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West Kent

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FEBRUARY 2023

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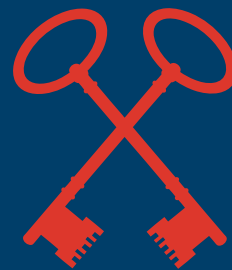
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WELCOME TO WEST KENT SPORT & WELLBEING

It's the start of a new era as West Kent Sport & Wellbeing magazine produces its first issue under the ownership of One Team Media Ltd. West Kent Sport & Wellbeing is designed to have you, the reader, at the heart of it, bringing you relevant content every month of the year. Split into four sections, and colour coded to easily find the content that matters to you, the magazine highlights the three West Kent districts of Sevenoaks, Tonbridge and Tunbridge Wells, plus a Features section in the middle of the mag where you will find articles on fitness, nutrition and travel. In addition to the magazine, a new website at www.localsportsnews.co.uk has been set up to cover daily and weekly content, including the Amherst Accountancy Weekly Stats Report containing all your league tables, recent results and forthcoming fixtures for the week ahead. If you have a story, or would like us to cover your club, society or organisation in any way, please do not hesitate to contact us at info@oneteammedia.co.uk. Welcome to West Kent Sport & Wellbeing magazine!



WEST KENT SPORT & WELLBEING

West Kent Sport & Wellbeing magazine is published every month with free circulation in West Kent including the main towns of Sevenoaks, Tonbridge and Tunbridge Wells. Plus the surrounding areas, including Aylesford, Cranbrook, Edenbridge, Hildenborough, Paddock Wood, Snodland, Southborough, West Kingsdown and Westerham.

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One Team Media

Steve Rowley

Publishing Editor & Director
steve@oneteammedia.co.uk

Lorraine Rowley

Features Editor & Events Co-ordinator
lorraine@oneteammedia.co.uk

Our regular contributors:

Frank Baldwin - Travel Editor
Jason Crow - Better Body Group
Gordon MacLelland - WWPIS
Magdalena Marvell - Persea Clinic

Editorial enquiries

editorial@oneteammedia.co.uk

Advertising sales

advertising@oneteammedia.co.uk

General Enquiries

Email: info@oneteammedia.co.uk

Website: www.localsportsnews.co.uk
Facebook/Instagram: @WestKentSport
Twitter: @WestKentSport

CONTENTS

February 2023

Welcome to West Kent Sport & Wellbeing	01
It's a new era as One Team Media take us forward	
Savills Sevenoaks Smash given fresh face	04
Hundred format competition expands to whole of Kent	
Swanley skate park opens ahead of schedule	07
Successful funding operation for new skate park in Swanley	
Oaks and Juddians in classic encounter	08
Local rivals play first competitive match in 10 years	
Sevenoaks clubs still have second half opportunities	11
We review the football leagues at the halfway stage	
HC Knole Park lead the way at Nationals	12
Club on brink of promotion to National Indoor Premier League	
Swimming Club welcome new Head Coach	12
Matt Paget joins Sevenoaks Swimming Club	
New Year Fitness tips with Better Body Group	14
The perfect time to make some healthy lifestyle changes	
Eat your way to glowing skin	16
Magdalena Marvell provides her monthly nutritional advice	
Healthy Recipes with Magdalena	18
This month Magdalena makes us a Brazil Nut loaf	
Amherst Accountancy monthly stats report	19
All your league tables across Football, Hockey and Rugby	
Ski resort says 'No Butts!'	24
Travel Editor Frank Baldwin takes a closer look at Les Gets	
An autonomous style of sports parenting	26
Gordon MacLelland asks if it is the way forward	
Tonbridge Angels in desperate need of win	28
Football club extend negative streak to four matches	
East Peckham skate park gets green light	28
Concrete Wave move forward with skate park plans	
Tonbridge sports group to benefit from new funding	29
Youth sports groups have been identified by council	
Premier champions looking for new manager	31
FC Revo are on the lookout for someone special	
FOCUS: Tunbridge Wells Sports Centre	32
A known gem - rediscovering our local sports centre	
SPOTLIGHT: Tunbridge Wells Foresters FC	34
An interview with the club's Chairman, Stuart Newman	
Southborough cycle club meets council leader	36
Southborough and District Wheelers go to the Town Hall	



34

SPOTLIGHT: Tunbridge Wells Foresters FC

An interview with the club's Chairman, Stuart Newman.



Credit: Les Gets



Credit: Concrete Wave

07

Swanley skate park opens ahead of schedule

Successful funding operation for newly opened skate park in Swanley.

32

FOCUS: Tunbridge Wells Sports Centre

A known gem - rediscovering our local sports centre.





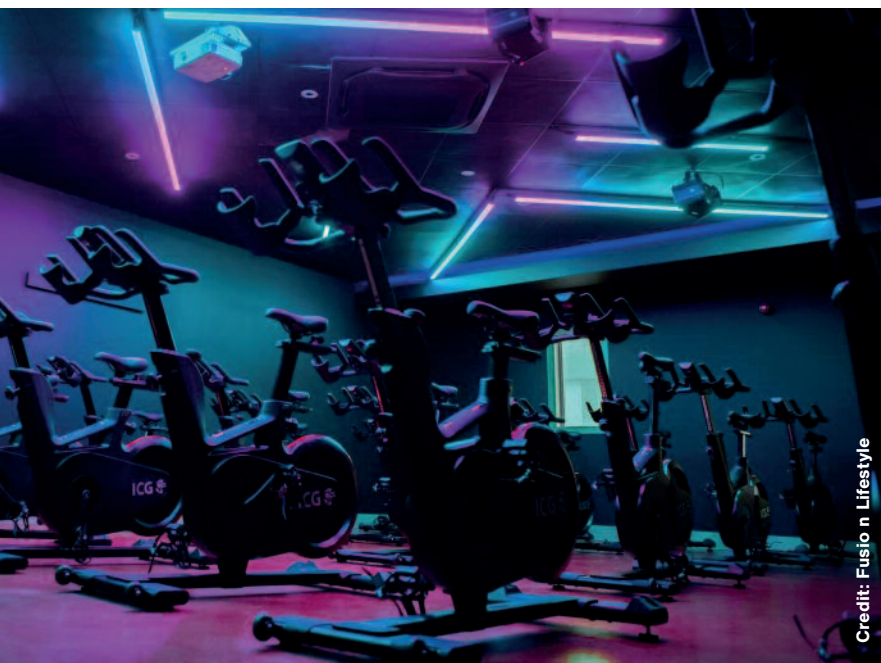
Credit: Chris Lucas



24

Ski resort says 'No Butts!'

Travel Editor Frank Baldwin takes a closer look at Les Gets in France.



Credit: Fusio n Lifestyle



Hello,

A very warm welcome to you from West Kent Sport & Wellbeing magazine and especially to our new readers in the Tonbridge and Tunbridge Wells areas.

It's definitely been a journey getting to where we are, but now we're here, we can't wait to bring you all your local sports and well-being news each and every month.

In this month's issue we place the spotlight on Tunbridge Wells Foresters Football Club and talk to their Chairman, Stuart Newman, about the club and their plans to build a brighter future for the next generation of players. Our Travel Editor Frank Baldwin reports on the French ski resort of Les Gets and their attempts to make it a smoke-free zone.

The Better Body Group provide their advice on New Year's Resolutions and assist us to achieve our goals in 2023; and Magdalena Marvell, our resident Nutritionist, provides a clean-cut article on eating your way to glowing skin. All of that comes alongside your regional news stories, local roundups, and statistics across a number of sports from Sevenoaks, Tonbridge and Tunbridge Wells.

We'll be back mid-February with our March issue, so until then, please sit back, relax, and enjoy the magazine. If you have any comments or queries, please don't hesitate to contact me directly using the email address steve@oneteammedia.co.uk.

Kind regards,

Steve

Steve Rowley

Publishing Editor & Founder

SAVILLS SEVENOAKS SMASH GIVEN FRESH FACE FOR 2023

Over the past two summers, the old Clark Trophy has been successfully revamped to mirror the new Hundred competition format. Known as the Sevenoaks Smash, and sponsored by Savills, the competition grew exponentially in 2022 with an additional nine teams taking part, taking the total to 41 teams. Late last year, the organisers announced that the competition will now be open to clubs from across Kent and will be rebranded simply as the Savills Smash.

Announcing on their social media channels the Savills Smash team said: "We have some exciting news... we are delighted to announce that in 2023 we will partner with Kent Community Cricket and look to grow 'The Smash' into a county wide competition.

"When we first created the competition our intention was offer something different and try to get people back into cricket clubs (and the bars) during the midweek. We hope we have succeeded in doing this."

They continued: "With the competition now becoming county wide and having grown more than we could have ever imagined the competition will now become 'The Savills Smash'



The Savills Sevenoaks Smash will simply be known as the Savills Smash from 2023.

In addition, 50% of all fees from clubs entering the competition this year will be split between two charities, West Kent Mind and the Air Ambulance Charity for Kent, Surrey and Sussex.

Finals day 2022 revisited

Last year's finals day hosted at Sevenoaks Vine's ground, saw three matches in the Bowl, Plate and Cup competitions starting in the morning with Shoreham & Otford Darenth Valiants beating Dartford Destroyers by 10 wickets. Next up was the Plate, where Sevenoaks Vine Jazzers beat Leeds & Broomfield Queens with just a few balls to spare.

Holmesdale Stallions then returned to the Vine as the reigning Cup holders, this time beating Dartford Hesketh Heat by 15 runs to retain their title from 2021. With teams from across the whole of Kent now invited to take part, we cannot wait for this fantastic competition to get underway once again.

- Entrance for the 2023 Savills Smash will close on Monday 13th February. If your club would like to take part in this years competition, please contact the team at Savills Smash via the website at savillssmash-play-cricket.com.





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SWANLEY SKATE PARK OPENS AHEAD OF SCHEDULE

In December, Swanley's Mayor Councillor Lesley Dyball, opened the town's new Skate Park at Swanley Recreation Ground alongside Leader Councillor Michael Horwood, Chief Executive Ryan Hayman and Concrete Wave Founder JD O'Brien.

Swanley's new Skate Park contains a wide range of elements including quarterpipes, hips, taco, rollover, ledge and manual pad, a stairset, spine, rail, flatbanks and a miniramp – there's something for everyone, with room for progression whether you skate, scoot or BMX.

The Skate Park is a £250,000 investment which was funded through £220,000 worth of grants and £30,000 of Community Infrastructure Levy.

