



# GRAPEVINE

Capel-le-Ferne Village Newsletter

FEBRUARY 2020 - ISSUE NO: 289



**IT IS EDITOR'S DECISION ON FINAL CONTENT**

## INDOOR BOOT FAIR



**At Capel Village Hall**

There will be an indoor Boot Fair at Capel Village Hall run by the Village Hall Committee.

Refreshments will be available including bacon rolls, toasted teacakes, teas and coffees.

Come along and see what's available.

**SUNDAY 23<sup>rd</sup> FEBRUARY 2020 08:00 - NOON**

Lancaster Ave, Capel le Ferne, CT18 7NA

To book tables or for more information please email: [fredandsuecleaning@yahoo.co.uk](mailto:fredandsuecleaning@yahoo.co.uk)

or message us on our [Facebook page Capel-le-Ferne Village Hall Group](#)



## St Radigund's Players Annual Pantomime 2020



It is with great regret that I have to inform you that we have decided that it is not possible to stage a pantomime this year.

Shannon Wells wrote a great script for Peter Pan, but we have been unable to put together a production team to get the show on the road.

Rehearsing the cast is an onerous task and demands a lot of commitment, which for the first time in seventeen years has proved too much for those from whom we have sought help.

For the few who turned up at the read through and opted for parts, and for those subsequently showing an interest in joining, we are sorry that you will be disappointed, and we thank you for your commitment and enthusiasm.

Thank you all for for your support. It is very sad that the village has lost an important event in the calendar, but unfortunately these things don't just happen on their own.

*Jeremy Spillett, Chairman,  
St Radigund's Players.*

## YOU ARE ALL INVITED TO

### A COFFEE MORNING Friday, 7<sup>th</sup> February 2020 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"*

**CAPEL CARES**

## "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*

7 <sup>th</sup> Feb	Capel Cares Coffee Morning in Church Hall
11 <sup>th</sup> Feb	WI Meeting - Fish and Chip Supper
23 <sup>rd</sup> Feb	Indoor Boot Fair @ Village Hall
10 <sup>th</sup> Mar	WI Meeting - Dover Castle - Gary Jordan
28 <sup>th</sup> Mar	Capel Gardeners' Spring Show @ Village Hall
28 <sup>th</sup> Mar	Quiz Night @ Village Hall (page 11)
11 <sup>th</sup> Apr	Cancer Research Jumble Sale @ Village Hall
14 <sup>th</sup> Apr	WI Meeting - Laura Ashley - Sue Howard
12 <sup>th</sup> May	WI Meeting - Resolutions - Talk on Dementia
9 <sup>th</sup> Jun	WI Meeting - A School Girls War - Mary Smith
13 <sup>th</sup> Jun	Youth Club 40 <sup>th</sup> Anniversary
11 <sup>th</sup> Jul	Capel Gardeners' Summer Show @ Village Hall
14 <sup>th</sup> Jul	WI Garden meeting - 2.30pm TBA
5 <sup>th</sup> Sept	Capel Gardeners' Autumn Show @ Village Hall
8 <sup>th</sup> Sept	WI Meeting - Birthday Meeting - Dance Group
10 <sup>th</sup> Oct	Youth Club Quiz Night
13 <sup>th</sup> Oct	WI Meeting - How to Avoid Being Scammed
10 <sup>th</sup> Nov	WI Meeting - Annual Meeting
17 <sup>th</sup> Nov	Capel Gardeners' A G M @ St Radigunds' Church Hall
8 <sup>th</sup> Dec	WI Meeting - Christmas meeting

## 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](mailto:fredandsueleaning@yahoo.co.uk) (preferred) - Or on 07939 095880



The New Year heralded new plans for the village hall as Trustees used their monthly meeting to discuss forthcoming events. It is likely to be a busy year.

The next indoor boot fair will be on Sunday 23 February with doors opening for customers from 8am until noon. You can book a table by contacting Sue Leaning on [fredandsueleaning@yahoo.co.uk](mailto:fredandsueleaning@yahoo.co.uk); the cost is from £6 per table and set up from 7am. This will be the last of the indoor boot fairs until the next one in November.

On March 28 there will be a quiz at the village hall to start at 7pm. This is being organised by the management committee and you can book a table by emailing Sally on [eures1994@yahoo.com](mailto:eures1994@yahoo.com) or ringing 077304 75838. Cost is £12 a table with a maximum of 6 per table. Categories include general knowledge, food and drink, history, science, music and film and tv. There will also be an opportunity to get your table money back!

This year is the 75<sup>th</sup> anniversary of VE Day, in anticipation of which the Early May Bank Holiday has been changed to Friday 8 May. This will be marked by services and community events across the country. As part of the Capel commemorations, a street party is planned for Lancaster Avenue with music and fancy dress. The intention is to close the road to traffic from Capel Street to Victoria Road. More information to follow but if you have any queries please contact Sally on 077304 75838.

A village fete with lots of music and children activities will take place on the 20 June. Lots of stalls and catering stands are also planned. Volunteers would be most welcome as it is likely to be a busy day with lots going on. We are hoping that the weather will be kinder to us this year.

Other things discussed at the meeting included the plans for the hall expansion. Following an open meeting last year, it was decided to build another large hall to add to the existing facilities with the possibility of being able to separate it into two should the need arise. At the moment we are having to turn away bookings as the hall is over subscribed. More facilities including toilets and a second kitchen are also planned. These are very early stages but we will keep people informed as we go.

All of these take a fair bit of organising and a tidy bit of work on the day. If anyone would like to help us out, then we would love to hear from you.

Once again the Village Hall was full up at the annual Carol Service, a really good start to Christmas. Capel primary school pupils sang some lovely Carols and the St. Radigunds choir also sung. Afterwards teas and mince pies were served.

The collection was for Crisis looking after homeless people and raised £142.70. thanks to everyone, a very worthwhile cause.

