

GRAPEVINE

Capel-le-Ferne Village Newsletter

FEBRUARY 2019 - ISSUE NO: 278

PLEASE NOTE IT IS EDITOR'S DECISION ON FINAL CONTENT – NO JANUARY ISSUE

**YOU ARE ALL INVITED
TO**

**A COFFEE MORNING
Friday, 1st February
10:00am to 12:00noon**

Where

St Radigund's Church Hall,
Albany Road, Capel-le-Ferne, CT18 7JT
Please come along. We'd love to see you.
You never know, you might make some new
friends. If you have limited mobility and
can't get to the church hall, please phone Jan
Milliken on 01303257003 and we will try to
arrange transport for you

*"from small
acorns,*



*mighty oaks
will grow"*

CAPELCARES

Tickets from Amin Stores
New Dover Road

INDIAN NIGHT

All profits in aid of Capel Playgroup.

Three
Courses
and
Live Music

£20

SATURDAY, 16TH FEBRUARY

VILLAGE HALL

Lancaster Avenue, Capel-le-Ferne, CT18 7LX

theWI
INSPIRING WOMEN

**CAPEL-LE-FERNE EVENING WI
BINGO EVENING & SCATTERGORIES
FRIDAY 22nd FEBRUARY 2019
CAPEL-LE-FERNE CHURCH HALL
(ALBANY ROAD)
FREE ENTRY – BRING OWN FOOD AND
REFRESHMENTS
DOORS OPEN - 6.45 pm.
EYES DOWN - 7.00 pm
COME AND HAVE A REALLY GOOD
EVENING. EVERYBODY IS WELCOME
NOT JUST WI MEMBERS**

Capel-Le-Ferne
Folkestone, Dover & Hythe Samaritans

Indoor Boot Fairs

Capel-Le-Ferne Village Hall
Lancaster Avenue,
Capel-le-Ferne, CT18 7LX

**SUNDAYS 8am to 12 noon
27th January 2019
and 24th February 2019**

Refreshments & Disabled access

Bookings & Enquiries: Mr Colin Paine,
Tel: No: 01303 670779.
Mobile: 07840 261738.

"WHAT'S ON" IN CAPEL-LE-FERNE

*If you know details of your event in advance, please let Editor know so
organisations avoid booking same date*

27 th Jan	Indoor Boot Fair - Folkestone, Dover & Hythe Samaritans
12 th Feb	WI Pam Barr update on Africa
16 th Feb	Indian Night (all profits to Capel Preschool)
22 nd Feb	W I Bingo Night at St Radigund's Church Hall – 7pm
24 th Feb	Indoor Boot Fair - Folkestone, Dover & Hythe Samaritans
2 nd Mar	Youth Club - Snail Race Night – (Page 17)
12 th Mar	WI Fashion in the 60's
22 nd & 23 rd MAR	BEAUTY & THE BEAST PANTOMIME (Page 9)
9 th Apr	WI School Girls War
14 th May	WI Resolutions
11 th Jun	WI Medical dogs saving lives
14 th Jun	W I Bingo Night at St Radigund's Church Hall – 7pm
9 th Jul	WI Garden meeting
13 th Aug	WI No Meeting
10 th Sep	Police Dramas
20 th Sep	W I Bingo Night at St Radigund's Church Hall – 7pm
5 th Oct	Youth Club Quiz Evening
8 th Oct	WI Gentle Keep Fit
12 th Nov	WI Annual Meeting
19 th Dec	WI Christmas meeting

SNAIL RACING

Youth Club - Snail Race Night

Saturday 2nd March 2019 Capel Village Hall

Arrive 1800-1830Hrs – First race 1900hrs

Peedy The Parrot is back to host our race night

8 races with 64 locally sponsored snails

All ages & non Youth Club folk welcome, Bring your own
drinks n nibbles – No garlic snails!!

Tables of 8 – Entry: Adults £2, Children £1

Raffle donations always appreciated – Thank you !

Book your table in advance to not miss out – Call or Txt
Simon 07860 803767 (8 VIP tables already booked!)

You could win a fortune & will have fun !



Capel le Ferne Village Hall – providing services to the local community

<http://www.capelvillagehall.com> REGISTERED CHARITY No.281786



**Something to celebrate? Want to hold a party?
Need to organise a meeting or training session?
Want to start a teatime chat group or a new sports club?
Licenced for most things (except hypnosis and boxing)
including sale of alcohol, PRS, raffles.**

**To view the hall, or to make a booking contact the letting secretary Sue Leaning
Email: fredandsueleaning@yahoo.co.uk (preferred) - Or on 07939 095880
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Email: fredandsueleaning@yahoo.co.uk (preferred) - Or on 07939 095880**

December seems a long time ago now with its Christmas activities including our annual Christmas Carol afternoon where all the participants seemed to enjoy themselves. The New Year's Eve party too proved successful and thanks go out to Jayne, Cherry, Tracy, Wayne and all who were involved in organising or decorating the hall for the event. Another event will be arranged for the end of 2019 – for details see below and we hope to see you there

Life at the Village Hall is well under way now after the delights of December and a somewhat jaded January. Regulars such as Judo, the Youth Club, Car Club and Short Mat Bowls are in full swing while the main Hall is already booked for parties and private use. Sue Leaning is happy to answer any queries on booking the hall. Our hiring prices and the Village Hall bookings' diary are as usual on the noticeboard just outside the big hall so you can check on availability there too.

The Committee had an informal meeting in January to talk about plans for the future. This covered more immediate issues such as painting the main hall and other maintenance jobs for the year, but also under discussion was the creation of a business plan for the hall for the next five years. This will cover ongoing current events and jobs to be undertaken, but it will also cover new plans and new ideas on what the community might require from its Village Hall.

In order to facilitate this, next month in the Grapevine we will be asking residents for their ideas on what they want by asking them to complete a form. It will also be attached to our website www.capelvillagehall.com In this way residents can have a meaningful impact on the development of the Hall and its activities. We look forward to seeing your comments.

Anyone interested in painting a very large room?

Capel le Ferne Village Hall will be repainting the main hall during this year including ceiling, walls and doors. If anyone is interested in submitting a tender for the work, please contact Sally Cook on 077304 75838 or at eures1994@yahoo.com.

A viewing can be arranged.

All tenders to be submitted by 1 March 2019.

New Year's Eve 2019 - The Countdown is on!

Following the success and fantastic feedback from last year's NYE celebrations at Capel Village Hall, I will be again, hosting this year's event. I was truly overwhelmed by the kind messages and telephone calls from the wonderful people from the village, in addition, to people from outside of the community.