A special thanks goes to our grant funders; National Lottery; Veolia; Kent County Council; Fidelity International. In addition a big thank you is expressed to Concrete Wave for their assistance in obtaining grants.



The official opening will be held on April 15th, 2023, with an event supported by Maverick who constructed the new facility. However, the facility remains available to use from today. After opening the new Skate Park, Mayor Councillor Lesley Dyball said:

“This new facility is fantastic, I am certain it will be enjoyed for generations to come and my thanks goes to all those who helped make this possible”.

Chief Executive Ryan Hayman added “We did it! It took a lot of hard work but through everybody's can do attitude we managed to get it built. A big thank you to JD who has really driven this project, as have the end users who I know will love this amazing new park”.

Maverick concluded by saying: “Maverick were delighted to be chosen to work with Swanley Town Council and Concrete Wave CIC to bring this exciting project to fruition and thanks to the hard work of our amazing crew, we have been able to complete the project ahead of schedule in time for the Xmas holidays”.

• Concrete Wave C.I.C. (www.concretewave.org.uk) is the brainchild of JD O'Brien, a business entrepreneur who took part in the 2016 version of The Apprentice on BBC1. Concrete Wave C.I.C. works to identify local projects within the South East of England and help to implement them with local community driven fundraising initiatives. It aims to help add an alternative approach to making public domain projects happen by bringing the community together to drive it from beginning to end.



OAKS AND JUDDIANS GO HEAD TO HEAD IN CLASSIC ENCOUNTER



Meeting at the Paddock: Sevenoaks and Tonbridge eventually gave a 650-strong crowd something to shout about.

Two juggernauts of local rugby faced-off in December as Sevenoaks Rugby (Oaks) welcomed Tonbridge Juddians RFC (TJs) to the Paddock for what would be the last game of the year for both clubs. It was also the first competitive encounter between the clubs in over a decade and it was a slow burner for the scoreboard and the 650 supporters alike.

Just two games were played in the National League 2 East on this day as the icy weather called a halt to numerous games across the league. The Paddock had seen enough sunshine to be playable, although one end was a little slippery but largely untouched for 80 minutes as the game ebbed and flowed. The opening salvos of the game were predictably abrasive with the match played between each side's ten-yard line and no penetration being made by either team.

Neither side could find a way through early on but TJs probably came closest when a Tom White cross kick appeared to have breached the Oaks defence and Hugo Watson drove deep into Oaks territory.

However, Watson was just offside and things remained at 0-0.

After a magnum of pod play, tackling, line-outs, and breaks half made by both teams, TJs finally established field position and stayed patient before scoring a try in the Oaks corner. TJs went through the phases and this time they found Watson on the left through the hands and he was over in the corner. White converted and TJs were 0-7 in front.

Oaks replied by finding a great opportunity in the TJs 22 just before the halftime whistle, but they weren't able to manage to yield any points.

Halftime: Sevenoaks 0 Tonbridge Juddians 7.

The second half promptly followed the template of the first, as first TJs then Oaks looked to make incursions. Oaks had their chances, but pressure in the Oaks half ultimately resulted in a try for TJs from close quarters by Duncan Tout. Watson, again on the left, took the ball to the Oaks line where Duncan Tout snaffled it and dived over. White again converted and TJs were 0-14 up.

Five minutes later and after more TJs pressure, White added a penalty and with 10 minutes left the win was secure. However, Oaks finally got a reward for their stoic persistence and Ben Adams

raced over for a try but just missed out on converting his own try in what was the last play of the game.

Fulltime: Sevenoaks 5 Tonbridge Juddians 17.

So that's the halfway mark reached for both Sevenoaks and Tonbridge. Sevenoaks now find themselves in 12th position in the National League 2 East with just three wins, two draws and nine losses.

Tonbridge are 7th with nine wins and five losses. However with just four points separating them and Barnes in 3rd place, it's all to play for as things remain especially tight.

Match day squads

Sevenoaks: Adams; Corrigan; Osgood; Gumbleton (c); Forrester; Martin; Galligan. Simmons; Sedgwick; Ganley; Pettet; Osinibi; Higgins; Hickin; Hall. Simmons; Nicholls; Morris; Shirtcliff; Livett.

Tonbridge Juddians: Hotston; Lucas; Tout; Newey; Watson; White; Walsh (c). Boon; van Vuuren; Bratton; Parker; Seif; Reid; Sullivan; Munnely. Conlon; Freeman; Grocock; Petrozzi; Young; Fenley.

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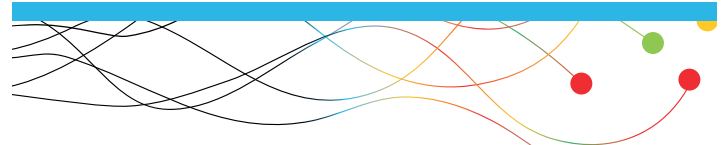
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SEVENOAKS CLUBS STILL HAVE SECOND HALF OPPORTUNITIES

A number of Sevenoaks District football clubs have enjoyed a great start to the season, albeit in the lower leagues. Most noticeably is St Lawrence as they share the lead at the top of the Sevenoaks & District Football League (S&DFL) Premier Division, with Leigh just a point behind them. Nomads and Kemsing are also in a great position as they both put their charge together for the second half of the season in the S&DFL Division One. Swanley Oaks top Division Two and Kemsing United Reserves lead the way in Division Three.

Elsewhere the picture is not so pretty, although Sevenoaks Town (pictured below) have put themselves in a great position to launch an attack on a promotion place come April. The club have already played an astonishing 31 matches this season, in part because of their recent cup runs. With seven games in the FA Cup, three in the FA Trophy and another three in the Velocity Cup, Sevenoaks can now turn all their attention to the Pitching-In Isthmian League South East Division. They currently sit in ninth place with 27 points, and after beating Beckenham Town in their new year fixture, they've endured a number of postponed fixtures due to waterlogged pitches. Sevenoaks now face eight matches in five weeks with five of those at home -



Chipstead FC in action in the Kent County Premier Division played at Sevenoaks Town's Greatness Park ground.

win those five games and it's all to play for.

Meanwhile, fellow Isthmian team Corinthian have also had a number of matches postponed for the same reasons and they are in for a tough finish to the season having struggled so far this term. With just 13 points from 18 games played, they sit second from bottom of the South East Division, albeit with a five point cushion to Faversham Town. However, with the bottom two places being automatically relegated and the next two places playing a playoff to avoid the drop, they'll need to

find some form and they'll need to find it soon.

Chipstead Football Club (pictured in action above) are next in line, ironically playing their home games in the Kent County Football League (KCFL) Premier Division at Sevenoaks Town's Greatness Park ground, and after 14 matches played, they find themselves in sixth place, thirteen points behind the league leaders Minster.

With a couple of must win games for the Chips coming up in January against Tenterden Town and Bromleians, they should secure their top half of the table standing, if not pushing to close down the gap at the top.

Meanwhile, Ide Hill and Otford United sit towards the bottom of the division, the former a little bit better off with five wins in 15 against United's two wins from 13. Crockenhill's fate in the KCFL Division One West seems to have already been written in stone - sitting rock bottom of the division with just two points from 12 games played so far this season. Finishing off in the KCFL Division Three West are Ide Hill Reserves and Otford United Reserves. After eleven games played apiece so far this term, they find themselves preparing for another season in this division with just 13 and five points respectively.



Sevenoaks Town line up as one in a Pitching-In Isthmian League match. Credit: Matt White/Sevenoaks Town FC.



HC KNOLE PARK LEAD THE WAY IN THE NATIONAL LEAGUE AT THE HALF WAY POINT!

HC Knole Park's Women's 1st team headed to Nottingham University at the start of January to compete in the National League Division One Indoor Championships. The team were exceptional throughout the weekend picking up three wins and a draw putting them top of the league at the half way point. Lottie Bingham top scored for Knole Park with eight goals, and Annabel Cheveley scored seven times.

In match one Knole Park played Kent neighbours Holcombe. Relegated from the Premier division last season Holcombe would be keen to bounce back, however Lottie Bingham had different ideas as she linked up with Josefina Hippe and opened the scoring in the first minute. Amelie Allen double the lead at the start of the second half, before Summer Knight-Thompson rolled in shortly after for 3-0. Holcombe rallied late on, but Knole Park held out record a memorable 3-2 win. Match two was against Reading, and Knole Park were very positive from the

start and Annabel Cheveley scored two quick goals. Reading however pegged the score back to 2-2 soon after.

Unperturbed, Knole Park scored two penalty corners through Jess Lewis before Cheveley netted again for a 5-2 lead. Knight-Thompson added a sixth, and Cheveley scored twice at the start of the second half for an 8-2 lead. Once again, the opposition rallied late on and scored four times, however Cheveley had the final say as she completed her double hat-trick for a 9-6 win.

In match three Knole Park played early league leaders Guildford.

In a brilliant game of indoor hockey, the score line went back and forwards between the two teams. Bingham opened the scoring once again with an excellent penalty corner flick. Guildford then scored twice before a moment of brilliance from Bingham levelled the scoring at 2-2. Knole Park then took the lead again as Evie Smith scored her debut goal, and Bingham completed her hat-trick. The score was then all tied up at 5-5 as Bingham levelled the scoring

once again. Knole Park did however have the final say as Smith scored the winner with a diving deflection to seal all three points for Knole Park.

In the final match of the weekend the girls played much improved Cambridge City. In a tough match, Cambridge were excellent throughout and took an early 2-0 lead.

A hat-trick of penalty corners from Bingham did however bring the scores level at half-time, 3-3. In the second half, Cheveley got the first goal and Knole Park were in the lead for the first time in the match. However, they were pegged back for 4-4. Betrys Galloni then waltzed her way through the Cambridge defence for a 5-4 lead, only for Cambridge to score twice to swing the lead in their favour. A last-minute penalty stroke from Lewis tied the match and that's how it finished.

Knole Park will face the other four teams in the competition on January 14/15, and another successful weekend could see Knole Park promoted to the National Premier League.

SEVENOAKS SWIMMING CLUB WELCOME NEW COACH MATT

After four years with Sevenoaks Swimming Club, Head Coach, Keiron Piper left the club at the end of 2022 for a new role as the Lead Coach at the Millfield School in Somerset. His replacement, Matt Paget, has now arrived at Sevenoaks and is keen to get going in his new role. Matt was most recently Head Coach of Watford Swimming Club and he is extremely passionate about swimming. A down side for Matt is that he supports Tottenham Hotspur, so we can only imagine that he is delighted that Sevenoaks Swimming Club is a very red Club and known on socials as the 'Redarmy'!

