Elmsted with Hastingleigh

Community News

St. James the Great
Elmsted





St. Mary The Virgin Hastingleigh

August 2015

40p

THE UNITED WYE BENEFICE

Priest-in-charge Revd. Ravi Holy

The Vicarage, Wye

01233 812450

Ravi.Holy@wyebenefice.org.uk

Associate Priest Revd. Lorraine Lawrence

(with special responsibility The Vicarage, Hastingleigh, TN25 5HP)

For the parishes of Hastingleigh 01233 750987 - 0789 4034409

Elmsted, Petham & Waltham) lorraine_lawrence@btinternet.com

THE PARISH UPON THE HILL

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Mrs Daphne ten Hove 01227 700460

Hon. Secretary PCC: Mrs J Smallwood 01233 750240

PARISH WEBSITES

www.elmstedpc.kentparishes.gov.uk

www.hastingleighpc.kentparishes.gov.uk

COMMUNITY NEWS

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Quackers, The Street, Hastingleigh

Advertising Manager Mrs Alison Shepherd 01233 750072

Little Gains Cottage, TN25 5JU

Closing date for material: 15th of the month prior to publishing

via email elmstedwithhastingleighnews@yahoo.co.uk

Please ensure all articles emailed are on A5 size please











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To commemorate the Centenary of the Outbreak of the 1st World War, there will be a piece every month about each soldier named on the War Memorial.

TAPPENDEN, Frank William

Second Lieutenant. 18th Battalion, Machine Gun Corps (MGC). Formerly of the Royal East Kent Yeomanry.

Born in Newnham, Faversham in 1889, Son of William Thomas Elizabeth (nee File of Elmsted) Tappenden. Husband of Dorothy Tappenden of "Foxglove", Herne Bay Road, Tankerton, Whitstable, Kent.

Died Monday 2nd July 1918 aged 29 years.

Buried in the Warloy-Baillon Communal Cemetery Extension, The Somme, France. Grave reference VIII.G.12.

Frank lived with his Uncle George Pibus TAPPENDEN Born 29th June 1902 (Son of Cubison & Florence). George was the Local Grocer and he died 21st October 1960 at Sole Street, Crundale aged 58 years.

Frank's wife bore a Son, William in late 1918 after Frank had died.

THE MYSTERY HOLE

One evening last October we arrived home and luckily just avoided falling into an enormous hole in the front of our house.

Just to say we are back in our house after 9 months of living just up the road.

It had its moments, we would arrive there to find the keys back at our house or next morning no milk, but that was a small price to pay when the insurance company thought it would be a good idea to move us to Ashford (I think not) thanks to Emma & Kevin for coming to our rescue we stayed in Bodsham.

After all the experts advice on stabilising the ground and wasted time it took Colin Shevell 3 days to dig out the old cesspool. We had a hole 4 meters deep and almost as wide, and in went the new tank, then we were back home. A few days later Southern Tanks arrived with a new oil tank and now the boiler is up and running and the patio about to be laid.

A special thanks to Mary, Len & Lucy for all the hassle they put up with. Rachael & Ben for the use of the orchard, Joel and family for feeding us in the early days, and everyone who offered accommodation, all the letters and cards were much appreciated. It makes you realise what a good neighbourhood we have.

Jack & Christine



HASTINGLEIGH FOOTPATH WALKS

At last we enjoyed the summer, so it's now time to look forward to the monthly walks. They all take place on the second Sunday in the month, beginning at 2.00 pm normally starting from Evington Hall.

Details will be posted each month in the Community News including any change in the start point.

The following have kindly agreed to lead the walks

2015

13th September - Jean Bowes

11th October - Stan & Sheila Burrage

8th November - Derek & Janet Harris

13th December - Jack & Christine Luck

2016

1st January - Mince Pie Walk!

14th February - Hilary Pittock

13th March - Robin & Yvonne Helmer

10th April - Helen Ransley

8th May - Val Kerry

If you have not been before, they usually last about two hours and provide a really convivial way to spend a Sunday afternoon, and help to keep you fit!

Please come and join us
Derek Harris
01233 813711
derek@i-dsolutions.co.uk

AVIS BALL 1936 - 2015

After a long and active life filled with purpose and activity we are saddened to report the death of Avis following a severe stroke.

Born in Wye in 1936, the youngest of three children she remained in Wye during the war and after the war she secured a scholarship to Ashford Girls Grammar School. It was here she discovered her love of sport which provided an outlet for her abundant energy and she made lasting friendships.

Leaving school, she carried on with her sporting endeavours whilst in her first job in the office of a local printing firm, she then moved to Costains where she was wages clerk.

During this time Avis attended local dances as part of Wye youth group meeting Brabourne lads of which Eric was the leading light with his BSA motorbike. Once supplied with suitable attire of crash helmet and gloves they could socialise and attend dances further afield. They married in Wye Church in 1956 when Avis was 18, the start of 59 happy years.

