

ELKSTONE NEWSLETTER

Editor's Bumbings...

I really hope you're all keeping positive in these tricky times & hopefully you are finding ways to navigate the new way of life thrust upon us. The treat of some beautiful sunshine & signs of spring around our village, is like a bright star on a dark night. Stay safe Elkstonians.

Laure, editor@elkstonevillage.com Deadline For Next Newsletter, 20th May

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Elkstone Good Neighbour's Scheme List of Traders

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Regular Dates

Waste & Recycling Food Waste – Every Tuesday

Waste & Recycling All Bags, Bins & Boxes – 5th & 19th May

Indoor Bowls Every Tuesday - Village Hall – Ronnie – 870493 **Postponed**

Art Club Every Thursday 9am - Village Hall - Penny - 03330 119663 **Postponed**

Relaxation Classes **Postponed**

Diary Dates

Parish Council Meeting Remote on Zoom 8pm 20th May

List of Traders

As has been circulated in the recent Good Neighbours Bulletin, few local traders are operating a 'call & collect' service, which can be useful in these times of Social Isolation.

Repeated below is a short list of traders that have been tried already with success. Please note that all orders need to be placed & paid for by each household. If you are self-isolating & would like a delivery picked up for you, please email goodneighbours@elkstonevillage.com, or visit www.elkstonevillage.com

Butchers: Michael Hart & Son	01285 642564	Pay by phone on morning of collection, or on collection
Fishmonger: New Wave	01285 651751	Pay by phone on morning of collection, or on collection
Fruit & Veg: The Market	Email order to pacoyle@sky.com	Remember to include your name & contact details in the email. Pay by BACS transfer after delivery
Local Convenience: Centurion Garage (under new ownership)	Email roystan11@gmail.com or call 07446 057437	Free delivery to Elkstone for over £15.00 Note, this store now has fresh veg meat, alongside other essential groceries.

Important Bin Collection Update

Ubico has had to suspend the garden waste service. They have a 20% shortage of staff & no longer have enough experienced drivers available for vehicles on all collection routes, so priority is being given to drivers on the main (statutory) collection services.

All other collections are continuing as normal for the moment. Further updates & advice will be posted on <https://www.cotswold.gov.uk/bins-and-recycling/>

People should increase their home composting and/or reduce the amount of garden waste produced. Lawns are the usual problem - mowing less, planting more wildflower meadow areas, leaving more areas to grow long & only picking up the cuttings every other mow (which lets it dry on the ground before it goes in the compost) all help. If residents don't have a compost heap now would be an excellent time to start one.

Gloucestershire County Council has already closed the Household Recycling Centres (HRCs) so green waste cannot be taken there.

Residents should not put garden waste in the black wheelie bin - excessive wet waste is a problem for the operation of the "Energy from Waste" (Javelin Park Incinerator) plant where all Gloucestershire's black bin waste goes. Garden waste in the black wheelie bin will not be accepted. **Cllr Andrew Doherty**

From the Parish Council

Minutes of the last Parish Council meeting can be seen on the notice board outside the village hall & in the Parish Council section on the Elkstone Village website. The Government has amended legislation to allow Parish Councils to hold remote meetings & these meetings continue to be open to the public. The next Parish Council meeting is on Wednesday 20th May, 8pm remotely on Zoom. If you would like to attend remotely, please email elkstonepc@gmail.com beforehand to be able to access the meeting.

Jane Thorn

St John's Elkstone's Wildflowers

"As you do your daily walks under the lockdown restrictions it is worth making a detour to look at the wildflower meadow in the Parish Church of St John's Elkstone. It is now emerging into its spring colours.



What you see in the picture is golden yellow *Tulipa sylvestris* which is a native species now sadly uncommon in the UK. Elsewhere there are many cowslips, celandines, snake head fritillaries, pheasant eye narcissi & carpets of blue forget-me-nots in bloom. Just emerging are the blue camassias which have clumped up really well all over the meadow.

Despite the tragedies unfolding elsewhere it is good to be reminded of nature unfolding in all her glory".

Brian Howlett

News from The Trust

This month I hoped my news from the trust would be about our Youth Open Day, but this was cancelled due to the COVID-19 virus lockdown. Now the Trust finds itself in a very different place with the effects of the pandemic having a huge impact & I am very impressed with its response. Staff & governors are getting daily & weekly updates which I feel are very open & honest.

With so much negativity in the media about preparedness, the fact that the Trust was very well prepared &, as the crisis unfolded, moved quickly through various phases to stay ahead of the curve; this may have been helped by the fact that the Medical Director has experience of coping with Cholera outbreaks overseas! The oxygen supply system was fully tested for pressure & supply, there is good oversight on PPE stocks & despite guidance on its use changing frequently there is almost immediate response to the changes & if that is not possible, then by next day at the latest. Just before Easter bed capacity was approximately 43% of total available capacity.

