

IGHTHAM MAGAZINE

OCTOBER 2025

**PUBLISHED FOR THE COMMUNITY
BY ST PETER'S CHURCH**

£1.00



Services in the Benefice in October 2025

Ightham

Wrotham

Sun 5 Oct	9am	Breakfast@Church	10:30am	Holy Communion with Healing Prayers <i>Harvest Festival</i>
	6pm	Evensong		
Sun 12 Oct	10am	Holy Communion <i>Harvest Festival</i>	9am	Breakfast@Church
			10:30am	Service of the Word
Sun 19 Oct	10am	Service of the Word	10.30am	Holy Communion
	6pm	Evensong		
Sun 26 Oct	10am	Holy Communion	9am	Breakfast @ Church
			10:30am	Sung Matins

WEDNESDAY MORNINGS AT IGHTHAM

1st October	10am	Holy Communion
8th October	10am	Morning Prayer
15th October	10am	Holy Communion
22nd October	10am	Morning Prayer
29th October	10am	Holy Communion

ST PETER'S NEWS

Improvements to the Churchyard

We have a number of trees that are becoming increasingly unsafe or are causing problems within the churchyard. Having received the relevant permissions from TMBC and the Diocese, we have been waiting for the end of the bird nesting season to undertake the planned tree works and these will now take place in October. We have plans to plant native trees and hedgerow to replace them - not necessarily in the same place to avoid repeating these problems! If you have any questions about this work, please speak to Naomi, the churchwarden and if anyone would like to help with planting the replacements do get in touch with a member of the Green Team.

SAVE THE DATES!

Benefice Harvest Supper will be held at 7pm on Saturday 11th October at St George's Wrotham. If you'd like to join us, please add your details to the booking link here: <https://forms.gle/LTzxc9wLCz5sPRni6>. A collection will be taken in aid of the Poverty and Hope appeal.

Harvest Holy Communion will take place at 10am on Sunday 12th October at St Peter's Church and it will be led by Archdeacon Nick Cornell. All are welcome to attend and any donations of store cupboard foods will be donated to Borough Green Food Bank.

In Loving Memory - an opportunity to reflect and remember loved ones we have lost. Taking place at 4pm on Sunday 26th October; during the service there will be an opportunity to light a candle in memory of your loved one and the service will be followed by tea and cake in the Church Centre.



Penny for your thoughts...

October is a wonderfully seasonal month! It always seems to be richly atmospheric in so many disparate ways. It's a month of whimsy – of russet hues, crisp

and rustling leaf floors, misty mornings, wood smoke scented evenings and often just the right level of chill to remind us that we're hovering expectantly on the cusp of winter. Then there's the associations with pumpkins and Halloween; harvest festivals and displays of red-cheeked apples, golden sweetcorn heads and the return of comfort food – crumbles, stews and scrumptious winter vegetables! It's a

month which is all about colour, texture but above all about feeling. There's an intangible air of mystery, whimsical sentiment and tenuous sadness as we say 'au revoir' to previously vibrant months. This is the feeling which underpins All Souls, and the reflective service which remembers those we have loved and lost. It's a service both of celebration for lives well lived and loved, but also of autumnal sadness and loss. October as a month says it all – the warmth of colour but with a seasonal reminder of an impending year end. We hope this month's magazine is exactly that – cheerily harvest hued, but with just that hint of past glories and associations. As Ecclesiastes says, 'To everything there is a season . . .'

Penny Cracknell

CONTACTS

The Benefice of Ightham and Wrotham THE PARISH OF ST PETER'S, IGHTHAM

Registered Charity No. 1136162

Rector: Parish in vacancy
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Benefice Administrator: Jane T: 07940 547310
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IGHTHAM MAGAZINE

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Copy deadline for the Nov edition is 15th Oct

IGHTHAM TENNIS CLUB

Summer Championship Tournament 14th September

The flagship event of our year! Finals Day is the culmination of matches played by members throughout the summer. This year it was almost derailed by incoming stormy weather but with some last-minute rescheduling, we managed to get the last match finished as the rain started to fall. Our TigerTurf courts are all-weather but we wanted to avoid getting wet!

Our finalists entertained spectators with exciting play and some spectacular shots. Congratulations to all!

Ladies Singles: **Anna Willans** runner up
Maria Dunbar
Men's Singles: **David Lampitt** runner up
Jon Dale

Ladies Doubles: **Jody Ledger & Sam Tronson** runners up
Julie Graham & Gillian Quinney
Men's Doubles: **David Lampitt & Rory Corstorphine** runners up
Lee Bakewell & Darren Lock
Mixed Doubles: **Jody Ledger & Jon Dale** runners up
Sharka Daniells & David Lampitt



Special congratulations to David Lampitt for reaching all three finals – and also for being the Tournament Organiser.



PLAXTOL LOCAL HISTORY GROUP

The History of Firefighting in Kent

Our speaker Clive Bradburn was a firefighter who joined the service in 1963 age 15, and spent 26 years there, retiring in 1989. He is now a volunteer at the fascinating Kent Firefighting Museum, West Kingsdown. Clive has a Plaxtol family connection; his great, great, great grandmother was Mrs Hayman, the subject of the well-known, unforgettable photograph of her sitting in her Dux Lane cottage kitchen. She had 18 children; sadly 6 died.

