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AYLESHAM GARDEN VILLAGE NEWS

YOUR NEWSLETTER FOR THE WHOLE VILLAGE - DECEMBER 2020

A PIONEERING NEW APPROACH TO SCHOOL CHILDREN'S WELLBEING



September was a good month for staff at Aylesham Primary School which has 340 pupils on roll.

Firstly, they were excited and relieved to open the school gates and welcome all of their pupils back to school, following the lockdown that began in mid-March as a result of the Covid pandemic.

Secondly, they were pleased to expand on the emotional wellbeing support they could offer families and welcome a new member of staff, Toni Fox. Toni is occupying the newly developed role of mental health and wellbeing lead officer for the school.

With a background in counselling, Toni facilitates and oversees individual and group work interventions on offer to the children and sits within the newly established wellbeing team at the school.

This includes the school SENCO (Special Educational Needs Co-ordinator), FLO (Family Liaison Officer) and a wellbeing and learning mentor- all working closely together to identify and improve the wellbeing needs of children, parents/carers and staff.

As a school they understand the importance of working collectively and taking a systemic approach to wellbeing. To ensure positive mental health in their pupils, they need to support the people around them too. This is why the wellbeing team and their individual skillset work so well together- they are able to target and promote wellbeing at different levels.

Toni says: "Here at Aylesham Primary School, we feel that the wellbeing of our staff and pupils is essential. We have adapted a whole school approach to supporting and prioritising our wellbeing. We have a dedicated wellbeing team here at school that has put different things in place to support the school as a whole. This involves individuals and groups, children and families".

On offer to all pupils within the school is a daily wellbeing lunchtime club. This allows pupils a quiet space, some time with an adult and time to reflect

and process. In line with COVID-19 guidelines, this is being run within year group bubbles, usually by a class teaching assistant.

Dotted around school, they also have 'worry boxes' that can be used by all children. The wellbeing team monitors these; and updates teaching staff accordingly. This allows a child's teacher or teaching assistant to discuss the worry with them and helps build a trusting relationship. This supports the whole school approach, and pupils feel supported by their closest adults in the school.

The wellbeing team has recently launched 'time to talk' sessions. This is a rota system, whereby Key Stage 2 pupils can sign themselves up for a 1 to 1 session with a member of the wellbeing team at the start of the school day, throughout break and lunchtimes, and then after school. This is building in popularity as it allows pupils to take responsibility for their wellbeing; encouraging them to reach out when they need support.

There are also several 6-week 'Lego Interventions' running across the school run by a trained member of staff, supporting children with their play skills, their social interactions and language skills.

The wellbeing team has been focusing on resilience this term; resilience is a core value within the school and is now more essential than ever following COVID-19 and lockdown. They have been running resilience group work for Year 5 and Year 6 pupils, as well as offering 1 to 1 sessions for selected pupils.

Toni continues: "The pandemic has caused huge upheaval to everyone this year. We are all having to adjust to the new rules to help keep us safe. We know that pupils' attendance and behaviour at school is closely linked to their wellbeing and how they are feeling.

"By interacting with our pupils in this way, and by working in partnership with their families and linking to other services for extra support when we need to, we know we can make a real difference to our children's lives as we move forward."

Emily Barnes is the Community Development Officer for Aylesham.

Community meetings are held monthly online and the next two meetings take place on 17 Dec 2-3pm and 21 Jan 4pm-5pm. All welcome.

Contact

**Emily.barnes@dover.gov.uk
(m: 07834 148409)**

CHRISTMAS LANTERN SAFARI



Children in Aylesham's faces lit up as they went on an exciting Christmas Lantern Safari hunt around the village on 5 December.

The Carnival Court organised this year's Lantern Safari in place of their usual parade which wasn't allowed to take place due to Covid restrictions.

More than 50 households took part by creating their own lanterns and putting them on display in their house windows for other children to enjoy as they walked the safari route.

The Christmas event was part funded by DDC, part funded by Aylesham Workshop Trust and funded with hours given by the Aylesham Carnival Association.

DRIVE-IN CAROL CONCERT



On 20 December, there will be an Aylesham Drive-in Carol Concert hosted in the Aylesham Workshop Trust car park.

The following partners have come together to organise the concert:

Aylesham Baptist Church,
St Peter's Church, St Finbarr's Church,
Canterbury Baptist Church,
Aylesham Workshop Trust and
Aylesham Parish Council.

Free tickets for the 7pm event are still available – go to [facebook.com/ayleshambaptistchurch](https://www.facebook.com/ayleshambaptistchurch)

COMMUNITY STARS

AYLESHAM says

THANK YOU
Community Stars



We have received over 75 nominations for our Community Stars initiative so far. With your help, we want to say thank you to our Community Stars for making Aylesham village a better place to live. Every nomination will receive their own personalised mug and certificate.

We will be sharing good news stories about how the village has come together over the years to support one another in our next newsletter. We will be celebrating special individuals who have given their time voluntarily and gone the extra mile to help others in our community.

Meanwhile, the Community Stars Christmas Tree Banner is now up in the Co-op. Remember to complete a gift tag saying a special thank you to a friend or family member and attach it to the tree.