The raffle was a huge success and the proceeds from this have been shared with GOSH (Great Ormond Street Hospital) and RNLI (Royal National Lifeboat Institution). We received some very generous donations from local businesses, special thanks to: Asda, Action Carpets, Building Solutions, Capel Garage, Eurotunnel Le Shuttle, The Leas Cliff Hall, LH Plastering, SAGA, SLVR Hairdressing, SLIS Ltd, Tesco, The Food Market, Capel, Silver Screen Cinema, Folkestone, The Quarter house, Home Bargains and Sainsbury's.

Let the planning and networking commence, if you know of people or businesses who would like to donate a raffle prize or make a contribution in readiness for this year's event then please get in touch.

2018's NYE party was a successful sell out! I am now in the process of taking bookings for 2019 New Year Eve's celebration at Capel Village Hall, please join us to see in 2020 New Year celebrations with the infamous Chicory Tip! To book your tickets or further enquiries please contact me by calling my mobile 07787 174 336 or email travenhall@hotmail.co.uk. Your continued support for our community is much welcomed and appreciated.

Kind regards and best wishes for the New Year. Tracy Ravenhall



CAPEL-LE-FERNE FARMERS MARKET

Community event run by and for the community

Now in our 13th Year

Every Tuesday 10 a.m. to 12.30 p.m.

Village Hall, Lancaster Avenue, Capel-le-Ferne,
Folkestone CT18 7LX

Visit us on Facebook <https://www.facebook.com>



Well after a quiet January the market swings into action with our usual stallholders such as Debbie with meat and dairy, Derek with his eggs, Sue with her fish and Farthingloe Farm with their pies, pastries and range of bread, traditional buns and rolls. A new haloumi stall has started up and we also have a wide selection of fruit and vegetables courtesy of Clive and all sorts of cakes, scones and buns provided by Jayne and Barbara. The Post Office is still going strong with the ability to take your letters and parcels and sell you stamps and in the new foyer, is a huge bookcase full of books and tables full of jigsaws to while away those winter evenings. The Village Community Warden and/or our PCSO are usually on hand at the market and on the third Tuesday of every month the Parish Council conduct their surgeries in the small room by the foyer, so any possible questions you may have on village activities, can be answered straight away.

Thank you to those people who have stepped up to help us with the clearing away – we have three new volunteers although, we shouldn't rest on our laurels and are always looking for extra help.

Contact Sally on 01303 253838



RECYCLING - INSIDE THE HALL

Boxes are provided for:

Used Stamps for Donkey Sanctuary and
McMillan Cancer. Bottle Tops are also
being collected again.

Please place the above in the relevant boxes.
*A big thank you to everyone who puts their used
stamps in the box in the Village Hall. Please
carry on for these good causes.*

CONTINUOUS EVENTS

Books & jigsaws:

A wide variety of books are available on an
“honesty basis”. These are in the library foyer.

Thanks to all who have donated

Farmers Market:

Tuesdays 10 a.m. to 12.30 p.m.

Stalls selling local produce every week,
including (but not limited to) artisan breads,
pies, meats, fruit, veg and a postal service.

Capel-le-Ferne History Book

“Village in the Clouds”

Copies still available £5 each from
Cherry:

Tel: 01303 255114

WINNERS OF 100+ CLUB

DECEMBER


Double for December

- 1st. 53. Sandra Arter.
2nd. 125. Thelma Woodhams
3rd. 14. Joan Woodsford

WINNERS OF 100+ CLUB

JANUARY

- 1st. 87. Brian Wilson
2nd. 20. Jenny Carter
3rd. 9. Ed Preston

CHURCH SERVICES, February 2019			
Date	Alkham	Capel	Hougham
Sunday 3rd Presentation or CANDLEMAS	Evensong 4.30 pm	Eucharist 9.30 am	Worshipping Together 11am
Saturday 9th <i>Fun, fellowship and food – please let Pam (01303 489006) or Brian (01303 243784) know if you plan to come.</i>		 (St Radigund's) 3.00 – 5.00 pm	
Sunday 10th 4th Sunday before Lent	Eucharist 9.30 am	Worshipping Together 11am	
Sunday 17th 3rd Sunday before Lent	Worshipping Together 11am	Evensong 6.00 pm	Eucharist 9:30 am
Sunday 24th 2nd Sunday before Lent		Benefice Eucharist 10.00 am	
Visit us online at: www.church-alkham-capel-hougham.org.uk			

From the vicarage

Other churches have tried it – quite successfully apparently – and I thought that we might try it too. Holding a special service for those planning to marry, or who were newly married, on St Valentine's Day, that is. To be honest, it fell a bit flat. What everyone seems to remember was that it was a bitterly cold afternoon, and nobody who came has asked when we're having the next one...

So who was St Valentine, and what did he have to do with cards, flowers or chocolates? It seems that around 270, when one of the Roman Emperors, possibly Claudius II, gave orders that anyone helping Christians should be arrested. In Rome someone of that name – possibly a priest – was imprisoned, tortured and executed. The Church declared him a saint and chose to remember him on 14th February. By chance, it was around this time that a pagan festival called Lupercalia was celebrated in Rome. This involved young men being matched with young women, along with other things - many of which would be banned today. Over time the connection between the Saint's Day and the old Roman festival has encouraged people to make the connection between Valentine and the celebrations that we are so familiar with.

There's more. Legend says that while awaiting execution Valentine was visited by his jailer's daughter. She was blind, and it is said that when he prayed, she miraculously received her sight. Sadly, there was to be no fairy-tale ending for them. Following his execution, a note was found in his cell, addressed to her and signed 'From Your Valentine.'

This St Valentine's Day, prayers and best wishes for all those who are setting out on one of life's greatest adventures... *Brian*



Capel Social Dance

Group

New weekly social dance evening starting in Capel!

Why not come along and enjoy a fun night out in a relaxed and friendly atmosphere.

Meet new people – have fun – fulfil new years' resolution and learn new dances.

First dance begins on Friday, 25th January, 7pm till 9pm at St. Radigund Church Hall, Albany Road, Capel-le-Ferne. £4.00 per person.

**All enquiries to either Sue 01304 829717 or Ahmed 01303 242670
Email: sueganley@sky.com**

**PLEASE NOTE ...
BOTH - ST RADIGUND'S CHURCH AND HALL ARE AVAILABLE FOR LETTING PURPOSES**

- Rates £10 per hour (negotiable for block bookings, local residents).
- PA/Sound system available
- WiFi available

**Booking Policy available from Audrey Goaten, 32 Albany Road, Capel-le-Ferne. CT18 7LA.
Tel: 01303 244735.
Email: tryke@audrey47.plus.com**



CAPEL-LE-FERNE PRESCHOOL
Serving the community since 1968
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 CT18 7LX
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 OFSTED No: EY306428

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 A fantastic opportunity for you and your child to meet new friends and find out more about us.

CRÈCHE SERVICE
 (Registered with Ofsted)
Last minute appointment?
 Maybe, occasionally, you just **Need a little bit more child free time to catch up on a few things?**
 Available for all children, not just those who are currently registered with us.



