

Meet the volunteer – Heather Russell-Kay with MS Society Support

Hi, I'm Heather Russell-Kay and I've lived in the village over 6 years, with my partner Sid, and our dog Willow.



I volunteer with MS Society Support, which I have been doing for nearly ten years. The role involves being a friendly point of contact for people affected by MS locally, helping them feel less alone, and signposting them to support, information, and MS Society services when needed.

The hours vary week to week but it's made me more open, compassionate, and confident, and taught me the value of asking for help and working with others to ensure people get the right support.

The best thing is those moments when someone feels a little less alone, and I know I've made even a tiny positive difference to their life.

The hardest part is when someone is really struggling and I know I can't fix it, even though I wish I could.

If you'd like to know more, the best way to get in touch with me is via my MS Society email: heather.russell-kay@groups.mssociety.org.uk

What is an interesting fact about you? I love dragons, and I've recently published my first book!

If you were Prime Minister for the day, what would be the first law you passed? If I'm honest, I'd probably keep away from party politics for the day, but I would use

it to make sure people feel more understood, listened to, and cared for.

What is your favourite section of Keys Magazine? This one! I love reading about the amazing people in our community and what they're doing locally.

Which 3 people, dead or alive would you invite for a dinner party and why? J.R.R. Tolkien and William Shakespeare, to talk about the incredible worlds they created, and Mary Shelley, because I'm fascinated by the way Gothic fiction can shine a light on human nature.

If you could have a superpower, what would it be and why? I'd choose the power to spread kindness, because everyone deserves to feel safe, seen and supported.

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Alongside volunteering, I've also recently self-published my first book, *Whispers Through the Forest*.

It's a collection of fairy-tale-inspired stories written from lived experience of chronic illness, exploring invisible symptoms and the quieter



emotional realities that often go unseen. My hope is that it helps give people with chronic illness a voice, while also offering understanding to those who may not know what it's like. All proceeds from the book are donated to charity.

It's available to buy online, can be ordered through any bookshop, or borrowed from the local library.

Men's Mind Gym

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For any questions, please email:  hello@wearemend.org

Centre Piece

From Hildenborough Parish Council - <https://www.hildenboroughparishcouncil.gov.uk/>

Contact: Louise Jenner (Clerk) - 07818 329 029 clerk@hildenboroughparishcouncil.gov.uk

Postal Address: Pavilion and Recreation Ground, Riding Lane, TN11 9HY

The Parish Council's green post box is located at the rear of the Pavilion Building

🌳 Recreation Ground Update

There's lots happening at the Recreation Ground, and we're excited to share the latest progress with you.

🚶 New Accessible Footpath

Work has now begun on the new footpath around the Recreation Ground. The path is being completed in sections and will have a smooth tarmac finish, making it fully accessible for all users—whether you're walking, pushing a buggy, using a wheelchair, or simply enjoying a gentle stroll.



🎠 New Play Equipment Coming Soon

The brand-new play equipment has been installed and is already transforming the park. The final stage—laying the new play-safe flooring and adding the thermoplastic graphics—is underway. Once the safety inspections are complete, we expect the play area to be open and ready for families to enjoy **by the end of January**.

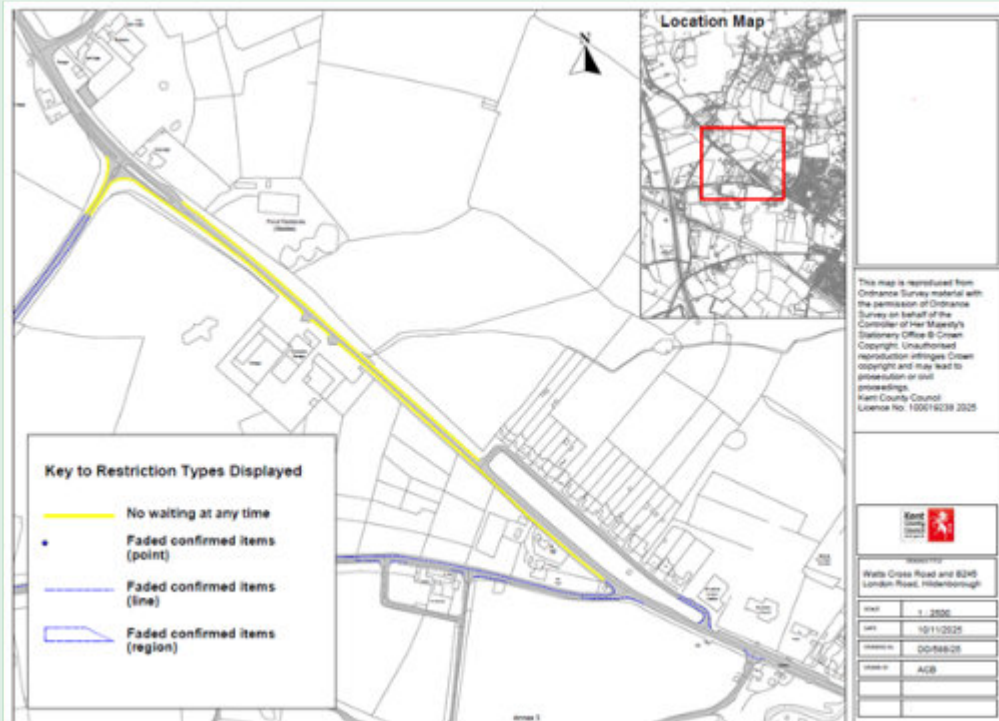
🧠 Sensory Boards for West Wood Park



We're also pleased to confirm that new sensory boards will be added to West Wood Park. These will offer a fun, interactive experience for younger visitors and are scheduled for installation in **February**.

📢 A Quick Request

To help the contractors work safely, please avoid parking in front of the fenced-off compound or blocking the barrier to the field. Your cooperation makes a real difference.



Double Yellow Lines – Safety Improvements Underway

We're pleased to share an update on the new double yellow line installations across the parish.

Leigh Road & Riding Park

New double yellow lines have now been installed at the junction of Leigh Road with Stocks Green Road and at Riding Lane with the junction of Riding Park. These improvements are designed to keep sightlines clear, reduce congestion at busy times, and improve safety for all road users.

B245 (Upcoming)

Double yellow lines are also scheduled for the B245. As this is a longer stretch of road, the work is weather-dependent, but

it will be completed as soon as conditions allow.

We look forward to seeing the positive impact they bring to the community.

If you have any concerns or suggestion please contact the Parish Clerk at the below email address.

www.hildenboroughparishcouncil.gov.uk
Contact Hildenborough Parish Council Parish Clerk at 07818 329029 or email clerk@hildenboroughparishcouncil.gov.uk.

The Parish Council's green post box is located at the rear of the Pavilion Building on Riding Lane.

Louise Jenner