

Resuscitation Revels

Having bought and installed a defibrillator, it seemed sensible to have an expert to instruct us on how to use it. Thus, fifteen brave souls attended a session dedicated to resuscitation and how and when one may be called on to use the machine.

I expected dummies for practice, but these were torsos with heads, quietly creepy. Still, we listened carefully and then on our knees, hands in the right position, began the pressure. Our lovely instructor, Paul Barnes, chanted ‘Nellie the Elephant’ as



Our volunteers getting to grips with the ‘bodies’

we pushed and panted as it provides the right rhythm. We also learned that dealing with a child patient requires a slightly different response.

Was it useful? Yes. We all felt much more confident that we could help in an emergency and understood the importance of action when things go awry. An afternoon well spent.

PW

Hot Chilli Competition!

The Garden Interest Group launched the 2024 chilli plant competition on 20th April in the Gladmans’ garden. This year we gave away two types of small plants, Chilli Hot Banana and Chilli Jalapeño. Sixteen people took away either one or two plants, neighbours, family and local students. All were given advice on how best to nurture them. Over the next five months, participants showed great enthusiasm with many exchanges of photos, looking at developing plants and gardening tips.

Due to early cropping, we moved the judging forward one month but unfortunately this had to be done by photographs as the planned hosts had Covid and we missed out on the chocolate chilli cake!

Nevertheless, our judge Susie was very thorough in her assessment of the plants and awarded the first prize to Judi and Peter - ‘a very good shape with lots of large healthy-looking leaves, plenty of chillies and flowers.’



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Dear Residents

In spite of all the political shenanigans and the gloom and doom of the media, we seem to be thriving as a community here in St Stephen’s. We hold popular events, we tell each other about interesting concerts, lectures, walks and opportunities; we help each other by giving away unwanted items and ask for things we need. [The only failure was a grape press!]

We contribute to the Trades List, recycle everything from big items for the WI Swap Shop to jam jars, milk carton lids, fabric, plastic bottles and bric a brac stalls for events. Members help with stewarding, manning stalls, serving and washing up. We have dedicated litter pickers who keep our streets clean and do so in all weathers, without complaint. How did this happen?

Because so many of you are involved and the committee and I are truly grateful for everything that you have made possible.

Please don’t forget that we have a defibrillator in the Church Hall which can be accessed in an emergency by calling 999. The operator will give you the code for the hall.

The next event is the AGM to be held on Saturday November 23rd at 2.30 pm in the church hall. We thought that members may prefer to attend in the afternoon rather than trekking out on a cold evening. Elizabeth Carr-Ellis and Mel Dawkins, our local councillors will give short talks and answer questions. Mulled wine and mince pies will be served from 2pm.

The Arts and Craft Fair returns on Saturday, November 30th, again in the Church Hall – an opportunity to find beautiful Christmas gifts and to enjoy refreshments provided by the League of Friends of Kent and Canterbury Hospital.

After the success of the Great Winter Get Together, we are doing it all over again on February 15th, 2025. It will be a similar format, coffee and cake, light lunches and entertainment. Food will be mainly provided by Jane, the wonder baker. I’d love some volunteers for the day, in one hour shifts so please consider helping.

With best wishes and thanks

Pauline

AGM

St Stephen's Residents Association AGM

Saturday, November 23rd at 2.30 pm

St Stephen's Church Hall

Mince pies and mulled wine from 2 pm

Elizabeth Carr-Ellis and Mel Dawkins will speak on:
‘Our work as local councillors for St Stephen's Ward’
and will answer questions from members.



A Visit to Kew Gardens

On a perfect August day, 34 of us set off to enjoy a day trip to Kew organised by the Garden Interest Group. The coach journey was very enjoyable, and no one was late and more importantly, no one got lost!

The Gardens lived up to the weather, providing a place for us all to enjoy, from the beauty of the temperate house to the thrill of the tree top walk (especially when it swayed in the wind). Our visit coincided with an installation of Mark Quinn’s work, all inspired by Nature. The great board walks were rich with flowers and Greek temples could be found peeping out from unexpected corners.

We all agreed that it was a wonderfully pleasurable and memorable day.

There will be another trip next year – if you have any recommendations, please let us know.

THE GARDEN INTEREST GROUP