

"Some sort of periodical is an essential life-line in a village such as ours"

Welcome to West Farleigh's own

LIFELINE



ANNUAL VILLAGE CRICKET MATCH AND BBQ - 5.30pm on Friday 23rd June



See page 9 for an interview with the two captains.

WEST FARLEIGH VILLAGE EVENTS DIARY

**CRICKET MATCH & BBQ Fri 23rd June, 5.30pm Cricket ground
(don't forget to bring a chair or a rug, and your own glasses if you can)**

Distributed freely in June 2023 Edition 555

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Deadline for the next issue is 20th JUNE 2023

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CORONATION SUNDAY

A wonderful turnout from our very sociable and community spirited village.



1. We were ready! Where was everyone?



2 Running races on the cricket pitch



1. We sat down 150 people and all were fed and wined!



4. Lovely cake but not everyone got some! Apologies.



5. The Finale was the great Tug of War!

Thanks to the organising committee Helen Swan, Alex Norman, Sue Birchall, Mel Conti, Damion Guy and Stephen Norman and to Jill Morgan and Alex for making cakes.

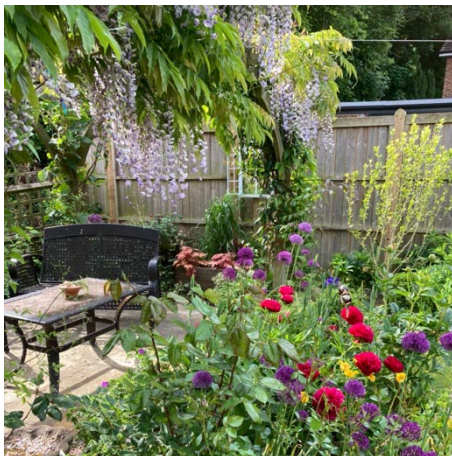
IN THE GARDEN

Sara Cushing has been unable to write her monthly article. This month we are highlighting some of our West Farleigh Gardens. Who knew what was hiding “out the back”. If you have a garden that you would like to share in Lifeline, email the editors.

GABBY AND PETER KING have a garden designed for entertaining. An ideal place to watch the sun go down with a glass in your hand.



TINA WOODHAMS has a small, yet beautiful garden. Great to relax in after a long day.



SUE AND DEN O'DONNELL'S garden is chockablock with plants!



THE WEST FARLEIGH SUNFLOWER COMPETITION by our *Farleighs in Bloom* team

This popular competition will take place again this year, so get sowing, if you have not already.

They will be judged for the tallest in August. There will be a special category for under 16s.

Look in the next Lifeline or on Facebook to see how to register.



PLANT AND CAKE SALE Many thanks to all those who donated plants and made cakes. Thanks also to all those who came along to serve. £644.44 was the final profit, to be shared between the church and Farleighs in Bloom.

GARDEN OPEN CANCELLATION.

The Smiths Hall Open Garden on June 25th has sadly been cancelled this year but expects to be back next year. Boughton Monchelsea Place is open on that day, providing some local alternative

LITTLE ANGELS



A mother and toddler group in West Farleigh Church 1pm every Friday in term time. From babies to pre-schoolers. Mums, Dads, Grandmothers, Grandfathers and carers all welcome. Coffee for adults, lots of toys and fun for the youngster

IT IS WITH SADNESS WE REPORT.....

Eddie Harrild of Goulston Villas passed away on Sunday 21st. Lifeline sends it condolences to Pat and her family.

Keith Bates died while on a cruise in South America. He will be missed by family and many village friends.

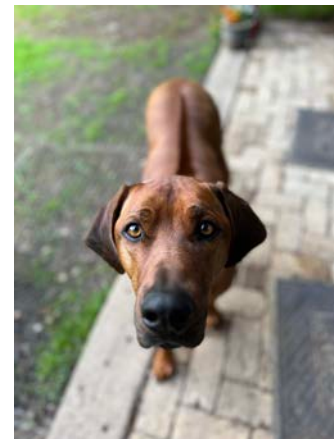
We hope to include obituaries in the next edition of Lifeline.