Family life started in Littlebourne with the birth of Jackie in 1965, moving two years later to Hastingleigh where Clifford was born in 1969. She then took part time jobs including fruit and vegetable picking, potato sorting, a plant nursery and with Jackie at KCC matches in hospitality.

She joined Eric at Stowting Cricket Club where her teas became legendary among visiting teams. She went on to do scoring, giving advice to batsmen and bowlers alike as she herself completed a century in the annual ladies match.

She was a founding member of the Evington Tennis Club, raising funds and mowing and marking out the courts. She was a team player, regularly competing in the Ashford league.

Living almost opposite the Village Hall she took on responsibility for

caretaking and taking the bookings over a period of 40 years. She was also involved in organising dances, the Christmas Bazaar, jumble sales, whist drives and coffee mornings. Avis appreciated working with the village whatever the event

One of these organisation was the Gardeners' Society, Eric being head gardener at Treestumps but Avis, not to be outdone soon improved her horticultural skills exhibiting her cookery and produce regularly at the shows. The flowers from their garden often supplied the Church at Hastingleigh when it was her turn on the rota.

In so many areas she will be greatly missed but fondly remembered by her many friends.

We would like to thank everyone in Hastingleigh and Elmsted who helped and provided refreshments at the Village Hall on Friday 17th July after Avis' funeral. The love and support of the village has helped us all through this difficult time.

Eric, Jackie and Cliff

Evington Community Project



CLUB

The winning numbers for the July Draw are:

1st Prize: No: 4

2nd Prize: No: 69

3rd Prize: No: 79

Many thanks to all of the 100 Club Members for your support.

Evington Community Project

Coach Trip To Boulogne, France Saturday 26th September



!! PLEASE NOTE THE REVISED DATE, TIME AND PRICE!!

We apologise for having to cancel the trip to Boulogne in June which was due to insufficient bookings. We have now rescheduled this trip for **Saturday 26th September**.

The coach will depart from Evington Hall at 7.30 am and arrive in Boulogne at around 12.45 pm French time, travelling via P&O Ferries. We will depart from Boulogne at around 5.00 pm French time and will return to Evington Hall at approximately 9.00 pm. The coach will stop at a French supermarket on the return journey. The cost will be £17 per Adult, Children aged 16 and under travel FREE.

To book your places on this trip and for further information, please contact Jacqueline Smallwood by telephoning 01233 750240 or by emailing smallwoodinkent@gmail.com.

Bookings are taken on a first come, first served basis so please book now to avoid disappointment.

Bookings with Payment in Full must be received no later than Monday 17th August 2015.

HASTINGLEIGH WITH ELMSTED W.I.

Hastingleigh with Elmsted W.I. met on Thursday the 2nd of July at the Evington Hall.

Fifteen members and one guest attended our meeting.

Our speaker this month was Pat Marshall, who came with her guide dog Chloe. She gave us a very interesting talk, starting from when she had trouble with one of her eyes in 2001. She had macular degeneration, and six months later had it in her other eye. Amongst other things, she also had irisitis, cataracts, glaucoma and a dislocated lens. She wanted to be independent so contacted the Kent Association for the Blind and the Guide Dog Association. She had a medical, and then waited six months for Chloe. In January 2009, they started their training. This was for two weeks in Maidstone - morning, afternoon and evening. The dark obviously doesn't make any difference to the blind person, but the dogs are more excitable then. She learned twelve routes with Chloe and her husband helped her for the first couple of months. Chloe gets an 'MOT' every six months, when she is checked by a vet. Guide dogs cost £50,000 from birth to retirement, for training, equipment and food, and they don't receive any government funding.

Our next meeting will be on Thursday 6th of August. We will be having a members' meeting where we will enjoy a bring and share supper and games.

A few days after our meeting, we heard the very sad news that our fellow member, past President and friend, Mrs Freda Nancollas, died. She will be sorely missed.

Fiona Steward

SOUTH HILL GARDENS & ARBORETUM

Sir Charles Jessel has kindly offered to open his beautiful garden and well stocked arboretum on

SUNDAY 9TH AUGUST

from 2 - 5.30pm

Do bring your friends and also have a delicious cream tea etc.

FRIENDS OF KENT CHURCHES SPONSORED BIKE RIDE

12th September 2015

If you can be sponsored by someone to ride a bike for your village church you will be contributing to this wonderful cause plus having a lovely day out.

Please contact Mrs Juliet Bracher 01233 811908

Local organiser for the West Bridge Deanery.

