

My healthy new lifestyle starts on the school run

WE ALL know how much pressure there is on women today to keep fit and stay healthy.

How do so many mums find the time to fit it all in and what is there locally for us busy mums for both mind and body?

I like to run, it helps me to clear my mind and appreciate the world around me. I am aware though that running is something that you need to build up to. I did this using the NHS Couch to 5k Podcasts. It's a weekly programme where you start from nothing and work your way up to being able to run 5k.

Walking however is an amazing way not only to burn calories but also to keep fit.

Have you tried the school run walking? This week the boys and I did just that, they scooted and I power walked behind them like a lunatic shouting, 'Slow down' and 'mind the man on the bike!' I was massively chuffed however to find that the walk there and back burnt just over 450 calories and meant I didn't have the normal stresses with parking (yes I hear you, don't get me started on Whitstable parking!)

We are lucky to have some fab local companies who embrace family fitness and health, one being Active Life who manage our local leisure centres.

WHITSTABLE mum-of-two Lucy Fisk gives an insight into where to go and what to do if you live in the Bubble and have small children



INTO THE WOODS: Lucy's sons travelling to school under their own steam

They offer family multi sports on the weekends and holidays so you can keep fit with the kids in tow.

This is reasonably priced and inside the Whitstable Sports Centre at the Community College which has great facilities as well as free ample parking.

They also offer a crèche for smaller children during the week at Herne Bay and

Canterbury for mums who want to do classes or use the gym. At £2.60 per hour for a member as well this is a very affordable option.

How about food? A nice healthy meal out with the children where you won't feel guilty for eating too much and filling them with rubbish?

Again we are massively lucky with local eateries and I have a couple of particular

favourites. In the town itself The Umbrella Cafe is a large family friendly eatery with a beautiful garden, activities for the little ones and locally sourced healthy food.

When speaking to Jo from the Umbrella Cafe she told me, 'For children, we offer half portions of any specials, locally made huffkin rolls filled with simple spreads or cheese on toast.'

They are all very affordable for parents and give them the choice of a proper balanced meal or something really quick and simple. There's a cupboard full of toys and books, a beautiful garden to have a run around in during the sunny months and we are just renewing our board game stock in time for winter so we'll have a range of games available for different ages.'

In Canterbury there is a new eatery creating quite a buzz.

The Skinny Kitchen is a great place for a healthy, fresh meal and they understand how to make healthy appeal to the children. Rachel Mason of the Skinny Kitchen told me that they aimed to get healthy food mixed in with more conventional meals for the little ones so things like their chocolate milkshake (made with dates), chicken and chips (made with sweet potato fries) and meatballs with zucchini pasta really appeal to little people's ideas of what to eat in a restaurant but with hidden vegetables!

They also have entertainment sheets created with a healthy food theme for the engaging young mind while they are eating. The fruit smoothies are fun and served in milk bottles with coloured straws.

How about for the mind? Mindfulness is a huge movement in today's busy world and is key for us busy mums to keep our minds as free from stress as possible. Whitstable has some amazing places to practice this including art classes at Bridge House Art's where the lovely Linda charges £10 per two hour session including all materials in her working studio on Oxford Street.

It's such a great way to unwind and express yourself and she also runs classes for children at the weekend so it encourages mindfulness for the whole family.

Knitting, crocheting and yarn bombing are also a tried and tested way of chilling out, to quote a mum at the boys school this week she said she found it therapeutic and that she actually had more patience with her children if she had her knitting in her hands.

Now I am more likely to stab myself with the needle and need an ambulance but I was massively intrigued. Whitstable Yarn Bombers meet monthly at the Umbrella Cafe and encourage anyone from beginners to experts to go along, have a chat and pick up your needles! The next meeting is on Friday October 7 between 9am and 12 noon.

The Umbrella Cafe in Oxford Street is open daily from 9-4, closed Wednesdays and open 10-5 at the weekends.

The Skinny Kitchen in St Peters Street, Canterbury is open daily from 9am-10pm.

Active Life's website, which includes all their timetables and crèche details, is at www.activelifeld.co.uk

■ FATAL ACCIDENT

Jailing coach driver served no purpose

IT WAS tragic that two people lost their lives in an horrific accident after a National Express coach hit a BMW on the A2050 last year.

However, jailing the coach driver, Pauline Camplin, in my opinion serves no practical purpose and is completely counter-productive.

Just as the families of Rachael Francis and Bryan Webster will never fully recover from the loss of their loved ones, Mrs Camplin will be suffering a lifetime's torment in her mind knowing that it was her actions which brought about their deaths.

Mrs Camplin received a four year prison sentence, but two years behind bars will ultimately achieve nothing for all concerned. She hadn't been speeding, wasn't high on drink or drugs and had a spotless ten year bus driving record. Why she briefly lost concentration and veered off into the opposite carriageway has never been established. Maybe she experienced a blackout of some kind or has an undiagnosed medical condition. All human beings are, after all, fallible.

