

ASH FOR YOU D

Issue 7 Winter 2019

FOR YOU

YOUR BOROUGH, YOUR MAGAZINE

ILLUMINATES DAZZLE THIS WINTER

See Ashford in a new light!

WIN

- Macknade hamper
- Fitness club classes

PROVIDING A LIFELINE

FESTIVE BIN COLLECTIONS





you'll want
to tell everyone
even more exciting new stores
to love are open now



Welcome

Since we launched *Ashford For You* in spring last year I have been pleased with the way readers have engaged with the magazine. The feedback we've received has been very positive and local residents have been quick to send in their content ideas and take part in our many competitions to win fabulous prizes.

When we have invited readers to take part in surveys you have participated enthusiastically to make your voice heard – in the last issue we asked for your views on the provision of cultural facilities and more than 150 readers were quick to respond. Engaging with our readers is important to us and I'm delighted that so many of you have shared your ideas and suggestions. We are now busy analysing your responses – look out for details in our next issue.

Finally, I wish you luck with our competitions to win Macknade hampers and New Year wellbeing classes. Nearly 300 readers participated in our competition to win Prosecco afternoon teas at The Little Teapot in the last issue. Enjoy reading the magazine and keep sending us your views and ideas.

Tracey Kerly

Tracey Kerly
Chief executive, Ashford Borough Council

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Get in touch!

To comment on this magazine, to tell us what you'd like to see more of and maybe to submit an article of your own:

Email: media@ashford.gov.uk (subject line NEWS) or
Write to: Ashford Borough Council, Civic Centre, Tannery Lane, Ashford, Kent, TN23 1PL

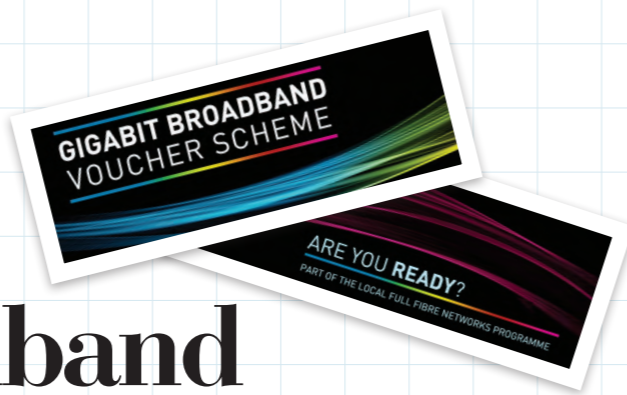
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Email: customer.care@ashford.gov.uk
Write to: Ashford Borough Council, Civic Centre, Tannery Lane, Ashford, Kent TN23 1PL
Call: 01233 331111

All our face-to-face enquiries are by appointment only at the Civic Centre, Mon to Fri, from 9am to 3.45pm.

Find your borough councillor:
www.ashford.gov.uk/councillors

Help with fast reliable broadband



Get the fastest and most reliable broadband speeds with help from the gigabit broadband voucher scheme.

Full fibre networks are future proof. They can deliver the connection speeds we need, today and into the future. Good connection speeds provide people with flexible working opportunities and contribute to an improved work/life balance and can be a key consideration when buying a property.

Gigabit vouchers can be used by small businesses and the local communities surrounding them to contribute to the installation cost of a gigabit-capable connection.

Businesses can claim up to £2,500 against the cost of connection either individually or as part of a group project. Residents can benefit from the scheme with a voucher worth £500 as part of a group project.

The Government has launched the Rural Gigabit Voucher scheme offering up to £3,500 for small businesses and up to £1,500 for residents. Kent County Council has extended this with a Kent Top-Up Voucher which provides extra funding of up to £1,000 for eligible residents who take up the Rural Gigabit Voucher. Visit <https://www.kent.gov.uk/leisure-and-community/broadband> or call 03000 420009.

Let's get digital...

Did you know that one in four adults in our borough don't have all five basic digital skills needed to engage and interact online? These skills of managing information, communication, transacting, problem-solving and creating are essential to getting the most out of the digital world.

Paying bills, buying Christmas presents, socialising with friends – more and more of our lives are spent browsing the internet. As we continue on our digital transformation journey it is vital that no one is left behind. With that in mind, Ashford Borough Council hosted a digital inclusion event on 13 November. Working alongside Barclays Bank, Ashford Gateway and the One You Shop, residents attended free basic digital skills and online safety workshops.

You can find out more by visiting our new website – www.digital.ashford.gov.uk. This showcases our digital journey and will keep you informed of how our digital transformation is progressing.



Remembering the fallen



A rare WWI Methodist memorial organ has been rededicated at a service at the Wesleyan Church in Tenterden. After 12 young men of the church gave their lives in the Great War of 1914-18 it was decided that Griffen & Stroud of Bath should build a new organ dedicated to their memory. It is one of only three WWI Methodist memorial organs left in England.

Although there is a brass plaque recording the names of those who died and listing the organ as a war memorial, it wasn't until the Centenary of the First World War that its history came to light and the wording on the plaque wasn't made legible. Grants from the War Memorials Trust and Pilgrim Trust covered the £12,000 cost of repairs and preservation work.

