering. In this he first reprised Samuel Plimsoll's life and



work to battle to ensure safety at sea for seafarers in the 1870s and then recounted a brief history of how the Cinque Ports were formed.

Beginning back around the 11th Century, Edward the Confessor granted a Royal Charter to help protect the East Coast, especially the herring catch. Later in the Battle of Sandwich in 1217 the early Cinque Ports fleet beat off the Dauphin of France.

In later years the Cinque Ports and fleet have played a vital role in protecting the coasts during various wars and other altercations, though the organisation wasn't fully consolidated until the 16th - 17th Century when the Royal Navy in full was set up.

The Lord Warden did not come to live at Walmer Castle until the mid-18th Century when it was decided to split from the Constable of Dover Castle's residence. Today, Lord Wardens' have a separate apartment at Walmer when attending events locally.

Lord Boyce also related how vitally important it remains that the Royal Navy acts to protect

both Britain's coasts and our interests worldwide including trade, humanitarian aid missions, supporting military actions when needed including against piracy, and diplomatic visits.



He related that such was based on three main pillars of vessels these being submarines, carriers and amphibious craft, alongside the destroyers and frigates. However, of the last such vessels he felt the Royal Navy was greatly in need of a lot more but defence budgets were under funded.

The event finished with the Choir, led by Michael Foad; singing the old music hall tribute to Plimsoll being 'A Cheer for Samuel Plimsoll' during which the audience joined in the choruses and later retired to the Community Centre, where a splendid selection of tea and cakes were, as usual, on offer by the Church staff.

by Ray Duff



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Let's Free Where We Live From Single-Use Plastic

At Folkestone Town Council's Community Services Committee meeting on the 4th June, Council pledged to become a 'single-use plastic free' Council by adopting the Surfers Against Sewage - Plastic Free Communities Toolkit.

Councillor Belinda Walker was chosen to champion Council's support for a single-use plastic free community and she said "I am really looking forward to getting involved with this role. We have all seen the damage done to our environment and wildlife and it is wonderful to think that Folkestone can play a role in reducing this unnecessary waste"

Wherever you live, whether you're on shore or inland, urban or rural, high-tide or high-rise, communities are uniting in the fight against single-use plastics. It's not about removing all plastic from our lives. It's about kicking our addiction to avoidable single-use plastic and changing the system that produces it. Join us and let's free where we live from single-use, one plastic bottle at a time!

HOW WILL COUNCIL DO THIS?

- Supporting plastic free initiatives and community groups working on them in our area.
- Liaising with our community leaders to facilitate and promote the campaign locally.
- Encouraging schools, businesses, community groups and individuals to get involved.
- Demonstrating leadership and examining options available to reduce avoidable single-use plastic.
- Performing a complete audit of avoidable, single-use plastic items used across Council owned facilities.
- Developing a plastics strategy with specific objectives for eliminating avoidable single-use plastics.
- Working with the District Council to ensure appropriate recycling routes are available to capture plastic.
- Encouraging reuse and refill schemes to replace single-use plastic consumption.
- Considering how we can promote the reduction of single-use plastics across the Council area.

HOW CAN YOU HELP?

- Remember your refillable water bottle
- Take a reusable coffee cup and refuse single-use take away cups
- Refuse single-use packaging
- Resist a straw; straws suck
- Refuse a single-use plastic bag and take your own
- Take your own cutlery or use sustainable alternatives
- Avoid single-use plastics in the bathroom
- Refuse single-use condiment sachets
- Do your own **#miniBeachClean** or **#communitycleanup**.
- Grab a handful of plastic pollution every time you go out



Annual Service of Remembrance – Normandy D-Day Landings

On 6th June Folkestone's D-Day Commemorations, for all those who fought and died in the Normandy Campaign in June 1944 took place.

The Remembrance Service was held in the Methodist Church Hall and the Garden of Remembrance where wreaths and wooden crosses were laid around the Normandy Veterans Association (NVA) Memorial and Flower Bed.



