

Installment No.3

KENT ACTIVE

THE NEWSLETTER OF THE KENT ACTIVE RETIREMENT
ASSOCIATION



*“Do not think of retirement as someone closing a door on a bright, and crowded street.
Think of it as someone opening the door to a beckoning and uncluttered world.”*

John Hardiman (Founder of the Association)

Or...

*“Do not think of retirement as locking the door at night.
Think of it as opening the door to the Postman with your dressing gown on,
to take a parcel in for next door.”*

Aramis Scribe (Editor. The Kent Active)

Volume Seven

Summer/Autumn 2020

No. Seventy Seven



From the KentAra Witan

1.

Keep your Head Down

2.

**Get your seasonal
Flu Jab**

3.

Dig In

4.

**And Wait for the
Covid-19 Vaccine**

Æthelbert & Eadbald



Congratulations to Ann & Brian Hayward
of HALARA
on their Diamond Wedding Anniversary
60 Years.



In August two of our members of long standing, Ann & Brian Hayward, celebrated their Diamond Wedding Anniversary.

On the actual day they celebrated with their family, and the following day Gill Morton & Ann Seager organised a High Tea at Gill's house for Ann & Brian, and invited a few members to mark this very special occasion.

Social distancing was observed and everyone enjoyed the event.

Brian spent many years in the merchant navy.

Brian and Ann have travelled all over the world and lived in various countries.

To reach their 60th Anniversary is a wonderful achievement, and Carole Nunn proposed the toast wishing them many more happy years together.

Joan's Jottings

A Short Message from the *KentARA* Chairlady Joan Rhodes

Dear Members

Good morning.

I do hope that as lockdown restrictions alter, you are all coping as well as you can.

I hope that wearing masks isn't giving you any problems, as wearing them is keeping us all safe. Also social distancing when, and wherever you can, is also a positive way of keeping safe.



Every issue less clothes - well it is page 3. Ed.

Life is slowly getting back to some normality, and by keeping to these safety procedures we can make sure it carries on this way.

We have provisionally booked the Thanks Giving Service at Rochester Cathedral, for October 2021, and the Area 11 team is organising this. Thank you. Something I think we all need.



(‘The Gang of Two’, prior to ‘The Rule of Six’ at a ‘Socially Distanced’ Small Wedding of Thirty.)

Fred Olsen have sent to everyone who have booked the Cruise to the Norwegian Fjords on the Boudicca, and advised us, that we will now be transferred to a new ship, called the Bolette; a beautiful larger ship, named after Fred Olsen’s Jr’s Great, Great, Grandmother - so very exciting. Fred Olsen are honouring our original price, and the cabins, sound so good. We hope to get a new flyer soon, with a new booking form.

<https://www.fredolsencruises.com/our-ships/bolette>

If you have any enquiries, please call Fred Olsen’s ‘Groups Affinity Sales Team’ direct on 01473 746 169, or email, ellie.fulcher@fredolsen.co.uk

Our Aqua aerobic classes Swimming pools and, with lots of care, and distancing, along with However, from Monday 14th of September only together, and here is a link to keep even more up to date <http://www.gov.uk/coronavirus>



(my instructor), have resumed some restaurants, and pubs.

6 people are allowed to meet

Please do send photos of activities you have been doing to keep yourselves busy during lockdown.

Take care and keep safe.

Best Wishes

Joan

Chairlady KentAra

01732 844 953

rhodjo@aol.com



From a Members Spring Garden earlier this year.

If you have any garden pictures please do send them in to [http://kentactive@post.com](mailto:kentactive@post.com)

SENIOR™
ELASTIXS®
FUN, FITNESS & FLEXIBILITY

Senior Elastixs is the only exercise programme endorsed by *KentARA*

**A Suite of Exercises from Andrea our Vice Chairlady,
to help during Covid-19**

Andrea Ellerby our Vice Chairlady can be contacted on 07703 346 609

or by email: andrea.ellerby@sky.com



Support our KentAra family. Ed.

N.B. Nota Bene / Note Well.

**Most of the articles have been submitted before the first Lockdown,
and refer activities pre Covid-19 in 2019.**

**More recent Installments of the 'Kent Active' have some pictures of
activities during the brief spell of the easing from the first Lockdown,
but before the 'Rule of Six', or the beginning of the second lockdown.**

Un patet luto. £5 to the member who can translate this without the use of the internet!

The KentAra 2021 Thanksgiving Service
Rochester Cathedral
Thursday 28th October 2021
11am



It may seem a long way off, but as we all know time fly's, so start to think about securing your seats for the KentAra Thanksgiving Service NOW!

So as soon as you have provisional numbers, please email Brian Griffin the KentAra secretary at kentara@secretary.net with them.

Currently Joan plans to erect a few mezzanine floors in the Cathedral Nave to accommodate 12,500 members over 4 shows.

