

A lush bush of pink roses is the central focus, set against a weathered stone wall. The roses are in various stages of bloom, with some fully open and others as buds. The green leaves of the bush are dense and healthy. The overall scene is bright and colorful, suggesting a sunny day in a garden.

# **IGHTHAM MAGAZINE**

**JUNE 2026**

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

**£1.00**



## Services in the Benefice in June 2026

	Ightham		Wrotham	
Sun 7th June	9am	Breakfast@Church	10:30am	Holy Communion with healing prayers
	6pm	Prayer & Praise evening		
Sun 14th June	10am	Holy Communion	9am	Breakfast@Church
			10:30am	Service of the Word
Sun 21st June	10am	Service of the Word	10:30am	Holy Communion
	6pm	Evensong		
Sun 28th June	10am	Holy Communion	9am	Breakfast@Church
			10:30am	Sung Matins

### Wednesday services

3rd June	10am	Morning Prayer
10th June	10am	Holy Communion
17th June	10am	Morning Prayer
24th June	10am	Holy Communion

# CONTACTS

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

Registered Charity No. 1136162

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### IGHTHAM MAGAZINE

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**Copy deadline for the July/Aug edition is 15th June**



## Penny for your thoughts...

National Days now abound and the multiplicity of options is vast. Which one could I possibly choose for the June

Magazine? After some hilarity, and deciding that perhaps National Yo-Yo Day, National Upsy Daisy Day or National Golf Cart Day were perhaps not what we wanted to celebrate, I was left with three options - National Gardening Exercise Day on June 6; National Loving Day on Friday 12 June or World Caring Day on Sunday 7 June. The winner? World Caring Day! Not only was this global day celebrated on a Sunday, but its

description said so much about what a church should be and always has been about. The blurb said “All acts of caring, whether big or small, are important. Caring is continuous and happens every day through compassion, support, kindness and understanding. In a world of many worries, one of the easiest ways to show love is by caring.” What a perfect and wonderfully Christian statement! After a long interregnum, it also seemed a fitting description of how the Benefice has coped during this time – namely with kindness, understanding, support and compassion. So get those hashtags ready for June 7, and perhaps post your best ‘caring’ story - #worldcaringday.

**Penny Cracknell**

## Churchyard Working Party

There will be a churchyard working party on Saturday 13th June from 10am until noon. There is plenty to be done to help keep our churchyard as a haven for both people and wildlife and many hands make light work. Please bring your own tools. Coffee and biscuits will be provided. For more information please contact Naomi Webster 07421 832919 or [churchwardens@ighthamchurch.org.uk](mailto:churchwardens@ighthamchurch.org.uk).

**THANK YOU!**

## MEDITATE

### **THE CHURCH OF ENGLAND IS ALWAYS FULL OF SURPRISES . . .**

#### **New series of films marks contribution of self-supporting ministers**

The Church of England's 'gifted, talented and brilliant' self-supporting ministers are celebrated in a series of films recently published to coincide with April's Vocations Sunday.

A hairdresser, a data consultant, a solicitor and a teacher, all of whom are priests, speak about their dual vocations in the secular workplace and in churches.

The Bishop of Birkenhead, Julie Conalty, the lead bishop for the Church of England's more than 2,000 self-supporting ministers, also features in the films. She speaks about the distinctive nature of the role and the gifts these ministers bring to workplaces and church congregations. A former probation officer, she was a self-supporting minister over more than a decade, in the probation service and subsequently for the Youth Justice Board, a national charity and a local authority.

"I see how many gifted, talented and brilliant self-supporting ordained ministers that we have around the church, some of them are associates helping out around parishes, some are running parishes as the vicar or as the incumbent, some work in chaplaincy - they do all sorts of things," she said. She added: "I can think of self-supporting ordained ministers who are vets, or teaching assistants or doctors, and their professional and work experience brings something distinctive to their ministry."

The Revd Anthea Mitchell, a hairdresser who is a part-time priest in charge at St Andrew's Church in Barming Heath, Maidstone, Kent, said: "I run services, I do baptisms and I take funerals and weddings, and I run a community café – all the things you would expect a vicar to do. I suppose the longest part of my ministry, in terms of the time I spend, is at work, in the business. I go to work to cut people's hair and I do wear my collar. I can honestly say that I have more deeply spiritual conversations when people are sitting in my chair, than I ever do in church."

The Revd Henry Akingbemisilu, a data consultant and a self-supporting minister at St Paul's Church, Thamesmead in southeast London, who also works as a Forces chaplain, said his professional training as a data consultant has taught him how to analyse and explain complex situations simply. "It helps me to discern people and identify where there is a problem," he said. He added: "The church is looking for people who live their faith in the ordinary life".

The Revd Canon Lyndon Bannon, who works in the senior leadership of an Academy in the Wirral, and is an associate priest at Christ Church, Willaston, said: "I believe that I am called to work in school – I also believe that I am called to be a priest in church. Having that dual role helps me to understand the society in which we live in a broader and deeper way."

