

APPLEDORE PARISH MAGAZINE

MAY 2020



VILLAGE DIARY**MAY 2020**

Due to the Coronavirus, there are no bookings for Appledore Village Hall for May.

All editorial matter for publication in the **JUNE** magazine should be sent to: The Editor, Oak House, 74 The Street, Appledore, TN26 2AE, tel. no 01233 758249, email: appledoremagazine@hotmail.com, **NOT LATER THAN THE TWENTIETH OF MAY**. Please provide copy to our email address, preferably as a Word file attachment.

The Appledore Parish Magazine is produced, printed, collated and delivered by a number of villagers who kindly volunteer to take on these tasks. It is delivered free to every household in the village. This is unusual; the majority of village magazines carry a cover price of 30p or so. It is supported financially by advertisers and by one or two organisations, such as the Parish Council and the Parochial Church Council, which contribute towards the space that they regularly occupy. But it could not continue to exist without donations from private householders who, over the years and on a regular basis, have given us money to keep going. Donations should be sent to: The Editor, Oak House, 74 The Street, Appledore, TN26 2AE. Cheques should be made payable to Appledore Parish Magazine.

Please note that the Parish Magazine is only being produced electronically during the current pandemic.

Advertising: Brian Knight 01233 758319
email: appledoremagazine@hotmail.com

A year's advertising (11 magazines) is £25 per 1/6th page. The magazine is delivered to 400 houses and is available to visitors via the Village Shop and church.

Thank you for all the kind donations towards our new printer even in such difficult times.

We will get back to normal one day and your magazine will be printed and delivered as before!

Dear Appledore,

I hope you are enjoying the sunshine, even though life as we know it has changed drastically for the moment. This version of the Parish Magazine will only be done electronically and sent out via email to reach as many of you as possible. If you know of anyone who has not received a copy, please direct them to the Appledore Community Facebook page as it will be on there as well.

On the plus side, an electronic copy can include as many photographs as we like! Our new printer, when it comes, will be able to print photographs too – though we must be more selective as printing in colour costs quite a lot.

In the meantime, please send in your photographs along with articles as some folks have done this month. For example, we can meet the real Brodie on page 15. An article from the Gardening Society also includes some beautiful photographs. We need anything to keep our spirits up at the moment so I have included a picture quiz on page 17 based on foodstuffs! Give it a try!

I would like to send our deepest condolences to Judith Clifton on the loss of her husband Martin. I am sure you will all share our thoughts and prayers for the Clifton family at this very sad time.

There is a long article by Ruth Smith from the NHS coalface. I know you will share my deep gratitude and admiration for all NHS and key workers who are keeping us going. I make no apologies for the length of the article – Ruth said to edit it if need be, but it is a fascinating insight into some of her work during the pandemic.

The advertisements are included this month and will be in subsequent months too. They are a very good reference and now, when firms are struggling, it is good to keep local names fresh in our minds.

So, do enjoy the beautiful countryside around Appledore and keep sending in the photographs!

Keep safe

Maureen

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WHO TO ASK**APPLEDORE ALLOTMENT CHARITY**

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APPLEDORE & DISTRICT RIDING ASSOCIATION

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APPLEDORE GOOD NEIGHBOUR SERVICE