A Matins, a Matinee, and a Midnight Show, and for the real lockdown night owls, a 3am 'Early Bird' offering is being considered the following morning - with breakfast (made by Les) being thrown in.

Please email Les with your orders to: poachmeeqgsles@fryup.org



This is a joke – do come on now! Ed.

'The Rule of Six'

As you may be aware that as of Monday 14th September the Government is introducing the new 'Rule of 6' guidance.

The new mantra is 'HANDS, FACE, SPACE'.

Here is a link to the Government guidance and support website.

<https://www.gov.uk/coronavirus>

Here is another link to the Government Dashboard, with the most up to date figures.

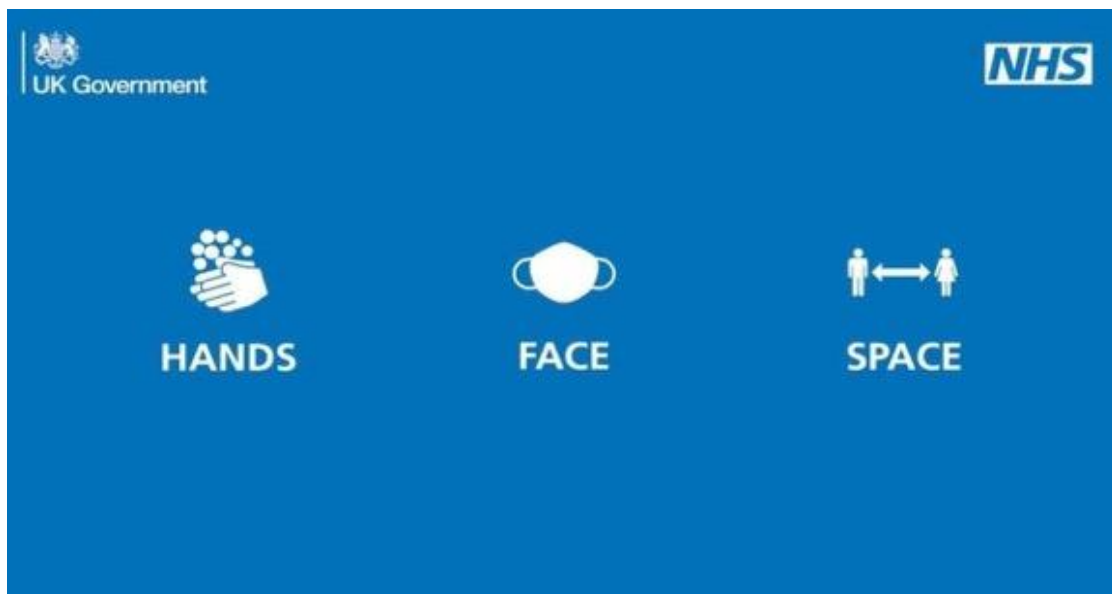
<https://coronavirus.data.gov.uk/>

and the link to the UK interactive map, so you can check on local hotspots, which I will give update you on next week with the most up to date information.

<https://www.arcgis.com/apps/webappviewer/index.html?id=47574f7a6e454dc6a42c5f6912ed7076>

Do please make note of these useful websites so you are able to access them independently.

Best Wishes,
Brian Griffin
KentAra Secretary



Editorial

From 'Aramis Scribe' Editor of the 'Kent Active'.

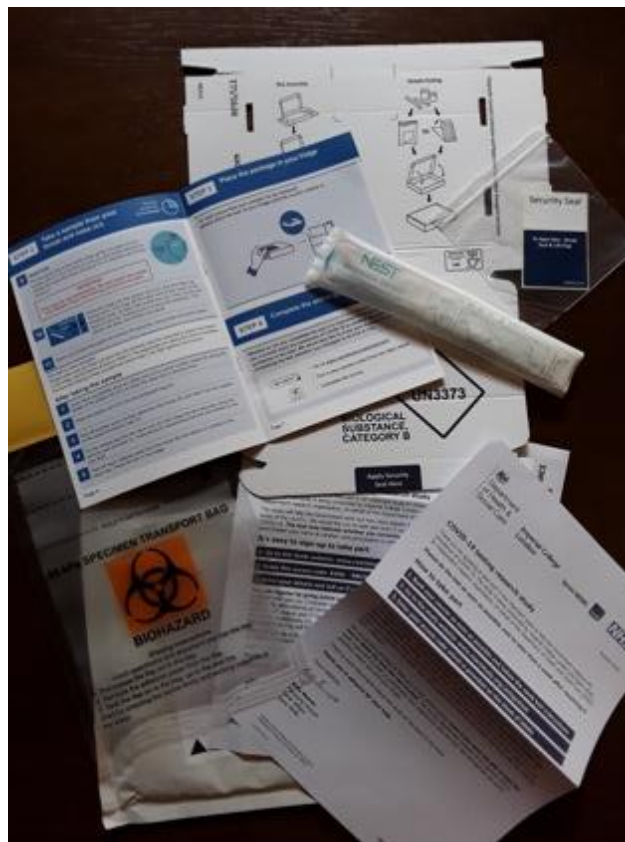
Since we last met, I have volunteered to swab my tonsils, flick my Laryngeal Prominence (Adams Apple), and corkscrew my nasal passages, for the greater good, and Imperial College London, and all in spite of the research being undertaken by ipos Mori the Market Research company, which sent a shudder down by spine.