Research by David Smith unearthed details of the 12 fallen and led to a rededication on 13 November following a parade from the Town Hall which included the Mayor and local schoolchildren, who each presented a flower in memory of those who died.



Tourism revamp on the way

Get ready for some exciting news about the tourism sector in the borough. Tourism is a vital part of the local economy, worth an estimated £293m every year and employing around 4,271 people across the district. Attracting more visitors from the UK and overseas is vital to the future success of this booming sector which is why an inspirational rebrand is about to be unveiled for the tourism and leisure industry in Ashford and Tenterden. Keep an eye out for more details at www.experienceashfordandtenterden.co.uk



Spotlight on garages

Did you know that Ashford Borough Council has around 1,500 garages to rent? Or that residents can rent one from as little as £7.99 per week? Or that garage rents in Ashford are the cheapest in Kent?

In some areas you can rent a garage immediately, while in other areas you may have to join a waiting list. To be eligible to rent a garage you must live or work in the borough and be up to date with all payments to the council.

For details visit www.ashford.gov.uk/garages

The council has organised its first-ever survey to ask people if they are interested in renting a garage, what matters most when deciding to rent and what issues might stop them renting. To take part in the survey visit www.ashford.gov.uk/garages-survey

Cheers to the winners



Nearly 300 readers took part in our competition to win a Prosecco high tea for two at The Little Teapot in Ashford's Park Mall. The five lucky winners are Ivor Robards, Linda Gaiger, Mrs N Mason, Glynis Horan and Gary Tilbee. See page 22 for details of our latest competitions.

Council Christmas opening hours

Need to contact Ashford Borough Council over the festive season? Our Christmas and New Year opening hours at the Civic Centre are: the week of 23-27 December closed; 30-31 December normal hours; 1 January closed; 2 January normal hours.

ABC services at Tenterden Town Hall are closed from 23 December until 2 January. For details visit www.ashford.gov.uk/christmasinformation

What's Hot...

Full steam ahead

The Ashford Model Railway Exhibition Centre (AIMREC) has opened the doors to its temporary home at Elwick Place. Visitors get a tantalising glimpse into what the future could hold for an initiative that could see the development of a remarkable visitor attraction.

Open to the public free of charge on Saturdays and Sundays and featuring a number of model railway systems, AIMREC's trustees will use the Elwick Place unit to promote plans to create a permanent model railway centre. AIMREC continues to seek a permanent home for a model railway experience that could draw tens of thousands of visitors to Ashford every year.



Home sweet home at Chilmington

After many years on the drawing board a major new community to the south of Ashford is coming to life. Homes are being built at Chilmington, families are moving in and a Community Management Organisation has been set up to manage the community assets. Planning permission was granted for the first school in October and construction is expected to start soon. Until the new building is ready, Chilmington Green Primary School will continue to occupy the former Ashford South Primary School in Jemmett Road - children from the school are shown receiving a bee house donated by developer BDW.

The 5,750 homes to be built over the next 25 years will see around 12,000 people live at Chilmington – and the first families moved in as we went to press.



Artwork at COACHWORKS

To celebrate the opening of Coachworks, Turner Works and the council are commissioning an artist-in-residence to help to boost creative engagement. The artist will engage with visitors as well as interact and stimulate interest with the new businesses that are taking take up office incubator, food and beverage spaces.

Developed by Turner Works, Coachworks occupies disused industrial buildings in Dover Place. It comprises a co-working space in the old corn store, called The Platform, where up to 200 people will be able to work from this new business incubator. A food and drink destination called The Hothouse opened in November, while the open area between the two buildings is divided between food spaces and The Event Yard, where film or live sports screenings can take place.

Based in a studio in The Platform, the artist will run a series of events, workshops and other activities, resulting in creative work being shared with participants. This may be physical, printed, photographic, live, documentary etc. and will be open to the public.

The residency will run between January and July 2020.

www.coach-works.co.uk



Six of the best!

Ashford Picturehouse at Elwick Place is one of the top cinemas in the UK. The accolade comes as it celebrates its first anniversary in the town.

It is one of only six cinemas to be nominated for Cinema of the Year at the Screen Awards 2019. With more than 770 cinemas in the UK, earning a place in the top six is a major achievement. Since it opened in December 2018, the Picturehouse has transformed the cinema-going experience in the town.

It offers a choice of blockbusters and independent film festival hits and a diverse mix of programming. A community area for events is provided and it's a welcoming place for breakfast, lunch and dinner, or just a drink or coffee with friends.

www.picturehouses.com/cinema/ashford-picturehouse

Garden of Light

The highly-anticipated £90m Designer Outlet extension is now officially open.

An eye-catching new feature is The Garden of Light where shoppers walk through an immersive projected installation where light, sound and scent are used to transport visitors through the four seasons.

Although entry is free, donations will go to Ashford's William Harvey hospital to create a garden sanctuary for patients.

Book your visit to The Garden of Light at www.ashforddesigneroutlet.com



A dazzling Christmas

See Ashford in a new light and prepare to be dazzled and amazed by an incredible, never-seen-before series of **FREE** Illuminities events in the run up to Christmas...

