

# The Keston Magazine

News of your Parish and Village



December/January 2021

# Keston Parish Church

Church Rd., Keston, BR2 6HT [kestonparishchurch.org.uk](http://kestonparishchurch.org.uk)



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For unto you is born this day in the city of David a saviour,  
who is Christ the Lord. *Luke 2:11*

# Thought for the month

## Nativity – a celebrated birth!



A Christmas nativity scene is probably one of the most recognisable symbols of the Christmas season. The word *nativity* is taken from the Latin *nativus*, which means “arisen by birth”. Nativity scenes can be art, models, carvings, or live demonstrations depicting the night of Jesus’ birth. These scenes generally contain the same elements: the baby Jesus in a manger; his mother, Mary; his earthly father, Joseph; shepherds; angels; various barn animals; and sometimes three wise men.

It was Saint Francis of Assisi, the patron saint of animals and the environment, who actually created the very first nativity scene, surprisingly as late as 1223! He did this in an effort to promote the true meaning of Christmas and to encourage the worship of Jesus as God come to earth. His idea caught on, and soon a new Christmas tradition was born.

Today, it’s almost impossible to get through the Christmas season without seeing a nativity scene!

In reality, if we look at the narrative of Jesus’ birth in the bible, all these characters would not have been in the scene at the same time, however, it does bring together all aspects of the narrative in one place – so let’s not get distracted by the details!

In spite of the discrepancies in those finer details, the most important thing about a nativity scene is the message it visually brings to the world: Because God loves us all so much Jesus came to earth as a human person, who was ultimately sacrificed so we could all know how to live the way of love – which is the way of forgiveness, peace, truthfulness, unity and respect for all life whether human or in the natural world.

This year, maybe more than ever before, I hope that a nativity scene will be a real and strong reminder for us all to endeavour to follow the way of forgiveness, peace, truthfulness, unity and respect for all life – a way that causes us to respond to the needs of those less fortunate than ourselves or those around us who need looking out for, a way that causes us to make choices that protect and respect other people, creatures and living things all around us. May a nativity scene also fill you with joy and hope for Christmas and the coming year.

Carol

Rev’d Carol Morrison



# Cover Story

The wonderful picture of the goose was taken by Ambi Puvi after dropping her children at school, when she stopped on her way home to feed the ducks. It was taken from the roadside on a misty day. Sadly, there are only two geese left now, a couple of years ago there were four.

## War Memorial

A short ceremony marked the Keston Village War Memorial Centenary on the cold but bright morning of 10th October. Twenty two small wooden crosses were laid to commemorate the men who gave their lives during the Great War and that are not named on the memorial. The new information board is now in place as well as the Keston Tommy silhouette. Thanks are due to Peter Ziemiński, (pictured), who arranged the event, albeit on a much smaller scale than had been planned.





# 2021 Keston Calendar Available



Another calendar featuring beautiful scenes in Keston to celebrate our lovely surroundings is now on sale at The Village Stores, Post Office, Next Ahead and Jack Frost Pet Store. It is priced at £6 with envelopes for 50p. All proceeds will go towards the upkeep of Keston Parish Church. In 2019, when we did the last calendar, many were bought as unique Christmas presents to send to friends and relatives. Here's hoping we have some engagements to write on, but even if not it will provide some lovely photos to look at while we are at home!

Many thanks to those who have kindly contributed photos, including Peter Jeffrey, Laurence Pierce, Larry Herbert, Rev'd Carol Morrison and Sally Churchus.

# Christmas Lights

Keston Village Residents' Association didn't want to end a dismal year without some brightness at Christmas, so although they have not been able to hold any fundraising events during the year they have decided to go ahead and have the lights put up at the beginning of December. However, we would really appreciate any donations towards the cost which is £960.

Bank details are as follows:

Account name: Keston Village Residents Association K.V.R.A

Sort code: 09-01-29

Account number: 35321237

Alternatively, if you would like to give a cheque or cash please post an envelope through the door at 21 Heathfield Road, Keston BR2 6BG. Thank you.

# Good news for Friends of Keston Common

The Chairman of the FoKC, Larry Herbert, is pleased to announce that Keston Common has retained its Green Flag status for another year 2020-2021.

