

DARTFORD LIVING

FREE

The Feel Good Magazine Serving Dartford and Surrounding Areas

•Dartford•Bexley•Crayford•Darenth•Gravesend•Greenhithe•Longfield•Northfleet•Swale

APRIL 2012

Issue 70

Win Orchard
Theatre Tickets
See Page 27



Wartime Fire Engine
Comes Home
See Page 22



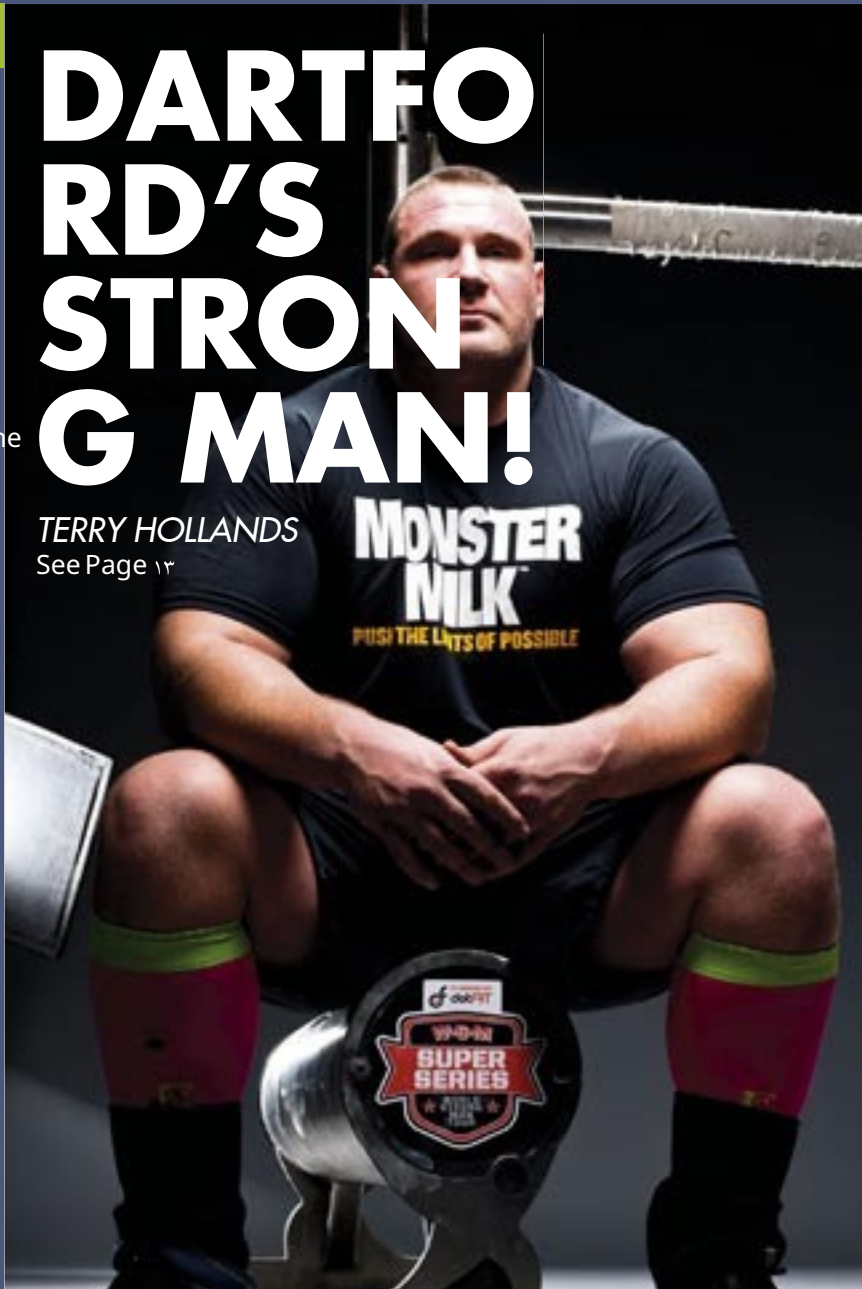
The Importance
of Community
See Page 26



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puzzles, events,
information and
much, much more!

DARTFORD'S STRONG MAN!

TERRY HOLLANDS
See Page 13



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“A Hand Holding Service”

Dear Readers,

You'll have found that April's Dartford Living is heavier than normal - we have Dartford's strongest man on the cover! Tough man Terry Hollands, born and bred in Dartford, speaks to Kelly on page 13 and tells her of his plans to conquer the sport - and we're backing him all the way. A key part of the Coalition Government's Big Society initiative is community and Kayleigh reminds us of the importance of it on page 26 and of Dartford Borough Council's opening of a new Community Learning Campus.

We're all feeling the effects of the recession but Dartford Borough Council might be taking austerity measures a bit too

far with the return of a wartime fire engine to the town. Visit page 22 to read about a classic vehicle coming home. And

how many meals should one eat in a day to stay healthy? Local Personal Trainer Mark Broadbent tells us on page 36.

And if formulating the laws of motion and describing gravity is not enough for some people, turn to page 22 to learn of a

bizarre invention by Sir Isaac Newton.

Local student Charlotte Mattin explains what life is like as a youngster these days on page 18 - and it's not as easy as you may think - go on, read her article and let us know what you think. And do you know what a cavity is? If you do or if you don't, visit page 16 for some good dental advice.

Our regular Tips for Small Businesses feature on page 14 offers advice on the impending end of the tax year.

'The Secret Diary of a School Run Mum' is another regular feature on page 39! Dartford Living is also packed full of the usual favourites including travel, gardening, sport, fitness, cars and charity events. There is our usual competition to win tickets

to the Orchard Theatre on page 27! The 'Where to Go Locally' section has recently expanded again and is now

on pages 6 to 9. It includes lots of new activities and events to get involved in locally.

Please remember that we run Dartford Living alongside members of the local community FOR the local community. Dartford Living is YOUR magazine, the only independently run community magazine serving the local area with information, fun, good news and positive local stories! Feel free to get in touch if you would like to write an article for the magazine. If writing is not for you then perhaps you could volunteer to deliver 100 or so magazines to your local roads - you will guarantee your copy of the magazine and get a little exercise as well!

We deliver to thousands of homes and businesses in the local area, however if you don't receive a copy directly

through your door, you can pick up a copy from various drop off points across the local area. These include the Dartford Branch

of Waitrose, Dartford Football Club, numerous local libraries (including Temple Hill, Dartford, Crayford, Swanley

Until next time, Abdel (Your April edition guest editor!)



and the rest of the Dartford Living team) Dartford Living magazine. Additionally, if you

editor@dartfordliving.com we will add you to our monthly email with an exclusive copy for you. Please

Dartford Living, 9, 005, 223, Dartford, Kent DA9 7BTE | 01323 2507817

Advertising & Editorial - Contact Vijay: editor@dartfordliving.com

Sales and Design - Contact Samantha: sales@dartfordliving.com

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Index of Advertisers and Information

Your quick guide to everyone and everything in your Dartford Living Magazine

ADVERTISERS

ACCOUNTANTS AND FINANCIAL

Conradi Morrison & Co. 2 Lynton & Co. 18

NickWarrell 40

BUILDERS, DECORATORS & ROOFING

4k Building Services 39

A Baines & Son Roofing 31

Brambles 29

Claremont Decorative Services 26

John Hargreaves Building & Home Improvement 21

MNS Carpentry 23

ARTICLES & LOGAL INFORMATION

Dartford Living 33
 Clark Leaf Access Denied 37
 Around the World in 37
 800 Words Windows 37
 Automotive 34
 Book Reviews 38
 Contacting Services Dartford Living 38

Cleaning Doctor 3
 Cover Story - Terry Hollands 13
 Editor's Letter 3
 Escape 25

And enjoy for you 36
 Fitness 19
 Gardening Article 33

Tips 33
 Glentworth Real Ale Festival 29
 It's Your Letters 35
 Miskin

Radio for Dartford 11
 Nina Gaskell's Recipes 12
 Orchard Theatre Competition 27
 Pet's Corner 22
 Scheme 14

to cut teenage pregnancies 14
 Secret Diary of a School Run Mum 39
 Sporting Comment 24
 Sudoku 30

Sudoku Solution 38
 Teenagers in 2012 18
 The importance of community 26

Tips for Small Businesses 14
 Useful Numbers 37
 War-time 22

Fire Engine comes home 22
 What are cavities?