Controversies

In May 2013, *The Sunday Times* reported that Ipsos MORI had negotiated an agreement with the EE mobile phone network to commercialise the data on that company's 23 million subscribers.^[11] The article stated that Ipsos MORI was looking to sell this data to the Metropolitan Police and other parties. The data included "gender, age, postcode, websites visited, time of day text is sent [and] location of customer when call is made". When confronted by the newspaper, the Metropolitan Police indicated that they would not be taking the discussions any further. Ipsos MORI defended their actions, stressing that the company only received anonymised data, without any personally identifiable data on an individual customer, and underlining that reports are only ever made on aggregated groups of more than 50 customers.^{[12][13][14]}

https://en.wikipedia.org/wiki/Ipsos_MORI

A whole 3 weeks later, I apparently had not turned into a Bat, and was Negative.



A Very Testing Kit. The folding return box was the real test.

Which was not a huge surprise as I have barely left the house in 8 months, and

even then, not without being PPEed up above the eyebrows.

Apparently, I was not the only one who was chosen at random to receive this research test kit. I know of 2 other people locally, and also a friend of the family who also got one.

Here may be the reason why no one seems to be able to get a test at the moment, who thinks they may have Covid-19 symptoms.

This research project may have used up any large stock of testing kits, and the lab facilities are swamped with getting results back for the research project.

We probably won't get the truth of the matter until someone writes a report after this whole thing is over, but without the facts.

Recently I bought a Face Shield from Jeff 'Amazon' Bezos (JAB for short), and found the Face Shield to be very effective, and with an added face mask underneath, and gloves, I look like a cross between a Riot Officer, and a NHS theatre surgeon.

However, it is quite an improvement, on my former snug fitting respirator mask which had me wheezing like Darth Vader when out shopping for essentials. Additionally, there also seemed to be some sort of spinning plastic filter on the nose of the mask which sounded like a kazoo every time I breathed.

So in general terms, I am pleased to have gradually upgraded from my old diving suit when venturing out. With the lead boots you could certainly hear me coming.



Aramis Scribe. Editor. Kent Active

A Theatrical Review from the *KentAra* Theatre Buff.

WILD GOOSE CHASE



Noel Cowards 'Blithe Spirit' at Medway Little Theatre was such a difficult act to follow.

I am not a fan of farce but have to acknowledge the energy, and acting ability of all the actors in bringing 'Wild Goose Chase' it to the stage.

There were no awkward pauses or prompting; the timing was excellent as were the very complex entries and exits. The players were well cast, and performed their parts with gusto, and enthusiasm.

The scenery was well chosen. The occasion was well supported by different ARA's as a shared open event, and from comments I overheard, we would like to come again, but perhaps not to see this type of comedic genre.

Lin Martin HempstARA

JIGSAW MAYHEM



Thank you to Ethel of Nuthatch (NutAra), for sharing this picture with us.

Ethel recommends puzzles by Jan Van Haasteren, Mike Jupp, and WASGIJ.

Apparently they are all funny, and in a cartoon format. However, as can be expected under the circumstances, they don't seem to be able to manufacture these jigsaw artists puzzles fast enough at the moment to meet the worldwide demand.

Ethel says a 1000 piece puzzle takes about a week of casual attention from two people to finish. One in every 500 pieces ends up on the floor, so that at the end, you are two pieces missing. Neither piece is likely to travel more than 2 metres away from the sitter, unless it has been vacuumed up, in which case you're stuffed. When the puzzle is complete it is very sensible to put all the pieces in a large grip seal bag. Ethel marks her bag with a permanent marker, and the words, 'PANDEMIC 2020 with the full date'. *Thanks for the memory! Ed.*

Thanks to Ethel, I have looked into the idea of providing members with the opportunity of sharing these puzzles via the post. However, with each piece being handled multiple times, along with the risk of the odd piece, or two going permanently missing, and the disappointment of doing a jigsaw puzzle to then find a piece missing at the end; the idea has been scuppered.