Capel-le-Ferne Primary School
Walking Bus Stop Drop off point
 Mon, Wed, Thur, Fri from 0800hrs
£2.00 (Inc. Breakfast)

Want to know more? Just knock on the door
 Pop in for a look, no need to book
 Can't make it to the hall? Just give us a call
TELEPHONE 07977838609

Pro Services – Paul Relf Optimum Services

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paulrelf@hotmail.co.uk

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**PLEASE ENQUIRE FOR ANY
 JOBS NOT LISTED**

GRAPEVINE ADVERTISING from 1st April 2018

This space could be advertising your commercial /business venture or, non-village organisation event.

Size 9cm x 3.5cm £ 13.00

Size 9cm x 7cm £20.00

Size 9cm x 13cm £28.00.

Size 20cm x 13cm £40.00 (½ page)

For further details contact Parish Clerk at

39 Victoria Road, or Tel: 01303 259564.

Email: clerkcapellefernepc@btinternet.com

Capel Hedgehog Care and Rescue



Many of you will be aware that despite their almost catastrophic decline nationwide, we have a population of hedgehogs within the village. The shelter and food offered by villagers who have houses and feeding stations in their gardens, and holes cut into the bottom of their fences to allow them to move about, have been so important in helping them. Unfortunately, increased road traffic, removal of hedges and increased development in the village are all putting pressures on them and they need our help more than ever.

With this in mind, a small group of villagers have come together to start a Hedgehog Rescue within the village - we are able to offer a high level of medical care, backed up by a local vet, as well as facilities for longer term care for those, for instance, that were born just too late to put on enough weight to hibernate. In fact, we already have a number of hedgehogs that concerned villagers managed to rescue in late December in Old Dover Road that would have undoubtedly not made it through the Winter without help, as well as other suffering from issues that require medical assistance. At present we are only able to take in hedgehogs that are found to be in trouble in Capel-le-Ferne - animals that are found out during the day, road casualties, other injuries, those juveniles that are too small (under 600grms) to hibernate - basically any hedgehog that is not acting as a nocturnal hedgehog should.

A website is currently under construction where we hope to put up more info, but we have a Facebook page at <https://www.facebook.com/groups/198980734375665/>

We are currently looking for more people to become involved, and also if anyone is able to donate old newspapers for bedding, or dry meaty cat food it would be much appreciated by the hungry hogs!

If you wish to get in touch, please visit the Facebook page or email_karljeffery@mac.com.

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Email: contactyoungstoday@gmail.com



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Kent Surrey Sussex

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Our volunteer will talk about how we work, innovate and save lives. It promises to be an interesting and inspiring meeting for your members, whilst enabling us to raise vital awareness of our charity.

If you would like to hear more about us, then we would love to hear from you. Get in touch now to book a talk at a time and place that suits you.

01634 471 900 ♦ talks@aakss.org.uk

Please note that our presentation is only suitable for audience members over the age of 16.



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- Asbestos Removal
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- Decorating
- Drainage
- Damp Works
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- Graffiti Removal
- Cyclical Refurbishment
- Brickwork
- Grounds Maintenance
- Gardening
- Fire Precaution Works
- Paving
- Tree Surgery
- Fencing
- Wet Rooms
- Carpentry
- Rubbish Removal
- Safety flooring/non-slip flooring
- Floor Coverings
- Windows
- End Of Tenancy Cleans
- Commercial Cleaning
- Sparkle Cleans
- Communal Cleaning
- Cleaning - Domestic / Regular
- Deep Cleans
- Hygiene Cleans
- Building Extensions



**Events at the Battle of Britain Memorial
New Dover Road (B2011), Capel-le-Ferne,
CT18 7JJ. Tel: No: 01303 249292**

Website:

<https://www.battleofbritainmemorial.org/>

Facebook Page:

<https://www.facebook.com/rememberthefew>

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CAPEL BAPTIST CHURCH
Capel Street. Services 10.30am.

Speakers for February

3/2 Pam Barr
10/2 Rev Ruddle
17/2 David Hudson
24/2 Ray Bayliss

ALL WELCOME TO THESE ACTIVITIES
*If there are queries regarding these details,
please call 01303 489006 - Pam Barr*
*Please! A reminder that the public are requested
not to park in front of the gates on Sunday
mornings as this is a disabled access.*

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THE CHURCHES CONSERVATION TRUST

St Mary's is currently
closed for essential
conservation work,
apologies for any
inconvenience

Our website will be updated when the church reopens:
<https://www.visitchurches.org.uk/visit/church-listing/st-mary-capel-le-ferne.html>

For enquiries, please contact Megan on 07884 436649



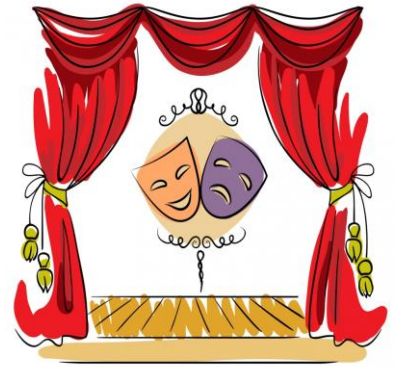
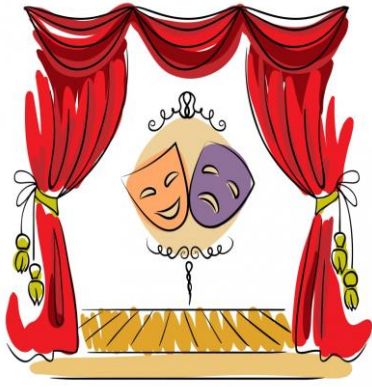
Society Building, 8 All Saints Street, London N1 9RL
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ST RADIGUND'S PLAYERS



It will soon be Pantomime time again, and St Radigund's Players are getting together to work on the 2019 production, which this year is

Beauty and the Beast.

**It will be performed in the Village Hall on
22nd & 23rd March 2019.**

The group are looking for people of all ages to take part.

If you are interested in being on stage, or part of the backstage team,
why not come along and see what it is all about?

We shall be looking for people to take the principal parts in the show,
and there will be an opportunity to say what you would like to be considered for.

<https://www.facebook.com/Stradigundsplayers/>

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SOME SERIOUS
CONSIDERATION**

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happens in Capel-le-Ferne, and want
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Councillor, please contact Parish Clerk
for more information.

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The Register my appliance website is provided by AMDEA – The Association of Manufacturers of Domestic Appliances – to enable manufacturers to act quickly in the case of a recall. This information is provided in partnership with the Home Office and NFCC national fire safety campaign.