ILLUMINITIES

Ashford's Winter Forest

Come and experience Ashford's enchanting and magical Winter Forest, made up of a trail of illuminated trees dotted around the town centre.

The trees, made of recycled wood, are Ashford-themed, showcasing our rich history, famous landmarks, and illustrious residents for a striking installation that evokes a wintery woodland walk.

The Winter Forest is on display for two nights only so catch it while you can!



WHERE:
Elwick Place and
Ashford town centre

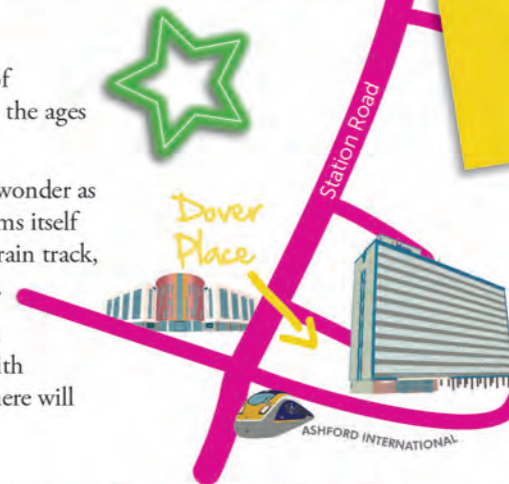
WHEN:
Friday 6 December
from 3-8pm and
Saturday 7 December
from 12-8pm

Glow International

A spectacular outdoor digital projection on the side of International House, that celebrates Ashford through the ages with a fun and festive twist.

Bring friends and family to Dover Place and watch in wonder as one of Ashford's most recognisable landmarks transforms itself into a giant neon display of Christmas decorations, a train track, a windmill, with a few Snowdogs thrown into the mix.

There will also be music and a range of food and drink on offer in the newly-opened Coachworks, working with Rebel Farmer to provide local, sustainable food, and there will be a small market of local traders.



WHERE:
International House,
Dover Place

WHEN:
Friday 6 December
4:30pm, 5:30pm, 6:30pm
Saturday 7 December
4:30pm, 5:30pm, 6:30pm



There is free parking after 3pm in the Edinburgh Road multi-storey and Elwick Place car parks.

Dover Place car park will be closed on both days.

Carnival of the Baubles

A procession of giant, illuminated baubles, decorated by children from six Ashford primary schools will make its way along Bank Street to the Lower High Street, where it will all end with a celebration.

There will be a night market selling hot food and drink, making it the perfect family evening.

EEA | EMERGENCY EXIT ARTS

WHERE:
Elwick Place, Bank Street
and the Lower High Street

WHEN:
Saturday 14 December
from 5.30pm



The Illuminities events have been organised by Ashford Borough Council and Loveashford, in partnership with Emergency Exit Arts, We Make Stuff Happen, LM Productions, and supported by local Ashford businesses.

Emergency Exit Arts, We Make Stuff Happen and LM Productions have all worked on huge prestigious national and international projects individually before, including Universal Studios Florida, the Lord Mayor's Show and the Regent Street Christmas lights switch on, but never on a joint series of events like this.

Ashford has never seen anything like Illuminities before – tell all your family, tell all your friends and make sure you come along to take part in the fun...

Make sure you don't miss out on a moment of the town centre fun.

Check loveashford.com and www.facebook.com/loveashford for lots more events and activities.



#illuminitesashford

loveashford

What's On

This issue we bring you a Christmas Special 2019 event guide, these are just a few of the activities you can do in our borough this festive season...

December

Santa Specials on Kent & East Sussex Railway

Take a magical steam train journey to meet Santa on the railway's popular Santa Specials.

1, 7-8, 14-15, 10-24 December, Tenterden Station, Station Road, Tenterden TN30 6HE, Admission: Standard Class Tickets - from £22, First Class Tickets from £28, for details visit: www.kesr.org.uk

Christmas Workshop at Godinton House

Create your own traditional wreath in the Great Hall and enjoy coffee and mince pies.

Saturday 7 December, 9.30am to 12pm, Godinton House & Gardens, Godinton Lane, Ashford TN23 3BP, booking essential, £45

Pilgrims Hospice Trees of Love remembrance service

During the service, guests can find their dove dedicated to their loved one, sing carols, switch on the tree lights and listen to festive readings, with refreshments of hot chocolate, mulled wine and mince pies. To dedicate a dove visit www.pilgrimshospices.org/treesoflove

Saturday 7 December, 5pm, Pilgrims Hospice Ashford, Hythe Road, Willesborough, Ashford TN24 0NE

Murder Mystery Night at Eastwell Manor

What better way to spend the festive season than to celebrate with a classic case of comedy "Murder Mystery" crime 'n dine?

Friday 13 December, 7pm, Eastwell Manor, Ashford TN25 4HR, £85



Christmas with Steptoe and Son

Catch up with the nation's favourite rag-and-bone men and indulge in some classic, festive misadventures freshly adapted for the stage.