During the 1666 Great Fire of London the fire was controlled by fire breaks, including the defensive destruction of threatened houses. The first fire brigades were set up in Victorian times by insurance companies, to reduce their losses. They owned their own fire engines and trained their crews. The Museum has an excellent collection of fire marks found on houses who had paid insurance. Gradually towns began to have their own engines. A historic red horsedrawn fire engine with brass fittings called the “Bromley Steamer” is the crown of the Museum’s collection. It would take 20 minutes to get the steam up at the rear of the engine ready to pump water. We were shown round glass containers called

fire bombs, kept in the house filled with water. Other exhibits were hand pumps, leather buckets, hose carts and hooks for pulling down houses.

The Fire Brigades Act of 1938 required every Council to provide adequate fire service. The 1939 start of war marked the birth of the National Fire Service. Clive was very excited to be allowed to attend his first fire, helping to clear up and with his photograph in the local newspaper. Most of us will remember the 1968 nine-week fire brigade strike, with Army-manned “Green Goddess” old fire engines being called into service. Historically firefighters could be called to any emergency (fires, floods and cats in trees), via a red telephone in the station.

Clive Bradburn’s talk was illuminated by personal anecdotes of successes and tragedies. The Kent Firefighting Museum is a gem, and fun for children who can enjoy climbing freely on an old fire engine.

Next talk: Tuesday 14th October, 8pm in Plaxtol Memorial Hall with David Carder giving the Founders’ Lecture on Exploring Kentish Castles.

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Dear Friends and Parishioners,

October is a month of turning — of leaves, of seasons, and often of hearts. As the days grow shorter and the air turns crisp, we find ourselves surrounded by signs of abundance: apples ripening, fields being gathered, and homes filled with the scent of autumn cooking. It's a time when the Church traditionally celebrates Harvest Festival — a joyful moment to give thanks for all that God provides.

Harvest is more than a celebration of crops. It's a reminder of the rhythms of grace. Just as the earth yields its fruit in the right season, so too does God's faithfulness unfold in our lives. In Philippians 2, we're reminded of Christ's humility — "He emptied himself... and became obedient to death — even death on a cross." And in John 3:16 – 17, we hear the heartbeat of the Gospel: "For God so loved the world that He gave His only Son... not to condemn the world, but to save it." These words remind us that God's generosity is not seasonal — it is constant. Whether we are in times of plenty or in seasons of waiting, His love remains.

And speaking of waiting, we continue to pray and prepare for the appointment and then arrival of our new Rector. This time of transition is not idle — it is active with hope, with prayer, and with the quiet work of community. Let us use this season to

strengthen our bonds across the churches in our benefice, deepen our faith, and ready our hearts for the



new chapter ahead. In this month's Magazine, you'll find reflections, events, and opportunities to gather, including our joint Harvest Supper. So whether it is in worship, fellowship, or service, I encourage you to join in. Together, we are the Church — rooted in gratitude, growing in grace.

With every blessing for a fruitful and peaceful October,

Michelle Lawson



Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously.

2 Corinthians 9:6

IGHTHAM IGHTHAMS

On Saturday 11th October we will have our monthly Men's Breakfast at the George and Dragon in Ightham, at 8.30 am. This continues our monthly visits which have taken place for over 15 years. We enjoy an excellent full English breakfast on the second Saturday of the month.

We will be very pleased if any newcomers would like to join us for some good conversation over a leisurely breakfast in lovely surroundings. If you would like to join us and / or would like to have a regular reminder, please can you let me, John Webster, know via email:

jnhjk.webster@btinternet.com;

or phone: 01732 884819.

MEN'S BREAKFAST

SATURDAY FULL ENGLISH



ST PETER'S COMMUNITY COFFEE SHOP

We offer a warm welcome, good company, delicious food and drink. Cash or cards accepted!

Toys are available for younger visitors to play with.

Two of our greatly valued helpers are stepping down and I would love to hear from anyone who would be happy to come and help once a month either by helping and baking, baking or helping.

Please contact Jenny Webster - jnhjk.webster@btinternet.com 01732 884819 07752463238



10.15am
to 11.45 am

Church
Centre

The charity for October is the Foodbank at the Church of The Good Shepherd in Borough Green.

People very kindly leave donations of food in the box at the back of the church but the Foodbank also needs funds to top up these donations. 50% of our takings are given to our nominated charity and 50% to St Peter's Church.

MORE IGHTHAM IGHTHAMS

Interregnum Help

Any questions or offers of help during the vacancy, please contact Jane admin@ighthamchurch.org.uk or Naomi churchwardens@ighthamchurch.org.uk For further information, please see the Benefice News elsewhere in the Magazine.

Welcome to Ightham Booklet

New to the village? Please contact the Parish Administrator for the latest edition of this useful booklet. E:

admin@ighthamchurch.org.uk



Ightham Magazine

Subscribe to the Ightham Magazine and keep up to date with local news and events; read the latest Parish Council deliberations; and find contacts for local trades. The annual subscription is £10, for 10 issues delivered free to your door. Payment can be made by standing order, cheque or cash. To subscribe, please contact E: magazine@ighthamchurch.org.uk

St Peter's Church Parent, Baby & Toddler Group

New to Ightham? New mum at home? New child carer?



**Thursday
10 - 11.30 am
(term time only)
in St Peter's
Church**

From napping newborns to toddlers on trikes, this friendly and welcoming group would love to see you! Come along to meet local Mums and carers over coffee/tea, and yummy home-baked cake.

Need to know more?