CHRISTMAS IS HERE



Aylesham 4 Aylesham would like to thank both Karlee Construction for erecting this glorious tree in the Market Square for everyone to enjoy this year and Aylesham Parish Council who funded it.

CHURCH WINDOWS ADVENT CALENDAR



St Peter's Church has launched a visual advent calendar for the community this year, using its church windows. Look to see what's behind the 'advent door' each day as you go out and about.



ASPIRE LIVE LEARN GROW

Plans for setting up the ASPIRE hub* at Bechange in Aylesham are gathering pace. The garden will be cleared in the next couple of months so that work can begin on the kitchen garden in 2021 where participants will be able to learn about the many physical and mental wellbeing benefits of growing your own. We're also looking for other patches of land nearby that can be used for a community orchard, bee-keeping and other activities.

Whatever is grown in the ASPIRE gardens will eventually be used in cooking sessions where people taking part in the project will learn about cooking on a budget, eating seasonally, meal planning and more. Participants will learn new skills and there will be plenty of opportunities to gain qualifications and develop strong CVs.

We're forming a focus group of local people and professionals who will help to shape what's offered in the ASPIRE programme which we hope to start rolling out in early spring. Watch this space.

*ASPIRE is an innovative 3-year project (funded by the European Development Fund) taking place in southern England and northern France with the aim of tackling the joint problems of obesity and unemployment in a holistic way. There is a link between the two – the longer someone is unemployed, the more likely they are to have problems with their weight and vice versa – and ASPIRE is piloting a model to help people live healthier lives and increase their employability skills. Dover District Council, Your Leisure Ltd, Kent County Council and Kent Community NHS Health Foundation Trust are working with Bechange in Aylesham to create one of the three UK ASPIRE hubs.

For further information about ASPIRE and how you can get involved, either as a volunteer or to participate in the project, please contact any of the ASPIRE team:

Angela Doggett, Bechange angela.doggett@bechange.org.uk
Ian Barker, Your Leisure Ian.Barker@yourleisure.uk.com
Sam Stanley, Dover District Council Samantha.Stanley@dover.gov.uk



YOUR DISTRICT COUNCILLORS

Aylesham and Snowdown form part of Dover District Council's ward of Aylesham, Eythorne and Sheperdswell, represented by three councillors.

They are:

Cllr Linda Keen, Labour,
01227 830790

cllr-linda.keen@dover.gov.uk

Cllr Peter Walker, Independent,
07768 106009

cllr-peter.walker@dover.gov.uk

Cllr Charles Woodgate, Labour,
cllr-charles.woodgate@dover.gov.uk

Further details about their individual council responsibilities can be viewed on the Dover District Council website www.dover.gov.uk

LOCAL GROUPS BENEFIT FROM THE COUNCIL'S COMMUNITY GRANTS SCHEME

Dover District Council has awarded £23,000 to 42 local community groups and projects from the winter round of its Community Grants Scheme. Four Aylesham groups received £2,209.61 funding in total. These were: • **20th Deal (Aylesham) Cornwallis Scout Group** - £738.98 for camping equipment • **Aylesham Carnival Association** - £431.25 for specialist craft tuition, materials and advertising • **Snowdown Colliery Welfare Male Voice Choir** - £212.50 for professional sound engineer fees • **BeChange** - £826 for their Community Fridge project.

STERLING EFFORT FROM THE COMMUNITY FOR CO-OP'S LOCAL CAUSES

Aylesham Co-op would like to say a huge thank you to everyone for the amount of money that has been raised by Co-op Members using their card when shopping in store. A percentage of each sale goes towards local causes. The following charitable organisations have benefitted this year:

- Aylesham Carnival - £1,994.33
- Marie Curie - £2,586.44
- 20th Deal (Aylesham) Cornwallis Scout group - £2,000.

The new Local Causes for the next year are Bechange, the Kingston Playground Appeal and Aylesham Leisure Centre.

Useful phone numbers and emails

Please help Kent Police and Dover District Council maintain Aylesham's record of low crime by reporting directly to them anything suspicious you may see or hear. The more detail you can provide, the better.

You can report antisocial behaviour of any kind by simply phoning Kent Police on 101 and leaving a voice message or calling Dover District Council's Community Safety Unit on 01304 872220.

Fly-tipping and dog fouling issues can be reported to the district council via 01304 872289.

You can email civil enforcement officers via envcrime@dover.gov.uk

For incidents at the railway station or on the tracks, please text the British Transport Police via 61016, call Eyewitness on 0330 095 8444 or email eyewitness@southeasternrailway.co.uk

For after sales support on the Aylesham Garden Village development, Persimmon Homes customers can contact local site manager Aaron Bhat on 07990 004640.

Persimmon's out of hours team (4.30pm–9am Monday to Friday and 24 hours a day at weekends) can be reached on 08700 605520.

For customers of Barratt Homes, please call 01304 841214 who will be able to arrange help and advice.

You can also email the district council's planning enforcement team via planningenforcement@dover.gov.uk and in emergencies only 07864 608817.



