



Newsletter November 2022

Website: www.downswoodpc.org



Don't forget to check the DPC Facebook page. As well as regular updates on our website, the latest happenings in Downswood are posted on Facebook too - If you haven't already done so just "like" the official Downswood page so the latest info is always in your newsfeed

YOUR PARISH COUNCIL

We are here to represent all residents, so if there is something you think we could help with, why not tell us?

Parish Clerk—Teresa Irving. 7 Firs Close, Aylesford, ME20 7LH.
Tele: 01622 717466 Email: clerk@downswoodpc.org

Your Parish Councillors are: Gordon Newton (Chairman), Roz Cheesman (Vice-Chairman), Anne-Marie Butler, Kate Alden-Morris, Pete Fincham, Alex Pallant, John and Barbara Cottis & Jennifer Tournay

GET WALKING

An arbitrary figure of 10,000 steps a day as a good health target was invented in the 1960s as part of a marketing campaign.

Since then this target has been endorsed by health professionals and is likely to have an effect on preventing cancer, strokes and heart disease whilst also boosting mood and improving sleep. Bones and muscles are kept strong and obesity can be tackled.

But where do we walk? The gym on a treadmill? Roads, country lanes? All are good but we also have 3,000 miles of public footpaths in Kent - and to walk them is free!

From Downswood we can walk to Otham, Langley and Leeds or beyond by the marked footpaths opposite Otham Church. We have the Len Valley Walk which will take you from Maidstone, through Mote Park and on to Lenham. Paths from Bearsted will take you to Thurnham or Hollingbourne.

Public footpaths are marked on Ordnance Survey maps and you can download circular walks from the Internet.

Please keep to the path and do not walk on crops - that is trespass. Keep dogs on leads especially near livestock.

We have some lovely countryside around Kent and you do not have to go far to "get away from it all." Enjoy!

The **Downswood Diggers** are a voluntary group that target areas of Downswood, to make our area a nice greener space to live in. We clear paths, weed and plant trees and have a nice chat and cuppa as we do so. It's great to meet people in the community and make Downswood better as we get some fresh air and exercise. The date of the next meeting will be published on the website, or contact the Clerk if you would like to be kept informed.

NOTES ON DOWNSWOOD DIGGERS' SITE MEETING - 10 OCTOBER 2022

Present: Barbara, Gordon, Jen, John, Roz, Edward.
Apologies for absence: Kate

DD's site meeting at Spot Lane/Church Road 'triangle' was held primarily to discuss continuation/replenishment of the woodland planting surround for the QE diamond jubilee stone. This, within the designated natural woodland wildlife area, had originally been undertaken by school children in conjunction with Medway Valley Countryside Partnership (MVCP) personnel, commissioned by DPC. Many photos on DPC's website are of the installation of the granite memorial, (generously donated by Gordon's 'The Stone Shop'); the school children, MVCP personnel and Parish Cllrs undertaking planting & the unveiling by Rev David Bond.

Noted were overhanging dead, potentially dangerous looking branches, to be reported to MBC via Teresa. In addition, she was to request a reasonable canopy above the triangle be retained. Teresa was also to check schedule for sweeping of pedestrianized Church Road. (Subsequently ascertained - w/com 21 November.)

It was heartening to note that work had recently been undertaken by members of the community. Several plants have been introduced, including ferns, pulmonaria, heucheras, and cyclamen. However, it was felt important to keep as near as possible to the original woodland planting as recommended by MCVP, the professional. (A label stating 'bulbs planted' has subsequently been noted. It would be helpful to know what has been planted.)

Relatively recently Parish Cllrs had planted snowdrops and primroses (transplanted from their gardens.) Rather than move the line of recently introduced stones, it was agreed to place a second row of fairly large stones to enlarge the planting area to that closer to the original. Some nettles could be transplanted to between the rows of stones, in the hope of discouraging youngsters from clambering over the plants.

From their gardens, Jen offered some foxgloves and Roz, further primroses. Other suggested plants to introduce were Herb Robert; English bluebells (although rather invasive); Hederifolium cyclamen (either plants or dry bulbs); celandine, wood anemones and ferns. **Sources:** Suggest Landlife Wild Flowers & local i.e. Coolings.

Christmas and Lights Carols Ceremony

Downswood Community Centre



FREE
ADMISSION
MULLED WINE
& MINCE PIES

Saturday
3rd

December
2022

4pm

Maidstone Rock Choir and Santa will be there!