



FEBRUARY 2019

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The Newsletter and "What's On" Guide for  
Residents & Friends of Chelsfield Village

Shield Bugs	2
Mutterings from The Millers	3
Anonymous Letters	6
Chelsfield Afternoon W.I.	6
Chelsfield Evening W.I.	7
Litter Picking	8
Well Hill Litter Picking Day	8
Fly Tipping in the Lanes	8
Fraud HMRC Messages	8
Fake Invoice Emails	10
Fake TV License Emails	10
Radio Caroline Story	11
Village Limerick Competition	13
Be Aware of PMRGCA	14
Useful Contact Numbers	15
Dates for your Diary	16



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events, in order to  
make them as  
successful as possible**

You tell us what's going on or  
planned, and we will pass the  
details to the residents and  
friends of Chelsfield

Please send anything you feel  
suitable for the

March 2019 issue to:  
[chelsfieldvillagevoice@gmail.com](mailto:chelsfieldvillagevoice@gmail.com)  
or post to:

Chelsfield Village Voice  
2 Bucks Cross Cottages  
Chelsfield Village  
BR6 7RN

**to arrive by  
Monday 25th February 2019**

## Shield Bugs

Before talking about shield bugs I'd just like to mention a large badger that was struck and killed on Maypole Rd prior to Christmas. From the vehicle's wheel cowling debris left after the event, it must have been a large 4 x 4 or small truck and the collision must have occurred at quite a speed presumably killing the badger instantly. The badger laid there for a few days and so I thought it best to move the carcass before another vehicle struck it making for an even more disgusting scene. So, I attempted to throw it over the hedge by its back legs but such was the weight that it kept slipping out of my hands (I was holding it using a plastic bag for hygienic reasons). In the end the best I could do was throw it into an opening in the hedge where at the time of writing it still lays untouched by scavengers. Although not the best solution, it is at least out of the road and it can be processed by nature like all dead animals in the wild. As for the car related debris, I also picked this up as the

lower end of Maypole Rd is the area I look after as part of the village litter picking effort. Now, onto shield bugs.

I'm not sure I had ever seen a shield bug (*Polomena prasina* – this name relates specifically to the Green shield bug species) until a decade or more ago. But since then I have increasingly noticed these distinctive bugs which appear to be becoming increasingly common, especially in southern England. They are easily identified by the flat shield-like structure covering the majority of the bug's body (see photo of the archetypal Green shield bug species). They are often also known as 'stink bugs' as they defend themselves with the extrusion of a foul smelling fluid to deter predators.

Across the world there are 4700 species although they are sometimes mistaken for beetles although they belong to an entirely different 'order' of insects, the *Hemiptera* or 'true bugs'. The 'family' is

known as *Pentatomoidea* which was named by William Leach in 1815. The word derives from the Greek *pente*, meaning five, and *tomos*, meaning sections or cuttings. There's some disagreement today about whether Leach was referring to the stink bug's 5-segmented antennae, or to the 5 sides of its shield-shaped body.

There are 44 species of shield bugs in the UK and many of them do not have common names. Those that do have interesting names such as: hawthorn, juniper, birch, parent, pied, negro, sloe, forest, brassica and blue shield bugs.

An addition to the 44 British bugs is a recent European import called the Southern green bug which looks very similar to the indigenous Green shield bug. This bug was first found in 2003 in the London area and is known to cause some damage to French and runner beans. However this bug does not become active until late in the summer when its opportunities to cause



moving, defenceless creatures like caterpillars and aphids.

Shield bugs are often brightly coloured and although this makes them easy to spot for predators, it is in fact a stark warning that they contain unpalatable chemicals. This is a defence mechanism known as 'aposematic coloration' and is most commonly known by its use as a defence employed by wasps with their vivid black and yellow stripes.

young parasitize the stink bug eggs which never hatch. A single adult wasp can parasitize several hundred shield bug eggs. Studies show that egg mortality can reach well over 80% when egg parasitoids are present. And this is despite the mother shield bug being a 'good' parent in insect terms. The female parent lays her eggs close to a food source. Once they have hatched she then leads the young in a column to the food, like a mother duck leading ducklings to water. She continues to care for her nymphs throughout their development.

Keep an eye out for them. They are rather interesting looking bugs.

*Steve Fuller  
February 2019*

damage are limited.

The 'British' green shield bug is not associated with agricultural or horticultural damage. However, shield bugs can also attack other insects and are sometimes referred to as "timid predators" because they do not use their legs to overpower or manipulate prey. They attack slow-

Although shield bugs are fairly good at repelling predators with the sheer force of their stink, this defensive strategy doesn't do much good when it comes to deterring parasitic wasps. There are all kinds of small wasps that love to lay their eggs in shield bug eggs. The wasp

## Mutterings From The Millers

As in January, all is a little quiet on the farming side. The cover crop is dying off and as we are not growing oil seed rape this year, pigeons are not bothering us. Have seen plenty of Fieldfares this year and Steve spotted a

Golden Plover recently.