KentAra Football

Senior Football that would make Pele Weep

'The Ara Wanderers'

Match Report from the 'Medstone Valley Stadium'

By Malcolm 'Muddy' Balls

Ara Wanderers
Phillip Heck
'Mini' Cowper
Ted Hedley
Michael Finn
Jimmy Plank
Bernie Barnard
Harry Beard
Charlie Kneebone
Arthur Pinto
Dickie Ticker
Willie Passmore
Subs:
Gerry Manders
Shorty Fowler



Dover Dainties
Larry Post
Gordon Whitfield
Pat Le Bootin
Shirley Cross
Leslie Down
Stanley Manley
Wally Walker
Rudi Port
Kim Lacey
Evelyn Spit
Bobbie Bentley
Subs:
Jamie 'Elbows' Blinkhorn
Vernon Fielding

Ara Wanders 4 – 3 Dover Dainties

A closely contested match between two sides, equally ill prepared to kick a ball around for 9 minutes, to say nothing of 90 minutes.

This was not helped by the 23 minutes of injury time played before the Referee, a Mr Patrick Philpott, realised that his watch battery had gone flat.

At half time the 2 -2 score line saw all to play for in the second half.

The full-time score was 3 -3, with the winning goal being thundered in the back of the net in injury time, by a spectacular overhead kick from Charlie Kneebone of Ara's Wanderers, from a ball headed off the crossbar by Ara centre forward, Arthur Pinto.

Two mounted Police horses helped escort the Referee off the pitch, against a backdrop of irate 'Dover Dainties' supporters, who were vigorously pointing at their wrists with their index fingers, amongst other patriotic gestures.

Next Match: AWAY to Bat House United, at 'The Roost' Ground.

Pre Match Joke:

Q. What is the difference between the Dover Dainties Football Team, and a Tea Bag?

A. The Tea Bag stays in the Cup longer.



Fred. Olsen Cruise Lines



SCENIC SIGHTS OF THE NORWEGIAN FJORDS

— BOUDICCA —

22nd May 2021 | 7 nights | Sail from Dover | Cruise code D2112

KENTARA 2021 GROUP CRUISE



Private group transfers to/from Dover[^]

FREE
Kentara Group Drinks Party On Board^{**}

Aboard Boudicca, you'll cruise Lysefjord and the narrow Karmsund strait – two journeys only possible on a smaller ship.

You'll also view Langfoss, which is widely regarded as one of Norway's best waterfalls. From the labyrinthine streets of Stavanger's Old Town to Flåm Railway tours, there are countless highlights ashore. Olden is your start point for discovering the fascinating Briksdal Glacier.

Group Fares per person

Interior Twin	£899
Ocean View Twin	£1,079
Superior Ocean View Twin	£1,669
Balcony Twin	£1,799
Single Interior Room	£1,699
Ocean View Single	£1,849

Prices are based on standard occupancy. These are correct at time of going to print, but may change at any time. Please call for latest prices. Ocean Members will receive an extra 5% discount*


All included in your cruise price:

Comfortable en-suite accommodation • Breakfast, lunch, afternoon tea, five course à la carte dinner, late night buffet and self-service tea & coffee • Varied daytime activities • Lectures and talks • Swimming pools, Jacuzzis and gym
Choice of live evening entertainment



Date	Destination
Day 1	Dover
Day 2	Cruising
Day 3	Cruising Lysefjord
Day 3	Cruising Karmsund
Day 3	Cruising Akrafjord (to see Langfoss Waterfall)
Day 4	Flåm, Aurlandsfjord, Norway D
Day 5	Olden, Nordfjord, Norway D
Day 5	Cruising Nordfjord & Innvikfjord
Day 6	Cruising Karmsund
Day 6	Stavanger, Norway
Day 7	Cruising
Day 8	Dover

To book contact Fred. Olsen Cruise Lines Reservations team on 01473 742 424, quoting GRP0288 and cruise code D2112.

Fares are per person, based on twin occupancy of the lead-in twin cabin, subject to availability. Offers may be amended or withdrawn at any time without prior notice, are subject to availability & cannot be applied retrospectively. All bookings are subject to Fred. Olsen's standard terms & conditions, available on our/their website & on request. Some ports may be at anchor, intermediate days are at sea. FOCL reserve the right to amend itineraries for operational reasons. These Terms and Conditions are in addition to Fred. Olsen's standard Terms and Conditions which are available on Fred. Olsen's website, www.fredolsencruises.com and on request. *Oceans membership terms and conditions apply. ^AFunding towards group transport to and from the port of Dover, subject to minimum numbers and will be with Eavesway Coaches. ^{**}Drinks party to include red & white wine, sherry, soft drinks & cold canapés and is subject to minimum numbers. E&OE.  Travel with confidence

Hexable: HexARA

In the run up to Christmas and New Year, HexARA members (along with other “ARA’S”) are busy with celebratory lunches, and events thereby keeping the diaries full and purses empty!



The annual dinner / dance held at ‘Pedham Place’ in November, was very enjoyable, and gave members the opportunity to don their “glad rags”.

The Chinese/Carvery evening is always popular with two completely different venues to satisfy discerning tastes, and the Christmas Spectacular at Thursford in December was brilliant, with everyone agreeing it was one of the best, especially the Irish dancing finale.

The first day trip of the New Year in January took us to Eastbourne, with lunch at 'The Moorings' in Pevensey Bay, which proved to be most enjoyable in Spring-like sunshine.