Judge Adele Williams making a public example of Mrs Camplin by sentencing her to four years behind bars will not be able to force home any harder the grim reality of what happened that fateful day. That would already have been achieved at the time of the accident.

Clive Wilkins-Opler
Garlinge Green, Petham

■ OVAL CAMPAIGN

Moderates must restore sanity

SURELY there must be someone in the Whitstable Society who can see now is the time to withdraw gracefully ('Help us defend our open space', Your Views, September 14)

The sums of money being mentioned are, at best, unrealistic and, at worst, suicidal.

As with all organisations there are always those that want to take it that one step too far, their tunnel vision clouds their judgement, they want to be the martyr for their cause, the moderates must step in and restore sanity it may hurt for a while but you will live to fight another day.

John Ledger
By email

■ GRAFFITI

Vandals need re-educating

I TOTALLY agree with the person who raised the issue of graffiti in last week's Your Views.

It is totally unacceptable what is happening at the moment around all of Whitstable.

These vandals are painting on anything that they can destroy.

I have got to the stage that I hate walking down into Whitstable, as the graffiti increases every week, and this truly upsets me to see what they are doing and getting away with it.

The two railway bridges out of Whitstable to Seasalter are covered - I have reported this to Network Rail on numerous occasions but not a lot is done.

Why don't they paint them with paint that allows the graffiti to be removed easily and by anyone.

If I was a visitor coming to Whitstable I certainly would not be impressed by what I see and it is not the council/police and even the public step in and try and catch the culprits and make them clean up all graffiti in the area - they may think twice

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YOUR VIEWS



before doing it again.

They need educating in respecting other people's property.

I am sure I am not the only other person who feels this way and it would be nice for more people to write in and to make a statement on this issue.

Name and address supplied

TAXES

Don't punish the productive

CHRIS Weller is full of clever ideas of how to clobber the productive and resourceful via punitive taxes and over-bearing regulation (Letters, September 14) and is clearly exercised by the thought that some entrepreneurial activity may be going on under the radar of the beady eyed omniscient surveillance state of which he is a patent advocate.

The so-called black economy probably keeps the country afloat and it is infinitely preferable to people loafing around on welfare dutifully doing the State's bidding as inert recipients of tax funded benefit largesse.

The way to cut council tax and indeed national taxes, is to radically reduce the size of the parasitic non productive bloated sinecured state that has practically bankrupted the country with trillions of pounds of debt burdening and mortgaging generations yet unborn – not to punish the productive and inventive with yet more onerous taxation.

Nick Keating,
Whitstable

NEW HOMES

Consequences of housing explosion

ON TWO occasions during last week after visiting Sainsbury's and Tesco's it took me over half an hour to reach the Derby Arms traffic lights, which normally takes about five to seven minutes.

The reason being that I was completely gridlocked all the way down Margate Road and beyond because of the heavy volume of traffic.

My point is this, if we allow Mr (no facts) Mallon and company to get the go ahead to build 2,500 houses plus other buildings that we do not need, has anyone considered what that means to our already overcrowded roads, particularly

in the area mentioned.

There can only be one outcome and that is everything will come to a complete standstill; ie prohibiting the bus time table, delivery drivers, taxis etc and not forgetting the most important one, all the emergency services, from performing their daily duties.

Also what happens to all our essential services, ie water, electricity, gas etc etc. If Mr Mallon and Co get their way and erect all these dwellings, has anyone thought of the terrible consequences of such an explosion of this magnitude, I don't think so.

The only honest reason that Stone Hill Park want to get this contract is money. I say this because, I am sure that once all these structures are built you will not see or hear of the likes them again, and so leave us to pick up the pieces as usual.

To finish I would like to appeal to the Thanet Council and give their blessing and support to RiverOak for a DCO and get the compulsory purchase of Manston Airport.

A very disgruntled and upset OAP.

Mr P Graham

RAIL TRAVEL

Rail link restoration

I WAS delighted to read the letter in your edition dated September 14 from Richard West of the Chaucer Education Project in which he outlined the very strong case for the restoration of the link railway line at Harbledown.

Sadly in all of the current debates about the transport strategies needed to support the major schemes for new housing and student residences currently being planned, hardly any mention is made of the railway network and its capacity to ameliorate the ever increasing pressures on our local roads.

Mr West's observation about the interesting opportunities for a modern integrated transport network in East Kent is well made and the Harbledown link would facilitate the flexibility needed.

The arrival in Canterbury of the high speed trains and their ability to reach London in a shade over 50 minutes has led to a substantial increase in total commuter and visitor numbers.