The Group's leader, Kirsty Mitchem, will be delighted to hear from you. T: 01732 885072.

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BOROUGH GREEN MEDICAL PRACTICE

Routine Testing Programmes

Bowel Cancer Screening

Men and women aged 60 to 69 every 2 years. People over 70 can request a screening kit by calling the Freephone helpline 0800 707 6060.

Breast cancer screening

All women aged between 48 - 73 will be invited every 3 years. This is a rolling programme which means it invites women from GP Practices in turn; not every woman received an invite as soon as she is 48 but she will be invited before her 53rd birthday.

Cervical Screening

All women between the age of 25 - 64 are eligible for a free cervical screening test every 3 to 5 years.

Age group (years):

Frequency of screening:

25 First invitation

25-49 3 yearly

50-64 5 yearly

65+ Only screen those who have not been screened since age 50 or have had recent abnormal tests.

Abdominal Aortic Aneurysm Screening

Men over 65 are more likely to have an abdominal aortic aneurysm (AAA).

The NHS AAA Screening Programme invites men for screening during the year (1st April - 31st March) that they turn 65. Men over 65 who have not previously been screened or diagnosed with an aneurysm can request a scan by contacting the Kent & Medway AAA Screening

Programme on 01227 868775 or by emailing kent.aaascreening@nhs.net

Influenza Vaccination

Annual 'Flu' jab for at risk groups and over 65s.

Shingles Vaccination

Healthy individuals aged 70 - 79 are eligible, and those aged 60-70 will become eligible in stages over the next 5 years, becoming fully eligible at 70. Additionally, anyone aged 50 or over with a severely weakened immune system is eligible.

Respiratory Syncytial Virus (RSV)

RSV vaccination is offered to protect against RSV, a common virus that can cause serious illness in babies and older adults. The vaccine is recommended for pregnant women (at least 28 weeks pregnant) and for adults aged 75 - 79.

Prostate Screening

The NHS doesn't offer routine screening for prostate cancer, but men aged 50 and over can discuss PSA testing with their GP. If a man has symptoms that suggest prostate cancer, a GP will likely perform a PSA test and potentially a digital rectal examination (DRE).

NHS HEALTH CHECKS

The NHS Health Check programme aims to help prevent heart disease, stroke, kidney disease and certain types of dementia. Everyone between the ages of 40 - 74, who has not already been diagnosed with one of these conditions or have certain risk factors, will be invited (once every five years) to have a check to assess their risk of heart disease, stroke

and kidney disease and will be given support and advice to help them reduce or manage that risk.

If you're in the 40-74 age group without a pre-existing condition, you can expect

to receive a letter from your GP or local authority inviting you for a free NHS Health Check. Don't worry if you haven't got your invitation yet, as you will be invited for one over the next few years.

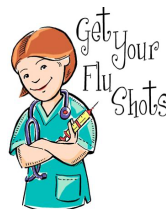
Borough Green Medical Practice

Seasonal Flu Immunisations

Flu Clinics for all patients of Borough Green Medical Practice who are *eligible to receive the influenza vaccination, will be run on **Saturday 4th October and Saturday 11th October 2025**. Clinics are available to book now on 01732 883161.

*Eligible patients are:

- aged 65 or over on 31/3/2025;
- Patients aged 18-64 patients who suffer with:
 - Asthma (and are on current repeat medications) or COPD,
 - Diabetes,
 - Kidney disease,
 - Liver disease,
 - Heart Disease,
 - Neurological/Stroke patients;
- a BMI of 40 or more;
- a compromised immune system; or
- on certain medications.



The children's annual flu nasal spray vaccine is offered as a free yearly nasal spray to all children **all children aged 2 or 3 on 31 August 2025** registered at Borough Green Medical Practice, to protect them against flu. The nasal spray flu vaccine has very few side effects – the main one is getting a runny nose after vaccination for a few days.



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OCTOBER – spooks, spells and spectaculars!

- Halloween Magic – 26 October at Lullingstone Castle. Pumpkin carving (£5 cash donation), spooky garden tours and more! The Manor House is also open (11 am – 4 pm).
- Wizardry wonders, sorcery and spells and all things potions are the Halloween Half Term themes at Penshurst Place, 18 October – 2 November.
- Riverhill Himalayan Gardens Pumpkin Festival 18 October – 2 November; BYO pumpkin carving and garden pumpkin hunt.
- For the ultimate spooky experience book a Hever Castle Haunted Castle Tour, 29 – 31 October.
- Night time viewing with a difference at Bore Place with a Biofluorescent Night Walk, 22/28 October. £15/£8 children 7+. Booking required.
- It's all gardening treats and tricks at Great Comp Garden's Bulbs 'N Things Autumn Fair, 11/12 October.
- Get creative at NT Ightham Mote with a spellbinding book art workshop. Learn the art of book folding and bring a spooky character to life. 11 October, ages 16+. £22.50 inc light refreshments. Booking required.
- New! An after school spine-chilling children's Spooky Writing Workshop with Lucy Strange at Sevenoaks Book Shop 29 October, 5 – 6 pm. £15. Or just visit to find that special half-term book!
- Revisit a perennial classic with NT Live at Sevenoaks' Stag. Mrs Warren's Profession, Thurs 23 October.

Check websites for full booking and ticket details.