AYLESHAM DELIVERS TOP DEFIBRILLATOR SCHEME

A bold ambition to deliver extensive defibrillator cover across Aylesham village has now been achieved by the community

Defibrillator points are in the process of being installed throughout Aylesham and will be spaced so that no area will be further than 400 metres from one of these lifesaving devices, as recommended by SECAMB.

The project has been led by the Aylesham 4 Aylesham Forum. Team member, and Parish Council Chair, Mark Townsend explains: "Twelve and a half years ago I became a community responder in Aylesham. From day one the support I received from Aylesham residents and those living in the neighbouring villages was amazing. During my time of service, I have attended many heart related incidents with some having a very sad ending. This unfortunately is not uncommon in the UK.

"Survival rate in the UK without early defibrillator intervention is around 6 percent, this however increases to around 74 percent if effective CPR and defibrillation are used. With this in mind, the scheme was born in my head.

"Thanks to a fantastic group of people on the Aylesham 4 Aylesham Forum, and incredible support from the community and local businesses, we have reached our £11k target.

"The first defibrillator cabinet has been fitted in Cornwallis with several more to follow soon. The Parish Council gave us the final grant that allowed us to reach our total in less than twelve months."

The fundraising campaign is not yet over. Mark says: "For us to deliver this scheme is an incredible effort by all, but we are not finished. We are now looking at Snowdown and Listways Cottages to give them the same level of cover."

The group has a GoFundMe page at www.gofundme.com/f/community-first-response-defibrillator for donations.



BECHANGE COMMUNITY HUB PROVIDING ACE FAMILY SUPPORT



Bechange Community Hub continues to provide key support for local people – and has now been given a funding boost of £7,500 from the Kent Police Violence Reduction Unit, to help provide important family support services for the future, working closely with Dover District Council.

The new grant will help establish a new family support project and lead to the development of an ACE (Adverse Childhood Experiences) Ambassador Hub in Aylesham. Support sessions will help families explore issues such as behaviour, boundaries, family routines, play and communication and promote attachment and bonding. In addition, they will provide help and advice for parents with a range of other problems they may be experiencing, such as debt and financial hardship.

The project will have a district wide impact and already over 75 local partners have been able to participate in a live online webinar. The webinar helped people to reflect on the effects of adversity, and to learn more about the plans of DDC and Bechange for delivering this project. Partners were encouraged to remain involved in order to support the continued development of the project across the Dover district.

Bechange continues to provide a range of help and services for the local community. During the second lockdown, they provided cooked meals once again to those in need in Aylesham and the surrounding area, and continued to provide a service via the telephone. From 2 December, they opened their doors once again to provide a drop in services on Monday, Wednesday and Friday mornings for people that need advice and support.

Angela Doggett, the Manager at Bechange said: "We are delighted to receive this funding from the Kent Police Violence Reduction Unit for the development of an ACE Ambassador Hub, working closely with our partners at Dover District Council. This is an important project that will provide vital support within our community.

"We are also letting people know that they can visit or call us if they are seeking support around finances, housing benefits, employment and training, or family issues that they may be facing in these difficult times. We are here to help."

For more information on Bechange and the services they provide, please see www.bechange.org.uk or see their Facebook page 'Bechange Community Hub' or contact them on 01304 840134 or 07484221970 or email enquiries@bechange.org.uk

AFFORDABLE HOUSING BOOST FOR AYLESHAM GARDEN VILLAGE

A parcel of land on Cooting Road with outline planning permission will consist of 100% affordable housing, Barratt Homes has confirmed, in a reserved matters application to Dover District Council.

The development will provide 48 new affordable homes, and includes eight one-bedroom apartments, 27 two-bedroom apartments, and 13 three-bedroom houses, along with 74 courtyard parking spaces and associated landscaping. Four of the properties will be specifically designed for wheelchair users.

The development is part of the Phase 2B plans that will ultimately deliver 113 new affordable homes. In total, affordable housing will make up 22% of the Aylesham village expansion.

Construction work will close down for the Christmas and New Year period on 24 December, re-starting on 4 January 2021. Remember, building sites are dangerous so please stay away and stay safe.

The Aylesham Village Expansion development team wish you all a safe and prosperous Christmas and New Year.

SPORT AND LEISURE FEASIBILITY STUDY AVAILABLE SHORTLY

The Sports Consultancy were appointed by Dover District Council to consider the potential development of community leisure facilities at Aylesham Welfare Leisure Centre (AWLC) and the sustainability of the business case for the centre going forward.

We would like to thank those of you who took part in this process and know that many of you have been asking when it will become available. The report is currently being finalised, with the intention of sharing it with all stakeholders. Please email Emily.barnes@dover.gov.uk if you have any queries.

Aylesham Garden Village News

Follow Aylesham Garden Village on Twitter @ayleshamgarden and subscribe to Aylesham updates at www.dover.gov.uk/keepmeposted for up to date news.

Aylesham Garden Village News (www.ayleshamgardenvillage.co.uk) is produced by Dover District Council and edited by the Communications Team.

Full information about the council and its services – which include bin collections and planning applications – can be found online at www.dover.gov.uk