Because the tortoise journey into Victoria is some 45 minutes slower than HS1 into St Pancras virtually all Canterbury-London travellers now use

PICTURE OF THE WEEK



This soothing picture was taken by Freda Clee at Seasalter beach.

Do you have a similarly stunning picture to share? Send it to newsdesk.times@KRNmedia.co.uk with "reader's picture" in the subject line

Canterbury West.

The impact on the city centre of so many extra passengers making their way to Canterbury West from Mountfield Park and Thanington has reopened the debate about a potential new Canterbury Parkway station.

My point is that a would be highly unfortunate if the case for the Harbledown Link got lost in the debate about Canterbury Parkway.

It can be constructed relatively cheaply long before a decision is made on the Parkway.

David Kemsley
Cowdrey Place, Canterbury

READERS' OPINION

Write to:

Your Views, Westcliffe House, West Cliff Gardens, Folkestone, Kent CT20 1SZ

e-mail newsdesk.times@KRNmedia.co.uk

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LOCAL INFORMATION

CHEMISTS

Canterbury: Asda, Sturry Road, Mon-Fri 9am to 10pm, Sat 9am to 9pm, Sun 10am to 4pm. Boots, 12 Gravel Walk, Whitefriars Shopping Centre, Mon-Sat 9am to 6pm, Sun 11am to 5pm. Boots, Ten Perch Road, Mon-Sat 8.30am to midnight, Sun 10am to 4pm. Boots, 29 Oaten Hill, Mon-Fri 9am to 6pm, Sat 9am to 1pm. Boots, Unit 2, St George's Centre, St George's Place, Mon-Fri 9am to 6pm, Sat 9am to 1pm. Bridge Pharmacy, 16 High Street, Bridge, Mon-Fri 9am to 1pm, 2pm to 6pm, Sat 9am-12.30pm. Eckersley, 2 Northgate, Mon-Fri 9am to 6pm, Sat 9am to 12.30pm. Morrisons, Ten Perch Road, Wincheap, Mon-Fri 9am to 9pm, Sat 9am to 7pm, Sun 10am to 4pm. Porter, 2B Hales Drive, Mon-Sat 7am to 8pm. Sainsbury's, Kingsmead Road, Mon-Sat 8am to 9pm, Sun 10am to 4pm. Sturry Pharmacy, 8 High Street,

Sturry, Mon-Fri 9am to 6pm, Sat 9am to 1pm. Superdrug, 23 St George's Street, Mon-Fri 8am to 5.30pm, Sat 8am to 6pm. United Pharmacy, 68 St Dunstan's Street, Mon-Fri 9am to 6.30pm, Sat 9am to 2pm. University Pharmacy (Cheadles) Giles Avenue, Mon-Fri 9am to 6pm.

Faversham: Emergency chemist: Sunday 10am till 4pm Tesco, Crescent Road, Faversham. 01795 567547.

Herne Bay: Boots, 116 Mortimer Street, Mon-Sat 9am to 5.30pm, Sun closed. Borno Chemists, 159 Station Road, Mon-Fri 9am to 7pm, Sat 9am to 6pm, Sun closed. Delmergate, 145 Reculver Road, Beltinge, Mon-Fri 9am to 5.30pm (closed for lunch), Sat 9am to 1pm, Sun closed. Delmergate, 269 Reculver Road, Reculver, Mon-Fri 8.30am to 5.30pm (closed for lunch), Sat and Sun closed. Delmergate, 38 Broomfield Road, Broomfield, Mon-Fri

9am to 6pm, Sat and Sun closed. Lloyds, 91 Sea Street, Mon-Fri 9am to 5.30pm, Sat 9am to 1pm, Sun closed. Boots, 161a Station Road, Mon-Fri 8.30am to 6pm, Sat 9am to 1pm, Sun closed. Park Pharmacy, 102 King's Road, Mon-Sat 7am to 10pm, Sun 8am to 6pm.

Whitstable: Boots, 33 High Street, Mon-Sat 9am to 5.30pm (closed for lunch), Sun 10am to 4pm. Cheadles, 115 High Street, Mon-Sat 9am to 5.30pm, Sun closed. Cheadles, 28 Faversham Road, Seasalter, Mon-Fri 9am to 6pm, Sat 9am to 1pm.

HIGH TIDES

Until Wednesday, September 28

Thursday	03.52	5.12m	16.16	5.03m
Friday	04.44	4.73m	17.13	4.63m
Saturday	05.44	4.35m	18.22	4.3m
Sunday	06.56	4.14m	19.41	4.14m
Monday	08.13	4.09m	20.57	4.19m
Tuesday	09.23	4.21m	22.00	4.38m
Wednesday	10.19	4.43m	22.50	4.6m

All times for Herne Bay, add 10 minutes for Whitstable and 18 minutes for Faversham.