Free transport for housebound villagers 01233 758478

APPLEDORE VILLAGE STORES 51/53 The Street 01233 758320

ASHFORD BOROUGH COUNCILLOR Mr Michael Burgess 01233 628387

ASHFORD BOROUGH CITIZENS ADVICE email: ashfordadvice@gmail.com

ART CLUB Denise Stephens, email: georginajack@icloud.com 01233 758952

BRITISH RED CROSS For general enquiries 01580 763359

Tenterden & Cranbrook For medical loans specifically 01233 620356

CARM: Appledore Christian Centre Mary Stredwick 01233 758122

CHILD HEALTH CLINIC Hamstreet: Wednesday 10.30 – 12.00

Appledore: Friday 10.00 – 12.00

COMMUNITY RURAL WARDEN Joanna Vos, email: joanna.vos@kent.gov.uk 07980 770578

CITIZENS ADVICE BUREAU Town Hall, Tenterden 01580 762371

Monday 10.00-16.00, Tues., Wed., Thurs., Fri. 10.00 -13.00

DEPARTMENT OF SOCIAL SECURITY Ashford 01233 208000

DOCTORS Appledore/Hamstreet 01233 730190

Tenterden – Surgery 01580 763666

Woodchurch 01233 860236

ELECTRICITY Failure of supply UK Power Networks 105

APPLEDORE FOOTBALL CLUB Seniors: Kenny Beale 07899 030276

Juniors: Terri Richards 07887 496048

FRIENDS OF APPLEDORE CHURCH

Chair Mrs F Smith, email: fmks33@gmail.com

Vice-Chair Miss A Hill, Church House 01233 758203

APPLEDORE GARDENING SOCIETY

Chair Paul Ripley, 2 Station Villas 01233 758410

Secretary Tessa Knight, Heathland House, Woodchurch Rd 01233 758319

HOSPITALS	Buckland (Dover) William Harvey (Ashford) Kent and Canterbury (Canterbury) Benenden West View (Tenterden)	01304 201624 01233 633331 01227 766877 01580 240333 01580 261500
KENT COUNTY COUNCILLOR	Mike Hill email: Michael.hill@kent.gov.uk	01580 766075
KENTISH EXPRESS Correspondent	Ruth Smith email: ruthasmith@sky.com	01233 758564
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RECREATION GROUND BOOKINGS		07770 947067
REFUSE COLLECTION	Bulky items, e.g. fridges, cookers etc. collected for £24 fee (for 4 items)	01233 331111
SAMARITANS	Ashford	01233 610000
TAXI	Tenterden Cars	01580 762444
TENTERDEN & DISTRICT DAY CENTRE	Church Road, Tenterden	01580 762882
TENTERDEN SAVERS	www.tenterdensavers.co.uk	01580 766155
TRAINS	Enquiries	08457 484950
VETS	Cinque Ports Veterinary Group www.cinqueportsvets.co.uk Pierson Stewart & Partners www.pspvets.co.uk	Tenterden Rye Tenterden Cranbrook 01580 763309 01797 222265 01580 765244 01580 713381
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WATER COMPANY	South East Water Office Hours 24 hour emergency service	08458 506060 0333 0000365
WITTERSHAM CEP SCHOOL	www.wittersham.kent.sch.uk	01797 270329

From the Vicar

As I look back on the past few weeks, I see so many people that have responded in a wonderful way to our present situation.

It says a lot about our village when Lyndsey has far more people offering to help others than there are those needing help. If you do need help but are worried about asking, please do contact her and ask.

Our local social media has been used to encourage, educate and strengthen us. We have seen evidence that church is not only a building but a living body of people who love and encourage one another.

Events are moving so fast that my comments last month concerning the use of open churches are out of date because our church buildings are now closed.

Today I think of Hope that keeps us from despairing.

Hope means that we are taking the initiative and that we are looking towards a better tomorrow.

As Shakespeare wrote: "Hope is a lover's staff, walk hence with that, and manage it against despairing thoughts."

There is a Russian legend that says we can only see the day stars by looking down into the darkness of a deep well. The loveliest of stars is called Hope, but it often can only be seen when things are dark.

The Apostle Paul encourages us in his letter to the Romans, Paul waxes eloquent on hope: "Therefore since we have been made right in God's sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us.....we know that trouble produces endurance, endurance brings God's approval and his approval brings hope. This hope does not disappoint us, for God has poured out His love into our hearts by means of the Holy Spirit, who is God's gift to us." (Ch 5 vs 1,3,4,5)

Our hope lies in the Christ-like actions of NHS staff, social workers, teachers, police, carers and all those who care for the community as we all do the right thing in hope and trust. If you feel like a chat, please don't be afraid to give me a ring or email me.

I end with a prayer by the Bishop of St Asaph, the Rt Revd Gregory Cameron.

Dear Father, who created us, and redeemed us,

and who has promised us your love,

be with us in time of danger and of worry.

May those who suffer, or who are ill,

Know the blessing of your grace,

while we who are well be inspired by your Spirit

to be wise and to be servants, working for the healing

and wholeness of all, each in our own way.

Keep us calm and cautious, strong and open to service,

So that we take care of those around us, and also

ourselves. Amen.

God Bless and keep safe and well.

Tricia

01233 758250 patricia.fogden@btinternet.com

From Alison Gilbert - Licensed Lay Minister, alqil@btopenworld.com, 01797 280243

Dear Friends,

Recently, I visited a wood quite close to my home, and found myself immersed in a haze of blue. A sea of bluebells shimmered into the distance, wafting their wonderful Spring-time scent on the breeze. The bluebells have come early this year, encouraged by an unseasonal burst of hot weather at Easter time. But the reassuring truth is that, whether early or late, we can be certain that they will continue to bloom each year, and that we shall continue to rejoice and exclaim at their beauty. In these times of deep uncertainty, we must take hold of that which anchors us to what we may rely upon.

As I write this, in mid-April, we are still experiencing the 'lock down' of so much that is familiar. We cannot visit our friends and families unless they live with us. Shops, schools, churches and most businesses are closed. Even shopping for basic necessities has become a carefully orchestrated exercise. And we do not know what will happen next. It feels as though we are in a sort of 'limbo' time, and we are not programmed to cope with uncertainty. Yet learning to live with it can open new horizons and possibilities. Osho a spiritual teacher in India, who lived from 1931-1990 said: "**Don't call it uncertainty; call it wonder. Don't call it insecurity; call it freedom.**" That loss of certainty and security may inspire new ways of thinking and doing things which may well change society for ever.

We will certainly be aware of how much of life has moved from 'hands on' to 'online'. It is surprising how many meetings don't actually require all members to be present in one room. Less traffic movement has resulted in a dramatic fall in air pollution. People have learned how important it is to help each other, to support the less able, to value more highly the work of others. As we realise just how much we have previously accumulated, we may see that much of it is unnecessary. And, in time, perhaps we shall see benefits to a natural world undisturbed by constant human activity.

On 31st May, the Church celebrates the important festival of Pentecost. On this day, Jesus' disciples, anxious and uncertain about a future in which he was no longer physically present to lead them, were gifted with tremendous new energy, in the form of the Holy Spirit. They knew that life would never be the same again, and yet through overcoming unimaginably painful events, they felt full of a new kind of wonder and freedom, paving the path ahead to greater things than they could ever have imagined. We, too, know something of this journey, for we are all feeling pain. For some that pain is very great indeed. Life will not resume its former pattern, but it can still be good. Some things will be new, and perhaps better. Others will remain constant, like the bluebells which continue to bloom, and the explosion of new life in Spring. Above all, though, we may rely upon the unchanging love of God to nurture and sustain us wherever we are, and however uncertain the future:

'I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.' (Romans 8v38-9)

May you know the love and the peace of God, and hope for the wonder and freedom which lies ahead.