COSMETIC & BEAUTY SERVICES

Denise Braxton Wedding Hairdresser 4
 Inspirations Hair & Beauty 21 & 25
 DENTAL SURGERIES

Heath Dental Practice 11
 smiledartford 32

EDUCATION

La Marelle French School 28
 Kip McGrath's 28
 Kumon Centre 28
 AES Electricians 4

FOOD & DRINK

Waitrose 20
 Shenley Road Garage 21

HAIR & VEHICLE SERVICES

Lesley Charles 23
 E.C. Bate 15

JEWELLERS

Bradleys 27

LOCKSMITHS

MUSIC /DANCE

SPORTS /FITNESS

Dartford Bootcamps 38
 DJfor 5
 Hire 5
 Monkey Music Sharon 10
 Walton - Personal Trainer 11

OPTICIANS

Linklater Opticians 32

PET & GARDEN

aPeeling Gardens 4
 Pet & Garden Supplies 24
 Pilgrims Vet Clinic 16

PICTURE FRAMING

Craft Frames 30

PLASTERERS

Craig Baker

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Where to go locally...local events, clubs & groups

Monday: Parent & Toddler Groups (9am Time)

1:15pm-2:30pm. Brent Methodist Church, St Vincents Road, Dartford.

9:15am-11:00am. St Anselms Church Community Centre, Dartford. Contact Julie on 01322 291092.

MessyMakers: 10am-11am, and 3.45pm-4.45pm - an hour of messy play and creative activities for 2-5 year olds. St Mary's Greenhithe Church Hall, London Road, Greenhithe. £3.50 per child. 07851 150593 or email messymakers@gmail.com

Tuesdays

9.30am-11am. Christchurch, Crossroad, Dartford. Contact Catherine on 01322 220036.

Little Fishes: 12 - 2pm, Emmanuel Church, East Hill, Dartford. £2 per family including all snacks and drinks. Karen Ruby: 01322 220036

9.30am - 11.30am. The Salvation Army, 66 Hythe Street, Dartford. Please call us on (01322) 288434 for further information

Sticky Fingers, 9.30-11.30 am £1.50 per adult includes tea ,biscuits and healthy snack time for the children For pre school children contact St Mary Greenhithe Church hall London Road Greenhithe. Contact 01322 382031 or see www.stmarygreenhithe.com

Wednesday

10-11.30am Springfi eld Lodge Day Nursery Swanscombe - Fun Playtime sessions, 0 - 3 years, a chance to meet other families and make new friends, no need to book, just turn up! TEL: 01322 389181.

9.30am - 11.30am. The Salvation Army, 66 Hythe Street, Dartford. Please call us on (01322) 288434 for further information

Thursdays

9:45 - 11:30am. The Vineyard Centre, 24 Market St, Dartford. Contact Jane on 07956 430244

9:30 - 11:30am. St Paulinus Church Hall, Manor Road, Crayford.

9:45 - 11:30am. The Meeting Hall, Broomhill Road, Dartford. £1 per family. Contact 01322 277661.

10-11.30am. Springfi eld Lodge Day Nursery DARTFORD Fun Playtime sessions, 0 - 3 years, a chance to meet other families and make new friends, no need to book, just turn up! TEL: 01322 228154

Fridays

9.30-11am Baby and me for expectant mothers and mothers / carers of children up to 2. £1 per adult

St Mary Greenhithe Church Hall, London Road Greenhithe. Contact 01322 382031 or see www.stmarygreenhithe.com

9.30-11.30 Carer & Toddler Group, St Mary's Church Hall, Stone Place Rd, Greenhithe. Jeanne 01322 380322 jeanne@stmarygreenhithe.com

Saturdays

Daddy and Me 9.30-11.30am A group for dads and male carers of children up to 5years. £1.50 includes healthy snack time. St Mary Greenhithe Church Hall, London Road Greenhithe. Contact 01322 382031 or see www.stmarygreenhithe.com

Toddler Music & Rhyme Sessions

MONDAY 10am Jingles Music and Movement classes, Holy Trinity Church Hall, High Street, Dartford.

Booking needed - phone Gill on 01474 322123. Other days/venues available.

MONDAY 10:30am - 11:00am & Friday 2:15pm - 2:45pm at Dartford Library - Baby Bounce & Rhyme Time

TUESDAYS 2 sessions, from 9.30-10.30am and 10:45 - 11:45am in Fleetdown FC Hall;

Heath Lane, Dartford. Contact Judi: 07970 730736. ALSO RUN SAME PLACE/TIME ON THURSDAYS

TUESDAYS 10.30m - 11.00am (term time only) at Ashen Drive Library - Baby Bounce and Rhyme session. Tel: 08458 247 247.

THURSDAY from Thurs 8th Sept (term time only) we will be holding 2 sessions - 10.15am & 11am Crayford Rd, Crayford, DA1 4ER. Tel: 020 8303 7777. Also: Coffee and Chat sessions at Temple Hill Library on the First Tues of the month 10am - 12noon.

Dartford Art Group

We meet every Thursday evening from 7.30 - 9.30pm. We meet at the Adult Education Centre in Summerhill Road Dartford DA1 2LP and the cost to belong is just £20 per year. For further enquiries please contact ruthghoward@aol.com or ring 01322 273405

Little Bright Sparks fun literacy and numeracy classes for pre-schoolers - Thursdays 11.00 in West Kingsdown £5 per class 07768 447657. Singalong Baby Sign classes held in West Kingsdown Thursdays and Eynsford Fridays 9.45 £5per class 07768 447657

Stone Cross Youth Club

Meet every other Tuesday 6pm-8pm. St Mary's Church Hall, Stone Place Rd, Greenhithe. Jeanne 01322 380322

Would you like to promote a local activity on the "Where to go locally..." pages
If so email your suggestions to editor@dartfordliving.com

Fairfield (Dartford) WI

2nd Tuesday of every month, Dartford Girls' Grammar School, 7:30pm.
Contact Judith on 01322 278703

Crayford Women's Institute

1st Thursday of every month at 1.45pm.
Baker Trust Hall, Maxim Road, Crayford (near Sainsburys). Contact Secretary, Jean Monk 01322 557142

smiledartford Dental Practice

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69 The Brent
01322 220677

Dartford Quilters meet on the 2nd Saturday of each month at the Mick Jagger Centre, Shepherds Lane, Dartford. We run a varied programme of activities suitable for the beginner through to the more experienced quilter. More details can be obtained from the club secretary on 01474 834872

WEST HILL MORRIS - your local
Come along and enjoy the traditional English Morris Dance. It's fun, keeps you fit and is very sociable. The side is mixed and includes both musicians and dancers. We practice in Bexley Village every other Tuesday evening from October to May, and from May onwards throughout the summer we dance out at pubs, clubs and fetes. For further information contact Beryl or Alan on 01322 224793.