Eastbourne Pier

Two short break holidays have been enjoyed; one in Cardiff during late October, and the second one in February to Caernarfon, where a full coach load of members managed to avoid 'Storm Dennis', and enjoyed plenty of sightseeing with convivial company.



Caernarfon

The next short break is a little further afield when we venture to Paris for another busy few days, including a visit to Monet's gardens. All these trips are courtesy of 'Edwards Coaches'- who are just first class.

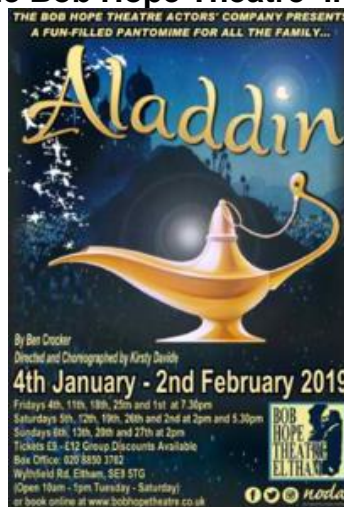


Plenty of entertaining evenings have taken place, including a party with 'Paul Cantara' who imitates so many of the well-known pop stars, including the late Freddie Mercury, and Elvis, to name just two.

A disco on New Year's Eve was very good, with plenty of party poppers, and balloons to wish in the New Year, plus of course the essential glass of bubbly. We have had a "full house" quiz, and fish and chip evening, and there are plenty of events on the agenda. Of course the monthly lunches are always enjoyable, and the weekly Short Mat Bowls is always popular, as are the Greyhound, and board game afternoons.

There have been varied speakers, and entertainers for the monthly meetings, and in January we held the yearly auction of unwanted gifts, and items to raise funds for our favourite charity, namely the 'Kent Surrey and Sussex Air Ambulance'.

Members have enjoyed some excellent Plays at the local theatres, plus a most enjoyable Pantomime at 'The Bob Hope Theatre' in Eltham.



HexARA are lucky to have a very dedicated committee who all work hard to provide plenty of events to keep everyone happy.

Wendy Ratcliffe and John Parsons

Letters to the Editor

Dear Sir

I am rather disappointed that you did not take up my offer to become a Staff Photographer. I have had several years' experience in using my Box Brownie camera.

I attach further pictures to assist with my application.

The first shows members of the Club at a recent Bat and Trap match.



The second shows members waiting to board the boat for a trip up river.

Unfortunately, the members appear to have gone into the near-by café that had just opened.



The third shows a group of our members admiring the view across the Channel.



I hope these will further my chances of becoming a staff photographer.

I await your reply.

Yours sincerely,

H.O. Bally

Reply from Aramis Scribe, Editor of the Kent Active to Mr H.O. Bally.

Dear Mr Hobbly,

Thank You for your latest swarm of pictures.

The headless lady in the red pants, (who appears to whack another lady around the head in the background with a bat), is a bit of a shocker. It is not helped, by the lady in the red top (with her hands on her hips), appearing to have turned her head at the very moment you took the picture, which has given her the appearance of having the worst of 'bad hair' days.

The River Boat picture shows promise. It is broadly in focus, the resolution is acceptably high, and it has an appealing disappearing / vanishing point aspect to it. Perhaps it could have been improved if you could have found somebody to have been in your composition - have you considered a 'Selfie Stick' to put yourself in the frame, when there is nobody else around?

The Cliff top grouping, can only be commended by the fact that you took the snap some considerable distance away from the edge. However, the figures in the group are impossible to identify, and there is nothing remotely engaging in the composition to spark an interest. Unfortunately, one is only left with a feeling of anxiety that the cliff edge might give way at any moment, and deprive your club of four members.

Maybe you might consider taking some close-up shots next time - head and shoulders only. Also it is always very helpful to have a name, or place title with a picture, as it makes it more relevant.

Look at the great photo below for some inspiration. It is called 'Mind Your Head', taken under Aylesford Bridge by the KentAra official photographer Mr Graham Pover.

Don't lose heart Mr Hobbly, just think 'Focus'.

Kind Regards, Aramis Scribe

Editor. Kent Active.

KentAra's Official Court Photographer
Mr Graham 'Snap' Pover of AYLARA (Aylesford)

gpoverphotography@btinternet.com

01622 710 613 / 07778 690 404



This photo was taken with the KentAra Drone flying under Aylesford Bridge, piloted by Mr Graham 'Snap' Pover, also known as 'Pover the Hover'.

Kemara – Kemsley

Club members are looking forward to trip to Kew Gardens in April, proposed other trips are boat trip on the Thames, and a Tenterden train trip with fish & chips.



We are looking to return to the Pilot Inn for lunch, and then onto ‘Dobbies’ for some retail therapy.



In July we have our summer holiday to Warners Corton.