CAPEL-LE-FERNE PARISH COUNCIL

Summary of some items discussed

at meetings on

Tuesdays, 18th December 2018 and 15th January 2019

• **Traffic Management:** Comparison sought for speed limit roundels in Old Dover Road and on New Dover Road. This was received and agreed. Hopefully these will be installed via Kent Highways, when the weather improves and the ground surface is warmer. Further enquiries to be made on when the 40mph extensions on B2011 will be implemented. 40mph & 20mph stickers for wheelie-bins now available (page 12). Six accidents reported in two weeks at top of Dover Hill – communication sent to Kent County Councillor for Folkestone.

• **Requests from public to address the Council, plus Surgery and Other Feedback:** Planning Consultancy addressed meeting in December on holding a Public Meeting on development of Land 107-127 Capel Street – this is being held on Saturday, 26th January from 10am-2pm. The provision of Hedgehog Crossing signs for B2011, agreed to be investigated further.

• **Village Questionnaire Data Results:** Councillors have now completed the questionnaire and a working party was formed to read through before printing.

• **Planning:** Applications received; ▪ Change of layout for 26 caravans Land Winehouse Lane/New Dover Road; ▪ Erection of single dwelling House at Longview, Old Dover Road; ▪ Erection of agricultural buildings at Tumble Tye Farm; ▪ Change of use and conversion of existing outbuilding to dwelling-house, erection of a front extension, etc., at Swinge Hill Cottage, Hurst Lane.

The status of all applications were reported and full details are available on: Dover District Council website: <https://www.dover.gov.uk> >Planning>Applications>View-Applications>Decisions

DDC Review of Local Plan: Still waiting consultation on new Plan expected from Dover District Council in 2019.

• **Neighbourhood Watch: Be Safe ... Stay Vigilant**

Items received and investigated included ▪ van being slept in, ▪ bike top Capel Street removed, ▪ unknown person looking around back of residence in Old Dover Road, ▪ graffiti on skate-park and ▪ stolen MGB.

• **Recreation and Other Equipment:** Repair to zip-wire reported to contractors, together with corrosion to multi-use games area posts and cleaning of graffiti. New plant boxes installed – quotes to be obtained for painting gates agreed, ready for re-planting in the Spring.

• **Highways:** Mud on road in Old Dover Road reported to Kent Highways, together with reinstatement of grass verge banks following recent works. • **Public Rights of Way:** Due to cold weather, muddy PROWs have now dried, but will continue to be monitored.

• **Speed Watch:** Sessions will resume in February when weather improves.

• **Capel Cares:** Summary of help, for six months up to end of December was read out; 60 Calls received, 25 individuals helped with companion sitting offering respite for carers, shopping, attending medical appointments, end of bereavement assistance etc.

• **Other:** Draft budget for 2019/20 presented and agreed at £37,818. This was an increase of 73p per month; £8.75 per annum; (i.e. £48.54 to £57.29 for a Band D Council Tax Charge). Increase in salaries agreed according to National Joint Council Scale of Awards. Charges for advertising in Grapevine to remain as in previous year detailed on page 5.

REMINDER THAT ALL INFORMATION BETWEEN GRAPEVINE NEWSLETTERS IS INCLUDED ON PARISH COUNCIL'S FACEBOOK PAGE or BY NOTIFICATION VIA EMAIL DATABASE. PLEASE SHARE & PASS ON IF ANY OF YOUR FRIENDS OR FAMILY WISH TO BE INCLUDED IN THE PARISH COUNCIL EMAIL DATABASE TO RECEIVE NOTIFICATIONS, MESSAGES, NEIGHBOURHOOD WATCH INFORMATION, PLANNING APPLICATIONS AND "WHAT'S ON" EVENTS. CONTACT THE PARISH CLERK or LIKE COUNCIL'S FACEBOOK PAGE.

<https://www.facebook.com/CapelLeFerneParishCouncil>

**Next Parish Council meeting is on
Tuesday, 19th February at 7.30pm,**

Village Hall (Small Room), Lancaster Avenue.

A COPY OF MINUTES and MEETING AGENDAS ARE AVAILABLE ON THE PARISH COUNCIL WEBSITE

<http://www.capel-le-fernepc.kentparishes.gov.uk/>

ALL PARISH COUNCIL MEETINGS ARE OPEN TO THE PUBLIC. SHOULD YOU WISH TO ATTEND TO ADDRESS THE COUNCILLORS, PLEASE INFORM CLERK.

Further information on any of the above or to contact Parish Council, please write to Parish Clerk, 39 Victoria Road, or Tel: 01303 259564.

Email: clerkcapellefernepc@btinternet.com



Next Session, Tuesday, 19th February

**Is there an issue you wish to discuss with your Parish Council?
A Councillor and the Parish Clerk
will be available on
the 3rd Tuesday of each month
10AM to 12:30PM**

At The Farmers' Market

**in the Store Room, adjacent to Entrance
(Old Post Office Room)**

**Capel-le-Ferne Village Hall,
Lancaster Avenue,
Capel-le-Ferne, CT18 7LX**

Hello everyone, Happy New Year

‘New Year, New You’ is the national campaign now underway with support in Kent to raise awareness of key lifestyle behaviours - such as smoking, drinking too much alcohol, inactivity and unhealthy eating - their effect on people’s health and the support available.

Drinking too much, smoking, inactivity and poor diets can have long term effects on people’s emotional and physical health, leading to an increased risk of many types of cancer, heart and lung disease and stroke and early death. Try the ‘How are You?’ quiz or book up for a free Health Check* and find out more about a range of tools, tips and local support services that can help you at www.oneyoukent.org.uk

KCC Director for Public Health, Andrew Scott-Clark said: “People are becoming more aware but many still don’t realise the harm that certain lifestyle behaviours are causing their health, in both the short and long term.

“Smoking and excessive alcohol consumption can lead to high blood pressure and also trigger an irregular heartbeat, both of which increase the risk of having a stroke. Heavy drinking increases the risk of having a stroke by more than three times. By doing something about one or all of these issues, you will reduce your risk of having a stroke along with many different types of cancer.”

Smoking - Approximately 16.3% of Kent residents are smokers and while the number of smokers has fallen over recent years, many people find it hard to quit; tobacco remains the number one killer in England and a chief cause of long-term poor health with one in four hospital beds occupied by a smoker. In 2016/17 smoking attributable admissions in Kent accounted for 12,444 people.

Kent Community Health NHS Foundation Trust offers year-round support to quit smoking. Local services such as pharmacies and NHS quit clubs and “do it yourself” quit kits and digital tools (such as mobile apps) are available to support people who want to quit independently. More information can be found www.oneyoukent.org.uk and www.kent.gov.uk/smokefree Alternatively, ring 0300 123 1220 (option 1), or text ‘QUIT’ to 87023. You can also find more information at www.kenthealthandwellbeing.nhs.uk

Alcohol - The majority of the Kent population (79%) drink sensibly and in safe limits (scoring less than seven on AUDIT - an alcohol risk score) but approximately 254,000 people are drinking at higher risk levels. There are an estimated 16,000 dependent drinkers in Kent in need of some treatment and support.