CAPEL-LE-FERNE VILLAGE HALL  
LANCASTER AVENUE, CT18 7LX

# QUIZ NIGHT

28th MARCH  
7pm - 10pm

BRING YOUR OWN REFRESHMENTS  
£12 PER TABLE ... MAX 6 PER TABLE

Contact Sally Cook on 077304 75838  
for further details or to book a table

Organised by  
Capel Village Hall Management Committee

### WINNERS OF 100+ CLUB

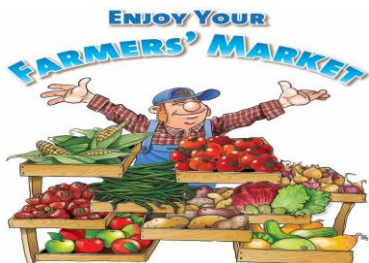
#### December Christmas Draw 2019

1<sup>st</sup> R Preston. 2<sup>nd</sup> Jean Jeffrey  
3<sup>rd</sup> Capel-le-Ferne Short Mat Bowls Club

#### January 2020

1<sup>st</sup> Don Bunting  
2<sup>nd</sup> Pam Routh. 3<sup>rd</sup> Keith Leppard





## CAPEL-LE-FERNE FARMERS MARKET

Community event run by and for the community

Now in our 13<sup>th</sup> 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/groups/Capelfarmersmarket/>



### Capel-le-Ferne History Book "Village in the Clouds"

Copies still available £5 each from  
Cherry: Tel: 01303 255114

### 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.*



## CHURCH SERVICES, February 2020

Date	Alkham	Capel	Hougham
<b>Sunday 2<sup>nd</sup></b> <b>Presentation or CANDLEMAS</b>	<b>Evensong 4.30 pm</b>	<b>Eucharist 9.30 am</b>	<b>Worshipping Together 11am</b>
<b>Saturday 8<sup>th</sup></b> <i>Fun, fellowship and food – please let Pam (01303 489006) or Brian (01303 243784) know if you plan to come.</i>		 <b>(St Radigund's)</b> <b>3.00 – 5.00 pm</b>	
<b>Sunday 9<sup>th</sup></b> <b>3<sup>rd</sup> Sunday before Lent</b>	<b>Eucharist 9.30 am</b>	<b>Worshipping Together 11am</b>	
<b>Sunday 16<sup>th</sup></b> <b>2<sup>nd</sup> Sunday before Lent</b>	<b>Worshipping Together 11am</b>	<b>Evensong 6.00 pm</b>	<b>Eucharist 9:30 am</b>
<b>Sunday 23<sup>rd</sup></b> <b>Sunday next before Lent</b>		<b>United Parish Eucharist 10.00 am</b>	
<b>26<sup>th</sup></b> <b>ASH WEDNESDAY</b>			<b>United Parish Eucharist 7.00 pm</b>
<b>Visit us online at: <a href="http://www.church-alkham-capel-hougham.org.uk">www.church-alkham-capel-hougham.org.uk</a></b>			

### From the vicarage

Cold, miserable February has never been my favourite month. But when I was a student and still discovering church, I encountered something that happens every 2<sup>nd</sup> February that changed all that.

Church would be worth a visit that evening, others had told me. I walked in from a bustling South London Street as the organ sounded the first notes of a hymn. Before long I was in the middle of a procession, clutching a hymn book in one hand and a candle in the other, following everyone else around the church. Candlelight flooded the place, incense hung in the air – it was a celebration unlike anything I had ever experienced before, and I found myself wanting to go back for more.

The Gospel read during the Candlemas service, forty days after Christmas, recalls Mary and Joseph taking the infant Jesus to the Temple and being met by the old priest Simeon. Seeing the child, he knows that his days are done: *Now, Lord, let your servant depart in peace; for my eyes have seen your salvation which you have prepared in the presence of all peoples, a light to lighten the Gentiles and the glory of your people Israel...*

No sadness for Simeon at the prospect of leaving the world, or not seeing the child grow up. Simply joy at holding the Light of the World in his arms who from then on would light the way for him and the rest of humanity through this world and into the next. Joy, too, at the prospect of departing in peace.

I've seen the commercials on TV for simple, fuss-free funerals. They might suit some, but I'm with Simeon – for me, the prospect of leaving this world with joy and hope is worth making *some* fuss about... *Brian*

#### 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](mailto:tryke@audrey47.plus.com)**



My best friend in France has a grandson who would like to come to England for 2 weeks to improve his English. He is 17, almost 6'5 tall (practises handball!), well brought up and a little shy. He could come as from July 4th. The problem with a language school is that he would also be talking French with other students. Total immersion is therefore required.

Anyone interested would quote their price ... no problem there.

I look forward to hearing from you with any suggestions you may have. Thank you.

Kind regards, M Helene Brown. [dauidian.brown@btinternet.com](mailto:dauidian.brown@btinternet.com)



## STILL MISSING SINCE JULY FEMALE SIAMESE CAT

**Very loved and missed. She is timid and would not willingly go off with someone.**

**IF YOU SEE HER or HAVE ANY  
INFORMATION PLEASE CALL  
07834 526819**

**We are desperate to get he back!**

### THANK YOU SO MUCH TO EVERYONE WHO ATTENDED THE COFFEE MORNING!

**It was a huge success and raised a whopping £284.51.**

Many, many thanks to all the wonderful people who helped with donations, cake making and helping out in general and of course the lovely Janet Milliken who opened her home for us today. We couldn't have done this without

you. 🐾🐾🐾🐾🐾🐾🐾

a couple of empty biscuit tins and a woolly hat left from the coffee morning. Please contact me if they are yours. Jan.

### CAPEL HEDGEHOG CARE

Facebook Page:

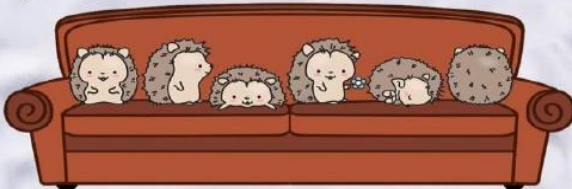
<https://www.facebook.com/groups/198980734375665/>

We have a collection bin  
in the foyer  
of the Village Hall.  
If anyone would like to  
donate clean newspapers or meaty wet/dry cat food,  
it would be really appreciated.  
THANK YOU

Cat Food is missing



# F.R.I.E.N.D.S



### GRAPEVINE ADVERTISING from 1<sup>st</sup> April 2019

**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](mailto:clerkcapellefernepc@btinternet.com)**



## CAPEL-LE-FERNE PRESCHOOL

*Serving the community since 1968*

THE VILLAGE HALL LANCASTER AVENUE  
CAPEL-LE-FERNE FOLKESTONE, KENT  
CT18 7LX

Email: [capelpreschool@btinternet.com](mailto:capelpreschool@btinternet.com)

OFSTED No: EY306428

### OPEN

MONDAY 0800 – 1300hrs

WEDNESDAY 0800 – 1300hrs

THURSDAY 0800 – 1500hrs

FRIDAY 0800 – 1300hrs

(Term time only)

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For all eligible 2, 3 and 4 year olds

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

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(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**





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or email [enquiries@dmspm.co.uk](mailto:enquiries@dmspm.co.uk)