Saturday 14 December, doors 7pm, show 7.45pm, Revelation Ashford, St Mary's Church, The Churchyard TN23 1QG, Adult £17 (door £21), Under 16 £15 (door £19)

Ashford Concert Band

An evening of festive music and mulled wine with Ashford Concert Band, raising money for charities including Crossroads Care East Kent and Care for the Family. Thursday 19 December, 7pm at St Mary's Church. Tickets £6 on the door. For details: www.ashfordconcertband.co.uk



Railway on track

Rail enthusiasts will be pleased to hear that the council has commissioned The Company to create a play celebrating the rich history of the railways in Ashford. Life on the railway before Ashford International Station and HS1 was a fascinating one, dating back as far as 1842 when the station was first opened by South Eastern Railway.

The project will investigate the personal stories and memories of people in the town, so if you have any tales, photos or memorabilia about the railways in Ashford, The Company would love to hear from you! With Arts Council England backing, the play will be performed by local professional actors and musicians and will also feature community choirs.

Performances will take place during the spring at Revelation and also in the streets of central Ashford with a finale performance set to grace Elwick Place.

For details visit www.thecompanyuk.com



Get more information on these events and see what else is on here:

For events around the borough: www.visitashfordandtenterden.co.uk/find-events/

For events at Revelation St Mary's: www.revelationashford.co.uk (tickets can also be purchased from the Tourist Information Centre at Ashford Gateway Plus)

Please ensure bins are presented prior to 6am

Christmas collections

During the festive period your refuse and recycling collection days may be altered. Check out the 2019/2020 calendar below for any changes!

	Normal collection day	Revised collection day
<i>recycling</i>	Mon 23 Dec	No Change
	Tues 24 Dec	No Change
	Wed 25 Dec	Fri 27 Dec
	Thurs 26 Dec	Sat 28 Dec
	Fri 27 Dec	Mon 30 Dec
<i>refuse</i>	Mon 30 Dec	Tues 31 Dec
	Tue 31 Dec	Thurs 2 Jan
	Wed 1 Jan	Fri 3 Jan
	Thurs 2 Jan	Sat 4 Jan
<i>recycling</i>	Fri 3 Jan	Mon 6 Jan
	Mon 6 Jan	Tues 7 Jan
	Tues 7 Jan	Wed 8 Jan
	Wed 8 Jan	Thurs 9 Jan
	Thurs 9 Jan	Fri 10 Jan
	Fri 10 Jan	Sat 11 Jan


Normal service will resume Monday 13 Jan 2020

Bulky Collections & Garden Waste

Bulk collections will be suspended for w/c 23/12/19 and w/c 30/12/19 and will resume from Monday 6 January 2020.

Garden waste is suspended for w/c 23/12/19 and w/c 30/12/19 and will resume on your normal day of collection from Monday 6 January 2020.

Please be aware for the first week of garden collections this will be a different day to your recycling collection as recycle catch up is still underway.



Clinical Collections

Weekly Monday Clinical collections will be as normal on Monday 23 December, with collection due on Monday 30 December moved to Tuesday 31 December 2019. Normal clinical collection resumes on Monday 6 January 2020.

Green bin

- Christmas cards
- Tin foil & foil serving trays
- Champagne, wine & beer bottles
- Paper only wrapping paper
- Cardboard boxes
- Sweet/chocolate tins
- Mince pie foil cases



Grey bin

- Tinsel
- Broken decorations
- Bubblewrap & soft plastic packaging like cellophane
- Foil/shiny wrapping paper
- Champagne & wine corks
- Polystyrene



Christmas treerecycling

Ashford Borough residents can register their real Christmas tree for collection and recycling in return for their chosen donation to Pilgrims Hospices. Last year over 1,250 real Christmas trees were picked up and recycled by Pilgrims Hospices raising over £20,000 for your local hospice charity. Ashford Borough Council is proud to support our local hospice and we're hoping even more people will sign up this year.

This special fundraising campaign offers Christmas tree collections from homes across the Ashford borough area. Visit www.pilgrimshospices.org/treerecycling to register your tree for collection and their friendly team of volunteers will take it away on the weekend commencing Saturday 11 January. No need to mess up your car; they'll do the hard work for you!



Don't get your tinsel in a tangle

We cannot take items that have plastic or metallic coatings on them.

Most Christmas cards are paper-based and can be recycled but any extras such as ribbons or bows cannot easily be recycled and should be removed by tearing off that part of the card.

If your Christmas decorations such as your tinsel and baubles have lost their sparkle then you will need to place these in your general waste bin. Any natural decorations like ivy or holly can be recycled in your garden waste bin.

That's a wrap

When it comes to wrapping paper - do the scrunch test! Only non-foil paper is accepted for recycling so to check, scrunch up the paper and if it doesn't spring back then it is non-foil and can be recycled.

Out of ease and convenience a lot of us order Christmas presents online which means items are likely to be delivered in boxes or envelopes made from corrugated cardboard. Remember to take out any polystyrene and flatten the boxes to save space!



This year give your food caddy a good stuffing!

Use it for your leftovers, turkey carcass and all your food waste from sprout tops to carrot and potato peelings!