All book worms should head to Borough Green and Sevenoaks Libraries where they'll find a cornucopia of literary delights, including children's activities! Check the Kent Library service website <https://www.kent.gov.uk/leisure-and-community/libraries> or call T: 03000 41 31 31 for opening hours and up to date information.



Ramblers - October 2025

Stroll or stride . . .

with our friendly group of Kent Ramblers, part of the national Ramblers walking organisation.

You don't have to be a Ramblers' member to sample a few walks to help you decide if you'd like to join. If you're new, we suggest contacting the walk leader beforehand to check their walk's suitability.

October's walks cover heritage, history and horticulture – not to mention glorious Autumnal hues. Full details can be found on [Upcoming Walks](#) link or [Facebook page](#) or E: info@tonbridgeandmallingeramblers.org.uk



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IGHTHAM WI

After the warmest summer on record, we came down with a bump to welcome rain, desperately needed for our gardens, reservoirs and rivers.

This change was echoed with our newly appointed President, Helen Johnson, hosting her first meeting. As usual, a full friendly crowd filled the Village Hall, which included members on Zoom (one from France) plus two visitors. The President firstly thanked all members for their hard work in catering for Ightham Mote's 40th birthday celebratory tea which resulted in a healthy bank balance. Various other reports were made.

Our speaker, Elizabeth Knight, came aptly dressed in period costume to talk about the life of Jane Austen. Elizabeth has been a volunteer at Jane Austen's Chawton home (now a museum) for over ten years. This year is the 250th anniversary of

Jane's birth in December 1775. Jane was the youngest in a family of six brothers

and one sister. Her father George served as a Rector and also ran a boys' boarding school, so Jane had access to a well-stocked library from an early age.

Jane Austen is recognised across the globe, falling just behind Shakespeare in the popularity stakes. Jane's life was short, dying at just age 41 in Winchester in July 1817. Nonetheless she wrote six novels: Sense and Sensibility, Pride and Prejudice, Mansfield Park, Emma, Northanger Abbey and Persuasion. Austen's novels have never been out of print, probably due to the fact that her work is timeless, and the characters still relevant and relatable today.

theWI
INSPIRING WOMEN

October meeting:

Tim Hall presenting Emergency First Aid.

New members and visitors are always welcome. Any enquiries, please contact Helen Johnson, President, Ightham WI. E: happyflowers@live.co.uk



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FROM YOUR MEMBER OF PARLIAMENT

I have a strong desire for more buses serving our community. One of the ways you can ensure our bus services are as good as they can be is by letting me know any issues or concerns you may have. I am always interested to hear the experiences of anyone who uses our local bus routes, including our children.

That's why I run a School Bus Survey each year. With the new academic year having now started I have opened my 2025 survey to find out which services are working well, and which need improvement over the first few weeks of term. If you, or someone you know, has children of secondary school age, please ask them to complete my annual survey so they can have their say. I would also like to hear from anyone who has children of secondary school age who could get the bus to school, but chooses not to. Why is that, and what would make you consider getting a bus to school instead of another transport means?

Autumn is always a tricky time for any parent, with our children going into a new school year and sometimes a new school entirely. This brings a change to the routine and our travel plans too. With this being the case it's more important than ever to let me know your thoughts so that I can raise these with the relevant operators and Kent County Council. I meet regularly with our local bus companies and I am able to raise these issues with them directly.



The 2025 School Bus Survey is available on my website or directly using this link – www.surveymonkey.com/r/2025SchoolBusSurvey.

Please do share this with any friends and neighbours who have children who get the bus to school, or who might wish to use one of our local bus services but hasn't yet. If you can't access the survey but would like to share your thoughts with me, please use the contact details below:

Contact details:

E: tom.tugendhat.mp@parliament.uk
T: 01732 441563

Post: 130 Vale Road, Tonbridge, Kent
TN9 1SP

Web: www.tomtugendhat.org
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Best wishes

Tom

Tom Tugendhat MBE MP - Member of
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REPORTING COMMUNITY ISSUES

TMBC Refuse Collections: Click on the link below for all refuse questions: <https://www.tmbc.gov.uk/bins-waste/check-waste-collection-updates>

Highway problems including potholes, drainage and overgrown roadside foliage: <https://www.kent.gov.uk/roads-and-travel/report-a-problem>

Community Police Contact:

Our local contacts are: Inspector Terry Newman;
Sgt Nick Atkinson; PC Dylan McElligott and Irina
Mgebrisvili, Community Liaison Officer - PSE.



Call 101 if you need to contact the police for a non-emergency; 999 for an emergency or report issues with a simple online [form](#).



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Making music at Ightham School! This is just one of the many experiences which enrich the lives of our village primary school pupils. We can't wait to tell you about the excitements, challenges and fun times which the young people are enjoying this academic year.

The Friends (registered charity No.1192718) play a vital role in the school. They are extremely grateful for the support received from the community and are always keen to hear from potential new 'Friends'. Please do get in touch by contacting Mark Keenor on 07770 440343.



