

# Rainham High Street in Snow, Winter 1987



Barclays Bank closed just over a year ago and has now re-opened as a new sports bar called 'The Greedy Banker'. Run by the people behind the 'Dead Pigeon' in Rochester, it is serving craft beer and cocktails, showing sports and serving food, including their famous burgers. Photo Credit: Barry Allgood)





# Editorial

Looking back on Action Forums past, and inspired by and remembering our late editor Barbara Mackay Miller, I cannot help thinking how much more challenging Christmas will be for many families in our community this year. The backdrop of increases in the cost of everything, from home energy and fuel to interest rates, make it even more so and perhaps a time to think more closely about what we can give for free and the value of our time as a gift to others. Children's expectations are often set by the media, television adverts and maybe the dreaded Christmas list, to which I will add again this year - "No cheap plastic tat for me please!".

Last year I also wrote a piece in here entitled 'The 12 Wastes of Christmas', in an attempt to nudge readers towards improved recycling behaviours, so do please remember - no batteries in your black bin liners and all food waste in the brown bin; the piece will be repeated again in January.

Giving to help others can take a number of forms and whilst cash to charities does help make a real difference, so can donations of food and toys to food and toy banks and libraries, please see p11.

We have summarised the list of local church services on p12 but, however you spend the season, the editorial team would like to wish all our advertisers, distributors and regular contributors our very best wishes and a happy and healthy new year.

### Merry Christmas!!

N.B The next issue of Action Forum will be a combined January and February edition, published on 10th of January 2023.

# Letters to the Editor

# Re: NCT Nearly New Sale Thank you

Dear Editor,

NCT is the UK's leading charity for parents and recently, Medway branch held its second Nearly New Sale of the year. This was held at Rainham Mark Grammar School, with 65 local families selling their preloved items. 220 people attended and a total of £1,500 was made for NCT on the day, which will help fund local Medway events and national services like the breastfeeding helpline.

In total, 2038 items were sold that might otherwise have ended up in landfill. Items available to purchase included preloved toys, games, prams, scooters, books, clothing and footwear. Mums-to-be enjoyed browsing the maternity section for good quality, nearly new and brand new items.

### Helen Macken (coordinator) said:

"Customers were excitedly showing us their bargains and you could really tell that they enjoyed the sale as much as we did. Both buyer and sellers left asking for the date of the next sale, which we are pleased to confirm will be held on Saturday, 25<sup>th</sup> March 2023, so follow us on social media and be the first to register".

The NCT offers support for new parents in so many ways. We have regular free activities in Medway: Bumps and Babies, Walk and Talk for new and expectant parents, a vital infant feeding line run by trained breastfeeding counsellors. We offer eco-friendly party kits for hire, run a reusable nappy library and hold regular online first aid classes - available to everyone. There is also support for women during the tough times, including mental health struggles.

Nearly New Sales are an opportunity to meet other local parents and discover NCT Medway so book the date in your diary for next Spring and we look forward to seeing you there.

Su Button 07905 803374 <u>subutton@icloud.com</u>

### **Rainham Brickfields**

Dear Editor.

Thank you for featuring the Rainham brickfields in the November 2022 edition. I can't confirm any of those in the photo but in the 1860s my Great Great Grandfather, John Costen, was living in Station Road and working as a brickfield labourer so I have a direct family connection to the fields. I never was aware of the Roman finds there and wonder if he is in the photo.

Regards Graham Hunt

### Find a Warm Space - Rainham Christian Fellowship

Dear Editor,

We are starting a warm space/warm bank from Sunday 8<sup>th</sup> January 2023 between 4pm - 8pm. This will be repeated every Sunday going forward until the warm weather arrives, welcoming anyone who would like to come along and use our church to keep warm, charge phones, fill hot water bottles etc. People can contact *church@rcftwydall.org.uk* for more details.

### **Rainham Community Orchard**

Dear Editor,

We are currently in exciting talks with Riverside Country Park about a new location for our orchard.

We look forward to updating you soon.