EVINGTON GARDENERS

Anyone entering the Evington Hall on the evening of Wednesday 8th July would have been greeted by a wonderful array of flowers at the Annual Show – vases of various types of rose, vases of mixed flowers, scented flowers, flowering shrubs together with some excellent flower arrangements. One bloom which remains in this reviewer's memory was a lovely dark red rose grown by Pat Homer and which won the Link Cup for the best bloom. There was also some good fruit and good baking on display but fewer vegetables (perhaps due to not the easiest of weather conditions) and fewer preserves than usual. Other prize winners were Jean Bowes with the Jessel and Boundary Cups and the George Trophy, Sarah Pell with the Doug Wood Cup for the best vegetable and Yvonne Helmer with the Wooden Spoon for cookery. Ken Young won the first prize in the photography class.

It was a pity, though, more members and visitors did not come along to see the Show and enjoy a glass of wine. Our thanks go very much to Jean for organising it all, and to our judges, Sarah Morris and Mr and Mrs Twyman. As always, details of Evington Gardeners' events can be obtained from me, Jane Pearce (750382). Everyone is welcome.

J.P.

FROM THE EDITOR

I would like to apologise if you have received this edition of the Community News late.

Unfortunately my holiday coincided with the printing date this month.

CHURCH SERVICES IN THE PARISH UPON THE HILLS - August

Sunday 2nd Proper 13	9.30am Holy Communion at Elmsted	
Sunday 9 th Proper 14	9.30am Holy Communion at Hastingleigh	
Sunday 16 th Proper 15	9.30am Holy Communion at Petham	
Sunday 23 rd Proper 16	I M SUMM PATRODAL POSTIVALAT WALTDAM	
Sunday 30 th Proper 17	10.30am Benefice Holy Communion at Boughton Aluph	

Please Note: Since the parishes of Elmsted, Hastingleigh and Waltham became The Parish Upon the Hills, the churches in the new parish and the church at Petham have worked together as the 'Up-the-Hill Cluster'. The Church has requested that all the services available in the two parishes are advertised in the local magazines, hence the additional information in the grid above.

	CHURCH FLOWER & CLEANING ROTA		
	St. Mary's Hastingleigh	St. James' Elmsted	
Jul 25th	Mrs Pell	Mrs Wright	
Aug 1st	Mrs Homer	Mrs Thrupp	
Aug 8th	Mrs Bacon	Mrs Browning	
Aug 15th	Mrs Geering Mrs Sharp	Mrs Jeffery	
Aug 22nd	Dr & Mrs Lawson	Mrs Argar	
Aug 29th	Mrs Day	Mrs Francesconi	

AUGUST DATES FOR YOUR DIARY

Wed 5th	Coffee Morning	10.30am
Thurs 6th	W.I. Meeting	7.30pm
	(Page 19)	
Sun 9th	South Hill Gardens	2.00pm
	(Page 20)	
Mon 31st	Beer Festival - Bowl Inn	noon
	(Page 29)	
Tues 1st Sept	Evington Hall Committee Meeting	7.30pm

Note: All events in Evington Village Hall unless otherwise stated.

Parent & Toddler Group meet every Tuesday - 9.30am

Mobile Library every Wednesday 10.55am - 11.20am

Art Group meet on Thursdays 9.30am - 12.30pm

SNOW WHITE & THE SEVEN DWARFS

There are still a few tickets left for the Marlowe Theatre panto on Saturday 9th January, 2016 10.30am.

Please contact Sue by email sueboxall@btinternet.com

THE LORRY WAY DOWN (update to End June 2015)

On our last update to our travels, we mentioned that we were still waiting for our Carnet de Passage (a sort of passport for the truck), the hold up was the Customs in Casablanca. Eventually and after a lot of chasing of DHL, we finally had the package released and we arrived once again at DHL's office in Agadir to collect it. The bill was another £80.00, and on further scrutiny, it seems that DHL have charged us storage of the package whilst it was in Casablanca, and charged us for clearing it through Customs! Anyway with our Carnet now safely on board we set off on the 1700km journey to the border, this was to take us through the disputed territory of Western Sahara. On the first day after Agadir, we noticed a small leak in the fuel line at one of the joints; we had to stop and find a mechanic to fix it. A few hours later we were on our way, but it meant that we didn't cover anywhere near as many kilometres as we hoped, so found an Auberge that would let us park up for the night.

The rest of the journey through Western Sahara involved overnight stops in a Beduin Camp, a couple of nights on the beach in the strange and very windy beach resort of Dakhla (which is famous for kite surfing) and even on one night (just before the border), a night out in the front of a cheap hotel/petrol

station.

The closer you get to the Morocco/Mauritania border, the more military and police checks are encountered, this is where our preprinted 'fiche's' come into their own, and these record all our passport and vehicle details, and ensures

(usually) a speedy exit from the road blocks.