Our weekly line dancing classes are going well, as well as our Kurling sessions.

Monthly meetings are also well attended with singer one month, then a speaker the following month.

Pat & Derek Carnell

Remember these articles relate to pre Lockdown plans. Flippin’ Covid-19! Ed.



LANBARA. Longfield & New Barn ARA

2020 Vision

Last year, we prepared another busy list of activities and outings. Pantomime, Greyhound racing, Musicals, Theatre trips, Concerts, and an air show at Duxford were all enjoyed. We witnessed the Venetian Festival in Hythe, and also visited Longleat to see the fantastic light show.

A number of members ventured to Cyprus for some culture, sun and some ouzo.



We travelled to the Normandy beaches to see the places where so many laid down their lives. We learnt a little history with a tour of our local estate - Cobham Hall, and we visited Amberley Museum to see the history of days gone by.

Our social activities continued to be enjoyed by many, Keep Fit, Line Dancing, Walking, Ten Pin Bowling, Petanque, Canasta, Table Tennis, and a Dance Club. We are lucky in the fact that every month we invaded a restaurant, and pub for enjoyable lunches, and evening meals which were appreciated by many.

Our association generously supported our chosen charity of the year, Parkinson's UK, by raising £2810.00, and the cheque was presented to them at our April AGM.

As the end of the year approached, we sang Carols, attended our Christmas Lunch, and then saw the New Year in with fun and frolics. It was a memorable year.

We were lucky to have members willing to organise, and run all these events, and the support we received was an indication that we must be doing something right, as our membership is touching 200.

We look forward to 2020, and hope we continue to prosper.

Stephen Churcher for LANBARA

RAMARA RAMSGATE



As you can see RAMARA Ramsgate members are now playing Bat & Trap and enjoying their time in the fresh air and meeting up with friends, all with social distancing and taking care of others with masks and gloves.



The Line Dancing ladies of Ramara Ramsgate have been keeping socially distanced whilst dancing in members back gardens, as our Hall was not available.



Some Ladies, in a small group, are doing Line Dancing in a member's garden while keeping to social distancing.



Jan Oxenham (Secretary) RAMARA RAMSGATE

Please Note.

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SIARA – Sittingbourne

Our Knit and Stitch Group meets weekly. We do many different crafts between us, e.g. knitting, crochet, cross-stitch, tapestry, patchwork. Quilting.

We are all at different levels of expertise and so can help each other with any problems that arise.

We have previously kitted Twiddle Muffs for people with dementia, and last year we knitted Forget-Me-Nots that were used in displays when it was Dementia Awareness Week.



At one of our monthly meetings we had a table display showing examples of the work that we produce (see photo).

Diane Soffe

The new Anagram Phrase is as follows:

Adolphe Asymmetrical Housemaster

From the original phrase, with the word lengths:

