

# ELKSTONE NEWSLETTER



February – our shortest month and lengthening days, providing a change of tempo with half term for our young people, maybe holiday plans and time to consider tidying and planting in the garden.

The Village Hall can be booked for parties, get togethers, coffee mornings, as well as all the regular events. There are special rates for villagers and village events, and all the details are on our village website [www.elkstonevillage.com](http://www.elkstonevillage.com)

There is a new regular Yoga Class starting on Monday mornings – so read away, and thank you for all your articles.

Editor: Carole Bury email: [editor@elkstonevillage.com](mailto:editor@elkstonevillage.com) Deadline for next newsletter 20 February 2023

## Features

- Notice of May Elections
- New Yoga Class
- Elkstone Art Club
- Citizens Advice Feature
- Introduction to our local WI
- Music Quiz and Recipe
- News from Gloucestershire Hospitals NHS Foundation Trust

## Regular Village Hall Activities

Indoor Bowls	Every Tuesday, 7.30pm	Ronnie Bury – 870493 or Martyn Wylie – 870441
Art Club	Every Thursday, 9am-1pm	Penny Casewell – 03330 119663
Yoga	Every Monday, 10.15 – 11.15am	Emma Lowther – 07967 215569

## Other dates for your diary

Waste & Recycling	Food Caddy, recycling boxes, recycling bags, refuse and garden waste	Tuesday 7 <sup>th</sup> February Tuesday 21 <sup>st</sup> February
	Food Caddy	Tuesday 14 <sup>th</sup> February Tuesday 28 <sup>1st</sup> February

## Elkstone Parish Church Services

Sunday 5<sup>th</sup> February – 11am **Holy Communion**

Sunday 12<sup>th</sup> February – 10am **Morning Worship**

Sunday 19<sup>th</sup> February – 11am **Holy Communion**

Saturday 26<sup>th</sup> February – 11.00am Service at Rendcomb Church

## Elkstone Parish Council

The following is from Belinda Holder, Clerk to Elkstone Parish Council

Parish Council meetings will take place on **8 March and 10 May 2023** at 7.30pm in the Village Hall.

Also there are scheduled elections for the full District and Parish and Town Elections on **4 May 2023**.

Anyone interested can contact the Elections Officer at Cotswold District council.

All District, Parish and Town Councillors will stand down and elections will take place to replace them.

These are the key dates for the Election for all District, Parish and Town Councillors.

Notice of Election	17 March
Submission of nominations	From 20 March until the deadline of 4pm on 4 April
Publication of Statement of Persons Nominated	By 4pm on Wednesday 5 April
Registration of electors (deadline)	Midnight on Monday 17 April
Application to vote by post (deadline)	5pm on Tuesday 18 April
Application to vote by proxy (deadline)	5pm on Tuesday 25 April
Election Day	7am to 10pm on 4 May
Counting of Votes	District elections – overnight 4 May
	Parish and Town – 5 May (tbc)

**\*\* \* From the elections on 4 May 2023, electors voting at a polling station will be required to provide photo ID before being given their ballot papers. If you don't have one of the acceptable forms of Voter ID, you may apply for a Voter Authority Certificate \*\*\***

Full details about the election and deadlines are available at

<https://www.cotswold.gov.uk/about-the-council/elections-and-voting/current-and-future-elections/>

*Registering to vote - If you are not already registered to vote, you can do so online at [www.gov.uk/register-to-vote](http://www.gov.uk/register-to-vote).*

## **Weekly Yoga class in the Village Hall**

Starts Monday 23<sup>rd</sup> January 10.15-11.15am

Style of yoga; Gentle Flow yoga Price per person per class; £8.50

Emma has been teaching since April 2021. She completed her 200HR Yoga Teacher Training with Yoga Like Water in Cornwall and has been a full time Yoga teacher since.

Still a keen student herself, Emma attends classes each week with her teachers Vettri Selvan (Traditional Therapeutic Yoga) and Cristina Chandikama.

Emma teaches a range of classes from Vinyasa flow to Restorative to Meditation. Her students range from 5 to 85 years of age! She continues to practice and teach with humour, gratitude and a lovely smile.

Options to pay; on the day (cash) or if you'd prefer to pre-book please use the following link [www.momoyoga.com/mettle-monkey-yoga/](http://www.momoyoga.com/mettle-monkey-yoga/)

Emma Lowther [emmalowther@hotmail.com](mailto:emmalowther@hotmail.com) phone 07967 215569

## **Elkstone Art Club**

Do you enjoy drawing and painting? Are you free on Thursday mornings? Then why not join the Elkstone Art Club.

The Elkstone Art Club started meeting in the Village Hall in March 2019. We are currently a small group of people with varying levels of experience who meet together on Thursday mornings between 9am and 1pm in the Elkstone Village Hall. We share our knowledge and help each other. Sometimes we all work on the same topic and on other occasions we each work on our own projects. Occasionally we book a visiting artist to provide a workshop.