Alison

The entire Clifton family would like to send heartfelt thanks to all who have sent messages of condolence following the death of Martin on 7th April.

Village Hall Report April 2020

Dear Appledore residents,

Like everything else, there is not a lot to report from the Village Hall this month. However, there is always some good news to be found, even when life is far from normal. I am able to say that in accordance with government guidance, the village hall applied for, and was granted, the standard support available of £10,000 for charities and small businesses. The Trustees have not yet had an opportunity to discuss how this money could best be spent in furtherance of the objectives of the charity.

Keep safe and well. Huw Jenkins - Chair, Appledore Village Hall



Dear Editor,

Taking advantage of the Parish Council's kind offer of trees I have planted 15 native species in the new area of woodland being developed on my land adjacent to, and so extending the area of, Park Wood. They are in full view from the paths in the wood.

If anyone has any unwanted baby trees in their gardens, please think of potting them up for me to add to the wood in the autumn. I have plenty of guards & stakes. I would also love to have wild roses.

Thank you! Frances Smith, Park Hill.

Appledore Coronavirus Support

Dear Appledore residents,

This is a brief note about the support group for those in the village who are self-isolating.

Firstly – thank you! We have been really heartened by the response from the residents of Appledore during the coronavirus pandemic to help each other. Despite our social distancing we have come to know more people, better, as a result of it, and hope this is true for many of you.

Clearly there are many villagers who are supporting others who are not known to the support group. We would like to thank you as well. We would like to ask you, if you are unable to continue supporting someone, to let us know, so that we can find someone to take on that role.

Everyone has been wonderful and it is good to know that we are all supporting each other. Hopefully the end will be in sight soon, but in the meantime please keep up the good work.

Attached are some recommendations from Ashford Volunteer Centre that could come in handy to keep us sane!

Please do not hesitate to contact me.

Warm wishes

Lyndsey Jenkins 07795220909 / 01233 758152 apc.ljenkins@gmail.com

With best wishes from the team at Ashford Volunteer Centre

We may be in a state of flux but we do have lots of positives to focus on, not least the overwhelming response from individuals wanting to help. Your role in this crisis is especially valued, and you should feel very proud of what you are doing. But this is a marathon not a sprint, and it's especially important to think about yourself and your own well-being at this time.

Therefore, courtesy of [Nature](#) magazine, we'd like to share a few tips on how to do this...

Manage expectations - Do not underestimate the cognitive and emotional impact this pandemic brings, or the impact it will have on your productivity. Difficulty concentrating, low motivation and a state of distraction are to be expected and it will take time to adapt. Go easy on yourself.

Routine is your friend - It helps to manage anxiety, and will help you to adapt more quickly to this current reality. Create clear distinctions between work and downtime, both physically and mentally, and when you're not working find something to do that makes you happy.

Maintain connections - Even the most introverted among us need some sense of connection to others for our mental and physical health. Whether it's Zoom meet-ups, FaceTime calls, Skype or just a simple telephone call, reach out to friends, family and those who might be particularly isolated.

Manage uncertainty by staying in the present - Take each day as it comes and focus on the things you can control. Mindfulness and meditation can be great tools for this.

Proactively manage your stress - Keep good sleeping habits, eat healthily and exercise. Enough said.

You'll find some further useful resources for you and your volunteers on the links below. We've also included links to two local emergency funds.

If you have any questions or would like guidance on something specific, please email contact@ashfordvc.org.uk.



V. E. & V. J. Day

During the Second World War Miss Dorothy Johnston, who lived in Hall House, kept a diary. Whilst she did not write something every day the following are the last few entries in her diary.

1945

May 7th – Monday.

Helped Mrs. Penfold put up summer curtains. Miss Lee came, and we both worked on the kitchen garden.

About 7.30, heard the official announcement that tomorrow would be Victory in Europe Day, that Mr. Churchill would be making his announcement at 2.00pm and the King's speech would be at 9.00pm.

May 8th – Tuesday – V. E. Day

Bells started at 7.00am. Put up what flags I had, and the village had quite a number. Went to 7 o'clock service and all the pews in the church were full.

May 9th – Wednesday.

Attended a meeting at the Hall at 7.30, called by the Parish Council to draw up a scheme to welcome home the Appledore men and women. Mr. Pendrey was in the Chair. A committee was drawn up, including Miss Clement and myself; Major Shapland as secretary and Mrs. Cock as Assistant Secretary. Much divergence of opinion.

May 31st – Thursday.

The Tenterden Ambulance took away the six mattresses, mattress covers and pillows which the A.R.P. had stored here.

August 15th – Wednesday – V. J. Day

Heard the bells ringing when I got up. The news of the Japanese surrender was given out by Mr. Attlee at midnight.

There was a bonfire in the evening on Mill Hill, and I could see three out to the east, and one to the north-east.

August 16th – Thursday. V. J. Day 2.

There was a bonfire in the Cricket Field.



Parish Council Update

Coronavirus

The parish council would like to thank all those who have offered to help and the organisers of the buddy scheme running in Appledore. Thanks also to those who are helping neighbours out during the pandemic and let's not forget those who do this all year round.

By the time this goes to 'virtual' print, we will be entering the 6th week of lock down and could be facing another 3-week continuance. 'Staying at Home' will likely still be everyone's objective, so thank you to everyone who has been doing so and dealing with the ensuing 'cabin fever'.