The boys couldn't make the field trial catch up but our Agronomist has kept them up to date with the information gained from them. They attended the annual spray workshop in

Dunkirk, Kent not France. This is the industries opportunity to up date spray operators with the new legislation that we have to work by. The major points this year were slug pellets and seed dressings. In

regards to the slug pellets, the commonly used metaldehyde pellets will be banned from 2020 in Great Britain, this will effect farmers and gardeners alike. This ban is due to the unacceptable risk to birds and mammals. If slug control is required, farmers and gardeners will have to use iron phosphate pellets in future, which are natural and organic.

The reason the seed is dressed prior to planting is that some plant diseases cannot be controlled by spraying once the plant is growing. There are many seed born disease i.e. bunt, leaf strip etc. The chemical that is being withdrawn is our old friend neonicotinoid, the same treatment that was withdrawn from oil seed rape dressing for bee protection. We preempted the ban and didn't have our seed dressed with the chemical for this coming harvest and to date haven't seen any damage i.e. from slugs or aphids (aphids carry a virus that stunts cereal crops in the autumn). Fingers crossed for the coming

growing season.

Local deliverers of hay and straw continue plus 20 tonne of barley straw to the West Country. Quite a sight as the lorry pulled out of the yard. Our main job for February is to clear the barn of hay, straw and machines and transform it to a wedding venue for Peter. We are thrilled that he and Leah are marrying at St Martin's church with the reception here. We need a lot of imagination to do this for March, it was easier when our daughter married in July 2012 as the barn was empty!

1916 news

The weather back in February was just as variable as this year. Rain continued to be a big problem during February, which as I mentioned in my notes from last year turned to heavy snow hampering deliveries to market. George caught the 4.41pm from Orpington to Bromley North to go to market. Not quite sure of the route the trains took in those days. He said it was too dark to drive all the way with such poor

lights.

He had taken on Miller-Hallet's land (Goddington) and put 1/3<sup>rd</sup> down to vegetables and 27 acres down to potatoes, the remainder to what he called autumn greenstuff. They gave the 27 acres a "good coat of dung which ought to be a great treat for it" They had just started steam ploughing in February. The new Martin tractor arrived which was working well whilst the land was in good condition but as soon as the rain fell it proved difficult. George was going to get some extension made for the wheels to 18" which he hoped would help. He was more of an engineer than a farmer and designed wheels for tractors and cultivators hence the company name Miller Wheel and then later Cultivator was added. There was a forge here and machine shops, where they made steel tractor wheels, hoes, and cultivation machines which were sold all over the country. We have some wonderful photographs of this equipment and the photo is from one of the leaflets

## AGRICULTURAL TRACTOR WORK REVOLUTIONISED.

*TRACTORS with ordinary wheels have the following great drawbacks:*

1. Lose a great deal of their power through wheel slip.
2. Seriously damage the sub-soil by packing and consolidation.
3. Even a slight shower on most soils causes the wheel to load up, slip and prevent them working.
4. Cannot cross cultivate freshly ploughed land as no grip is obtainable.
5. Great waste of fuel oil and time through the inefficient gripping power of all existing wheels.
6. The impossibility of really deep ploughing or cultivating owing to the loss of power through wheel slip; this often equals 50 per cent.
7. Cannot work between crop rows without serious damage.
8. Leave such deep tracks that they cannot be used for the preparing of and for cropping without SERIOUS damage.

*TRACTORS fitted with Miller's Wheels "Prov. Patent 28544":*

1. CANNOT LOAD UP, PACK OR SLIP, therefore give a tremendous increase of power.
2. CANNOT DAMAGE THE SUB-SOIL, as they break it up instead of packing it.
3. CAN BE USED AT ALL TIMES quite independent of soil or weather conditions.
4. WILL EFFECTUALLY CROSS CULTIVATE LAND DEEPLY for potatoes, etc., leaving no evidence of tractor track.
5. WILL DO FAR MORE WORK IN THE SAME TIME with less fuel, oil, etc., owing to the great gripping power of wheels.
6. WILL DO DEEPER PLOUGHING AND HEAVIER WORK than any existing tractor of equal power, as all the power of the tractor is transmitted to its job.
7. When fitted with the interchangeable NARROW cleats, WILL cultivate row crops WITHOUT DAMAGE.
8. WILL do ALL cultivation work on a farm, including the preparing of an even tilth, etc., for cropping with LESS damage than horses.

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Solve all Tractor Wheel Difficulties.

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The SAVINGS resulting from the use of these wheels is so enormous that their cost is repaid many times over in a few months' work.

DEMONSTRATIONS to prove the tremendous possibilities of these wheels will be given on your own farm, ask your area agent to arrange this without obligation.

CONSTRUCTION. The wheel is so constructed that it is practically indestructible.