Watch the full series [here](#): Self-Supporting Ministry Stories | YouTube (Resources from the Church of England)

## PLAXTOL LOCAL HISTORY GROUP

### **Archives Unlocked – Researching with Archives for the Beginner**

Dr. Daniella Gonzalez began her excellent and informative talk with the assertion that archives are key to unlocking the history of your house. Every house has a story! She suggested that when researching among the first questions to ask should be:

- when was the house built
- who lived there
- how has it changed
- what events happened there

But that the net should be cast wide to include local events and social structures of the time.

Possibly the most useful tip that she gave was to create a 'Timeline' which, in her opinion, is an essential and foundational tool to clarify the above points and use as a guide. It's also very important to keep a research log from the very beginning, cross referencing everything. Daniella itemised in detail key archival sources. Starting with title deeds, old photos, renovation details, newspapers, family papers and physical clues, she then cited local archive and record offices, ordnance survey and estate maps, electoral registers, rate books and valuation records, including taxation records.

We were reminded that house histories also embrace those who lived there: for personal details, parish records can be a rich research tool with details of baptisms, marriages and deaths, whilst census records give detailed particulars of addresses, family groups, ages, occupations and birthplaces. However, one should be aware that names, birthdates and places may not always be correctly recorded.

Daniella is an expert on researching house histories and the history of those who lived there and gave us invaluable guidance. Now all we have to do is get started!

**L.Cohen**

**Autumn talks begin again  
on Tuesday 8th September,  
8pm in the Memorial Hall  
with Professor Jackie Eales on  
'The Butcher, The Baker, The  
Candlestickmaker - who lived  
in Canterbury in 1641?'**

[plaxtollocalhistory.wordpress.com](http://plaxtollocalhistory.wordpress.com)



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# COMMUNITY EVENT

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food &  
drink stalls

entertainment

local  
businesses

community  
groups

## Dear Friends and Parishioners,

Nearly midway through May, we seem to have some belated 'April showers'. After some dry weeks, gardens will welcome some rain – relief after the pressures from dryness.

We have now had a gap without a Rector, an interregnum, for about 22 months. Perhaps it doesn't feel as long as that? We are really grateful to everyone who continues to keep us 'in business' – in particular our churchwardens, Naomi in Ightham and Trish in Wrotham and our lovely administrator, Jane.

How do we keep going? Through hope and working together. Isaiah in our Old Testament has some valuable insights and the following seems particularly poignant:

*"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." Isaiah 40:31*

There is a spectrum of belief in God in our world and our society and it is right that everyone can form their own view. However, it is noticeable that hope in God tends to bring a positive difference in behaviour in our world – changing perspectives from 'me' to 'you', from self-interest to service.

Looking around at our wonderful world, so lovingly shared by David Attenborough, also encourages us to feel grateful for the beauty of our natural world. A world which our Father God has given us. Let's play our part in protecting it wherever we can.



Looking forward, we have now heard the good news that we will have a new Rector, Stewart, coming to us and we eagerly anticipate the time when we can welcome him.

**John**

**All but God is  
changing day by day. –  
C Kingsley**

**A single sunbeam is  
enough to drive away  
many shadows.**

**St Francis of Assisi**

# IGHTHAM IGHTHAMS

On Saturday 13<sup>th</sup> June 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](mailto:jnhjk.webster@btinternet.com):

or phone: 01732 884819.

Please book you place by contacting John Webster

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10.15am  
to 11.45am  
every  
Wednesday

Church  
Centre

*The charity for June is **Dandelion Time**, a nature-based charity that works with children and their wider family to overcome issues and difficulties. Helping them find opportunities for change and rebuilding relationships while creating happy memories along the way.*

# MORE IGHTHAM IGHTHAMS

## 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](mailto: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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# PARISH COUNCIL NEWS

Please note that the new email address for the Parish Clerk, Sarah Huseyin, is:

[clerk@ighthamparishcouncil.gov.uk](mailto:clerk@ighthamparishcouncil.gov.uk)

The new parish website address is:  
[www.ighthamparishcouncil.gov.uk](http://www.ighthamparishcouncil.gov.uk)

## ST PETER'S NEWS

It has been announced that due to a matter that has arisen, Rev Stewart Gibbs' move to the Benefice of Ightham and Wrotham is currently delayed. We appreciate this will be disappointing for you as a church family. We are unable to provide more detail at this time, however Archdeacon of Tonbridge, Nick Cornell, is in close contact with the Churchwardens, and who will provide you with an update as soon as possible.

There are no more details available at this time, but the Benefice Joint Standing Committee has already met and started working on a plan to cover this unexpected extension to the interregnum. Jane, our parish administrator will be contacting various clergy to try and find

cover for our worship and the Standing Committee have identified possible back up options for any services for which cover is not available. This may involve more United Benefice services when we worship together at one church or switching from a communion service to Service of the Word. We will be in touch with more details and the new installation date once it is confirmed.

The Benefice team will continue to keep things running as smoothly as we can until Stewart is able to join us. Please keep him and our whole church family in your prayers at this challenging time.

