

ELKSTONE NEWSLETTER



Hello

Time for me to sort out the greenhouse, clean and organise tools and pots and begin planning for the allotment.

You'll read in the newsletter about our Open Gardens Day on Sunday 11 June. As I write, this is just under 4 months away, hard to believe our village will be colourful and warm in such a short time.

I'm getting my plant books out to see exactly what I can divide and transplant for the Plant Stall.

Please - would all budding and talented gardeners in the village email me ideas each month of what we can pot up to make this the best year on the Plant Stall for sales. I always think this is free money for the village, no monetary outlay - all profit. The visitors on Garden Day like to buy good stock especially if there are stories behind the plants we love. Carole

Editor: Carole Bury email: editor@elkstonevillage.com

Deadline for next newsletter 20 March 2023

Features

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| • A417 Missing Link Information Event | Wednesday 1 March |
| • Parish Council meeting 7.30pm Village Hall | Wednesday 8 March |
| • Quiz Night 7.00pm Village Hall | Saturday 11 March |
| • Gardens Open Day | Sunday 11 June |
| • Cycle Race Through the Village | Sunday 26 March |
| • Recipe and Wordsearch | |
| • 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 th March Tuesday 21 st March
	Food Caddy	Tuesday 14 th March Tuesday 28 ^{1st} March

Continues overleaf. . .

Elkstone Parish Church Services

Sunday 5th March – 11am **Family Service**

Sunday 12th March – 10am **Morning Worship**

Sunday 19th March – 11am **Holy Communion**

Saturday 26th March – 11.00am Service at Rendcomb Church

Quiz Night

Elkstone Village Hall

Saturday 11 March

7.00pm for 7.30pm start

Come and join us for a Village Quiz Night, the first for 3 years!

No need to book – please just turn up and make up a team.

Teams will be up to a maximum 5 people

£10.00 per Table.

Bring your own drinks.

We will provide the nibbles.

All proceeds from the evening will go towards the maintenance of the Village Hall.

David and Ronnie

A417 Missing Link

A Public Information Event to meet the Contractor – Kier Highways – who will be working on the A417 Missing Link. Team members who will be working on the scheme will be on hand to answer questions regarding the project and give an insight to the work that will take place.

Although the construction of the road itself may not have huge impact on Elkstone Village, it will undoubtedly affect the parish indirectly over the next 4 years.

Wednesday 1st March 2.00pm to 8.00pm

Girl Guides Association Headquarters GL53 9NJ (Between the Green Dragon and Cowley Manor).

Gardens Open Day Sunday 11th June 2023

If you have not already done so please make a note of the date in your diaries. As you will know this is the most important day for us to raise funds for the upkeep of our Church and our Village Hall. Plans are coming together and several kind villagers have agreed to open their gardens to visitors. If you are able to open yours please do let me know. It really doesn't have to be a showpiece and visitors are always interested in what we are able to show them.

Apart from opening your gardens there are so many ways in which you can help make the day run smoothly. Even a single hour will be valued. I've noted below some of the ways that you could help and the contact in the village who has agreed to take the lead.

Car parking. We need volunteers to park the cars and take donations. Ronnie Bury is the contact on 01242 870493 or 07500483811

Village Hall Teas Jennie Howlett on 870462 is the contact. She needs volunteers to help serve teas and cakes in the Hall and, of course, to make the cakes for the day.

Plants Visitors love to buy plants so if you could start to think about planting some seedlings now which might be ready for June that would be great. Brian Howlett on 870462 is always happy to advise on what plants might sell well.

Advance Publicity The profit on the day depends almost entirely on how many visitors we can attract. Anne Davies on 07759222775 leads on our advance publicity and welcomes any help in this area. We really need some assistance with the use of Social Media so if anyone can help Anne is the contact.

Refreshments at the South end of the Village In the past we have managed to provide additional refreshments at the south end of the village, often in the form of cream teas. The simple question is "Is anyone able to take this on this year?" I'm happy too discuss possibilities with anyone. My contact is shown below.

A small group of volunteers help make the day happen and contact with any one of us is welcome. If anyone would like to join the group they would be very welcome. For the moment we are

Brian Howlett

Anne Davies

Graham Hopkins

David Collins

Ronnie Bury

David Kearney

Amy McDonald

and me, Martyn Wylie (01242 870441 and 07788912645)

Village Barbecue Sunday 11th June

With the kind help of Alastair McDonald we are able to return to our tradition of holding a village barbecue on the evening of our gardens open day. We have done this in the past and it has always been an enjoyable way for all of us in the village to come together and to celebrate what we hope has been a very successful day. It will be open to all villagers and a little nearer the day we'll ask for numbers so we get the catering right. If you feel able to help or have a barbecue we could borrow then please let me know. Meanwhile make a note in your diaries.

Martyn Wylie

Weekly Yoga class in the Village Hall

Mondays 10.15-11.15am

Style of yoga; Gentle Flow yoga

Price per person per class; £8.50

Options to pay; on the day (cash) or if you'd prefer to pre-book please use the following link.

Emma Lowther

emmalowther@hotmail.com

phone 07967 215569

Visit of Garten Reisen of Germany to Elkstone Church

Garten Reisen is a specialist travel company specialising in visits for garden lovers to internationally well known gardens. The Company picked up pictures of Elkstone Church in spring from the village website and first requested a visit back in February 2020, just before lockdown.

The company's guests enjoyed their visit so much even though it was during a bad storm that they asked if they could return once Covid travel restrictions ended.

So on 20th February we were able to welcome a group of snowdrop lovers back to the church and to explore the area around it. Because of the mild, dry weather recently the snowdrops in the churchyard and next door at Church View were at their peak, particularly as the sun came out to highlight the features. They took many photos and were reluctant to leave for their next visit to Colesbourne as they were enjoying the hospitality and the beauty of the surroundings.