CLEATS. These are made in three sizes: (1) 12 inches by 6 inches for heavy ploughing, cultivating, &c., when the land is wet; (2) 17 inches by 3 1/2 inches for use when the land is hard or for lighter work such as harrowing, rolling, drilling, mowing, binding &c.; (3) 8 inches by 6 inches for use in cultivating between crop rows of potatoes &c. These cleats are all interchangeable by the driver in a very short time.

For further particulars apply to:

**MILLER WHEELS Ltd., Station Road, Chelsfield, Kent.**

Phone: ORPINGTON 28.

used to advertise them. As you can see, the address was Station Road in the 1930s not sure when it changed to Warren Road.

The snowdrops are out and the churchyard is full of them again. There are

plenty of weather sayings about Candlemas Day, 2<sup>nd</sup> February which I have mentioned before but here is one for February

*When the stars begin to huddle,  
The earth will soon become a puddle.*

I am adding Steve's name now as some of the above information came from him and I don't want you to think I know some of the technical stuff!

*Steve and Chris Miller  
Court Lodge Farm*

## Anonymous Letters?

When did the Village Voice start printing anonymous letters? I know the Times has that rule, quite rightly, but we are not yet in a police state where we cannot

put our name on a letter to a newspaper.

I am referring to the letter addressed to Matt and Gemma which I find VERY condescending.

I am not for, nor against this development either way, but you may put my name my name at the end of this missive.

*Thanks  
Freda McClorey*

## Chelsfield Afternoon W.I.

We would like to wish all readers a Happy New Year and hope you all had a wonderful Christmas.

Despite being let down at very short notice by the Christmas Entertainer we still enjoyed our December meeting. One of our members read some poetry by Pam Ayres. We had an exhibition of photographs, some of old events and some taken just a couple of weeks before at our Christmas lunch in Orpington, where we were joined by some husbands

and friends.

Our meeting was accompanied with music and carols, mince pies and stollen cake was served with our tea which all added to the festive atmosphere,

Our January meeting started off with usual Institute business followed by a discussion of the National W.I. Resolutions. Every member has an individual vote which will decide the main campaign for the following year. We followed this with

competitions, tea and cakes and a social afternoon.

We have several events coming up on our calendar.

- Our walking group are heading off on the 23<sup>rd</sup> January to look at the Church windows around Sloane Square.
- Our monthly lunch will be on 7<sup>th</sup> February at BR6.
- We have a Games Afternoon on 20<sup>th</sup> February.
- A trip to the Churchill Theatre in March

● An outing to Hastings and Pevensey booked for May.

Along with these activities we join in with other local Institutes and events laid

on by the Kent Federation

Our next meeting will be in Chelsfield Village Hall on Wednesday 13<sup>th</sup>

February at 2 pm. When our speaker will be Ms. Pauline Martindale on “Around Britain” when are visitors are welcome

## Chelsfield Evening W.I.

Chelsfield evening WI have hit the new year at full steam ahead. This months speaker was unable to attend last minute, but as we ladies think on our feet we arranged a quiz night and a social evening. Of course there was wonderful cake baked by one of our fabulous ladies which was scrumptious.

In the days following our meeting the “ladies that lunch” group met at BR6 restaurant in Orpington. The food as always was delicious and I’m sure we’ll be visiting there again very soon. That evening our book group met and the following day our walking group met for a cold but brisk sunny walk in Pettswood.

A number of our ladies also visited the Post Office Railway in London this month. The mail rail as it is known was operated from 1927 until 2003. It was built by the

post office with assistance from the Underground Electric Railways Company of London to move mail between sorting offices. If you’re a railway enthusiast this is definitely a place to visit. It was very interesting and of course you get to ride on the mail rail itself.

So if you’d like to be busy with the Chelsfield Evening WI why not come along and join in the fun. Our contact details are on

the contact pages at the back of this magazine. We meet on the third Tuesday of every month in Chelsfield Village Hall at 8pm. We look forward to meeting you and do let us know if you’re coming so we can give you a warm welcome when you arrive.

Find us also on Facebook and Twitter where you can see our full programme and future events.

*Jules Phillips (President)*



## Litter Picking / Scratch Cards

Thought I'd just make a quick comment about the village litter picking efforts that a number of people around the village help contribute to. I know that the efforts in Maypole Rd are still active as myself and a neighbour (Tony) regularly do the rounds and pick a large bag of litter per month. Hopefully the other contributors are still active. If you need the purple bags supplied by the council then do let me know. If you do not have my email address

then contact the Village Voice.

On a related subject, I have noticed that Lottery scratch cards are regularly dropped on Maypole Rd. It seems that a punter has found that they are still not a millionaire and drops the cards without a thought for who is going to pick them up. I do think there's a belief that all litter simply melts into the background if it's sufficiently ignored. Well,

no, it doesn't.

People such as those that help to keep the village tidy have to clear up behind you as if you are a five year old. So, to whoever keeps dropping these cards, if you are less than five then you should not be buying scratch cards. If you are older than five then please start acting like it and take them home before discarding them.

