

ELKSTONE NEWSLETTER

Editor's Bumbblings...

Hello,

Just a heads up that I have made an educated guess for the Bin Days as a new one is released on the 4th November, so please double check the website cotswold.gov.uk just in case, as numbers & predictions into the future are not my forte! Have a nourishing November (especially if you try Antona's recipes).

Laure, editor@elkstonevillage.com Deadline for next Newsletter, 20th December

Features

Elkstone Church November Services
 Duke of Edinburgh Request
 Elkstone Film Night
 News from The Trust
 Parish Council Minutes
 Recipe Corner
 Green Dragon Christmas Meal

Regular Dates

Waste & Recycling	Food & Garden Waste – 8 th & 22 nd November
Waste & Recycling	All Bags, Bins & Boxes – 1 st & 15 th & 29 th November
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	13 th
Film Night	Village Hall	8pm	21 st
Village Hall AGM	Village Hall	7.30pm	28 th
Elkstone Christmas Meal	Green Dragon	7pm	12 th Dec

Church Services November 2019 in St John's, Elkstone

3 rd	11 am	Informal Family Service
10 th	10.45 am	Remembrance Service
17 th	11am	Holy Communion
24 th	11am	Rendcomb

Duke of Edinburgh Request

13 year old boy seeks volunteering opportunities for Duke of Edinburgh scheme. If you are involved with something that needs more help, please let me know?

Thanks - **Sian Macfarlane johnandmog@aol.com**

November Supper & Film Night - 8pm Thursday 21st November

We are featuring *The White Crow* this month, which features the extraordinary 1960's events leading up to the defection of Rudolf Nureyev to the West at the height of the Cold War. From Nureyev's poverty-stricken childhood in the Soviet city of Ufa, to his blossoming as a student dancer in Leningrad, to his arrival at the epicentre of western culture in Paris in the early 1960s & a nail-biting stand-off at the Le Bourget airport, this is the true story of an incredible journey by a unique artist who transformed the world of ballet forever. The film is directed by Ralph Fiennes.

The film will be preceded at 7pm by a sausage casserole supper - prices are £10 each, cash payment in a marked-up envelope through our letterbox at Manor Farm Cottage Elkstone by 6pm on Monday 18th November please.

For film-only attendance - pay on the night.

We hope to see you there!

Jeremy & Anne 870516

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 of the Elkstone Village Website. The next Parish Council meeting is on Wednesday 13th November - Village Hall – 8pm

Elkstone Parish is a very safe area but a reminder to be vigilant as the nights get darker & to report any unusual activity that you may notice to the police, please phone 101 or 999 in an emergency. If you would like to join the Neighbourhood Watch Scheme 'Our Watch', please register at www.ourwatch.org.uk

Jane Thorn

News from the Trust

This month sees the start of a new year for governors as we welcome those newly elected in the recent elections. They replace governors who either have served for the maximum time governors can stand or who have left for personal reasons. For me it brings back memories of my first being elected which was just after the big hole in our finances was discovered & I remember my feeling of 'terror' as the full responsibility that we carry became clear. Our new governors can be sure however of support in fulfilling their role both from other governors & from our fabulous leadership team, who listen to us & treat us with respect.

At the start of the month NHS employers launched an initiative to promote mental health & wellbeing in the workplace with emphasis on addressing the stigma that many people affected by mental illness still experience. Evidence shows that this is more likely to prevail in acute trusts above others & it is an example of how open our leaders are that one of them was recorded talking about their personal experiences of mental illness. A well-being hub has recently been set up within the trust to offer support for all

staff who may feel that they need help in any way & the hub also organises various activities for staff that to encourage activities that promote & help protect their own overall health.

Staff within an acute trust are often faced with difficult & challenging times & decisions to be made. The pressure this can bring was very much in evidence this month when an internal incident was declared following high demand in our emergency departments combined with bed capacity issues. This led to the cancellation of all but nonessential meetings with all staff focussing on doing all they could do to embrace patient flow & positive discharge. All teams responded magnificently working tirelessly throughout the day to ensure timely & effective patient discharges & the escalation status was stepped down at the end of the day. It was then left to ensure that the momentum was continued throughout the weekend. We are all proud of the way in which staff responded & worked so hard under pressure, & this is to my mind is an illustration of the whole trust team effort towards our Journey to Outstanding.

Finally, I am writing this on 'Allied Health Professions (AHP) Day which is a day in which we celebrate & appreciate the contribution of AHP's to patients care & population health. There are fourteen AHP's many of whom are an integral part of the team at the trust including among other chiropodists & podiatrists, dieticians, occupational therapists, operating department practitioners, paramedics, physiotherapists, radiographers, prosthetists & various therapists. Although not so visible as doctors & nurses to a visitor or patient within the hospitals they are essential to helping us to deliver what we hope is best care for all. You can read more about this if you go to the trust twitter site & look at 14th October

Sincerely **Anne Davies (Public Elected Governor Cotswolds)**

Roasted Asparagus & Avocado

Not a seasonal choice but an interesting & different recipe. A light dish with plenty of flavour.

Serves 2

2 Avocados, halved & stoned,	150g asparagus	1 clove of garlic crushed,
1 orange, zest only	1 tablespoon olive oil,	Pinch of salt
Ground black pepper,	40g hazelnuts roughly chopped	
100g spinach, chopped	1 orange, segmented	
Dressing:		
25g Tahini,	1 orange, juice only	Pinch of salt & black pepper

1. Preheat the oven to 180c. Tip the avocados & asparagus into a roasting tin with the crushed garlic, orange zest, olive oil, salt & pepper. Mix well. Scatter over the hazelnuts then transfer to the oven & roast for 15 minutes.

2. To make the dressing, mix the tahini with the orange juice, salt & pepper, adding a little water to make it the consistency of single cream. Taste & adjust the seasoning as needed.

3. After 15 minutes, remove from the oven, stir in the chopped spinach & orange segments. Mix well then drizzle with the dressing & serve hot.

Antonia Winstanley

Green Dragon Christmas Meal

The Lower Bar has been booked for

Thursday 12th December

Please join us for a celebratory dinner at The Green Dragon 7:00 for 7:30pm

The menu is on their website www.green-dragon-inn.co.uk and there are paper copies at Church View as well.

The cost of £27.00 for 3 courses and £21.00 for 2 courses allows for a tip.

Coffee / Tea is also available at £2.00 / cup

Everyone, both villagers and friends are very welcome

For further information, to make your booking,
and advise your menu choices call **870462**
or email brianhowlett21@gmail.com