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- Surveying Services
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- Locksmiths
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- Asbestos Removal
- Painting
- Gas / Electrical
- Decorating
- Drainage
- Brickwork
- Damp Works
- Jet Washing
- 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
- Facilities management
- Positive input ventilation
- Condensation / mould
- Property health checks
- Building Extensions



**Jean Grieb sister of Gwen Beaumont would like to thank everyone for their prayers, love, kindness and condolences expressed in cards and letters during Gwen's illness and subsequent passing.**



**These tributes have comforted me during this difficult time.**



**Generous donations at her funeral amounted to £450:00 which has been forwarded to Canterbury Pilgrims Hospice in her memory.**

**The family of the late Alan Libby would like to thank everyone for their condolences at his passing.**

**Although Alan was not a resident of Capel le Ferne he participated in twinning events and other village activities.**

**He was always warmly received by so many in Capel. Generous donations at his funeral amounted to £300:00 which has been forwarded to Kent Air Ambulance in his memory.**



# Thursdays

**CALL: 07955 926 835**
**FOR BOOKINGS & DETAILS**

**Amin Stores**  
5-7pm

**CAPEL BAPTIST CHURCH**  
Capel Street. Services 10.30am.

\*\*\*\*\*

## Preachers for February 2020

Feb 2 ... Pam Barr  
Feb 9 ... Rev Ruddle  
Feb 16 ... Richard Blackwell  
Feb 23 ... Margaret Woolven

*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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**"A reliable chip off the old Block"**

## Partners in IT –

### Looking after YOUR technology

Red Boot Tech Services and The Computer Lady provide outstanding IT support. From a single repair or upgrade to a monthly proactive maintenance contract, we support your Home and Business needs for both PC and Mac.

Windows 7 support from Microsoft ended in January 2020. We provide cost-effective upgrades to Windows 10 whilst also improving performance by installing a Solid-State Disk from only £150/computer.

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For a fast and reliable service

[dave@rbtechservices.co.uk](mailto:dave@rbtechservices.co.uk) – 07970 804060  
[alison@thecomputerlady.co.uk](mailto:alison@thecomputerlady.co.uk) – 07802 470675



Remembering the Few - at the National Memorial to the Few  
Have you seen this video of the interactive Scramble Experience at the Memorial?

Take a look here.

Don't forget to subscribe to our YouTube channel too!

<http://ow.ly/qfYm50vnC7t>



**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>

News from the Battle of Britain Memorial  
Home to the National Memorial to the Few and  
The Scramble Experience

**LINK TO VIEW NEWSLETTER**

<https://mailchi.mp/16fca234a634/january-newsletter-2020...>

## JustGiving™

Remembering the Few - at the National Memorial to the Few  
Although there is a small charge for parking and the Scramble Experience, we keep the Memorial completely free to visit. With no public funding, we rely on the generosity of donors. We hope supporters will help by donating via our new charity giving partner 'JustGiving' here.

<https://www.justgiving.com/battleofbritainmemorial>



Remembering the Few - at the National Memorial to the Few  
With February half term approaching, why not visit the Memorial Trust? Our replica Hurricane and Spitfire are always popular with the youngsters – and their parents! The Scramble Experience is also a great interactive activity for children. Find out more here: <http://ow.ly/Rq6N50xzs0l>

**Are you looking for a venue to host your next business meeting? Hunting Lodge is the perfect space and offers an airy room to suit all kinds of meetings.**



### ??? Can Anyone Remember ???

My Grandparents and Aunt lived at 157 Capel Street, prior to numbering, their home was known as Devonia, they were Walter, Hettie and Sybil Butcher. Granddad had died in 1941, a few years before I was born. Granny lived to be 89 and died on Boxing day in 1958. Sybil Butcher, my aunty Sybil, passed in 1974, I understand she was at one time a Sunday School teacher, she is included in a group photo in 'The Village in the Clouds' (page 65).

In the late early sixties Sybil had a black and white dog called Spot.

I visited frequently with my mother, Gladys, older sister of sybil, throughout my childhood. Of course I continued to visit into my teens and twenties. I can certainly recall the people I came to know from those happy days and hopefully some may still be living around the village.

Now that I have finally managed to come to live in Capel I would love to chat over a coffee or a beer with anyone who may remember my aunt, or Spot the dog, or even my visits! I can be contacted on 07484 275551 or email: [bobparsons@cwgsy.net](mailto:bobparsons@cwgsy.net) – If there are any long established residents who can recall!

The attached photo shows (left to Right) Gladys, Granny Hettie Butcher and Sybil.

The surprised looking child was me – nearly 70 years ago!





# Self Storage 20ft x 8ft

New containers,  
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Easy In/Out Terms

Rent  
Me

£100 per calendar month

TEL: 07850 834782



Dave Parker Services  
Capel-le-Ferne

## The Capel Ramblers



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Languages

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Yoga

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[www.greenviewnurserycapel.co.uk](http://www.greenviewnurserycapel.co.uk)

Mini Forest School



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## Capel Social Dance Group

**Practice your dance moves and getting fitter for summer.**

**Come along to our friendly dance class in Capel!**

**All levels welcome.**

**Fridays, 7pm till 9pm**

**at**

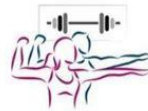
**St. Radigund Church, Albany Road,**

**Capel-le-Ferne.**

**£4.00 per person.**

**This is a Ballroom and Latin American dance class.**

**All enquiries to either Sue 01304 829717 or Ahmed 01303 242670**



## MIS-FIT Training



What are your health and fitness plans for 2020? Are you hoping to be more active? Would you like to be stronger/more mobile? Remember exercise is not just about weight loss (Although this may be a bonus to get moving more).

Are you stuck and not sure where to start, or lacking the confidence to go to the gym alone? I can offer a 1:1 session in the comfort of your own home to get you started with gaining knowledge and confidence.

If 1:1 sessions aren't for you, I also run two evening small group classes a week on a Monday and Wednesday evening. They are supportive, small, friendly groups and they cater for all ages and abilities.

If you would like a helping hand to get started or see if I can convince you that exercise can be fun or just want a chat to see in what way I can help you reach a goal please get in contact.

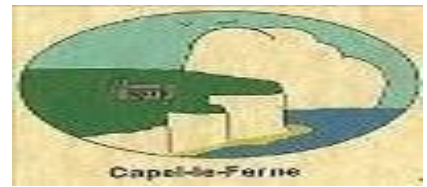
**MONDAY'S 6:00 – 7:00 PM**

**ST RADIGUND'S CHURCH, ALBANY ROAD, CAPEL LE FERNE**

**WEDNESDAY'S 6:00 – 7:00 PM**

**THE SALVATION ARMY HALL, CANTERBURY ROAD, FOLKESTONE**

To book a session, attend a group class or further information then please get in touch with me via my Facebook page [MIS-FIT Training](https://www.facebook.com/MIS-FIT-Training) or by calling **07850 362067**

**CAPEL-LE-FERNE PARISH COUNCIL****Summary of some items discussed  
at meeting on Tuesday, 21<sup>st</sup> January 2020**

• **Requests from public to address the Council, plus Surgery and Other Feedback:**

- 1) Vehicles idling a cause for concern, especially outside school.