*Steve Fuller*

## Well Hill Litter Pick - 23rd February

Its that time of year again folks when our bare hedgerows reveal how much litter really is lurking in them.

We have organised a litter pick with the Well Hill residents on the 23rd of February.

We are meeting at the lay by at the bottom of Rock

Hill at 10am.

I have some grabbers and bags. If anyone would like to join us the help would be much appreciated or if people from the village would like to organise their own one down there that would also be great.

The stretch of Hawstead

Lane from the corner of Maypole Road, past Home Farm and up to Owen Farm is pretty bad as this is a becoming used more and more frequently by non locals as is Jubilee Road up to Westwood Farm.

*Jessie Reid  
Owen Farm  
07495763954*

## Fly Tipping in Our Village Lanes

We owe a huge vote of thanks to Jim Ellard for his constant liaison with

Mike Botting, one of our local councillors regarding this now

frequent dumping of rubbish in our normally lovely local country lanes.



Jim has been working hard to get some sort of protection / surveillance to prevent this disgusting practice from continuing.

As residents we must all help by doing anything

we can to stop this sort of tipping taking place. Please remain vigilant at all times, note down suspect vehicle numbers or business names on vehicles if you suspect or see any dumping, and

pass these on to either the police (101), local authority (020 8464 4848) or even Chelsfield Village Voice (07414 920920). Please don't attempt to tackle the driver yourself.



SKIBBS LANE ON 20TH DEC. 2018

**WELCOME TO CHELSFIELD**

**Come and see our Christmas Decorations**



SKIBBS LANE ON 24TH DEC 2018

A VIEW FROM THE CAR WHEN ATTEMPTING TO DRIVE DOWN SKIBBS LANE ON THE DATES SHOWN. THIS IS NOT A ONE-OFF, IT IS NOW A REGULAR OCCURRENCE TO FIND THE FLY TIPPERS ARE USING THE LANE AS A CONVENIENT LANE IN WHICH TO SHED THEIR LOADS.

It is a disgrace. .... Will Bromley Borough Council please take some action?

Jim Ellard. 07802 344445

## Fraud HMRC Messages

Action Fraud has experienced an increase in the reporting of malicious calls, voicemails, text messages or emails to members of the public purporting to be from HMRC.

The fraudsters state that as a result of their non-payment of tax or other duty, the victim is liable to prosecution or other legal proceedings such as repossession of belongings to settle the balance but can avoid

this by arranging for payment to be made immediately by method such as bank transfer or by iTunes gift cards.

If the victim is hesitant or refuses to comply, the suspect makes a threat

such as immediate arrest, bailiffs or in cases where the victim appears to be of overseas origin; deportation.

Often, the period for which the tax is allegedly due is distant enough to guarantee the victim will have little, if any, paperwork or ability to verify the claims. Once the money is paid the suspects sever all contact.

It is vital that the public exercise caution when receiving messages or telephone calls of this nature.

**What you need to do**  
Always question unsolicited requests for your personal or financial information. Just because someone knows your basic details (such as your name and contact details), it doesn't mean they are genuine. Instead, contact the company directly using trusted methods such as a known email address or phone number.

Listen to your instincts. If something feels wrong then it is usually right to question it. No genuine organisation will ask you to pay taxes, bills or fees using iTunes Gift Cards,

or any other type of voucher.

Don't be rushed or pressured into making a decision. Under no circumstances would a genuine bank or some other trusted organisation force you to make a financial transaction on the spot.

Report Phishing attempts. If you receive a call, text or email of this nature and have not lost money, report this as a phishing attempt to Action Fraud.

*Bromley Neighbourhood Watch Association*

## Fake Invoice Emails

Be warned there are a number of these emails around, appearing to come from legitimate UK companies, but having an email

address from the domain t-online.de (usually visible along the top line of the screen, and with variations to the company name.

These will want to steal your personal data, or want you to download dangerous software. **Do not open the attachments**

## Fake TV Licensing Emails

Action Fraud has received more than 5,000 reports about fake emails and texts purporting to be from TV Licensing. The messages contain links to genuine-looking websites that are designed to steal personal and financial

information.

**Always question unsolicited requests for your personal or financial information in case it's a scam. Never automatically click on a link in an unexpected**

email or text.

For more information about how to stay safe online, visit: [cyberaware.gov.uk](http://cyberaware.gov.uk)

*Bromley Neighbourhood Watch Association*

## Radio Caroline's Remarkable Story

Dave Lockyer, well known to many of us as the proprietor of Lockyer Motors in Skibbs Lane, has, almost since the very beginnings been closely linked in with Radio Caroline. Over the years he has been involved in many aspects of the ship and station, from presenting to support and sponsorship. To this day he is still deeply involved.....read on.....

In the early Sixties Britain was climbing out of post war depression and the baby boomers born in the late forties when now teenagers with money in their pockets, seeking new lifestyles, fashion and music. The BBC, in sole control of radio broadcasting, was providing programs still linked to the Music Hall era, together with crooners and Big Bands, comedies, lectures and gardening tips. They would only use established entertainers and saw no need to reflect new music trends.