FRIENDS OF IGHTHAM SCHOOL

If you would like to know more about Friends of Ightham School, make a donation or see how you can get involved please do get in touch by contacting Mark Keenor on 07770 440343

Friends of Ightham School
Registered Charity No.1192718
Natwest Business Current Account
Acct No. 83188312
Sort Code:51-81-07



SHIPBOURNE FARMERS' MARKET



The summer is well and truly over when it comes to food, so it's the month to rediscover the delights of colder weather eating with all the wonderful harvest of ingredients at our disposal. Our fresh fruit and vegetables are at their best. Onions, leeks, beetroot, carrots and tomatoes are all full of flavour at this time of year whilst the wonderful array of squashes and pumpkins offer so much more for the cook than just as lanterns for Halloween. Root vegetables such as parsnip, swede and celeriac are all wonderful roasted or mashed and perfect with new season's game. Use them in soups, stews, curries and pickles for rich seasonal colour and taste. Kentish cobnuts, walnuts, hazelnuts and chestnuts have been harvested – try them now when they are 'wet' and discover a whole new intensity of flavour. Use in autumn salads or scattered on meringues and in fruit compotes - delicious.

We have a much larger variety of apples at the market than at supermarkets so try different varieties. Bramleys for cooking – it's definitely crumble season - and making into chutneys and jellies to enjoy through the winter. The later ripening varieties are good for keeping so you will be able to enjoy from now until next summer. Plums will finish soon but autumn fruiting raspberries are still available.

Much of our seafood is at its best caught from colder waters so as the sea temperature drops this month, fish just gets better and better. Sea bass, haddock and Dover sole will be fishing well. Remember the better the quality of the fish, the simpler it needs to be cooked.

The changing season heralds a longing for richer, more comforting meat dishes and it's the start of

the game season with pheasant appearing once again at the market. Use it as chicken – cubed breast meat works perfectly in curries, stir fries or just marinate the whole breasts and cook on the griddle. Lean and tender, it suits quick cooking methods such as frying and grilling. Try with mushrooms, the perfect partner for seasonal game.

Stall Update: We are delighted to welcome new stallholder Liz Reid to Shipbourne Farmers' Market. Liz is a baker, preserver and recipe developer and will be offering a selection of her delicious homemade savoury and sweet pies. Her first week at the Market saw her sell-out in the first hour and her delicious menu included dauphinoise potato and caramelised onion pie, honey and mustard sausage rolls, mixed berry fruit pies and the "Shipbourne" pasty.

Finally, (and just whispering the "C" word in October) we are excited to announce our first Shipbourne Farmers' Market Christmas card competition. Open to children aged 11 and under, entries can be posted in the box at the Market until the final October Market on 30th October. The winning entry will be professionally printed and sold in packs of 5 cards at the Market, with all profits being split between St Giles' Shipbourne and Shipbourne Village Hall.

To find out more about Shipbourne Farmers' Market and to sign up for the weekly e-Newsletter, visit www.shipbournefm.co.uk

COOKERY CORNER

SILKY SQUASH RISOTTO

Serves 4 / not too tricky

Ingredients

- 1 butternut squash (1.2 kg)
- 1 bunch of fresh marjoram (20g)
- Rapeseed oil
- 1.2 litres vegetable or chicken stock
- 1 onion
- 1 stick of celery
- 300g Arborio risotto rice
- 150ml dry white wine
- ½ a lemon
- 50g parmesan cheese
- 1 knob of unsalted butter

Method

1. Preheat the oven to 180c/350f/ gas 4. Scrub the squash (there's no need to peel it), carefully halve it lengthways and de-seed, then chop into 2cm chunks (the seeds can be roasted and sprinkled on top).
2. Place the squash in a roasting tray, pick and chop most of the marjoram leaves, then toss with 1 tablespoon of olive oil or rapeseed oil and a pinch of sea salt and black pepper. Roast for 1 hour or until soft and caramelised.
3. With 20 minutes to go on the squash, simmer the stock over a low heat. Peel and finely chop the onion and celery, then place in a high-sided pan on a medium heat with ½ a tablespoon of rapeseed

oil. Cook for 10 minutes, or until softened but not coloured, stirring regularly, then stir in the rice to toast for 2 minutes.

4. Pour in the wine and stir until absorbed. Add a ladleful of stock and wait until it's been fully absorbed before adding another, stirring constantly and adding ladlefuls of stock until the rice is cooked. It will need 16-18 minutes.
5. Remove the squash from the oven and mash up with a fork, leaving some chunky pieces. Stir through the risotto about halfway through.
6. When the risotto is done, add enough extra stock or boiling kettle water to make the risotto oozy, then finely grate in the parmesan and beat in the butter.
7. Cover the pan, turn off the heat and leave to relax for 2 minutes. Stir, season and plate up sprinkling the remaining marjoram leaves and roasted seeds on top. Delicious topped with tenderstem broccoli or crispy pancetta.

Stallholder Shopping List:

- Veg and herbs – Watts Farms
- Rapeseed Oil – The Cooperative Stall

Taken from www.jamieoliver.com

BRAIN MATTERS...

Exercise Matters...

With a whirl and a gust we're thrust into autumn and start our journey into shorter days and cooler nights. It's a time to buckle down and focus on school, work and life. Attention may start wavering so how do we pull ourselves back on task?

Cuteness! We've all seen those cute animal videos of kittens, puppies and ducklings and so on pop up, and we might disregard it as part of the scroll of doom. However, several studies have shown that spending some time watching cuteness helps to boost our focus, narrow attention and improve task performance. You may be wondering how? Well viewing cute kittens and puppies lights up the same pathway for motivation, bonding and emotional focus by activating our dopamine pathway. Research showed that those that viewed cuteness videos briefly before a task were more accurate and careful in their work as well as better in fine motor tasks and visual detail tests. They also



made fewer mistakes and were more careful with their hands.

