

ELKSTONE NEWSLETTER

Editor's Bumbblings...

Happy New Year you lovely lot,

I hope your forthcoming year is as balanced as our new decade is visually, 2020. I wish symmetry & calm for you all after the festive furore!

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

Features

Elkstone Church January Services

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Regular Dates

Waste & Recycling Food & Garden Waste – 7th, 18th & 31st January

Waste & Recycling All Bags, Bins & Boxes – 13th & 24th January

Indoor Bowls Every Tuesday - Village Hall – Ronnie – 870493

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

Diary Dates

Parish Council Meeting	Village Hall	8pm	22 nd Jan
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Film & Supper Club	Village Hall	7pm	23 rd Jan
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Quiz Night	Village Hall	7pm	25 th Jan
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Church Services December 2019 in St John's, Elkstone

5 th	11 am	Christingle Service
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12 th	11 am	Morning Worship
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19 th	11 am	Holy Communion Crib
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26 th	11 am	Holy Communion, Rendcomb Church
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Christingle Service

Our annual candlelit Christingle Service will be held in church on Sunday January 5th at 11 o'clock. Andrew Holt, a representative from the Children's Society, has promised an entertaining presentation for us. Please join us & bring along any house boxes for their early opening. It's always a service of celebration.

Jennie Howlett

Quiz Night January 25th at 7pm Elkstone Village Hall

Save the date & plan to banish the January blues!

Allegedly January 25th is the date at which everyone is at their lowest ebb: still a long way before spring & Christmas bills to pay.

So, in aid of the Bells Restoration Appeal Elkstone Parochial Church Council (PCC) will host a quiz night on all things bells or bells related on Saturday 25th January.

Everyone loves a quiz, don't they?

No need to have a Mastermind grasp of the subject it will be strictly for fun only!

As part of the programme the project manager of the Bells Restoration, Simon Dann will give a brief update on progress to date. The Appeal fund is at over 90% of target so just a few more £££ needed to push it over the line.

Wine & cheese buffet will be served.

Tickets at £5 per person may be bought from any member of the PCC (Reverend Arthur Champion, Sylvie Pierce, Carole & Ronne Bury, Malcolm Lomas or myself. Let us know if you are able to come as soon as possible so we know the number of people for which we should cater.

All villagers & their friends & family welcome!

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

Elkstone Film & Supper Evening, Thursday 23rd January

We start 2020 by featuring an all-time classic, The Bridge on the River Kwai featuring Sir Alec Guinness. The film opens in a Japanese prisoner-of-war camp in Burma in 1943, where a battle of wills rages between camp commander Colonel Saito (Sessue Hayakawa) & newly arrived British colonel Nicholson (Alec Guinness). Saito insists that Nicholson order his men to build a bridge over the river Kwai, which will be used to transport Japanese munitions. Nicholson refuses, despite all the various "persuasive" devices at Saito's disposal. Finally, Nicholson agrees, not so much to cooperate with his captor as to provide a morale-boosting project for the military engineers under his command. The colonel will prove that, by building a better bridge than Saito's men could build, the British soldier is a superior being even when under the thumb of the enemy. Suspense builds throughout the film as the conflict develops between the perfect completion of an extraordinary project versus providing military gain for the enemy.

The film will be preceded by a Fish Pie supper starting at 7pm, the film starts at 8 pm. Tickets are £10 a head for Film & Supper, payment in a marked envelope please through the letterbox of Manor Farm Cottage, Elkstone please, by 6pm on Monday 20th January; film-only attendance is £5 each, pay at the door.

Regards, hope to see you there, **Jeremy & Anne 870516**

Rendcomb Surgery Support Coffee Morning Total

This year we moved our venue from Winstone to Rendcomb Village Hall. It was a well attended, successful morning with stalls selling cakes, bric a brac & seasonal items.

Coffee/Tea & mince pies were on sale & the tombola raised even more for the patients' funds.

Altogether total of £320 has been added which will be used to support the patients of the surgery. Recently we have purchased an ECG machine which means patients do not have to attend hospital as an outpatient but initially can be reviewed in our local surgery.

Thanks to all who attended and/or donated items for the sale.