Young Irishman Ronan O'Rahilly trying to promote new talent such as singer Georgie Fame, encountered a wall of refusal to award air time to his artists. He saw that the remedy was to have his own radio station. British law prohibited any such thing.

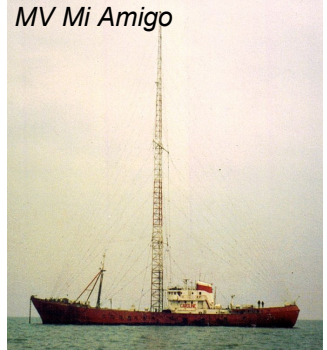
Ronan obtained a ship,

placed a radio station on it and anchored it beyond British jurisdiction. Radio Caroline, named after Caroline Kennedy, was a revelation to the listeners who had never heard all day pop music before. Audience figures quickly outstripped that of all the BBC networks combined, as Caroline placed one ship in the south and another in the north.

Use culture, behaviour, fashion and music exploded. London and Liverpool became pop capitals of the world. In what was called the British invasion UK bands dominated the American market.

As the Sixties progressed towards the Summer of Love in 1967 everyone was happy aside from the Government. Following Carolines example other marine stations had appeared all beyond jurisdiction. The monopoly of the BBC was broken. But the Labour government had only a slim majority and again extreme acting against the pirates was a short vote loser.

It was to be three years before the re-elected Labour government produced the Marine Broadcasting Offences Act. While not being able to silence the ships it outlawed every



activity connected with the stations and made it possible to arrest and imprison any British subject who worked for the stations from abroad when that person returned to the UK. The planned new law, coming into force in August 1967, made offshore broadcasting unprofitable by criminalising the advertisers. On realising this, all of the other stations close down, but Radio Caroline vowed to continue.

Sadly the greatly increased costs of supplying the ships at sea, now that UK ports could not be used and the loss of revenue, damage the station so that after six months of defiance, Caroline ran out of money and both ships were towed away. In the minds of many of the public, even to this day this was thought to be the end of Radio Caroline, but it was not.

In 1972 a radio enthusiastic, under the guise of creating a radio museum bought one Caroline ship, the Mi Amigo and then barely seaworthy she was taken and placed off the Dutch coast. This produced what may have been Caroline's golden era, playing album music as an alternative to pop which stations on land were now playing. Caroline was mostly untroubled by the authorities aside from minor skirmishes.

But, the Mi Amigo was old and by 1980 was in very poor condition. The ship seemed charmed and survived so many dramas that she seemed indestructible, but in March 1980, during a fierce storm, she sank. The crew barely escaped with their lives, but the ship and all her equipment, was lost.

This may have been an honourable time to admit defeat, but no. Over a three year period, the large and massively strong Ex-deep sea trawler Ross Revenge was obtained and converted. If she had alone broadcast from off the British coast the situation may have been different, but as before she was joined by another ship bringing the very popular programmes of Laser 558. This station captured the audience of the now many commercial stations in Britain and their protests caused the authorities the blockade



Laser out of existence.

Radio Caroline was also targeted but not so directly, and when Laser capitulated the blockade ceased leading to many to think that due to longevity and determination Caroline was achieving tacit acceptance from the authorities, but this was not so. The basis on which all offshore commercial radio stations operate is that they are beyond the jurisdiction of the territories the broadcast to. Various actions have been taken to discourage marine broadcasting, but always stopping short of direct action against the ships, as this breaks international law.

In August 1989 the British and Dutch government colluded in an armed raid on Ross Revenge where the ship was stripped of all broadcast equipment and effectively wrecked. Then a

law was drafted awarding astonishing powers to the authorities for future action.

Radio Caroline had returned to the air after the raid, but mostly as a token gesture of defiance and as a holding exercise as there seemed to be just one remaining legal loophole that would allow broadcasts to continue unhindered. But in 1991 while this possibility was being researched, Ross Revenge broke anchor and grounded on the notorious Goodwin Sands. Again, loss of life was barely avoided.

Of the hundreds of ships that have been wrecked on the Goodwins, Ross Revenge is the only one known to have been salvaged intact and she was brought to the Port of Dover, albeit very badly damaged. Again there was the option of giving in, but this would hardly have been bowing

out in a blaze of Glory and would have been the acceptance that the authority always wins in the end.

Radio Caroline, at that stage, no money, no broadcasts and only possessed a ruined ship. But an informal supporters club was formed from which flowed a trickle of income and so it was decided to see what, if anything, could be saved. Minor ship repairs were commenced, along with very local short-term broadcasts, both of these activities, whilst representing some progress and recovery, were considered demeaning as compared to what the ship and station had once been.