The other good news is that the Friends has been chosen for the Co-op Local Community Fund to help raise money to relocate the pathway by Pond Three, which will need steps built and some of the heavier logs and fallen trees in the area removed. Co-op members, (£1 fee to sign up), need to select FoKC as their chosen charity and then money is donated when they buy selected Co-op branded products or services over the next year. For more information please see <https://causes.coop.co.uk/>.

# Bugingham Palace



As well as our now usable, if not completed, car park extension at Keston Parish Church, we have a virtually blank canvas for our woodland and wildlife area alongside. A small group of interested parishioners got together and formed the Green Group to oversee this area. The contractors planted several flowering cherries and two oaks, (as required by the planning permission), so the rest was up to us. It was felt important to keep the planting as natural as possible with indigenous plants, bulbs and seeds and nothing that grows to be removed unless necessary. A list was made of suitable plants, seeds and bulbs to source and donations were called for. A pallet was left for these donations which we try and plant out as soon as possible.

On joining the group I took on the task of making a Bug Hotel. With autumn almost upon us it was imperative to get this built for insects and all manner of creepy crawlies to over-winter in. My husband David built the frame from pallets with a roof from feather-board. I was in charge of interior design. Everything used was donated, mainly of recycled materials.

And bugs were moving in before it was finished. We even had to remove several ladybirds when trying to put the roof on. I am hopeful that hedgehogs or maybe slow worms will occupy the basement and ladybirds, woodlice, lacewings, butterflies, grubs, bees and bumbles etc. the floor above. We are grateful for all the donations so far for planting or adding to the Bug Hotel. Obviously a suitable named was needed, either Bugingham Palace or Bugmoral, I chose the former and commissioned Richard (Geiger) to paint the signs. It is practically completed now.

Many bulbs, seeds and plants are in situ but we still need more plants and donations can be left on the pallet near the bug hotel. We could also do with more holly slips for the bund beside the road. We hope to put up some bird boxes before next spring – if anyone would like to donate one that would be good.

## ‘We could also do with more holly slips’

All of the wildlife area so far has relied on donations of either goods or cash to buy them. We would like to thank Dobbies for their generous donation of 12 bags of compost and Coolings for a £25 voucher and the promise of split bags of compost and bark chips. People have kindly donated snowdrops and English bluebells plus money for native hedgerow slips which will be planted on the Westerham Road side at the end of November. We now wait for the spring with excitement to see what grows!

Tonia C Crouch

# My Faith Journey

My faith journey began as a small child. I attended St Francis Church, West Wickham and loved every minute. I enjoyed meeting a circle of friends with whom I shared a common interest. I found the inside of the church peaceful and would gaze in wonder at the stained glass windows. Having been christened here as a baby, I was Confirmed, marking an important and natural step for me in my faith journey. That day remains a treasured, happy memory.

I deviated briefly to the Baptist Church to join the Girl's Life Brigade. The services were wholesome and friendly but I returned to St Francis, back to my friends and by now, the Youth Club was a big draw!

At fourteen I met my husband, Paul, and we married at St Francis seven years later. I continued to attend church and my two children were christened and attended Sunday School there. Slowly life took over. I drifted away from the church, busy with my family and developing outside interests of my own but my faith was always in the background.

Sadly Paul died in 1996 aged 58 and his ashes were interred in my mother's grave at St John's Church. My mother died when I was 18 and I spent many long hours at her grave and again when Paul died. Over the years I have found it a place of solace and quiet contemplation; somewhere I can sit and

talk my troubles through. I believe faith comes in many forms. My daughter, Nicola, gave me faith to carry on after Paul died. There was a lot of faith between us at that sad time and this continues today. With the early loss of my mother and Paul, I have questioned my faith and been angry with God. The old adage 'Time is a great healer' is incorrect. Time allows one to learn to deal with the loss and move on. Having faith can help with the journey.

In recent years I had been looking to attend church again but could not get the 'feeling'. Thankfully that moment came when Nicola finally decided to get married; I had waited a long time! She was very lucky to be able to arrange it at Keston. Paul loved Keston Common where many happy times were spent as a family; we know he would have approved. Nicola loved Keston church immediately and knew I would too. She asked me to come along and we attended all the events leading up to Christmas 2016. I loved the church from the minute I walked through the door. I relished the atmosphere, the sense of community, the warmth and friendliness of everyone. It felt like I had come home. This was what I had been looking for. Part of my faith now is being with you all in this beautiful church, allowing the feeling of calm, peace and serenity wash over me.