In attendance, with local Normandy Veterans and representatives of Folkestone's Ex-Service Associations and Standards, were the Folkestone Town Mayor, Civic Dignitaries, Councillors, local youth organisations and members of the public. Representatives from the 1st Battalion The Royal Gurkha Rifles and Shorncliffe Station were also in attendance. This year marked the 75th Anniversary of the D-Day Landings and the Battle of Normandy and with it, a momentous occasion to celebrate peace, liberty and reconciliation.



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Looking for work or training in Folkestone?

Being out of work can be a real struggle, especially if other circumstances make finding a job even harder. For those in Folkestone, however, there are support networks in place to help.

Within central and east Folkestone, the harbour district, and Broadmead, there are around 8,500 people who are not currently in work and over the age of sixteen. The reasons for this can be wide-ranging, including being in full-time education, but for many this presents the need to find a job. Just over 40% of the households within this area are classified as having no adults in employment, and almost 30% of households have at least one person with a long-term health problem or disability.

There are several organisations that offer help, including the Jobcentre Plus and Folkestone & Hythe District Council, and now there is a new project offering a different approach.

The Working Together project aims to support those seeking employment or training, and who are currently not in work, through 1-to-1 mentoring. "It's a great programme," says Sarah Taylor, one of the Employment Support Advisors who provides mentorship. "It's designed to help people take a step closer to finding work, empowering them to do so themselves. I'm really excited to be part of it!"

Employment Support Advisors meet those looking for support in their local areas, often for a tea or coffee and a chat at first, and

together they come up with a plan to move forward. There is a dedicated tutor offering training and advice, as well as the mentoring provided by the Advisors.

The method has a proven track record in delivering successes for people who need it. Working Together is run by Social Enterprise Kent, a Community Interest Company who already deliver similar projects in Canterbury, Ashford, Thanet and Whitstable. "The whole point of Working Together is to help," says Programme Manager Emma Woodward, "and with support, mentorship and guidance, the people we are working with are improving in confidence and making steps to change their lives."

The project is specifically for people living in Folkestone Central, Folkestone East, Folkestone Harbour Ward, and Broadmead. Participants need to be 18 or over, not currently in work, and have the right to work in the UK.

To find out more about Working Together and how the project might be able to benefit you or someone you know, go to: sekgroup.org.uk/working-together or phone: **01227 200 120**

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August sees the return of the Philippine Festival of Food, Music & Culture, featuring food stalls, music and dancing.

The free daytime event starts at midday and runs until 6pm. In the evening, tickets are available for the dance show featuring the LK Dancers who have performed in the West End hit musical Miss Saigon!

We kick off September with our very first Burlesque night, 'Rhinestones and Pasties' hosted by the divine Victoria Carriage, followed by the ever popular Comedy Mash, with three experienced acts from the UK comedy circuit on Saturday 7th.

FHODS then bring the BAFTA award winning TV show 'HI-DE-HI' to the stage this autumn. Expect fun & frolics from the Yellowcoats - Hi-de-Hi Campers!

October brings the return of the The Railway Swing Band RAFA charity concert, bluegrass phenomenon Midnight Skyracer, the critically acclaimed Mad About The Musicals, the fabulous The Princess of Wales's Royal Regiment Band, supported by The Military Wives Choir, as well as Folkestone's first Horror Film Festival, featuring 12 hours of back to back horror films from around the world.

The box office is open Monday-Friday 10am-2pm, call:

01303 223925.

Alternatively book online at:

www.towertheatrefolkestone.co.uk



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12-6pm (Day Event) FREE ENTRY
7pm-10.30pm TICKETS ONLY



Hi-De-Hi!

26th September - 5th October

The BAFTA award winning comedy comes to The Tower Theatre!