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### A MEETING OF FAITHS

The Archbishop of Canterbury praised the Pope for speaking out against injustice and about hope; commended working together for the common good; and endorsed the strengthening power of common witness, after a recent private meeting in the Vatican.

She prayed with Pope Leo and said: "It is a joy and a privilege to be received by you, together with this delegation from Lambeth Palace."

She said: "Your Holiness, you have spoken powerfully about the many injustices in our world today, but you have spoken even more powerfully about hope. The world needed this message at this time — thank you. It reminded us that, despite our sufferings, people long for life in all its fullness, and countless people are working each day for this vision of the common good."

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## June – the outdoors month!

- Celebrate the outdoors with **Penshurst Place's** 'Glorious Gardens Weekend', 12 – 14 June. Floral displays, teas and children's events are all on offer.
- Hear the living stories of **Great Comp Garden's** trees on a guided walk with Anthony Nield, Sunday 28 June, 2 pm. £15 pp; Members free
- June 27/28 is a themed Fern Weekend at **Riverhill Himalayan Garden**. An ancient plant with a modern vibe!
- 'Bjorn This Way' at **Chiddingstone Castle** will whisk you back to the Abba years with a live glamour and glitz concert. Take a picnic and chill on Sunday 14 June, 2 pm £22.50; children £6.
- Be different and Spoon Whittle at **Bore Place** on 27 June; a day course for adults £120.
- Step back in time to wartime Britain at **Hever's** Home Front at 1940s event – a Father's Day treat of historical drama and excitement, 20/21 June.
- Or let Dad enjoy a peaceful day of Fishing and Fun at **Ightham Mote**, 21 June, 10 am - 2 pm.
- Plan ahead to be immersed in **Lullingstone Castle's** Civil War Society living history weekend, 4/5 July. An event for all the family!

**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 -

### June 2026

#### 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.



June contains a very special combined ramble with London Blind Ramblers, with the opportunity to help guide these very welcome guests. Full details can be found on [Upcoming Walks](#) link or [Facebook page](#) or E: [info@tonbridgeandmallingeramblers.org.uk](mailto:info@tonbridgeandmallingeramblers.org.uk)

**We look forward to welcoming you!**



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May is the month for the WI AGM and the traditional plant table which was covered with an interesting variety of plants and seedlings, all donated from enthusiastic members' gardens. Again, the hall was full of ladies, one member joining on zoom, plus two lady tellers from Plaxtol WI who would verify the votes for the Committee election.

The business meeting came first. Apologies noted, Minutes approved and seconded, followed with the usual Treasurer, social and activities reports. The bursary was then drawn for first place together with two back up places. Then followed the AGM including Committee and President elections. Three Committee members were standing down with two new volunteers standing for election.

The Treasurer reported that with 68 members we had a very healthy bank balance due to membership fees, funds raised by the trading and plant stalls, raffles and monies from catering for Ightham Mote's 40th Birthday celebrations. Copies of the Financial Statement had been emailed to members along with the Budget for 2026/27. These were voted upon and adopted.

The Secretary reported that 2025/26 was yet another exciting and busy year. All the activities: book and literature club, darts, whist, craft, boules, walking, mahjong, theatre, cooking and social lunches plus various outings including gardens, Christmas lights, and the Metropolitan Police Museum had been well supported and enjoyed by all. The varied and interesting speakers for the year included the Life of Jane Austen, CPR, autism, bees, how to make a traditional curry, and sourdough and butter (food and samples always appreciated!). These, together with the annual Summer and Christmas parties, means

there is always something for everyone.

The heartfelt report from the President explained that having become a member for just one month, she was invited to join the Committee. Following that, she became Treasurer for ten years and now finds herself in the President's seat, which was totally out of her comfort zone. The President said that she wouldn't have taken up this role if it hadn't been for the support, guidance, friendship and fun from all the wonderful members for which she gave thanks and said it was a privilege to be our President. The tellers confirmed the names of the new Committee and the President was duly re-elected. Members voiced their appreciation for the hard-working President and Committee for the past year. After the smooth running of all business matters, members enjoyed a very sociable and delicious cup of tea and cake!

**New members and visitors are always welcome. Any enquiries, please contact Helen Johnson, President, Ightham WI.**

**E: [happyflowersgs@live.co.uk](mailto:happyflowersgs@live.co.uk)**

*June meeting:*

*Susan Shaw - Top Tips for*

*Flower Arranging*

# The Tennis year starts 1<sup>st</sup> April - join now!

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### **IGHTHAM TENNIS CLUB**

#### **Join us for some entertaining midsummer madness at Ightham Tennis Club!**

From Tuesday June 16th 6:30pm to  
Wednesday June 17th 6:30pm, Jon  
Dale, a long term member of Ightham  
Tennis Club, is challenging himself to  
play tennis for 24 hours non-stop,  
for charity and to celebrate his 60th  
year!

Jon is fundraising for Crohn's &  
Colitis UK and you can donate to his  
JustGiving page.

