Welcome to West Farleigh's own

LIFELINE



Just one of the beautiful gardens you will see as you travel around West Farleigh

WEST FARLEIGH EVENTS DIARY

Monday 15th & 28th Craft Club at the Gl
Sunday 6th July Village Cricket and BBQ
Friday 18th July Changeling Theatre Elmscroft House
Saturday 16th August Village Tallest Sunflower Competition

Written, managed, and distributed freely by West Farleigh residents. Edition 588 Editors: Stephen Norman, Helen Swan, Sue Birchall, Katie O'Connor Website: www.thefarleighs.co.uk Email: editor@thefarleighs.co.uk





Friday 18 July 10 – 1 Saturday 11 October 10 – 1



Smiths Hill Oast Smiths Hill West Farleigh ME15 oPG



rachelspreckleyart@gmail.com rachelspreckleyart.com

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GARDENING NOTES BY TINA WOODHAMS

July is a month where we can all get out and use our gardens for longer, be it sitting relaxing or sharing a glass or two with family and friends. So here are some tips for making the most of our outdoor space!

Water pots first thing in the morning and in the evening when it is cooler and direct sun will not evaporate the water before it has had chance to drain into the pot. Ensure that you water directly into the soil to feed the roots and not onto leaves or stems as this will cause your plants to rot. Place pots on a saucer or tray to reduce water waste. Adding a mulch on top of the soil will keep roots cool and retain moisture underneath.



Regularly deadhead bedding plants to encourage a longer flowering season, this applies to roses too and if you are lucky you may even get not just a second but a third show!

In the borders, cut back early flowering perennials that have faded to help ensure a second bloom later in the summer. Keep on top of the weeding! A short period of hoeing or handweeding regularly is better than one big weeding session (and less tiring) and will allow your plants to grow freely. Edging the lawn around borders prevents the grass from spreading into your beds whilst maintaining their shape.

Think ahead and sow delphinium, campanula, pansy, foxglove, geum and wallflower all for flowering the following year.

In the vegetable garden direct sow root vegetables such as carrots, beetroot and radish for an autumn crop together with french and runner beans and peas for a final crop in the autumn. Now is the time to think about sowing the crops that will feed you throughout the winter – including spring cabbage and perpetual spinach. Plant out brassica plants - purple sprouting broccoli, calabrese, cabbage and Brussels sprouts, and remember to net these to protect against bird and caterpillar damage.



Remain vigilant for pests and diseases. Contrary to us perhaps thinking that fungus is caused by wet conditions, it is actually the warm weather and dry soil which encourages powdery mildew, so it is important to keep plants regularly mulched and watered. Remove and destroy any leaves that are affected by this white powdery deposit. Adequate spacing when planting out will improve airflow and reduce

the possibility of mildew forming.



Aphids multiply rapidly in warm weather and can be removed by hand or with a quick blast using the hose, or a soapy spray made using washing up liquid and water. Encourage natural predators such as ladybirds and lacewings into your garden to feed on the aphids.

Don't be complacent about slugs! Although the dry, hot weather means less slugs are visible in our garden they are still lurking and all it takes is a few summer downpours to spur them into action again!

So with all this in mind, enjoy the fruitfulness of your gardens but, as the idiom states, "Don't rest on your laurels" and remain alert — Happy Gardening!

Separation Anxiety – by Rebecca Hawkins

Does your dog cry when you leave the house or even for a few minutes while you go to the bathroom? Since the pandemic more dogs suffer with separation anxiety than ever before. Ideally the training began as soon as you got your puppy but these steps can be implemented at any time.

For a young puppy, you represent everything! Nurturer, caregiver, and a source of safety. But what happens when you need to leave your furry friend alone?

The puppy is likely to react negatively to your absence. They may feel anxious and lonely, and the sudden lack of attention can be distressing. In response, they might exhibit behaviours such as barking, howling, crying, having accidents indoors due to stress, chewing on furniture, or a combination of these.

Initially, some pet owners may interpret this behaviour as affection, thinking, "Oh, he loves me so much!" until they discover their favourite shoes destroyed or their new couch soiled.

To avoid future issues, it's essential to start training the puppy from day one. Begin by leaving them alone for brief periods, start with just ten seconds while remaining in sight. Gradually extend this time to twenty seconds, then thirty, and so forth. Once your puppy can handle a minute without distress, repeat the process but this time, step out of their sight.

A crucial aspect of this process is to avoid making a big deal of your return. Exaggerated greetings can heighten their excitement and stress. Instead, reward calm behaviour with a treat quietly.