• **Traffic Management and Highways:**

- 1) Waiting Kent Highways to undertake works to the junction Winehouse Lane/Dover Road.
- 2) Works to Dover Hill will be carried out in new financial year to change road layout.
- 3) Thanks expressed to Brian Tutt for conducted tour of village regarding drainage system.

• **Village Action Plan points raised:**

- 1) On-going investigations into the Broadband coverage and Water supply continues.

• **Member Vacancy:**

Nomination received from Lisa Alfsdotter. Following discussion with candidate with a question and answer session, the Councillors duly co-opted Ms Alfsdotter to the Parish Council.

• **Neighbourhood Watch:**

- 1) Thanks for support were expressed and a gift presented to Community Warden Andrew Hawkins, with best wishes for his move to a new area. A welcome was given to Janice Henry, who commences Community Warden duties in Capel and Hawkinge from 27<sup>th</sup> January.
- 2) Members were informed of incident relating to Fire and Rescue Services attending Playing Field to cut a youth from one of the baby swings after getting stuck – the swing will be replaced as soon as possible.

• **Planning**

- 1) Land 107-127 Capel Street – see page 17.
- 2) The status of all other applications was reported and full details are available on: Dover District Council website: <https://www.dover.gov.uk/Home.aspx>
- 3) >Planning>Applications>View-Applications>Decisions

• **Recreation and Other Equipment:**

- 1) Wet pour ground surface repairs to various areas in junior play area will be taking place when weather improves.
- 2) Cost of replacement swing to be sought, together with claim on Insurance for accidental damage.

• **Public Rights of Way:**

- 1) Notification received on the re-siting of footpath ER171 (Tumble Tye Farm).
- 2) Continual arrangements being pursued to arrange a meeting regarding future of ER252 (New Dover Road/Old Dover Road) and link with new development path.

• **Speed Watch:**

New sessions will resume in February, weather permitting.

• **Capel Cares:**

- 1) Two members attending a Health and Well Being Conference to give a speech on services being offered in village.
- 2) AGM being held 3<sup>rd</sup> April @ 7pm.
- 3) Relaunch of organisation planned.

• **Other:**

- 1) **VE Day 75** – celebrations being planned with organisations meeting to arrange events over the May Bank Holiday weekend. More details to follow.
- a) **Draft Budget for 2020-2021 was presented to members for approval.** This was agreed for a Total Resource Expenditure requirement estimated and allowing for £10,000 for future projects. This would be a slight increase of Band D Council Tax Charge from £57.37 to £62.17 (Increase of £4.80 per annum).

**Next Parish Council meeting is Tuesday, 18<sup>th</sup> February, 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. IF 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, Capel-le-Ferne or Tel: 01303 259564.**

**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**

[clerkcapellefernepc@btinternet.com](mailto:clerkcapellefernepc@btinternet.com)

**or LIKE COUNCIL'S FACEBOOK PAGE.**

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

**Next Session, Tuesday, 18<sup>th</sup> February**

**Is there an issue you wish to  
discuss with your Parish Council?**

**A Councillor and the Parish Clerk  
will be available on**

**the 3<sup>rd</sup> Tuesday of each month  
10AM to 12:30PM**

**At The Farmers' Market  
in Room 101, adjacent to Entrance  
Capel-le-Ferne Village Hall,  
Lancaster Avenue,  
Capel-le-Ferne, CT18 7LX**



**FOR INFORMATION ... REQUEST ON BEHALF OF  
SOME ANIMAL OWNERS IN OUR VILLAGE.**

IT WOULD BE APPRECIATED, IF ANYONE PLANNING TO HAVE FIREWORKS OTHER THAN THE USUAL TIMES, i.e. BONFIRE NIGHT, NEW YEAR, ETC., COULD INFORM US SO WE CAN ENDEAVOUR TO CIRCULATE. THIS WILL ENABLE THE NECESSARY PRE-WARNING NOTICE FOR OWNERS WITH ANIMALS, SO THEY CAN TAKE THE NECESSARY ACTION RELATING TO THEIR PETS AND FARM LIVESTOCK. THANK YOU.



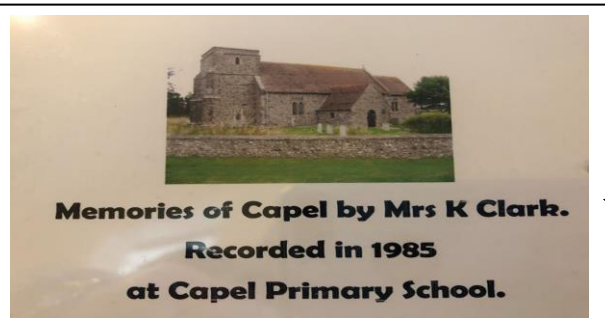
For information: From RSPCA ...

*Fireworks are used by people throughout the year to mark different events, e.g. bonfire night, New Year, Chinese New Year, Diwali, etc. While they can bring much enjoyment to some people, they can cause significant injury, problems and fear for other people and animals.*

*Fireworks can be a source of fear and distress for many animals. In particular the sudden, loud noises that many fireworks make can cause fear.*

*Animals affected not only suffer psychological distress but can also cause themselves injuries, sometimes very serious ones, as they attempt to run or hide from the noise. Although most reports of welfare problems caused by fireworks relate to domestic pets, other animals can also experience fear, distress and/or injury as a result of them.*

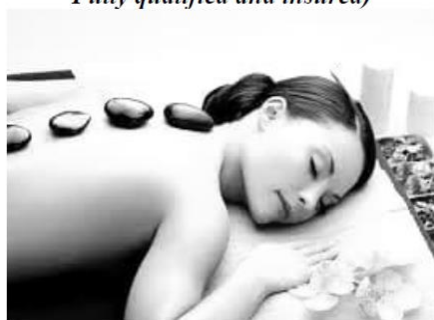
*Farm livestock are easily frightened by loud noises and sudden bright lights and can be at risk of injuring themselves on fencing, farm equipment or fixtures and fittings within their housing if startled.*



Please let the Parish Clerk know if you are interested and would like to order a CD, by emailing [clerkcapellefernepc@btinternet.com](mailto:clerkcapellefernepc@btinternet.com) or sending a message via this Facebook Page and we will arrange to get one to you. There is no charge.