How does the dopamine pathway do this? Essentially it helps nudge our focused engagement. It's not about emotion or sentiment; it's a measurable short-term change in the brain. This focus hones in on our base instincts of social and survival impulses. What's fascinating is that a 30 second scroll can be

more effective than coffee in boosting our attention when we're tired or feeling distracted. As the brain recognises cuteness it subtly increases mental attention. It helps to not only calm our systems but also to enable a greater focus. Furthermore the results were replicated not just in those who were animal lovers or parents - it spanned adults of all ages. This links up with the fact that it's a natural tendency we can all tap into.

So the next time you're feeling a bit bogged down by work, a task or just life, take a pause and give yourself a cuteness break.

Chantal Montebello-Ealey



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Vice Chairman: Cllr Michael Holden

Parish Clerk: Mrs Sarah Huseyin
T: 01732 886402
ighthamclerk@gmail.com

Councillors: Cllr Steve Burgham
Cllr Carol Clark
Cllr David Emmett
Cllr Stephanie Gunson
Cllr David Hall
Cllr Tamsin Hogarth
Cllr Kirsty Mitchem

AN EXTRACT OF THE PARISH COUNCIL MINUTES Tuesday 21 Aug 2025

(Full Minutes can be found at www.ightham.org or by emailing the Clerk)

REPORTS FROM COUNTY COUNCILLOR & BOROUGH COUNCILLOR:

County Cllr Rayner reported that on local government reorganisation (LGR), the current administration has announced that they would like a countywide unitary authority, with a mayoral authority within it, combined with 3 sub-divisions. They have not specified what those divisions would be. However, they are likely to be similar to previous proposals. Medway has put forward a 4-unitary model with some changes; TMBC a West Kent Unitary comprising Tonbridge & Malling, Tunbridge Wells, Sevenoaks and Maidstone. The proposals will be considered by the Minister in November and are

currently taking up all resources at County Hall. Cllr Rayner raised concerns that there has been no consultation with the public and there seems to be minimal appetite for public interest. A decision isn't due until Spring 2026 which leaves little time for organising the new arrangements for May 2028 commencement. Cost hasn't been mentioned and with KCC already having £1bn debt, it is a concern. Cllr Emmett said that he had contacted KCC regarding Old Lane and hadn't had a response so would be contacting Maidstone Magistrates. Cllr Rayner said that he would be happy to be a witness if required. Cllr Betts reported that with LGR, there was uncertainty in TMBC capital projects planning. TMBC is looking at what can be achieved before reorganisation takes place. Projects such as the Angel Centre and new temporary housing at Bluebell Hill are in jeopardy unless contracts can be organised quickly. Cllr Betts reported that there is a second phase of the West Kent Rural Grants Scheme which offers matched funding up to a maximum of £20k. There may be further rounds of funding until the money runs out. TMBC offices are being refurbished at Gibson East, Kings Hill and staff have been moved into Gibson West.

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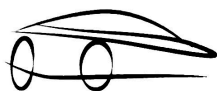
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Once completed, Gibson West will be sold off; it is a listed building and costs approx. £1/4 million to run each year. A recent survey of residents to determine whether Tonbridge should have a separate town council showed 72% were in favour, 23% opposed and 5% were unsure. Only 12% residents voted. TMBC will be meeting next week to discuss the next steps. Cllr Rayner reported that the Minister had just announced that there would be no new councils until LGR.

Cllr Betts announced that a new Enforcement Officer had started at TMBC.

Cllr Betts reported that he had information on litter, following a query raised by Cllr Mitchem: The budget for 2025/2026 is £1m which covers street cleaning, litter picking, bin emptying, highways sweeping and fly-tipping. Areas are zoned according to a national code. Cllr Betts was unsure of frequency. The greatest challenge for rural areas is safety of litter pickers where there are no footpaths. Cllr Holden commented that these are the areas that residents are concerned about and risk their own safety cleaning up.

There will be a meeting to discuss the Local Plan next week; Cllr Betts estimated that the call for sites (Reg 18B) would happen in October.

Cllr Willingham asked Cllr Rayner about the sale of KCC offices. Cllr Rayner said that the refurbishment of Invicta House has been halted, and it will be sold off making savings of

£14 million. Sessions House will be retained but it costs £4m a year to run. Any further spending in advance of LGR will only exacerbate KCC's debt.



MATTERS ARISING

Highways & PROW Matters: HIP update – The 20mph scheme at Oldbury is currently with the Head of Service at Highways awaiting sign off under delegated authority and we should hear about the next steps soon. We had enquired about sites to erect pedestrian warning signs on A227 but have been informed that there isn't enough publicly maintainable verge to allow additional signs. The traffic calming scheme on A227 will therefore include a realigned junction warning sign near Field House, vegetation cut back, SLOW markings on the carriageway and a 'pedestrian on road warning' sign near The Limes.

Old Lane: Highways have informed us that there is likely to be a prohibition of motor vehicle restriction along the full length of Old Lane except for residents' access. We have passed on information about the current use, and this has been passed to the maintenance team.