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### **Gillingham Lions Santa's Sleigh**

Friday 9th, Hempstead:-



Lavenda, Birch, Plumtree, Medlar, Cedar, Kingsdown Monday 12th, Hempstead: - Coppergate, Ever-

green, Sheperdsgate, Honey, Lamplighters, Cobblestone, Horseshoe, Old Barn, Greenfinches, Everglades

Tuesday 13th, Kenilworth: - Kenilworth, Windermere, Sandown, Bransgore, Sunningdale, Wimbourne, Tanker, Gayhurst

Wednesday 14th, Fairview: - Fairview, Foulds, Primrose, Magnolia, Clematis, Norman, Wigmore, The Hazels, Woodside, Bredhurst

Thursday 15th, Highfield: - Highfield, Benson, Derwent, Oldfields, Salisbury, Century, Nursery, Henley, Cheriton

Friday 16th, Parkwood: - Campleshon, Wood, Queendown, Lineacre, Idenwood, Hallwood, Donet, Dixwell, Long Catlis, Fairfax, Foxburrow, Readscroft, Beke

Monday 19th Parkwood; - Capel, Gunnis, Gladwyn, Culpepper, Conrad, Chipstead, Long Catlis, Hawbeck, Roper, Sedley, Deanwood

Tuesday 20th, Twydall: - Waltham, Elham, Lyminge, Bodiam, Sturry, Herne, Blean, Patrixbourne, Detling, Hawthorn, Begonia

Wednesday 21st, Twydall; - Staplehurst, Goudhurst, Ash, Leeds, Charing, Lynsted, Bearsted, Westerham, Minster, Crundale

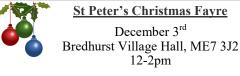
Thursday 22nd, Lower Beechings; - Eastcourt, Littlebourne, Bishopsbourne, Kennington, Brabourne, Kingsnorth, Thornham, Rolvenden, Ruckinge, Boughton

Text GLCSANTA 3 to 70450 to donate £3 Texts cost £3 plus one standard rate message.





# Community



Many stalls and games for the children, with soup and roll refreshments. Come along and join in the fun at the Fayre then take a short walk along to St Peter's Church and meet Father Christmas.

Free Entry

# **Evergreen Club, Bredhurst**

We are a social club for retired people over 55, meeting every Wednesday 2pm till 4pm in Bredhurst Village Hall.

We enjoy many social activities, including bingo and quizzes. Why not join us?

For more information, contact Rita on 07748058770



# Christmas Quiz at St Matthew's

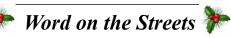
December 3rd Join us at the Community Centre (ME8 0NX) for a fun Christmas Quiz.

Tickets are £7 each and include Festive or Alcohol-free Mulled Wine and a Mince pie. Bring your own drinks and snacks as well. Teams of 6 to 8 people. Doors open at 7pm for 7.30 start.

Please phone 370492 for more information.

# **Medway Scrabble Club**

Join us alternate Mondays - St Stephen's church hall, Chatham. Contact Eamon on 07523 124668



'Merry Christmas, hearty thanks and best wishes to our distribution team behind the scenes, along with all those volunteers who deliver Action Forum each month. All your hard work, often unseen, is much appreciated.'

Thanks to all who have enquired about, or picked up, new routes, also to those who have covered holidays and illnesses. We now have a number of streets that need volunteers moving forward:

Hempstead

Lamplighters Close (91), The Paddocks (14), Honeysuckle Close (8), Claridge Court (7)

If you are interested in helping out - even just temporarily, please do get in touch with Anne: 07791 585 998





# Community cont...

### **Upchurch Choral Society presents** "Jubilate"

Saturday 26<sup>th</sup> November 2022 St Mary's church Upchurch, 7.30pm. Entry £10, under 18s free. Interval refreshments will be available, courtesy of The Friends of St Mary's.

Our concert will include Mozart's Coronation Mass and other seasonal items. In addition, our soloists for the evening will be the group Sonare, who recently gave a stunning concert in St Mary's.

This concert will be dedicated to the late Frank Osborne, who sang with our choir for many years with a delightful Tenor voice.

For more information contact our Secretary: 01634 234780/suerossiter@waitrose.com

# **Rotary Club Christmas Floats**



Est 1978

RELIABLE

13th Dec - start at Taverners Rd Bettescombe, Elmstone, Arthur, Maidstone, Herbert, Lonsdale, Broadview.

15th Dec - start at Edwin Rd/Sylvan Rd Edwin, Durham, Maidstone, Lyndhurst, Marshall, The Platters.

Saturday 17th and Sunday 18th December At Tesco Extra, Gillingham

23rd Dec - start at Eastcourt/Broadway junc Elmfield, Featherby, Chilham, Eastcourt, Allington, Broadway, Priory, Abbey, Featherby, Hanway, The Chase, Chattenden, Broadway,

All routes are to start at 18.00 except for Christmas Eve when we start at 17.00 (subject to road works and weather).