## VietHouse Spa

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Fully qualified and insured)



Indian Head massage  
Facial & Body treatments  
Manicure-Pedicure  
Nail Treatments  
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**Special offer:**

**PAY ONE GET ONE FREE**

For the first treatment

► Phone: 07742202924

Email: [viethousespa@yahoo.com](mailto:viethousespa@yahoo.com)

Facebook: <https://www.facebook.com/housespa.viet.7>

Address: Capella House, New Dover Rd, Capel le Feme, CT18 7JJ  
(with parking)

CAPEL-LE-FERNE VILLAGE HALL  
LANCASTER AVENUE, CT18 7LX

# QUIZ NIGHT

28th MARCH  
7pm - 10pm

BRING YOUR OWN REFRESHMENTS  
£12 PER TABLE ... MAX 6 PER TABLE

Contact Sally Cook on 077304 75838  
for further details or to book a table

Organised by  
Capel Village Hall Management Committee

Hello Everyone, We are now into a brand new decade and looking forward to what this year will bring to us all. In December we had our Christmas party with plenty of mulled wine and soft drinks to get us in the festive mood, the evening was started by having 15 members of the P.O. choir singing lots of Christmas songs with their beautiful voices harmonising with each other, we were invited to join in if we wanted to with many of the songs. Pam thanked the choir for coming to entertain us. With the songs still buzzing round in our heads we had a quiz sheet on every table, but try as we might there was a few difficult questions that had most of us stumped for the answers. This years Achievers cup went to Alison for all the hard work she does for us. The Competition winners for the year were Susanne in 1<sup>st</sup> place, Barbara 2<sup>nd</sup> place and Vad was 3<sup>rd</sup> place. Eve ran "Name the Teddy Bear" which looked so sweet dressed in knitted clothes made by Jean, she even knitted matching knickers for it to keep it decent. The name of the teddy was Jezebel. The money raised was £50 for the Macmillan Cancer charity. By now everyone was starting to get a bit peckish and the big tableful of food was quite inviting, it was filled with bread, cheeses, sausage rolls and lots of tasty savouries and nibbles and the sweet section had cheesecakes, chocolate eclairs cakes and all sorts of goodies. Pam made each table a "Pass the Parcel" filled with chocolates which everyone got at least one or two and had a box of matchmakers in the middle. Jenny did some really good raffle prizes comprising of 8 big hamper baskets with different themes, one had pampering and beauty items, another had a beautiful handmade smock style round cushion with a drink and book to relax with. Soon it was time to wish everyone a Merry Christmas before going home. Unfortunately we had some very sad news that Shirley Overall passed away before Christmas and Gwen Beaumont passed away just after Christmas both were long time members and will be so greatly missed by us all. Pam opened the January meeting wishing us a happy new year. We had two minutes silence to remember Shirley and Gwen. After catching up on future events Jan read out the 5 resolutions and we voted for the one we thought most important. Soon it was time for refreshments and lots of chatting. Back in the room it was time for some members to recall some stories that happened to them, Carolyn as a teenager trying to get an autograph of Freddie of Freddie and the Dreamers, he kept saying NO but she wasn't having any of it and kept after him and grabbed his cardigan and the buttons popped off which she retrieved and kept them, next day he was seen with a brand new cardigan.

Sheila proudly told us about her training and doing the Marathon in 1991, her family urging her on and at the end brought a flask of tea and champagne with them, she did it in just over 5 hours getting a medal and a big t-shirt. Pam did the London to Brighton Cycle Race about 50 miles with her husband, went down a steep hill with a sharp corner at the bottom, was knocked off her bike and skidded along the ground, she was hurt but got back on the bike to the tea stop when the medical staff got tweezers and pulled out a lot of gravel from her bottom. Ouch! Ouch! Ouch! Jenny spoke about her tiny teddy bear called Monty that she bought aged about 6 and her friend bought one as well. He has travelled everywhere with her, he went to school, Loch Ness, Royal Navy bases, Singapore and many more countries even Australia meeting up with her old friend with her bear. Vad told us about going to live in Singapore with husband and 4 children, went swimming and something wrapped around her legs, she broke free and managed to swim to shore, she was treated and said she was lucky because it was a dangerous Portuguese Man of War jellyfish. Jan spoke about a school outing to London when a boy kept stopping and holding everyone up snapping away with his camera all the time, eventually he was told "no more" to which he said "well there is no film in it anyway". The competition something M was joint winners Lynne, Barbara and Vad, joint 2<sup>nd</sup> Eve and Sheila. There were some nice prizes in the raffle for the lucky winners. What a busy, interesting evening we had.

**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 11th February at around 7.15 pm.**

**List of WI Monthly Meetings**

February	11 <sup>th</sup>	Fish and Chip Supper
March	10 <sup>th</sup>	Dover Castle – Gary Jordan
April	14 <sup>th</sup>	Laura Ashley – Sue Howard
May	12 <sup>th</sup>	Resolutions – Talk on Dementia
June	9 <sup>th</sup>	A School Girls War – Mary Smith
July	14 <sup>th</sup>	Garden meeting – 2.30pm TBA
August	11 <sup>th</sup>	No Meeting
September	8 <sup>th</sup>	Birthday Meeting – Dance Group
October	13 <sup>th</sup>	How to Avoid Being Scammed
November	10 <sup>th</sup>	Annual Meeting
December	8 <sup>th</sup>	Christmas meeting



# Capel Short Mat Bowls News



### Contacts

Barry.....257157  
 Wendy.....259120  
 Ros.....255862



**CAPEL FLORAL SERVICES**  
 Flowers for every occasion  
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FREE Delivery in the Village and to local funeral directors  
 01303 489067 / 07759820202  
 Find me at the Farmers' Market or on Facebook



**MANOR**  
 VETERINARY CLINIC

Your Neighbourhood Vets

At

Capel Village Hall



Capel-Le-Ferne branch  
 surgery:

**Mondays - 3pm – 5pm**  
**Capel Village Hall,**  
**Lancaster Avenue**  
**CT18 7LX**

Call us now on:  
 01303 273203



For more details or other branch  
 opening times visit us at:

[www.manorveterinaryclinic.co.uk](http://www.manorveterinaryclinic.co.uk)



### Pro Services – Paul Relf Optimum Services

4 Queen's Lea, West Hougham, CT15 7BJ.  
 Tel: 01304 214166. Mobile: 07787 910961  
[paulrelf@hotmail.co.uk](mailto:paulrelf@hotmail.co.uk)

Garden & Property Maintenance Services  
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Fencing, Decking, Pointing, Brick-work repair,  
 Carpentry, Guttering, Diamond hole drilling,  
 Pressure washing, Decorating, Kitchen fitting,  
 Worktop fitting, Shed repair, Concreting, Etc.,

**PLEASE ENQUIRE FOR ANY  
 JOBS NOT LISTED**



Most people make their home look occupied when they are out. **Do you?**

Using timer switches on lights and radios gives the impression someone is home, and could help deter thieves.

