

LenARA

## LEN VALLEY ACTIVE RETIREMENT ASSOCIATION

NEWSLETTER – April 2026

ISSUE 187

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### **Chairman's message**

Well spring is here, the clocks have gone forward and it is nice to have the lighter evenings. Let's hope we now get some warm sunshine to go with it!

The Lenara Quiz at the Community Centre was well attended and a great success. Our thanks go to John, Helen and Chris for putting this on for us.

I was not at the March meeting but I understand the talk from Trading Standards specifically covering SCAMS was extremely informative and useful as well as being entertaining.

Some scams you may encounter –

A phone call from the police saying that a cash machine in the local area has been distributing counterfeit notes and asking you to go to your nearest cash machine and withdraw £100 BUT DON'T TELL ANYONE. They will then contact you again to ask you to give the serial numbers of the notes and they will confirm that they are counterfeit and someone will be round to collect them BUT DON'T TELL ANYONE. They will then come and relieve you of your £100.

After any dubious phone calls make sure you hang up properly. Check that there is a dialling tone on your phone, if there isn't hang up again. They may have left the line open to listen in to any phone calls you make. If you are concerned about any calls have a password that you can use with your friends and family and when you speak to them use it in the conversations. You will then know that you are actually speaking to the right person.

Delete all junk emails – do not open them. ALWAYS shred anything with your address or personal details on.

If you think you have been a victim of an attempt to take money out of your bank account ring 159 and give them the name of your bank and they will put you straight through to the fraud department of your bank.

The Telephone Preference Service – on your mobile text in CAPITALS TPS and send it to 85095. They will then stop some of the unnecessary calls on your mobile. On your landline ring 0345 070 0707 to register even if you have done it previously this will stop some of the nuisance calls. Go on to Google and type in “who's called me” and then the phone number and that will confirm whether the phone number is from a legitimate company or is a scam.

For Doorstep Callers – NEVER let them in to your house. You can always ask for their identity details and ring the company – not the number on the identity card as this could be someone sitting in a car round the corner answering the call. To find a Safe local trader don't just rely on Checkatrade. Go on to Kent.gov.uk/tschecked or ring 03000 41 64 38 and they will tell you who are the safe local traders in your area.

Please don't be afraid to tell anyone that you may have been scammed. Don't feel embarrassed, it happens to lots of people. Scammers steal £3.5 billion every year from UK citizens.

The highest age groups that are scammed are 18 – 30 year olds – those that are on their phones and laptops all the time. Tell your grandkids!

Any other information from – **Neil Butcher, Trading Standards Officer, Trading Standards, Economy and Community Protection, Growth and Communities, Kent County Council, PO Box 320, Ashford, Kent TN24 8AS** Tel: 03000 412020 [www.kent.gov.uk/tradingstandards](http://www.kent.gov.uk/tradingstandards)

### **Future Events**

Ten Pin Bowling is at Whitstable this month on the 8<sup>th</sup> April followed by lunch at Ossies Fish and Chips. The bowling alley is said to have had significant improvements made so it was decided to give it another go for this month and see for ourselves. We are unable to obtain any concessionary rates at Ashford during the school holidays and this is partly the reason for the change.

Spa Valley Railway and pie and mash on the 15<sup>th</sup> April. I am really disappointed to tell you that Spa Valley Railway have cancelled our visit. They have been working to replace a bridge and this work was scheduled to be completed by the 15<sup>th</sup> April. Sadly, the work will not now be completed in time for our visit. As I write this we have only been informed in the last hour and Julia is hoping to arrange an alternative. We will of course keep you up to date on any alternative.

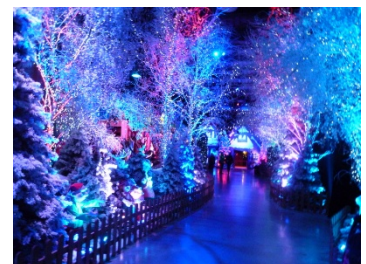
The monthly meeting will see us return to an afternoon of Chinese Bingo. We will again charge 50p a game and before the first game collect £2 from all our players wishing to play the first 4 games. Depending on time and what you want to do we may decide to play a further game or two. I am sure if you come you will enjoy it.

Our holiday in Torquay is now fully arranged and John (Edwards) has received all the necessary paper work from Alfa holidays and is working through the list of people going to ensure they receive the information and papers they will need. If you do not have your papers they will be available for you to collect at the Community Centre from 1.30 to 4pm on Tuesday 7<sup>th</sup> April and another chance at the monthly meeting on Wednesday 22<sup>nd</sup> April. Please try and collect them yourself as you will need them and they include luggage labels and all relevant information. If anyone has particular difficulties with this please let me or John know as soon as possible. This is a full trip. No doubt we are all looking forward to 5 days with no cooking, no cleaning, no jobs in the house, no driving, no parking problems and a break from everything. Most of all though these holidays are about the friendship, the laughs and the fun we all get from being together. If you have never been on a Lenara holiday but have been thinking about it then give it a try.

The next holiday is our two-night trip to the Thursford Christmas Spectacular travelling out on the 22<sup>nd</sup> November and back on the 24<sup>th</sup>. All you need to do to get your name on the list is let John know ASAP and pay a £50 deposit at the April meeting.

