

ELKSTONE NEWSLETTER

Editor's Bumbings...

There's news of a sighting of a white stoat in the newsletter this month, after reading Stephen's email, I googled it, wow, such a beautiful creature. I will be keeping my eyes glued to the hedgerows over the next month or two.

Happy stoat spotting everyone (apart from dogs !), have a fabulous February.

Laure, editor@elkstonevillage.com Deadline for Next Newsletter, 20th February

Features

Elkstone Church February Services
 Toy Service Donations
 White Stoat Sighting
 Elkstone Film Night
 Elkstone Open Gardens
 News From The Trust
 Relaxation Classes
 Lent Concert of Gregorian Plainchant

Regular Dates

Waste & Recycling	Food & Garden Waste – 14 th & 28 th February
Waste & Recycling	All Bags, Bins & Boxes – 7 th & 21 st February
Indoor Bowls	Every Tuesday - Village Hall – Ronnie – 870493
Art Club	Every Thursday 9am - Village Hall - Penny - 03330 119663
Relaxation Classes	Alternate Fridays 6pm – Village Hall –info@alisonfernandes.co.uk

Diary Dates

1 st Relaxation Class	Village Hall	6pm	14 th Feb
Film & Supper Club	Village Hall	7pm	27 th Feb

Church Services December 2019 in St John's, Elkstone

2 nd	11:00 am	Informal Family Service
9 th	10:00 am	Toy Service
16 th	11:00 am	Family Service & Baptism
23 rd	11:00 am	Rendcomb Church

Toy Service

It is our annual Toy Service on the 9 February, & we will be delighted to accept any donations of pre-loved & new toys. Please bring them along to the Service or leave them in the Vestry the week before. We will be taking all the toys to Acorns Children's Hospice for the Three Counties. You'll be very welcome to come along & share in Geoff's Service at 10am.

Thank you for your generosity & support.

Elkstone Church

White Stoat

While out walking recently early one morning around the Square Mile, I was startled by the sudden appearance from the hedgerow of a white stoat which scurried across the road before disappearing into the bushes. The sight of a snow-white stoat with just its tail seemingly dipped in black ink was extremely surprising but very special. I've since learned that stoats "in ermine" tend to occur in areas with lower average temperatures & higher snowfall, & so are comparatively rare in England where stoats tend not to moult their chestnut coats in winter. I have never seen a white stoat before, & I wonder if other readers have had the privilege of doing so especially in & around Elkstone.

Stephen West

Elkstone Film & Supper Evening, 27th February

Due to our diary commitments we are running this event on Thursday 27th (not the 20th) – we hope you can manage it nonetheless! The film will be **Fisherman's Friend**, a comic drama - a fast-living, cynical London music executive (Danny Mays) heads to a remote Cornish village on a stag weekend where he's pranked by his boss (Noel Clarke) into trying to sign a group of shanty singing fishermen (led by James Purefoy). He becomes the ultimate 'fish out of water' as he struggles to gain the respect or enthusiasm of the unlikely boy band and their families who value friendship and community over fame and fortune. As he's drawn deeper into the traditional way of life, he's forced to re-evaluate his own integrity and ultimately question what success really means.

The film will be preceded by a Pork based supper starting at 7:00pm, the film starts at 8.00pm. Tickets are £10.00 a head for Film + Supper, payment in a marked envelope please through the letterbox of Manor Farm Cottage, Elkstone please, by 6:00pm on Monday 24th February; film-only attendance is £5.00 each, pay at the door.

Jeremy & Anne 870516

Elkstone Open Gardens – Sunday 7th June

Wet winter days will soon be over & we can look forward to Spring & hot summer days! This year Elkstone Open Gardens will take place on Sunday 7 June. Please save the date in your diaries if you haven't already done so.

Last year nearly £3,000 was raised & shared equally between St John's Church & Elkstone Village Hall.

The success of the event is primarily down to the generosity of those residents who open their gardens to visitors. Feedback from visitors shows that it is the interest the garden offers & not just the size. Please contact me if I haven't been in touch & you would like to open your garden or allotment on the day.

As well as the gardens themselves the event relies on the help of many others before & on the day. You may not be a gardener but there are many other ways you can help make the day a success eg in the car park, serving refreshments, running activities etc. If you are new to the village or haven't been able to help in the past, please get in touch; it really is a case of many hands making light work.

If you have any suggestions, bright ideas or are able to help in any way please get in touch. Thank you.

David Kearney dnke@btinternet.com 01242 506234



News From The Trust

All NHS hospitals experienced enormous Christmas pressures, but it is heartening however that over this period there has been a noticeable increase in emails & social media posts from grateful patients & family members about the care they have received. This hopefully reflects the combination of the outstanding care & compassion maintained by our front-line teams, despite the operational pressures, and appreciation of the challenges NHS teams face every day.