We plan to have various fun events  
happening during the 24 hours, so  
even if you're not playing, please  
come cheer Jon along while having a  
cuppa and some home made cake -  
all are welcome.

Thank you in anticipation of your  
support!

## FROM YOUR MEMBER OF PARLIAMENT

Like many parents, I am deeply concerned about the impact smartphones and social media are having on our children.

Technology brings many benefits, but conversations I have had with parents, teachers, and schools across our community, along with what I've seen with my own two children, highlight the effect smartphones are having on young people's wellbeing, education and safety.

Ofcom's latest research found that nearly one in three children aged 8–17 had experienced bullying through technology, while many had seen worrying or harmful content online. This is a problem we must face.

Sadly hateful comments online are all too common. For some of us it seems to come with the job, but for children and teenagers, constant exposure to online bullying, harmful content, and social pressure can have a far greater impact on confidence, mental wellbeing, and development.

One specific concern I have is TikTok. 83% of 16-17 year olds are using TikTok, a platform whose content is determined by the Chinese Communist Party, and their aim is clear: to cause division and polarisation.

I have supported stronger protections for children online in Parliament, including proposals to restrict social media access for under-16s. While the Government has passed legislation which moves towards schools becoming phone-free during the school day, many parents ask whether

this goes far enough.

I was incredibly grateful to Katherine Myatt, Regional Leader, Smartphone Free Childhood,

for her insight into this issue of social media and smartphone usage for children, and she has kindly given her consent for me to share some of her resources. Please let me know if you would like me to share them with you. I will continue to work on this issue on your behalf, but in the meantime, please let me know your thoughts and concerns.



---

### Contact details:

E: [tom.tugendhat.mp@parliament.uk](mailto:tom.tugendhat.mp@parliament.uk)

T: 01732 441563

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

Web: [www.tomtugendhat.org](http://www.tomtugendhat.org)

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Best wishes

Tom

Tom Tugendhat MBE MP - Member of Parliament for Tonbridge and Malling

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## IGHTHAM QUILTERS AND CRAFTERS

Are you a crafty person interested in quilting, knitting, embroidery or any similar hobby?

We are a friendly group who meet at Ightham Village Hall every other Wednesday, 10 am - 4 pm.

It costs £8 a day which includes tea, coffee and cake. There is free parking and easy access.

If you would like to join us, get more information and enjoy a free taster session, please contact Judy at [judy.beaven@hotmail.co.uk](mailto:judy.beaven@hotmail.co.uk)

We would love to see you!



## Songs for a summer evening *King's Men*

St Peter's Church Ightham TN15 9JD  
14th July 2026 Bar 7pm Concert 7.30pm

Tickets £25 by phone or in person:

The Hutch Deli, Sevenoaks Road,  
Ightham, Sevenoaks TN15 9AD

01732 781134



Photo: Martin Bond

<https://www.kingsmencambridge.co.uk>



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**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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# NEWS FROM IGHTHAM PRIMARY SCHOOL



We've had a busy and enjoyable past couple of months at Ightham Primary.

The children loved the forest area Easter egg hunt — great teamwork and friendship were on display as they helped one another find their named egg, and all were delighted with a chocolate egg at the end. The church Easter service was amazing: Years 3 and 4 told the story through performance, singing and dancing.



Our community events continue to strengthen links across generations. Year 4 hosted community afternoons where local guests shared stories while children and visitors knitted together. Reception and Year 2 pupils have been getting their hands dirty at Ightham Mote, helping the gardening team plant potatoes and sunflowers.



Year 6 have been developing an important lifesaving skill through their swimming lessons, while Reception, Years 3 and 4 have enjoyed forest school sessions, showing creativity and resilience as they built impressive dens.



Four Year 5 pupils represented the school at a creative writing workshop run by Sevenoaks Partnership with author Louise Austin — the children worked through planning, drafting, revising and editing, producing some excellent pieces and representing Ightham Primary with real

pride.

A big thank you to everyone who supported our recent sponsored activities: the children who took part raised £1,415.50 for the school. What an achievement!

Thanks also to our volunteers who cleared the allotment beds — the space is ready for the growing season and children have been germinating seeds in class ready to plant out.

Mid May heralded Science Week with a nature, wildlife and outdoors theme. Activities across the week included outdoor learning sessions, practical workshops and trips for Reception, Year 5 and Year 6. Children investigated the natural world, exploring habitats and participating in hands on scientific projects designed to spark curiosity.

We're grateful for the continued support of our parish community. If you can spare time to help with the allotment or would like to join a community event, please contact the school office — we'd love to hear from you.

Finally, a special well done to our Year 6 children for their hard work and resilience during SATs week; we are very proud of them.

## FRIENDS OF IGHTHAM SCHOOL

Friends of Ightham School and local residents enjoyed an informative and social evening at Greenacres Garden Centre at the beginning of May. There was a talk about the development of Greenacres, its history and its future, followed by a hanging basket demonstration. The

beautiful setting and the refreshments provided by such generous and friendly hosts made for a lovely evening spent in good company! Thank you to those who came along and huge thanks to all the staff at Greenacres, particularly Paul, Sarah and Janet.