Ightham Common 30mph scheme: Highways have carried out a review and have circulated proposals for a 30mph scheme on various roads at Ightham Common to include: Common Road, Copt Hall Road,

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For further details/to register interest:

Claudia 07773 599543

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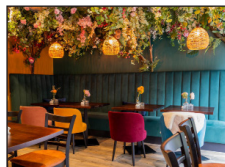
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Redwell Lane, Nutfields, Ismays Road, Sandy Lane. The scheme will not include Back Lane as it doesn't fit their criteria. It was agreed that we would like to proceed. The Clerk was asked to respond to Highways to say that we would like to go ahead with the caveat that we would not want roundels painted on the road and that we will revisit other roads in the village with national speed limits later. The Clerk was asked to raise Back Lane again as this would be the only section of road in Ightham Common that would remain with the national speed limit. Cllr Holden said that he would be

opposed to national speed limit signage at Back Lane.

Velocity: update – Velocity have asked us to pass on details of our contact at KCC so that they can liaise with them and the DfT to see whether a trial 20mph scheme would be viable at The Street. The Clerk has written to our contact to obtain consent and is awaiting a response. **Mirror on Back Lane junction** – The Clerk has obtained quotes for 2 single mirrors and a two-way mirror; both



Borough Green and Wrotham u3a

This is just a reminder that Borough Green and Wrotham u3a monthly meetings are held on the second Monday of each month, 2pm in Borough Green Village Hall, with tea, coffee and biscuits. Parking/disabled access available.

On Monday 13th October at 2pm, our speaker will be Peter Griffiths, who entertained us earlier in the year with his talk 'Sextant to Satnav – 45 years in aviation (with a fear of heights!)'. His earlier talk was so popular that we have invited him back to tell us more fascinating and amusing stories about his long career.

We look forward to welcoming existing and new members, and guests (£5). Parking is free for Village Hall users, so please remember to register your car

in the Village Hall lobby when you arrive.

An important date for your diary - on Saturday

18th October 11am – 2pm the BG&W u3a, in conjunction with the Church of the Good Shepherd (COGS), Borough Green will be holding a Crafts and Gifts Fair in the Church. On sale will be children's clothes, jewellery, recycled wooden household items, cards, gifts, Christmas fairies and so much more. BG&W u3a will be running a cake stall, and also serving cakes for refreshments. We hope you will come and say hello and support this craft fair. Please bring your friends, families and neighbours.

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were reasonably priced. The Clerk will explore whether it would be feasible to attach a mirror to the bus shelter roof or alternatively one of the shelter's existing posts. **Back Lane bus stop:** update - The Clerk is meeting a contractor next week to get a cleaning quote. If it can't be cleaned it was suggested that we try and get some new perspex. The Clerk said that there was a current KCC grant available for replacement or refurbishment of bus stops.

Cllr Mitchem said that she has an alternative contact who could do it and has also suggested cleaning the back of the Village Hall which is covered in algae.

Allotments: Cllr Emmett reported that there was a tree down at the allotment but he would deal with it.

Recreation Ground: Playground repairs – The Clerk will contact Wicksteed to carry out equipment repairs. The Clerk has ordered a new gate latch and Cllr Emmett offered to fix it. The Clerk will contact Tyrrells about the fence repairs and has spoken to the groundsman about weeding the wetpour. We need to soil and reseed the play area and by the tennis courts; Cllr Holden suggested contacting Planet Plants for a quote. Surfacing quotes: The Clerk has received recommendations from other Clerks and will pursue them. Cllr Hall reported that Shipbourne School had just had a new surface; the Clerk will investigate their contractor.

Cllr Willingham reported that the lights would be fixed in time for autumn. **Ightham Sign:** update – The Clerk reported that a pre-application had gone to TMBC and we are awaiting a response.

Village Hall: We have had a quote to clean the back of the building for £150; for consideration at the next committee meeting. Update on the rebuild: discussed under Part 2. The Clerk will set up a meeting of the Village Hall Committee.

Oldbury Annexe: New lease – The Clerk has emailed the Chair of Governors as we have heard nothing further on the lease. The Clerk was asked to write and say that the building couldn't be used until the lease had been signed and the insurance is in place.

Archive: Replacement architect – We have had one expression of interest. The Clerk reported that the archive room and lower hall needed some refurbishment and will raise this with the Village Hall Committee.

Nature Reserve on Ismays Road: Cllr Willingham reported that he hadn't had a chance to contact the new owners. Cllr Hall reported that he understood that there was a restrictive covenant to prevent building on the land.

TMBC ASB Enforcement Team: The Clerk said that the ASB team would patrol Oldbury once term starts to look at parking. Parking at

at weekends at the Plough was also raised and it was noted that the parking spaces at the front of the pub had been removed. The Clerk was asked to check whether planning permission necessitated the provision of parking spaces.

Churchyard: Update – Cllr Hall said that he would write to the Warden to follow up on the schedule of work at the churchyard for Anthony Edwards as we haven't received anything.

POLICY & FINANCE

The Clerk reported that we are now legally required to have both a GOV.UK website and email addresses in time for our next audit. She has spoken to an organisation recommended by KALC who can help and they have provided the background information and a quote. The Clerk will circulate this for discussion at the next meeting. Review of: Financial Regs/Standing Orders/ Emergency Report - Clerk to review and circulate. The Clerk reported that the fixed rate tariff for the Pavilion was coming to an end on 9th September and will call EDF to find out what the best available tariff is thereafter.

We received 6 PLANNING APPLICATIONS and objected to 1. TMBC approved 3 applications.

AOB

Cllr Mitchem has reported a car parked on A227 outside Fir Cottage for the last month, to TMBC and

police.

Cllr Holden asked what was happening with the Amhurst as he had seen lights on. No-one had any information.