To help with pressure on A&E the capacity of the Acute Medical Assessment Unit is being expanded which will enable all patients referred by their GP to be assessed without long waits in A&E. A new patient record system has been rolled out on certain wards as a trial, which is producing benefits that were not envisaged, such as a reduction in falls & fewer call bells being activated as staff are able to remain on the wards to do electronic note taking rather than having to be located in offices or nurses' stations. The spread across all wards will therefore be sped up.

Shortly after the election I came across an article commenting on Blythe Valley where I spent the early part of my life & which, for the first time ever, has a conservative MP. I was curious to read more, most exciting for me was a bit about the Northumbria Healthcare NHS Foundation Trust that covers the constituency which outperforms much of England; it performed well though when it came to meeting mental health targets; it has also been rated as "outstanding" by the Care Quality Commission.

Interestingly the Northumbrian trust has a new purpose-built emergency care hospital which opened in 2015. This was the first of its kind & is now regarded as a model of how hospitals should operate. As we relaunch our 'Fit for the Future' programme I wonder if it offers support for the principle of separating planned & emergency care between our sites. Given that we have two northerners on the board, I hope that the example of how this trust operates could be an extra source of inspiration on our own Journey to Outstanding! Finally, on December 19th, 2019 the board took the step of declaring a 'climate emergency', the fifth trust to do so, & this is a big commitment. The Trust, in the past five years has reduced its carbon consumption by nearly 40%. Recently introduced initiatives include offering discounts for use of reusable cups in onsite catering facilities & the shuttle bus between the two hospital sites. Clinical initiatives are also in place including an award-winning project to reduce the use of the anaesthetic gas Desflurane, resulting in a 95% reduction compared to last year, saving in excess of 800 tonnes of carbon dioxide, with no detriment to patient care.

In summary 2020 looks exciting & it may be the year when we have another full CQC inspection. I can assure you that everyone involved will be doing all they can to reach our goal of 'Outstanding'. Speaking personally, it is both privilege & a pleasure to have the opportunity to work alongside a team where the overriding hope is that the staff feel truly valued, that our standard will continue to improve & that our patients get the best care possible. I look forward to continuing to represent your views as we go along this journey.

Anne Davies (anne.davies11@nhs.net.)



Well Being: Relaxation & De-stress Group Sessions

Commencing Friday 14th February on alternate Fridays at 6pm, a new Well Being Group Session is to be held at Elkstone Village Hall. (Sat Nav: Hill View, Elkstone GL53 9PB). Whether you are working or retired, independent or with family commitments & responsibilities, these sessions are intended to help you to achieve a sense of wellbeing which will allow you to approach your daily life with a more relaxed, calm mindset. Stress & anxiety take a toll on all of us, not just physically, but also mentally & emotionally. Very often we live in a state of tension & only realise this when we can truly relax. Living with elevated stress hormones has a cumulative & detrimental effect on our bodies over time. These sessions will focus on improving wellbeing through relaxation, visualization & release of stress & anxiety in a gentle & holistic way. Some sessions will include a focus on pain relief & may be beneficial for anyone with chronic pain, either specific or generalised. Many people who experience ongoing pain report a reduction in pain levels using relaxation techniques. General physical fitness is not required for these sessions as they will take place seated, either on chairs or on cushions/mats on the floor.

You are welcome to attend on a casual basis or, alternatively, can contact me on info@alisonfernandes.co.uk to confirm a place. The cost per session is £8 per person, which is payable at the session by cash or cheque. Alternatively, I can accept payment by faster payment or Paypal (please contact me for details). Correct change would be very much appreciated for anyone wishing to pay cash. Thank you. Please do wear comfortable clothing to the sessions. I will have several cushions available, as well as an exercise mat. However, you may wish to bring a floor cushion or yoga/exercise mat with you if you would prefer to be at floor level for the sessions. I look forward to seeing anyone interested at the first session on 14th February. In the meantime, should you have any query or wish to confirm a place then please do get in touch with me via the email address given above.

Alison Fernandes

Dog Walking

We are looking for a friendly villager to walk our two very friendly dogs (one Parsons Terrier and one Pointer).