Nonetheless in 1993, Ross Revenge was deemed fit to leave Dover and for the next decade visited various

locations, often carrying out more short-term broadcasts, but the number of fresh places to visit dwindled and each broadcast had less impact than than the one before. Fortunately the opportunity to broadcast full-time via satellite was identified and while this was a specialist means of listening, it covered all of the UK affordably and in good quality. Caroline also experimented with internet broadcasting though at first neither the radio industry nor the public took to this new listening opportunity very seriously.

The fourth era of Radio Caroline has seen the station stay on air longer than any other period in its history. As Internet broadcasting became mainstream and satellite broadcasting became old technology it was

abandoned in 2013. The station is now achieving 300,000 hours of listening per month, rising by 8% per annum. Reception is also possible on mobile devices.

Ross Revenge spent 10 years at Tilbury Docks Essex undergoing major renovation. In 2014 she was moved to a new location on the River Blackwater where special broadcasts can once again be made from the ship.

The Radio Caroline support group that saved the station in 1991 continues to fund the running costs today. All staff continue to work as volunteers.

In 2017 Radio Caroline was awarded an OfCom license to broadcast on AM to Suffolk and North Essex - 13 years after first hitting the air as a "pirate".

## Village Voice Limerick Competition

Limericks are fun and simple to think up. You all know the format: A five line poem with a distinctive rhythm. The first, second and fifth lines are longer than the third and fourth lines, with a rhyming pattern of AABBA. The longer A lines rhyme with each other and the shorter B lines rhyme with each other. The first line

A has 7-10 syllables. These should be polite enough to be printable, with extra points for relevance and local issues etc. How about this one as an example:

*A plan for a house in the village  
Was claimed to be simple infillage  
The green field destruction*

*Caused anger and ruction  
At nothing but ruin and pillage*

Can you do better – I hope so. The best ones get printed in the VV and win prizes, So get thinking.

All communication via the email address on the front page.

## Are You Aware of PMRGCA?

Can you help our small charity spread awareness of the local support groups we have set up in Kent, in particular our Orpington group. We hope over the next two or three years that more of our recovering members will step up and,

with our help, set up a meet up or support group near to where they live.

I am Trustee on this worthwhile small charity - it is the only UK charity that supports people with both Polymyalgia Rheumatica

(PMR) and Giant Cell Arteritis (GCA) which affects people over 50 but predominantly people over 70. I have PMR and the charity was a lifeline for me when I was diagnosed.

*Penny Denby*

### Life Changing Conditions

*Have you been affected by polymyalgia rheumatica or giant cell arteritis?*

PMRGCAuk (Polymyalgia Rheumatica & Giant Cell Arteritis uk) is the only UK charity that supports people with both Polymyalgia Rheumatica (PMR) and Giant Cell Arteritis (GCA) which affects people over 50 but predominantly people over 70. The charity is a lifeline for many of those diagnosed.

Polymyalgia Rheumatica (PMR), is a rheumatic condition that causes pain, tenderness and stiffness in large muscles around the shoulders, hips and back, which can cause physical disability and severely impact on a person's quality of life. PMR is linked to the other rheumatic condition Giant Cell Arteritis (GCA). Both are autoimmune illnesses and with GCA, the main symptoms are headaches and tenderness which can lead to blindness if untreated.

An estimated 250,000 people in the UK have PMR and GCA, although there may be many undiagnosed sufferers as awareness amongst doctors and the public is so low. Each year, around 3,000 people are thought to lose sight as a result of late diagnosis. The main aims of the charity are to support people with PMR & GCA, raise awareness and to promote and encourage research. These are extremely debilitating diseases and they affect the mental health of all sufferers. Many of the people are vulnerable as they are older and often isolated.

In Kent two local support groups have been set up for those affected by the conditions. The groups are run by members of the national charity **Polymyalgia Rheumatica & Giant Cell Arteritis UK (PMRGCAuk)**.

Groups offer help and support and a chance to meet others who understand

the conditions. Meeting monthly in Orpington (2<sup>nd</sup> Tuesday) and Maidstone (4<sup>th</sup> Monday) members can hear various speakers on subjects relevant to the conditions.

Two smaller Meet Ups regularly take place in Sevenoaks and just over the border in Oxted, Surrey. Groups are open to anyone affected by the conditions and a family member or friend is always welcome too.

### PMRGCAuk

([www.pmr.gca.org.uk](http://www.pmr.gca.org.uk)) has a Helpline (0300 111 5090) open Mon-Fri that aims to give information and support.

Awareness of both conditions is important and PMRGCAuk volunteers in Kent welcome opportunities to talk about the conditions to groups such as U3A, Rotary, WI and MU.

### Volunteers needed

If you have a couple of hours to spare a month we

We would like to thank  
**CHELSEFIELD PARK HOSPITAL** for their  
sponsorship printing the Chelsfield Village Voice



would love to hear from you.  
At our Orpington meeting we  
need volunteers to help serve  
teas and coffees.