**Friends of Ightham School (FOIS)** are an active support and fundraising group for Ightham Primary School.

We are always keen to hear from new 'friends' and grateful to everyone who is already involved. Get in touch by contacting Mark Keenor, Chair of Trustees, 07770 440343



# SHIPBOURNE FARMERS' MARKET



Growers and producers are now at full stretch as we lead up to the summer solstice in the latter half of June.

The long days and the warmth herald the start of the great English soft fruit season with strawberries. One of the great advantages of local markets is the chance to try some of the finer flavoured varieties, rather than the more robust berries grown to withstand the rigours of the supermarket supply chain. Cherries are also available in June (Kentish cherries are justifiably world famous), as are gooseberries and early raspberries. A favourite way to serve raspberries, cherries and strawberries is to crush them slightly, sprinkle with a little cherry brandy and sugar, then leave to macerate for an hour. Serve spooned over vanilla ice cream.

The Asparagus season is in full swing and picking will finish by the end of the month to allow the plants to generate growth for next year, so make the most of the green spears while they are around now. Eat your local asparagus traditionally, steamed and served with melted butter, or brush with olive oil and griddle the spears on the barbecue until tender then scattered with shavings of a sharp hard cheese.

Other veg to look out for in June are crisp radishes, spring onions, spinach, and of course new potatoes. There are also early cucumbers, runner beans, spinach and courgettes, alongside all kinds of salad leaves now in season.

Warmer weather also means time to dust down the Great British BBQ! Kieron now has a great choice of sausages

from Old English, venison, wild boar and apple together with venison and wild boar burgers, perfect for the coals.

June is a busy month in the garden. Visit Jo from Sandhurst Flower Hut who, along with her beautiful wraps of seasonal British cut flowers, also sells small plants to start your own cutting garden. Dave is at the Market every week with his handmade wooden planters. Exceptional value and he can make them to custom size and shape. Personalisation is also available if you want that perfect garden gift for a wedding or special birthday – just ask volunteer Lindsay at the Market.

Shipbourne Farmers' Market runs every Thursday 9 - 11am at St Giles' Shipbourne. Friendly people, free parking, an array of local producers, crafters and artisans, all in a unique beautiful venue. Do come along!

***To stay up to date with "what's on" at the Market, request our weekly e-newsletter by visiting [www.shipbournefm.co.uk](http://www.shipbournefm.co.uk) or email [lindsay\\_miles@btinternet.com](mailto:lindsay_miles@btinternet.com)***

## COOKERY CORNER

### THE MOST DELICIOUS NEW POTATO SALAD

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*Super easy / 30 mins / serves 8*

- 1kg new potatoes, scrubbed
  - 1 teaspoon Dijon mustard
  - 2 tablespoons white wine vinegar
  - 6 tablespoons rapeseed oil
  - 3 small shallots finely chopped
  - A handful of fresh flat-leaf parsley, roughly chopped
1. Gently boil the new potatoes in salted water until tender. Drain and leave to cool slightly.

2. Whisk the mustard with the vinegar and slowly add the olive oil. Add the chopped shallots and parsley and season well with sea salt and freshly ground black pepper.
3. Slice the cooked potatoes in half and dress with the shallot and parsley vinaigrette.

#### *Stallholder Shopping List:*

- New potatoes, shallots, flat leaf parsley – Watts Farms
- Rapeseed oil – The Cooperative Stall

*Taken from jamieoliver.com*

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## **BRAIN MATTERS...** movement matters



A tempestuous May has given way hopefully to a warmer summer, so time outside starts being more real and less of a wishful dream. There's still a challenge though! How do we cope outdoors when our brains have been conditioned to screen entertainment? What exactly is the cost of screens on our brains?

There's a huge body of available research into the short and long term effects of daily screen habits on our brains, and how the damage sets in relatively quickly, and from a young age. Screens in their various modalities are essentially a big dopamine hit. They breed an addiction which impacts our ability to concentrate, to relate and communicate with others and to regulate emotions.

Screens essentially rewire our white matter. When our brains are in a high stimulation state this lowers the white matter integrity (as observed in a diffusion MRI) in pathways for language and executive function. White matter coats myelin, the substance that is around neurotransmitters and helps signals move fast and swiftly between brain regions. Essentially it's 'the envelope containing the message' and helps the neurotransmitters to communicate in our language processing, focus (attention in the anterior cingulate cortex) and self-control. Our brain circuits need to be reinforced through regular human interaction for developing language, emotional intelligence, self-awareness and control through talking, eye contact and shared play. Screen domination is not good news!