Visit www.lovefoodhatewaste.com for handy recipes for those festive leftovers!

For missed bin collections visit www.ashford.gov.uk/wastecollections/reportmissedbin

Looking back at Year of the Environment



January

We launched the Year of the Environment with a tree planting ceremony in North Park. 17 Liquidambar trees were planted in the park!



February

Our Waste and Recycling Education Officer took part in freebruary and documented her struggles to go single use plastic free for the whole month on our blog.



March

Launched the nominations for the Environmental Achievement Awards. The awards were designed to acknowledge residents who went above and beyond for the environment.



April

Inspired by Sky's 'Ocean Rescue' giant plastic whale named 'Plasticus', we teamed up with the art students of Ashford College to put our own spin on the issue. A 'flower garden' scene was designed by 13 of the college's students and created using single-use plastics either collected by those involved in the project or through council litter picks.



May

The relaunch of Ashford in Bloom had an environmentally friendly twist with a whole category being dedicated to environmentally friendly gardens.



June

Our Environmental Achievement Awards were held in the council chamber. With gold, silver and special recognition awards being given to Ashford's eco warriors.



July

Saw the launch of a Refill scheme in Ashford. A water fountain was installed in Park Mall and businesses signed up to the scheme which allows the public to fill their reusable water bottles with free tap water. Cutting down on single-use plastics and saving residents money!



August

As part of National Allotment Week we gave away free compost to residents made from garden and food waste at the Blaise Farm facility.



September

We launched our contamination campaign. Working with residents to improve recycling and reduce contaminated loads from being rejected.



October

We continued working with the Kent Resource Partnership to promote duty of care to residents and businesses. Did you know if you hire someone to dispose of your waste and they fly tip it, you could face a fine of up to £400! Always ask for their Waste Carrier Licence number, an invoice or a receipt and where they dispose of the waste.

November

As well as food waste collection, we also launched our pumpkin rescue campaign. Sharing hints and tips to make your pumpkins go further. We also set up collection points around the borough where pumpkins could be taken to be recycled.



December

This month we'll be sharing lots of handy information about how to recycle this Christmas. We'll also be supporting Pilgrims Hospices' Treecycling campaign.



The burning question...

Wood-burning stoves have gained in popularity in recent years and, though they may look romantic and add something special to your home, the smoke they create causes air pollution which is harmful to our health. If you do want to use a wood-burning stove in your property or elsewhere, we have some top tips to help reduce their environmental and health impacts...

Fuel

Buy 'Ready to Burn' fuel

For fuel that you can burn immediately, look out for the woodsure Ready to Burn logo as this will be good quality dry wood.



Get your chimney swept regularly (up to twice a year)

Using your stove will cause soot and tar to build up in the chimney. As well as reducing the efficiency of your stove it can also increase the risk of chimney fires. Use a qualified chimney sweep (they can also give you advice on good burning practices).

Season freshly chopped wood before burning

Although it may be cheaper, wet or unseasoned wood (often sold in nets) must be dried before burning. Wet wood contains moisture which creates smoke and harmful particulates when burned. As well as potentially damaging your stove and chimney it's also much less effective at heating your home.

Use approved solid fuels instead of 'house-coal'

These produce less smoke when burned and are also more efficient so cost you less to heat your home.

DO NOT burn treated waste wood or household rubbish. This is because treated waste wood and household rubbish, including old furniture, pallets or fence panels, can emit harmful fumes and toxic chemicals (such as arsenic) into your home when burnt.

Maintenance

Regularly maintain and service your stove

Get your stove checked regularly (we suggest annually) to keep it working at its best as it will also generate more heat from what you burn. Follow the manufacturer's guidelines on how to operate your stove and only burn the permitted fuels.

Summary

- These simple measures can help reduce the harmful effects from smoke:
- Burn seasoned wood (including Ready to Burn) on a low emission appliance
 - Maintain stoves and sweep chimneys regularly
 - Install a carbon monoxide monitor – this will alert you to dangerous fumes and reduce your risk of carbon monoxide poisoning.



For more information:

For more information and useful links regarding wood-burning stoves visit www.ashford.gov.uk/wood-burners

Planning to visit Ashford or Tenterden town centre?

Here's *Ashford For You's* helpful guide on where you can park, ways you can pay, our free parking offer and other useful information



Fancy some free parking?

You can park for free at the following car parks:

Edinburgh Road multi-storey – free after 3pm every day, free all day on Sundays and bank holidays

Elwick Place – free after 3pm every day (and free for cinema users)

Flour Mills – free on Sundays and bank holidays

Station Road, Ashford – free after 3pm on Sundays and bank holidays

Bridewell Lane, Tenterden – free on Sundays and bank holidays

All our car parks have free parking after 6pm (however Edinburgh Road car park closes at 7pm).

You can also park for free in the High Street, North Street and Bank Street after 6pm from Monday to Saturday and all day on Sundays.



Save via a season ticket

If you regularly use our car parks why not take advantage of discounted parking fees by purchasing a season ticket? Chose from Station Road, Edinburgh Road, Dover Place, Flour Mills or Henwood car parks in Ashford and Bridewell Lane in Tenterden.