Should you need help in isolation please contact **Lyndsey Jenkins 0779522090 or 01233 758 152.**

The latest information and health care advice on the Government Website and NHS website. The advice will be regularly updated so you may need to check every few days.

Parish Council

Central government has changed the laws relating to parish councils to assist with social isolation. The annual meeting of the parish council can be deferred till May 2021, so the members of the council will remain in the positions they hold. The agreement of the annual return has been delayed till the end of July however the review of the financial year will be available on the website under the council finances page. As per the recommendations of the Kent Association of Local councils, the council has delegated its day-to-day running to the Clerk. If necessary, the council has the option to hold a virtual meeting. The council has closed the public toilets, to comply with social distancing.

Planning Applications

Ashford Borough Council will continue to process applications but will not be posting pink notices. The full planning committee will be holding virtual meetings. Appledore Parish Council will continue to respond under delegated authority. Residents interested in planning in the parish will need to regularly check Ashford Borough Council website. You can also arrange for Ashford to notify you of applications in your area when they are made. To do this please register in [Applications Near Me](https://planning.ashford.gov.uk/AppsNearMe/default.aspx?new=true), on <https://planning.ashford.gov.uk/AppsNearMe/default.aspx?new=true>.

Annual Parish Meeting

The government has stated that the annual meeting of the parish does not have to be held by June this year as it is possible for residents to call a meeting, should they wish, at any point in the year.

Break-ins

Please lock your sheds, garages outbuildings and agricultural buildings.

Coronavirus Scams

Unfortunately, the number of scams out there is increasing. The most notable are:

Free vouchers from Tesco

Virus testing kits – these are only available for the NHS

Vaccines and miracle cures

Over-priced or fake antibacterial products

TV Licence

Amazon Subscription

DVLA vehicle tax refund



Advice from the police

Criminals are experts at impersonating people, organisations and the police. They spend hours researching you hoping you'll let your guard down for just a moment.

They can contact you by phone, email, text, on social media, or in person. They will try to trick you into parting with your money, personal information, or buying goods or services that don't exist.

If you are approached unexpectedly remember to:

Stop: Taking a moment to think before parting with your money or information could keep you safe.

Challenge: Could it be fake? It's ok to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.

Protect: Contact your bank immediately if you think you've fallen victim to a scam and report it to Action Fraud.

You can also report suspicious texts by forwarding the original message to 7726, which spells SPAM on your keypad.

The police, or your bank, will never ask you to withdraw money or transfer it to a different account. They will also never ask you to reveal your full banking password or PIN.

Do not click on links or attachments in unexpected or suspicious texts or emails.

Confirm requests are genuine by using a known number or email address to contact organisations directly.

To keep yourself secure online, ensure you are using the latest software, apps and operating systems on your phones, tablets and laptops. Update these regularly or set your devices to automatically update so you don't have to worry.

Reporting to Action Fraud can be carried out online at <https://www.actionfraud.police.uk> or by calling 0300 123 2040. If you have Twitter, you can follow Action Fraud for up to date information on COVID-19 fraud on @actionfrauduk.

Remember the ABC message: Never ASSUME or BELIEVE that something is genuine, ALWAYS CONFIRM it is genuine by contacting a trusted source or failing this, speak to a family member or friend.

Appledore Parish Councillors' Contact Details

Councillors' phone numbers are usually available on the noticeboard. However; from time to time the boards are very full. Full contact details are on the website <http://www.appledorepc.kentparishes.gov.uk/our-team/>. Please make use of any answer machine services available.

James Perkins (Chair)	01233 758 107, Mobile 07789 916132 email apc.jperkins@gmail.com
Chris Vane (Vice-Chair)	01233 758 198, Mobile 07816 672919 email apc.cvane@gmail.com
Charles Wilkinson (Highways issues)	01233 758 316, Mobile 07562 302809 email apc.cwilkinson@gmail.com
Helen Hennig (Highways issues)	01233 758 436, Mobile 07759 006324 email apc.hhennig@gmail.com
Roger Hiskey	01233 758 097 email apc.rhiskey@gmail.com
Derek Winter	01233 758 570 email apc.dwinter@gmail.com
Lyndsey Jenkins	07795 220909 email apc.ljenkins@gmail.com
Parish Clerk – Mary Philo	01797 270 790 email apc.mphilo@gmail.com

CAN YOU HELP YOUR PARISH MAGAZINE?

The Appledore Parish Magazine is delivered free of charge to every household in the village and we want to keep it that way. Most other parish magazines have a cover charge.

After 10 years our printer has given up the ghost and we have to buy a new one. This is very expensive! If you could give a small donation to help us with the purchase of the printer we would be most grateful.

Having our own printer (which should last for the next ten years) is vital for the future of a free parish magazine in Appledore.

Donations should be sent to: The Editor, Oak House, 74 The Street, Appledore, TN26 2AE. Cheques should be made payable to Appledore Parish Magazine.

Open Gardens 2020 postponed

Due to the coronavirus pandemic, and the obvious risks involved, our Church Open Gardens Event will be postponed until June 2021.

A big thank-you to all of our volunteer gardeners. You now have another thirteen whole months to prepare!

Donna x

JasmineTravel Club

MEMBER OF ASSOCIATION OF GROUP TRAVEL ORGANISERS

15 Coronation Drive, Great Chart, Ashford, Kent, TN23 3BD

Telephone No: 01233 624241

Holidays and Short breaks for 2020

3-Day Break, Monday December 14th - Wednesday December 16th 2020

To include The Fantastic Thursford Christmas Show

Price £254.00 per adult plus single room supplement of £40.00.