Josephine Williams





# Christmas Collection for Welcare



Our Annual Toy Service on Sunday 6th December will be a little different this year! We will still continue to focus on the

work of Welcare at a special service at Keston Parish Church on December 6th at 10.30am. We are delighted that Anna Khan, CEO of Welcare, has kindly agreed to come along and talk about the worthwhile work that Welcare does with local families – now needed more than ever! At the service there will be an opportunity to support a Christmas collection for Welcare. As we are unable to take toys, cash or cheque donations will be very welcome (cheques payable to 'Welcare' please).

Welcare is a local charity working with children and families up to the age of 13. The charity's services are based on

Christian values, and strive to empower families and change lives for the better, offering practical and emotional support to overcome challenges. Further information about their work and services can be found at [www.welcare.org](http://www.welcare.org) where you can view or sign up for regular newsletters or donate online.

If you plan to come to the service please let Rev'd Carol know to ensure the Covid-19 safety of everyone. We look forward to seeing you on the 6th.

## Carol Service

Due to Covid-19 it will not be possible to hold the usual Parish Carol Service this year. Keston Church Choir is planning to record a short service which will appear on the church website [kestonparishchurch.org.uk](http://kestonparishchurch.org.uk) on 20th December. It will include well known carols for you to join in with at home.

## Christmas Prayer

The Redeemer who was born in Bethlehem  
is not a distant and anonymous God.  
He is the 'God with us'  
who has counted every hair on our heads.  
He accompanies each one of us  
throughout our lives  
and he has accompanied all of us  
throughout the whole of our history.  
He is looking for inner fellowship with us.

*Patriarch Athenagoras (1886-1972)*

# Christmas and New Year Church Services

We are following the national Covid-19 Safety Guidelines for all our services, we will be doing all we can to keep everyone safe – this means we need to operate **a strict booking system** for all our services. Therefore, please call to book: Rev'd Carol Morrison on 01689 853186 or Tricia Coward on 01689 854373. We do have music played in church but unfortunately there is still no singing allowed.

## **Sunday 6th December – ‘Toy Service’**

A service dedicated to children and families when we will have the CEO of Welcare Bromley speaking to us, and we will take up a retiring collection for the work of the charity with families in Bromley.

## **Thursday 24th December – Christmas Eve**

4pm – An Alternative Christingle

This will be as close to our usual Christingle Service as we can do within the Covid-19 safety guidelines, with the collection going to The Children's Society charity.

11.30pm – Midnight Communion

This will be a shorter than usual service where everyone is invited to receive bread only Communion.

## **Friday 25th December – Christmas Day**

10.30am – Short Communion Service (bread only)

## **Sunday 27<sup>th</sup> December**

NO SERVICE

## **Sunday 3<sup>rd</sup> January 2021 and subsequent Sundays**

10.30am – Short Communion Service (bread only)

**Please see our website [kestonparishchurch.org.uk](http://kestonparishchurch.org.uk) for updates**

# From the Registers

## **Baptism**

4th October Charidimos 'Harry' McKenna (born 18/11/2016)

## **Wedding**

5th September Rowena Mary Harrold & Alan Charles Blanchette

## **Funeral**

2nd October Hazel Loydall (aged 80 yrs)

## **Interment of Ashes**

17th August Valerie Anne Kolodziej (aged 90 yrs)

6th October Jack Jarman-Crainy (aged 26 yrs)

1st November Cyril John Perrin (aged 101 yrs)

# Nativities – every home should have



In 1996, while on a pilgrimage to the Holy Land, the bus pulled off the road on the outskirts of Bethlehem and stopped at a run-down old shack that was selling souvenirs. Although I rarely buy souvenirs a nativity set carved from locally grown olive wood caught my eye. It was the week before Easter, so I brought it home and put it away.

Come December, I took an assembly at the village Junior School and I remembered my olive wood nativity from Bethlehem. It was the perfect interactive visual aid and attracted a lot more interest than expected.

