

## News From:



*...linking our community in Edenbridge*

### The Queen's Garden Party 15<sup>th</sup> July

"My husband and I ..." were astonished to receive a letter in February from the Lord Lieutenant of Kent asking whether our names could go into the ballot for an invitation to tea at Buckingham Palace, a 1 in 3 chance that we gladly



Before setting off for the palace

accepted! In mid-June we received confirmation that an invitation to the Chair of BRIDGES' Trustees would arrive because of the great contribution that BRIDGES makes to Edenbridge life. So thank you all for the privilege of representing you, and I hope you get the chance to see the DVD of the event. Bernard and I appear for a millisecond behind a lady wearing blue walking along the long herbaceous border!

July 15<sup>th</sup> had a warm and sunny afternoon, and we were soon mingling with about 7000 other people on the wide lawns, walking round the lake, admiring the fashionable outfits, observing the antics of those whose stilettos sank into the lawn, or who were being wheeled off by First Aiders – while keeping an eye on the time so that we wouldn't miss the moment Her Majesty appeared! Luckily we were near enough to the palace to notice a phalanx of Yeoman of the Guard appear at the top of the steps. They marched slowly straight ahead, two-abreast, relentlessly, until the crowd parted to let them through. Pikes gleaming they 'held ground', peeling off on either side to keep the crowd back from a 500m route along which the Queen and Duke could meet some selected guests on their way to the Royal Tea Tent. Gentlemen-at-arms in morning dress gleaned a potted history from these guests so that they could introduce a conversation with the Royals. We only saw Her Majesty's back view from about 15 metres, but were closer to the Duke as he chatted to people along his route. They took over an hour on this walkabout before reaching the specially invited group of dignitaries awaiting them at the Royal Tea Tent. In the

### Food for Thought

On Friday 9<sup>th</sup> May Bridges held a 'Food For Thought' evening. The event brought together members of the local community who enjoyed a delicious meal followed by an interesting talk given by guest speaker, Mrs Lynn Dabrowska. Lynn, who lives locally, worked for many years at the former St Andrews Preparatory School. Over the past 10 years she has spent much of her time visiting Nepal where she has enjoyed trekking in the foothills of the Himalayas and meeting and making friends with those living in both remote rural areas and in the urban city areas of the country.

Lynn talked enthusiastically about her passionate interest in Nepal, its people and the circumstances which influence their lives. She has become increasingly involved in raising funds for a variety of projects in the country but also in making sure that these funds go to where they are needed most.

Initially, Lynn was closely involved with the setting up of a school in a remote rural location, with the aim of providing education for children who otherwise would receive none, but more recently Lynn has been helping to support the needs of an orphanage in one of the more built up areas of the country.

Lynn's talk certainly provided us with food for thought and she answered a number of questions from an audience who had clearly enjoyed a brief insight into these Nepalese communities. *Alison Hunnam*

*Our next Food for Thought event is coming up soon (see page 5) and addresses a completely different subject. Make a note in your diary.*

Diplomatic Tea Tent lesser Royals hosted their foreign guests many of whom were wearing wonderful national costumes. Considering the royal couple are 82 and 87, I thought the afternoon was an amazing feat of endurance - they must have been gasping for their cuppa by the time they got to it, but there was no hint of exhaustion amidst smiles, chat and laughter.

Tea for the masses was served in a huge open fronted marquee with wonderful flower arrangements, gleaming brass urns, and uniformed staff; delicious sandwiches, little cakes, with tea or iced coffee, and more if desired. Later in the afternoon ice cream tubs were served – at this stage a pigeon decided to leave Bernard with a memento of the occasion, but a hasty visit to the royal loo-tent removed the evidence and we continued our stroll round the rather understated flowerbeds to dry out his jacket! Two military bands entertained the crowds with selections of light music - they must have been hot in full uniform! There were people from all walks of life there, all ranks of the uniformed services, police and lifeboats, clergy, imams, Guides, Scouts, Girls Brigade etc. etc. Someone Bernard had known in the Education world came upon us, which gave a pleasant personal touch to a rather surreal experience! Everyone looked very happy and pleased to be there, and it was easy to chat to those next to us in the crowd. I thought it was wonderful that everyone there was representing some larger group of people who were all serving their communities in different ways.

Although the Queen was invisible almost all the time, the whole occasion was so well organised, friendly and special that just being there was an extraordinary experience. As we entered and left the palace we had glimpses of wonderful china collections, paintings and sculptures in the corridors, carpets with pile deep enough to sink into, gilt and red furnishings all perfectly kept. Three hours after entering we were back outside the palace gates, feeling conspicuously over-dressed amidst the tourists, and looking forward to the first chance to sit down all afternoon - on the train ride home!

A once-in-a-lifetime experience - thank you!