Sevenoaks Swimming Club tweeted: "A huge welcome to the newest member of the @7oaksSwim #RedArmy our new Head Coach @SwimCoachMatt. We are excited to have you on board".

Outgoing coach Keiron wished him well saying: "Go smash it, mate!"

Junior Internationals and Euro Meet

Meanwhile, Olympic hopeful and Sevenoaks swimmer, Eva Okaro, won the Girls 100m fly at the Ontario Junior International held in December. Eva recorded a time of 1:00.07.

Eva will join three other Sevenoaks swimmers who have been selected to represent the South East Region at the Luxembourg Euro Meet in January. Joining Eva is Aaliyah Richards, Albert Branch and Matt Burrows.



English Channel swim

A group of Sevenoaks Swimming Club members (left) were out in the cold on New Year's Day as they took a dip and braved the water at Bewl Water with the help of Tri-Swim Kent. The water was a chilling three degrees.

The members make up the aptly-named 'Team Sevenoaks Channel Swimmers' - a group of swimmers preparing to swim the English Channel later this year!

Daniel, Sam, Mac & Joey will be completing the English Channel Swim in August 2023 to raise money for charity.



As the new year begins and the festivities draw to a close, it's the perfect time to make some healthy lifestyle changes. Goodbye mince pies, pigs-in-blankets and mulled wine! Whilst January is the most popular time to make such shifts in habits, we all know how hard it can be to stick to new year's resolutions. Let the team at Better Body Group help you achieve and sustain your 2023 goals, ensuring that these choices are permanent and not just temporary measures, with these handy tips.

Accountability

Studies have shown that regularly training over a 6-week period makes you more likely to maintain your momentum and you will see improvements in both physical and mental health. We know that the best way to do this is by having someone to keep you accountable. Whether you work out with a friend, or train with one of our friendly team members, knowing you have to show up for someone else makes it easier to get the job done.

Realistic goals

In order to help you achieve your goals, make them SMART; Specific, Measurable, Achievable, Relevant, and Time-bound. Ensure your goals are achievable, aiming to set short term targets to help you reach long term goals. For example, setting a rough goal of 50 pull ups with no progression or time frame may result in feeling demotivated after a couple of weeks. Instead, start by working toward 5- 10 really good technique-based reps, before upping it to 15 reps the next week. And then keep building up!

Prepare

Pre-planning your sessions can also be useful so that you are prepared and can manage your time effectively. We recommend you do this by booking a class or planning your workout beforehand. It can be intimidating when you're surrounded by people and complicated looking machines but our friendly PT team are always on hand to help!

Celebrate

Don't get hung up on how you look. Fat loss is a great goal to have, but don't

forget to celebrate the little victories and achievements along the way. If you ran even a little bit faster than last time or you were able to squat heavier, then that's a great sign you're going in the right direction. Your accomplishments will keep you motivated and help you fall in love with the process, which in turn will make it easier to stick to. We here at Better Body Group understand that busy gyms can be a daunting place and it is very easy to fall into the trap of thinking 'everyone is looking at me', but rest assured, nobody is. Starting at a new gym can make some people feel slightly anxious, however we strive to make you feel as comfortable as possible whilst ensuring you reach your goals. It has been proven that the interactions between gym-goers and instructors result in people feeling more comfortable and returning, so don't be afraid to ask questions or just return a smile! Whilst January is deemed to be a month filled with doom and gloom, it is ultimately what you make of it. Remember, in order to lose any excess body fat acquired over the holiday season, you must be in a calorie deficit. So let's get active, fuel ourselves with nutritious foods and try to avoid liquid calories. Maybe give 'Dry January' a go, who's with us?



By Ayishah Chaudry. To book an appointment please call them on **01732 451979** or email them at info@betterbodygroup.co.uk.



EAT YOUR WAY TO GLOWING SKIN

Magdalena Marvell, our resident Nutritionist, explains how certain foods can help our skin cell development and maintain a healthy skin tone.

Although almost everyone has their favourite face cream or treatment - the way to beautiful skin starts from within. Older skin cells are constantly being shed and replaced, which means a steady supply of nutrients is essential to support this rapid turnover.

How can I achieve glowing skin?

Treat your skin well and optimise your nutrition by eating a variety of fruits and vegetables which are packed with antioxidants and key vitamins, healthy fats found in oil fish, nuts and seeds and ensure you are adequately hydrated. Eat a balanced diet to feed your skin and keep it supple and blemish free. Although our skin naturally ages and wrinkles are inevitable with a holistic approach we can extend the youthfulness of our skin. Fruits and vegetables are rich in antioxidants which help to protect our skin from cellular damage caused by free radicals triggered by smoking, extensive sun exposure, pollution and other environmental factors. Beta-carotene, found in oranges and vegetables such as sweet potatoes, carrots, peppers and pumpkins, and lutein, found in green leafy vegetables such as kale, papaya and spinach are both important for normal skin cell development and healthy skin tone. Vitamin C is also a key component which increases the production of collagen, the protein that forms the scaffolding that keeps our skin firm and supple. Vitamin C also helps to strengthen the blood capillaries supplying blood to our skin with all the nourishing nutrients¹. Selenium is a powerful antioxidant and works alongside vitamins C and E. Studies suggest that a selenium-rich diet may help protect against skin cancer, sun damage and age spots. Including just 2-3 brazil nuts in your diet will provide the recommended daily amount of Selenium. Mix Brazil nuts with other nuts and seeds rich in vitamin E as a snack or sprinkle them over a fresh salad. Fish, shellfish, eggs and broccoli are also good sources of Selenium². Zinc helps to control the functioning of oil-producing glands in the skin. Its anti-

“ Lutein, found in green leafy vegetables, is important for normal skin cell development and healthy skin tone.

inflammatory and antimicrobial properties help to repair skin damage and stimulate the healing process. Main sources of Zinc-rich foods include fish, poultry, lean red meat, nuts, seeds, whole-grains and oysters³. Good fats act as a natural moisturiser for your skin which improve its elasticity. These fats include the monounsaturated and polyunsaturated which can be found in oily fish, avocados, nuts and seeds. Omega 3 fatty acid has anti-inflammatory properties which may help skin conditions like eczema and psoriasis. You can find omega-3 in oily fish (salmon, sardines, trout, mackerel) as well as in plant based sources such as chia seeds, flaxseed, walnuts and rapeseed oil⁴. Our skin needs moisture to stay flexible. Without moisture, skin cells become fragile and your lipid layer becomes tighter and less flexible, allowing for cracked or damaged skin. Even mild dehydration can cause your skin to look dry, tired and slightly grey. The recommended daily water intake should be between 6-8 glasses of water and other liquids⁵. If you work in an office, keep a large bottle of water on your desk to remind you to re-fill it and drink regularly. Herbal, teas are also great if you don't like drinking just water. Some fruits and vegetables, such as watermelon, cucumber and courgette, also contain water which contributes to your daily liquid intake.

Limit high-GI carbohydrates such as biscuits, pastries and sugary, fizzy drinks, as they stimulate the production of insulin, which may damage collagen and speed up the ageing process resulting in accelerated wrinkles⁶. Repeated dieting - losing and gaining weight - can also take its toll on your skin, causing sagging, wrinkles and stretch marks. Short-term, calorie restricted diets are often deficient in essential vitamins and minerals too. Over a long period of time this type of dieting can also reflect on your skin's appearance.

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Magdalena Marvell is a Nutritional Therapist and founder of the Persea Clinic which helps support clients who want to optimise their health in areas such as gut health, weight management, hormonal balance and skin conditions. Magdalena also consults from the Children's Wellness Centre in Tunbridge Wells where she offers baby, child and adolescent nutritional support. To find out more about Magdalena's work please visit www.persea.clinic and childrenswellnesscentre.co.uk/kent/nutritional-therapy



Healthy recipes with Magdalena – Brazil Nut Loaf

Brazil nuts are a great source of Selenium. Eating just 2-3 nuts a day can help to maintain or increase your Selenium intake. Brazil nuts may benefit your health in several ways, including regulating your thyroid gland and increasing the cell turn over process, providing a radiant glow to the skin!

Ingredients:

- 1 onion chopped
- 3 cloves of garlic
- 2 tablespoons of olive oil
- 1 medium egg
- 1 tablespoon of dry thyme
- 2 cups of zucchini, shredded and drained
- 2 cups of brazil nuts
- 1 cup of almond flour
- 2 tablespoons of nutritional yeast
- salt and pepper to season

How to make it:

1. Preheat the oven to 180C degrees. Grease and line loaf tin with parchment paper.
2. Heat the olive oil in a medium sized pan and gently fry the onion and

garlic for approximately 3-5 minutes until they are slightly browned.

3. Place the brazil nuts in a food processor and blitz until they are finely chopped. Add the sautéed onions and garlic, grated zucchini and blitz until smooth consistency.
4. Transfer the mixture into a large bowl and add the egg, thyme, Tamari sauce, nutritional yeast, salt and pepper.
5. Stir in the almond flour until the firm mixture is created.
6. Transfer the mixture into the loaf tin and press it down firmly and evenly.
7. Bake for 45 minutes until it's golden on the top.
8. Remove from the oven and allow to cool for 10 minutes.
9. Slice and enjoy!



FEBRUARY 2023

THE MONTHLY STATS REPORT IS SPONSORED BY AMHERST ACCOUNTANCY



GOALS GALORE AS WEST KENT TEAMS GET OFF TO WINNING WAYS IN 2023

Tonbridge Angels, Sevenoaks Town, Corinthian and Rusthall were all in action on Bank Holiday Monday hoping to get their New Year off with a bang, and we weren't disappointed. Rusthall were away at SCEFL Premier Division opponents Bearsted, and after their 2-0 Boxing Day win over local rivals Tunbridge Wells, they stretched their legs once again scoring five goals for three against the 10-man Maidstone outfit. Three goals from Louie Clarke (6', 40' pen, 53') got them on their way as Dan Blunn (64'), and Reuel Powell-Downey

(81' pen) helped steer them to another three points in their chase of Erith & Belvedere at the top of the league. Sevenoaks Town were back at home in the Pitching-In Isthmian League South East Division where they faced a high-flying Beckenham Town, and whatever they did or didn't do on New Year's Eve obviously worked with goals from Fumnaya Shomotun (55'), Solomon Baugh (67', 79'), and Man of the Match Freddie Parker (72') securing a magnificent four-nil win. Corinthian also returned home in the

Isthmian League for their first game of 2023 hosting relegation rivals Sittingbourne. In a must win match for the Hoops, Oscar Housego (45' pen) Josh Leach (47') and Jack Godfrey (86') helped them on their way to a 3-0 win. Tonbridge Angels were not so lucky as they travelled to Welling United in the Vanarama National League South, losing the tie 2-1. Lewis Gard (23') on the scoresheet for Tonbridge. This was the second time the two sides had met over the holiday period with Welling winning at Tonbridge 1-0 the week before.