5 -1 -7 -4 -2 -1 -7 -3

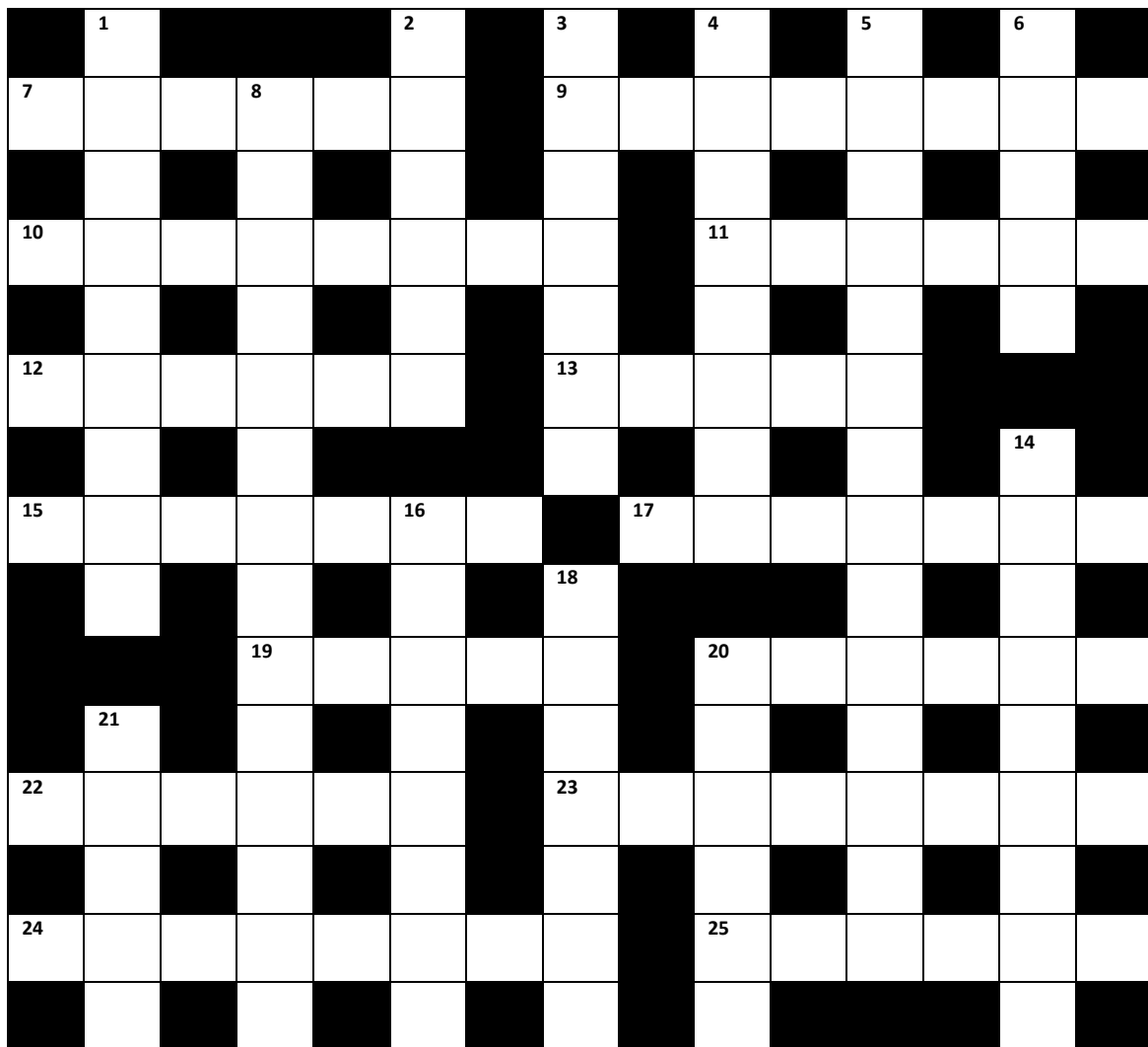
Prize: £25

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Answers to Crossword No.18 Spring 2020

	S			S		O		U		Q		S		
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P	O	R	T	I	O	N	S		E	T	H	I	C	S
	R		Y		P		T		R				T	

Crossword No. 19 Sumautwint 2020



ACROSS:

- 7. A Tiny Bit of Time (6)
- 9. A University Lecturer (8)
- 10. A Slow Steam Train is Moving Like This (8)
- 11. Calls Up In Mind (6)
- 12. Help (6)
- 13. Rugged Woollen Cloth (5)
- 15. Smelly Gas (7)
- 17. The End (3,4)
- 19. Animal (5)
- 20. What lies between the Isle of Wight, and the Mainland (6)
- 22. Fantasy Land by C.S. Lewis (6)
- 23. Cowboy & Indian Region (4,4)
- 24. Breakfast Wheat (8)
- 25. Covering on Unwashed Teeth (6)

DOWN:

1. Kent Cathedral Town (9)
2. Severe (6)
3. Kent Seaside Town (7)
4. A Woodland Plant (8)
5. 1939 – 1945 (6,5,3)
6. Hour Glass (5)
8. Local Body of Water (7,7)
14. Day of The Week (9)
16. Famous Landing Region in June '44 (8)
18. Towards the Ocean (7)
20. A Soldier's Greeting (6)
21. Hiding Place (5)

Winning Entry Prize £25

**Please send a completed list of Crossword
'Across' and 'Down' answers to:**

kentactive@post.com

or post to,

12 Beaulieu Rise, Rochester, Kent ME1 2PQ

GOOD LUCK!

Have you still not had your flu jab?

If you're 65 or over or you have a long-term health condition, flu can be serious.

That's why you're eligible for a free flu jab.

Don't put it off. Get your flu jab straight away.

**STAY WELL
THIS WINTER**

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nhs.uk/staywell



Cheri Sowell, Nurse

Ring your local Chemist or Pharmacy and book your appointment!