Electric Avenue

Electric charging points can be found in Ashford and Tenterden, look out for this symbol on the maps.



Easiest ways to pay

Parkmobile No cash? No problem. Most of our car parks and all of our on-street machines take card payments or you can pay with your mobile phone via Parkmobile.

Phone: 020 3003 2523

www.parkmobile.co.uk

Parkmobile App (free to download)



Closer than you think

Did you realise some journeys are only a few steps away? Look for this footprints symbol to discover how close they are.



Key to our Tenterden car parks

Location	Bays (Disabled bays)	Location	Bays (Disabled bays)
1 Bridewell Lane, TN30 6EY	127	3 Station Road, TN30 6HN	43 (2)
2 Recreation Ground Road, TN30 6BW	209 (13)	4 Tenterden Leisure Centre, TN30 6RA	140 (6)

= Coach parking
 = Motorbike parking
 = Electric points

Our Christmas parking present

In the run up to Christmas there is free parking in council run car parks on the following Sundays in December: 15, 22*, 29, and on 5 January.
*not Recreation Ground Road car park, Tenterden



Key to our Ashford car parks

Location	Bays (Disabled bays)	Location	Bays (Disabled bays)
1 Civic Centre and Stour Centre, TN23 1PL	483 (29)	6 Flour Mills car park (East Hill), TN24 8PA	79 (2)
2 Dover Place, TN23 1HU	180 (9)	7 Henwood car park, TN24 8YF	61
3 Edinburgh Road (multi-storey), TN24 8LG	289 (24)	8 Station Road car park (behind Bowling Centre), TN23 1PP	120 (10)
4 Elwick Place (next to Picture house), TN23 1DY	282 (14)	9 Vicarage Lane car park, TN23 1NJ	185 (22)
5 Elwick Road (opposite Ashford College), TN23 1LH	105 (5)		

= Camper parking
 = Coach parking
 = Motorbike parking
 = Electric points



Because there's only One You...

It's the time of year when many of us can feel run down. The healthy habits we had in the summer – eating lots of fresh fruit, salad and veg, getting out in the fresh air and drinking plenty of water – may give way to processed comfort food, sugary snacks, binge TV and alcohol (especially during the festive season).

We often wait until January to start thinking about our health and the changes we want to make to improve our wellbeing and many of us start the year with the best intentions but fail after the first few weeks. The One You shop in Park Mall is an excellent free resource that everyone can tap into to help them on their journey to better health.

Whatever your intentions your first port of call could be to book a one-to-one appointment with a One You Lifestyle Advisor.

The advisors can support you to make the changes that will work for you whether you want to lose weight, become more physically active, drink less, go smoke-free or just feel generally better about life. You can access up to seven FREE one-to-one sessions with an advisor to help you set and achieve your goals and support you on your journey. Additionally they can signpost and refer you on to other services within the One You shop or through the NHS.

One You – your health on the high street!

Services available at One You include:

One You Smoke-free

Professional support through one-to-one or group sessions which provide you with the tools, including products, to support you to go smoke-free.

One You Weight loss

No fads, no gimmicks, just easy-to-follow tips around food labelling, portion sizes and eating out as well as weekly group sessions with a weigh-in.

Mental health services

Should you need advice on mental wellbeing Think Action and Insight Health can offer psychological support, Cognitive Behaviour Therapy and counselling which can be either self-referred or via your GP.

NHS health checks and MOTs

If you're aged 40 to 74 you could also be eligible for a free NHS health check. Both checks include height, weight, Body Mass Index, blood pressure, carbon monoxide and lifestyle discussion. The health check also includes blood cholesterol.

To book any of these services

You can either call the One You team on 0300 123 1220 or pop into the One You shop in Park Mall to speak to a friendly assistant to discuss your needs and book an appointment with the relevant service.



Spend a penny

If you've ever been caught short in Ashford town centre and not known where to go, *Ashford For You* can help!

Several businesses are part of the Community Toilet Scheme, which provides safe, hygienic and accessible toilet facilities within the town centre. This means they open up their toilets for the public to use.



You can easily spot those in the scheme by the bright yellow window sticker. The businesses taking part are also marked on the map (below right).

You can use the toilets for free, with no obligation to make a purchase in the store where the loo is located. Businesses will be checked by Ashford Borough Council to ensure they are keeping the facilities clean.

Changing Places pledge...

Ashford Borough Council has committed to lead the way in ensuring the provision of fully accessible toilets for people with disabilities and special needs. The pledge comes as a report by the charity Muscular Dystrophy UK warns that a shortage of facilities is "failing disabled people".

Disabled lavatories with a changing bench, hoist, privacy screen and space for two carers are the only facilities that qualify as fully accessible Changing Places toilets, which meet the needs of people with complex care. The charity says that 1,324 lavatories in the UK meet the criteria, equivalent to just two per 100,000 population.

The council's drive to improve toilet facilities for disabled people includes the installation of a Changing Places toilet in Ashford's new One You health shop in Park Mall. It offers more space and features an adult-sized wall mounted height-adjustable bench, a ceiling track, loop system hoist, non-slip floor, an emergency alarm, privacy screen and peninsular toilet. It is open the same hours as the shop.