# **Old Barn Orchestra**

You may have heard of us but know little. Our name originates from the old barn that once stood next to Abbey Court in Sandling, the family home of Dr Ponder. He founded the orchestra in 1927 and despite the odd occasion when the orchestra looked like it might fold, we have managed to keep it going even during Covid, when we met online and rehearsed to a recording, all wearing headphones and unable to hear each other! It kept us socialising at least.

You can see the original barn (now gone) on our Facebook group cover photo. Search 'Old Barn Orchestral Society' or visit our website - 'oldbarnos.com', where you will find a little more about us. We rehearse in Maidstone but several members (present and past) have come from Rainham and many of our 'Friends' come from your area.

### We often perform concerts in Medway. Our autumn concert will take place 10th Dec in St Matthew's Community Centre.

We welcome any lapsed players, especially to bolster our string sections. So, dust off that violin or cello and get in touch! We're a friendly bunch with an enthusiastic and knowledgeable young conductor who is encouraging (and forgiving!) having been an extra player and member since he was 17!

For more details, see our website or contact me - karenbrownflute@gmail.com

07808068881/01634 376979 (Principal flute and orchestral manager/fixer)







E: TRUSTPLUMBINGANDHEATING@OUTLOOK.COM W: WWW.TRUSTPLUMBINGANDHEATING.CO.UK

# Nature Notes (Joe Ennis)

## NATURE NOTES FOR NOVEMBER

November can be a wet and miserable month, often with fogs that are the bane of motorists. But, in every month of the year, even in the short, dark days of November, there is always something of interest to be seen in the countryside, and even our gardens.

Strangely enough, there are usually more blackbirds about in November than in the spring and summer, because foreign birds of the species come by night to this country, across the North Sea, especially from Scandinavia. Small flocks of them can usually be spotted in the autumn, along the east coast, feeding on hawthorn and sea buckthorn berries and they often stay in small flocks as they move inland. I noted some four or five picking the red berries from a holly tree near Wigmore Post Office. They were clucking to each other frequently and were certainly nervous, unlike a lone, presumably resident, blackbird casually eating the holly berries from a neighbour's tree. The most frequently heard bird song during November is that of the robin. It's sweet notes are very subdued and some robins may not have resumed singing at all since their late summer moult. In the New Year the robin's song will grow stronger and richer. In November, some song thrushes will begin to sing again, if only for a short while.

In order to attract ground feeding birds to our garden, we put dried meal worms and suet pieces out under an RSPB cage designed to keep out large birds like wood pigeons and magpies, squirrels, cats and sparrow hawks. There is a distinct pecking order among the birds that can get into the cage.

At the top is a female blackbird who will even

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drive off her mate of the last breeding season. The male blackbird will in turn drive off any song thrushes that appear, our resident robin and even the poor, inoffensive dunnock. He will not necessarily want anything to eat for himself but is like a mistle thrush who will guard a holly tree against all invaders.

It is quite natural for residents to wonder why they see few, if any, blue or great tits on the feeders and suet balls they have put out at the start of the cold weather. The reason is that flocks of tits are gathered together and feeding in our local woods, such as East Hoath, Ambley and Bredhurst Woods. They will be searching the twigs and tree trunks for insects and other invertebrates. If severe weather arrives, tits and other small birds may turn to our feeding stations. These should be placed next to cover to which the birds can quickly retreat from predators.

As for mammals seen in November, squirrels spend more time on the ground than in the trees as they continue to gather and bury acorns and sweet chestnuts for later. Foxes are beginning to make the barking sounds associated with the mating season. A dog fox makes short, gruff barks during the night to announce that he is looking for a mate. A vixen may make blood-curling shrieks and screams, a signal that she too is prepared to mate. If a dog fox approaches the vixen when she is not quite ready to mate, she may viciously attack him.

Red admiral butterflies come to this country as migrants in spring, laying their eggs on stinging nettles. Most of the red admirals seen in early November, often feeding on ivy flowers or fallen apples, are offspring of those spring visitors. A few will hibernate, clinging onto tree trunks but most of them will die in the cold of winter. If the weather remains



sunny, peacock and small tortoiseshell butterflies may be seen in our gardens and later found, wings folded up, hibernating in our sheds or other outbuildings and even in our houses or conservatories. In the early morning of a November day, a garden bush can sometimes be seen sparkling

with dew-laden spiders' webs. The largest webs belong to one of the many species which spin spiral webs. One common species is the garden spider. The female spins the web and can be identified by the white cross on her back.