Local pickups

An early response to any of the holidays is appreciated. Full itineraries available on booking - further enquiries telephone 01233 624241.

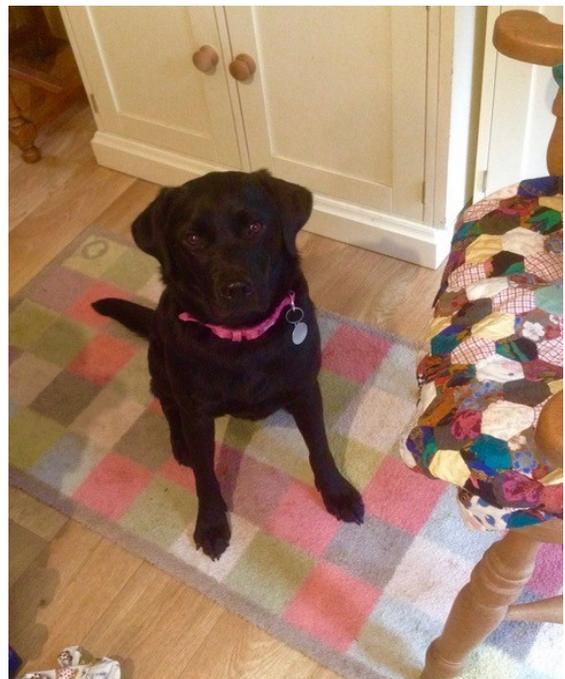
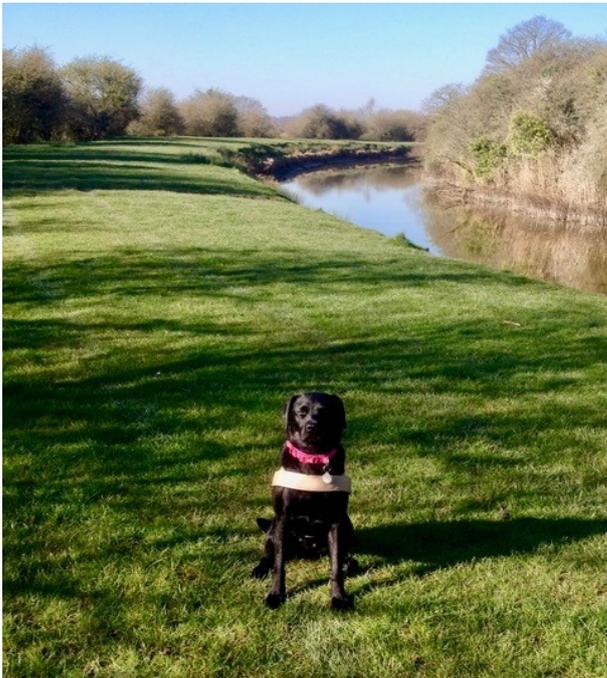
BRODIE 3

Now, where was I? Ah yes, I remember I was settling down by the fire waiting for supper.

You might be interested to hear about bedtimes. I am settled down in my bed for the night, one eye slightly open just to check on what's going on. I hear her say "well good night Brodie I'm off to bed, see you in the morning." Then, this is the interesting bit. I wait a while until everything is quiet. Slowly and silently I creep upstairs and I can see she is fast asleep. So very gently I jump on to the side of the bed she's not sleeping on and settle down for a good night's sleep. In the morning it's, "Oh hello, what are you doing here and when did you come up?" She's not a bit cross, in fact I think she quite likes the company. Anyway, after a quick cuddle she announces she's off to make tea and I know I get a biscuit after I've been out in the garden. So that's how we start our day.

Most of our walks are alongside the canal. It's quite exciting as I get to chase rabbits and squirrels and once, in the distance, I spotted a fox but he ran off too quickly for me to give chase.

In the house I have invented a new game. I've found a bin full of cardboard boxes. These boxes are amazingly exciting and tear up really well. They make a bit of mess, but I don't mind. I also have a rubber toy that gets filled with treats and biscuits. It bounces all over the place so I'm jumping around chasing it and I think if I'm making too much of a mess or too much noise I just turn around and sit and smile at her and wag my tail. It works every time - she just says, "Ah..... good boy Brodie. I'll take you out soon." I tell you it's a dog's life in our house.



Thoughts from the Editor

At this difficult time when people are understandably feeling lost, frightened, lonely, isolated or just plain fed up, it is worth acknowledging some of the things we can do from our homes. Appledore folks are very resilient and imaginative too! Below are a few of the things I know about that are helping us to feel at least a semblance of normality.

Appledore Village Community Facebook page

This page is administered by Lorna Kerrigan. On here you can read about a variety of news: things for sale, Ray's wonderful food at the Black Lion; Bea Walker's requests for songs for us to sing while clapping the NHS and all key workers on Thursdays; Oreo the cat going missing and then thankfully being found and so much more!

Computer links to different groups

In this time of social distancing, many have found ways to link up with friends and family via the internet. Below are a few of the things I have either taken part in or heard about – perhaps you will get some inspiration and either join one of the groups or create your own! I know many of us are not particularly skilled at this sort of thing but it is a way of learning a new skill too!

ZOOM – Tai Chi in Appledore continues with lovely Emma – if you'd like to try her details are in the advertisements on page 31

ZOOM - Marsh Choir – the Rock choir continues with lovely Carly – we are learning two inspirational and fitting songs at the moment “You'll Never Walk Alone” and Nina Simone's “Feeling Good” – imagine 300+ voices singing that together when we come out of this pandemic!