Practicing these short separations is vital for helping your puppy adjust to being alone. A common mistake is for new owners to take extended time off work to give their puppy constant attention, only to return to their usual routine suddenly. This

abrupt change can overwhelm the puppy, causing panic and confusion. Hence why many dogs acquired during the pandemic now suffer.

During this training phase, it's also crucial to moderate your interactions. Constantly indulging their need for affection can foster an unhealthy attachment. While it may be tough to resist those pleading puppy eyes, it's important not to cater to every request for attention. This helps prevent issues of dominance or over-dependence. Ignoring some of their demands will help them learn that they won't always receive immediate attention, particularly when you need to leave.

Additionally, help your puppy become accustomed to closed doors or the use of baby a gate and not allowing them to follow you from room to room will establish boundaries and promote their independence. Introduce keys, coats and shoes so that an association between these things and you leaving doesn't develop. If this happens, you may find yourself listening to whining and crying every time you put your hoody on because you're feeling a bit chilly.

Once you've mastered leaving him while you're still in the house, the next obvious stage is to start going out. Again, start small. Go into the garden for one minute without him. Gradually increase the time you leave him and reward a quiet stay with a biscuit, but no loud praise or attention. It is important to never make a fuss when coming or going.

The high stress of a big goodbye with lots of soothing will only lead to more anxiety, and an excited hello on your return will just leave him in a state of wild anticipation while you're gone. Overexcitement on both sides will only add importance and relevance to you going out. Instead walk out and come back in like it's all no big deal.

Remember not to punish any accidents or damage that have happened in your absence. He won't have done this to spite you, and by the time you get home, the dog will have forgotten what he's done and will only associate the telling off with you coming home. This will lead to a fear of your return, which will add to the stress and cause more, not less, chewing and toileting accidents.



A few tips that can help include:

- 1. Leave a radio (classical is a good choice) or the television on when you leave to fill the silence and stop the pup listening out for the sound of your car or footsteps. It can also sound like company.
- 2. Leave the house in your slippers or without your coat if the shoes and coat have become a trigger of anxiety. Similarly, try leaving through a different door, which the pup doesn't associate with you leaving.
- 3. Leave a video camera running so you can see when the behaviour starts to watch for triggers
- 4. Redirect any chewing by leaving the pup with a safe chew stick or toy.
- 5. If you work full time, hire a pet sitter or walker to take the dog out during the day and to offer some company and stimulation.
- 6. Always walk the pup and provide mental enrichment before you leave to burn off any excess energy and tire him out so hopefully, he will just want to fall asleep.

Remember that dealing with separation takes time, and it can be stressful in the short term, so have patience and put in the effort. It will all click in the end and the result will be a more self-assured and confident dog.

West Farleigh Craft Club



The craft group have been meeting every second Monday in The Good Intent to practice and learn all manner of skills and crafts. Our skill set is varied, most of us aren't expert but we have a great time.

Some of our efforts don't always go well but what comes out after a bit of input from all us is great, like this rabbit.



The focus at the moment is to get some poppies made to decorate our postboxes for Remembrance Day.

Do look out for our efforts closer to the date.



Some of us have also started making craft products for our annual Father Christmas event in December.

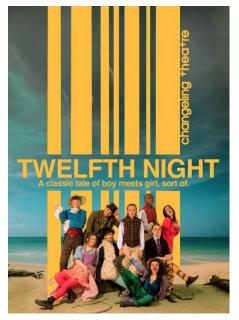


Great fun is had by all, if you would like to join us please just come along at 6.30pm (dates on the front page) – all welcome. There is no pressure to attend every time and no obligation – just come and learn and practice whatever your passion is (or you would like it to be).

In Memoriam



We are sad to announce that Eileen Stern from Markham Cottages, Charlton Lane passed peacefully away on 22nd June. Obituary to follow.



At Elmscroft House on Friday 18th July – Doors open at 6pm

Shakespeare's Twelfth Night – performed by The Changeling Theatre

Entrance at 7pm for a 7.30pm for 2 halves of about an hour each with a short 20 minute interval.

Bring seats, blankets, nibbles and drinks (Refreshments will be available to buy on the night including some Mexican nibbles!).

Free parking available at the Sports Ground car park – Charlton Lane

Unfortunately no dogs except guide dogs.

Tickets available on Ticketmaster

£25 Adults £15 children (age 12-18)

https://buytickets.at/westfarleighvillageevents/1538044







734888



PASTORAL LETTER FROM LORNA FAULKNER

As I was pondering what to write about in this month's letter, I struck on the idea of having a look in my Daily Prayer book at what saints' days and festivals fall in July. There are quite a few – big names too: Mary Magdalene, Anne and Joachim (Jesus' maternal grandparents) his great friends Mary, Martha and Lazarus. But the one I have chosen isn't a saint at all. July 30th is a day of commemoration for the social reformer, William Wilberforce.