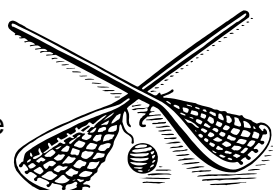
Sue Oldfield

## Volunteering Inspiration

***BRIDGES is currently celebrating the fact that we are hovering around the '100 active volunteers' mark. This is a tremendous achievement of which we are very proud and grateful. Our volunteers come from all areas of the Edenbridge community; young and not so young, male and female, those who are still at work, those who are retired or between jobs or who are in the middle of that very busy job of raising a family. This article has been submitted by one of our young volunteers, Hollie Harrington, who tells us a little about herself and explains what volunteering means to her. Perhaps you would like to let us know what volunteering at BRIDGES means to you and we will share it with all our volunteers in the next newsletter.***

Hi, I'm Hollie. I have been helping out on Saturday's at Bridges since November 2005. I really enjoy it and always look forward to seeing everybody and especially my regulars.

I have a very, very hectic life. I am in the 1<sup>st</sup> year of my A levels (AS) and also doing my Duke of Edinburgh award. I



have completed Bronze and Silver and am

***Many of you will remember Fabienne. She was only with us as a volunteer for a short time this summer but certainly left a lasting impression for her warm smile and enthusiasm to help. She has written these few words about her time with us.***

Hello I am Fabienne the French girl; I was a volunteer for 4 months at BRIDGES.



I decided to go to BRIDGES to meet people and improve my English..... and I met fabulous persons.

I really enjoyed this time with you, each person took time to speak with me, to explain me different things or the vocabulary or the history of Britain or the functioning of BRIDGES. I was welcomed even if I didn't speak very well English and I make some 'CATASTROPHE'. It was very interesting to speak with the customers too.

Thank you all for welcoming me. You are a marvellous team.

***(Her article is only slightly edited so it looks like she succeeded in helping her English too!)***

now on Gold. I also do Judo and Lacrosse.

Lacrosse, my passion. I have been playing for Kent since I was 12 and gained a place at Centex (centre of excellence) at the age of 14. It was from here I was selected to play my first game for my country. Nothing could have prepared me for the mixed emotions I felt at my first game. It was against Wales and Scotland in Wales. Before the matches started each country lined up just like the England footballers do although we didn't sing the national anthem but Land of Hope and Glory. The shivers ran up and down my body and I felt very emotional, but so proud. I continue to train hard with the hope that I will make the next World Cup Squad.

During the summer I went into Edenbridge Primary School to coach Lacrosse. The children really enjoyed it, so much so that I decided to start an after school club for them which starts in October.

I really enjoy helping others it makes me feel good inside I suppose you could say it gives me a buzz. I fully recommend it.

## BRIDGES



### Ball

This is our Main fundraising event of the year, and it needs all of you to popularise and publicise it to customers, friends, family and passers-by, and to come yourselves if you possibly can. The more who come, the better the result for BRIDGES!

**Saturday, November 22<sup>nd</sup> at**

**The W.I. Hall, Edenbridge.**

**7.30 pm**

**Tickets £22.50 each**

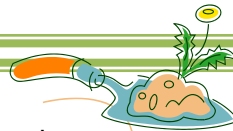
**From BRIDGES Centre**

There'll be dancing to the versatile Paul Hyde Band, an ensemble that has proved popular at our previous Balls.

There will be a three-course typical American style thanksgiving meal with roast turkey. Wine will be available at reasonable prices.

### Green Fingers Wanted

We have a very small garden area at the back of BRIDGES and we are currently seeking someone with green fingers to keep it weeded and tidy. This would probably involve one hour a week, just to keep it looking cared for. Should you be interested, or can share this task with a friend, please ring Mary on 868186



### Money Matters

In today's economic climate we are constantly needing to rethink how we use and manage that valuable resource - money! BRIDGES is hoping to offer a short course which helps to demonstrate the ways we can all manage our money better and ease financial pressures by introducing us to 'The Money Secret'. If you are interested in making your money go further then please call Mary on 868186 to book your place.



## JACKANORY



I bet that title brings back a few memories of relaxing and listening to a lovely story.

So that our youngest visitors can also enjoy such happy times we are seeking someone who can pop-in to the centre and read a story, making it come alive to our little visitors at BRIDGES Story time, on Monday lunchtime (term time only) between 12 noon - 12.30pm. Please don't be shy, call Mary on 868186 to make our children happy!

### DATES FOR YOUR DIARY all in BRIDGES unless otherwise noted

October	4th	Celebration of Volunteers at Rickards Hall	3pm to 5pm
	6 <sup>th</sup>	Food Hygiene workshop	7.30pm to 9.30pm
	8th	Food Hygiene workshop	1.30pm to 4.30pm
	17th	Food for Thought	7.30pm to 10.30pm
	20th	Management Committee meeting	7.45pm
November	8th	Firework Night	Evening opening
	12th	China painting workshop	afternoon
	22nd	BRIDGES Ball – W.I. Hall	7.30pm

### Book Suggestions

#### **THIS IS NOT ABOUT ME** by Janice Galloway

This book has recently been read on radio 4 as Book of the Week and is the award winning novelist's memoir of her childhood.