Learn To Jive

Every Tuesday at 8.30pm at The Mick Jagger Centre, Shepherds Lane, Dartford, DA1 2JZ. £7 per session. Visit www.jiveafter5.co.uk for more information *** First lesson discount if you mention Dartford Living ***

SINGALONG BABY SIGN

give your child a head start in communication. Classes are held in West Kingsdown on Thursdays 9.45 and Eynsford Fridays 9.45 £5. For more information about the september term please call Tracy on 07768 447 657

Columbine China Painter

meet on the 2nd and 4th Thursday of every month in Sutton at Hone Village Hall. 1.30pm to 4.30pm. A Tutor is with us on the 4th Thursday and we also have 'workshops' with Tutors on Saturdays. For more information call Maureen on 01322 287214, Doreen on 01474 707357. Marie 01474 704581. Very Friendly and Social.

Happy Days! A scrapbooking group is being held in the Hawley Pavilion, Hawley Road, Dartford, DA2 7RB on the 2nd Sunday of the month between 2pm and 6:30pm. It costs £6 which includes refreshments, nibbles and the use of a cricut (cutting machine for those that don't know). Beginners are very welcome. Contact Michelle on 07910 488428
crappydays@hotmail.co.uk

Learn Karate with Hyo
Gen Do Tuesdays at Joydens Wood Junior School - 6:15pm (kids age 5-16) & 7pm (adults) and Saturdays at Becket Sports Centre - 9am (kids) & 11am (adults)
Beginners always welcome.

Dartford Floral Club

Demonstrations held the 3rd Friday of every month, 7:30pm in the Hawley Pavilion (opposite Papermaker's Arms), Hawley road, Hawley, Dartford. Contact Norma on 01322 402504. The entry fee for a lovely evening of beautiful flowers is £5.00.

Monkey Music!

More than 10,000 babies and children regularly attend classes at Monkey Music and you can book your FREE class now. Join us at:
- Hurst Community Centre, Bexley (Tuesday mornings)
- Baptist Church, Eynsford (Thursday mornings)
- KTB Pilates & Physiotherapy, Dartford (Friday mornings)
Fun, age-specific c, classes for children (3mths - 4 years).
To book call: 01322 862021 or Email: bexley.dartford@monkeymusic.co.uk

BEAVERS/SCOUTS

1st Dartford Beaver Scout Colony meets on Saturday mornings at the Scout Hall, Little Queen Street, Dartford, DA1 1TL. If you are 6 or 7 years old pop along for a free taster session at 10.30am any Saturday. Contact Jackie Watson 01322 403073 or watson.jackie@sky.com

DARTFORD U3A

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CHARITY NO 1177082

PLEASURE FROM LEISURE LEARNING

Amnthly general meeting is held on the second Wednesday each month (except August) at Christchurch Hall, Christchurch Road, Dartford from 2-4 pm for retired people, who would like to meet and possibly develop new horizons. For further information, contact our membership secretary, Sandy Layson on 01322 409129 or visit our website www.u3asites.org.uk/dartford

Dartford Beekeeping

Instruction course for anyone interested in Beekeeping, at Knockhall Community Primary School, Greenhithe. Details on www.dbka-kent.com or phone 01322 225 887

Where to go locally...local events, clubs & groups

Dartford Ladies Probus Club

A group of retired ladies meet locally for lunch on the 4th Wednesday of each month, paying £13 each. They raise funds for charity and usually invite a speaker. Join them and enjoy meeting and making new friends. If you would like more information please contact Iris (Secretary) on 01474 703448

North West Kent Family History Society
The Dartford Branch meet at the Technology College, Heath Lane, For more information see www.nwkfhs.org.uk

The Rotary Club of the North Downs

They meet at the Holiday Inn, Black Prince, Thursday evenings 7:30pm for 7:45pm for Dinner and fellowship. For details phone 07759 863836.

RAYFORD TOWN ARCHIVE

incorp. Barnehurst and SladeGreen. Meet every Tuesday (except the third Tuesday) of the month at Crayford Library hall - 2pm-4pm
Call in for a chat about old Crayford and to view the large collection of local images, or bring your own for us to copy.

UNA Dartford Branch

The National UK United Nations Association exist for those interested in the work of the United Nations which was formed in 1945, their Website is: www.una.org.uk
The Dartford and District Branch has been in existence since 1946.
Contact either S.Thompson on sathomps@aol.com or B. Judge on 01322 271272 for details.

Local Libraries

Dartford Library Opening Hours:

Mon to Wed 8.30am - 6.00pm, Thurs 8.30am - 8.00pm, Fri 8.30am - 6.00pm, Sat 9.00am - 5.00pm
Ashen Drive Library Opening Hours:

Mon 2.00pm - 6.00pm, Tue 9.00am - 1.00pm, Thurs 2.00pm - 6.00pm, Fri 9.00am - 1.00pm
Sat 10.00am - 2.00pm

Temple Hill Library Opening Hours:

Mon, Tues, Thurs and Fri 9.00am - 6.00pm, closed Wed & open Sat 10.00am - 2.00pm

DARTFORD CENTRAL TOWNSWOMEN'S GUILD meet at Christchurch Hall, Christchurch Road, on the second Tuesday of each month at 2.15pm. Contact the Secretary on 01322 271181 for more information.

LATE NIGHT CHEMISTS



BOOTS BLUEWATER:

• 1322 72478 •

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SUN 11am TIL 5pm

ASDA GREENHITHE:

• 1322 37410 •

OPEN MON-SAT 8.30am TILL 10pm.
SUN 11am TIL 5pm

LOCAL DOMAKACI JUDO CLUB

Based at Hextable Secondary School. Thursday Evenings 6-7pm for girls and boys aged 5 upwards. Learn the art of self defence. Just come along or contact Gavin for more details 07801 584901

Swanley Hyperbaric Oxygen Therapy Centre (SUMS, Swanley)

Coffee Mornings (eves) 1st Tuesday of the month 10.30 - 1.00pm. Come for a chat over coffee and cake. More Info tel: 01322 660042

ALL DIRECTIONS

is a community learning organisation for adults and young people aged 16+ with physical, learning and mental health diffi culties. For more information, attend a taster session or visit our community lunch club, contact Caroline on 01322 440482 or 07570 347612

Would you like to promote a local activity on the "Where to go locally..." pages? If so email your suggestions to editor@dartfordliving.com

MUSIC UMBRELLA

Classes for under-fives teaching the basic elements of music through body movement, using the Dalcroze and Kodaly methods. With action songs and games, using percussion instruments and props like hoops, balls and scarves, the children develop musical, physical and social awareness, concentration, co-ordination and confidence - and have lots of fun! Mick Jagger Centre, Tuesdays during term time: toddlers 1.20-2 pm; 3-5 years 2-2.40 pm; babies 2.40-3.20 pm. Contact Myrtle: 07763 378451 Email: myrtlebm@hotmail.com

Dartford Bellringers

Holy Trinity Church, High Street, Wednesdays 8.00-9.30p.m. Free tuition with a very friendly, sociable group. The ideal way to make new friends. Phone 01322 270458 or email: esther.correia1@btinternet.com

The National Women's Register

The National Women's Register (NWR) is a national organisation that meets in the Dartford area. The NWR is a discussion group for 'lively minded women'. Contact can be made via www.nwr.org.uk or call 08454 500 287 and ask about the Dartford group.