**Stay Safe this winter.**

 **Kent Police**

[www.kent.police.uk/burglary](http://www.kent.police.uk/burglary)

**Most people take steps to keep their car safe**



Do you:  
 - remove expensive items?  
 - lock and alarm it?  
 - store keys safely?

Find out more [www.kent.police.uk/burglary](http://www.kent.police.uk/burglary)



**Kent Police**

**NO IDLING  
 ENGINES  
 PLEASE!**



## Capel-le-Ferne Gardener's Association

This friendly club welcomes new members and visitors to its meetings



**We meet every 3rd Tuesday of the month at 7.30pm at St Radigund's Church Hall, 16 Albany Road, Capel-le Ferne CT18 7JT**

Interesting speakers on a variety of topics

Outings to gardens

Quizzes and social evenings

Christmas events

Three Shows a year in the village hall  
for all to enter  
FOR MORE INFORMATION CONTACT  
Vanessa Cook or Jean Tanton  
01303 256106 01303 255982



## GARDENERS' ASSOCIATION

28 <sup>th</sup>	Spring Show @ Village Hall
March	
11 <sup>th</sup>	Summer Show @ Village Hall
July	
5 <sup>th</sup>	Autumn Show @ Village Hall
September	
17 <sup>th</sup>	Annual General Meeting
November	@ St Radigunds' Church Hall

**FOR MORE INFORMATION CONTACT  
Vanessa Cook or Jean Tanton  
01303 256106 01303 255982**

## Smart Cleaning

*For All Your Cleaning Needs*

- **Windows**
- **Carpets**
- **Gutter clearing/repairing**
- **Fascias and lastics**
- **Commercial & Domestic**
- **Offices**
- **Jet washing**
- **patios/decking**

Please call or email to book  
or for a quote:

**Landline:** 01303 778257

**Mobile:** 0777 584 8809

**Email:**

**[m.trow2@yahoo.co.uk](mailto:m.trow2@yahoo.co.uk)**



**Traditional Indian Hatha yoga  
classes**

**Every Monday morning  
09:00-10:30**

**Capel-le-Ferne Village Hall.**

**All levels welcome**

**For more info contact Sally 07415 838031 or  
email: [sally8ann@icloud.com](mailto:sally8ann@icloud.com)**

This is a message from Robyn - Jason Schafer (The Posties) Daughter.

I wanted to contact you regarding something myself and my Husband are organising.

We are hosting a Christmas Ball in Dad's Honour at Westenhanger Castle (where we got married) on Saturday the 5th of December 2020. We will be raising funds for the hospice that cared for Dad in his last days 2 Christmases ago.

More information on the event page that you can have a look at: [www.facebook.com/popskichristmasball2020](http://www.facebook.com/popskichristmasball2020)





**CAPEL-LE-FERNE YOUTH CLUB**

Every 1<sup>st</sup> and 3<sup>rd</sup> 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 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 don't 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 Youth Club Activities – 2020

- 16/1 Footy, Pizzas, Crafts & Consoles  
30/1 African Drumming, Rock Cakes, Crafts & Consoles  
6/2 Games Night, Pancakes, Valentine Crafts & Consoles  
**20/2 Half Term – No Youth Club**  
5/3 Divas Dance, Hot Dogs, Crafts & Consoles  
19/3 Hyper Space – Laser Wars - Folkestone. Chips & Drinks included  
2/4 Basket Ball, Easter Nests, Easter Crafts & Consoles  
16/4 Footy, Cookies, Shrinky's, Crafts & Consoles  
30/4 Cinema (Silverscreen Dover) Film the  
7/5 Games Night, Cookie Dough, Crafts & Consoles  
**16/5 Summer Trip – “Chessington”, details to follow**  
21/5 Outside Rounders, Park, & Crafts  
4/6 Outside Footy, Park, & Crafts  
18/6 Tag Archery, Park, Hot Dogs, Crafts  
2/7 Treasure Hunt, Chips  
16/7 Summer Party in The Park, Bouncy Castles, Party Buffet

All activities and details updated on Youth Club Facebook page

## Capel Youth Club - 2020

Booking Now (Via Simon 07860 803767 or [simon@si-wi.co.uk](mailto:simon@si-wi.co.uk)):

- **Sat 13/6/20 – Youth Club 40<sup>th</sup> Anniversary Celebration:** Ticket Only – Book Now A £12.50, C £7.50. Includes Fish n Chip Supper & Live Music by “The A-Tees”, byo drinks and nibbles.

This is open to everyone, not just Youth Club families, to celebrate 40 years of Youth Club, it is NOT a Youth Club kids activity, please invite friends and family

Raffle prizes welcome / Summer Hamper Draw

- **Thu 25/6 AGM 1900hrs** at the village hall, all welcome.

Parents Please Note:

**Membership** - Children welcome from Year 4 upwards

- Membership Fee £7.50 + £2.50 Subs or £3.50 subs non members

**Consoles** - PS3, Wii & Xbox 1 – All games are under 16's (No online gaming)

**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 Capel Youth Club Facebook page – Please “Like & Follow



# Youth Club 40<sup>th</sup> Anniversary

Saturday 13<sup>th</sup> June 2020

Capel Village Hall 7pm – 11pm

Come and celebrate Capel Youth Club reaching its  
40<sup>th</sup> anniversary from its start back in the 80's...