In most years, the display of various shades of yellow, orange, pink and red leaves of our deciduous trees may last until early November. The colours are more subdued than those of the sugar maple and other trees seen in a New England Fall. The trees in the remains of the ancient East Hoath Wood, on either side of Hoath Way (the M2 link road) and Hoath Lane, are good spots to see a wonderful display of autumn leaves from the comfort of a car seat. The leaves are those of the oak, beech, sycamore, hornbeam, wild cherry, silver birch, whitebeam and, usually most noticeable, field maple.

# Dec in the Wilder Garden

(by Victoria Golding)

As thoughts are focused on Christmas and holidays, do try to find time in the garden. I discovered that a couple of flagging shrubs were lacking water, so I removed all the dead leaves round them, watered them thoroughly over a couple of days, then mixed up some compost and leaf mould as a mulch to ensure the plants were getting a feed.

Prune any trees and climbers now. I know we worry about frost damaging trees, but I think it is worth getting any work done now, in case of



early nesting. If plants are flowering earlier then the whole cycle may move round and we must nurture what we have, especially by not disturbing birds once they are nesting.

Mix up the shrub varieties in your hedge to provide a variety of food plants. If you have a gap or a straggly plant at the end, this is an ideal start to make it wilder. Hawthorn, holly, spindle, willow are examples of native plants that will provide nectar, berries and leaves that benefit wildlife.

### Plant of the month

I am always extolling the virtues of ivy, but I think it is often ignored in Christmas decorations. Together with seasonal berries, it makes a perfect 'string' for wrapping round the decorations on a wreath or table decoration. Its symbolism is interpreted as giving protection from evil, giving good luck and also fertility.

Why not try one of the lovely Christmas craft workshops at Kent Wildlife Trust Visitor Centres to use natural materials. www.kentwildlifetrust.org.uk/events

#### Job of the month

Choose peat-free composts in gift plants. The more we ask our suppliers for this product, the quicker they will get the message. Take time to look through your garden pictures then print out a selection to remember the beautiful times we have shared with family and friends this year. Make a collage to inspire you during the dark months.

Use lovely days to be outside, improving your own part of the natural world and let it lift your spirits.

Happy wildlife gardening through 2023!

Victoria



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# **Climate Conversations** (AS)

# Just Say Hello - Food Bank

This is a Rainham Food bank run by volunteers at St Margaret's Church.

Required donations must be non-perishable and within the 'best before' date. Particular needs are:

UHT Milk, Tea, Sugar, Baked Beans, Tinned Fruit, Tinned Meat, Tinned Fish, Tinned Dessert, Tinned Veg, Chopped tomatoes, Tinned potatoes/Smash, Pasta, Rice, Cereals, Biscuits, Jars of Sauce (pasta/curry), Jar preserves (jam/honey/ marmalade), other tinned goods (soup/pulses/ spaghetti), Toilet Rolls, Toiletries (shower gel/ soap/toothpaste etc). Loose vegetables and fruit are welcome if bagged. No alcohol please.

Donations and collections are available at St Margarets on Tuesday 9-11am or Thursday 10 -12am but donations can also be delivered to Micallef Jewellers in Rainham precinct during their opening hours (Monday - Saturday 09:30 -17:30) which will be passed to the Just Say Hello project for them to handle (no collections can be made from Micallef Jewellers).

Please contact *hello@rainhamchurch.co.uk* 

## **Rainham Toy Exchange**

Our principle is simple - you bring a toy and take a toy!

Let's keep rotating toys through the

community as long as possible. Clean, unbroken and complete - leave them in the accessible container at 158 Maidstone Rd. available 24/7.

# **Rainham Health Walks**

Want to get out and get some exercise? Why not pop down to St Margaret's Church each Wednesday morning. Meet outside the church entrance at 10:40 am for a walk lasting about an hour. Following that, starting at 12:00, is an active and wellbeing session inside. All are welcome to attend for both seated and standing fitness and it is followed by a yummy homemade soup and roll!

### **Putting Rainham First**

This is a five-year project, during which time St Margaret's Church will work with key stakeholders to strengthen our community, preserve our heritage and protect our environment.