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VANARAMA NATIONAL SOUTH

	P	W	D	L	F	A	D	Pts
1 Dartford	27	18	3	6	57	26	31	57
2 Havant & Waterlooville	25	16	4	5	56	34	22	52
3 Ebbsfleet United	24	16	3	5	54	27	27	51
4 Chelmsford City	24	13	5	6	33	20	13	44
5 Worthing	26	11	10	5	43	38	5	43
6 St Albans City	25	12	6	7	40	23	17	42
7 Oxford City	27	11	9	7	44	37	7	42
8 Eastbourne Borough	26	12	3	11	44	40	4	39
9 Braintree Town	25	10	7	8	38	34	4	37
10 Bath City	25	9	8	8	36	34	2	35
11 Tonbridge Angels	26	10	4	12	37	44	-7	34
12 Farnborough	22	9	6	7	27	23	4	33
13 Welling United	24	8	8	8	33	37	-4	32
14 Hemel Hempstead Town	25	8	6	11	28	35	-7	30
15 Dover Athletic	24	7	7	10	29	33	-4	28
16 Dulwich Hamlet	22	8	4	10	32	38	-6	28
17 Taunton Town	18	6	7	5	18	17	1	25
18 Slough Town	25	6	7	12	30	48	-18	25
19 Chippenham Town	23	6	6	11	21	33	-12	24
20 Hampton & Richmond B.	23	6	5	12	29	40	-11	23
21 Concord Rangers	22	6	5	11	22	36	-14	23
22 Cheshunt	25	7	2	16	30	48	-18	23
23 Weymouth	23	5	3	15	25	46	-21	18
24 Hungerford Town	24	4	4	16	18	33	-15	16

ISTHMIAN - SOUTH EAST DIVISION

	P	W	D	L	F	A	D	Pts
1 Ramsgate	20	13	3	4	36	21	15	42
2 Chatham Town	19	12	3	4	33	20	13	39
3 Cray Valley PM	19	10	6	3	37	18	19	36
4 Whitehawk	19	10	5	4	34	17	17	35
5 Ashford United	21	10	5	6	37	23	14	35
6 Beckenham Town	18	11	2	5	34	26	8	35
7 Sheppey United	20	9	3	8	31	30	1	30
8 VCD Athletic	21	8	4	9	29	36	-7	28
9 Sevenoaks Town	18	8	3	7	25	19	6	27
10 Littlehampton Town	18	7	5	6	21	18	3	26
11 Burgess Hill Town	19	6	5	8	23	23	0	23
12 Hythe Town	17	6	5	6	18	19	-1	23
13 Chichester City	19	5	8	6	22	26	-4	23
14 East Grinstead Town	19	7	2	10	23	28	-5	23
15 Haywards Heath Town	20	6	5	9	29	38	-9	23
16 Three Bridges	17	7	1	9	27	29	-2	22
17 Lancing	20	6	4	10	23	35	-12	22
18 Sittingbourne	19	4	5	10	19	29	-10	17
19 Corinthian	18	3	4	11	13	27	-14	13
20 Faversham Town	19	2	2	15	17	49	-32	8

SOUTHERN COUNTIES EAST - PREMIER DIVISION

	P	W	D	L	F	A	D	Pts
1 Erith & Belvedere	21	18	2	1	57	19	38	56
2 Rusthall	21	10	6	5	45	34	11	36
3 Erith Town	17	10	2	5	38	22	16	32
4 Whitstable Town	22	10	2	10	38	35	3	32
5 Phoenix Sports	16	9	4	3	34	15	19	31
6 Deal Town	19	9	4	6	42	27	15	31
7 Stansfeld	20	9	4	7	29	29	0	31
8 Sutton Athletic	18	8	5	5	40	27	13	29
9 Tunbridge Wells	20	8	4	8	31	28	3	28
10 Glebe	20	8	3	9	44	44	0	27
11 Holmesdale	20	6	8	6	23	24	-1	26
12 Kennington	16	8	1	7	28	28	0	25
13 Lordwood	21	7	3	11	22	42	-20	24
14 Hollands And Blair	19	5	8	6	31	35	-4	23
15 Fisher	18	6	4	8	29	31	-2	22
16 Punjab United	19	6	4	9	32	42	-10	22
17 K Sports	21	6	1	14	36	53	-17	19
18 Welling Town	20	6	1	13	23	44	-21	19
19 Bearsted	19	4	5	10	19	30	-11	17
20 Canterbury City	21	3	5	13	27	59	-32	14

SOUTHERN COUNTIES EAST - FIRST DIVISION

	P	W	D	L	F	A	D	Pts
1 Snodland Town	17	10	5	2	49	21	28	35
2 Larkfield And New Hythe	16	11	2	3	34	17	17	35
3 Lydd Town	19	10	2	7	30	37	-7	32
4 Faversham Strike Force	18	8	4	6	39	34	5	28
5 Rochester United	17	8	3	6	23	21	2	27
6 Tooting Bec	17	7	5	5	27	27	0	26
7 Greenways	17	7	4	6	37	32	5	25
8 Bridon Ropes	17	7	4	6	29	26	3	25
9 Meridian VP	15	8	1	6	21	23	-2	25
10 AFC Whyteleafe	16	5	6	5	29	23	6	21
11 FC Elmstead	16	5	6	5	25	19	6	21
12 Croydon	16	5	5	6	30	32	-2	20
13 Staplehurst Monarchs	17	5	5	7	22	27	-5	20
14 SC Thamesmead	16	5	2	9	26	29	-3	17
15 Forest Hill Park	14	3	5	6	13	17	-4	14
16 Lewisham Borough	13	4	1	8	23	23	0	13
17 Bermondsey Town	18	1	1	16	15	64	-49	4

SE COUNTIES WOMEN'S - PREMIER DIVISION

	P	W	D	L	F	A	D	Pts
1 Dartford Development	8	7	1	0	38	3	35	22
2 Sittingbourne	9	7	0	2	27	15	12	21
3 Margate	10	5	2	3	49	31	18	17
4 XL Football Club	10	5	2	3	32	20	12	17
5 Tunbridge Wells Foresters	9	4	3	2	23	14	9	15
6 Baldon Sports	8	5	1	2	34	18	16	13*
7 Sevenoaks Town	9	3	3	3	23	19	4	12
8 Glebe Ladies	8	3	2	3	18	18	0	11
9 Meridian	8	3	1	4	19	25	-6	10
10 Herne Bay Reserves	10	2	0	8	19	37	-18	4*
11 Aylesford Seconds	7	1	0	6	11	36	-25	3
12 Borough Green	7	1	0	6	4	48	-44	3
13 Parkwood Rangers	7	1	1	5	3	16	-13	2*

SE COUNTIES WOMEN'S - KENT DIVISION TWO WEST

	P	W	D	L	F	A	D	Pts
1 Junior Reds Roses	7	6	0	1	34	8	26	18
2 Tun Wells Foresters 2nd	6	5	0	1	31	6	25	15
3 Kings Hill	4	3	1	0	31	2	29	10
4 Guru Nanak	5	3	1	1	24	5	19	10
5 Chipstead	4	2	1	1	12	9	3	7
6 Long Lane	5	1	1	3	3	19	-16	4
7 New Ash Green	7	1	1	5	7	33	-26	4
8 Orpington	5	1	0	4	5	24	-19	2*
9 Ide Hill & Sundridge	7	0	1	6	3	44	-41	0*

KENT COUNTY - PREMIER DIVISION

	P	W	D	L	F	A	D	Pts
1 Minster	15	12	2	1	42	17	25	38
2 Red Velvet	14	10	1	3	37	15	22	31
3 Fleetdown United	15	9	2	4	42	18	24	29
4 Stansfeld (O&B)	14	9	1	4	28	19	9	28
5 New Romney	13	8	2	3	27	18	9	26
6 Chipstead	14	8	1	5	29	19	10	25
7 Hawkinge Town	17	6	7	4	28	30	-2	25
8 Halls AFC	16	7	1	8	38	24	12	22
9 Borden Village	12	6	3	3	19	14	5	21
10 Tenterden Town	13	5	4	4	27	25	2	19
11 Peckham Town	15	6	1	8	22	23	-1	19
12 Ide Hill	15	5	3	7	25	29	-4	18
13 Kings Hill	16	3	1	12	18	41	-23	10
14 Ten-Em-Bee	14	2	1	11	14	52	-38	7
15 Otford United	13	2	0	11	17	39	-22	6
16 Bromleians	14	0	4	10	9	39	-30	4

KENT COUNTY - DIVISION ONE EAST

	P	W	D	L	F	A	D	Pts
1 Ashford FC	13	11	0	2	39	18	21	33
2 Greenways Aces	13	9	1	3	39	15	24	28
3 Cuxton 1991	10	9	0	1	35	11	27	27
4 Sturry	12	9	0	3	42	20	22	27
5 Snodland Town Reserves	12	8	1	3	33	18	15	25
6 K Sports Reserves	13	6	0	7	19	26	-7	18
7 Hollands & Blair Reserves	13	6	2	5	29	24	5	14*
8 Whitstable Town Reserves	15	4	2	9	27	37	-10	14
9 Guru Nanak	10	4	2	4	17	18	-1	11*
10 Rusthall Reserves	9	3	0	6	16	19	-3	9
11 Rochester City	13	3	0	10	22	36	-14	9
12 Woodnesborough	12	3	0	9	11	33	-22	9
13 West Farleigh	13	0	0	13	9	63	-54	0

KENT COUNTY - DIVISION ONE WEST

	P	W	D	L	F	A	D	Pts
1 Bexley	12	10	0	2	39	15	24	30
2 Metrogas	12	9	1	2	34	11	23	28
3 Welling Park	14	8	3	3	34	15	19	27
4 Club Langley	10	6	3	1	22	13	9	21
5 Danson Sports	10	6	2	2	36	20	16	20
6 Crayford Arrows	11	6	1	4	30	14	16	19
7 Equinocial	12	6	0	6	33	29	4	18
8 Sporting Club T'mead Res.	11	6	0	5	27	27	0	18
9 Bridon Ropes Reserves	14	4	1	9	20	44	-24	13
10 Long Lane	8	3	3	2	16	8	8	12
11 Belvedere	14	1	4	9	12	34	-22	7
12 South East Athletic	12	0	2	10	16	51	-35	2
13 Crockenhill	12	0	2	10	11	49	-38	2