FHODS
A FOLKESTONE CHARITY TRUST



Midnight Skyracer **Friday 11th October**

"...probably the best bluegrass I have heard from a non-American band." - fRoots

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MAD ABOUT THE MUSICALS

Staring **Michael Courtney**

With full supporting cast of West End singers and live band

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THE UK'S NUMBER 1 SHOW

Saturday 12th October 7.30pm

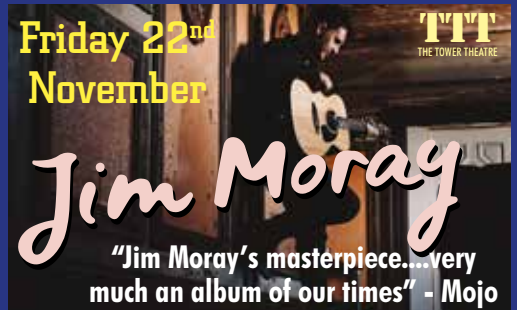


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Friday 22nd November

Jim Moray

"Jim Moray's masterpiece...very much an album of our times" - Mojo

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Jack and the Beanstalk

Mike Nolan from The Fizz

John Pritchard as Dame Troff

December 14th - 27th

Tickets from £10

This year FHODS brings you Jack and the Beanstalk, with Mike Nolan from The Fizz and John Pritchard playing Dame Troff. The formidable duo will be joined by a fantastic cast to make this year Fee-Fi-Fo-Fun!!!

FHODS
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For full details of all our forthcoming shows and to book tickets, please visit towertheatrefolkestone.co.uk or call the box office on 01303 223925

The Tower Theatre, North Road, Shorncliffe, Folkestone CT20 3HL

Registered Charity 1180504

What's on

4th August (Sunday)

Faversham Mission Brass Band Performance

2.30pm – 4.30pm at the Leas Bandstand. For further information visit:

www.folkestonefestival.org

5th – 10th August (Monday – Saturday)

Nature Week at Folkestone Museum

10am – 4pm. Discover the exciting nature on display and meet some live bugs, arts and crafts activities will be on at various times over the week. For further information visit:

www.folkestonemuseum.co.uk

12th – 17th August (Monday – Saturday)

Archaeology Week at Folkestone Museum

10am – 4pm. Children will be able to dig into Folkestone's past with guidance from our very own experts. For further information on events and workshops visit:

www.folkestonemuseum.co.uk

15th August (Thursday)

VJ Day – 11am - Garden of Remembrance

This is an annual service to celebrate the surrender of Japan, ending combat in the Second World War on 15th August 1945. Members of the public are welcome to attend, for further information visit:

www.folkestonetc.kentparishes.gov.uk/

18th August (Sunday)

Second Wind Concert Band Performance

2.30pm – 4.30pm at the Leas Bandstand. For further information visit:

www.folkestonefestival.org

19th – 24th August (Monday – Saturday)

Dinosaur Week at Folkestone Museum

10am – 4pm. Folkestone Museum and The Dr Fossil show will take you back in time to meet Dexter the Dinosaur, a roaring baby Tyrannosaurus Rex. For further information on events and workshops visit:

www.folkestonemuseum.co.uk

26th – 31st August (Monday – Saturday)

Maritime Week at Folkestone Museum

10am – 4pm. Make your own pirate hat and eye patch or join in other activities throughout the week. Visit:

www.folkestonemuseum.co.uk

If you have an event you would like included in the next edition of this listing, please send details to: georgina.wilson@folkestone-tc.gov.uk

30th August (Friday)

ArtMart

This well established and increasingly popular specialist Art, Craft and Artisan Food Market held in the Town Centre. For further information visit: www.folkestonefestival.org

1st September (Sunday)

Whitstable Scout Brass Band

2.30pm – 4.30pm at the Leas Bandstand. For further information visit:

www.folkestonefestival.org

8th September (Sunday)

Canterbury City Band

2.30pm – 4.30pm at the Leas Bandstand. For further information visit:

www.folkestonefestival.org

15th September (Sunday)

Battle of Britain Day

The day will be commemorated with a wreath laying service at the RAF War Memorial on The Leas. Members of the public are welcome to attend the service commencing at 5.45pm. For further information please call:

01303 257946 or visit our website:

www.folkestonetc.kentparishes.gov.uk

13th – 15th September (Friday – Sunday)

Folkestone Skabour Festival

The original and best reggae festival. For information visit www.skabour.co.uk

8th September (Sunday)

Channel Triathlon

The second Charity Channel Triathlon is centred around the redeveloped Harbour Arm, a fantastic location for a triathlon. For further information visit: www.channeltri.com

27th September (Friday)

ArtMart

This well established and increasingly popular specialist Art, Craft and Artisan Food Market held in the Town Centre. For further information visit: www.folkestonefestival.org

28th September (Saturday)

Mariners Cake Off Competition

10am – 6pm – The Ultimate baking battle where passionate amateur baking fans compete to be crowned Folkestone's best Amateur Baker.