We recognise quality of life is directly linked to the community you live in. St Margaret's has been at the heart of this community for more than 800 years and we would like to invite you to take part in a survey that will help to influence our future. Find out more and access the community, youth or congregation surveys by either visiting our website: www.rainhamfirst.co.uk, picking up a printed copy from church (open Monday – Thursday mornings) or contacting the Parish Office on 01634 362023.

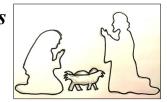
Closing date 12<sup>th</sup> December.

**Dec Monthly Eco Challenge** 

'See how many gifts can you buy that are not made of plastic? Perhaps you could make gifts instead?'



# *Christmas* Services around Rainham



St Margaret's CofE, Rainham High Street 4th Dec 4pm Christingle Service 18th Dec 6.30pm Carols by Candlelight 23rd Dec 7pm 9 Lessons and Carols 24th Dec Crib Services at 1pm, 4pm 24th Dec 11pm Midnight Communion

Granary Church, Oast Community Centre, Rainham

18th Dec 3pm Christmas Carol Service (including refreshments)

25th Dec 10.30am Christmas Day Service (transport available on 01634 310959)

Rainham Christian Fellowship, Waltham Rd, <u>ME8 6XE</u>

11th Dec 10.30am Family Trust Nativity Service

18th Dec 10.30am Family Sharing Service 24th Dec 4pm Carols by Candlelight 25th Dec 10.30am Christmas Day Service (followed by a lunch for those on their own - limited numbers so booking by 11th is essential. Contact Peter Millard at church@rcftwydall.org.uk)

Holy Trinity CofE, Twydall Lane, Twydall 4th Dec 10am Christingle 11th Dec 4pm Carol Service 24th Dec 4pm Nativity 24th Dec 11.30pm Midnight Communion 25th Dec 10am Christmas Celebration

St Paul's CofE, Parkwood Shops 11th Dec 10.30am Carol Service 18th Dec 3pm Nativity Family Fun

St Peter's CofE, Bredhurst 18th Dec 3pm Carol Service 24th Dec 3pm Crib Service 24th Dec 11.30pm Holy Communion 25th Dec 8-9.30am Open Church (no service)

St Matthews CofE, Drewery Dr, Wigmore 18th Dec 6.30pm Carol Service 20th Dec 6.30pm Carols Among the Trees 24th Dec 3pm and 5pm Christingle 1st Jan 10.30am Holy Communion

Wigmore Evangelical, Durham Rd, 13th Dec 7.30pm Christmas Carols with the **BAE Brass Band** 18th Dec 6.30pm Carol Service 25th Dec 10.30am Christmas Day Service

All Saints CofE, Hempstead 18th Dec 10am Christingle 22nd Dec 3pm Blue Christmas (for all who find this a difficult time of year) 25th Dec 10am Holy Communion

Twydall Evangelical, Goudhurst Rd 18th Dec 10.30am Family Carol Service 25th Dec 11am Christmas Day Service

# 

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# **Dates for the Diary**

# Request an entry in the diary (free of charge) contact: diary@actionforum.co.uk

**25th Nov** - 'London's Royal Parks', 2pm, Medway Geographical and Local History Society, new members welcome, Holy Trinity Church, Twydall, Contact: lorna\_bailey576@hotmail.com/01634 572139

25th Nov - 'Interstellar Travel' with Will Joyce, Bredhurst Village Hall, 8pm, Visit: <u>www.midkentastro.org/events</u>

**26th Nov -** Quiz Night, Twydall Community Centre, £7 pp, incl. of food. Max 6 per team, 7pm

**26th Nov** - St Margaret's Christmas Bazaar, 10am-2pm, Millenium Centre

**26th Nov** - Upchurch choral Society presents 'Jubilate', St Mary's, Upchurch, 7.30pm, £10, free for under18, <u>suerossiter@waitrose.com</u> or 01634 234780

**1st Dec** - The Thursday Club, Community Centre, St. Matthews, Drewery Drive, Wigmore from 2pm Lenny Clark will host music, singing and a quiz. Geoff on 01634 234712/geoff.hufton@hotmail.co.uk

**1st - 3rd Dec -** Pinocchio by The Upchurch Players, Upchurch Village Hall, 7.30pm and a matinee at 2.30pm, £7.50pp

**3rd Dec** - Christmas Quiz, St Matthew's Community Centre, Drewery Drive, Wigmore. £7pp (incl mulled wine and mince pie) Bring own drinks/snacks, 6-8 per team, 7pm, Phone 370492

**3rd Dec** - One Big Family Christmas Fayre 'Helping the Homeless', Millenium Centre, 11-3, crafts, games, refreshments, 'See My Voice Signing Choir', raffle and more. Free entry

**3rd Dec** – St Peter's Christmas Fayre, Bredhurst Village Hall and Church, stalls, games, refreshments and Father Christmas, 12-2pm

**4th Dec** - Christmas Sunday Tea at St Michael and All Angels Hartlip CofE, 3 - 5pm, We would love you to come and join us.