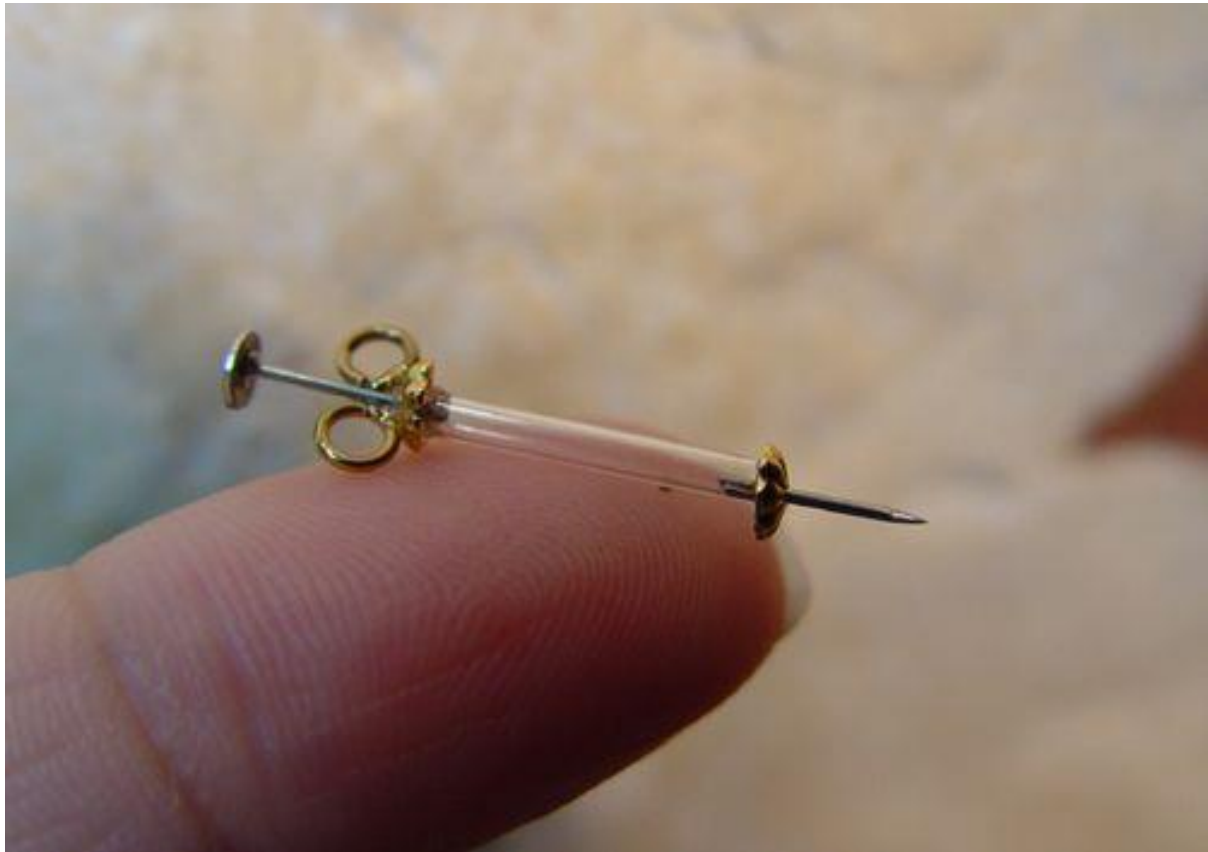
Ed.



***Holy Cow!
Where's that going!***

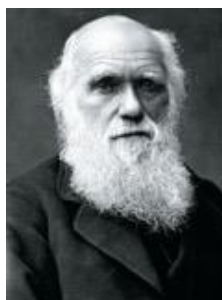


Nay, Nellie, No!



That's more like it!

***The Moral of this story being,
Don't be frightened of little Pricks!***



Prove Darwin Right-and Survive! Ed.

And remember...

***You're not getting Stabbed,
You're only getting Jabbed!***

Another catchy 'strapline' from the KentAra Slogan team, headed by Domanika Cumin.

KentAra Area Representatives

AREA 1 / 2:

Frank Stocks, 44 Greenfield Road, Ramsgate, Kent CT12 6TX

Tel: 01843 596532 Email: frank.stocks@sky.com

AREA 3:

Allen Campbell, 7 Orion Way, Ashford, Kent TN24 0DY

Tel: 01233 878609 Email: campbell.allen73@gmail.com

AREA 4:

Mary Pearce

Tel: 01622 763696 Email: marypearce18@gmail.com

AREA 5:

Ted Denman

Tel: 01474 707 620 Email: tedden44@btinternet.com

AREA 6:

Vacant - representing the following clubs

2nd Meopham, Gravesend, Higham, Istead Rise, Shorne.

AREA 7:

Eileen Holden, 150 The Broadway, Minster, Sheerness,

Kent ME12 2SB Tel: 01795 874833

AREA 8:

Vacant - representing the following clubs -

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The KentAra Ass...

The KentAra Sponsors

Our thanks to the following firms, which have kindly agreed to sponsor, for the 'Kent Active' for 2020

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N.B.

Most of the articles have been submitted before the first Lockdown, and refer activities pre Covid-19 in 2019.

More recent Installments of the 'Kent Active' have some pictures of activities during the brief spell of the easing from the first Lockdown, but before the 'Rule of Six', or the beginning of the second Lockdown.

In the meantime, due to the rapidity of events, further, and newer restrictions, with guidance may have been issued by the Government, before you may have read this 'Kent Active'.

For the most up to date guidance, and information you may like to visit these government sites.

- Covid-19 Guidance GOV.UK
<https://www.gov.uk/coronavirus>
- Covid-19 Data
<https://coronavirus.data.gov.uk/>
- Covid-19 Cases by local Area in England (Interactive Map)
<https://www.arcgis.com/apps/webappviewer/index.html?id=47574f7a6e454dc6a42c5f6912ed7076>