Entertainment also includes live music, Crazy Golf, egg and spoon race, Pimm's stall, Coconut Shy, face painting, Largest Wonkiest Veg Competition, Punch and Judy, tombola, raffle, fairground amusements, food and craft stalls, apple bobbing and tug of war competition. For further information visit: www.folkestonefestival.org

29th September (Sunday)

Kent Choir Competition

4pm – The Leas Cliff Hall - Choirs from all over Kent will be singing their hearts out in the second Kent Choir Competition that is being run by the local charity MASC (Music and Arts for the Shepway Community).

Last year's winners, Kent Soul Choir will be performing as well as Folkestone's very own Shepway Voices. Tickets can be purchased from the box office at The Leas Cliff Hall on:

01303 228600

or for further information please contact: samanthawraight@hotmail.com

29th September (Sunday)

Folkestone Rotary Half Marathon

The marathon starts at 10am, 9.30am for the children's race, outside The Grand on The Leas. For further information contact Folkestone Rotary on: **01303 221188** or visit their website: www.folkestonerotary.org

5th – 6th October (Saturday – Sunday)

Model Railway Exhibition

This is held at the Leas Cliff Hall from 10am – 5pm. For more information visit: www.folkestone-mrc.com

20th October (Sunday)

Trafalgar Day

This service is organised by the Royal Naval Association and held at St Peters Church from 10.15am. Members of the public are welcome to attend. For further information please call 01303 257946 or visit our website:

www.folkestonetc.kentparishes.gov.uk

25th October (Friday)

ArtMart

Art, Craft and Artisan Food Market held in the Town Centre. For further information visit:

www.folkestonefestival.org

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FOLKESTONE SPORTS CENTRE

If you have an event you would like included in the next edition of this listing, please send details to: georgina.wilson@folkestone-tc.gov.uk

What's on

3rd November (Sunday)

Dedication of Garden of Remembrance

Held at the Christchurch Tower, Sandgate Road. Members of the public are welcome to attend arriving no later than 1.40pm for the service to take place from 2pm. Following the service attendees are invited to place a cross in the Garden of Remembrance. For further information please call **01303 257946** or visit our website: www.folkestonetc.kentparishes.gov.uk

10th November (Sunday)

Remembrance Sunday

This service and parade will commence at 11am at the War Memorial at the top of the Road of Remembrance. The civic party and columns will assemble from 10.45am in readiness for the silence and wreath laying, followed by the service. Members of the public are welcome to attend. For further information please call **01303 257946** or visit our website: www.folkestonetc.kentparishes.gov.uk

11th November (Monday)

Machine Gun Corps (Cavalry) Memorial

Armistice Day. The Two Minute Silence is observed followed by a short ceremony. Members of the public are welcome to attend the service commencing at 11am. For further information please call **01303 257946** or visit our website: www.folkestonetc.kentparishes.gov.uk



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2019



Sunday 29th September 4pm
Leas Cliff Hall, Folkestone

£10

An annual competition to find Kent's best choir



Tickets available from the Leas Cliff Hall box office - 01303 228660



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Folkestone Great War Baseball Game

Baseball returned to Folkestone after a gap of 100 years.

On Sunday 16th June 2019 when the CANUK Warriors took on the Buccaneers Baseball Travel Team at the Three Hills Sports Park for the Folkestone Great War Baseball Game supported by Folkestone Town Council. The match, organized by local enthusiast Andrew Taylor of the Folkestone Baseball Chronicle, was enjoyed by a large crowd of spectators who witnessed the Kent based Buccaneers win an exciting game 13-1.

