

# ELKSTONE NEWSLETTER

Editor's Bumbblings...

Hello again,

This month's newsletter has a call out to our community for the Open Gardens Day & also a great suggestion of a recipe corner, when it can be accommodated, by Antonia who has kicked it off with two delicious vegetarian recipes, so they have a big thumbs up from me. I wonder if the Elkstone climate will encourage Sweet Potatoes to grow this year, it's certainly worth a shot I think.

Have a fruitful February, stay warm, not too long until spring is on its way!

Laure, [editor@elkstonevillage.com](mailto:editor@elkstonevillage.com) Deadline for next Newsletter: 20<sup>th</sup> February

## Features

Elkstone Church February Services  
 News From The Trust  
 Elkstone Film Club  
 Elkstone Village Gardens 2019  
 Elkstone Church Flower Arranging  
 Rendcomb Surgery Snowdrops Invitation  
 Recipe Corner

## Regular Dates

Waste & Recycling	Food & Garden Waste – 1 <sup>st</sup> & 15 <sup>th</sup> February
Waste & Recycling	All Bags, Bins & Boxes – 8 <sup>th</sup> & 22 <sup>nd</sup> February
Indoor Bowls	Every Tuesday - Village Hall – Ronnie – 870493

## Diary Dates

Elkstone Movie Night	Village Hall	7.00pm	21 <sup>st</sup> February
Rendcomb Snowdrops	Perrott's Brook	10.30am	2 <sup>nd</sup> March

## SERVICES February 2019 in St John's, Elkstone

3 <sup>rd</sup>	11 am	Holy Communion	Rev'd Arthur Champion
10 <sup>th</sup>	10 am	Toy Service **	Geoff Gait Carr
17 <sup>th</sup>	11am	Family Worship	Rev'd David Minns
24 <sup>th</sup>	11am	Rendcomb Church	Rev'd Jan Moore

\*\*Any donations of toys/ books & games (old & new) for this Toy Service will be very welcome, & will be taken to a local charity. They will be able to carefully distribute the toys appropriately. More details in our March newsletter about this charity

## **News from the trust**

A happy new year to you all. 2019 is going to be a very busy year for the trust as we start, with our partners in Integrated Care Services, to discuss how we move forward in respect of NHS Ten Year Plan. This is aimed to save half a million lives over the next decade but the big elephant in the room is the workforce to make it a reality hasn't really been developed.

I do however have confidence in those in our trust who are charged with making tough decisions that they will do so in the best interests of our patients. There will be tough choices to be made & I will do all I can to see that you are fully consulted on these & that your voices are heard.

On a more positive note Christmas & New Year are always a challenging time for the hospital & particularly for Accident & Emergency. It was very hectic in both departments as those of you who looked at our live twitter feed on January 2<sup>nd</sup> will have seen. It has been an incredibly busy & operationally demanding time, often outstripping previous records, but we are delighted we have achieved the 90% A & E standard for our patients & in doing so we bucked the national trend which saw aggregate performance of 87% across the country. This was made possible by the amazing efforts of all our staff who worked over the holiday period. As a thank you the board presented all the team with celebration cakes!

Very different activity took place when 23 under 5's came to visit our elderly patients on Ward 4A. The children sang with actions, did painting & colouring & presented their work to the patients who were delighted.

Finally, we are very proud of Susie Durrell, our Consultant Physiotherapist who was recognised for her service with a MBE in the New Year's Honours list.

Anne Davies (Elected Governor Cotswolds)

## **Film & Supper Evening, Thursday 21<sup>st</sup> February 2019**

We move towards spring with First Man - an epic, "in-space" recall of the 20th July 1969 landing on the moon, an event which made many of us stay up overnight!

Starring Ryan Gosling, this is the riveting story of NASA's mission to land a man on the moon, focusing on Neil Armstrong & his co-pilot Michael Collins during the years 1961-1969, when NASA is racing to beat the Russians to the moon, & every new breakthrough is thanks to long hours of hard work. Armstrong's wife Janet worries at home, listening to every radio broadcast & wondering if her husband will come back safely. What First Man does best is make you realize how dangerous every step of the way was to get to the moon.