KENT COUNTY - DIVISION TWO EAST

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ENGLAND RUGBY NATIONAL LEAGUE 2 EAST

	P	W	D	L	+/	B	Pts
1 Blackheath	13	11	0	2	407	12	56
2 Old Albanians	13	10	0	3	96	10	50
3 Barnes	14	9	0	5	131	12	48
4 Dorking	13	9	1	3	112	9	47
5 Worthing	13	9	0	4	96	11	47
6 Henley	14	9	0	5	64	10	46
7 Tonbridge Juddians	14	9	0	5	73	8	44
8 Bury St Edmunds	13	8	0	5	4	8	40
9 Guernsey	14	5	1	8	57	11	33
10 Rochford Hundred	14	4	0	10	-202	10	26
11 Canterbury	14	4	0	10	-51	8	24
12 Sevenoaks	14	3	2	9	-105	8	24
13 North Walsham	13	3	0	10	-226	3	15
14 Westcliff	14	0	0	14	-456	4	-1*

ENGLAND RUGBY REGIONAL 1 SOUTH EAST

	P	W	D	L	+/	B	Pts
1 Westcombe Park	14	14	0	0	289	12	68
2 Colchester	15	9	1	5	73	12	50
3 Tring	14	10	1	3	52	5	47
4 Shelford	14	9	1	4	18	6	44
5 Tunbridge Wells	13	8	0	5	44	5	37
6 Bedford Athletic	14	5	1	8	3	10	32
7 Harpenden	14	4	2	8	-37	9	29
8 Sudbury	14	5	0	9	-38	8	28
9 CS Stags 1863	14	5	0	9	-1	12	27
10 Hertford	13	4	0	9	-144	5	21
11 Sidcup	13	4	0	9	-133	4	20
12 Medway	14	3	0	11	-126	4	16

ENGLAND RUGBY COUNTIES 1 KENT

	P	W	D	L	+/	B	Pts
1 Old Alleynians	13	11	0	2	270	9	53
2 Charlton Park	13	10	0	3	74	6	46
3 Becehamian	13	9	0	4	147	10	46
4 Bromley	13	9	0	4	106	6	42
5 Ashford	14	9	0	5	65	5	41
6 Heathfield & Waldron	13	8	0	5	14	7	39
7 Cranbrook	12	8	0	4	104	6	38
8 Deal & Betteshanger	14	6	0	8	-29	7	32
9 Thanet Wanderers	13	4	0	9	-201	2	18
10 Folkestone	14	3	0	11	-206	6	18
11 Crowborough	13	2	0	11	-181	3	6*
12 Aylesford Bulls	13	0	0	13	-163	6	6

ENGLAND RUGBY COUNTIES 2 KENT

	P	W	D	L	+/	B	Pts
1 Sevenoaks II	14	11	1	2	155	8	55
2 Canterbury II	13	10	0	3	255	10	51
3 Dover	13	10	0	3	236	11	51
4 Sidcup II	13	9	0	4	114	7	43
5 Park House	12	7	0	5	126	8	36
6 Gillingham Anchorians	14	6	1	7	2	8	34
7 Old Dunstonians	14	6	0	8	2	1231*	
8 Vigo	13	6	0	7	-127	5	29
9 Westcombe Park II	12	5	0	7	-26	7	22*
10 Hastings & Bexhill	13	4	0	9	-77	5	21
11 Maidstone	12	3	0	9	-182	6	18
12 Southwark Lancers	13	0	0	13	-478	0	0

ENGLAND RUGBY COUNTIES 3 KENT

	P	W	D	L	+/	B	Pts
1 Medway II	10	9	0	1	325	8	44
2 Dartford Valley	10	9	0	1	240	7	44
3 Faversham	11	7	1	3	147	6	36
4 Old Alleynians II	11	7	1	3	71	6	36
5 Old Elthamians II	12	7	0	5	101	6	30*
6 Gravesend II	9	6	0	3	-65	2	28
7 Whitstable	12	4	0	8	8	7	23
8 New Ash Green	11	2	0	9	-77	7	10*
9 Fooths Cray	10	0	0	10	-428	3	3
10 King's College Hospital	12	2	0	10	-322	4	2*

ENGLAND RUGBY COUNTIES 4 KENT

	P	W	D	L	+/	B	Pts
1 Tonbridge Juddians III	11	11	0	0	418	9	54
2 Sittingbourne	11	9	0	2	296	6	43
3 Cliffe Crusaders	11	8	0	3	149	6	38
4 Brockleians	11	8	0	3	62	5	37
5 Sheppey	11	7	0	4	237	9	37
6 Old Williamsons	11	8	1	2	128	4	35*
7 Dartfordians II	11	6	1	4	61	7	33
8 Old Gravesendians	11	6	0	5	114	7	32
9 Lordswood	11	4	0	7	-107	5	22
10 Sidcup III	11	4	0	7	-223	3	19
11 Becehamians II	11	2	0	9	-220	3	11
12 Weaving Warriors	12	2	0	10	-293	3	6*
13 Askean	12	1	0	11	-291	2	1*
14 Greenwich	11	1	0	10	-331	2	1*

KENT RUGBY INVICTA A

	P	W	D	L	+/	B	Pts
1 Tunbridge Wells II	9	9	0	0	274	0	36
2 Medway III	6	4	0	2	-8	1	19
3 Cranbrook II	6	4	0	2	4	0	18
4 Canterbury III Dev.	6	3	0	3	68	2	17
5 Old Colfeians II	7	2	0	5	-33	3	16
6 Sevenoaks III	7	2	0	5	-76	0	13
7 Beckenham A	6	2	0	4	-76	1	11
8 Aylesford Bulls II	7	1	0	6	-153	0	9

KENT RUGBY METROPOLITAN B

	P	W	D	L	+/	B	Pts
1 Guys, Kings & St Tho.	5	4	0	1	73	0	17
2 Old Alleynians B	4	4	0	0	109	0	16
3 Swanley	5	2	0	3	17	2	13
4 Beckenham B1	3	2	0	0	57	0	9
5 Charlton Park II	3	1	0	2	-16	1	7
6 King's College II	4	1	0	3	-115	0	7
7 Southwark Lancers III	3	1	0	2	-40	0	6
8 Bexley	1	1	0	0	22	0	4
9 Dartford Valley II	4	0	0	4	-107	0	4

KENT RUGBY RURAL 4

	P	W	D	L	+/	B	Pts
1 Rye	7	6	0	1	199	1	26
2 East Peckham & P'Wood	7	5	0	2	130	3	25
3 Folkestone II	7	5	0	2	95	0	22
4 Ashford Barbarians	6	3	0	3	32	1	16
5 Leigh	7	2	0	5	-101	0	13
6 Vigo II	7	2	0	5	-118	0	11
7 Gravesend III	5	2	0	3	-79	0	9
8 Canterbury IV Deacons	6	1	0	5	-158	1	8

KENT RUGBY RURAL 5 WEST

	P	W	D	L	+/	B	Pts
1 Edenbridge	8	7	0	1	222	1	30
2 Tunbridge Wells III	8	7	0	1	193	0	29
3 Aylesford Bulls III	8	4	0	4	10	0	19
4 Gravesend IV	7	4	0	3	-9	0	18
5 Maidstone Mustangs II	7	3	0	4	-21	1	17
6 Old Gravesendians II	7	3	0	4	-37	1	16
7 Lordswood II	8	2	0	6	-154	0	13
8 New Ash Green II	6	1	0	5	-100	2	10
9 Sheppey II	5	1	0	4	-104	0	8

ENGLAND HOCKEY MEN'S DIVISION 1 SOUTH

	P	W	D	L	F	A	D	Pts
1 Southgate	9	9	0	0	47	1334	27	
2 Teddington	9	7	0	2	28	1810	21	
3 Old Loughtonians	9	6	0	3	30	1812	18	
4 Team Bath Buccaneers	9	5	2	2	20	15	17	
5 Canterbury	8	5	1	2	24	17	16	
6 Sevenoaks	9	4	0	5	15	17	12	
7 Brighton & Hove	9	1	2	6	17	32	15	5
8 Old Cranleighans	9	1	2	6	15	31	16	5
9 Oxford Hawks	9	1	1	7	11	31	20	4
10 University of Bristol	8	0	2	6	11	26	15	2

SOUTH EAST MEN'S PREMIER DIVISION

	P	W	D	L	F	A	D	Pts
1 Old Georgians 2nd	11	10	1	0	43	1033	31	
2 Holcombe 2nd	9	8	0	1	38	1424	24	
3 Tunbridge Wells	10	6	1	3	32	15	17	19
4 Sevenoaks 2nd	11	5	3	3	27	23	4	18
5 Woking	10	5	2	3	20	18	2	17
6 Aldershot & Farnham	10	4	2	4	22	17	5	14
7 Blackheath & Elthamians	10	4	2	4	21	18	3	14
8 Horsham	10	4	1	5	18	25	-7	13
9 Eastbourne	11	3	0	8	20	59	39	9
10 Lewes	10	2	1	7	17	29	12	7
11 Canterbury 2nd	10	1	2	7	15	31	16	5
12 Sittingbourne	10	1	1	8	13	27	14	4

SOUTH EAST MEN'S DIVISION 1 INVICTA

	P	W	D	L	F	A	D	Pts
1 Cliftonville	11	10	0	1	54	2925	30	
2 Old Williamsonian's 2nd	11	8	1	2	37	1423	25	
3 Blackheath & E'mians 2nd	11	6	3	2	38	1820	21	
4 Sevenoaks 3rd	11	6	3	2	28	17	21	
5 Tunbridge Wells 2nd	11	6	1	4	23	21	19	
6 Gillingham Anchorians	11	4	1	6	23	26	13	13
7 Folkestone Optimist 2nd	11	3	2	6	20	31	11	11
8 Canterbury 4th	10	3	1	6	26	31	5	10
9 Ashford 2nd	11	3	1	7	30	42	10	10
10 Sevenoaks 4th	10	3	0	6	16	13	10	
11 Canterbury 5th	11	3	0	8	23	38	15	9
12 Gore Court 2nd	11	2	2	7	18	35	17	8

SOUTH EAST MEN'S DIVISION 3 INVICTA

	P	W	D	L	F	A	D	Pts
1 Knole Park	11	9	1	1	76	21	55	28
2 Deal	11	8	3	0	50	23	27	27
3 Tunbridge Wells 3rd	11	6	3	2	38	24	14	21
4 Sutton Valence	11	5	4	2	37	21	16	19
5 Sevenoaks 5th	11	5	2	4	26	34	-8	17
6 Burnt Ash 3rd	11	4						

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SKI RESORT SAYS 'NO BUTTS'!