At that time, I was a freelance writer working for some international companies which meant lots of travelling. Just before the next Christmas, I had an assignment in Houston, Texas. In between meetings I wandered into an enormous superstore that only sold Christmas goods and discovered an amazing selection of nativity sets. Great, I thought, I will take a very garish, musical snow globe back with me to show the kids at my next Christmas assembly. Without realising it, my collecting bug had been activated!

As I travelled around Europe on further assignments it became a habit to look for nativities and I soon realised that in many countries the birth of Christ in a Bethlehem stable, (actually it was underground cave where animals were kept), reflected the local culture. I began adding to my collection. Now, no holiday is complete unless I bring home a nativity.

Family and friends soon learnt about my interest and started looking for them on their travels. Within a few years I was putting up larger and larger displays in the local schools, churches and clubs and giving talks about the way the Bethlehem scene is interpreted differently around the world. For example, I have a Peruvian scene with a lama instead



Bob with part of his collection at a Care Home Christmas fayre

of a goat or sheep and sets that you can instantly see come from places such as Spain, Asia, and Africa. They are made from many different types of material – different woods, plastic, paper, pottery, glass, silver, gold and



# ve one... and not just at Christmas!

one that always attracts attention is one I made from Lego. Then there is a beautifully hand knitted set, one made by a Portuguese colour-blind artist and another by French monks.

Every nativity has a story behind it. And with over 160 different nativities ranging in size from tiny miniatures to large garden statues, I have lots of stories to tell! It takes me nearly two hours to set up a full display, and another hour to pack them away but it is always rewarding! Each Christmas the garden set is moved to the front of the house and lit up at night in opposition to the reindeers, elves, Santa Claus etc. that decorate most of the houses in the neighbourhood! One year baby Jesus was stolen from outside my house and despite a local social media and press campaign, was never found. However, it proved to be another good opportunity to spread the Christmas message.

I am often asked, 'Do you put them all up in your home at Christmas?' The answer is 'yes'. When I have finished the annual tour, the nativities go on display in every room of my house. As my wife says, 'we are the only home in the neighbourhood with five nativities in the downstairs loo!'



Hand knitted nativity – among others

During my talks I always make the point that every home should have a nativity at Christmas. Put it in a place where, when everyone is partying, opening presents, and enjoying themselves, they can catch a glimpse of it to remind them of what Christmas is really about. I also recommend keeping a nativity on display all year round to remind us that Jesus is not just for Christmas. I have 10 on permanent show around my home!

*NB: To make a paper nativity for free see: <https://www.papertoys.com/nativity-scene.htm>*

Bob Peters, Vice Chairman of The Association for Church Editors



Christmas cake nativity

## Nonnatus: Not Born

If you have seen or read any of the popular 'Call the Midwife' series, you will have heard of Nonnatus House in Poplar, where the midwives and nuns are based. However, although the Midwives of St Raymond Nonnatus is a pseudonym, the author, Jennifer Worth, took the name from St Raymond Nonnatus, the patron saint of midwives, obstetricians, pregnant women, childbirth and newborn babies. He was delivered by Caesarean section, ("*non natus*" is the Latin for "not born"), in Catalonia, Spain, in 1204. His mother died while giving birth. He joined the Mercedarians, became a priest and as chief ransomer went to the coastal regions of north Africa, to free Christian hostages. When his money ran out, he gave himself in exchange for hostages. While being tortured in Algiers, he converted several of the Muslim guards. For this his lips were padlocked to stop him from speaking, to be removed only while he was eating. Upon release after being ransomed, he was made Cardinal of Spain although he died nearly a year later in 1240. He was canonized in 1657.