A Changing Places toilet will also be included in Macknade's new restaurant and food and drink hall when it opens in Elwick Place. The council has also decided to install Changing Places toilets at the Coachworks in Dover Place opposite Ashford International station. They can also be found at the Designer Outlet and Ashford Gateway Plus in Church Road.

You can find more information at www.ashford.gov.uk/the-environment/community-toilet-scheme/



Key	Business	Facilities
1	County Square	Male, Female, Disabled, Baby change
2	Debenhams	Male, Female, Disabled, Baby change
3	Muffin Break	Male, Female, Disabled, Baby change
4	Stag Coffee	Male, Female, Disabled, Baby change
5	Little Tea Pot	Male, Female, Disabled, Baby change
6	The Phoenix	Male, Female, Disabled, Baby change
7	Pizza Express	Male, Female, Disabled, Baby change
8	Civic Centre	Male, Female, Disabled, Baby change
9	Ashford Gateway Plus	Male, Female, Disabled, Baby change
10	New Rents	Male, Female, Disabled, Baby change
11	McDonald's	Male, Female, Disabled, Baby change



Providing a Lifeline...

Nearly 2,000 people across the borough know that help is available in the home at the touch of a button 24 hours a day thanks to the Ashford Lifeline service. Find out why it could be ideal for you – or a loved one – at less than the cost of a pint of milk a day...

Ashford Lifeline is a service that operates 24 hours a day and gives you instant access to an emergency button when you need vital support. A lifeline system within your home could prove to be lifesaving in situations where you may not be able to answer the phone due to illness or injury.

Ashford Lifeline acts as your personal alarm that when pressed, it sends a signal direct to the Ashford Lifeline Call Centre where operators can assist you via a built in microphone. From there, operators will then be able to act on your behalf to access emergency services, let a family member or loved one know you are okay, or simply to offer any advice that you need.

The service automatically identifies where your call has come from and, as call handlers have access to your details, they can get help to you as soon as possible.

**ashford
LIFELINE**

What does the Ashford Lifeline package include?

Ashford Borough Council will provide all Ashford Lifeline users with an alarm unit and also a pendant that you can wear around your neck, or around your wrist if you prefer. The alarm unit is connected to the main telephone socket in your home and can be activated via sensors such as a fall detector or smoke detector within a range of 100ft or 30m from the alarm unit.

The pendant works in sync with the alarm unit, so when a button is pressed on the pendant, it will send a signal to the alarm unit, which will then activate an instant call to the monitoring centre.

With the alarm unit being connected to your phone line, this means that in case of emergency, other devices connected to the phone line will be temporarily disabled, allowing your call to be sent to the monitoring centre as soon as possible without disruption or delay.

Affordable peace of mind

We have over 25 years of experience managing a community alarm service, so you as well as other family members can have the peace of mind that Ashford Lifeline users will get the expert assistance they need.

The service has been accredited by the Telecare Services Association, which is the representative body for the telecare industry and all call handlers have been vetted using enhanced Disclosure and Barring Service checks.

Ashford Lifeline is also highly affordable – there is an initial installation fee of £42 and monitoring packages are from just £199.20 per year. That equates to a daily cost of 54p, less than buying a pint of milk.

Everyday situations in which Ashford Lifeline can help you

- If you are unwell
- If you are unable to get up
- If you are injured
- If you fall
- If you have a fire
- If you are pregnant and go into labour
- If there's an intruder in your home or garden

Ashford Lifeline is not just for the elderly

Ashford Lifeline can be used for those living with disabilities, also for young people and for those who may have been discharged from hospital and have young children to look after.

Ashford Lifeline can also serve as a panic button, making it useful if you are a shop worker for example and need a quick way to contact the police or emergency services in the event of a threatening situation or accident.

Since Ashford Lifeline operates via a single touch of a button, it is simple enough so that a child would be able to press it in the event of an emergency. This reduces time spent in a real-life situation and reduces stress on your child since they won't need to make a call to 999 by themselves.



What Ashford Lifeline users have said about the service

“It's an excellent service that I know I can rely on. I find the service extremely satisfactory and the confidence it gives me. I have every confidence that if I need it, Ashford Lifeline will be there and I know I can rely on it. I would be prepared to pay more to give me reassurance.”

Mr Hindley from Rolvenden

“Ashford Lifeline gives me the peace of mind to have it there.”

Mrs E from Kingsnorth

“Ashford Lifeline is always there if I need it.”

Mrs C from Ashford



Join today

Join Ashford Lifeline today and see how it can transform your day to day routine. It could even turn out to be a perfect Christmas or New Year present for someone! Email lifeline@ashford.gov.uk, call **01233 642095** or visit www.ashford.gov.uk/your-community/community-safety-partnership/lifeline/

liberty
wellbeing

power from within

WIN

A NEW YEAR WELLBEING BOOST!