KCC supports the national Dry January campaign and encourages residents to be aware of how much they are drinking by using the ‘Know Your Score’ interactive online test -

www.kent.gov.uk/knowyourscore - which asks users a series of simple questions to help them gauge how the alcohol they are consuming could be affecting their health.

Depending on their score, appropriate advice about where to find help are then delivered by different experts and health professionals in a short video.

A range of formal and informal support is also available, such as AA and Smart Recovery (peer support) in Kent and Al-anon for friends, family and carers of alcoholics. KCC Public Health commissions specialist treatment providers to provide structured treatment for alcohol addiction. You can also find more information at www.oneyoukent.org.uk

Obesity

In 2016/17, the Active Lives survey reported that 63 per cent of Kent adults were classified as overweight or obese which is slightly higher than the national figure (61.3 per cent).

The best way to tackle obesity is to eat a healthy, reduced-calorie diet and to exercise regularly. Priorities focus on changeable factors such as helping families to improve poor diets and help for those who need to lose and maintain a healthy weight. KCC supports national initiatives such as Change4Life and One You, alongside community based weight management programmes for adults and fun activity based programmes for families with children and educational programmes in schools.

For advice about small changes you can make to improve your health and wellbeing, and find more support in your area regarding your lifestyle, see www.oneyoukent.org.uk

*If you’re aged 40 to 74-years-old, you could also sign up for an NHS Health Check for advice on keeping yourself healthy and active. Your blood pressure, height and weight will be checked. You will be given a small finger prick test to check your blood cholesterol and you’ll also be asked some questions about your lifestyle and family history. The check will identify the risk of you developing heart disease, kidney disease, stroke, diabetes or dementia in the future. Find out more at www.oneyoukent.org.uk (search for Health Checks) or call 0300 123 1220 (option 4) to find a clinic near you.

Andrew Scott-Clark added: “We want more people to get the help they need at the right time and this could be in a range of different ways. People do not have to struggle alone, we want them to seek support and information to help them live a healthier life. If people are depressed then we urge them to see their GPs or contact Live Well Kent - who provide community mental health support services - on 0800 567 76 99 and www.livewellkent.org.uk”

I wish all readers a peaceful, healthy New Year.

**Geoffrey Lymer, Kent County Councillor
Dover West Ward**

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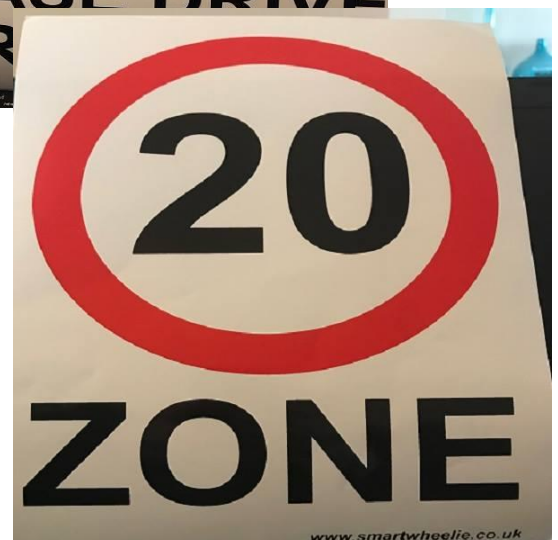
07746708227

capelrenovations@hotmail.com

40 MPH and 20 MPH WHEELIE BIN STICKERS NOW AVAILABLE

If you wish to be pro-active to help stop speeding, Parish Council members will be at the Farmers' Market on Tuesday, 19th February from 10am - 12.30pm for collection (free of charge)

OR
FROM THE PARISH COUNCIL AND COMMUNITY WARDEN, please contact Clerk, on 01303 259564 or Community Warden on 07811 271303 and arrangements will be made for you to collect stickers, or delivery can be organised.



Hello Everyone, I hope you had a lovely Christmas and a Happy New Year, making your resolutions and trying to keep to them, wondering how long it will last until admitting defeat. We had a great Christmas party, after setting up the room, getting the mulled wine heated as well as a variety of cold drinks, members then brought in an assortment of plates of delicious food for the buffet table, Christmas music was playing and everyone was getting into the festive mood. Eve and Ros were organising the Post Office table for the greeting cards. Gerry played the music for the opening song. Glynis then welcomed everyone, and also spoke about long time member Gillian Holiday who had recently passed away, Gillian's husband made a speech about his wife and the good times that she enjoyed while belonging to the WI. The Achievers Cup was won by Jenny for all her hard work collecting bras for the African charity she supports; this was presented to her by Glynis.

Suzanne was presented with the Competition Cup by Barbara. Gillian and Mary did a hilarious comedy sketch of a new posh neighbour meeting another one living close by. They had us all laughing at the conversation between them, they really are very good at acting the parts. After a vote of thanks to them, it was on to the puppet show which Coleta put together. It was setup behind a sheet with the heads of Jan and Caroline poking through, with Vera and Coleta behind using their hands to move the hands and feet of the puppets. It was so funny. Just as they were finishing, on came two characters played Eve and Gerry in huge hats with faces painted on their tummies. Eve had a lot of trouble afterwards trying to get the make-up off. It was really clever the way it was done, they were all given a vote of thanks for the great performance they gave. By now our stomachs and sides were aching with laughter.

While enjoying the buffet, members had to use their brains to find the answers to two challenging table quizzes. Two tables came up with equal points to win confectionary prizes. When the tables were cleared of food, we had a pass the parcel on each table, all of them made up by Pam.

With time going by very fast, we had a Snowman Drive with some very strange looking snowmen drawings. There were some lovely prizes to be won in the big raffle. A really good night enjoyed by all.

And a big thank you to all those who took part and helped to make it a successful evening.

At the WI January meeting, after dealing with business and forthcoming events, we all voted for the resolutions of our choice. We then had a games night with quite an assortment of card and board games and a really funny game of a box tied at the waist placed round the back. You then had to try to jerk ping pong balls out of the box by jumping and shaking the rear end. There was also a table quiz where the answers had to be flowers. After some refreshments, it was then on to this month's competition winner which was Barbara with her Origami fox. Runner up was Jane with Debbie in third place. To finish the evening we had the raffle, there was some sighing after coming close or cheering when winning a prize.

If you would like to give us a try you will be sure of a warm welcome, interesting talks, lots of fun, a chance to meet old and new friends, just come along to Capel Village Hall on Tuesday February 12th 2019 at around 7.15 pm.