William Wilberforce is well-known as one of the major voices in the – what would prove to be successful - campaign to abolish the transatlantic slave trade, and indeed slavery across most of the British Empire. He was a devout and passionate Christian believer. One of his advisors, as he wrestled reconciling his faith with his career in politics, was John Newton, an Anglican priest, a repentant former slave-trader, and the writer of the beautiful hymn, Amazing Grace.

What might be less well-known is that Wilberforce, born in Yorkshire, was, in fact, no stranger to our part of Kent: Two of his sons, Robert and Henry, were vicars of East Farleigh church in our Benefice. There is a grave plot down at East Farleigh, where William's wife, Elizabeth, is buried as well as other members of the family. He gave his last anti-slavery speech in Maidstone, just 3 months before his death in 1833, hearing just days before his death that the Bill for the Abolition of Slavery had been passed.

The Church of England has a special prayer for each day, known as the Collect. The Collect for July 30th contains these words:

'...grant that, as your servant William Wilberforce toiled against the sin of slavery, so we may bring compassion to all and work for the freedom of all the children of God...'

We are living in turbulent times; switching on the news of an evening can feel like an act of courage as we brace ourselves for reports of more unrest and suffering. We may not know how to solve the world's problems. We may not all be a Wilberforce and go down in history for our part in trying – but we can all choose, as he did, to bestow respect and dignity on our fellow human beings, and challenge others to do the same.

A prayer that we may work to 'bring compassion to all' is perhaps a very good place to start.

Lorna

SERVICES AT ALL SAINTS

Sunday 13 July 9.30am Communion Sunday 27th July 9.30am Morning Worship

WEST FARLEIGH IN BLOOM TALLEST SUNFLOWER COMPETITION



Judging for this year's tallest sunflower competition will take place Saturday 16 August.

There will be two categories, one for BIG people and one for those aged up to 16 years.

Please let us know if you would like your sunflower(s) measured by either emailing your name and address to

bloom@thefarleighs.co.uk or putting a note through the door of Hoppers Corner, or No.1 The Green, Charlton Lane asking us to 'please measure your sunflower'.

Please specify which category of the competition you are entering.

Gabby and Tina

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





THE EVERGREENS



The Evergreens cruised up the river from the town on the Kentish Lady. It started off a bit overcast, but having eaten our Fish and Chips the sun came out. There are some amazing properties along the river. Many not visible except from the river.

The boat was expertly taken into the lock at East Farleigh and manoeuvred under the bridge, with just inches to spare. There are many boats moored along the river on the north side. Many seem to be lived in. Some prettier than others!

We saw many beautiful blue dragonflies and a yellow wagtail. Unfortunately no one saw a kingfisher, although they are about. At our lunch meeting, we enjoyed homemade quiche and salad.

If you think you might like to join us Email Katie, or phone Helen 07710 442971.

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SPORTS REPORT BY TEL BAINES



FOOTBALL Our friends from Ringstedt in Germany will be coming to visit From 25 – 28th July for our annual football tour. Let's hope it is another enjoyable weekend!



NETBALL

After winning our two league games last month our girls have found it harder this time round with only one victory from four losing 37-33 to Alchemist, 36-24 to Phonenix the week after. Next a fantastic vistory over Foxy Wotsits winning by one goal 29-28 and then going down 39-29 after a good tight game against top pf the league Dragons.



CRICKET

A mixed bag this month saw our 1st eleven win all of their games, the first of which, a nail-biting victory over Bearsted finishing with a wicket in hand. This was closely followed by a win away to Southborough and then Stonewall - four wins in a row, let's hope we can keep the momentum going.

Not so the second eleven who have still yet to find a win despite competing valiantly in all of their games, a win is within touch. The losses against Four Elms, Pembury and Plaxtol where we were chasing 171 and ended on 105 were followed by a match against top of the table Bidborough losing 180-150.

CLUB NEWS

This month's lucky winners were:

43	Mick Back	£30
12	Peter King	£20
38	Eva Goldhagen	£10

Yours in sport, Tel (07761 355518)

Taking your phone to the match? Why not send your pictures of our sportsmen in action to editor@thefarleighs.co.uk. We will credit you.

More sports news on www.westfarleighsportsclub.com/



The Farleighs WI

Our monthly meeting in June was very well attended, with members delighted to hear from local treasure Mags Zac, who gave us a funny and enlightening talk on her time working in the prison service.

As well as our monthly meetings, we continue to offer a wide variety of activities and social events for local

women. We have an active arts and crafts group, where our members can learn new skills or continue to work on their personal projects. We are currently focussing on WIPs (works in progress) and UFOs (unfinished objects), but we love new ideas for any craft we haven't yet tried. The group is also open to any member who just wants to call in for a coffee and a chat.