Pilates continues with a **What's App** group and YouTube videos, both simple everyday exercises to keep you from stiffening up and the more testing full 50-minute mat class. Hopefully if the teacher (yours truly) can master Zoom we will be having live classes very soon!

What's App groups – The Book Club has an account and chat regularly on all sorts of things as well as reading some poems. We cheer each other up with some of the funny videos and cartoons around now!

Meet your friends at the pub! and why not set up a time to link up and have a drink and a chat? I do this on Friday and Saturday night! We have even had a virtual birthday party where we all baked cakes and helped the birthday boy blow out his candles from afar!

Virtual Quizzes Appledore likes a quiz night so why not join the Virtual Quiz every Thursday night at 8.15pm after we have clapped the NHS? It is great fun – challenge your friends! The link is:

https://www.youtube.com/channel/CLcSqjJWHJeDWD_SbdorBRw

Or set up your own with a group of friends.

If you know of other things people in Appledore are up to to protect our mental health, do let us know - we can even use photographs at the moment!

Guess the famous building/landmark made out of foodstuffs!



We did this quiz at a Zoom meeting with friends at the weekend - hope you enjoy it! Answers on page 24

Editor

APPLEDORE GARDENERS' SOCIETY

When we are allowed out (on a lead of course), it's a wonderful time of the year. Spring is breaking, young lambs are in abundance on the Marsh, the frogs have started cacophonising, and fern croziers are unrolling (no more ferns I promise). Flowering cherries are at their peak.

This one is in my "garden". The best things in it are the ones I take no responsibility for.



Sheila's garden

The Society must visit Sheila (Georgiades)'s garden, which she has opened in the past under the NGS scheme. She calls the idea of sending pictures cheerer -uppers. She's sent some very nice ones and they certainly are. The first is *Euphorbia wulfenii*, second is *Clematis macropetala* with plum blossom.





And this is a selection of narcissi that Sheila grows - thank you Sheila!



Violets

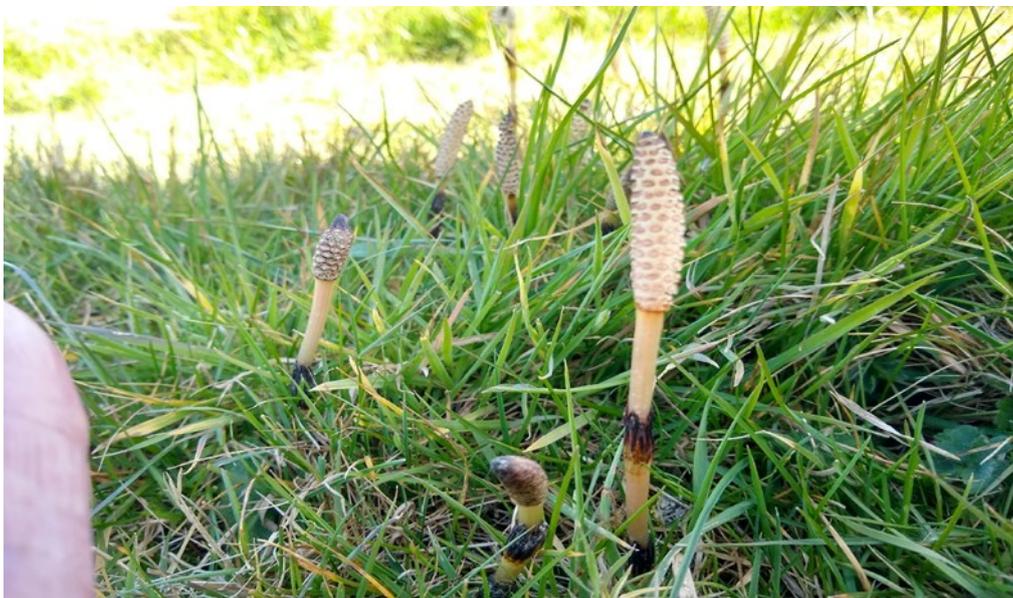
Thank you, Marion, for your very nice pictures of violets, seen on one of your “walks”. On one of ours, we came across a bank of white violets. I think this is a not uncommon variant. And yes, I did get down on my hands and knees, and no, they had no smell.

Nearby, however, was the most amazing perfume. I was by Poplar Court, near Brookland, and the scent came from some poplar trees by the road. I first encountered Balm of Gilead in Leicestershire. If you are interested, they were at Barrow-on-Soar, either side of the bridge over the Soar between Barrow and Quorn. The scent comes from the resinous coating of the young leaves. Balm of Gilead is mentioned in the Bible (Jeremiah 8:22) and is supposed to be from a shrub called *Commiphora gileadensis*. This is apparently rather rare, and Balm of Gilead was produced from an unrelated tree *Pistachia lentiscus*. Neither of these bears any relation to the trees I have seen which are Aspen/ poplar-like. I've only ever found them in these two locations, but the smell is heavenly. If you have more information, please let me know. The balm (of Gilead) was regarded as the ultimate healer. Just what we need at this time.

Definitely NOT ferns

You may have encountered these on your outings. I took these pictures near the Military Canal. We have all but one of the world's species of horsetails in Britain. Horsetails can be divided into two groups, ones that produce separate fertile sporing “cones” and ones where the fertile cone is borne on the end of the vegetative spikes. This time of the year is the best time to see them. Horsetails in the first category produce their fertile spikes before the vegetative phase, so you can only see them for a short time.