The Canadian team had been recruited entirely from among serving members of the Canadian Armed Forces in the UK and commemorated the Military Baseball Leagues which originated in Folkestone in 1915 and whose popularity spread across the country. Baseball was played in Folkestone throughout the Great War even meriting a report and photo in Spalding's Official Baseball Guide of 1917, in June 1918 alone 250 games were played in the area. On the back of the Canadians' shirts was a second name tag representing a deployment or operation that was of individual significance to them.



The Buccaneers Baseball Travel Team travel the world playing Baseball tournaments, notably the MSBL/MABL World Series which is held in Arizona on MLB Spring Training Facilities every year & also exhibition games at the Field of Dreams facility in Iowa. The team for this particular game comprised of players from; Kent Buccaneers Baseball Club, Kent Mariners Baseball Club, London Mets Baseball Club and Bracknell Baseball Club.

Presentations and an exchange of gifts were made before the game by Warrant Officer Chris Anderson and Brigadier General Lowell Thomas. The National Anthems of Canada and the UK were sung before the game by trained Opera Singer and Right Fielder Petty Officer (2nd

Class) Josee Sulyma. The Mayor of Folkestone, Councillor Jackie Meade, threw the ceremonial first pitch which was caught by game organizer Andrew Taylor.

Strong gusts of wind caused some initial problems for the Canadians who after 5 innings trailed the Buccaneers by 5-0. The Buccs, eager to extend their advantage and hit a home run began to swing for the fences, but the wind held up the high fly balls and they were expertly caught by the Canadian outfielders. Though the score line suggests the game was one-sided the Canadians batted patiently getting players on base, then advancing around the diamond by stealing bases at opportune moments, but whenever runners were in scoring position they ran out of luck before they could reach home.

The Buccaneers continued to score steadily until in the 8th innings the star Catcher for the Warriors, Warrant Officer Chris Anderson, hit a line drive that scored Captain Elizabeth Poulin, whereupon the Canadians briefly threatened a comeback.



A memorable feature of the game was the Canadian rooting, for what they lacked in runs they more than made up for in spirit.

After the game the Mayor presented a beautiful trophy, locally made by Atec 3D, to the Buccaneers skipper Jon Carter.

When WO Chris Anderson was asked what this day meant to him he replied:

"Today was a great day for Baseball and I believe, for the Town of Folkestone, the entire community really. We are humbled by the support of everyone who came to Three Hills Sports Park today and even as the visiting team we felt like we had the home town crowd with us from first pitch to the final handshake.

We did really well today and are proud of ourselves and the effort and result we have achieved. On behalf of the CANUK Warriors and their families we want to thank the Madam Mayor, Councillor Jackie Meade and the organizers for their invitation and this wonderful hospitality."

Jon Carter of the Buccs said "When I was first approached by Baseball Historian Andrew Taylor asking if I knew of any teams who may like to play Baseball vs the Canadian Armed Forces Baseball Team, commemorating Baseball being played in Folkestone, Kent, 100 years ago, I jumped at the chance! Every player involved were honoured to be part of such

an historic event & we hope this can become an annual 'remembrance' of all the heroes from the Great War who served & played baseball between 1914-1919."

Talks are underway to arrange another fixture next year and to once again make baseball a regular feature on the local calendar. For more info on the Canadian Military Baseball Leagues please visit Folkestone Baseball Chronicle Facebook Page.



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Folkestone is at risk of severe flash flooding

Could you become a volunteer flood warden?

Flash floods happen when an exceptional amount of rain falls within a very short period of time. In August 1996, 98mm of rain fell in Folkestone in under two hours and parts of the town were badly flooded.

Although flash floods are rare, climate change and an increase in thunderstorms means that they could happen more frequently.

1996 Flood Facts:

- 98mm of rainfall fell in under two hours and 250 properties were affected.
- Over 500 emergency calls were received – one every 28 seconds
- 60 people were rescued
- The Red Cow Public House recorded a flood water depth reaching in excess of one metre.
- Flooding at the reaches of the Pent were so significant that a brick wall lining at Folkestone Harbour had to be partly demolished to allow the flood water to escape into the harbour.
- The Pent is now designated as a Rapid Response Catchment due to how quickly the stream reacts to heavy rainfall.