List of WI Monthly Meetings

February	12 th	Pam Barr update on Africa
March	12 th	Fashion in the 60's
April	9 th	School Girls War
May	14 th	Resolutions
June	11 th	Medical dogs saving lives
July	9 th	Garden meeting
August	13 th	No Meeting
September	10 th	Police Dramas
October	8 th	Gentle Keep Fit
November	12 th	Annual Meeting
December	10 th	Christmas meeting

FUNDRAISING EVENTS

WI Bingo February	6.45 for 7.00pm
Friday 22 nd 2019	At St Radigund's Church Hall
WI Bingo June	6.45 for 7.00pm
Friday 14 th 2019	At St Radigund's Church Hall
WI Bingo September	6.45 for 7.00pm
Friday 20 th 2019	At St Radigund's Church Hall



CAPEL-LE-FERNE EVENING WI
BINGO EVENING & SCATTERGORIES

FRIDAY 22nd FEBRUARY 2019

CAPEL-LE-FERNE CHURCH HALL

(ALBANY ROAD)

FREE ENTRY – BRING OWN FOOD AND REFRESHMENTS

DOORS OPEN - 6.45 pm. EYES DOWN - 7.00 pm

COME AND HAVE A REALLY GOOD EVENING

EVERYBODY IS WELCOME
NOT JUST WI MEMBERS

CAPEL-LE-FERNE HISTORY - Reproduced from Folkestone and Hythe Gazette May 19, 1966

Capel is a village of the modern age. It comprises new housing estates surrounded by agricultural land.

There are a few old houses. It is a thriving community in close proximity to Folkestone and Dover. Access to these two channel ports is quick and easy.

The main road connecting the two towns splits the village in two, piercing like an arrow through the heart. It does not kill but gives life and body for without it Capel would tend to become a remote and dying place.

When, nearly 40 years ago, the main road was built, Capel was very small and the majority of land was farmland. But on its completion the village was transformed.

Houses sprang up everywhere and - they are still going up today.

At first the attraction was relatively cheap land prices. But, as the place grew the attraction lay in the fact that it was a fast growing community that would serve the business community well.

And it is for that reason that it is growing still.

In recent years the number of young married couples moving into the village has grown considerably.

Their interests lie not in the village but outside it - where they work and where they have relatives.

Mr Dennis Cullen, Chairman of the Parish Council is well aware of this attitude but, as he says, you cannot blame them.

"There is little for them to do in the village. There is an over 60 club and two Women's Institutes but they do not interest young men. They want to get out. There is no cricket club and little social life so they go elsewhere."

Will things change as Capel continues to grow? Mr Cullen does not think so.

"Apart from old people there seems to be a tremendous apathy" he said. "A few years ago, a public meeting was held to discuss the future of the large playing fields in the centre of the village.

Nobody wanted to develop it as a useful recreation ground then and I do not think they want to do so now.

Residents are content to be just residents, just eat and sleep there, nothing more."

But now there is hope that the playing fields will be utilised by the recently formed youth club.

Said leader Mr George Brown "Now that summer is approaching members want to be outdoors. They want to enjoy a game of cricket and other sports and the only way they can do that is to convert the fields from a rough patch of unused ground into a useful utility field. The only way this can be done is for them to do this themselves. Plans have already been made to begin the conversion and as soon as we get the necessary equipment work will begin."

So at last Capel may have a traditional village green.

For Capel, being so new, is a Capel without a centre.

Mr William Collar, who jointly runs a newsagent and general stores with his wife said:

"When tourists pass through Capel they see nothing except houses. There is little else for them to see.

Capel has grown so quickly that it has lost something. The church which should be, and usually is, the central figure in the community life is so far away from the village.

To get to it means a long walk through country lanes and, during the winter, is not an attractive prospect. If we had a church built within the village it would do a great deal for Capel. People would be able to get together much more and become more sociable.

A few years ago we used to run a social club but the organiser left the village and the club collapsed. If the church were to run it I'm sure it would be a success.

Capel badly needs something to inject life into it, especially for the younger people".

The elderly residents however are well looked after. There is a bustling over 60s club which has a regularly high attendance. It meets every week in the village hall and only a few weeks ago it celebrated its ninth birthday.

There are also two women's institutes, evening and afternoon. Both enjoy a great deal of popularity. Mrs Kathleen Clarke, president of the Evening WI said "we are a growing club, as we will be while the village is growing. We have a membership of 40 and, being a small group, there is a spirit of friendliness. We cater for all age groups, especially the young married people who want to become part of Capel."

Miss H.M. Cheshire, President of the afternoon WI tell a similar story of success. "We are twice as large as the evening WI, none of the friendliness is lost" she said. "It is mainly the elderly people who attend and they love to sit and chat"

Lack of community spirit or not, the residents are extremely friendly. A new comer to the village, Rev. Richard Parson who was recently inducted as vicar of Capel and Alkham has noticed this after only 6 weeks.

"Every person here seems willing to make friends" he said. "They would pull together and help anyone who needed help. And they are so co-operative. Since I have led services at the parish church I have had many volunteers to transport people from their homes.

I have had many offers of help to organise the annual summer fete to be held in June and preparations are going ahead in earnest."

Mr Parsons is also doing all he can to help the youth club. At the moment he is negotiating for a new billiards table for the club, something which is in great demand. Like other residents he realises the need for a new church.

CAPEL-LE-FERNE HISTORY - Reproduced from Folkestone and Hythe Gazette May 19, 1966

"It is true that the present church is too far away and during the winter month presents many difficulties. But over the past four years £2,400 has been raised to build a new one. Plans have already been drawn up. But to build a new church some £15,000 would have to be raised. Because the village is so small - it has a population of under 2,000 - it would not be eligible for a grant".

Should a new church be built, the village would lose one of its oldest and most stately building. It was built during the Norman era by the monks of St Radigunds Abbey near Dover.

It is from the church that the name of the village is derived for, at one time, it stood in the middle of a small wood. The name means Chapel in the wood.

Inside the church, leading to the altar is a rood screen, typical of Saxon churches, made in stone.

Capel is also a favourite camping site for many holiday makers. There are six caravan sites and Dover Rural Council, which governs Capel, have refused many applications for further caravans.

The largest site is the Blue Channel, situated on the main road, with a capacity of 100 caravans. It is owned by Mr Lord Harris who moved to Capel 12 years ago.

"Many holidaymakers come here year after year and some have made Capel their permanent home" he said.

"Capel is peaceful which so many people want these days and is near the sea and the famous Warren.

My business has expanded at a fast rate since I came here and I could have still more caravans and fill them up."

The Warren undoubtedly attracts many visitors; it is the Warren which yields on of the most fascinating stories to be heard.

In 1918, the cliffs began to slide. Great slabs went down and with one of them went a large Jacobean styled house. Two people sleeping in the house tried to get out but found a large boulder by the back door.

But when the house stopped falling it was absolutely level, not a window was broken and nobody was hurt. The garden, which went down with the house, remained intact and two fir trees are still in the Warren, in the part known as Eagles Nest.

Today that house stands, as solid as ever, near Charing, Kent. It was taken to pieces, brick by brick, window by window, and taken to the present site.