The first species here is in the first category, and is *Equisetum arvense*, a pernicious weed, which grows through anything, even concrete (you can tell where blanket weed-killer has been applied – everything has been killed except *Equisetum arvense*!). The second is Marsh Horsetail, *Equisetum palustre*.





As they say, keep safe and healthy!

Paul Ripley



This picture is from one of my own walks!

Editor

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NOTES FROM JUST BEHIND THE FRONTLINE

By Ruth Smith

I leave my house at 11.30pm to drive the deserted roads to the William Harvey. I meet all of 3 cars on my way. Once I was stopped by the police! It's good to know they are out there checking up on why people are driving around in the middle of the night. The main entrance at A&E has now been automated to open on approach so I am able to walk straight through to the IC24 base in the Fracture Clinic without touching anything. I check my work station has been cleaned since the last doctor and log on to see over 400 calls on the screen for the whole of Kent except Medway who are served by Meddoc, not IC24. There are 400 at the beginning and nearly 300 when I finish. The calls coming through 111 are never-ending. We may be in the middle of a Covid pandemic, but no one told the usual emergencies – ear infections, urine infections, infected leg ulcers, out of control diabetics, croup, gastroenteritis, etc. – not to strike.

I used to be a normal GP but now I just work one weekly overnight shift with IC24, the out of hours GP service in this area. IC24 are there to deal with medical emergencies that cannot wait until the patient's own surgery opens in the morning. The work is a mix of phone consultations, base face to face consultations and home visits for the medically housebound. My overnight shift is from 12 midnight to 8am. Now we are in this crisis, I am working another one or two phone consultation shifts a week, as the workload has increased dramatically. I'm hoping to get a laptop so that I can do these extra shifts at home, but that is not forthcoming yet. These shifts are carried out in the IC24 base, a place of multiple people coming and going. A veritable paradise for the coronavirus.

At 12.15am, I call a Path lab worker who has been symptomatic of Covid for 8 days. He still has headache, dizziness and cough. Shouldn't he be better by now? The TV and adverts talk about a mild illness lasting less than a week, they talk about severe breathlessness involving hospital admission, but they don't talk about people that fall between these groups of Covid 19 victims. I have 3 similar calls throughout the night. Covid 19 can last anything from a few hours or days to months!! Having moderate symptoms for several weeks is quite common, but not well publicised. Many people are quite ill and get very fed up with not getting better. They want 'the tablets' they have heard about in the Downing Street briefings. I repeatedly explain that you can be ill for weeks at any stage of this illness. So this can mean several weeks at home or several weeks in intensive care. The 'tablets' Downing Street is talking about are experimental, and are being trialled in patients in hospital, in particular the very sick. If a patient is dying, anything is worth a try! Covid 19 is going to be with us for decades. In years to come, we may have a cure, but not now. Some of the symptoms can be alleviated – medications for vomiting and diarrhoea, oxygen for breathlessness, paracetamol for fever and aches and pains, but there is NOTHING to shorten or cure the disease and many of the symptoms are untreatable anyway, such as cough, lethargy, loss of taste and smell. So my advice to this Path Lab technician is to simply persevere, rest and continue self-isolating.

A lad of 19 is my next patient. He has been in contact with a Covid victim; he now has cough and fever. He is also asthmatic. He rang 111 to inform the authorities that he had Covid 19. So 111 pass him onto me and I have to tell him the sobering news that no Government body is interested to know that he has Covid, there are no testing facilities for him to confirm the diagnosis and no, his GP doesn't want to know either!! We only want to know if you become seriously ill and/or extremely breathless. I explain the rules around self-isolating for him and his family and I wish him the best.

A lady rings because her piles are giving her trouble. She can't see her GP as 'they are closed'. I explain that the surgery door may be locked and bolted but that is to stop sick people wandering in. All GP surgeries are open over the phone and the GP you eventually speak to will decide whether to consult about the problem over the phone and send a prescription direct to the pharmacy, or will do a video consultation if the patient has a mobile phone. Only in rare occasions will they unlock that door and actually allow a patient in for a face-to-face consultation. When this is all over, I believe general practice will not go back to the old ways, as these new forms of consulting patients have been so successful. So I advise this lady to phone her GP in the morning.

The next patient cannot find her blue inhaler and wants a prescription for another. She originally phoned 111 about 10pm and it is after 1am. She is not wheezing at the moment and hasn't wheezed over the last few days. Sometimes I can access a summary of the patient's notes, and I see from her notes that she had last been prescribed a blue inhaler in 2011. She has obviously not needed an inhaler for 9 years; Covid does not make you wheeze, and why hasn't she asked her GP in the first place? I explain I can only prescribe medications that are on repeat and needed urgently, and medications for new urgent medical problems. As there are no pharmacies open overnight in this area, she would be unable to get an inhaler at this time of night anyway. I advised her to call the GP in the morning. I don't add that he won't be prescribing one as she has obviously outgrown her asthma and doesn't need one for 'just in case'.

A couple of patients have had a fever for 4 hours and are ringing in for help! No, they haven't taken any paracetamol or ibuprofen and no, they haven't consulted the Covid 19 website. So I patiently explain the symptoms, the management, the timescale of the illness and the regulations re self-isolating – all stuff which the radio, the TV, social media, the papers, the internet, the adverts, the billboards etc. etc. are screaming at us day and night. There is definitely a stratum of society that seems to live without any contact with the rest of the world.