Liberty Wellbeing is an experienced collective of teachers offering Yoga, Pilates, Tai Chi, BodyBalance and Mindfulness classes. Daytime, evening and weekend classes for all ages, body types and abilities. They also provide a selection of workshops and courses which aim to improve your physical fitness and health as well as mental wellbeing. Classes are located at their brand new studio in Ashford. With more than 100 years of combined experience between them, they have found that working together means they can provide an extensive range of wellbeing opportunities, available to all.

Booking is easy with their simple online booking system and app. Pay as you go for each class or save money with a monthly membership. For details visit:

www.libertywellbeing.co.uk

Liberty Wellbeing is offering *Ashford For You* readers the chance to win some great prizes!

Ten lucky readers can each win five free classes of your choice with Liberty Wellbeing. Plus, Liberty Wellbeing is offering an extra special top prize of a free six week 'Introduction to Mindfulness' course.



Home
now open

We're passionate about

fulfilling residents' lives

At Montfort Manor, we support you to live each day the way you want: being pampered in the hair salon, growing veg in the gardens, watching a film in the cinema or chatting to friends in the coffee shop.

To find out more about living in Montfort Manor please call us on **01233 884359** or email michael.kenny@careuk.com



WIN A MACKNADE HAMPER

To mark the arrival of acclaimed independent food and drink brand, Macknade, to Ashford, we have two large Best of Kent hampers up for grabs (worth £90 each). These feature the very best that Macknade has to offer at its flagship food hall in Faversham, which this year celebrates its 40th birthday.

Macknade has been at the forefront of food and drink in the UK for more than 170 years, creating spaces for people and communities to come together over a shared love of food and drink.

The Kentish-Italian business has been in the same family for six generations but it was not until 1979 that they began retailing, opening Macknade Farm Shop, which later became known as Macknade Fine Foods. What started life as a tent in a field on the family farm is now a 10,000 sqft food hall, delicatessen, café and butcher employing over 80 people.

In winter 2019, we are excited to be welcoming Macknade to Ashford, offering an all-day dining experience at Elwick Place. For more information visit www.macknade.com



MACKNADE

FOOD, FAMILY AND FRIENDS SINCE 1847

Montfort Manor care home

Kennington Road, Willesborough, Ashford, Kent TN24 0YS (Sat Nav TN24 0LZ)

careuk.com/montfort-manor



To keep you bouncing
this winter we are offering:

STANDARD JUMP AND SOCKS FOR JUST £10!

Cut out the voucher below and bring along to Flip Out Ashford to get a standard jump and socks for just £10. One voucher per person. Cannot be used in conjunction with any other offers and valid at anytime during opening hours (but excluding school and Bank Holidays). Offer ends Monday 2 March 2020.

Flip Out Ashford has a soft play area for under-tuos and our party packages are perfect for birthdays. A slam dunk area, dodgeball arena and Ninja Assault Course add to the attractions and you can record all your flips and tricks with our FlyCam technology.



STANDARD JUMP AND SOCKS FOR JUST £10

Courtesy of Flip Out and Ashford For You magazine.
Offer ends Monday 2 March 2020.

FLIPPERS, BOOK ONLINE AND SAVE
YOUR TIME WWW.FLIPOUT.CO.UK

1 St James Business Park, Henwood Industrial Estate, Henwood Road, Ashford TN24 8DH
01233 234790

To enter your name in our prize draws either:

- * Email the editorial team at competition@ashford.gov.uk – put either Liberty Wellbeing or Macknade Hamper Competition Entry in the subject heading and include your full name, postal address and email. Please include a contact phone number.
 - * Send a postcard or sealed envelope with your name, address, email and contact phone number to: *Ashford For You* magazine, Communications, Ashford Borough Council, Civic Centre, Tannery Lane, Ashford TN23 1PL. Write Liberty Wellbeing or Macknade Hamper Competition Entry on the card.
- We will contact each winner to request your consent to provide to Liberty Wellbeing or Macknade to enable you to claim your prize.

Terms & conditions: 1. The competition is open to UK residents aged 18 years or older except employees of the Promoter, their families, agents or any third party associated with the competition. 2. The closing date of the competitions is **12 noon on Friday 17 January 2020**. Entries received after this time will not be included. The prizes are non-transferable and non-refundable. There are no cash alternatives. 3. By accepting the prize you also agree to be bound by standard terms and conditions specified by the prize providers. Only one entry per person. Editor's decision is final.

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FEEL INSPIRED
THIS...

Christmas

AT COUNTY SQUARE SHOPPING CENTRE

Saturday 30th November

Demelza danceathon & the cast from Jack & the Beanstalk will be in the centre with a competition to win panto tickets.

Thursday 5th December

Schools sing for Demelza throughout the day

Saturday 7th December

By popular demand, Ashford Sings perform at 12:00 & 13:30

Saturday 14th December

The Rotary Club choir will be singing at midday

Saturday 21st December

The wonderful Rock Choir will entertain us at 12:00 & 13:30

Saturdays & Sundays during December

Cheeky 'elpful elves will entertain shoppers by offering acts of kindness and small gifts

Saturdays in December

Spectacular stilt walkers will roam throughout the centre

Check out our website for Christmas opening times and events.