**Tickets A-£12.50 C-£7.50 Includes:**

Live Music – “The A-Tees”

Streetz 2 Streetz – Fish or 2xSausage & Chips



B.Y.O. Drinks, Summer Hamper Draw  
& Fantastic Raffle Prizes

(This is a community family event, not a youth club children's party)



## Whitfield Computer Services

Lee Eversfield fdsc

Hardware & software problems • Installations • Upgrades  
Repairs • Internet set-up • Virus removal • General advice

**Tel: 01304 204227**

E-Mail: [lee.eversfield21@tiscali.co.uk](mailto:lee.eversfield21@tiscali.co.uk)

110 St Davids Avenue, Dover, Kent, CT17 9HN

**NO FIX, NO FEE • SPECIAL RATES FOR SENIOR CITIZENS**

## Stephen Huxtable Garden Services

- Private and commercial garden and grounds maintenance
- Grass cutting, Hedge cutting, Garden clearance, Turfing,
- High quality fencing supplied and erected

**Free estimates**

**01303 891720**

**[www.shgardenservices.co.uk](http://www.shgardenservices.co.uk)**





Capel-le-Ferne

NEIGHBOURHOOD WATCH



**BE AWARE ... STAY ALERT**

**Look after your belongings**

- Only take with you what you need for a trip out – leave valuables at home.
  - If you have a bag, keep it fastened and to the front of your body.
- Keep valuables out of sight, spread around your person (for example keep your phone in a bag, your house keys in a pocket and your money in a jacket).
  - Use a purse chain if you can.
- Never leave your belongings unattended or in easy reach, for example on the top of a pram, a shopping trolley or a mobility scooter.
- Security-mark your valuables so they can be more easily identified if lost or stolen.

**amazon**  
Prime

Latest News from Kent County Council Public Protection. Amazon Prime Scam still active  
We have, again, had reports of residents receiving telephone calls impersonating Amazon Prime, telling victims their subscription will be 'renewed' for £39.99. Click following link to view more information

<https://mailchi.mp/kent.gov.uk/alert-amazon-prime-scam...>

Thefts reported in the last 4 weeks, as usual if you have any information which may be useful to the investigation of these incidents please call 101 and quote the relevant crime report number. Thank you for your cooperation.

Crime Reference	Ward	Location	From	To	Property stolen	Misc information
46/7321/20	Historical Capel-Le-Ferne.	Lowslip Hill	05/01/20 13.00hrs	11/01/20 10.30hrs	Trees	55 young trees stolen from victims land.

**Beware the unlicensed waste collectors**

If you hire an unlicensed waste carrier, you cannot guarantee where your rubbish will end up. If it gets dumped and traced back to you, the waste is still your responsibility and you can be prosecuted.

Householders or small businesses found to be using criminals to dispose of their waste can and are being prosecuted by local authorities in Kent with fixed penalty notices up to £400 per offence.

More information link <https://kccmediahub.net/beware-the-unlicensed-waste-collect...>



**FOR INFORMATION**

The Parish Council will be replacing the "baby bucket swing" in due course. Any inconvenience caused by it being removed is very unfortunate. This was removed by Kent Fire and Rescue Services, due to an incident that occurred on Saturday, 18th January during late afternoon. Any information, please message the Parish Council. PLEASE NOTE: THE PLAYING FIELD IS COVERED BY CCTV and the equipment in this junior play area is designed for use by children under "adult" supervision and it's intended use for children "Under 12 years old".







Kent Police



Kent Police



## SPEEDWATCH SESSIONS WILL RESUME IN FEBRUARY, WEATHER PERMITTING

### PLANNING

#### Land Between Nos 107 And 127 Capel Street Capel Le Ferne

Re: 19/00669 | Outline application for the erection of 34 dwellings (8 x 2 beds, 16 x 3 beds and 10 x 4 beds) and means of access with associated landscaping (appearance, landscaping, layout and scale reserved)

THIS APPLICATION WAS WITHDRAWN FROM THE DOVER DISTRICT COUNCIL'S PLANNING COMMITTEE AGENDA FOR JANUARY 2020 ... THIS IS IN VIEW OF ADDITIONAL DOCUMENTS SUBMITTED BY THE PARISH COUNCIL ... and to allow Planning colleagues and KCC Highways to give proper consideration to the documents and provide a detailed response.

To view the documents submitted, go to Dover District Council Website, Planning Documents

<https://publicaccess.dover.gov.uk/online-applications/applicationDetails.do>

#### Keep Us Flying High – Air Ambulance Kent Surrey Sussex

Would you like to know more about the **Air Ambulance Kent Surrey Sussex** or maybe even get involved?

- Learn about how the charity works, innovates and saves lives with one of our informative talks. Book one of our volunteer speakers to visit your group for free and find out more about our life-saving work.
  - Contact [Talks@aaakss.org.uk](mailto:Talks@aaakss.org.uk) or call 01634 471957.
- Volunteer for one or more of our varied roles and help us go above and beyond.
  - Contact [volunteering@aaakss.org.uk](mailto:volunteering@aaakss.org.uk) or 01634 471900

If you'd like to find out more please get in touch – we would love to hear from you.



**Air Ambulance Kent Surrey Sussex**

**Keep us flying high**

Would you like to know more about Air Ambulance Kent Surrey Sussex or maybe even get involved?

- Learn about how the charity works, innovates and saves lives with one of our informative talks. Book one of our volunteer speakers to visit your group for free and find out more about our life saving work.
- Volunteer for one or more of our varied roles and help us go above and beyond.

If you would like to find out more please get in touch - we would love to hear from you

[aaakss.org.uk](http://aaakss.org.uk)    [hello@aaakss.org.uk](mailto:hello@aaakss.org.uk)    01634 471 900



### Parish Council monthly update

Dec 2019 Update

#### Capel-Le-Ferne

Information provided by: PCSO 61078 MEGAN KEEHNER, DOVER CSU.

#### Crimes of note:

- 02/12/2019 – Abandoned Vehicle – Capel Street
- 11/12/2019 – Traffic Offence – Capel Street
- 12/12/2019 – RTC – Dover Hill
- 17/12/2019 - Three sheep in road – Capel Street
- 21/12/2019 – Vehicle Theft – Capel Street
- 21/12/2019 – Vehicle Crime – Capel Street
- 22/12/2019 – Vehicle Crime – Capel Street
- 25/12/2019 – Tree Obstruction – Capel Street
- 28/12/2019 – Traffic Offence – New Dover Road
- 29/12/2019 – Smoking Drugs – Lancaster Ave
- 30/12/2019 – Traffic Hazard – Dover Hill

#### Anti-social behaviour and other incidents of note:

#### Items of good work:



For more information about policing in your area, visit [www.kent.police.uk](http://www.kent.police.uk)

To report a non-urgent crime online, visit [www.kent.police.uk/contactus](http://www.kent.police.uk/contactus)



#### Most people take steps to keep their car safe

- Do you:
- remove expensive items?
  - lock and alarm it?
  - store keys safely?

Find out more [www.kent.police.uk/burglary](http://www.kent.police.uk/burglary)



### The police will never..



Contact you to ask for your PIN or bank details



Ask to withdraw cash to hand over to them for safe-keeping



Ask you transfer money out of your account for fraud reasons



Send someone to your home to collect cash, PINs, or cards



## New Year, New You?

'New Year, New You' is the message to Kent residents who are facing increasing health issues from poor lifestyle behaviours including inactivity and unhealthy eating.