Local Sports Clubs

Bexley Rugby Club

01322 550142 or www.bexleyrfc.co.uk

Dartford Ladies

Hockey Club
Dawn Hall (Secretary) 07793 777250

Dartford Ju Jitsu

Club
Mondays, Dartford Girls Grammar School, Shepherds Lane. 6.30-8.00 Juniors, 8.00-10.00 Seniors. 1st session free
www.dartfordjujitsu.co.uk

Dartford Sharks

Basketball Club
Tim Dickson - 07855 692527

Dartford Volleyball Club
Graham - 01322 275290 or 07984 106134.

Stone Lodge Indoor Bowling Club

01322 274111.

VCD Table Tennis Club

Eric Jenkins - 0208 3038312.
"Play & pay" - a hole-in-one par 3 golf course on Dartford

Football Club's Princes Park site, managed by the Club. Members subscribing annually to play the course have formed themselves into a small golf club:- PRINCES PARK GOLF CLUB

Contact: Mr. Pat Coleman, Secretary 01322 863730. pat.coleman@dartford.gov.uk

The Ashes Badminton Club

Mondays, Dartford Technology College, Heath Lane. 7.30-9.30. Jacqui 07764 182854.

The North West Kent Branch of the Motor Neurone Disease Association meets

at 8pm on the 4th Wednesday evening of each month in the Pop-In Parlour, Mill Road, Northumberland Heath, Erith. The meetings last about 2 hours and the group often have a speaker on a variety of subjects, followed by tea and biscuits and general chat. For more information contact Eileen on 01322 228169.

Crayford and District Probus Club

meet on alternate Wednesdays at VCD Athletics Club, Old Road, Crayford at 9.45am. Contact Tony Maun 0208 306 1075 or email Crayford. Probus@gmail.com.

Kent Exiles

American Football Club

www.kentexiles.co.uk.
Coach Martin - 07944 730634. All ages from 7 years to adult welcome

The West Kent Book Club meets once a month on Saturday mornings at Dartford Library. For more information, please call 07860 963333 or find us at www.meetup.com/West-Kent-Book-Club

Heaven Social Group, Crayford (for Gays and Lesbians) Contact: Robert - 01322 287356 for more information

Where to go locally... local events, clubs & groups

Looking For Adventure?

Want to make a difference?

Scouting in Dartford is more popular than ever, but we have lots of young people on waiting lists desperate to join in but a lack of adult help is stopping them. As a leader, helper or instructor, you could help make a real difference to Dartford's youth. A first rate training programme and full support is given. You need only give as much time as you feel you can spare, and any time you do give will be appreciated. Remember, children don't lack imagination, only the opportunity. If you would like to get involved in any way, or would like your child to join, please contact Cavan Slingo on 0845 0944713 or dartscout.pr@virgin.net

Guitars in the Shadows - join in music by the Shadows to Rock n Roll. They meet at Dartford Working Mens Club (Essex Road) at 7.30pm on the fourth Thursday of the month. Membership is free but we do ask for a small contribution to costs on the night. Call Ray on 07813 54000 or email guitarsinshadows@hotmail.com

LEARN KICK BOXING AND KARATE! Come and Join one of North Kent's fastest and most successful Martial Arts clubs. For more information, call Saj on 07903 513104 or just come along and to one of our sessions and join in the fun! With the most reasonable fees around, you'll find that training can be affordable too! For all details please visit our website www.northkentkarate.com

LITTLE TIGERS - KARATE FOR 3, 4 & 5 YEAR OLDS
Sundays 10:15-10:45 at Swanscombe Leisure Centre.
Call Saj on 07903 513104

Dartford Orienteering Club
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Ding dong - 3 & 4 year olds

Dartford,
Bexley and
Eynsford

Winner of the Best National Pre School Activity Award

MISKIN RADIO FOR D

Media students at North West Kent College in Dartford are now putting their knowledge to use by launching their own news website for the townfolk. A combination of daily local news on Dartford Living's Facebook page (www.facebook.com/dartfordliving) and this website will keep local residents up to date between issues of Dartford Living.

The Miskin Radio website is live (www.miskinradio.co.uk) with a weekly Podcast every Friday and the news stories from the area reported upon. If any readers are interested in joining Miskin Radio; whether a student or a resident from North West Kent; then they should email info@miskinradio.co.uk.

Why the name Miskin Radio? From Easter there will be broadcasts from the website providing a mixture of music (60s - chart), specialist music, news, entertainment and interviews for the whole of North West Kent (the college). If anyone has an interest then they should make contact, experience is not essential as full training will be given.



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Host your own fitness hour, group guests pay £5 each and your session is free! (WOW, that's £5 for an hour of personal training!)

Option 2: Personal Training - 1 to 1. £25 per hour.

Male or female, young or old, whatever your fitness level, all abilities welcome!

Sharon Walton - Qualified Fitness Professional
Tel: 07817 207611
Email: sharonwalton1974@yahoo.co.uk

BE PREPARED TO SET YOUR TASTE B

Greenhithe based Chef Nina Gaskell's will be providing us with regular recipes and this month we have a recipe for her special Chicken Breasts Stuffed with Sausages.



CHICKEN BREASTS STUFFED WITH SAUSAGES



Ingredients:

- 4 chicken breasts
- 250g Lincolnshire sausages
- 50g basil, chopped - reserve some for garnishing
- 1 medium onion, peeled and chopped
- 8 medium tomatoes, skinned and cut into wedges
- 2tbsp white wine and cream sauce
- 2 garlic cloves, peeled and crushed
- 2tbsp vegetable or olive oil
- 150ml warm water
- Salt and coarse black pepper

Heat oven: 190°C/375°F/Gas mark 5

Line an ovenproof dish with olive oil. Prepare the chicken breasts by rubbing them all over with some salt and pepper. Cut the sausages into small pieces, adding a handful of basil, to make it easier to stuff in the chicken. Make a small pocket lengthways in each chicken breast and fill it with the sausage meat and hold together with toothpick. Baste chicken with some oil. Place in the greased, ovenproof dish, cover with foil and cook for 30mins. Remove the foil, add half the tomatoes and cook for a further 5mins to brown. Remove and keep warm.

Sauce: Fry onion, garlic and the remainder of potatoes on gentle heat for about 5 mins. Add cream sauce, some basil, water, salt and pepper and simmer for about 5/6mins, stirring intermittently until sauce thickens. Season to taste and garnish with remainder of basil. Serve with boiled rice.

You can get a copy of Nina's book from her website at www.africanfusioncooking.com featuring all her recipes price £9.99 + postage

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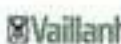


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DARTFORD'S STRONG MAN!

Dartfordian Terry Holland went to West Hill Junior School and then Leigh City Technology College, before his career as a Strong Man. This year he came third in the World's Strongest Man Competition. Dartford Living's Kelly Goldworthy caught up with him.