The cost is £10 per session and includes refreshments plus a contribution to the kitty for the workshops.

Please contact Penny Casewell if you would like to join the Art Club.

Email [elkstoneartclub@outlook.com](mailto:elkstoneartclub@outlook.com)

Or phone 03330 119663

Then just come along with some art materials and join in the fun.

## **Snowdrop Season**

The snowdrop garden at Colesbourne Park will be open at weekends from Saturday 28<sup>th</sup> January until Sunday 26<sup>th</sup> February between 1pm and 4.30pm.

On most Saturdays and Sundays during the season the bells of St James' Church will be ringing out along the valley.

Open Garden weekend at Cotswold Farm – Duntisbourne Abbots GL7 7JS

18<sup>th</sup> and 19<sup>th</sup> February between 11am and 3pm. Supporting National Garden Scheme and A Rocha. See the snowdrops, winter step garden and bog garden in this beautiful Cotswolds Arts and Crafts garden. The garden will also be open on the following Mondays in February: 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup>.

Snowdrops cont ....

At Painswick Rococo Garden the snowdrops are at their stunning best, carpeting steep banks and woodland glades in pure white and fresh green. They have many varieties of snowdrops, including some less-common varieties, such as the double form, *galanthus nivalis* Flore Pleno and *galanthus atkinsii*, a particularly large snowdrop with an historical link to the garden. Online Booking is essential on their website <https://www.rococogarden.org.uk/snowdrops/>

A walk through the Elkstone Churchyard will soon be a delight with our very own Carpet of Elkstone Snowdrops.

## Music Quiz

These artists have used Animals in the titles of their songs. Can you name them?

- |                             |                   |
|-----------------------------|-------------------|
| 1. Rolling Stones           | 9. Culture Club   |
| 2. Nelly Furtado            | 10. The B 52's    |
| 3. Florence and the Machine | 11. Meatloaf      |
| 4. Jefferson Aeroplane      | 12. Duran Duran   |
| 5. Cat Stevens              | 13. Elton John    |
| 6. The Cure                 | 14. Fleetwood Mac |
| 7. The Beatles              | 15. Sweet         |
| 8. Bob Marley               |                   |

## News from Citizens Advice

How to boost your State Pension and access the Household Support Fund in the Cotswolds

Do you know someone on a state pension who struggles to make ends meet? Or perhaps a couple? What if they could get a boost to their income? Too good to be true? A lot of other state pensioners certainly think so: a third of those who are eligible miss out. That's a million older people scrimping and saving and going cold when they don't need to.

This pension boost is called 'Pension Credit'. It not only provides extra pension income: it can also cover or reduce a host of other costs – rent, mortgage payments, council tax, energy and utilities, TV licence, dentists and opticians and more. Overall, the effects really can be transformative to pensioners who are struggling.

How to qualify? State pensioner households may be eligible if income is less than £182.60 per week for single people and £278.80 for couples. Pensioner households with higher income may be eligible in some circumstances – for instance if there is a carer in the household or a disability.

If in doubt, search for Pension Credit online, ring the Pension Helpline - 0800 99 1234 (8am to 5pm, Monday to Friday), or get in touch with us at Citizens Advice Stroud and Cotswolds, 0808 800 0510 (10-4 Monday to Friday, 10-1 Friday) where we can check you are claiming all the benefits you are entitled to. Don't hesitate – Pension Credit can make a big difference.

Pension Credit may also help you to access the Household Support Fund for help with food, energy costs and wider essentials such as warm clothes, bedding, boiler repairs and the purchase of white goods. Citizens Advice Stroud and Cotswold Districts currently have funding from Cotswold District Council to help pensioners on Pension Credit or who are on a low income and struggling to make ends meet. Please do contact us if you are interested in accessing the fund.

Facebook: CitizensAdviceStroudCotswolds *Twitter: @AdviceStroudCotswold*

## Jam and Jerusalem? - Forget It!

In so many old photographs of WI ladies there is an air of solemnity and 'higher purpose', very much of its time and very worthwhile. The determination and exploration of issues remain today but the atmosphere is lighter, warmer and very welcoming.

We have a Skittles team for County-wide matches. I wouldn't say we were brilliant (well, I'm on the team so it does smack of desperation) but it's fun. We've sampled croquet and archery (so wet that we could hardly lift the bow, let alone shoot the arrows). We have Zumba and chair Pilates (I was voted in for the latter as I seem to be developing a propensity for falling off chairs - they thought I'd be safer sitting down).

This month we heard about a voyage across oceans on a Tall Ship. So beautiful and graceful but so much hard work and maintenance, never mind the seasickness. Next meeting we will be exploring ASD and ADHD.