Changes made include ward reconfiguration with wards catering for COVID-19 positive patients, emergency medical & surgical patients & a small number of cancer patients; staff rotas have been changed; surgical activity is reduced to emergency surgery only at Gloucestershire Royal; many consultations with patients & the checking of the wellbeing of patients on waiting lists is being done online, as are most meetings. Staff have had to train to undertake skills or roles they have never done before; back office staff stepped up to roles that they were not trained for but have become highly proficient at. Staff working within the trust services management subsidiary are on call 24/7 to keep all clean, watered, well fed & fully stocked.



A most fitting tribute to all at the NHS who are working so hard to look after us.

Ploughing at a field at Elkstone by Martyn Thorn, Coombe End Farm, picture by Stuart Townsend.

The letters are 50 metres wide by 100 metres tall!

The community also has been of enormous support in so many ways including volunteers offering to help with staffing, free parking has been made available, there has been huge generosity which has been used to support staff e.g., subsidised food & drink, extended childcare offers, emergency accommodation, setting up 'wobble' rooms & sanctuary areas stocked with snacks, treats & drinks for staff who need a break for whatever reason & there is increased emotional support for staff. Also, the trust has been overwhelmed by the engineering & creative abilities of people & business in Gloucestershire, including offers to make visors & eye protection. Of special mention, the teaching staff & students of Balcarras School have been making visors for local health organisations.

As so many of us clap each Thursday to recognise the NHS the message going out to staff is 'Be proud of the work you do, the person you are & the difference you make. We are in this together.' All our medical staff have been willing to accept changes & the greatest has been a change to working in a pod system. This system brings together 23 multidisciplinary teams comprising both clinical & non-clinical staff, experts & generalists working together to care for patients in specific designated sections of the hospital. This has involved a lot of work but should ensure that, moving towards the peak of admissions there are the right people, in the right teams throughout our hospitals. As well as providing the best care for patients it is hoped that this will help with staff resilience.

One of the huge emotional challenges facing staff is working with patients whom they know are going to die without their loved ones beside them & that the choices that they would wish to be available for everyone simply will not be possible. This is hard, not only for staff, but also for the patients & their families. Inspired by the Consultant in Palliative Care who said 'Every name is a person, Every person a life lived, Every life a story behind it.'(ENAP) those staff directly involved, who may have little time to get to know each person, are committed trying to learn something that matters to that patient that will provide comfort & they will endeavour to ensure they patients are not alone in their final moments. This ENAP pledge was made throughout the entire Gloucestershire ICS on April 7th 2020.

To help with the emotional turmoil & challenges that abound, all staff are also asked to pause & take five wellbeing minutes at 11am each day & to have a conversation with someone about how they are feeling at that time.

Currently all teams are challenging themselves & each other, to think differently & to innovate to ensure things are held together in this difficult time. They are being asked to record these changes & ideas, when back in 'business as usual' conditions return, the trust is hoping to recognise & use the lessons learnt from this difficult time so that the improvements arising can be taken forward – the 'silver linings' of the COVID-19 cloud.

To end on some positive achievements the Lung Function team developed a new video app demonstrating exactly what kit is being used to treat our COVID-19 patients & explaining its use which is now being used by some 100 trusts. With no scientifically proven specific treatments for COVID-19 & clinical research into potential drug treatments vital the Trust is delighted to have been selected as a clinical trial site for the RECOVERY study & finally, on a non COVID-19 note, on our 'Journey to Outstanding': work is being done to improve the various waiting times for cancer patients, and last month the two weeks wait standard for referral was met & we were one of the top performing Trusts in the country! A very welcome ray of light in this dark time. My best wishes to you all & stay safe.

Anne Davies (anne.davies11@nhs.net)



Ginger Cake

The cupboard was bare - no plain flour or baking powder, but I did have SR flour & bicarbonate of soda. The ingredients for my usual gingerbread were difficult to purchase so I turned to a friend's ginger cake recipe. It was a lovely!

225 g SR Flour	1 egg
3 tsp ginger powder	175 ml milk
110 g caster sugar	2 tbsp golden syrup
1 tsp bicarbonate of soda	110 g solid margarine

Warm syrup & margarine together until melted.

Sift flour & ginger, then add sugar. Pour in melted margarine & syrup.

Heat milk to just below boiling, then carefully add the bicarb & stir, then add to the mixture & beat together, adding the egg at the end.

Pour into a lined loaf tin & bake at 180 degrees for 45 to 50 minutes.

Enjoy! **Jennie Howlett**

Cowley Fete Reminder - May 2nd COWLEY VILLAGE FETE CANCELLED. Next one next year. The Fete Committee thank all who volunteered & started preparations before lockdown, & those ELKSTONE residents who support & attend the Fete each year. **Lynn**

Finally: If you've a thought to share about this period of "enforced isolation" – do please write to goodneighbours@elkstonevillage.com for inclusion in the next Bulletin!