“ When her mother left her alcoholic father and set up home in a tiny attic in a doctor's surgery, Janice quickly learned how to keep quiet and stay out of the way” The book covers her Ayrshire childhood in the 50's and 60's and it describes how a retiring child became an outspoken artist.

#### **THAT'S ANOTHER STORY** by Julie Walters

An autobiography by one of Britain's best loved actresses.



Both books are currently in hardback only but would make good Christmas presents

*Anna Griffin*

If **you** have read a book recently that you think other volunteers might enjoy why not write a review for our next newsletter and give it to Marv.



# FOOD FOR THOUGHT

Friday 17th October 2008

at 7.30 pm

## Caring for Carers

2 course supper

Followed by a presentation from

**Jane Bucknall of Carers FIRST**

Tickets £5.50



A carer is someone who, without payment, provides help and support to a friend, neighbour or relative who could not manage otherwise because of frailty, illness or disability. In total there are 5.7 million adult carers across the UK, of whom almost one million are looking after somebody for more than 50 hours each week.

There are also a large number of young people helping to care for a parent or sibling.

Carers FIRST provides information and support for carers.

Jane will be talking about their work and what support is available.

### Update on china painting workshops

***You may remember from the Christmas newsletter last year that we were starting a china painting workshop. We thought you might be interested in an update on what those who attended have been up to.***

In mid-September the small group of enthusiasts enjoyed a fourth China Painting Workshop at the Bridges Centre. Having grasped the fundamentals of china painting, mixing the powder paints with specific oils, choosing the correct brush, and the necessary disciplines involved in this style of painting, they have now moved on to decorating circular teapot stands with Clarice Cliff-style transfer motifs. These items have proved very popular with some attractively colourful results. The afternoons are relaxed and informal and the next workshop will be on Wednesday November 12<sup>th</sup>.

***Bunty Walker***



***If you think that this sounds like something you might like to try please speak to Mary. We are also hoping to arrange a china painting demonstration in January, so look out for further news of that if you are interested.***

### A hotel recommendation

**'HIGHLANDS HOTEL, JERSEY'**

For anyone wanting a holiday with a difference, then staying at the Highlands Hotel in Jersey is a must. It is a Christian run hotel which offers fellowship to Christians and non-Christians alike.

Peter, Harry and I have now stayed there twice and we love it. The atmosphere is fantastic, the staff lovely and the food wonderful. The big bonus is that Christian speakers are resident there offering a half hour bible study in the morning, and teaching and worship in the evening. There is also a Sunday morning service. All this is entirely optional and you don't have to be part of it, but it certainly added to our stay and helps you to get to know other people at the hotel. The hotel also stocks a small selection of Christian books.

The 'Highlands' is situated on cliffs near Corbiere Lighthouse at one end of Jersey, and can be seen from the Sea-cat ferry that brings you from Poole and Guernsey. It is just as easy to fly from Gatwick and hire a car and Jersey is small enough that nothing is really very far away to visit. Gerald Durrell's Zoo is a must, the capital of Jersey – St Helier – is worth looking round and there are plenty of sandy beaches and little coves to explore. Other Channel Islands such as Guernsey are not that far away by boat and worth a day trip too.



At the end of a day out, the Highlands Hotel was lovely to come back to. We booked dinner, bed and breakfast this time and it was worth it. The hotel is child-friendly and Harry got to know twin girls who he is keeping in touch with. There were games and toys to keep them amused and a pool and sun-lounge for us to chill out in. We will definitely go again and we are not the only ones with BRIDGES connections to have been there – Mary has given me permission to say that she and Martin spent their honeymoon there. For anyone wanting to know more or book a holiday at the 'Highlands', I have their number.

*Jo Cobley*

### Word search

Another of our younger volunteers Richard Cain has kindly compiled this word search for us

K	O	Y	C	H	O	M	C	P	V	Q
K	I	T	C	H	E	N	A	B	B	E
R	N	W	E	L	C	O	R	R	E	D
E	B	E	N	E	Z	E	R	M	R	A
E	R	L	E	E	O	U	O	D	T	R
F	I	Z	F	R	M	C	T	G	H	T
F	D	O	I	D	L	H	C	E	B	R
O	G	M	G	E	H	M	A	R	Y	I
C	E	E	W	V	Z	V	K	J	G	A
M	S	D	I	S	D	N	E	I	R	F
L	H	R	E	E	T	N	U	L	O	V

These words are hidden in the grid horizontally, vertically or diagonally, in either direction: WELCOME, VOLUNTEER, KITCHEN, FRIENDS, COFFEE, CARROT CAKE, BRIDGES, MARY, EBENEZER, FAIR TRADE.

*Please let us know if you have enjoyed this addition to our newsletter. Perhaps we will have a crossword next time!*

### Newsletter Team

We hope you have enjoyed this newsletter and found it useful and interesting. If there is anything you would like to read about or see in the next edition please let us know. Thank you to all our contributors in this edition and to **Ryan Lacey**, another of our young volunteers, who does all the design, finishing and printing of the newsletter for us. If you could help with the distribution of the newsletter Mary would be pleased to hear from you