What are your plans and ambitions for the future?

I want to win Europe's Strongest Man and World's Strongest Man (WSM), which I can hopefully achieve this year. After that I will decide if I want to keep pushing on. Winning WSM has always been the aim and if I can manage that then I will possibly retire from the sport. After that I would love nothing more than to go back to a normal job and spend a happy life with my wife Lauren.

What do you do when you are not training or competing?

I train all year round and my life pretty much revolves around training, rehabilitation work (stretching and physio treatment) and trying to figure out the best way to reach 100% performance. I do, however, enjoy going for meals, spending time with my wife and also the occasional night out with a few drinks, usually in Crush.

Strongman takes up most of my life so don't have a huge amount of time for other things.

What recommendations and advice would you give to other aspiring sportsman?

Be consistent with your training, don't expect everything to happen overnight and you get out what you put in. If any part of your preparation is not 100% you will not get the results you want. To perform at the top level of any sport doesn't matter how talented you are it is the hard work that gets you to the top.

What things do you like and dislike about Dartford?

Dartford has almost always been my home and I am very proud to be from here. I feel in Dartford we have the best of both worlds, a bit of countryside very close and also city life very close too. It makes me a little sad to see the town with so many shops closed down and boarded up. I would love to see Dartford become a thriving town again. I am very proud to come from Dartford and it will always be my home no matter where I end up.

Is there anything else you would like our readers to know?

Europe's Strongest Man is being held in England, in Leeds, on 23rd June so that is the next big title I will be aiming for. If any of our readers are interested in going, check out www.europestrongestman.com. Also, I mean the guys I train with are looking to organise Dartford's Strongest Man again this year, we held it and managed to get many of the top guys in Britain down to compete and I would love to make it even bigger and better. We're still looking at a few venues and if anyone has an idea that could help make the contest a great one please contact me through my website www.terryhollands.co.uk or through @terryhollands

tips for small business

Each month Paul Conradi, Chartered Accountant at Co, will be giving us his professional advice for small

The 5th April is the end of the tax year and all work undertaken in your business. You should also consider the payment of an employer's pension contribution by the company, there would be no tax or National Insurance levied on the employee and the company would receive full tax relief. The 'Budget' has been delivered by the Chancellor on 21st March 2012, you will need to consider any changes that may affect your business and decide whether you should take any action before the 5th April 2012. As your local Accountant, I will be very glad to meet you and discuss the possibility of tax planning in your business. For more information, please see page 2 of his month's Dartford Living and feel free to call on 01322278188 to arrange a meeting.

It is also important to consider whether you are paying your spouse a salary or dividend and whether your children could be paid a wage for



Conradi Morrison & Co.
Chartered Accountants

SCHEME TO CUT TEENAGE PREGNANCIES GOES MOBILE

A new mobile phone app has been launched to help the drive to improve sexual health and reduce unplanned teenage pregnancies in Kent.

The Kent C Card iPhone app has been designed to give teenagers aged 19 and under the information they need on how and where to get free condoms using their C Card – a successful community-based contraception scheme set up in 2007.

The app uses active maps to direct teenagers to the nearest outlet offering free condoms to anyone registered with the scheme. It also offers advice on how to register for the card, where to get contraception in an emergency, and information about getting treatment for sexually transmitted infections.

Anyone who wants to register with the scheme must attend an appointment with a trained advisor. The condoms are given out by sexual health clinics, pharmacies, youth schemes and some school nurses. The card can be used 20 times before an appointment is needed to re-register for a new card. When youngsters register for the card they will be told about the app

and given a 'quick response' code that they can scan immediately to download the app free of charge. It can also be downloaded by searching for 'Kent C Card' in the app store.

Ruth Herron, Head of Sexual Health at Kent Community Health NHS Trust said: "The C Card scheme has been very successful, with more than 45,852 teenagers registering for the card since 2007 and more than 5,000 hits to our website every month. It is a major part of the drive to improve sexual health and reduce unplanned teenage pregnancy in the county.

"However, we recognise the need to be able to give teenagers the information that they require on the move as well. This not only gives people information about the C Card, it can point them immediately in the direction of the nearest outlet to get free condoms, or advice about their sexual health."

For further information on the C Card and other local services teenagers visit www.foryoungpeople.co.uk




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*Price shown is for Savvy Style 1.2 MT; manufacturer's list price £7,995 excluding metallic paint which is an option at £365. On the road price includes VAT, delivery, number plates, 12 months' road fund licence and first registration fee. A Warranty is subject to maintenance in accordance with manufacturer's schedules, 3 year or 60,000 miles. Terms and conditions apply. **FREE servicing on Proton vehicles registered until 30th June 2012 and available for the first owner only.

WHAT ARE CAVITIES?

"Cavities" is another way of saying tooth decay. Tooth decay is heavily influenced by lifestyle - what we eat, how well we take care of our teeth, the presence of fluoride in our water and toothpaste. Heredity also plays a role in how susceptible your teeth may be to decay.

While cavities are generally more common among children, adults are also at risk. Left untreated, a cavity can destroy your tooth and kill the delicate nerves at its center, which may result in an abscess, an area of infection at the root tip. Once an abscess forms, it can only be treated with a root canal, surgery or by extracting the tooth.

HOW DO I KNOW IF I HAVE A CAVITY?

Only your dentist can tell for sure whether you have a cavity. That's because cavities develop below the tooth's surface, where you can't see them. When you eat foods that contain carbohydrates (sugars and starches), these carbohydrates are eaten by the bacteria in plaque, producing acids that eat into the tooth. Over time, the tooth enamel begins to break down beneath the surface while the surface remains intact. When enough of the sub-surface enamel is eaten away, the surface collapses, forming a cavity.

HOW CAN I HELP PREVENT CAVITIES?

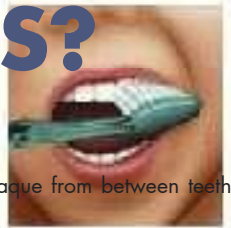
- Brush at least twice a day and floss daily to remove plaque from between teeth and below the gumline.
- Have regular dental checkups. Preventative care can help stop problems from occurring and keep minor problems from becoming major ones.
- Eat a well-balanced diet that limits starchy or sugary foods. When you do eat these foods, try to eat them with your meal instead of as a snack to minimise the number of times that your teeth are exposed to acid.
- Use dental products that contain fluoride, including toothpaste.
- Check if your children's drinking water is fluoridated.

If your water supply does not contain fluoride, your dentist or paediatrician may prescribe daily fluoride supplements.

If you have any concerns, please contact

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At Inspirations, our students provide all the services whilst train to achieve their qualifications in their chosen crafts, under the guidance and instruction of our fully qualified trainers and assessors, to ensure that they gain real experience in our working salons. All services and treatments include full consultations to ensure that you get the best service possible.

You could relax and enjoy beauty therapy treatments including manicures, pedicures, waxing services, facials and body massage. Or treat yourself to hairdressing services including conditioning hair treatments, cuts, blowdrys or sets, perms and a wide range of colouring services. Our salons use professional brands including Goldwell and Dermalogica products. Better news still, we operate at much reduced prices which means you can afford to pamper yourself more often!

Ring to book an appointment at Inspirations Hair and Beauty salons at North West Kent College Dartford and Gravesend campuses. See our advert on Page 25 for contact details.

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PET'S CORNER



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Top Pet Myths

Cats need milk ...