CANINE CORNER with Rebecca: The Rhodesian Ridgeback



One of my favourite breeds, I have one regularly to stay called Chester and I'm often told by my family I prefer him to them. This time of year you'll often find him snoozing in the sun as they adore warm climates.

The ancestors of this huge magnificent breed come from the Cape Colony in South Africa, where they were crossed with the first settlers and semi domesticated hunting dogs of the Hottentots after which they inherited the very distinctive 'Ridge', hence the name.



The 'ridge' is hair that grows in the opposite direction on the back in a stripe fashion. It starts at the shoulders and goes all the way down the entire back. It's more prominent when he's excited but you should clearly see this as a Ridgeback without a ridge is not considered a Rhodesian Ridgeback in the Hound category in the Kennel Club.

The original mission of these powerful athletic African dogs was to find and track down using their magnificent eyesight and hunting skills large prey usually lions, and prevent them from escaping until the hunter arrived. The hunters used the ridge as a selection process for a good hunting dog. Since then they have acquired the nickname "African lion Dog".



If you like variety then this is not the breed for you as they only come in one colour! Wheaten which is a tan-brown colour, or ginger needles that I endlessly find on my clothes furniture and car, ha! They are generally good family dogs, very laid back but will need a firm hand in the puppy stage and the ability to have a good walk every day.

They don't need much in the way of grooming but they do still moult. They are athletic in nature but are content with a good walk every day and will happily snooze a lot!

They are also incredibly greedy and will literally eat constantly. Don't fall for the impression they are starving! They always seem hungry. Chester has often got his head in the back of my fridge or forced to the bottom of a shopping bag even that of a stranger on a recent trip to Rye haha.

A trim Ridgeback is a healthy Ridgeback and any excess weight impairs their agility and health. Overall, he is an intelligent, sensitive, energetic and independent dog who loves and protects his family. He gets along well with children and other animals if introduced at a young age. He is reserved towards strangers but not aggressive or shy.

They are not known for their habit of destroying things and will happily sleep once they have had a sufficient walk and a crazy ten minutes of zooming around like a loon. They can be left for short periods but they love company and have a well developed social feeling so he likes to be where ever you are!!!

Why does my dog roll in fox poo?

Lots of studies have been done on this and there is no definitive answer but here are a few suggestions! Some studies have suggested that they may roll in animal waste or even carcasses so they can bring the scent back to the pack, or their family as time has evolved. This would tell other family members that they have found food or a predator.

Wild hyenas in Africa love to roll in their kills, covering themselves in blood and organs – quite gross, but researchers have noted the smelliest hyenas receive a lot of attention. And it is clearly a group activity the whole pack enjoys! Could rolling in smelly things be a kind of socialisation for dogs?

Perhaps dogs do this not to make themselves smelly but to leave their own smell on the poo?

Dogs have very strong senses of smell and often leave their scent to mark their territory or communicate. Rolling in fox poo could be your dog telling the next dog that comes along: 'Willow was here!'

Finally, and perhaps the most likely, is that they roll in poo because it's fun and enjoyable!

Certainly, many dogs appear to be having fun until their owner yanks them away tutting. Dogs have powerful noses, and the strong smells may be like perfume or aftershave to them. Some may even get a kick out of getting attention from their owner for their naughty deed.

But probably the reason why dogs roll in poo is a combination of all of the above and more. We may never know... but before we judge, we're sure that we do lots of things that our dogs find disgusting too!

Cleaning Up the Mess So, it may be fun for your dog but fox poo is smelly and makes a mess of the house! What's the best way to get rid of it? **Tomato Ketchup** massaged into the stain before a good shampoo usually does the trick! Well it does when Willow my Italian Spinone is on daycare haha



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Emily Hunter (from Yalding Surgery)

Emily explains the situation GP surgeries find themselves in at the moment. What applies to Yalding, probably applies to most of our local surgeries.

As a surgery, we are striving to become more transparent with our patients. In that light, we would like to take this opportunity to talk about the availability of appointments in our practice.

It is no secret that the NHS is under extreme amounts of pressure following the COVID 19 pandemic. An increase in demand for appointments combined with a major shortage of GPs means that practices all over the country are struggling to provide the patient care that you all deserve.