A major issue is screen exposure during key developmental phases. A study on toddlers - age 7 showed that one extra hour of screen time between ages 1 - 3 yrs had a negative impact on attention by age 7. Screen time is focused on rapid scene change and continual dopamine hits, so the brain shifts

constantly and sustained focus gets less practise. One experiment on 4 yr olds compared a group who watched one fast paced cartoon vs a group who drew; the former were weaker on executive function tasks, with working memory and impulse control having both declined due to fast paced action taxing our pre frontal cortex (PFC) which is what helps our children to pause and consider.

Yet you might argue that children sit still and focus on a film or a screen for an hour or more.

Sadly this isn't sustained attention, it's simply a brain being held hostage by rapid novelty and engineered reward loops or dopamine stimulus. This is addictive with fast changing media scenes giving quick hits and pleasure bursts which the brain adapts to, expecting and craving more. True focus and sustained attention is effortful and screens remove the effort.

When a screen goes dark the baseline for dopamine stimulation drops and childish tantrums start! Screens make slow play feel empty, and waiting painful. The meltdown isn't manipulation, it's a nervous system crashing from high stimulation to none.

So how do we slowly reduce exposure and help to build healthier brains? Screen time should be limited, watched together with discussions, with 5 minute end warnings. Screen brightness and sound should be lower, with slower paced low stimulation shows chosen. Outdoor play and walks, rough play and reading together should be priorities. Replace screen time with real relationships and imaginative play. Imagination can only grow from boredom.

Next month . . . the wider generational impact of screen habits.

***Chantal Montebello-Ealey***

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**Chairman:** Cllr Rodney Willingham

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**Parish Clerk:** Mrs Sarah Huseyin  
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[ighthamclerk@gmail.com](mailto: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 April 2026

(Full Minutes can be found at [www.ightham.org](http://www.ightham.org) or by emailing the Clerk)

### REPORTS FROM COUNTY COUNCILLOR - Cllr Rayner

clarified his statement from the March meeting about council tax rises under local government reform; he said that he estimates that council tax would rise by around 40% over 2 years from the current levels set by TMBC/KCC if a single unitary isn't chosen. The Government seems to be favouring the 4-unitary option in Kent which will mean 4 separate big spending authorities for SEND and housing. In addition, the current second tier authorities are spending large capital amounts; in TMBC the Angel Centre is costing £20m, which is likely to rise to £25m due to building cost inflation. In Tunbridge Wells, the

redevelopment of the Royal Victoria Place will cost £70m and Sevenoaks and Maidstone are borrowing £45m for housing. The increase in fuel prices from the war in the Middle East will add to the costs. The timetable for Local Government Reform is as follows: The Secretary of State for Housing is likely to make a decision in mid-July 2026. There will be elections for the new unitary in May 2027 and in March 2028 there will be a gradual transfer from KCC and TMBC to the new unitary council. The first draft of the new Council tax will be in 2028/9. There may be a delay if there is a change in Prime Minister. Cllr Rayner reported upcoming road closures which are reported under Highways. He also reported that there is a public consultation for Old Lane for the prohibition of traffic except for access which closes on 11th May.

Cllr Rayner said that there would be a Kent Downs Boundary Review and we would have an opportunity to respond in due course; Cllr Rayner would be happy to take our comments forward as the KALC representative.

Cllr Emmett complained about the recent misleading road closure signage and difficulty in making contact with Highways. Cllr Rayner

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apologised on behalf of KCC and said that poor traffic management was a national issue and that the best way to contact Highways is via the portal. He recommended that we formally write to the cabinet minister to ask what their policy is regarding signs and diversions and what measures are in place to prevent misleading road users.

Cllr Rayner left the meeting at 19.39

### **HIGHWAYS & PROW MATTERS:**

**HIP update** – Reduction of speed limits around Ightham Common to 30mph - survey results. We hand delivered 320 forms and the questionnaire was posted on social media. We have received 207 responses: 160 agreeing with proposals, 33 partly agreeing and 14 objecting. Most of the objections were based on the speed limit being reduced to 20mph and/or suggesting all roads around Ivy Hatch are included in the proposals. Unfortunately the roads don't meet the DfT criteria for a 20mph limit and the sections excluded from the proposals don't meet the criteria for a 30mph limit. The Clerk will collate the responses to send to Highways who will then carry out their own consultation if the results suggest that it will be approved by residents.

**TRO Old Lane: Deposit Document for Amendment 4 Restriction vehicles except for access** – Old Lane is currently having extensive works to remove vegetation, improve the uneven surface, particularly around the manhole covers, and to improve

the drainage. It was agreed that we are supportive of Old Lane being restricted access to residents only and we will

request bollards at the access points to prevent vehicles from using the middle section. Update on the removal of the triangle at Back Lane: awaiting costs. The mirrors on Back Lane/A227 have now been installed and have made an improvement to the visibility, this will be further improved by the removal of the triangle.

**Mega flectas on the A25/Common Road: Velocity** – The Clerk will contact Velocity and we will raise the issue of children crossing not being visible due to the height of the bollards.

**Busy Stream: Kent Highways** will not undertake any intervention works deemed 'not necessary' and will schedule as part of routine clearing. The Clerk will advise residents.