The reality: While many of us can conjure up a cute image of a cat lapping a bowl of milk, resist the temptation to offer this in real life. Cats and dogs don't have the ability to appropriately breakdown lactose in milk, and drinking it can lead to diarrhea.

A warm nose means your dog is sick...

The reality: If you want to figure out if your dog's ill, look for signs of lethargy, loss of appetite, coughing, vomiting, diarrhea, and other signs of distress. If a dog's nose is cool, it may have just had a drink of water. If it's warm, they may have been out in the sun.

Cat Facts

*Lot of Beginnings
Ever wonder who invented the cat door? It was Sir Isaac Newton. Perhaps he was vexed by his cat wanting in and out all the time and disturbing his work, so he did something about it - much to the relief of cat lovers everywhere.*

WARTIME FIRE ENGINE COMES HOME

The wartime fire engine known as "Borough of Dartford" has come home after being rescued from an uncertain future by Dartford Borough Council.

The official handover of the engine to the Council took place at Dartford Fire Station in Watling Street. The ceremony was attended by Jeremy Kite, Leader of the Council, Councillor Ann Allen, Lead Member for Communities, Mr Bryan Cope, Chairman of Kent and Medway Fire and Rescue Authority, and Steve Griffiths, Kent Fire and Rescue Service's Director of Service Delivery.

Councillor Kite, said, "When we saw it, we knew we had to have it! The fire engine is fantastic and it was great that we could buy it and give it a good home back here in Dartford."

Purchased by public subscription in 1939, ownership of the Leyland Fire Engine passed to Kent Fire Brigade following the nationalisation of the fire service in 1941. The engine was withdrawn from service in 1955, was fully restored in 1971 and has been kept in Kent Fire and Rescue Service's museum ever since.



The fire engine will now be cared for by the Council and is available to hire for special events such as weddings and funerals. Please email heritage@dartford.gov.uk or call 01322 3433 for more information.

After making its first official appearance at the Carol Concert in Central Park back in December, the engine's next outing will be at Dartford High Street on Friday 17th February as part of the British Heart Foundation's 'Red for Heart' event.

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Bay's Sporting Commem

Roman Abramovich answers to no-one at Stamford Bridge - certainly not the growing number of managers he has hired and fired during his time as Chelsea owner. If he has been taking advice, however, the growing body of evidence suggests some of it has been bad. Abramovich made a mistake in allowing "The Special One" Jose Mourinho to slip from his and Chelsea's grasp in 2007. The pair's relationship had fractured but common sense decreed that his departure was never going to be good news for anyone at Stamford Bridge. He made a mistake in sacking the experienced and worldly Carlo Ancelotti for having the nerve to fail to win a trophy in the 12 months following his historic feat of winning the Premier League and FA Cup double. And now, having personally overseen the appointment of Villas-Boas, Abramovich has effectively admitted to another error by sacking him in such short order, after a sequence of only three wins in 12 league games. Even his choice of Di Matteo as a temporary solution until the end of the season goes against logic. The Italian was part of the Villas-Boas regime Abramovich deemed

unworthy and yet he has effectively been charged with either moving Chelsea into the latter stages of the Champions League or, at the very least, qualifying for next season's competition.

UPCOMING EVENTS IN APRIL:

Apr 13-14 - FOOTBALL: Champions League quarter-final second legs.

Apr 15-16 - CRICKET: Second Test. Colombo: Sri Lanka v England.

Apr 16-17 - GOLF: Augusta: US Masters.

Apr 17 - ROWING: London: 1000th Boat Race.

Apr 18 - RACING: Grand National. Aintree.

Apr 18-19 - FOOTBALL: FA Cup semi-finals.

Apr 19 - MOTOR RACING: Shanghai: Chinese Grand Prix.

Apr 19-20 - FOOTBALL: Champions League semi-final first legs.

Apr 21 - ATHLETICS: Virgin London Marathon.

Apr 21 - MOTOR RACING: Sakhir: Bahrain Grand Prix.

Apr 21-22 - FOOTBALL: Champions League semi-final second legs.

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ESCAPE AND ENJOY

By Kayleigh Dormedy

'Let's all just go out and enjoy ourselves!' A quote which isTheentertainment industry is big for a reason. As spectators probably heard and said hundreds of times a day across weyearnto be pleased so let's not get bogged down with Dartford and the rest of the world for that matter, but how dailyroutine and get out there, embrace escapism, and who knows?You may even leave feeling inspired!

Forget the sometimes harsh reality we live in and escape for a couple of hours. We all work so hard nowadays this is the least we deserve. With such a wide variety of media entertainment; such as the theatre and cinemas, we can use these as a form of escapism. Something we should definitely take advantage of.

Cinemas in our area show a variety of new releases waiting to be viewed and enjoyed and if the fast pace of a Hollywood movie isn't for you, then a trip into nearby London can provide some independent and international films for you to indulge in.

The Orchard Theatre we have here in Dartford also offers a wide variety of options including performances of 'Calendar Girls' and 'Grease' that could allow us to suspend our disbelief and enter a fantasy world. A world where our own worries are nonexistent, where we can imagine ourselves to be a part of that play or musical, where we are not us but we are simply enjoying ourselves.



THE IMPORTANCE OF CO

ByKayleighDormedy

Nowadays we are always being bombarded with messages about how community doesn't exist in Contemporary Britain, yet we are always being told how important a sense of community is too. So where do we stand?

Our own area however appears to recognize such a media portrayed lack of community and as a result the Dartford Borough Council has recently opened their first purpose built Kent County Council Community Learning Campus.

Centers provide an opportunity for residents of any particular area to come together and create a sense of community for themselves. With a fear of crime often presented as a reason for children not being allowed to play out on our streets anymore such centres provide sports halls for children to play in, resulting in a sense of friendship being built with other children who live nearby and as these children grow up essentially a sense of community will be instilled; hopefully allowing such a mind set to be passed on to future generations, making

community life a thing of the present day once again.

Lastly, a feeling of community may be more helpful to your neighbours than you may expect. Elderly people may be lonely or need some help and this can often be reciprocated with advice and a friendly face to talk to. Just because we are constantly being told a sense of community no longer exists it doesn't mean we have to back and watch it erode, we can get out there enjoy our surrounding areas and become friends with the people who are literally closest too. Try it you may never know what could happen.



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Serenade to Pennsylvania 6-5000 and Chattanooga Choo Choo to Kalamazoo; this fantastic new musical will
The Mood. Tickets are £15.50 to £23.50, with £1.00 off for concessions, groups of 10-19 are 10% off, groups 20+

Dartford Living and The Orchard have teamed up to offer 2 tickets to see Bugle Boy on Thursday 17th May at 7:30
To be in with a chance of winning this fantastic prize just answer the following question...

BUGLEBOY WAS WRITTEN BY WHICH BRITISH PLAYWRIGHT?

A) ROBERT LOIS STEVENSON B) DEN STEVENSON C) NOEL COWARD D) BEN ELTON

Please send your answer, name and telephone number (by 20th APRIL) to:

orchardcompetition@dartfordliving.com or April Orchard Theatre Competition, Dartford Living, PO Box 283

*RULES: 1. The winner(s) will be the first correct entry/entries drawn. 2. The judge's decision is final and no correspondence will
lie or an alternative prize will be offered. 4. Proof of posting will not be regarded as proof of delivery. 5. Winners will be notified by
being drawn. 6. Employees and their immediate families of participating companies are ineligible to enter. 7. Closing date for the*

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For example, coming this April we are organising our first open air Real Ale Festival which will open to everyone and not just members. We will have 25 Real Ales (the majority of which will come from local brewers), 3 Real Ciders (also brewed locally), hot food in the form of a Hog Roast and live entertainment for the evenings.