### Support Us

Join PMRGCAuk's fundraising  
lunch at The University  
Women's Club in Mayfair on  
Tuesday 26 March. Following  
a sparkling reception in the  
library and a three course  
lunch in the beautiful drawing  
room, hear Cathy Newman,  
journalist and broadcaster, of  
Channel 4 News speaking  
about the people she has met  
and interviewed during her  
time at Channel 4. Cathy will  
be signing copies of her new  
book, Bloody Brilliant Woman.

### Find Out More About.....

- PMRGCAuk Kent groups
- attend a Kent meeting
- volunteer in Kent
- book a volunteer speaker
- find out more about our  
fundraising lunch

Visit [www.pmrzca.org.uk](http://www.pmrzca.org.uk) or  
call 01689 869570 (leave  
your name, number and  
email address clearly on  
the answerphone and we  
will get back to you). You  
can email the Kent  
organiser at  
[penelope@pmrgca.org.uk](mailto:penelope@pmrgca.org.uk)

**Polymyalgia Rheumatica  
& Giant Cell Arteritis UK  
Trustee & Kent support**

### groups coordinator

01689 869570  
07932 608710

### PMRGCAuk

0300 999 5090

### PMRGCA Support Groups

### National Helpline

0300 111 5090

### *Seeing it through together*

**Penny Denby  
Polymyalgia Rheumatica  
& Giant Cell Arteritis UK  
Trustee & Kent support  
groups coordinator**

07932 608710

### PMRGCAuk

0300 999 5090

### PMRGCA Support Groups

### National Helpline

0300 111 5090

## USEFUL CONTACT NUMBERS

### **Bromley Council**

Main switchboard:

020 8464 3333

E-mail: [fixmystreet.com](mailto:fixmystreet.com)

Opening hours Monday to  
Friday 8.30am to 5.30pm

Address: Civic Centre,  
Stockwell Close,  
Bromley, BR1 3UH

### **Reporting Problems to the Council**

Can be reported via the  
council website,

[www.bromley.gov.uk/report](http://www.bromley.gov.uk/report),

or if urgent by phone out of  
hours Emergency Duty  
Team 020 8464 4848.

### **Neighbourhood Watch**

John Leach 07711304965.

### **NHS Non-Emergency 111**

### **Chelsfield Primary School**

01689 825827

### **BMI Chelsfield Park Hospital**

Main Reception

01689 877855

Physiotherapy

01689 885920

Outpatients

01689 885905

### **Councillors**

Mike Botting-

[mike.botting@bromley.gov.uk](mailto:mike.botting@bromley.gov.uk)

Angela Page

[angela.page@bromley.gov.uk](mailto:angela.page@bromley.gov.uk)

Samaris Huntington-Thresher

[samaris.huntington-](mailto:samaris.huntington-thresher@bromley.gov.uk)

[thresher@bromley.gov.uk](mailto:thresher@bromley.gov.uk)

### **Chelsfield Village Voice**

[chelsfieldvillagevoice@gmail.com](mailto:chelsfieldvillagevoice@gmail.com)

### **EDF Electrical Power Failure**

Call 105 or 0800 316 3105

**BT Line Faults** 0800 800151

### **Thames Water Emergencies**

0800 714614

### **National Grid (Gas)**

Emergency (leaks) 0800 111999

### **Bromley Police Station &**

**Police non emergency** 101

### **Samaritans**

Freephone 116123

### **Safer Neighbourhood**

**Team** 020 8721 2605

[chelsfield.prattsbottom.snt](mailto:chelsfield.prattsbottom.snt@met.police.uk)

[@met.police.uk](mailto:@met.police.uk)

### **Chelsfield Village Hall**

(bookings) **01689 831826** or

email to:

[cvhlettings@gmail.com](mailto:cvhlettings@gmail.com)

### **Chelsfield Players**

[info@chelsfieldplayers.org](mailto:info@chelsfieldplayers.org)

[www.chelsfieldplayers.org](http://www.chelsfieldplayers.org)

## DATES FOR YOUR DIARY

### WEEKLY EVENTS

#### EVERY SUNDAY

The Chelsfield, Windsor Drive  
**Live Singer**  
 From 6.00pm Contact 01689 880288

#### EVERY MONDAY

Chelsfield Methodist Hall,  
 Windsor Drive  
**Iyengar Yoga Classes**  
 9.30am-11.00am  
 Suitable for Beginners  
 Contact Denise 01689 853215

#### EVERY MONDAY

Chelsfield Village Hall and  
 Brass Crosby Room  
**Chelsfield Housemartins**  
 Monday Afternoons, for local  
 people who are unable to go out  
 without help.