We would like someone to walk them once or twice per week, each walk for 1-2 hours. We already have an enjoyable route that allows you to let them off the lead and walk freely. £12 per hour can be paid either by cash or bank transfer. If you are interested please contact me on the below:

Email - j.annand5@hotmail.com

Mobile – 07772112101



**Lent Concert of Gregorian Plainchant by Candlelight - St John's Parish Church
Elkstone 29th March 2020 at 18.00**

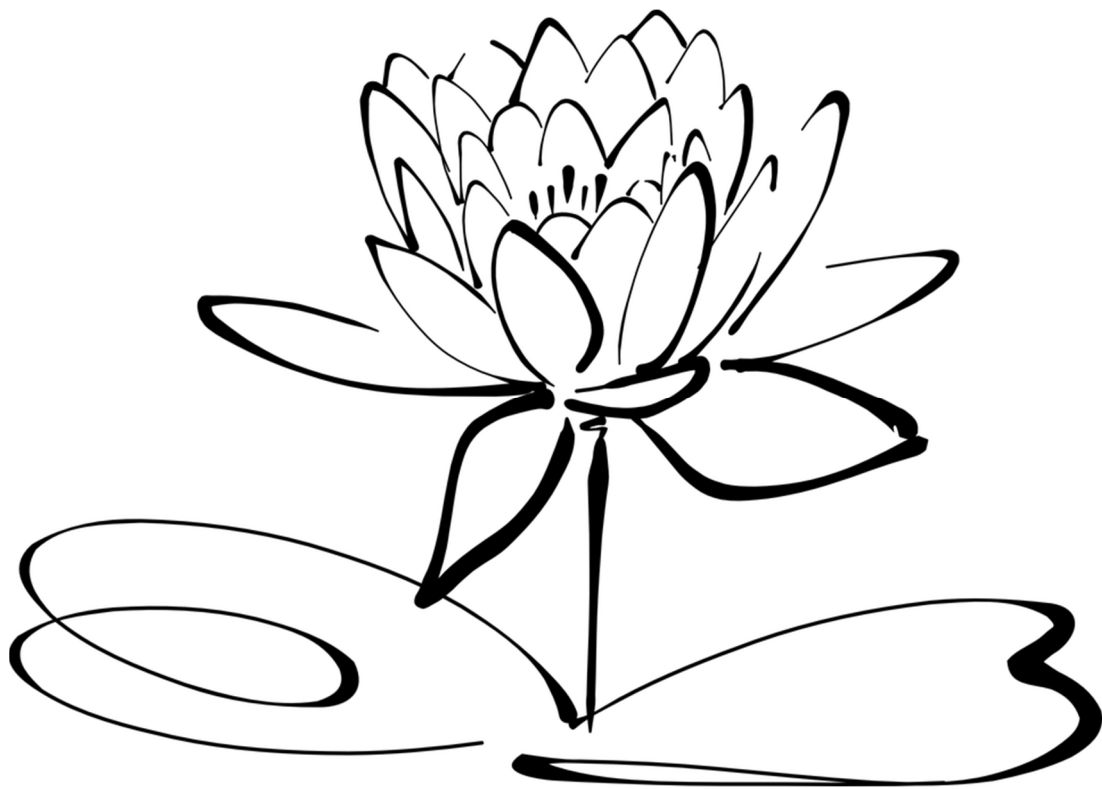
Elkstone PCC is privileged to invite you to a performance of poetry and Western medieval plainchant performed by renowned specialists in this musical genre, Schola Nova Silvana. Consisting of a small, mixed voice vocal ensemble based in the New Forest, Schola Nova Silvana is dedicated to singing from this vast musical repertoire in Latin, in unison and without accompaniment.

The group aims through its activities to help raise funds for the maintenance of resonant historic buildings such as St John's Elkstone, dating from 1160, and intended originally for the singing of plainchant. On a recent visit to Elkstone the director of the ensemble, Fabian Lochner was enchanted by the historic fabric and atmosphere of the parish church and pledged to come and perform there in aid of the Bells Restoration project and the general maintenance of the church buildings and grounds.

Wine and nibbles will be served after the concert which will give those attending the chance to mingle with members of Schola Nova Silvana and learn more about their scholarship and work in this field.

As you can hear extracts of their music on the website www.scholanovasilvana.org.uk, the concert promises to be a memorable and moving experience. Tickets at £10 each are available from members of the PCC.

Brian Howlett – Treasurer, Elkstone PCC brianhowlett21@gmail.com



**JOIN US FOR A CANDLELIT
PROGRAMME FOR LENT**

**GREGORIAN CHANT
WITH
SEASONAL ENGLISH
POETRY**

**FROM
*SCHOLA NOVA SILVANA***

**SUNDAY 29TH MARCH
AT 6.00PM**

ST JOHN THE EVANGELIST, ELKSTONE

**DOORS OPEN FROM 5.30
TICKETS £10 IN ADVANCE FROM ELKSTONE PCC**

WINE AND NIBBLES SERVED AFTERWARDS

WE ARE SCHOLA NOVA SILVANA - A CHANT ENSEMBLE BASED IN THE NEW FOREST

DIRECTED BY DR FABIAN LOCHNER

ORIGINAL POETRY BY HILARY STOBBS - RECITED BY CHRISTOPHER KIDMAN

IN AID OF THE CHURCH FABRIC MAINTENANCE FUND