

CUXTON NOTICEBOARD



The Newsletter by and for the people of Cuxton

July 2023

CUXTON'S BIG LUNCH 2023

Thank you to all residents who joined in Cuxton's 'Big Lunch' held on Sunday 18th June. Unfortunately, the rain only managed to hold off until just before 4pm, which was a shame as it was preceded by several weeks of dry weather, but it didn't dampen residents' spirits with many of you staying and dancing until the very end.

We were treated to some great music, expertly engineered by the soundman Ben and were even entertained by a Zumba demonstration, in a break between the musical performances, from Vicki and her group, which was well received by those attending. Thank you, ladies.

Thank you to all the volunteers who helped set up the event in the morning and those who stayed to dismantle the equipment at the end. There are always lots of things to do so we appreciate all the assistance that is offered. Thank you also to our stewards who helped on the day and players from Cuxton 91FC girl's teams who collected donations, totalling £499.51 from residents on the gate, for the benefit of Age UK. Thank you all for your generosity. We are sure Age UK will be very pleased with your efforts. Thank you for your support. We are still collecting on behalf of Age UK and there are still some tins in the Golden River; The Post Office and the Co-op where they will stay until the end of July, so this figure will increase.

A big thank you to the organising committee: Cllrs Thorley and Porter, Robin Bourner and the clerk who, amongst other items, made sure all the paperwork was in order to satisfy Medway Council, the various licences were complied with and they liaised with all stallholders and the performers. Somehow Robin always manages to persuade a diverse range of performers and styles to come to the 'Big Lunch' to make sure all musical tastes are catered for.

The Big Lunch is a celebration of local businesses and organisations working together for the benefit of the community and is always well supported. Well done, Cuxton.



Although we have not had summer yet, a date for your diaries in December. The Christmas Tree Lighting event will take place on Saturday 2nd December.

INFORMATION FOR PARENTS - NITROUS OXIDE (LAUGHING GAS)

Laughing gas, sold in metal canisters, is frequently used as a recreational drug. You may have spotted increasing amounts of these canisters, discarded, all around the village. The large canisters, pictured below right, are used in the catering industry. As such, parents may wish to speak to their children, so they understand the potential risks.



Image from Medway Council Twitter (December 2020)

Using laughing gas can cause headaches and may cause anxiety or paranoia; too much nitrous oxide can make a person faint or lose consciousness.

Intensive, frequent use of laughing gas can lead to vitamin B12 deficiency which can cause neurological damage. The most common early symptoms of neurological damage are tingling and numbness in the hands or feet.

Laughing gas is often categorised as a 'legal high' but is currently being reviewed within Parliament to determine if it should be classified as a Class C drug.



COUNCILLORS SWIM THE CHANNEL FOR CHARITY

Councillors Tracy Thorley and Julie Jensen have recently completed their channel swim, albeit over a period of three months and within the confines of Larkfield Leisure centre pool.



They completed the 22-mile distance, (officially regarded as 21 miles) on Monday 19th June by swimming the last of their 1,416 lengths of the 25-metre pool and whilst doing so have raised money on behalf of Diabetes UK.

Although they now have some of their evenings back, they are going to continue to swim weekly, but they have yet to decide whether they will take part again next year. Well done both.



THANK YOU, BEAVER SCOUTS

On the evening of Thursday 18th May, Beaver Scouts from the 30th Strood (Cuxton & Halling) Scout group collected three bags of rubbish on their walk around the village, helping towards their community badge.

Leaders, Tom Copeland and Ashley Reynolds said it was a worthwhile exercise and the Beaver Scouts were full of enthusiasm to help collect rubbish in the village.

If anyone is interested in joining the Beaver Scouts, the sessions run on Thursday and Fridays between 5:45pm - 7:15pm.



VANDALISM OF PLAY EQUIPMENT IN THE PARK

Unfortunately, there have been several recent instances of vandalism of play equipment in the Recreation ground.

The items have now been repaired by some of our fantastic villagers who have given their time and energy freely to ensure our younger residents can enjoy all the equipment in the playground.