We have also suggested a Local Resolution when all County WI's can participate to make a real contribution to local communities.

So, it isn't all about hurling oneself down bowling alleys, or whipping up a quick sponge that gives to the touch. But for a friendly, warm and positive evening we are worth a look. Our next meeting is on 14<sup>th</sup> February at 7.30pm in Winstone Village Hall. Visitors are very welcome.

We would use Elkstone Village Hall but the Bowls Club said they couldn't bowl round us. Such defeatism! And anyway I can't do two things at once.

Barbara.

Winstone and District WI.

## Dark Chocolate Brownies from Sarah

<i>Ingredients</i>	2 tablespoons honey
125g butter, plus extra to grease the baking tray	1 pinch of salt
70g sugar( I use caster sugar but brown sugar works as well)	175g porridge oats
	100g dark chocolate

1. Preheat the oven to 150°C.
2. Grease and line a rectangular oven proof tin (equivalent to around 20cm x 12cm)
3. In a saucepan, over a medium low heat, add the butter, honey, sugar & salt. Stir until the butter has melted and everything is combined.
4. Take off the heat and add the oats to the pan and stir everything together.
5. Spoon the mixture into the baking tin and spread it out evenly. Bake in the oven for around 30-35 minutes until golden at the edges. Check as you go as ovens differ. Remove and leave to cool.
6. Once cooled, melt the chocolate in the microwave in 15 second bursts. Pour the chocolate over the flapjacks and smooth over with a knife so it's evenly spread.
7. *Pop in the fridge for 30 minutes and, once the chocolate has hardened, cut the flapjacks into pieces. Store in the fridge and enjoy!*

## Time to get walking again

With Spring on its way we start to think about getting out to walk in the beautiful English countryside again, but where to find new and interesting walks?

Walking in Gloucestershire <https://www.walkinginengland.co.uk/glos> has loads of walks to download and print, free, it also has books of walks, details of all the walking groups in the county and much more. Whether you want to walk on your own or with a group all the information is there in one place.

John Harris (who maintains the website) said 'There is so much walking information on the web but it is difficult to find. Walking in Gloucestershire (part of the Walking in England website) has brought it together in one place so whether you are walking from home, or away on holiday, you will be able to find a walk suitable for you'.

With walks from 1/2 mile to 12 miles plus long, and a note of suitability for pushchairs and wheelchairs, everyone can find a walk to enjoy.

So home or away, check out the websites and get walking!

John Harris [www.walkinginengland.co.uk](http://www.walkinginengland.co.uk) [john@walkinginengland.co.uk](mailto:john@walkinginengland.co.uk)

## News from the Trust

The constant pressure that the NHS is currently facing is affecting not only patients but also staff, who as well as being under pressure, may feel strongly that they are unable to care for patients as they would wish.

Recently one of the strategies to manage unprecedented levels of demand and acuity over a weekend involved all services being set up, organized, and being made available with staff across all divisions coming in on their days off to deliver additional clinical capacity, including pharmacy, phlebotomy, porters, nurses, pathology, doctors, therapists, imaging team and additional administration and management support. This helped with flow but also meant staff taking precious time away from families and much needed rest. I believe that is essential that despite all the negative news recognition is due to the extraordinary efforts the staff are all making, along with personal sacrifices, to continue to care for people from our communities. To help further with staffing during the winter months, when demand for bank staff increases, (particularly at short notice), the trust has introduced new Allocate on Arrival shifts for registered nurses and Health Care Assistants and HCAs where the hourly rates are enhanced in recognition of flexible deployment to any department on arrival.

In recognition of the huge effort that the staff are making, and to help them a little with the cost-of-living increases, they are being offered a 50% discount on meals (prepared on site) as well as free hot drinks and water and free porridge and soup from the restaurants. Our Chief executive has also made personal representations to our six local members of parliament, asking them to raise the funding of this offer beyond March with the government, alongside the reinstatement of the free parking that was available during the pandemic.

As part of our planned improvements the new discharge lounge at GRH is now open. This offers 29 spaces made up of 4 recliner chairs, 5 beds and a 20-chair waiting area for patients ready for discharge but awaiting transport and will go some way to helping us to achieve the much-needed increase of patient flow through the hospital.

Anne Davies (Public Governor Cotswolds [anne.davies11@nhs.net](mailto:anne.davies11@nhs.net))

## Answers from the Music Quiz

1.Wild Horses 2.I'm like a bird 3.Dog Days are over 4.White Rabbit 5.I love my dog  
6.Love Cats 7.I am the Walrus 8.Buffalo Soldier 9.Karma Chameleon 10.Rock Lobster  
11.Bat out of Hell 12.Hungry like the wolf 13.Crocodile Rock 14.Albatross 15.Fox on the run