## Forest School at Keston CE Primary

Forest School is a very important part of the ethos of Keston CE Primary school. Reception have weekly sessions and all other years have opportunities via a rota system to access sessions. Forest school gives children the opportunity to explore the outdoors in a safe environment. It provides them with the chance to develop their independent skills and in turn helps increase their

self-esteem and confidence. It allows children to get muddy and messy and have fun outdoors! Activities include:

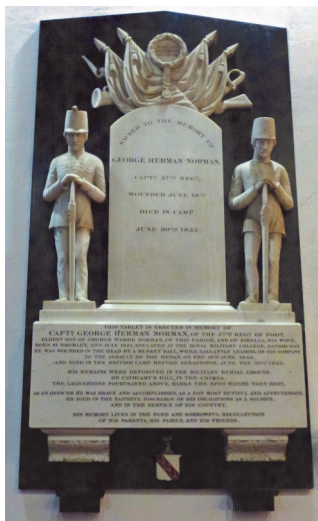
- Den building
- Minibeast hunts
- Mud painting
- Mud sculpting
- Science challenges
- Leaf artwork
- Cooking on a fire
- Habitat exploration
- Using tools
- Knowledge and use of knots
- Looking at changes of the seasons
- Bird feeders

The learning that takes place in Forest School is not only about exploring the natural environment but is also linked with the National Curriculum and Early Years Foundation Stage Curriculum and is used to reinforce the children's understanding and learning of specific topics. Forest School caters for and incorporates all learning styles, as it places an emphasis on child-initiated and child-centred learning. It encourages the children to explore the environment, take responsibility for and extend their own learning, as well as taking calculated risks.



Remembrance Day poppy created in Forest School

# The Lady of the Lamp by Chalkpit



Memorial to George Herman Norman in Holy Trinity church, Bromley Common

The Norman family resided at ‘The Rookery’, Bromley Common, (the site now occupied by Bromley College), where George Warde Norman owned land and had interests in both timber imports and banking. The eldest of his eight children, George Herman was intended for a career in the Army. After attending various schools, at the age of fourteen he entered the Royal Military College at Sandhurst as a Cadet where he remained for three years and was awarded a Certificate of Merit and recommendation for a commission. In 1848 he was posted as an Ensign to the 57<sup>th</sup> Regiment of Foot, (The West Middlesex), and by age 20 had become a Lieutenant at a cost to his father of £450! Under the command of Lord Raglan the Regiment landed at the Crimea on the 24th September 1854 from where the army set off on a long

march, successfully capturing the Port of Sevastopol denying the Russian fleet their main harbour in the Black Sea. From there, the advance against the enemy took longer than expected and the conditions when the harsh Crimean winter arrived were terrible with the troops lacking the necessary equipment and suffering accordingly. George wrote frequently to his father and in one letter he described the carnage he had witnessed following the disastrous Charge of the Light Brigade. In November 1854 George was promoted to Captain but the following month was taken ill with a fever and transferred by ship to Scutari Hospital. It was here, administering to the sick and wounded with her nurses to improve the dire conditions within the wards, was ‘The Lady with the Lamp’, Florence Nightingale, and this is where Keston enters the story!

Ravensbourne House, (now apartments), in Keston was home to another wealthy family – the Bonham-Carters who shared family connections with the Normans of Bromley Common. Family gatherings between the two households would have been frequent and a well documented visitor enjoying a well earned holiday in the tranquil grounds of Ravensbourne House was Florence Nightingale, a relative of the family. It is therefore highly likely that George and Florence would have met both here in Keston and again in the hospital at Scutari no doubt maybe sharing a reunion of great benefit to them both? I like to imagine it was very possible!

Returning to the Crimea from his stay in hospital in April 1855 George was in



the trenches overlooking Sevastopol when on the 18th June the 57<sup>th</sup> Regiment attacked the Malakoff defended by Russian guns on the Redan. They suffered severe casualties and George was wounded in the head and died from his injuries on the 30th June in camp. George was buried on Cathcart Hill, located in the Crimea, alongside fellow Officers. His headstone has long disappeared, but the memorial in Holy Trinity Church, Bromley Common and also a Commemorative window in Hayes Church still survive in his honour.

If this narrative were to make a Victorian drama for television, Helena Bonham-Carter the actress, a descendant of those long ago occupants of Ravensbourne House, could star as Florence Nightingale!

I would like to thank Leonard Smith for his contribution to much of this article.



It could not be more timely that the World Health Organization designated 2020 as the International Year of the Nurse and the Midwife. The courageous work of nurses and other healthcare workers in face of Covid-19 does honour to the YONM 2020 and the 200th anniversary of Florence Nightingale's birth. The WHO wants to raise the status and profile of nurses and midwives, and to highlight that the world needs nine million more nurses and midwives if it is to achieve universal health coverage by 2030.