As a practice, we have unfortunately fallen victim to this. Waiting times for appointments are at an all-time high and our staff are struggling to keep up with the sheer volume of workload that has been placed onto General Practice.

However, we are desperately working to combat these issues. In this article, we'd like to share with you an insight into some of the problems we are facing as well as some of the measures we have in place to tackle these.

DNA appointments (or Did Not Attends) are a major drain on our time and resources. In March, 16 hours of GP time alone was wasted due to people not attending their pre-booked appointments. And almost 20% of patients booked in for asthma reviews in March did not attend. This has a direct impact on the service we provide and takes time away from patients who are in need of our resources and do attend to receive help.

We must also talk about the shortage of trained GPs in the country and how this affects practices. The British Medical Association reports that an average GP is now responsible for an average of 2,286 patients. This is 348 more than in September 2015. This increase in patients per GP brings along with it a substantial increase in workload and dramatic decrease of available appointments. However, it isn't all doom and gloom. As mentioned previously we are taking measures to remedy this. One of these is our increased access to enhanced services across the area. Examples of these services include but are not limited to:

- First Contact Physiotherapy – joint pain, soft tissue injuries, arthritis etc.
- Respiratory Hub – coughs, colds and respiratory infections
- Improved Access Clinic – Pre-bookable GP appointments out of hours
- Urgent Treatment Centres – Walk in centres for acute problems

When you call reception requesting an appointment, you may be signposted to these services. This isn't done to "palm you off" but instead because these services are the best suited to deal with your issue and are likely to be able to see you quicker. In fact, with the first three options, we are able to book you an appointment directly with them to be seen if not the same day, then usually within the next few days.

As an individual practice, we are also taking strides to increase our accessibility to our patients. As you may or may not be aware, Dr Fenton will be leaving the partnership at the end of June, although he will be staying on with us one day a week. However, we will be bringing on a new partner, Dr Dewar. This will increase the amount of appointments we are able to offer and we look forward to welcoming him to the surgery.

Lastly, we would like to say that we do appreciate and understand where you are coming from with your frustration towards waiting times for appointments. After all, many of us are experiencing the same thing with our own surgeries. We would love to be able to provide the same service that we did a few years ago, but sadly this is not currently possible. However, we hope that this has given a small insight as to what we are dealing with and how we are trying to improve this situation.

Pastoral letter from Becky Parnham

June, the month when the world seems to appear in full technicolour – as though a Polaroid photo which had been slowly developing and brightening through spring finally revealing the picture in all its glory. Flowers show off their splendour all around us in the gardens and the hedgerows. The sky becomes a brighter, sun steaked shade of blue and everything just feels a little lighter and more glorious.



One of the possible origins for the name of the month is from the Latin 'juniores' meaning younger ones and it is indeed a month when we feel the brightness and possibilities of youth. But it is also halfway through our year – maybe a time to look back to January and the rash New Year's resolutions you made or the hopes and dreams you had at the dawn of 2023. Or maybe it's a time to look forward to where you hope to be as 2023 draws to a close, are you already making plans as to how you will celebrate Christmas?

We all know that life can change in an instance – maybe this year has already thrown you a curved ball and you are not at all where you expected to be. Maybe your life looks completely different to what you'd thought it would and you find yourself having to change and adapt to a new, unexpected, set of circumstances. As Christians we have a sure foundation to hold onto, no matter what the world throws at us. From Genesis, the first book of the bible, to Revelation, the last, God promises to be with us, to care for us and to love us. It doesn't say that belief in God will make your life any less troubled or complicated, but faith does give us a firm anchor to hold onto.

So, this June, whilst the natural world is springing into warmth and technicoloured glory around us, why not take some time to pause and reflect on your year so far and, if you have faith, why not look to see where God has been with you, journeying alongside and keeping you safe.

Blessings,
Becky

Sunday 11th June

9.30am Communion — Lorna Faulkner

Sunday 25th June

9.30am Morning Worship – Becky Parnham

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Introducing the Captains (See front page)

The annual contest between the President's XI and the Village XI will take place on Friday 23rd June. At 6pm the two captains will toss a coin to see who bats first. William Norman will lead out the President's XI, and Matt Davis the Village. Last year the President's XI won by the narrowest of margins, for the first time in 5 years.