6th Dec - Christmas Concert with the Music Man Project with The City of Rochester Symphony Orchestra, 7pm, Glassbox Theatre, MidKent College, MMPKChristmsConcert2022.eventbrite.co.uk

8th Dec - The Thursday Club, Carols with Fairview School Geoff on 01634 234712/geoff.hufton@hotmail.co.uk

**9th Dec** - MidKent Astronomical Society Christmas Social, 8pm, Bredhurst Village Hall, £3 on door for nonmembers. Quizzes, fun and games. www.midkentastro.org.uk

**12th Dec** - Medway Music Club, Brett Wales playing live, 7.30pm, Parkwood Community Centre, refreshments/bar, £7 entry. <u>phil.burt@ntlworld.com</u> or 07795 576294

**14th Dec -** 'Its Magic' with Andrew Theobald, Entry 7pm, £3, refreshments, Rainham Historical Society, Millennium Centre, 01634 263622

**15th Dec -** The Thursday Club, Panto! 2pm, Geoff on 01634 234712/geoff.hufton@hotmail.co.uk

Rainham Bereavement Friendship Group, Friday AM,

#### Check out the www.thenet.uk.net/events

**17th Dec** - 'It's the most wonderful time of the year' Annual Christmas Concert by Wigmore Voices, St Matthews Community Centre, Drewery Drive, Wigmore, 8pm, £8, contact Sue on 07990 837287

20th Dec - 'Birding in Mongolia' by Barry Wright, RSPB Medway Talk, Community Centre, Parkwood, 7.30pm, £4, www.rspb.org.uk/groups/medway.

Knit and Natter, every Tuesday, 12-2pm, Rainham Mark Social Club, ME8 6YX, bring your craft, come and chat

Medway Concert Brass, every Tuesday, Hempstead, contact manager@medwayconcertbrass.uk

Kent Classic & Sports Car Club, 2nd Thursday of month,

Three Mariners, Lower Rainham, 01634 362612 **Wigmore Ladies**, 3rd Wednesday of month, 2pm, Howard Memorial Hall, 01634 388912

Rainham WI, 3rd Thursday of month, open from 1pm.

Berengrave Cricket Club, contact 01634 234997 Hempstead Players community theatre group, 18+, thehempsteadplayers.co.uk/07421 817158

**Oast House Community Choir**, every Tuesday, 10-11.30am, Rainham Oast Community Centre, £5, Bob Carling on 07800 522724

Bredhurst Art Group, Thursdays, 1.00-3.15pm, contact Barbara on 07974 205656.

Wigmore RVS Darby & Joan Club, Monday 2-4pm, Hannah Hendra on 01634 362662

Rainham & District Dollshouse & Miniaturist Group, last Thurs of month, 7.30pm, Howard Hall, Wigmore, 01634 264295 or <u>rainhamdhkent@gmail.com</u>

Lower Halstow short mat bowls club, each Mon 2-4, each Wed 7.30-9.30, 01795 842376/glenyslovell@hotmail.com

Hempstead Valley Short Mat Bowls Club, contact Joy on 01622 693101

Medway Model Club, each Friday 7-10pm, all ages, Holy Trinity, Twydall, contact <u>kimmary18@hotmail.com</u>

Upchurch Horticultural Society, 1st Wednesday each month, 07703 339290 or upchurchhortssoc@gmail.com

Rainham Community Choir, ever y Monday 7pm, Rainham Oast, £4.50, contact <u>cdlmedway@gmail.com</u>

Breathe Easy Medway (for those with COPD), 1st Tues of month, 1-3pm, Twydall Community Centre, ME8 6TQ,

secretary@BreatheEasyMedway.co.uk or 07775 461573 Scottish Country Dancing, every Monday, 1.30pm, Bredhurst Village Hall, <u>www.medwaycaledonians.co.uk</u>

Profits from Action Forum are always distributed between a number of charities. Recent recipients have been St Margaret's, St Matthews, Tools with A Mission, Rainham Eco-hub and the Community Hero awards.

# Small Ads

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