## Tot's Play in Keston

I have been running Tots Play baby and toddler multi-sensory classes in West Wickham for over two years and have recently launched in Keston. I have loved meeting families from the surrounding areas and I am looking forward to welcoming many more!

We know when parents have their new baby they want the best for them and they are growing so fast that every minute together is precious. A regular class is a great way to spend focussed time playing together, learning new things and enjoying each other's company. Rather than taking your little one to lots of different classes, Tots Play gives you a bit of everything in one class. We offer a varied programme of activity classes, designed to provide not only age appropriate learning experiences for your child but also exciting, interactive play sessions for you both. We have classes from birth up to three years and a six week 'Baby Development Course' with baby massage, baby yoga and lots more.

For more information on joining a class, please do get in touch.

Ayten 07749 978715

ayten@totsplay.co.uk, [www.totsplay.co.uk](http://www.totsplay.co.uk)



# What I Do

## Working during a Pandemic



What a year we are living through! I retired as a midwife in 2018 after 40 years of working in the NHS initially as a Community Midwife in Bromley, then as the Community and Birth Centre Matron for SLHT, (South London Healthcare NHS Trust), and latterly teaching and supporting staff and families in my role as Supervisor of midwives/Professional midwifery advocate.

In 2020 Covid-19 challenged the NHS and its committed and dedicated staff.

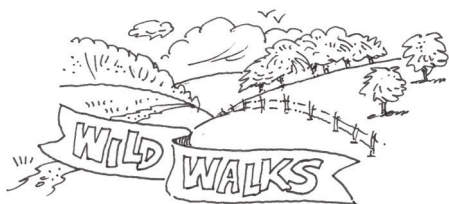
All nurses and midwives have to be on the NMC, (Nursing and Midwifery Council), register to practice revalidating our fitness to practice every three years by evidencing that our training is up to date and we have worked the required hours and provide evidence of our competence to practice. I had allowed my registration to lapse on retirement, as had many of us, who were contacted by our professional bodies asking for help to support the NHS at this very

challenging time. So as my ex-colleagues were coping with revising how they delivered care, I was contacted and asked to join the Covid-19 Emergency NHS register, and work remotely, supporting new mothers and their families in their early days and weeks at home with a new baby.

It was, as you can imagine, testing to support women and their families without any face to face interaction at one of the most difficult times of their lives. Calling women and creating a relationship and rapport in just a few sentences of introduction was not easy. I found texting them first to let them know when I would be calling very beneficial, as they could let me know if the time suited them or not. Then when I did call, they could take their time to tell me how they and their baby were doing. The power of the spoken word and tone and intonation in a voice became so important, as we could no longer use visual clues to determine emotions and concerns.

As I, and many others, took on virtual clinics, my colleagues were able to support those working within the hospital setting, covering areas of staff shortages, as midwives themselves isolated, coped with childcare or sadly became unwell. Some redeployed to busy labour wards, others supported women who no longer were able to see partners or family on post-natal wards. Those who were both nurses and midwives like myself, went in to hospitals to support our Intensive Care teams. One elderly gentleman found it very amusing to be told he was being cared for by a midwife in Intensive Care!

Alison Eagle (née Cogswell)



Spock, (with the pointy ears), to Captain Kirk – “There’s life Jim, but not as we know it”. On Tuesday, 15th September, we had the first of the early autumn mists. It really was a beautiful morning as I made my way around the northern end of the airfield towards the valley beyond.

As I entered a little copse, having gone beneath the flight path, I was amazed to see an alien landscape. Literally hundreds of small cobwebs had been brought into sharp relief by the droplets of moisture hanging on their gossamer threads! They looked like little hammocks and each small shrub or twiggy little bush had dozens of them in plain view. An hour later as I headed for home they’d all vanished; the sun having burnt off the mist.

## ‘When it sees a squirrel it becomes deaf!’

As I continued along the path I was treated to a second spectacle, namely a slow worm\* lying in a patch of sunlight on the path amongst twigs and leaves. It was lucky not to have been trodden on, being so well camouflaged! A gentle prod with a stick and it ‘snaked’ its way into the undergrowth.