Our darts group continues to meet at the Good Intent every Monday and our quiz team takes part in the Tickled Trout charity quiz each month. This month our book group will be discussing Big Sky by Kate Atkinson, so if you are a Jackson Brodie fan now is a good time to give the WI a whirl!

We also have an active lunch group, which does the rounds of local hostelries and eateries, and a walking group, as well as other regular opportunities for socialising with friends.

Our monthly meetings continue to be the second Wednesday of each month, 6.45pm for a 7.00pm start at the WI Hall in East Farleigh. At our next meeting, on 9th July, we will be having a talk and demonstration about belly dancing.

We are open to women of all ages and new members are always welcome. Check out our Facebook page, email us at TheFarleighs@wkfwi.org.uk, or just pop into our next meeting where we can guarantee tea, cake and a warm welcome.

Lynn Stout

President, The Farleighs WI





FLYING AROUND THE FARLEIGHS



What was it?

Did anyone guess from last month's cryptic clues - the bird written about by Chaucer, Shakespeare, Anne Bronte, Edgar Alan Poe, and mentioned in The Bible to boot? A once common species now distinguished by being the UK's fastest declining one, having lost 99% of its population since 1970 and is still declining – the remaining 1% fell by a further 15% of that in 2024! Fortunately, there are signs of



recovery since the EU imposed a temporary moratorium on it being hunted as it migrates through France, Spain and Portugal to winter in West Africa, although the ban is being relaxed again this autumn. It is, of course, the **Turtle Dove**. And the good news is it has been recorded three times this year in East Farleigh and Coxheath after being absent for many years.



Kent is fortunate in having a third of the country's breeding pairs, and a fair proportion of these seven hundred are found in the Low Weald around the Marden area. The tall hedgerows, patches of scrubby woodland hereabouts are ideal for nesting. Arable fields (they feed on arable weed seeds) and a multitude of ponds and streams provide the necessary food and water.

But being shy birds, they aren't often seen; their distinctive turr-turr song (hence their scientific name *Streptopelia turtur*) is not especially loud and they are one of the earliest performers in the dawn chorus. Commencing before – and peaking between - 5am and 6am their gentle purring tends to be drowned out by louder species and the inevitable traffic noise that comes later.

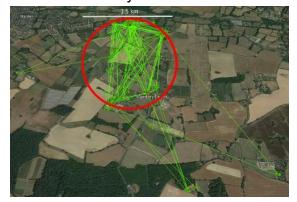
Help is at hand though as local farmers and landowners are working with a small group of Marden Wildlife volunteers and Kent Wildlife Trust scientists to establish how best to manage their land for the benefit of the doves. To do this, we need to update our knowledge of what the doves need and how they behave: how are they using the landscape now for their breeding needs? To do this we started tracking the doves in 2022 using coloured leg rings and following their movements (and survival) using strategically placed camera traps.

In '23 we began fitting them with GPS tags. Including this year, we have deployed eighteen tags - not cheap at a thousand pounds per tag.



So far, doves are showing some signs of adapting to

the changing environment inasmuch as some are travelling well beyond the traditionally accepted compact area for their breeding territory. In 2023, George, for example, spent most of his time in a small area around his nest, approximately fifteen hundred metres across, on the edge of Marden – roughly what the textbooks say.



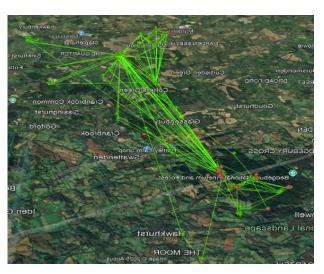
George's breeding territory, 2023

On the other hand, this year Adrienne has a nest in Bedgebury Forest, travels north to Staplehurst to feed close to the River Beult, and journeys south of Hawkhurst – we don't know why yet – almost to the banks of the River Rother. So much for the 'magic 300m' they are supposed to need: perhaps they are being driven by changes in land use and the climate, or reasons we have yet

understand.

Adrienne's breeding territory in 2025 – her nest is in Bedgebury forest.

Whatever the reasons for their changing fortunes, and despite the many, many hours spent searching and waiting for them to fit the rings and tags, then gathering the data from them, it has been a pleasure working with landowners and others who care about these beautiful birds. I am privileged to have had in my hands birds, not much bigger than a blackbird, that have flown



to and from Kent to sub-Saharan Africa as many as five times in their short lives. Yet, along with bats, newts and even swifts, leaders of our two main political parties lay the blame for politicians' inability to build new homes, on the shoulders of these remarkable creatures.

Ray Morris





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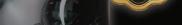
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