Capel has one other claim to fame. It is in all probability unique in as much as it is a village without a pub. There are two public houses, one at each end of the village, but both are outside the parish boundary. Yet neither would gain much custom but for Capel residents.

Capel le Ferne Primary School organised the 1966 pancake race 24 hours late because of the half term holiday.

The race was planned by the headmaster Mr R Winter with the aim of cementing relations between parents who lived in Capel and Hougham - Hougham Primary School had closed just over a year previously. The event had the added benefit of fundraising for a prayer desk for the new church.

Over 20 parents entered, so three separate races were run over a course marked out along Capel Street. Winners were Mrs Greenaway, Mrs Rye and Mrs Hayward. After the race, all the parents were able to examine paintings of pancake races and read poems about the event written by children.

July 1966

"Additions to the amenities of Capel include a new seat and swings. The seat, which was given by the afternoon and evening WIs is now in place near the village hall.

It was erected by volunteers under the supervision of Mr G Boorman. Foundations for the swings, which were bought by the parish council, were also laid.

As soon as the concrete has hardened the swings will be built"



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**FOR MORE INFORMATION CONTACT
BRIAN CASTLE - 01303 259105**



Capel-le-Ferne

NEIGHBOURHOOD WATCH



There have been a number of reports of telephone calls being made to members of the public by fraudsters pretending to be Police Officers. They have been asking for personal details, Bank Account details and PIN numbers. Some fraudulent transactions have then been made.

Please be aware - Police officers will never call members of the public requesting financial details or for any payments over the telephone, via email or in person. All incidents must be reported to Kent Police.

Be SAFE – stay vigilant

Regards, Andrew. PSE 59727 Andrew Judd

Volunteer & Neighbourhood Watch Liaison Officer, South East Kent Police, Police Station, Tufton Street, Ashford, Kent, TN23 1BT. Tel: 01233 896151 / Mobile 07584 164 348.

Email: andrew.judd2@kent.pnn.police.uk

DVLA EMAIL/TEXT SCAMS

The DVLA has issued a statement on their website that outlines how they will not contact a motorists via text. Motorists are being targeted by a group of fraudsters pretending to be the Driver Vehicle Licence Agency (DVLA).

IF YOU RECEIVE ONE OF THESE EMAILS/TEXT, DO NOT OPEN IT OR CLICK ON ANY LINKS. These scammers are maliciously targeting drivers, pretending to offer a refund or by issuing intimidating or threatening messages.

Usually these con artists are trying to pry information or money out of drivers using fake sites, which have been dressed up to look the Government site.

One reads: “FINAL REQUEST: DVLA Swansea have been trying to contact you, Click below for more information” followed by a bogus URL address.

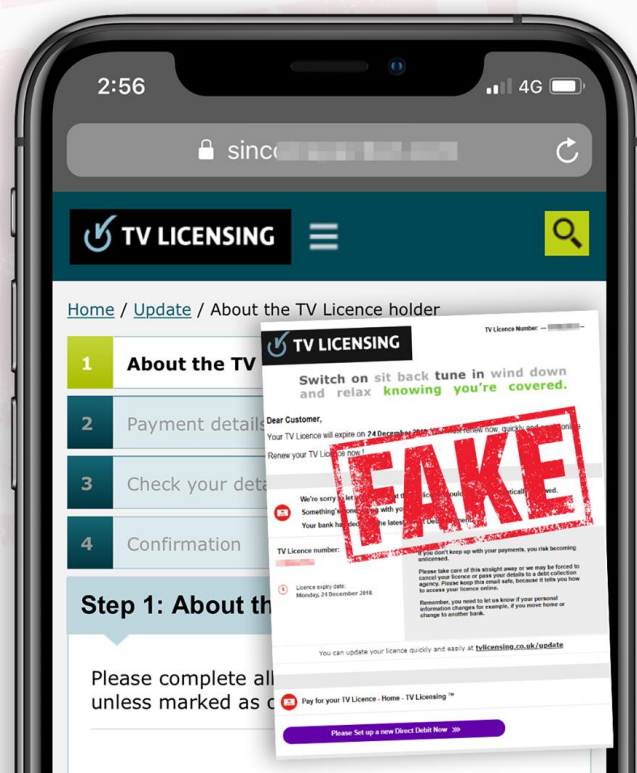
Another reads “We would like to notify you that you still have an outstanding vehicle tax refund of £48.84 from an overpayment, despite our previous letters regarding your refund we are yet to receive your claim”

SCAM WARNING

Fake TV Licensing emails received by thousands

Action Fraud has received more than 5,000 reports about fake emails and texts purporting to be from TV Licensing. The messages contain links to genuine-looking websites that are designed to steal personal and financial information.

Always question unsolicited requests for your personal or financial information in case it's a scam. Never automatically click on a link in an unexpected email or text.



Capel Youth Club Activities – 2019

- 17/1 African drumming, Rock Cakes, Crafts & Consoles
- 31/1 Bowling – AMF Ashford
- 7/2 Footy, St Valentine Snax, St. Valentines Crafts & Consoles
- 7/3 Basketball, Pancakes, Bird Boxes & Consoles
- 21/3 Cinema (Film tbc)
- 4/4 General & Team games, Easter Nests, Easter Crafts & Consoles
- 2/5 Tag Rugby, Pizzas, Crafts & Consoles
- 16/5 Outside Rounders, Park, & Crafts
- 6/6 Outside Footy, Park, Craft & Cake Decorating
- 20/6 Tag Archery, Park, Crafts & Hot Dogs
- 4/7 Treasure Hunt & Chips
- 18/7 Summer Party in the park

All activities and details updated on Youth Club Facebook page

Capel Youth Club Activities – 2019

Fundraisers, please come and support us:

- 2/3 Snail Race Night, Capel Village Hall (Fun cartoon film snails & tote)
- 18/7 Summer Hamper draw at Summer Party
- 5/10 Quiz Night at Capel school

Diary date for next year:

- 25-28/7/19 Summer Camp, Downe Activity Centre – tbc subject to numbers, please confirm by end January latest,

Membership - Children welcome from Year 4 upwards

- Membership Fee £7.50 (£5 after xmas) + £2.50 Subs or £3.50 subs non members

Consoles - PS3, Wii & Xbox 1 – All games are under 16's

Park activities - Bikes/ Scooters brought at own risk for use on ramps, helmets must be worn

Mobile Phones - Please leave at home unless really necessary, or hand in on arrival

Reminder that children must be collected from within the hall please, for safeguarding compliance

All activities and details updated on Youth Club Facebook page

Please Like & Follow – “Capel Youth Club”



SNAIL RACING



Youth Club - Snail Race Night

Saturday 2nd March 2019 Capel Village Hall

Arrive 1800-1830Hrs – First race 1900hrs

Peedy The Parrot is back to host our race night

8 races with 64 locally sponsored snails

All ages & non Youth Club folk welcome, Bring your own drinks n nibbles – No garlic snails!!