**Kent County Council (Public Footpath (Mr614 (Part) Ightham) Public Path Diversion And Definitive Map And Statement Modification Order 2024.** Councillors were disappointed that the Planning Inspector had disregarded the numerous objections and allowed the appeal to move the footpath.

### **MATTERS ARISING**

**Recreation Ground. Southern Water drain:** nothing to report. Tree work & park repairs: completed.



Village Hall: Update – Cllr Holden reported that he had booked an asbestos survey for 6th May. Cllr Holden said that he didn't know how invasive the inspection would be and would find out on the day what reparations were needed. We will also get a quote for Oldbury Annex. Village Fete/Community Picnic July 2026 Arrangements: Cllr Mitchem said that they were going well; 3 acts have been booked, along with the ice cream van and stalls. Costs are £1,678 to date. It was agreed that we would charge stall holders £40 per pitch. Cllr Mitchem will liaise with Cllr Willingham about toilets and a generator. The Clerk has arranged the TENS License and contacted TMBC about hiring bins. It was suggested that we should restrict cars coming into the Recreation Ground which should be reserved for stall holders and disabled spaces. Cllr Mitchem suggested producing a banner for the railings: £100 - £200 – this was agreed. The Clerk said that we would need to have a risk assessment and comply with Martyn's Law. Noticeboards: Replacement board at The Harrow - measurements 1m x 97cm x 2 cm – Clerk to get quotes for powder coated noticeboard of the same dimensions that can be fixed to the wall. The Clerk reported that the legs of the Coach Rd noticeboard were rotten and she will ask James

Hayward whether they can be repaired.

Litter: Update – TMBC have cleared the litter and weeds from A25.

Skips: Maintenance of steps to Old Lane – Clerk to contact James Hayward. There have been reports of rats in the area which is being dealt with by pest control. It was suggested that TMBC are involved if it becomes a serious issue.

Annual Parish Meeting: 24th September 2026, format of the evening to be arranged.

## **PLANNING**

3 PLANNING APPLICATIONS

received and no objections raised.

TMBC approved 7 applications.

## **AOB**

Cllr Mitchem reported that she had attended a briefing with TMBC regarding SE Water who have said that they cannot provide sufficient water to build all the homes planned under the Local Plan as they only have enough water for 6,000 homes. Matt Boughton has written to the Minister to ask what can be done in the light of the Local Plan and is awaiting a response. Cllr Emmett gave thanks to Anthony Edwards for the flower planting at the War Memorial. He also asked whether Anthony could repair the roof tiles on the bus shelter opposite the George & Dragon: agreed.

The meeting closed at 9.34pm



## **Borough Green and Wrotham u3a**



The Borough Green & Wrotham u3a will meet on Monday 8th June at 2 pm in Borough Green Village Hall.

We welcome back by great demand Jack Deans to continue his talk “Fingerprints and Murder” Part II. Jack will cover some murder scenes he examined for fingerprints, including the cases of the murder of a well-known actor who played many roles in epic films, and the contract killing of successful businessman Donald Urquart found dead in Marylebone. Join us for a thrilling talk into the criminal underworld, which hopefully you will never enter - don't even consider it; you will get found out!

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.

For further information, or to join your local u3a, please contact: [info@bgwu3a.org.uk](mailto:info@bgwu3a.org.uk) or visit our website <https://bgw.u3asite.uk>



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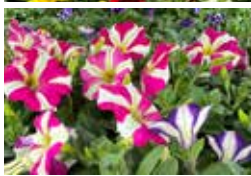


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Email [sevenoaks.recruitment@samaritans.org](mailto:sevenoaks.recruitment@samaritans.org)

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## WEST KENT AUTISM PARENTS' SUPPORT SOCIETY



For parents and carers of children and young people with autism, ADHD or social communication difficulties

With Claudia Goodman

Meet on the first Tuesday of the month

9.30 - 11.45am

St Peter's Church Centre,  
Ightham, Sevenoaks  
TN15 9JD

£2 donation, including refreshments

- Contact with other parents who understand
- Feel less alone in a safe, welcoming and non-judgemental setting
- Share useful strategies and information re contacts and local resources
- Learn and gain knowledge about best strategies and management
- Problem-solve and find ways forward
- Join us for talks, zooms and socials

A friendly welcome to all!

For further details/to register interest: [info@wkapps.org.uk](mailto:info@wkapps.org.uk)  
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## **SOME EARLY SUMMER READING**

### **My Story – a spiritual and intellectual autobiography**

John C. Lennox is widely regarded as one of the greatest Christian apologists of modern times, having devoted a lifetime to showing how faith in God and faith in reason can stand together. In *My Story*, he invites readers into his remarkable journey: growing up in Northern Ireland, studying at Oxford and Cambridge, teaching mathematics at the highest level, and boldly defending the Christian faith in lecture halls, debates and the public square for more than sixty years.

With warmth, wit and disarming honesty, Lennox reflects on the ideas, people and pivotal moments that shaped his life – from the hunger for Bibles in Soviet Russia to encounters with Richard Dawkins and Christopher Hitchens, to his ongoing belief that rigorous science and deep faith are not enemies but allies.