Folkestone remains at risk of flash flooding and the Environment Agency and the Kent Resilience Forum is on the lookout for people in the Folkestone area who would like to make a real difference to their community by becoming volunteer flood wardens.

Flooding can be devastating, destroying property and livelihoods, and disrupting lives. It is therefore essential that areas at risk of flooding help to prepare for such eventualities.

As a flood warden you would have a key role in helping to develop a community flood plan for the area, as well as playing a crucial part in implementing that plan in the event of flooding.

Training takes just 2 hours to complete on an evening or weekend and Flood wardens meet just a few times per year to test their flood plan.

Once trained and equipped, you could be helping to raise awareness of flood risks in the area, encouraging people to sign up to receive the Environment Agency's flood warnings and playing a proactive part in reinforcing these warnings, and other safety messages, from other local authorities.

In the event of a flood, emergency services and local authorities are focused on helping those most in need, flood wardens become a vital link between those responding and their community.

Jenny Newham, from the Environment Agency's Flood Resilience Team said: "Many people find becoming a flood warden can be extremely rewarding. Whether it's providing practical support and reassurance to flood victims, or acting as a go-between to provide timely information and advice—you will be making a positive difference to people, helping the people of Folkestone when they need it most."

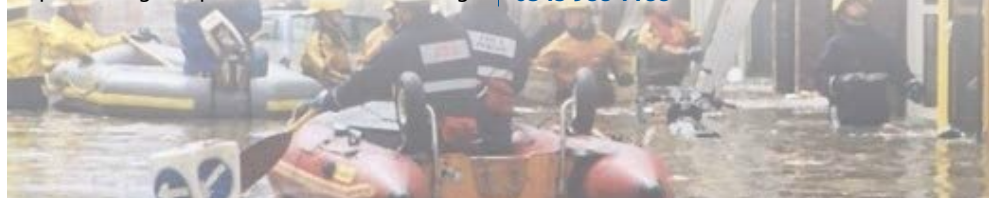
If you would like to find out more, please email the Environment Agency on: floodresilienceksles@environment-agency.gov.uk or the Kent Resilience Forum on: krf@kent.fire-uk.org with your name, email address, telephone number and the area you would be volunteering in.

What else can you do?

Check your flood risk - visit: www.gov.uk/flood

Sign up

To the free Flood Warning Service by calling **0345 988 1188**





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Folkestone Academy Open Evening

**Thursday 3rd October
5.00pm - 8.00pm**

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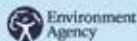
Our Principal will speak every 30 minutes at
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Folkestone is at risk of flash flooding.

Would you know what to do?

In August 1996, 4 inches of rain fell in Folkestone in just two hours

250 properties were affected by severe flash flooding

Over 500 emergency calls were received – one every 28 seconds
60 people were rescued

"It just flooded in - within 15-20 minutes it was right up the top of our stairs"

Amanda Halsted
local resident

Folkestone flooding August 1996



Floodline 0345 988 1188

Incident hotline 0800 80 70 60

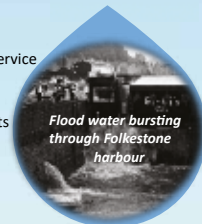
Protect your family and home from flash flooding

1.) Find out if you are at risk

- Visit www.gov.uk/flood
- Sign up for our free flood warning service

2.) Be aware and know the signs

- Heavy rain or severe weather reports
- Rising water levels with churning, dark water
- A build up of debris in the Pent Stream that flows through the area



Flood water bursting through Folkestone harbour

3.) Plan where to go if you get caught in a flash flood

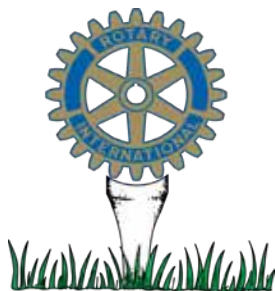
- Move to a higher floor within your property and wait for instructions from the emergency services
- If you're in a bungalow or basement, or if you are caught outside, seek shelter in the nearest two-storey building or go to higher ground
- Call 999 if you are trapped