Thank you to all that have helped. The Parish Council appreciates your efforts.

COLD CALLING

We have been made aware some residents have had cold callers at their doors offering household services.

If you have any concerns or worries, please call the Police on 101. The Police have advised they are aware of some recent incidents that have occurred within the village and would welcome any information to help with their enquiries.

BOOTCAMP

MONDAYS | 19:00 - 20:00

BUSH ROAD, CUXTON RECREATION GROUND

£6 NO BOOKING REQUIRED, JUST TURN UP
CONTACT NICOLA 07851714611

Improvement by Movement

NEVER MISS A CHANCE TO DANCE

Zumba with Vicki

Mondays - 6.30pm - Zumba fitness - £6
Tuesdays - 6pm - Zumba Gold - £5
Wednesdays - 6.45pm - Zumba fitness - £6
All Welcome
Cuxton School Hall (opposite Social club)
Pay as you go

Book online at bookwhen.com/zumbawithvicki
or contact me on 07841379027 for more information

WHAT'S ON IN CUXTON

Cuxton Social Club

Friday 7th July – **Tina Turner tribute by Lara**, from 7.30pm in club hall (£3 members, £5 non-members). Tickets on sale in member's bar.

Saturday 29th July – **Country & Western night, including Shania Twain tribute**, from 7.30pm

White Hart

Saturday 1st July – **Sound City**, Indie rock and pop band, from 8.30pm

Cuxton Library

Open Tuesday 9am to 1pm, Thursday & Friday 2pm to 6pm, Saturday 10am to 4pm (no lunch closure).

Public computers are available for one hour sessions for library members. There is a charge of £3 per half hour for guest sessions.

White and blue recycling bags are available for collection during opening hours.

Email: cuxton.library@medway.gov.uk

Tel: 01634 337799

Cuxton Parish Councillors

Tracy Thorley (Chairman) chairman@cuxtonpc.org.uk

Martin Burley (Vice-Chairman) martin@cuxtonpc.org.uk

Julie Porter julie@cuxtonpc.org.uk

Simon White simon@cuxtonpc.org.uk

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Matthew Nightingale TBC

Ward Cllrs: Phil Filmer phil.filmer@medway.gov.uk

Matt Fearn matt.fearn@medway.gov.uk 07739 706432;

Parish Clerk: clerk@cuxtonpc.org.uk 01634 730951

The Parish Office: The Pavilion, Cuxton Recreation Ground, Bush Road, Cuxton ME2 1EZ

Website: www.cuxtonpc.org.uk

White Hart www.whitehartcuxton.co.uk Tel: 01634 789969

Golden River Chinese Tel: 01634 296888 (Collection service only)

Cuxton Social Club Tel: 01634 71808

To advertise an event or group on the Cuxton Parish Facebook, Twitter or Instagram page please contact the Clerk by emailing: clerk@cuxtonpc.org.uk

Useful Contacts

Medway Council has a website that deals with a variety of problems including; dogs, fly-tipping, roads, street lighting and a range of other issues.

https://www.medway.gov.uk/info/200176/report_a_problem

Cuxton Recycling Centre: To book a slot go onto the Medway Council site and select a date and time. **NO booking, NO entry.**

<https://www.medway.gov.uk/tipbooking>

Doctor out of hours: 111

Police: 101 for non urgent matters

Public defibrillators: Boxes on the walls of the Social Club, Church Hall and at Cuxton railway station.

Academy of Cuxton Schools

Summer Term 2023

Monday 5th June to Friday 21st July

Autumn Term

Friday 1st September to Friday 20th October

(Inset Days) Friday 1st September & Monday 4th September



Articles to be submitted by 15th of each month. No publication in August or January. Unless otherwise attributed, the content of this newsletter is developed by the editor. Views contained are not necessarily those of the Parish Council. Every effort is made to check the accuracy of items produced and submitted. The Parish Council and newsletter editors accept no liability for other contributions, which remain the copyright of the contributors.