Travel Editor Frank Baldwin reports on Les Gets in France, and how they are cleaning up the area for a healthier and more eco-friendly experience for skiers.

Les Gets in France is aiming for a healthier and more eco-friendly experience for skiers, snowboarders, and resort staff by banning smoking.

The French ski area of Les Gets claims to be the first in Europe to ban smoking both on and off the slopes – except in five designated areas.

The ban came into force on 17 December and Benjamin Mugnier, who is in charge of the project, said: "We want to showcase our number one asset which is the clean air of the mountain. This is why thousands of people visit us every year."

Previously, more than 3,000 cigarette butts were collected annually in the Les Gets ski area, and it is estimated each one represents 150 substances, that are toxic to the environment, and nearly 4,000 pollutants. Butts also take 10 to 15 years taken to break down.

The resort had previously taken steps to minimise the problem by distributing free pocket ashtrays, but it has now announced the ban in order to drastically reduce this source of significant environmental pollution. Health was also taken into consideration as passive smoking on ski lifts and in queues affects other skiers and snowboarders, and particularly children.

Smokers will not be completely unwelcome in the resort. Five areas are being set up in the ski area to allow those who wish to have a 'cigarette break. They will be located at the top of ski lifts and marked by banners and equipped with ashtrays, made from recycled skis by the cooperative company Skitec.

The cigarette butts collected in the various smoking areas will be collected and recycled into energy, in partnership with the association Tree6clope.

Sagets, the company operating the Les Gets ski and leisure area, has set up a 'tobacco way out' programme for its employees.

Although tobacco-free ski areas have already existed for several years in North America, Japan, and New Zealand, Les Gets claims its initiative is a first in Europe. With this initiative, the resort is consolidating its status as progressive, at the forefront of societal issues.

The new by-law took effect from December 17, 2022, the official opening date of the ski area, and is valid up to the end of the season. The 'zero butt' approach will be in operation in the village all year round. Once the impact of the new initiative has been assessed, the smoking ban could be extended to the mountains during the summer season.

Gendarmes and local police will have the power to fine people if they smoke or throw a cigarette butt in the snow.

Supporters get behind the 'territory without cigarette butts' initiative

The 'Tobacco-free Ski Area' is part of the wider 'Les Gets, territory without cigarette butts' initiative to fight pollution related to cigarette butts thrown on the ground.

Every year during the 'clean mountain' citizen's day, the presence of cigarette butts remains a significant problem among the waste collected by volunteers. In 2022, more than 3,000 butts were collected on the ski area and



The French ski area of Les Gets claims to be the first in Europe to ban smoking both on and off the slopes – except in five designated areas. Credits: Les Gets.

in the village, in just one day. Approximately 25,000 tonnes end up in the wild every year in France. Starting this winter, any cigarette butts deposited in the ashtrays of the rubbish bins of the village of Les Gets, as well as in the ashtrays in the five designated smoking areas, will be collected and stored at the Municipal Technical Centre.

They will be collected at the end of the season by the environmental protection association Tree6clope, a registered charity. The butts will be recycled at a local UVE (Energy Recovery Unit). 75% of cigarette butts are collected from businesses (bars, restaurants, snack-bars, hotels, shops...) Les Gets is

encouraging them to join the Tree6clope association, which acts on a daily basis to create an area with no cigarette butts on the ground.

The goal is for each establishment to store the cigarette butts in a container provided to them, before they are collected at the end of each season by the association. The latter is also in charge of producing a map of the members at the resort which will be posted on the website of the town hall to promote this approach to the public, as well as a certificate of collection and a communications kit to display the commitment of the businesses.

The Mountain Riders association is supporting Les Gets' 'Tobacco-free Ski Area' approach. Other supporters include the League Against Cancer through the 'Spaces without Tobacco' scheme and Alcome, the eco-organisation for the reduction of cigarette butts in public spaces.

Les Gets: one resort, seven ways to ski

With exceptional sunshine, snow cover and panoramas, the resort of Les Gets has so much to offer you! Less than an hour from Geneva, between Lake Geneva and Mont-Blanc, this little corner of paradise offers unique features in the heart of the fabulous Portes du Soleil ski area.

To find out more about Les Gets and all the resort has to offer, please visit their tourism website at www.lesgets.com.





AN AUTONOMOUS STYLE OF SPORTS PARENTING: THE WAY FORWARD?

Gordon MacLelland, founder of Working with Parents in Sport, looks at autonomous parenting and asks if it is the way forward.

With latest research suggesting a far happier and more successful time for children when their parents lean towards a more autonomous style of sports parenting, we thought we would investigate a bit further.

Autonomous parenting pulls together principles from positive child development theory and practice and gives parents a style to reflect on when making decisions about child development and behaviour.

Autonomy is typically defined as functioning independently without control by others; however, autonomy is not just about allowing your child to be totally independent. It is about parenting in a way that a child feels comfortable to be their self and are comfortable in their own body.

The reality upon digging deeper is that most parents will manoeuvre between parenting styles depending on the situation or context. What may well work for you with your eight-year-old may well be very different by the time they are a teenager.

However, if the research suggests this may be the way forward then how can we implement it with our own sporting children:

Provide acceptance: children are loved and accepted unconditionally

This is probably the most important of all of these. We must recognise that our children should not be defined or valued based upon their sporting prowess. Their value should be on how they are as human beings and not what they achieve in the sporting arena.

Help your children feel competent: our children need to know they are having a positive impact on their world

As parents I am confident that we all want to raise happy, confident and multi-faceted young people. Rather than judge them purely on the outcomes of what they achieve, can you celebrate those moments when you see great elements in their character and approach. Sometimes in sport, it is all too easy to get sucked into the outcome game and done too often we soon send the message to our children that this is all that we really value. If you see your child working hard, showing determination,

being a good teammate or being creative then let them know that you have seen it. Discuss it and celebrate it with them.

Support your children in achieving independence: your child has a sense of control, as opposed to feeling like they are being controlled by you

Obviously in their early days we have a more prominent role to play in our parenting, perhaps pushing our children towards a number of different sports and activities. However, as time goes on and our children start to find what is fun for them, we need to be able to step back and allow them to pursue what they truly love. We often challenge parents to ask their children what really motivates them when it comes to their sport? Armed with this information it then allows us to take on more of a supportive role.

Asking our children what their goals are when it comes to their sport is also key. Children can have very different goals than their parents and a healthy conversation around this topic will help ensure that you have shared goals ensuring a far more positive experience for both parties.

As time moves on and our children get older, helping them learn key life skills and giving them greater ownership around things such as the organising of kit, the type of food they eat, the amount of sleep they need and the balancing of all the different things they have going on in their life all lends itself to them taking ownership of their own sporting experience.

Treat your child like a unique person: every child is different and should be treated as unique and special

Every child is on their own unique journey. Particularly in a sporting context it is easy to make comparisons with other children. This is not always a great approach, but it can be understandable why we do it. We know that there are many discrepancies during these early sporting experiences. Some children are well ahead of the game due to the amount of time they may have spent practising a specific sport or they may be physically and emotionally more developed for their age. We have to accept as parents that there

will always be someone better. However, our children need to understand more that they must not compare themselves to others! They can enjoy playing with these players, competing against them and indeed even learning from them but they must never feel a failure or threaten to walk away from a sport just because they are not as good as someone else. We play a key role in getting this message across.

Support your child in being compassionate towards themselves

Children should not be too tough on themselves, encourage them not to dwell on the past or on things that may have not gone according to plan. Mistakes and failure will always be part of growing as an individual, but these should be merely seen as opportunities to learn. You can certainly help this by not being too hard on yourself as a parent when you make a mistake. Having conversations with our children and speaking to them about some of our own failings will certainly help with this part of the process. Taking on the above approach will go some way to helping create happy and independent young people.



Gordon MacLelland is the CEO and founder of Working with Parents in Sport, which supports parents and coaches in working together to provide children with the best possible sporting experiences. To find out more about their work please visit www.parentsinsport.co.uk.



TONBRIDGE ANGELS IN DESPERATE NEED OF WIN AS CLUB EXTEND NEGATIVE STREAK

Tonbridge Angels haven't managed to win a match in the Vanarama National League South since early December when they despatched Eastbourne Borough 3-0 at their Halcyon Wealth Longmead Stadium. The Angels currently sit in 11th place after 13 games played so far, and are just eight points from the playoff spots but also just 11 points ahead of the drop. A great moment presented itself at the start of January for the club when Tonbridge soared into a 3-0 lead against struggling Slough Town before halftime. Jordan Greenidge (2) and Devonte Aransibia with the goals. With a run of three consecutive league defeats immediately behind them, Angels fans would have seen this as an opportunity to get back to winning ways. However, those intrepid supporters were once again let down as Tonbridge slumped in the second half to finish the match with a 3-3 draw. Slough were always looking the likelier to add to the scoreline and they produced a number of efforts without reward, but it was simply a prelude to what was to happen next. Slough might have even harboured thoughts of winning the game but in the end the drama was over with Tonbridge wondering how they had let a 3-0 half time lead slip.



Tonbridge Angels home ground, The Halcyon Wealth Longmead Stadium pictured in August after their new (3G) artificial playing surface had been laid. Credit: Twitter.com/tonbridgeangels.

After the match, Angels manager, Jay Saunders, didn't hold back with his post match comments: "I'm very disappointed with the end result. Quite honestly it feels like a defeat. When you are 3-0 up at the break and playing at home, then you must see the game out. We've scored goals, yes, but it's our defensive duties that have let us down."