#### EVERY MONDAY, TUESDAY, WEDNESDAY & SATURDAY

Christ Church Hall,  
 Charterhouse Rd  
**Pilates Classes**

#### Monday

10.45am Over 60's/Osteo  
 6.00pm Beginners Pilates  
 7.10pm Mixed Ability Pilates

#### Tuesday

7.15pm Beginners Pilates  
 8.25pm Mixed Ability Pilates

#### Wednesday

9.30am Mixed Ability Pilates  
 1.30pm Over 60's/Osteo

#### Saturday

8.45am Improvers Pilates  
 10am Beginners Pilates  
 Contact Sally 07786 035640  
[sally@orpingtonpilates.co.uk](mailto:sally@orpingtonpilates.co.uk)  
 see [www.orpingtonpilates.co.uk](http://www.orpingtonpilates.co.uk)  
 for venues and more info

#### EVERY TUESDAY

Brass Crosby Room  
**St Martin's Toddler Group**  
 10.30am-12.00 midday  
 Contact Sarah Ford:  
 01689 853415  
[stmartinstoddlers@gmail.com](mailto:stmartinstoddlers@gmail.com)

#### EVERY TUESDAY

The Chelsfield, Windsor Drive  
**Quiz Night**  
 From 8.00pm Info: 01689 880288

#### EVERY TUESDAY

Five Bells  
**Charity Quiz Night**  
 from 9.00pm

#### EVERY WED THURS & FRI

Chelsfield Methodist Church  
 Hall, Windsor Drive

#### Pilates Classes & Pre & Post-Natal Pilates Classes

Wed 6.50-7.50pm  
 & 8.00-9.00pm  
 Thursday 8.20-9.20pm  
 Friday 9.35-10.35 & 10.45 - 11.45am  
 Post Natal Pilates 12-1.00pm  
 (Babies Welcome)  
 Call Bethany Lucas  
 07415 638546  
[bethanylucasplates@gmail.com](mailto:bethanylucasplates@gmail.com)  
 Further classes at:  
[www.bethanylucasplates.co.uk](http://www.bethanylucasplates.co.uk)

#### EVERY WEDNESDAY

#### Hatha Yoga Classes

10.30am-12.00am  
 Contact Pam Keeper  
 01732 458930

#### EVERY THURSDAY

Chelsfield Village Hall  
**Class Street Dance**  
 4.30pm-6.00pm  
 Boys & Girls all Ages  
 Info: Clare 07960 865518  
[www.class-streetdance.co.uk](http://www.class-streetdance.co.uk)

#### EVERY FRIDAY

The Chelsfield (Windsor Drive)  
**DJ NIGHT**  
 From 8.30pm Contact 01689 880288

#### SPECIAL EVENTS

#### Thursday 7th February

Five Bells  
**Jazz Night with Just Friends**  
 Our popular sextet with their  
 swing jazz standards Starts  
 8.30pm

#### Saturday 9th February

St Marys Church Hall,  
 Worlds End Lane  
**iCARE Quiz Night**  
 7.15-10;.30  
 £8 per person.

Maximum 8 persons per team

#### Sunday February 10th

The Chelsfield, Windsor Drive  
**Calli Malpas Sings Live**  
 Starts 6.30pm

#### Wednesday 13th February (2nd Wednesday of Month)

Chelsfield Village Hall  
**Afternoon W.I.**  
 Newcomers Welcome  
 Contact Sue on 01689 827407

#### Wednesday 13th February

Five Bells  
**Open Mic Night**  
 So all you budding musicians  
 out there, come along and have  
 a go!  
 Starts at 8.30pm

#### Thursday 14th February

Five Bells  
**Cabaret Evening with Live  
 Music from Open House**

Book your table  
 Arrival at 7.30pm

#### Friday February 15th

The Chelsfield, Windsor Drive  
**I'm in Love Disco**

#### Saturday February 16th

The Chelsfield, Windsor Drive  
**Keval Reggae Band**  
 Starts 8.30pm

#### Sunday February 17th

The Chelsfield, Windsor Drive  
**Nicola Louise Vocalist**  
 Starts 8.30pm

#### Tuesday 19th February

**(3rd Tuesday Every Month)**  
 Chelsfield Village Hall  
**Evening W.I.**  
 Newcomers Welcome  
 From 7.45pm  
 Contact Jules Phillips (President)  
 on 0203 441 5669 or Lisa Lobb  
 (Secretary) on 01689 608070

#### Sunday February 24th

The Chelsfield, Windsor Drive  
**Rachel Leach Vocalist**  
 Starts 8.30pm

#### Wednesday 27th February

Five Bells  
**Open Mic Night**  
 So all you budding musicians out  
 there, come along and have a go!  
 Starts at 8.30pm

#### Thursday 28th February 2019 (Last Thurs each Month)

Brass Crosby Room  
**Local History Group**  
 Starts 10.30am

#### Saturday 2nd March

The Chelsfield, Windsor Drive  
**Singles Karaoke**  
 Starts 8.30pm

#### Monday 4th March

**(1st Monday of Month)**  
 Brass Crosby Room  
**St Martins Memory Cafe**  
 2-4pm. Contact Jackie McCann  
 01689 854119  
[memorycafe@stmartinchelsfield.org.uk](mailto:memorycafe@stmartinchelsfield.org.uk)

#### Thursday 7th March

Five Bells  
**Jazz Night with Just Friends**  
 Our popular sextet with their  
 swing jazz standards  
 Starts 8.30pm