Cllr Hogarth reported another leak on Bates Hill.

Cllr Hall reported overgrown hedges along Ismays Road and the damaged dog bin and salt bin on Coach Road; the Clerk has reported this.

Cllr Gunson said that we should query the response by KCC to our report that the new bollards on Common Road are too big. KCC have said that they are compliant whereas several councillors have said that they are dangerous as they block traffic sight lines.



You are my defender and protector.

You are my God; in you I trust.”

Psalm 91:2



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MEDITATE

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The Poppy is a powerful symbol worn by people right across the UK to commemorate the sacrifices of our Armed Forces and to show support to those still serving today.

The Royal British Legion was first set up to help those returning from the First World War. Almost a century on, they're still helping today's Service people, veterans, and their families coping with bereavement, living with disability or finding employment.

However, the Poppy Appeal would not be able to continue without the dedication of the teams of volunteers who stand in the streets, shops and supermarkets. Each town and village

has their own Poppy Appeal Organiser - also a volunteer - who runs these teams, arranges for cover, drops off and collects the boxes.

The Poppy Appeal is always grateful for the work of these dedicated people, but the volunteers say they proud to be selling Poppies to show support for those who sacrificed their lives for us.

If you want to volunteer, or if you would like a visit from a local volunteer who can speak to your community/church group, please go to: <https://www.britishlegion.org.uk/get-involved/volunteer>.

Source: The Parish Pump



Share a little light this Halloween

Some parents aren't sure quite what to feel about Hallowe'en – is it just harmless fun, or are there aspects of it that don't fit in with how we want to see the world?

A child's christening service is very honest about the reality of good and evil, and Hallowe'en can be a good time to talk about those things and how the love of Jesus can be a 'Light in the darkness' for everyone.

The word 'hallowe'en' actually means 'the eve of all hallows' day' – in other words, the night before the church's festival celebrating All Saints.

A Saint is sometimes thought to be an exceptionally holy person – someone really special, who did extraordinary things because of their faith in God.

The famous saints are all amazing examples of what it's like to live God's way. But in the Bible, St Paul calls all Christians saints – a saint is simply a friend of God, who seeks to live their life according to God's purposes. When someone is christened, they truly become a Saint, so All Saints' Day is a celebration of the whole family of God.

An extract from an article taken from www.churchofenglandchristenings.org with permission.

1ST IGHTHAM BEAVERS, CUBS AND SCOUTS



Thursday evenings
6 – 8 years old
Ighthambeavers@gmail.com



Monday evenings
8 – 10 ½ years old
Ighthamcubs@gmail.com



Friday evenings
10 ½ – 14 years old
James.r@ighthamscouts.org.uk

All Sections are open to both boys and girls and operate an admission policy, please contact us as early as possible to have your child put on the expression of interest list, as all sections are always very popular.

The admissions manager email is ighthambeaverlist@gmail.com

Any questions about the Scout Group please email James.r@ighthamscouts.org.uk or ring 07974 412932

www.Scouts247.org.uk

WEEKLY

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every Thursday
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Are you organising a
children's party? A talk?
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competitive, and the space is
perfect for all kind of gatherings.
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parking.

For further information contact
Jenny Elliot
E: ighthamvillagehall@gmail.com



We're going on a GHOST HUNT

11 October
to
2 November

This Halloween the bunnies are setting off on an adventure. Join them to find the ghosts hidden around **Ightham Mote** with heaps of exciting things to see and do along the way.

nationaltrust.org.uk/ightham-mote

BLOOMSBURY

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DIRECTORY

St Peter's Church

Rector	Parish in Vacancy	
Church Warden	Naomi Webster	T: 07421 832919.
	E: churchwardens@ighthamchurch.org.uk	
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	E: admin@ighthamchurch.org.uk	
Licensed Lay Minister	John Webster	T: 884819
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	Bryan Harris (honorary)	T: 07733 228048
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	E: pccsecretary@ighthamchurch.org.uk	
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Bell Ringing	Judith Robinson	T: 0788 0507066
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Men's Breakfast	John Webster	T: 884819
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Prayer Group	John Webster	T: 884819

Ightham Magazine

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Subscriptions/Distribution	E: magazine@ighthamchurch.org.uk	

Community Groups & Events

Autism Parents Support Soc.	Claudia Goodman	T: 07773 599543
Ightham Club	Mark Brenta	T: 882104
Ightham Gardeners' Club	Pippa Coulthard	T: 883041.
	Dee Samways	T: 07799 002 129
Ightham School	Sue Earl, Headteacher	T: 882405
Ightham Village Hall	E: ighthamvillagehall@gmail.com	
Ightham Scouts-		
Explorers & Scouts	James Reid	T: 789400
Cubs	E: ighthamcubs@gmail.com	
Beavers	E: ighthambeavers@gmail.com	
Ightham WI	Helen Johnson	
	E: ightham@wkwfwi.org	
PCSO	PC Dylan McElligott	T: 101 (non emergencies)

Sports

Badminton Club	Nick Dennis	T: 882078
Cricket Club	Geoff Preston	T: 01474 812594
	Tom Bentall	T: 07712 566772
Football Club	Martyn Reardon	T: 07725 896 886
Tennis Club	Max Robinson	T: 885966

ANA MARIA PACHECO

A Modern Bestiary: Screenprint exhibition
at Ightham Mote
15 September – 2 November



Presented in partnership with
Pratt Contemporary Art