Come what May

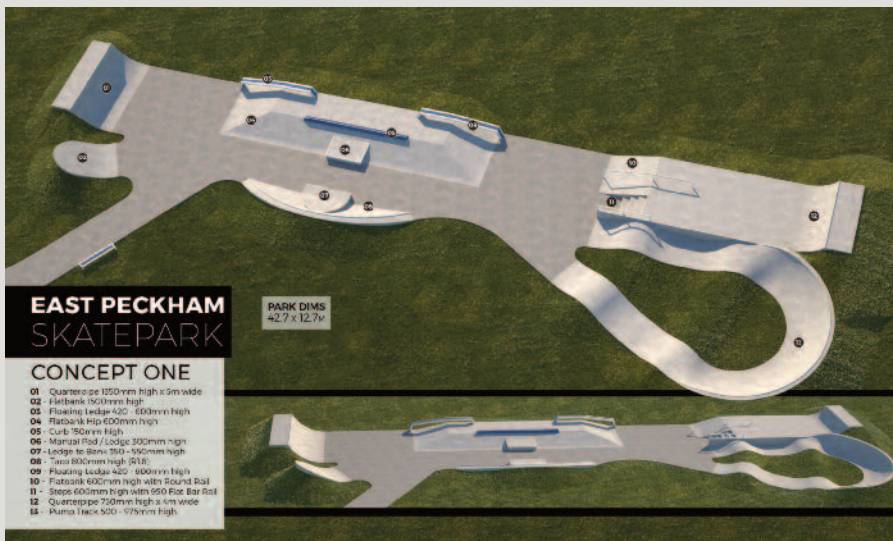
In the immediate future, Tonbridge travel to St Albans City (Jan 14) and Hampton & Richmond Borough (Jan 21)

before hosting three home fixtures on the bounce: Dover Athletic (Jan 24); Braintree Town (Jan 28) and Worthing (Feb 4).

And with anything less than a couple of wins from those five matches, it will leave supporters wondering if their season is already over, with mid-table obscurity looking the most likely. However, with players staying fit and a good run from them at this stage in the season, it should see them propelled into the Vanarama National League playoffs come May.

EAST PECKHAM SKATE PARK GETS GREEN LIGHT

Concrete Wave has raised over £103,000 for a new skate park in East Peckham with more coming soon according to the company's Founder JD O'Brien. JD commented on the project, saying: "We have successfully raised over £103,000 for the project in East Peckham, after which we plan to fundraise for, and build, a running track, two new tennis courts and a basketball court. "Alongside the sports facilities, we also plan to rebuild the path and clean the nearby stream to give kids access to the wheeled sports park and a nice place to do some dipping."





YOUTH SPORTS CLUBS PART OF GROUPS TO BENEFIT FROM NEW COUNCIL FUNDING

It was announced in December that Tonbridge and Malling Borough Council's bid for a £1 million slice of the government's UK Shared Prosperity Fund had been successful.

The fund was created to support town centres, local businesses, community groups and environmental initiatives.

It's a key plank of the government's nationwide 'Levelling Up' policy.

The cash will be allocated in three phases between now and 2025. The first of these will be for over £98,000 to invest in projects across the borough by March 2023, including:

- Youth sport clubs and organisations
- Mobile CCTV cameras in anti-social behaviour hotspots
- Improvements to Tonbridge town centre – including signage and regeneration
- Adapting leisure centre systems to reduce carbon emissions

- Setting up a West Kent Business Support Programme

The council will be expected to deliver each year's plan before receiving funding for the next and will have the opportunity to adapt its plans to reflect new priorities over the three years.

Further projects lined up for years two and three include community grants, environmental initiatives and schemes to help the unemployed into work.

Cllr Matt Boughton, Leader of Tonbridge and Malling Borough Council, said:

“Winning approval for our plans is great news and means we can get started on delivering benefits for our borough. A key aim of the UK Shared Prosperity Fund is to build a sense of pride in our communities and I'm confident that by investing in young people, supporting business and improving our town centres we can make a big impact.”

“

I'm confident that by investing in young people, supporting business and improving our town centres we can make a big impact.”

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PREMIER CHAMPIONS LOOKING FOR NEW MANAGER

FC Revo, the reigning Sevenoaks and District Premier Division Champions, are looking for someone to come onboard and join the club as their new manager. The successful candidate should be available to run and be responsible for weekly training sessions on Tuesday evenings, match days on Saturday afternoons and ideally will hold an FA Level 2 coaching qualification with previous experience of managing a grassroots football club. FC Revo were founded and first affiliated

in 2009 and are based in Tunbridge Wells, training and playing on the fantastic 3G pitch at St. Gregory's School. The club have competed in the Sevenoaks Premier Division since 2017 and hold ambitions of entering the Kent County Football League. With a playing squad of 22 players, the manager will have access to video highlights and analysis from the club's VEO camera and will be supported by an engaged club committee who manage the week-to-week administration of the football club itself.

If you are interested and would like to discuss this opportunity with the club, please email Jonny Ricketts, the Club Secretary at **secretaryfcrevolution@gmail.com** or by contacting them through their social media channels using the handles below, they look forward to hearing from you:
Twitter: **@fcrevo**
Facebook and Instagram: **@fcrevo**

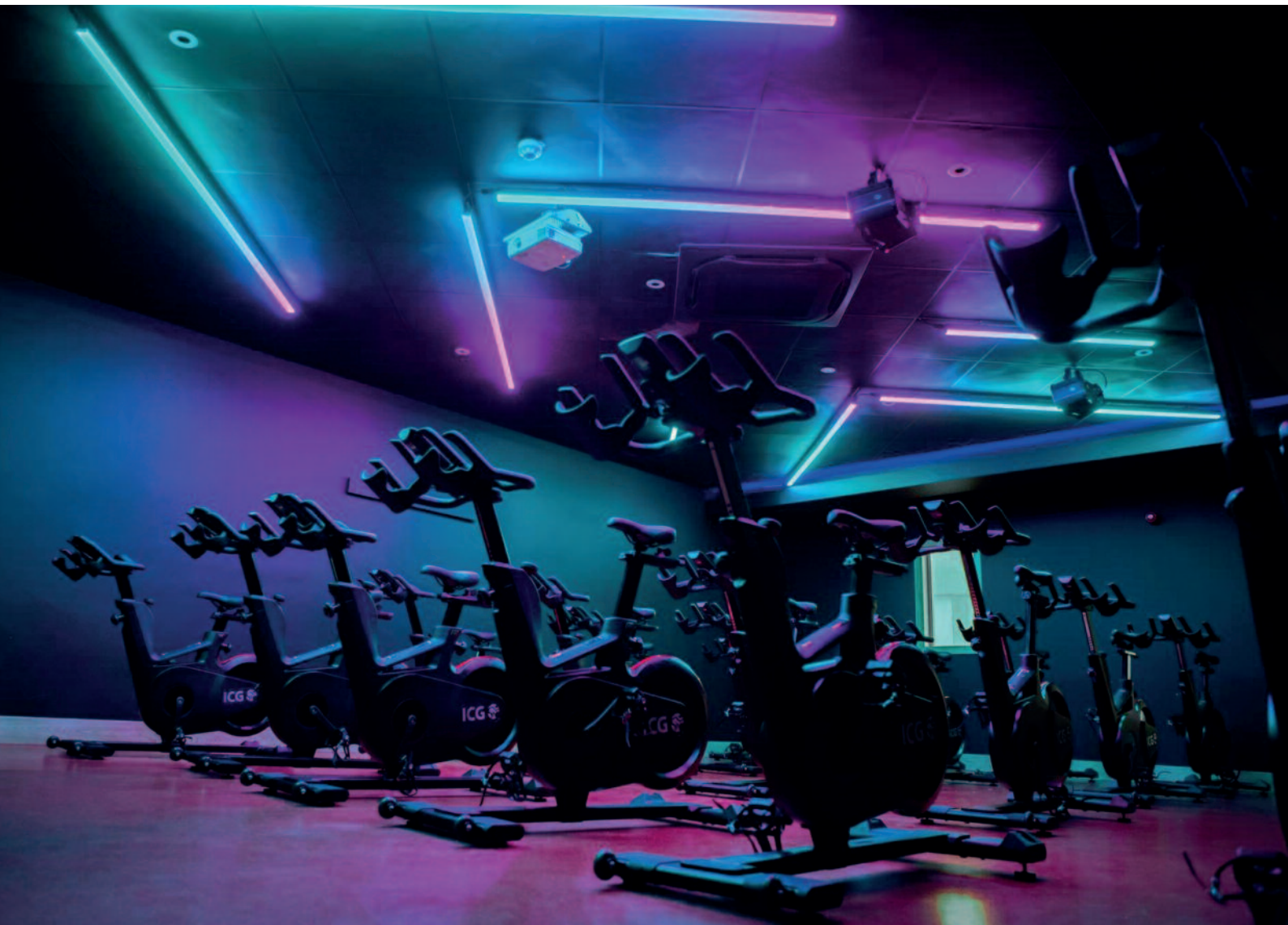
• More information about the club can be found on their website at **pitchero.com/clubs/fcrevolutiontonbridge**.

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REDISCOVER TUNBRIDGE WELLS SPORTS CENTRE - A KNOWN GEM!

In a new feature each month, we are looking at the area's local sports facilities - we start at the Tunbridge Wells Sports Centre.

Think you know Tunbridge Wells Sports Centre? With innovation, affordability and convenience being the main requirements of all people who want to workout, these criteria place Tunbridge Wells Sports Centre at the top of the table and a decent contestant that deserves our attention.

Owned by Tunbridge Wells Borough Council and operated by Fusion Lifestyle, Tunbridge Wells Sports Centre has got a whole range of fantastic facilities on offer including a large swimming pool, all the latest gym and fitness equipment, an extensive programme of group

exercise classes, four indoor tennis courts, three squash courts, indoor sports courts for hire, indoor cycling studio, kids soft play area, a lovely café and high-spec changing rooms for all activities.

Tunbridge Wells Sports Centre is a popular local gym which is frankly huge in size and offers something for everyone.

All in all, Tunbridge Wells Sports Centre is a conveniently situated facility, it boasts equipment and programmes that most people would definitely find challenging and most importantly its fees are in tune with people's tight budgets right now.

The facilities

With a newly refurbished gym, the Tunbridge Wells Sports Centre has over 100 separate exercise stations providing the opportunity for a great workout in the comfort of a spacious and cool training area.

The cardio theatre is separated from the resistance room, which offers equipment for both lower and upper body and there is also a well-equipped free weights area, as well as space for warm ups and stretching.

The swimming pool at the centre offers an alternative way to work out, plus they run over 50 exercise classes every single week, catering to complete beginners as well as those who are advanced in their chosen class. Classes include a wide range of activities from yoga and pilates to 50+ aerobics. Busy parents can also make use of the on-site, (independently run) nursery, which is open between 8.00am and 6.00pm, to ensure they get the workout they need whilst knowing the kids are safe.