Since then, (a month ago), I’ve acquired a walking companion in the shape of a very energetic, black and white, eighteen month old collie-cross-husky dog! Its bark



appears quite clear in fact?!

As I’m the third owner it is taking some time to establish a rapport. It sits when told and complies with several other commands but... when it sees a squirrel it becomes deaf! I’ve tried an ear trumpet without effect! On several occasions after much calling and whistling it reappears but it’s all a bit ‘touch and go’. In two instances I’ve given up only to find it waiting for me back at home – is that a smirk on its canine face?

Here’s an interesting fact. The animal came with the name of Lexi, (don’t ask me why), and my daughter acquired a rescue dog several years ago named Flexi. Happily they get on well, so should we go walking together we only need call one and they should both turn up!

\* or was it a grass snake

Richard Geiger

Almost all polar bears are born within a week to ten days either side of Christmas Day



# Alternative Therapies in Keston

## Mandala & Rose Holistic Therapies

I started my training in Reflexology, Clinical Aromatherapy and Indian Head Massage in 1994 and qualified in 1997. I have run my own practice for over 23 years, currently from my home in Keston Gardens where I have lived for seven years with my husband and four children.

I offer treatments in Aromatherapy, Reflexology, Indian Head Massage and Japanese Foot Massage. My most popular treatments are my combined packages where you have more than one treatment at a discounted rate. I also offer spa packages which combine treatments with my products so you take home some beautiful products too.

I am proud to say that I have a very loyal client base, some have been coming to me for over 20 years. I like to spend time with new clients before I start any treatments so that I can treat them holistically and individually. I have always had an interest in mental health and fertility but I love treating anyone whether they are coming for a specific ailment or just to relax.

In 2000, I started making products exclusively for my clients to support them in between treatments. Their popularity encouraged me to expand my product range and offer my products outside my treatment room.



Mandala & Rose is a small batch producer of handmade artisan skincare and wellness products – all 100%



natural, cruelty free and vegan. All products have been lovingly created and handcrafted by me using my wealth of experience and understanding of essential oils. The unique and artisan ranges are carefully chosen to focus on well-being as much as their efficiency to nourish the skin.

I absolutely love baths and find them very therapeutic so many of my products focus around that. Products range from bath oils, melts, foams and salts, body oils, remedies to roll, candles, face serums, essential oil blends to name but a few. These are sold individually or in gift sets, all beautifully packaged, including letterbox gifts which have proven very popular during lockdown. Our online best sellers are our bath melts and pregnancy range. Amongst myself and my clients, it is the Rose Facial Serum.

## Special Offer

£10 off any treatment if booked and taken **before 31st January 2021**. Please mention The Keston Magazine when booking.

15% discount plus free delivery on orders over £20 - use code KESTON15 at checkout.

For a look at my products, treatments and prices please check out my website: [www.mandalaandrose.com](http://www.mandalaandrose.com) or email [info@mandalaandrose.com](mailto:info@mandalaandrose.com).

Stephanie Parker-Westcott

# Magazine Deadline

Please send copy for the February/ March issue of The Keston Magazine to the Editor, Sally Churchus, by Sunday 10th January at the very latest. Email [editor@kestonparishchurch.org.uk](mailto:editor@kestonparishchurch.org.uk) or Tel: 020 8462 8750. Thank you.

## Laughlines

### ☺ Wiped Out

Just got home and found all the windows and doors open and everything has gone. What kind of sick twisted person does that to someone's Advent calendar?

### ☺ Shepherd

One Christmas, the Sunday School heard the story of the shepherds visiting Mary, Joseph and baby Jesus in the stable and then they all drew pictures.

One little boy included a dog in his nativity picture. When asked why, he explained that it was a German Shepherd.

### ☺ Turkey

It was Christmas Eve in a supermarket and a woman was anxiously picking over the last few remaining turkeys in the hope of finding a large one. In desperation, she called over a shop assistant and said 'Excuse me. Do these turkeys get any bigger?'. He patiently replied: 'No, sorry, they're all dead'.

### ☺ True story

The nativity play was going as planned and Joseph and Mary were going from house to house knocking on the doors and asking if there was any room for them. As they continued to get "no room" answers a little voice called from the back "**You should have booked!**".



*George discovered Christmas this year is December 25th*



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