Your correspondent caught up with the pair enjoying a pint down at the Tickled Trout.

Interviewer: "So lads, are you prepared?"

Matt: "This will be my first time in this event, and I'm looking forward to it. I have never played in front of so many people, so I'm a little nervous. And rumour has it that Will is bringing in ringers from London..."



William: "Well, Matt's picked the cream of West Farleigh already! So a ringer or two just helps to even things up."

Interviewer: "What's the key to winning a match like this?"

Matt: "Batting. You need to be able to get out there and tonk that ball over Church Lane after a couple of beers. That's why we're here in the TT, training."

William: "And then there's the sledging. That's a big influence. How much can you take?"

Interviewer: "So, Matt, this year, you're the Captain of the WFSC

First XI, even though you're the youngest in the team. How did that happen?"

Matt: "I started young and cricket runs in the family. My Dad plays, and my brother. I played for the Under-8s in Bearsted, and then I played at school with Jack Prideaux and he introduced me to West Farleigh and we had a good season last year. We came 3rd in Division 3 of the Kent Village Cricket League, and we were SO close to being promoted."

Interviewer: "And, William, I think you've been playing for WFSC for longer than that?"

William: "I think I was 5 when I held a bat for the first time, playing in the garden with my brother. And I started with West Farleigh when I was 14. But I still look forward to the start of the cricket season every year as much as I did back then."

Interviewer: "Well, I'm going to leave you both to continue your "training", but I wish both of you hot and sunny weather on June 23, with lots of runs and wickets galore. And your name on the new Cup."

SPORTS REPORT

FOOTBALL A mixed bag of results for our 2nd X! in May, with a win, a loss and a draw!



We started with a 7-0 victory over Weald Wolves. This was followed by a 4-0 defeat against Five Oak Green. Finally a really good battling performance versus Kings Hill drawing 0-0.

NETBALL



Our girls have just begun their summer season, which did not start well They lost 54-20 against Kittens. Happily they rallied round and had a convincing win over Headcorn 39-2

CRICKET



Our first X! have also just started their season, playing against Kemsing we managed only 129. Eventually losing by just 4 wickets.

Don't forget the Annual Cricket Match!

Friday 23rd 5.30pm

This month's lucky Ton Up winners were:

128 Sue Roberts	£30
136 Katie Boseley	£20
126 Gary French	£10

Yours in sport Tel

TAKING YOUR PHONE TO THE MATCH? WHY NOT SEND PICTURES OF OUR SPORTSMEN IN ACTION TO editor@thefarleighs.co.uk. We can use them.



THE EVERGREENS

The Evergreens celebrated the Coronation with afternoon tea, and Jill Morgan's cakes, including a special red white and blue celebration cake. We reminisced about where we were at the last Coronation. Yes, most of us watched it on tiny 9" black and white televisions. We were taken from school to the local cinema to see it in Technicolour, a real treat.

We went to Nottcutt's at Pembury for lunch and some retail therapy. On June 13th Catherine is coming to get us to do some chair exercises. We will be having lunch on the 27th. If you are retired 2.30 for tea and 12.30 for lunch.

THE FARLEIGHS W.I.



What a fantastic afternoon our ladies spent at the Coronation Fete on the Recreation Ground, East Farleigh, where we served home made cakes and tea. Such a lovely atmosphere with families enjoying the entertainment and games.

At our AGM on 10th May we celebrated the Coronation with Cheese wine and games after electing our committee for the coming year. The speaker for our 14th June meeting will be Michael Smith giving a talk on Tom Crean, unsung hero of Antarctic Exploration.

We have a variety of events planned so far this this year: A Broadstairs day trip in June, in July a Birthday Cream Tea, in August Kinky Boots Theatre trip and on 29th November Tony Harris is making a return appearance when he will be presenting 'Horacio Poirot ' and solving a mystery disappearance.