4.) Do not walk or drive through flood water

- In a flash flood most injuries - or even deaths - happen when people try to cross flood water on foot or by vehicle
- It only takes 15cm of fast flowing water to knock you off your feet and 60cm to lift and move a 4x4 or small lorry
- There may be also be hidden dangers in the water like rubble and exposed drains



August 1996 - Folkestone homes and businesses were badly flooded



Rotary Club of Folkestone

Charity Golf Day

Sene Valley GC

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Folkestone Youth Project (The Shed)

September 19th 2019

Teams of 4, Shotgun Start, Texas Scramble format, meal, £35 per head. Prizes, raffle, all proceeds to support Folkestone Youth Project.

Please contact Geoff Milsted,
Geoff.milsted@milstedassociates.co.uk
to register your interest

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Stay on top of your health during your Summer Holiday

When the long-awaited summer holiday finally comes around, you're likely to be so excited that nothing else is on your mind other than your holiday.

During the lead up to your trip, when you've been so busy focusing on the latest season's fashion, the best exchange rates, and what tourist attractions you'll be visiting, our health can quite easily fall to the bottom of the list of things to think about. Of course, no-one anticipates falling ill during their holiday and the last thing that's going to be on your mind is whether you've packed paracetamol, plasters, and compression socks, but a quick visit to your doctors or a chat with your local pharmacy before you jet off can help you to avoid some of the most common illnesses which could potentially ruin your well-deserved break.

Check out our top tips to stay on top of your health this summer below!

Control Travel Sickness

If you're prone to feeling sick when you travel then there are various remedies available. There are a lot of over the counter medication's which can be purchased but do be sure to have a quick word with the pharmacist if you are taking any other medication to ensure that whatever sickness tablets you buy do not affect any existing medication which is being taken. When taking travel sickness tablets, it's worth noting that alcohol should be avoided. On top of this, if possible, ensuring there is a good level of ventilation and encouraging the sufferer to look out of the window instead of reading a book and playing games will help to reduce the symptoms.

Avoid Deep Vein Thrombosis (DVT)

Each year, DVT affects around 1 person in every 1,000. Deep vein thrombosis (DVT) is a blood clot that develops within a deep vein in the body, usually in the leg, which causes pain and swelling and may lead to complications such as pulmonary embolism.

Being inactive for long periods, for example during a long journey, is one of the risk factors of DVT so to help reduce the risk, if possible, have a walk around or try to do leg and calf exercises every 30 minutes. Wearing compression stockings and loose clothing from the waist down, as well as staying hydrated by drinking plenty of water also helps to reduce the risk.

Don't get sunburnt

The majority of us enjoy catching a lovely tan when we're on holiday however there are safe ways to go about it. To avoid red, hot and sore skin from sunburn and an increased risk to skin cancer, it is recommended that children wear a sunscreen with a rating of at least SPF30 and adults SPF15- make sure you have the correct sunscreen for your holiday and you bear in mind what location you're travelling to. Sunscreen should be applied liberally before going out in the sun and reapplied every couple of hours throughout the day. Following a day in the sun, apply aftersun cream or spray and drink plenty of water to cool down, prevent dehydration and sun stroke. If you do get sunburnt, keep the skin covered away from direct sunlight until the skin has fully healed, take painkillers to help reduce any pain and cool your skin with a cool shower, bath or damp towel.

Stay stomach bug free

It is very common to suffer from sickness and diarrhoea on holiday when contaminated water or food has been consumed. Following the rule of 'cook it, boil it, peel it or forget it' and making sure you practice good hygiene on holiday will help you avoid the chances of cholera. Do make sure to pack some re-hydration sachets in your first aid kit should you contract the disease and speak to a local pharmacist about anti-diarrhoea pills.