John's contact details – Tel 01622 858439

Email: [edwardsjohn19@sky.com](mailto:edwardsjohn19@sky.com)



Lingfield races is booked for the 18<sup>th</sup> August. We are asking you to pay a £10 deposit at the April meeting. We still have places available on this outing. We estimate costs in the region of £40 per head for coach and entrance and would probably be leaving Lenham around mid-day with the last race scheduled for 5pm.

Our Pub Lunch is at Ledian Gardens – 17<sup>th</sup> June 2026

Starters

Wild Mushroom and Leek Soup  
Vine Plum Tomato, Mozzarella & Basil Tart  
Classic Prawn Cocktail, Crisp Lettuce and Marie Rose Sauce.



Mains

Braised Beef in Red Wine, Smoked Bacon and Pearl Onions  
Baked Fillet of Salmon Bonne Femme with Chive Sauce  
Roast Loin of Pork, Sage and Onion Stuffing and Red Cabbage

Desserts

Tiramisu with Black Cherries  
Homemade Sticky Date Pudding and Caramel Sauce  
Glazed Lemon Tart with Blood Orange Sorbet  
Tea or Coffee

Cost - £25 for two courses  
£30 for three courses.

Julia will be collecting choices and money at the next meeting.



Wednesday 15<sup>th</sup> July – 1.30pm at the Pavilion in Charing. Lunch with a difference.

Buffet Picnic

Bring a chair to sit in the sunshine afterwards or sit on the veranda overlooking the playing field. There will be games for the energetic. £15 per head if you want the buffet food.

This is the Christmas 2026 lunch menu at the Orida Hotel in Maidstone – Wednesday 2<sup>nd</sup> December 2026

Starters

Spiced Carrot and Butternut Squash Soup  
Smoked Salmon, Mixed Leaves, Buttered Bread and Lemon  
Chicken Terrine, Onion Chutney, Crostini and Mixed Leaves

Mains

Bacon Wrapped Turkey, Roast Potatoes, Seasons Vegetables, Pigs in Blankets, Stuffing and Jus  
Sea Bass Fillet, Crushed New Potatoes, Roasted Fennel and Red Peppers, Caper Butter  
Roast Vegetable Wellington, Roast Potatoes, Cauliflower Puree and Kale Crisps

Desserts

Traditional Christmas Pudding with Brandy Sauce  
Chocolate and Salted Caramel Tart with Chantilly Cream  
Lemon Cheesecake with Citrus Compote  
Tea, Coffee and Mince Pies.

Carole Toner has had to resign from the committee. She has served on the committee for many years. Thank you, Carole for the work you have put in, I am sure it has been greatly appreciated by all our members. Liz Blackford has joined the committee and taken over the position of "kitchen manager". Thanks Liz it is great to have you join us and to know that our drinks and biscuits will continue to be available at the meetings. Please note that we do still need new committee members to put their names forward and join us at the AGM in May.

Now can I ask that everyone has a real think about this and whether you are able to help us. We are looking for new committee members to join us in May 2026. In particular we need someone to find us potential speakers and entertainers for our monthly meetings. We probably need someone for 5 to 6 meetings a year as the others will be done on a DIY basis. Don't worry if that's not enough to keep you busy, we can always find you more to do.



Your committee is stretched and needs new members and I am aware this will be even more desperate by the time the AGM comes around.

### Our weekly events –

Short Mat Bowls	Tuesday	2.00pm to 4.00pm	£4 per session	Phil Gooda 01622 851217
Zumba	Wednesday	9.30am to 10.30am	£7 per session	Barbara Kyprianou 01622 850468
Line Dancing	Wednesday	7.30pm to 9.00pm	£5 for members/£6 for non-members per session	Ann Rolfe 01622 859725
Petanque – weather permitting	Thursday Saturday	10.00am to 12.00pm	£3.00 per session	Peter 07831 147656 Jackie 07734 566896

### APRIL 2026

8 <sup>th</sup> April 2026	Ten Pin Bowling	11.00am	£7.50 for two games	Pat Highsted 01622 743658
Wednesday 22 <sup>nd</sup> April	Chinese Bingo	2.00pm	Lenham Community Centre	

### MAY 2026

13 <sup>th</sup> May 2026	Ten Pin Bowling	11.00am	£7.50 for two games	Pat Highsted 01622 743658
Wednesday 27 <sup>th</sup> May	Lenara AGM	2.00pm	Lenham Community Centre	

### JUNE 2026

10 <sup>th</sup> June 2026	Ten Pin Bowling	11.00am	£7.50 for two games	Pat Highsted 01622 743658
Wednesday 24 <sup>th</sup> June	Safe Driving	2.00pm	Lenham Community Centre	

Finally, a reminder that we will be collecting the annual subs at the April meeting. The subs are being held at an inflation busting £10 for another year. If you wish to pay by bank transfer please let Chris Godden know and she will give you the details.

As we have lots of events coming up please could you consider car sharing as much as possible. This will give some members the opportunity to take part in something that maybe they could not have done otherwise.

We would also like to keep our membership list up to date so please remember to let us know of any changes to your details – email address or mobile phone number etc and also, if you have emergency contact details that you would like us to have. These are very important if you are participating in any of our holidays or days out. Thank you if you have already given us your information.

Best wishes and please do consider joining your committee. It is your club and you can make a difference.

Roger