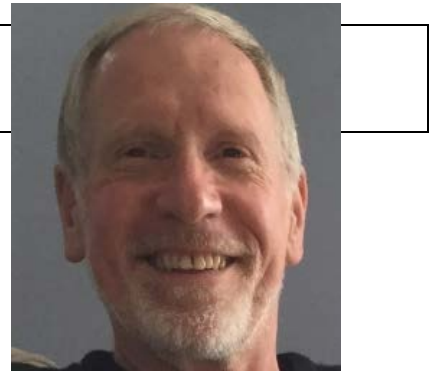
We look forward to meeting new likeminded members who would like to be part of our Farleigh group. If you are interested in meeting others, like craft or art, darts, walking or just talking- come along and join the other 200,000 women who are the W.I If would like more information on the W.I or any of our events please e-mail thefarleighs@wkfwi.org.uk

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**“They’ve made it again,
Which means the globe’s still working.”**

from *Swifts* by Ted Hughes, 1976

Imagine summer evenings without swifts. At the current rate of decline (sixty percent of swifts lost between 1995 and 2020¹) we could soon be experiencing swift-less evenings first hand. Why? Loss of nesting sites, as old buildings are refurbished, and new estates of seemingly hole-free houses are eating up the countryside is one main reason. Why is it developers that bestow countrified names like ‘Meadowlands’ or ‘The Orchard Quarter’ on their new estates (it adds a few grand more to the selling price than ‘Motorway View’ I suppose) are too mean to add a swift nestbox brick or two (a few pounds each) to every house?

The second is loss of flying insects (also sixty percent lost in just twenty years²). The relentless increase in intensive agriculture continues to add more and more insecticides and herbicides to the environment to kill both insects and the plants they depend on. I’m not criticising farmers – we are all to blame for demanding endless cheap(!?) food, of which we then throw away an estimated forty percent.³

A recent visit to a large local garden centre also offered a clue to why our gardens are swiftly (how ironic is that) becoming no-go zones for wildlife. I was relieved to find they were selling real turf and not plastic grass, but in thirty minutes on a warm, sunny May day in the Garden of England, next door to a small woodland, and surrounded by rack-upon-rack of brightly-coloured flowering plants and shrubs, I saw just one insect – an orange-tip butterfly. Was the explanation to be found in the shelf-upon-shelf of chemical pest and weed killers that we are constantly told are essential to a beautiful garden? Big profits for big chemical companies; even bigger losses for our environment.

Strangely, my relationship with The Farleighs’ swifts, and their confirmation that the globe is still working, is now regulated by the annual phone call Sheila makes to me from East Farleigh’s church to say they’re back - inside it! This year’s call came on 10th May to say one was flying around the vestry – not the nave where she usually finds one. Our efforts to trap and release it were unfortunately thwarted when it disappeared in a gap behind the coving between the ceiling and wall. It had scrambled down a cavity out of sight, and certainly out of reach.

A few days later came the call I was dreading – Sheila had found the vestry swift dead on the floor. Having emerged from its bolt hole it had obviously continued its endless circling of the room and, as it was found to be thirty percent lighter than a normal bird, had probably succumbed to starvation.

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But there was now a second bird circling the nave.

Several years of practice means we now net these birds in flight quite easily. They are examined – both these birds were females attempting to nest – measured and weighed, and then a ring is added to one of their tiny legs with a unique ID, to trace their origin should they be retrapped. Our live bird was close to the average weight so hadn't been trapped for long. As swifts spend their first four years of life on the wing before attempting to breed, it's likely our two birds were at least that old, so we can only guess how many hundreds of thousands of non-stop miles they had flown before entering the church roof via a gap in the tiles, and then a gap in the ceiling into the inside. Having been declared fit and healthy, our lucky intruder was taken outside and returned to the sky.

Editor: You can see a rather wonderful clip of that on thefarleighs.co.uk/this_month_in_the_air_.html

Farleigh swifts are lucky in that four nest boxes have been put high up on the external wall of the church (but not adopted yet) and they can still take advantage of holes in the ancient fabric for nesting. What they still face, though, is the seemingly relentless – but entirely preventable – decline of flying insects.

So, why not do your bit? Bin the chemical control and start to enjoy the wildlife in your garden while it's still there.

Ted Hughes could have finished his poem by pointing out that if no swifts means the globe has stopped working, it will mean no people too.

Ray Morris

(lepiaf@hotmail.co.uk)



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