Part memoir, part intellectual adventure, *My Story* is a must-read for anyone curious how a brilliant mathematical mind can hold fast to the gospel – and how one man's faith has helped millions find a reason to believe in an age of doubt.

## **MITCHELL FLOWER FARM**

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E: [alex@mitchellflowerfarm.co.uk](mailto:alex@mitchellflowerfarm.co.uk)

### **KENT STILL HAS SOME SECRETS!**

For many Ightham residents, Penshurst Place will have been visited numerous times, but have you ever noticed the 17th century double portrait of two teenage boys, one dressed as a young nobleman and the other as a liveried servant of African heritage?

The portrait is now a collaborative project between Penshurst and London's National Portrait Gallery. Not only is the painting being conserved but the exact identity of the two figures is also being explored.

Visit Penshurst this summer to see a small exhibition entitled, 'Who are the two boys?' to find out more about the painting's interest and importance.

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Are you organising a children's party? A talk?  
A disco? A yoga class? A wedding reception?

If so, why not think of using the  
**IGHTHAM VILLAGE HALL?**

Hire charges are highly competitive, and the space is perfect for all kind of gatherings. There is also ample and well-lit parking.

For further information contact  
Jenny Elliot  
E: [ighthamvillagehall@gmail.com](mailto:ighthamvillagehall@gmail.com)

# **IGHTHAM & DISTRICT GARDENERS' CLUB**

**“ANNUAL SUMMER SHOW”  
ON  
SATURDAY 11th JULY 2026**

**Held at  
IGHTHAM VILLAGE HALL  
SEVENOAKS RD - IGHTHAM - TN15 9HA**

**\* Variety of classes \*  
Fruit / Vegetables / Flowers / Domestic / Floral**

**Plant Stall / Raffle**

**“SHOW OPEN TO NON-MEMBERS”  
Contact us for a Show Schedule**

This year we are very pleased to be part of the Ightham Village Fair, so come along and visit our show from 3pm whilst enjoying the Fair

Contact Pippa Coulthard 01732 883041  
or Dee Samways 077 9900 2129



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# DIRECTORY

## St Peter's Church

Rector	Parish in Vacancy	
Church Warden	Naomi Webster	T: 07421 832919. E: <a href="mailto:churchwardens@ighthamchurch.org.uk">churchwardens@ighthamchurch.org.uk</a>
Parish Office (Mon/Tue/Thur/Fri 9am-1pm)	Administrator	T: 07940 547310 E: <a href="mailto:admin@ighthamchurch.org.uk">admin@ighthamchurch.org.uk</a>
Licensed Lay Minister	John Webster	T: 884819
Lay Readers	Michelle Lawson	T: 01634 240598
	Bryan Harris (honorary)	T: 07733 228048
Hon. Treas/Gift Aid Sec.	Max Robinson	T: 885966
Safeguarding Officer	Finley Lawson	T: 01634 240598
PCC Secretary	Sarah Reid	E: <a href="mailto:pccsecretary@ighthamchurch.org.uk">pccsecretary@ighthamchurch.org.uk</a>
Church Flowers	Judy Debenham	T: 882640
St Peter's Choir & Music	Carol Kennedy	T: 884764
Bell Ringing	Judith Robinson	T: 0788 0507066
Coffee Shop	Jenny Webster	T: 884819
Men's Breakfast	John Webster	T: 884819
Oasis	Bridget Kelsey	M: 07789 692967 E: <a href="mailto:oasis@ighthamchurch.org.uk">oasis@ighthamchurch.org.uk</a>
Parent & Toddlers	Kirsty Mitcham	T: 885072
Prayer Group	John Webster	T: 884819

## Ightham Magazine

Editorial	Penny Cracknell	T:07811 066253
Advertising	E: <a href="mailto:stpetersadverts@btinternet.com">stpetersadverts@btinternet.com</a>	
Subscriptions/Distribution	E: <a href="mailto:magazine@ighthamchurch.org.uk">magazine@ighthamchurch.org.uk</a>	

## 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: <a href="mailto:ighthamvillagehall@gmail.com">ighthamvillagehall@gmail.com</a>	
Ightham Scouts Group	E: <a href="mailto:enquiries@ighthamscouts.org">enquiries@ighthamscouts.org</a>	
Beavers, Cubs, Explorers & Scouts		
Ightham WI	Helen Johnson	
	E: <a href="mailto:happyflowersgs@live.co.uk">happyflowersgs@live.co.uk</a>	
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



National  
Trust



## Walled Garden Tours

**29 April, 20 May, 24 June, 15 July,  
2 September and 14 October | 2.40-3.30pm**

Join a free tour led by knowledgeable volunteers to find out about the rich history and ongoing care of the walled garden.

£5 per person, normal admission applies. Booking recommended.  
Visit [www.nationaltrust.org.uk/ighthamote](http://www.nationaltrust.org.uk/ighthamote)

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