The film will be preceded by a Paprika Pork supper starting at 7 pm, the film starts at 8.00pm.

Tickets are £10 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 18th February.

Film-only attendance is £5 each, pay at the door.

Regards, hope to see you there.

Jeremy & Anne 870516

## **Elkstone Open Gardens – Sunday 9<sup>th</sup> June**

Please pencil this date in your diary!..this is a key event when all villagers are invited to contribute in any way, however small, to help raise funds for the village hall & church and, just as importantly, enjoy the day meeting fellow villagers & visitors.

Ways to help include:

Opening your garden – size & horticultural skills matter less than enthusiasm.

Helping on the day- Teas in the village hall, Parking visitors' cars in the field & relieving others etc.

Coming up with fresh ideas to enhance the day (something on the village green, a children's competition perhaps?)

A number of new families have moved to the village in the last year or so & it would be especially good to have your involvement

I look forward to hearing from you.

David Kearney

The Hawthorns

01242 506234 dnke@btinternet.com

## **Elkstone Church Flower Arranging**

We would love to welcome some new faces on to the Church flower rota.

Enthusiasm is more important than experience!

If you can spare an hour or so every couple of months please come & join us!

For further information please contact:

Anne Gait-Carr: Tel: 01452 537597 or email [annegc3@icloud.com](mailto:annegc3@icloud.com)

### **Rendcomb Patients Support Group**

Invite you to see the

**SNOWDROPS**

at

Covertside, Perrott's Brook,

Cirencester, GL7 7BW

(by kind permission of John & Lyn Sales)

Saturday, 2nd March, 2019

10:30 am – 12:30 pm

By ticket only

(£10 to include tea/coffee & biscuits)

Available from Rendcomb Surgery

01285 831619

All proceeds for the benefit of Rendcomb Surgery patients

I love Sweet Potatoes! This time of year sweet root vegetables are appealing & sweet potato can be so versatile. Try one of these favourite recipes & let me know what you think! Any other suggestions?

### **Tomato & Sweet Potato Soup** Serves 4 or more

2 onions, sliced

Olive oil 2 tablespoons

2 cloves of garlic crushed

3 sweet potatoes, peeled & chopped into chunks

2 cans of chopped tin tomatoes

2 bay leaves

1 teaspoon dried mixed herbs

1/4 teas dried chilli flakes

1. Sauté the onion in olive oil with the lid on until soft.
2. Add the crushed garlic & chilli flakes, stir for one minute.
3. Add the chopped sweet potatoes, tomatoes, mixed herbs & bay leaves.
4. Bring to the boil & simmer for 20 mins or until the sweet potato is soft.
5. Purée with a stick blender or liquidiser or processor.
6. Check consistency, add water or stock if necessary.

Can be reheated or frozen. Flavour improves if made the day before.

### **Cajun Sweet Potatoes**

Serves 4

4 sweet potatoes, scrubbed & cut into 3cm slices

1 bulb of garlic

1 heaped teaspoon of Cajun Spice

200ml of Greek yogurt

4 spring onions, sliced

2 tablespoon Olive oil

2 tablespoon Red wine vinegar

Salt

1. Pre heat the oven to 180c.
2. In a large bowl put in the olive oil, red wine vinegar, Cajun spice & pinch of salt. Give a good stir & add the chunky sliced sweet potato. Stir until well coated.
3. Transfer to a roasting tray. Spread in an even flat layer. Put the whole bulb of garlic on the tray.
4. Roast for 45 mins to one hour until soft & caramelised.
5. Remove from the oven.  
Take the bulb of garlic squeeze/use a fork to extract the soft sweet creamy roasted garlic. In a bowl mix together the yogurt, spring onion & roasted garlic. Season to taste.
6. Served the roasted sweet potatoes with the yogurt dip & to make more of a meal add simple roasted meat or a vegetarian option, hard boiled eggs.

Antonia Winstanley