Top essentials to pack for your holiday health kit:

Travel sickness tablets	Eye Drops
Compression Stockings	Sun Cream
Painkillers	After Sun
Antiseptic	Insect Repellent
Wound-Cleaning Gauze	Insect Bite Treatment
Sterile Dressings	Anti-diarrhoea Medication
Bandage Tape	Rehydration Sachets
Plasters	Water disinfectant
Tweezers	Medication for pre-existing medical conditions
Scissors	
Thermometer	
Antihistamines	
Ear Drops	

Write By The Sea

Write By The Sea in Folkestone meets at The Chambers Coffee Shop on Sandgate Road twice a month at 6.30pm.

We have one group meeting a month and then an author or a book related person, illustrator, script writer, or a poet who then gives a talk about their work for about an hour, roughly, then it is opened up for questions from everyone.

Our meetings are very friendly, in a safe environment and also everything is free! This is because we get the venue for free so we simply ask that everybody buys a drink while there.

I started this group because I felt Folkestone really needed something that combined everything book related, we now have a website and social media as I am trying to reach the people that cannot get out to our meetings, my aim is for an inclusive group by the people of Folkestone for the people of Folkestone.

The hardest part now is trying to reach the people that would benefit from our group.

I started this in October, and the talks started in January so I feel we are off to a good start with a basic core of people and many more turning up for the talks.

During the Book Festival on Thursday 21st November from 2.00 to 6.00pm we are having a fringe event in Chambers where about twenty authors will have a table each to sell their books, then talk to their readers, again this will be free with over ten authors committed so far. I am also hoping for a publisher and an agent to attend.

Karen's World is my lifestyle blog where I post about anything that enters My World!

I do many reviews of places in Folkestone also about things that are happening, or about to happen, in our town. I read a lot of books so now the publishers and authors send me their latest releases to read and review them all over social media and my blog.

I have been doing this for almost seven years now and still enjoy it immensely. Particularly the way it is expanding so giving me different things to write about. I try to do a post every day in the hope that it keeps my brain from stagnating and not working at all. I do have problems at times with words and thinking which one I require or just remembering stuff, so Google is my friend for that. My health is not very good but at least I can write even if I am in bed, and that is where my views about having inclusive groups for people to join, even if they cannot attend, comes from.

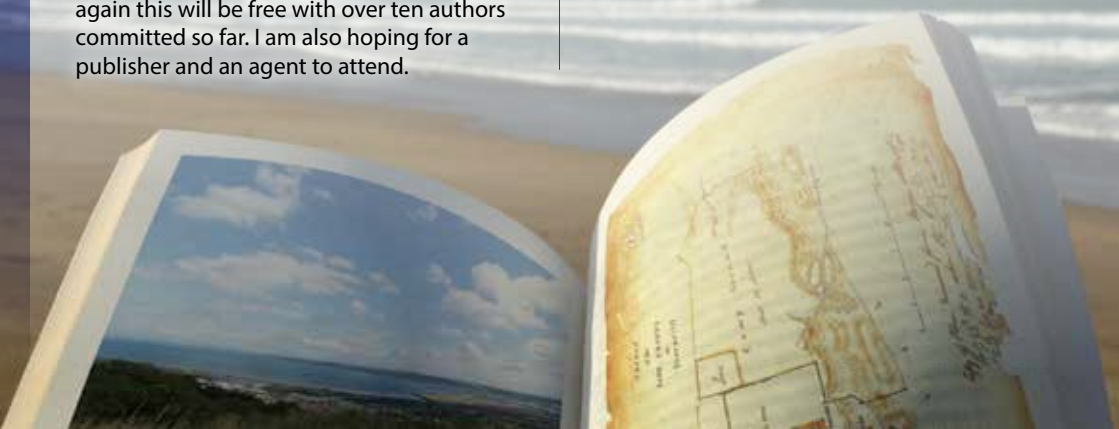
My blog is read in over seventy countries with followers all over the world. I love what I do and hope I can continue for a while yet, health permitting.

Karen Marwood

www.karensworld-writer.co.uk

[www.karensworld.writer@yahoo.com](mailto:karensworld.writer@yahoo.com)

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