The festival itself will be on the 20th-22nd of April, in time for St Georges Day, and will take place in a marquee on the clubs grounds. The entry fee will be £6, which will include a one time special open ex-service club and a programme giving information on the 2012. The beers and their breweries as well as local advertising.

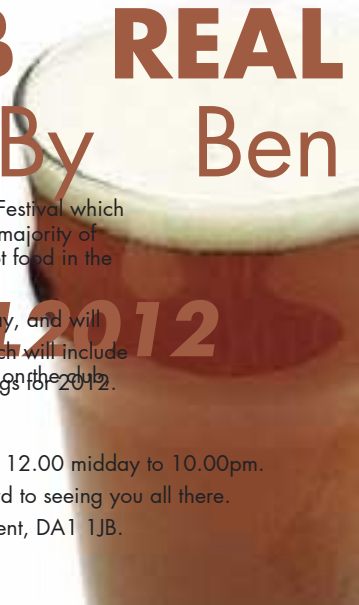
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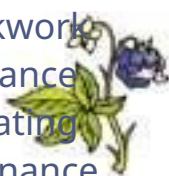
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HOW TO PLAY: Fill in the grids so that every row, every column and every 3x3 box contains the digits 1 through to 9, with no repetition. That's all there is to it!

1		7	8		6	4
	8	9		6		7
	6		7			8
	4			5	3	
			4			2
7		3		5	4	
	5		9	3		1
9	3	1		2		
		2	1			9

www.DartfordBookcrisps.co.



(Solution on page 38)

Sudoku provided by www.free-sudoku.net

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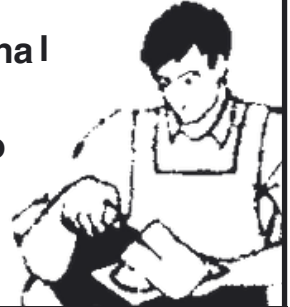
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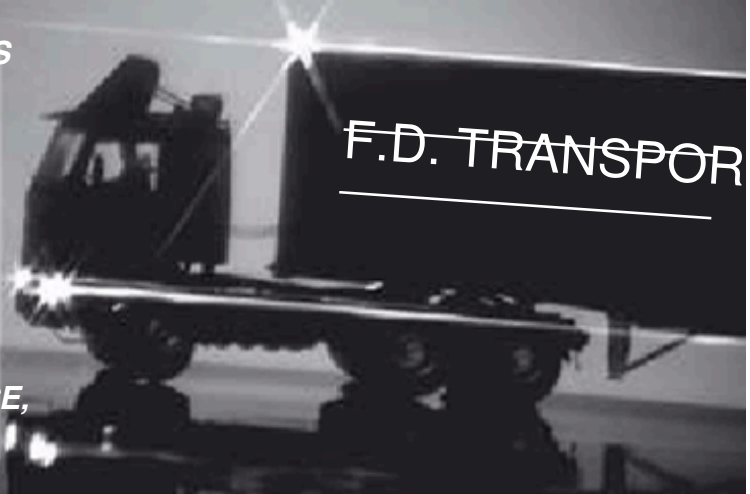
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Gardening Tips for April

Tips provided by Dobbies
Garden World.



Top Tips

- Now is the perfect time to get the lawnmower out and cut your grass for the first time this year. Cut grass with the lawn mower blades set high for the first few times, then use a good lawn feed and weed killer to help your lawn look its best. Also re-seed and re-turf any bald patches.
- Thin out herbaceous plants, prune spring flowering shrubs once flowering has finished and trim evergreen hedges and shrubs.

- In early April sow garden vegetables like potatoes, peas, broad beans, leeks, cauliflower, summer cabbage, brussel sprouts, onions, spinach, turnips, parsnips and lettuce outdoors or, if you leave it too late, young vegetable plants can be bought from garden centres. Other vegetables like cucumbers, courgettes and outdoor tomatoes can be sown under glass and runner beans can be started individually in 3 inch pots ready for planting in May.
- It's also a good time to sow seeds of hardy annuals like nasturtium, calendula, lavatera and cornflowers.
- Sprinkle rose fertiliser around roses and begin to spray them to control pests and diseases.
- Feed all other plants in the garden using a slow-release fertiliser to improve plant flowering and growth.
- It's also an ideal time to plant strawberry plants in your garden.



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Dhiren's Automotive News

Here are a few new models and concepts being looked into by the manufacturers for release

FIAT PANDA 2012

The new Fiat Panda range will continue to expand throughout 2012, with new engines, new models and a four-wheel-drive version. It is on sale with three trims and three engines, including the turbocharged version which gives up to 68.9mpg and emits less than 100g/km CO2 and the naturally aspirated version averages about 64mpg and is expected to emit about 104g/km. In October this year a four-wheel-drive version is expected with the turbocharged Twinair unit or the 1.3 diesel engine. The new range is on sale now from £8,900.



SEAT MII – This is the SEAT Mii 5dr – a more versatile version of the city car that's closely related to the Skoda Citigo and VW Up. The three-door version of



the SEAT Mii goes on sale in May, while this five-door variant arrives in the winter. The Mii's 1.0-litre three-cylinder engine is available in 59bhp or 74bhp specification, or as an ultra-frugal Ecomotive unit that features eco technology such as stop-start and brake energy recovery, and returns 67mpg, which equates to 96g/km of CO2. It is expected that the five-door variant prices will start slightly higher than the three-door at around £7,900.

PEUGEOT PETROL-ELECTRIC PLANS

Peugeot is working on a petrol-electric hybrid system that will be aimed at the Chinese market, but will also be offered in Europe. The shift away from the current diesel hybrid system reflects the lack



of interest for diesel engines, so there are no plans to use its current diesel hybrid system in any new models, other than the 508 saloon (pictured). Peugeot has not revealed when the petrol-electric hybrid system is likely to come to market.



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It's Your Letters!

Have you got something to say about a local issue? See page 3 for details of how to contact us.

Dear Dartford Living,

First of all, I must congratulate you and your team on a great little local magazine. I live in Dartford and I am 61 years old with 2 daughters and 5 grandchildren. I am running with my friend Peter Rogers from John O'Groat to Land's End to raise £10,000 to help fund a cure for Parkinson's Disease.

We are starting on 23rd April. We will need to run 30 miles a day to finish the 860 miles in 29 days, to end on the 21st May. Readers can find more information on www.offexploring.com/jogler and hopefully donate on www.virginmoneygiving.com/team/TheJogleBrothers. I live in Dartford and I am 61 years old with 2 daughters and 5 grandchildren.

We do hope you can help us put the information in Dartford Living. Even if one person donates something it will have been worth it.

Kind regards,
John E Turner

Dear Dartford Living,

Are any of you interested in joining a beginner's singing group? Or do you know of any already taking place in Dartford? We are interested in promoting the health and social benefits of groups singing and the usefulness of the breathing and posture exercises for those with Parkinson's Disease and other illnesses and/or disabilities. Telephone 01322275456 if you want to know more.