Tables of 8 – Entry: Adults £2, Children £1

Raffle donations always appreciated – Thank you !

Book your table in advance to not miss out – Call or Txt

Simon 07860 803767 (8 VIP tables already booked!)

You could win a fortune & will have fun !



CAPEL-LE-FERNE YOUTH CLUB

Every 1st and 3rd Thursday in the month from 7.30pm to 9.30pm.

Please come along,
your first evening is free!

Any issues/queries – Please contact the Chairperson, Simon on 07860803767

ALL PARENTS ARE WELCOME TO ATTEND

Please ensure you collect your children from the hall, not the Car Park, even on light evenings.

A note to all parents: As part of our safeguarding policy we ask that all children are signed out on club nights regardless to what time you collect them, please dont just collect and go without telling us (It happened tonight). And please ensure all children are collected from the hall, regardless to how close you live, over the road or 5 mins away, kids going home alone at dusk on bikes with no lights or walking alone is not ideal, it's all ok until it goes wrong and then what.



Capel-le-Ferne Bowling Club

**Contact any of the following for more
information**

Barry Mansfield - 01303 257157

Wendy Leeming - 01303 259120

Ros Chandler - 01303 255862



**PLEASE CONSIDER JOINING AS A VOLUNTEER WITH
CAPEL-LE-FERNE COMMUNITY SPEEDWATCH TEAM?**

<https://www.communityspeedwatch.org/>

**IT REALLY IS NOT A WASTE OF TIME! BUT A SCHEME TO EDUCATE
DRIVERS TO TAKE NOTICE OF OUR SPEED LIMITS IN OUR VILLAGE.**

***FOR DATA PROTECTION PURPOSES,
REGISTRATION NUMBERS HAVE NOT BEEN PRINTED.***

**The Speed Watch sessions for the next few months will be on an adhoc basis, depending
on weather. Sessions cannot be held when inclement weather due to Kent Police policy –
and not good for equipment!**

REMINDER: MORE VOLUNTEERS – MORE SESSIONS!

PLEASE CONSIDER JOINING AS A VOLUNTEER.

FOR MORE INFORMATION CONTACT

Andrew Hawkins, Community Warden, 07811 271303 or Parish Clerk 01303 259564.

Are you Lonely?

**Do you need someone to sit with
your partner to enable you to go
out?**

Do you need help with shopping?

**Do you need help with getting to the
hospital or to your GP?**

**Do you have a problem with small
maintenance jobs in the house?**

**Do you need help with safety in your
home?**

**Would you like help to contact other
services?**

**If so, please contact Capel Cares.
We have a small band of volunteers
who may be able to assist you.**

**Telephone: Jan Milliken on
01303 257003**

or Email

janetmilliken@hotmail.co.uk

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Landline: 01303 778257

Mobile: 0777 584 8809

Email: m.trow2@yahoo.co.uk

USEFUL CONTACTS INCLUDING ACTIVITIES & CLUBS	CONTACT NAMES	TELEPHONE NUMBER
Police Community Safety Officers	Tom Daley	Email: tom.daley@kent.pnn.police.uk
Community Warden	Andrew Hawkins	07811271303 Email: andrew.hawkins@kent.gov.uk
Parish Council Chair	Keith Pilcher	01303 254731
Parish Council Clerk	Maureen Leppard	01303 259564
Village Hall Webmaster/Chairperson	Sally Cook	253838 / 07730475838
Village Hall Maintenance	Brian Wilson	627172/07916258684
Village Hall Committee Secretary	Deborah Jeggo	Email: deborahjeggs@aol.com
Village Hall Committee Lettings	Sue Leaning (email preferred)	07939 095880 Email: fredandsueleaning@yahoo.co.uk
Village Hall Farmers' Market	Debbie Ovenden	07427 626754
Village Hall Committee Trustee	Derek Jeffrey	01303 259842
Village Hall Committee Trustee	Roy Mann	07725943261
Village Hall Committee Trustee	Ruby Cook	01303 255569
Village Hall 100+ Club/Trustee	Caroline Bunting	Email:
Bridge Club	Bob Jones	01233 756362
Brownies	Sandra Sharpe	07818551806
Capel Baptist Church	Pam and Tony Barr	01303 489006
Capel Cares	Janet Milliken	01303 257003
Capel Ramblers	Bob Mothersole	01303 250931
Divas Dance	Rebecca Uden	01303 893650
Fit Friends – Pilates	Pam Vivien	01303 244322
Gardeners Association	Brian Castle	01303 259105
Household Bill Savers	Phil & Karoline Taylor	01303 246887
Judo	Colin Carrott	01303 211594 / 07917131571
Playgroup	Alison Cloake	07977 838609
Remote Control Car Club	Derek Jeffrey	01303 259842
Short Mat Bowls	Ros Chandler	01303 255862
St Radigunds Church	Rev Brian Williams	01303 243784
St Radigunds Church Hall Events	John Oliver	01303 251403
St Radigunds Church Hall Bookings	Audrey Goaten	01303 244735
St Radigunds Players and Choir	Jerry Spillett	01303 242146
Tai Chi	Anna	01304 205405
Twinning Association	Jerry Spillett	01303 242146
Welcome to Village Letter	Debbie Catling	01303 251525
WI	Jayne Stone	01303 211480
Youth Club	Simon Withey	07860803767

Recycling/Waste Collection Dates:



**Food Waste, Rubbish (Grey lid)
& Green Waste**

Fridays

1st and 15th February



Food Waste & Recycling (Blue lid)

Fridays,

8th and 22nd February

Shepway Writers Group

**Are you interested in
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**Our informal group meets every
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**It's free to join, so why not come
along and give it a go?**

**Contact Graham on
01303 470229 or 07722 560702.**



Andrew the Kent County Council Community Warden for Capel-le-Ferne and Hawkinge, has completed a crime prevention survey course. Therefore, if any residents would like "Crime Prevention Advice and a Survey" on their property, free of charge, please contact him by phone or email.

Tel: 07811 271303.

Email: andrew.hawkins@kent.gov.uk



**CAPEL-LE-FERNE WILDLIFE
FACEBOOK PAGE SEARCH
Capel-Le-Ferne Wildlife
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DISCUSSING ALL THE WILDLIFE IN
OUR VILLAGE**



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Or if crochet is your passion,
maybe you could help teach others.**

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Items for March 2019 issue to be with
Maureen Leppard (Editor) at 39 Victoria Road, Capel-le-Ferne CT18 7LT,
(Tel: 01303 259564) or Email: clerkcapellefernepc@btinternet.com
by 6pm, Sunday, 17th February 2019. **NO JANUARY ISSUE**
PLEASE NOTE IT IS EDITOR'S DECISION ON FINAL CONTENT