Jennie Howlett

News From The Trust

2020 is certainly going to be a challenging year for the trust, as indeed it will be for the rest of the NHS, but challenges are just problems to address & that is what the trust intends to do. In this news therefore I would like to raise what I feel are the two most important to us now & ask for your help, wherever possible, in our efforts to address them.

The most immediate challenge, & one that faces all acute NHS hospitals is the pressures on Accident & Emergency departments. We have done very well in this year in meeting targets but already the winter pressures are building up & we are getting backlogs. Despite having what we hope is a robust winter plan in place, we have even now to declare internal incidents which is when all meetings etc stop & all staff focus on patients & increasing the flow through the hospital. Staff throughout our hospitals are rising to the challenge but working under this pressure takes its toll. The trust values its staff greatly & places great importance on supporting them to remain resilient & showing kindness.

This year a wellbeing hub has been set up & enjoyable staff activities are taking place on a regular basis. We have very active Freedom To Speak up Guardians, rest rooms & support is being offered to staff on duty, but many face the personal dilemma of balancing their commitment to the patients in the immediate time scale & taking time for their own wellbeing.

What would of course would really be great is if we could reduce the pressure on A & E. Many people who attend A & E could get faster & more appropriate help elsewhere, so I am asking you for your help with this. Please could you spread the message, in any way that you can, that before going to A & E people try ringing 111 or check out ASAP at <http://www.asapglos.nhs.uk> to see if there is an alternative that might help them.

The next challenge that lies ahead is to progress our Fit for The Future Programme which had to be stalled due to the purdah imposed by the election. As we go into the New Year Dame Gill Morgan has been appointed as Independent Chair of the One Gloucestershire Integrated Care System (ICS). Gill brings substantial & rich experience from across the NHS, local government & third sector & her ability to galvanise people & develop strong partnerships will serve the county well. One of our NEDS, Balvinder Heran also has experience of working with an ICS & will be a huge asset to the trust in helping with this. Vital to the process however is hearing the voice of those we serve so can I offer you a challenge?

Please make this the year that you become a member of the trust. You are not committing time unless you want to, but it will ensure that you will be included in all mailings about our plans & members events. You can also take advantage of NHS Discounts!

I am delighted that 2019 saw the start of a youth group which, as you know, I feel is so important to the trust. We are planning an Open day on 27th of March & more of that will follow. I do however want to ensure that we cover all cohorts of youth so please, if you know of a young person who uses our services, who may have a disability or who has other problems please talk to them & encourage them to join us. I am happy to answer any questions that they may have.

My new personal challenge for this year is to work to improve the care people receive when presenting at A & E with mental health problems. If you have any experience of this & would like to help in anyway, please get in touch. Finally, I hope that you all had a good Christmas & that 2020 will be a year of promise. Thank you also for reading my news from the trust & for your feedback & I look forward to continuing to represent you as your elected governor.

Anne Davies (anne.davies@nhs.net)

Relaxation

A call out to see if anyone is interested in attending occasional or regular sessions which I am considering holding at the village hall, subject to interest. These would be about an hour in length & would use relaxation techniques & guided imagery to reduce stress, anxiety & tension & to increase wellbeing.

These sessions would be open to anyone who wished to attend & I am anticipating the cost per session would be approximately £8 per person.

If anyone is interested in attending & would like to register their interest, or would like to know more before doing so, I can be contacted via

info@alisonfernandes.co.uk.

Recipe Corner

Yoghurt muffins, Makes 12 muffins

Ingredients:

110g butter,	250g plain flour
250g caster sugar,	2 eggs
125ml plain yoghurt,	2 teaspoons baking powder
1/2 teaspoon salt,	225g fresh blueberries

Method

Prep: 15 min > Cook: 25 min > Ready in: 40 min

Preheat oven to 180 C / Gas 4. Grease & flour a muffin tin or line with paper cases. Sieve flour, baking powder & salt together & set aside.

Cream butter & sugar until light & fluffy. Add eggs & beat well. Add yoghurt & flour mixture. Beat until combined. Stir in blueberries carefully.

Fill muffin tin 2/3 full. Bake at 180 C / Gas 4 for 25 to 30 minutes.

You can substitute blueberries for any fruit (my favourite are raspberries).

Jo Dickson