Local swimming clubs

Royal Tunbridge Wells Monson Swimming Club and Tonbridge Swimming Club both utilise the wonderful pool facilities at present, and whether you are a newcomer, an improver or a competitor, both clubs are always on the look out for new members. Both clubs offer Masters swimming, with RTW Monson also providing Para-Swimming and Water Polo too.



The free-weights area in the newly refurbished Tunbridge Wells Sports Centre gym is spacious and air-conditioned for your comfort.

How to find them?

Tunbridge Wells Sports Centre is centrally located next door to the Tunbridge Wells Boys Grammar School on St Johns Road. It is accessible by a huge number of bus routes, over 20 in total, including the 233 route (Edenbridge – Tunbridge Wells) and 77 (Kings Hill – Tunbridge Wells). High Brooms train station is also accessible within walking distance. If travelling by car, they have plenty of free parking spaces too.

Current offers at the centre

Tunbridge Wells Sports Centre are currently offering you the chance to

take advantage of their '2 Months or 2 Weeks Free' offer. Further information can be found on their website at fusion-lifestyle.com/centres/tunbridge-wells-sports-centre.

About Fusion Lifestyle

Fusion is a highly experienced sports and leisure organisation. As a registered charity, Fusion reinvests to improve and develop what's on offer in your community. In addition to the Tunbridge Wells Sports Centre, Fusion also operate Putlands Sports and Leisure Centre in Paddock Wood and The Weald Sports Centre in Cranbrook.



Tunbridge Wells Sports Centre's swimming pool is used by both RTW Monson and Tonbridge Swimming Clubs. Image: Everyday Active.

SPOTLIGHT: TUNBRIDGE WELLS FORESTERS FC

As part of our spotlight series on clubs in West Kent, we talk to Tunbridge Wells Foresters FC Chairman, Stuart Newman.



Tunbridge Wells Foresters Football Club exists to 'teach people of all ages and abilities how to play football, and play it well'. Credit: Charlotte Hambidge-Betts

Since it was established in 1982, Tunbridge Wells Foresters Football Club has grown to be the largest FA community affiliated club in Tunbridge Wells. The name 'Foresters' does actually have connections with Nottingham Forest Football Club, as the club's first manager was a huge forest fan and after writing to them, the club kindly donated him some old green playing kit, along with some red shirts - which has always been a home colour. A story not too dissimilar to that of Arsenal and Nottingham Forest, some 96 years before.

Tunbridge Wells Foresters FC is a fully accredited FA Charter Standard Club, and this season (2022/23) currently has 49 teams from U7 minis football, through to adult men and women sides, and in addition a development squad that offers football to both girls and boys in Reception (U5) and Year 1 (U6). The club have teams playing in seven separate senior and junior leagues; the South East Counties Women's Football League (SECWFL), the Sevenoaks & District Football League, the Kent Youth League, the Crowborough & District Junior Football League, the Sussex Sunday Youth League, the Kent Girls & Ladies Football League and the Mid-Sussex Youth Football League. The club's philosophy is to offer 'football for all' which encompasses teams playing in the lowest division of the local leagues up to their Ladies 1st XI playing in the Premier Division of the SECWFL.

We asked Stuart when he first got involved with Foresters

SN: "My involvement with Foresters began back in 2008 as a humble parent standing on the side-lines watching my son start with our amazing development squad. I made the fatal mistake of passing the ball back to the coach at the time, with the immortal words: "Looks like you played before - bring your boots next week and give us a hand".

"I didn't know then that nine of those young boys also training that day, would stay with the club and be a part of our U18s that finished in 2021, which I had the pleasure of managing for 11 years. Great lads and amazing memories.

"When I got involved the club was a bit

disjointed, and I offered to help the committee by becoming Vice-Chair in 2012. The then chair stood down, so I have been proud to be Club Chairman since then - making this my 10th year." As well as being Club Chairman, Stuart also manages the women's second XI team, who play in Division 2 West of the SECWFL, currently sitting comfortably in second position.

"When our U18s naturally finished in 2021, I was offered a few other roles to coach or manage other club's senior teams, which was tempting, there was also the opportunity to retire from coaching and managing teams. "But in July 2021 after a conversation with our Ladies 1st XI manager, he asked if I would be interested in coaching woman and girls 16+ new to the game and interested in playing football.

"After managing and coaching both men's senior and boys football, it was a brilliant opportunity, and I was so encouraged by the talent, eagerness and enthusiasm when 10 ladies turned up for our first ever session.

"By the end of August 2021 we had 20 players keen to play, so we managed to arrange a local friendly and got accepted into the SECWFL. Our first ever game was against Ide Hill with the ladies playing in kit that was hastily pulled together, that probably had a dozen sponsors names on it. We amazingly came away with a 2-1 win."

How have you found women's football and people's perceptions of women's football change recently?

SN: "My personal perception that women's football was developing and growing was incorrect - the talent was always there, but was never encouraged. It's amazing to see my own team develop in just 18 months, with the club also looking to add a third women's team for next season."

One club for all!

The club's ethos is that, first and foremost, Tunbridge Wells Foresters Football Club exists to 'teach people of all ages and abilities how to play football, and play it well'. Football is a very competitive game that fosters within its participants the desire to not only be the best they can possibly be, but also to be winners.



Tunbridge Wells Foresters Football Club, circa 1982, in their Nottingham Forest kit, which was kindly donated by the club to get them started.

Foresters embrace that winning philosophy, however, they also teach that football is also about having fun, learning new skills, being part of a team and making friends.

Tunbridge Wells Foresters now have over 770 registered players along with 70+ qualified FA coaches who are all DBS checked, with safeguarding and first aid qualifications. All the coaches are volunteers and dedicate so much time developing local football talent. This season, the club is the only one in West Kent to have two male and two female adult teams, offering progression from junior to adult football, with a few 16- and 17-year-olds, both male and female having made their senior football debuts already.

SN: "We are extremely proud to be able to offer true progression from juniors to seniors at Foresters, for both boys and girls. Our U11 girls were able to lead out our Ladies First XI women in their FA Cup game against Dulwich Hamlet recently, which our youngsters found truly inspiring."

Can you tell me how the club has developed and grown in recent years?

SN: "Since 2012 the club has basically grown over 100%, adding girls and women's teams, and personally we have become more of a club than a franchise. It's important to acknowledge that without the support of the whole club,

the coaches and volunteers and our dedicated committee members, Colin, Kylie, Mario, Jonathan and Adam, we wouldn't be where we are now."

A brighter future

Moving forward and looking at the long term success of the club, their main aim is to secure a long-term lease from Tunbridge Wells Borough Council (TWBC) at their main home ground, which is located at the Bayham Sports Ground. Securing a long-term lease would mean the club would be able to invest in facilities at the ground that would hugely benefit the hundreds of local players, coaches, parents, and volunteers within the club, and help to inspire more of the local community to join, encouraging healthy life choices, which in turn will significantly benefit the whole community.

SN: "We are working with TWBC to find a long term solution for the club so that we can have a proper home and we really hope that after two years of conversations, 2023 finally sees progress. Bayham is the big project, TWBC know what is required. The Football Foundation like our plans, it just needs willingness to push to the next stage. With four senior teams it would be good to see the Men's 1st XI playing at Kent County level and the Ladies 1st XI getting promoted into the London and South East Regional Women's League."

SOUTHBOROUGH CYCLE CLUB MEETS COUNCIL LEADER

At the end of last year, Tunbridge Wells Council Leader Ben Chapelard welcomed Simon Miller from Southborough and District Wheelers Cycling Club to the Town Hall. The informal meeting was an opportunity for the two to discuss local cycling issues, and for Ben to learn about the club's history in its 90th year. Speaking after the visit Ben said:

"Meeting Simon was a real pleasure. It's amazing to think that the cycling club has been going for 90 years. It was good to hear about how they've been marking their anniversary, and to get the club's views on cycling locally."

During the visit Simon presented the council with a framed poster marking the club's 90 years.

As part of their anniversary celebrations the club organised the very successful Tunbridge Wells Cycling Festival held in Calverley Grounds, in June, which was supported by the council.

Simon, a Wheelers committee member and one of the festival organisers, said: "As one of the largest cycling clubs in



the South East with a fantastic history, we were delighted to be able to celebrate our anniversary along with other local clubs including The Kent Velo Girls, The Tunbridge Wells Tri Club and Loop Cycle and Social. Between us, we really do have a very active cycling community in Tunbridge Wells catering for different levels and interests from

youth riding to on-road and off-road social riding and racing. It was great to be able to showcase this with such great support from the council."

- To find out more about the Southborough and District Wheelers and their fantastic history, you can visit their website at www.sdw.org.uk.

NEW OUTDOOR GYM IN DUNORLAN PARK

The Mayor of Tunbridge Wells, Godfrey Bland, joined members of Tunbridge Wells Rotary clubs and the Round Table at the official opening of the outdoor gym in Dunorlan Park.

The event was hosted by Tunbridge Wells Rotary clubs and Royal Tunbridge Wells Round Table who kindly presented the equipment to the park to mark 100 years of Rotary in Tunbridge Wells.

Mrs Philippa Bernstein, President of the Rotary Club of Tunbridge Wells, welcomed special guest, former Kent and England cricketer Chris Cowdrey who cut the ribbon and declared the gym open.

Speaking afterwards Chris said: "I think it's incredible what Rotary do, and the fact that they've raised enough money for this amazing equipment is great. It gives an opportunity for so many people

to exercise and that's what it's all about, staying fit and healthy." The Mayor thanked both the Rotary and

Round Table for their fundraising efforts. You can find the gym near the children's play area in the park.



THE BRICKLAYERS ARMS

The Bricklayers Arms is just a short drive from Sevenoaks town centre and easily accessible from other parts of Kent, Sussex and Surrey from the A21 and M25. Despite being so accessible, we sit opposite a beautiful sailing lake in the picturesque village of Chipstead.

We serve Harvey's beer straight from the barrel, along with freshly prepared, good quality British pub food. You can be sure to warm yourself up this winter with one of our homemade pies and a pint of Harvey's Sussex Best Bitter by our roaring open log fire.

Every Tuesday evening at 8.00pm we host our ever popular Quiz Night, remember to book a table as it can get very busy. Plus Live Music on Friday's and Sunday's (please check our social media pages for up-to-date artists and times).

We are a Harvey's Brewery pub which maintains a 4.5 star rating on TripAdvisor. Darren and his team of staff look forward to welcoming you soon, so please do come down to see what you're missing! Eat, Drink, Relax and Repeat.



The Bricklayers Arms, Chevening Road, Chipstead, Kent, TN13 2RZ

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