Thanks to Sylvie for giving a short history of the church and to Carole, Geoff, Jennie and Robert for providing home made cakes and serving teas and coffees to the visitors, which they really appreciated. When leaving, a very generous donation was made towards the maintenance of the church and churchyard in appreciation. I think we will have another visit in spring 2024

It is always a pleasure to share our beautiful village with visitors, especially from overseas, as a reminder of how privileged we are to live here.

Brian Howlett

Cotswold Cross Sportive - Sunday 26 March

A 75km cycle route starts and finishes at Hartley Farm, Leckhampton. We have been running this course annually since 2017 and historically used the National Star College as HQ but they are busy with building works this year; we will continue to raise funds on the day for them though.

The first riders will be travelling east to west through the northern end of the village by 8.30am and the stragglers by 10.30am and they should be relatively strung out by this time.

The riders are released in groups rather than en-masse so as to cause as little road disruption as possible; there will be no supporters or vehicles involved at this stage of the event although we may place one marshal (TBC) around the 11km near the village hall as we have done in previous years.

We will also place one or two A3 sized arrows by the side of the road to keep riders on the straight and narrow and possibly a larger “SLOW THROUGH VILLAGE” sign – these will go up on the Thursday or Friday before the event and be taken down within 24 hours afterwards.

Although it isn’t an exact science it is anticipated riders by-passing the village on the southern leg, from west to east, will be between 9am and mid-day. There were 600 starters last year and it is hoped for similar this time. The route is split between road and off-road sections and permission for access over off-road sections is made from landowners or their employees; in the case of Elkstone we always speak to Stuart Townsend the estate game keeper.

Owen Watkins

WORD SEARCH

Y	Q	W	E	E	L	K	S	T	O	N	E	R	T	Y
S	E	D	F	G	H	J	K	L	P	O	I	U	T	Y
A	V	L	I	F	E	O	I	L	G	D	T	H	R	M
Z	B	S	L	R	W	S	E	P	K	D	G	L	E	L
X	M	C	F	A	N	D	S	T	A	R	S	D	E	H
Y	Q	G	H	J	V	J	L	H	N	C	F	P	S	B
T	S	R	H	U	W	R	U	B	K	S	B	H	X	D
I	A	P	S	T	R	E	A	M	S	U	N	E	F	W
N	D	I	L	J	F	C	L	E	F	O	K	A	A	O
U	F	J	P	L	K	H	H	W	K	B	S	S	T	O
M	G	S	S	R	E	G	A	L	L	I	V	A	P	H
M	H	R	T	L	J	R	F	K	M	R	U	N	M	S
O	G	T	H	S	L	D	L	I	G	D	Y	T	G	J
C	J	G	S	J	U	A	P	S	U	S	D	S	D	D
W	B	V	K	F	L	O	W	E	R	S	F	K	X	B

- | | |
|-----------|---------|
| ELKSTONE | FLOWERS |
| CHURCH | SKIES |
| WALLS | |
| STREAMS | |
| TREES | |
| WOODS | |
| VALLEY | |
| VILLAGERS | |
| PHEASANTS | |
| BIRDS | |
| STARS | |
| COMMUNITY | |

Recipe

Beetroot, Fennel and Orange Salad with Walnuts

A delicious raw salad. This is beetroot without the off putting/all you can taste vinegar take, on this unrated root vegetable! Antonia

4 Beetroot	3 Tablespoon Olive Oil
2 teaspoon Fennel Seeds	70g Walnuts roughly chopped
1 Orange	Ground Black Pepper

1. Pre heat the oven to 180c and toast the walnuts for 6 minutes plus. Check and remove from oven when slightly toasted.
2. Peel the beetroot and grate into a bowl
3. Add the rind and juice of the orange
4. Add the fennel seeds, olive oil and ground black pepper. Mix well together.
5. To serve, tip the beetroot salad into a bowl or dish and sprinkle with the toasted walnuts

March News from the trust

This month many challenges have arisen as the result of strike action and various plans have been put into place to mitigate the consequences for patients including putting extra staff at the front door of ED who will re-direct patients, support handover, and a hot phone to ED unnecessary ED attendance from Minor Injuries unit (MIU). Thanks are most certainly due to everyone who keeps on going to keep patients safe and provide essential services.

To help the flow of patients as winter illnesses increase a dedicated winter pressures ward has been opened at Cheltenham. This will provide additional and much needed capacity during winter and will be used in quieter periods as a “decant” ward to enable decoration and refurbishment of wards and thus avoid loss of beds. A new project called early Meds to Beds whereby wards who have patients ready for discharge are encouraged to get their patients’ prescriptions to the Pharmacy by 1pm allowing patients to leave hospital sooner.

Following the disappointing CQC inspection results during COVID, good news is emerging in the revisits as points raised are seen to have been addressed and compliance is being achieved. In the CQC maternity services patient experience survey our maternity services were heralded amongst the best in the country having moved from 13/64 last year to 3rd this year.

Finally, as a governor, one of my main interests has been to ensure that patients with mental health issues receive the best possible care from the trust. Trauma exposure affects service user’s neurological, biological, psychological, and social development and, if it is recognised promptly, there are direct and long-term benefits for patient. This, hopefully, will also lead to reductions in violence, aggression towards staff and prevent the escalation of any incident. I was therefore thrilled to hear that, after the trust put in a bid for funding, it has been awarded £130K support Trauma Informed Training for staff working in unscheduled care as well as an educator and a mental health practitioner who will support the roll out, evaluate the project and embed reflection and supervision to create sustainable cultural change.

Anne Davies (Public Governor Cotswolds anne.davies11@nhs.net)