I speak to a man who has got Covid and cannot understand how he caught it. He is staying at home, but went shopping for himself and his brother-in-law who has got Covid 19. I ask him where did you put the shopping. He tells me he put it in the lounge. He denies touching anything in the house. I explain that he could pick Covid up from touching something in the supermarket – trolley, credit card touchpad, items that an infected person has picked up, looked at, then decided they didn't want to buy, and put back on the shelf. I ask him did he ring the doorbell and then push the door open at his brother-in-law's house.

There are a lot of yeses to these questions. You can catch Covid from touching practically anything that someone else has touched – wheely bins, parcels, gates/stiles on footpaths, public toilets etc. The only solution is to wash your hands after touching anything that is not inside your house. Coming home tired after a shift, I find it quite hard to work out what else I need to clean after washing my hands in my campervan/“decontamination centre”. Did I open the car with the gloves I’ve just used in the supermarket on? Did I drive with the gloves on or off? Did I collect a contaminated newspaper on my drive up to my house? Do I unpack my shopping now or do I leave it several hours/days for the bugs to die? How fanatical should I be? And how fanatical you are will determine whether you get the disease or not.

At 4am, I take a break. Wow, there is food in the fridge, donated to the hospital by thankful companies. So I tuck into tuna mayo sandwiches, Kettle crisps, chocolate chip cookies and a big strong coffee while I play silly games on my iPad. I could read the paper instead, but need a break from Covid!

There are several calls from the regulars. Some folk ring 111 several times a day to complain about some facet of their health. They never follow up on any of the advice given. They are angry that their GP is no longer visiting, that their routine blood tests are not being done, and that nice befriender is no longer popping in once a week. Wearily, I reiterate the advice of the last 10 doctors, I explain about Covid pushing all non-essential work out, I explain about social distancing – again, and try to answer their complaints. I know they watch the TV as I can hear it loudly in the background. I also know, they will phone again tomorrow night and another doctor will go all through this again.

Sadly there are the callers with mental health issues. Mental health care at the best of times is patchy, but now it is worse. Many of these depressed/anxious people are not coping with the current crisis. In fact it would be abnormal not to be a little anxious and a little down with this never-ending lockdown and the ever present risk of getting a fatal disease. I do my best to cheer them up, check their ways of protecting themselves against the virus, and advise them to keep ringing the mental health team, in the hope that one day it will be their turn to be answered!!

At dawn, there is a caller with a chronic lung condition. He spoke to his GP yesterday who started him on antibiotics. He has regular chest infections so the GP felt confident diagnosing another over the phone. The patient is concerned that he feels no better yet and annoyed that he wasn’t examined. It is difficult to explain that for many conditions, an examination only confirms the diagnosis come to during the verbal part of the consultation. It is too early for the antibiotics to have started making a difference and I am certainly not going to examine him just to confirm his diagnosis. So I explain all this and hope I have calmed him down.

At 7.30, a new call. A lady of 85 who has run out of incontinence pads!! Since when was that a medical emergency? It transpires that she is in strict shielding isolation as she is having chemotherapy. The chemo has made her incontinent. Her application to get these on the NHS started mid-March and then ground to a halt. I think this is the bit that 111 decided made it a medical emergency!! This lady has used up the pads she bought just before the lockdown and cannot now go out to buy more. Poor lady has been making recyclable pads from old towels! Her son is doing her food shopping and she feels too embarrassed to ask him to buy pads. After a natter including the emergency food boxes – (are they free?), young people breaking social distancing, the loneliness of being isolated on her own, I discover she has a daughter who lives about 100 miles away. So I suggest she discusses this problem with her daughter and then her daughter buys them on line and gets them delivered to her mother. A simple idea for us who know our way around a website, but not for this old lady. I suggested she could also call her GP re the referral to the Incontinence Service, but I admit to her that I doubt anything will happen until ‘after’. So all you out there, shopping for an older person, especially one of the opposite sex, please, ask directly if they need anything of an intimate nature.

Eventually, it comes to 8am and I am able to log off. I am glad that I have not had to see a Covid patient face to face, but of course there are plenty of surfaces I have touched in the 8 hours I have been in the hospital. We all know there are Covid patients in the hospital and many of the staff coming into the hospital as I leave, all of us trying hard not to get too close to each other, will be heading to work in the Covid wards and Covid intensive units. They are the real heroes of the NHS, working in full PPE all day and watching more of their patients than is usual die because we have no real treatment.

I, thankful that I’m not one of them, quietly leave the hospital and head for ASDA which allows NHS workers priority between 8 and 9am.

STAY AT HOME! PROTECT THE NHS! SAVE LIVES!

Answers to landmarks and buildings!

- | | |
|-------------------------|---------------------------------------|
| 1 Chrysler Building | 11 Christ the Redeemer Rio de Janeiro |
| 2 Stonehenge | 12 Pyramids at Giza |
| 3 Sphinx | 13 Tower of Pisa |
| 4 Chichen Itza (Mexico) | 14 Golden Gate Bridge |
| 5 The Pentagon | 15 Taj Mahal |
| 6 The Gherkin | 16 Angkor Wat |
| 7 The Coliseum | 17 Statue of Liberty |
| 8 Glass Pyramid Louvre | 18 Sydney Opera House |
| 9 Grand Canyon | 19 Great Wall of China |
| 10 Ayers Rock (Uluru) | 20 Machu Pichu |

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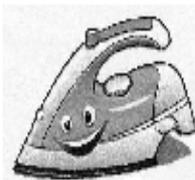
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