Along with smoking and drinking too much alcohol, these 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.

In 2017/18, the percentage of Kent adults (over 18) classified as overweight or obese was 62.8 per cent\* which is slightly higher than the national figure (62 per cent).

KCC Director for Public Health, Andrew Scott-Clark said: "The best way to tackle problem weight is to eat a healthy, balanced, reduced-calorie and sugar diet. You can also maintain a healthy weight and prevent many illnesses by exercising regularly, at least 30 minutes a day of brisk walking. 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. Services like One You Kent which really can help a new you, this new year."

Try the 'How are You?' quiz, Easy meals app or Active 10 app at [www.kent.gov.uk/healthyweight](http://www.kent.gov.uk/healthyweight) You can also 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](http://www.oneyoukent.org.uk)

Sally from Tunbridge Wells lost 11kg with one-to-one support from the One You Kent team, team as well as joining the September Counterweight Group in the Camden Centre, Tunbridge Wells. She said: "What a great group to join, really friendly people... supportive and made my journey very enjoyable. So very happy to lose the weight I have with the support I received I recommend it to anyone who wants to lose weight and feel great."

Anthony from Dartford lost two stone and quit smoking with One You Kent. He said: "One You Kent and its amazing team of wonderful staff have enabled me to lose weight and stop smoking which have helped me tackle sleep apnoea and regain my confidence to re-enter the workplace. They made the difference for me and helped me rebuild my life."



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. For more information, go to [www.livewellkent.org.uk](http://www.livewellkent.org.uk)"

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 anonymous test –

[www.kent.gov.uk/knowyourscore](http://www.kent.gov.uk/knowyourscore) 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.

Meanwhile, figures for Kent last year show a decrease down to 15 per cent of residents being smokers – approximately 185,000 people – and the number of people who have never smoked is on the rise, up to 56.2 per cent.

If you're aged 40 to 74-years-old, and not on GP cardiovascular register you will be invited once every five years for a NHS Health Check. Your blood pressure, height and weight will be checked along with 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.

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](http://www.oneyoukent.org.uk) (search for 'Health Checks') or call 0300 123 1220 (option 4) to find a clinic near you.

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

Public Protection - Kent County Council  
Danger washing machine repair dates to be revealed <https://bbc.in/35AOGQE>  
519,000 machines sold since 2014 subject to a recall, due to an overheating door locking system. Whirlpool said repairs would start on Monday. #StandardsMatter <http://bit.ly/2tMxDhd>





USEFUL CONTACTS INCLUDING ACTIVITIES & CLUBS	CONTACT NAMES	TELEPHONE NUMBER
Police Community Safety Officers	Megan Keehner	Kent Police 101
Community Warden	Janice Henry	07811271303 Email: <a href="mailto:janice.henry@kent.gov.uk">janice.henry@kent.gov.uk</a>
Parish Council Chair	Anthony Lake	01303 489544
Parish Council Clerk	Maureen Leppard	01303 259564 Email: <a href="mailto:clerkcapellefernepc@btinternet.com">clerkcapellefernepc@btinternet.com</a>
Village Hall Webmaster/Chairperson	Sally Cook	253838 / 07730475838
Village Hall Maintenance	Brian Wilson	627172/07916258684
Village Hall Committee Secretary	Deborah Jeggo	Email: <a href="mailto:deborahjeggs@aol.com">deborahjeggs@aol.com</a>
Village Hall Committee Lettings	Sue Leaning (email preferred)	07939 095880 Email: <a href="mailto:fredandsueleaning@yahoo.co.uk">fredandsueleaning@yahoo.co.uk</a>
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 Committee Trustee	Tracy Ravenhall	07787174336
Village Hall 100+ Club/Trustee	Caroline Bunting	Email: <a href="mailto:c.bunting@btconnect.com">c.bunting@btconnect.com</a>
Bridge Club	Bob Jones	01233 756362
Brownies	Register on website	<a href="https://www.girlguiding.org.uk/what-we-do/brownies-7-10/">https://www.girlguiding.org.uk/what-we-do/brownies-7-10/</a>
Capel Baptist Church	Pam Barr	01303 489006
Capel Cares	Janet Milliken	01303 257003
Capel Ramblers	Bob Mothersele	01303 250931
Divas Dance	Rebecca Uden	01303 893650
Fit Friends – Pilates	Pam Vivien	01303 244322
Gardeners Association	Vanessa Cook Jean Tanton	01303 256106 01303 255982
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**

**14<sup>th</sup> and 28<sup>th</sup> February 2020**



**Food Waste & Recycling (Blue lid)**

**Fridays,**

**7<sup>th</sup> and 21<sup>st</sup> February 2020**

### Shepway Writers Group

Are you interested in creative writing?

Now's your chance to put pen to paper and write short stories, poetry, or even that book you've been meaning to write.

Our informal group meets every month in Folkestone.

It's free to join, so why not come along and give it a go?

Contact Graham on 01303 470229 or 07722 560702.

### SIGHTLOSS GROUP:

The Folkestone Macular Society Support Group meets on the last Friday each month from 10:30am to noon at The View Hotel, 30-32 Clifton Rd, Folkestone CT20 2EF.

All welcome. Meeting other people with macular disease helps you understand your condition, share information about treatments and stay independent. For more information call Margaret on 01303 226 877 or email: [help@macularsociety.org](mailto:help@macularsociety.org)

### CAPEL HEDGEHOG CARE

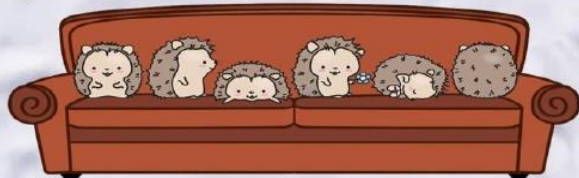
Facebook Page:

<https://www.facebook.com/groups/198980734375665/>

We have a collection bin in the foyer of the Village Hall. If anyone would like to donate clean newspapers or meaty wet/dry cat food, it would be really appreciated.

THANK YOU

F.R.I.E.N.D.S



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Items for March 2020 issue to be with  
Maureen Leppard (Editor) at 39 Victoria Road, Capel-le-Ferne CT18 7LT,  
(Tel: 01303 259564) or Email: [clerkcapellefernepc@btinternet.com](mailto:clerkcapellefernepc@btinternet.com)  
by 6pm, Sunday, 16<sup>th</sup> February 2020. **NO JANUARY ISSUE**  
**PLEASE NOTE IT IS EDITOR'S DECISION ON FINAL CONTENT**