Yours sincerely, Jean Taylor

FAMILY FUN DAY

Dear Dartford Living,

On the 19th May between 12 & 4pm there is a family fun day event being held at Fleetdown Football Club situated near the Halfords entrance on Heath Lane in Dartford. During the day there will be a variety of stools, games, refreshments and activities to take part in. It's a nice ideal family fun day for all to enjoy, hope to see you there!



Dear Dartford Living,

Hoping your readers may be interested in the following: Gravesend Historical Society - Footpaths Committee Walks for Everybody Programme 2012.

All are welcome to join us as we explore our landscape, local history and folklore in the company of interesting people. Please note that these walks are steep in places, have stiles and uneven surfaces, please dress and act appropriately. All walks are free unless stated, but donations are welcomed.

SUNDAY 6TH MAY: Circular walk from Ilfield to Stead Rise. Meet: 2.30pm at St Margaret's Church, Ilfield DA12 9AS (Part of Gravesend Heritage Festival). Leader: Derek Gray 01474363024

SUNDAY 20TH MAY: Circular historical guided walk of Chalk Marshes and Shorne (Landscape that inspired Dickens). Meet: 2.30pm at junction of Lower Higham Road and Castle Lane, Chalk DA12 4TG (Part of Gravesend Heritage Festival). Guide: Christoph Bull 01474320156

Kind regards, Christoph Bull

Chalk Parish Historian and Historical Advisor
to Swanscombe & Greenhithe Town Council.



FITNESS

HOW MANY MEALS

Some people swear by three meals a day; some people live on two. Others recommend from 5 up to 8 meals per day!

So what's right?

Well, for starters, we're all different, and what works for others may not work for you, and vice versa. What you need to pay attention to is how you feel when you follow different eating plans. If it makes you feel good, then it's probably right for you, regardless of what the next guru says.

Before now I've recommended the "smaller meals every 2-3 hours" approach, and for some that's great. Especially if your main goal is to bulk up – you need to eat more meals to get the sheer amount of food you need in. You can't get 5,000 calories down you in 2 or 3 sittings (certainly not the right calories anyway!).

But, for fat loss and general health, as well as hormone optimisation (which is the key to weight loss, muscle gain, mood, energy levels, fat storage/burning, sleep and much more besides) I've come to realise that actually, despite all the reasons to do otherwise, we actually weren't far wrong in the first place with the old "breakfast, lunch and dinner" routine.

There are a number of reasons for this and although I HATE talking about calories (because if you're eating the foods you're supposed to be eating, calories really aren't an issue), you'll struggle to overeat on just 3 meals a day.

The key here is not to snack between meals. 3 meals means 3 meals.

Various and numerous chemical reactions happen after we've eaten, and some hormones aren't even released until 3-4+ hours after we've

eaten, others take that long to get back to normal levels. The main hormones we're concerned with here are Leptin and Insulin, which interact to determine when we feel full, and what we do with the food we've eaten. If these are out of whack, you can be sure your body fat levels will show it. The best way to address insulin resistance and leptin sensitivity is to take longer periods between eating, as well as selecting your foods carefully.

There's a lot more to it than this, and I don't have space here to go into detail, but you don't need to know how or why it works to benefit from it. The most important thing you can do is to make sure when you do eat, you're eating the right foods (see my previous articles/blog posts/website for details).

So try it for a couple of weeks. Have a good breakfast (not toast/cereal etc. – have real food), then nothing until lunch 3-4 hours later, then nothing again, until dinner. No snacks between. No sugar-filled drinks (that includes "sugar-free" versions of things!). Just keep well hydrated.

It's important that you get all the nutrients you need at these three meals, so plenty of veg, lots of protein and fat from good sources, fruit, nuts and seeds. Don't waste your meals with breads, pastas and other nutrient-free foods.

And always check with your GP before you make drastic changes to your diet – especially if you have any medical conditions. (Although I have to say that

– it's always a good idea!)

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**Each month a local business writes exactly 80 words
This month... Kathmandu**

Situated 1,400 metres above sea-level and dating back 2,000 years, Kathmandu is not as well-trodden as other Asian cities but retains a special charm for visitors. New Road is a bustling market and Kathmandu's busiest street leading to Durbar Square, a UNESCO World Heritage Site. Thamel and Jochhen Tole are must-visit areas made famous in the 1960s and religious temples and statues, such as Kailashnath Mahadev, Swayambhunath, Baudhanath and Pashupatinath, are all wonderful monuments to Kathmandu's fantastic culture and history.



Useful Numbers

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Alcoholics Anonymous:

08457 697555

Citizens Advice Bureau:

01322 224686

Crimestoppers:

01322 428100

Dartford Borough Council:

Parent Valley Hospital:

01322 343434

Dartford Police Station (non
urgent crime):

01622 690690

0800 028 0247

Gareth Johnson MP

EDF Energy Networks

020 7210 7047

Emergency Powercuts Helpline:

Gatwick Airport Enquiries:

08700 002468

Heathrow Airport Enquiries:

08700 000123

Information About Drugs

0800 0089162

Kent Racial Incident Reporting

0800 776600

Kent Homophobic Incident

Local Breastfeeding Counsellors

Reporting Point:

01322 224072

National Domestic Violence

Helpline (24 hour):

0808 2000 247

National Gas Emergency Service

National Rail Enquiries:

08457 484950

NHS Direct:

0808 3003000

Report a non-urgent crime online:

NSPCC

www.reportacrime.kent.police.uk

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RSPCA Kent - North West Branch:

01474 328515

Samaritans:

08457 909090

0800 151 9700 Dental Practice:

West Kent NHS Helpline:

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0800 0 850850

Diary of a School Run Mum

EACH MONTH WE DELVE INTO THE SECRET THOUGHTS OF A LOCAL MUM, BUT UNLIKE THE STIG, SHE NEVER REVEALS HER IDENTITY!



The Burns Unit (as my family so fondly refer to my kitchen) has seen some action this month. Regular readers may remember (not last month) I rather flippantly stated that I would be baking a Christening Cake for a friend as this month's challenge. Oh my! Who knew what a mammoth task I had undertaken.

You see for me a cake is usually hastily knocked up and just as quickly knocked back by the School Run Family. There are no marks for appearance, no fretting near the oven door about timing it just right (not too crisp, not underdone) and no special sprays or implements are needed to scrape the thing out of its baking tray. I should have known when I took my first tentative steps down the cake making aisles of HobbyCraft (all 5 of them!) that this was not a job for an amateur, but with

to be honest, but I hadn't bargained on the brutality of the comments from my own flesh and blood. The children merely laughed at my feeble, slightly 'crispy' attempts but it was the venom that the head judge (the Husband) used when he dismissed my wares that finally saw me bin the lot and head to M&S for a ready-made one. Now instead of drooling at the window of Greggs the bakers, I stand in awe and wonder how they manage to get them looking so damn good, time and time again.

Oh well as my Home Economics teacher once said, not everyone can be talented at everything. I hope that next month's challenge doesn't prove beyond me - in fact if it does I might just as well give up this whole year of doing something new and head back over to my natural habitat Bluewater and just be done with it! And with that ringing in my ears, I am off to the garage to dig out my bike, as this month, Dear Reader, I will be mainly cycling everywhere.

my determined plan I decided to go for it.

Just over £60 later I headed home, slightly dazed, because I hadn't even factored in the cost of the ingredients yet, and set to work. To be fair I did ask

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