We arrived at the Morocco side of the border with high hopes as we hadn't seen any other vehicles during the 80km drive from our overnight stop. This was soon dashed when we saw the massive queue of vehicles waiting to exit the country, I won't go into too much detail (as it is on our blog), but the chaos on the Moroccan side took us over 3 hours to negotiate, and it was a lot worse for all the locals. We then had to drive the 5km over "no-mans land" to the Mauritanian boarder post. This really is no-mans land with hundreds of abandoned vehicles (either destroyed by the very rocky and sandy track, or burnt out). We had no one to follow as vehicles were being let through so slowly from Morocco, but eventually we picked the right tracks (there are many) and arrived unscathed at the Mauritania border. We had no visas, so needed to obtain them here, it was a surprisingly high-tech bio-metric system (but in a very shabby building) where they took photo's, and fingerprints. The whole experience was done and dusted in less than 2 hours, with the help of Cher our fixer. It was a very expensive border crossing, made worse by the fact that we arrived without any visas, and they wont accept the carnet, so had to pay 100euros to temporary import Colonel K.

After getting the all clear from various customs, immigration and police checks, we were on our way. The plan was to drive to the nearby town of

Nouadhibou (deep in the red zone, as defined by British Foreign Office), and find somewhere to park up for the night and hopefully change some money into the local currency of Mauritanian Ouguiya. According to our guide book there are no ATM's outside of the capital, but we found one! Early next morning we set off for the Capital city of Nouakchott, about 500km South, this was to take us deep into the Sahara, it was extremely hot, showing 48c in the shade, not the sort of place you want to get stranded in just miles of sand dunes and camels We got to Nouakchott at about 6.00pm, it was the worse case of driving I've ever seen, and ended up in genuine gridlock at one point, with six lanes of traffic squeezed into a two lane road, there was a donkey and cart in the middle of it all, and the longer it went on, the more cars overheated, and the worse it got! The traffic was so tightly packed that even the mopeds couldn't move. Eventually we found a small Auberge that let us park in their courtyard for a couple of nights. Next morning we walked to the main road to get a taxi to the Mali Embassy (to get our Visa's for Mali), after hailing a few taxis, and the drivers either not understanding us, or not knowing where the Embassy was, a slightly better car (not a taxi) pulled up along side us. He asked in French where we wanted to go, and said that he knew the Mali Embassy and would drop us off there. We quickly weighed up the risks and decided that the old guy looked genuine and we jumped in the back, sure enough 10 minutes later we saw the Mali flag in front of us. A genuinely nice guy, like all the Mauritanians that we met. We got our two entry, two month visas, sorted out same day, and then walked back to the truck through the city (about 30 min walk). Despite what we were told about Mauritania, it was a good experience and the people were very friendly towards us, and felt safe all the time we were there. Visas safely in the Passports, we set off for the Senegal Border at Diama Dam (again the crossing is described in detail in our blog, so I wont repeat it here). The North Senegal border crossings are well known for being corrupt, but we were surprised how easy the experience was, no bribes were paid, despite the "General" asking for a cadeaux (present). Once the formalities were completed, we drove to the nearby town of St. Louis to find a Bank to get some local currency, CFA's. This currency is used in quite a few West African Countries and so money will be a bit easier to manage now. The strength of the Sterling is really helping us on our travels at the moment, with the CFA being linked to the Euro.

The difference that we experienced when crossing the border into Senegal (another Islamic country) was incredible, everywhere is so much more lush and green, and the people, especially the women, wear much more colourful clothing, and are much more outgoing and relaxed in their dress code. The month of Ramadan is now upon us, and the vast majority of local people seem to abide by the strict fasting rule (both food and drink) from sunrise to sunset. This is no mean feat in this 30c plus heat, not even water is allowed

to be consumed during these hours.

We are at a fantastic rustic camp called Zebrabar, just South of St. Louis, located behind a fishing village, its very relaxed, and after all the travelling have decided to have a little break here. We've been here for two weeks, and love it. We have taken the advantage of doing some fishing, kayaking, walking, and of course lots of swimming in the sea. We have also given Colonel K a much needed oil and filter change with some decent quality Shell oil (filters were brought with us, we have another 3 on board)
But all good things come to an end, and we will have to move on, as we already have our visa's for Mali, though we still have 7 weeks left on them. Our plan is to spend a while longer in Senegal and Gambia, before heading East into Mali (by which time Ramadam will be over), and Burkina Faso, the idea is that hopefully the worse of the wet season will have run its course in West and Central Africa before we get there.

So next stop is Gambia, then back into Senegal, and then Mali. Since we left Agadir we have not seen any other overland vehicles, it seems we are on our own!

We have been away 100 days and have covered over 6000 miles. You can view our full blog at www.lorrywaydown.com Our best wishes go out to everyone back home in Hastingleigh and Elmsted. Vince and Jacqui Martin

vmartin555@btconnect.com



WYE PATIENT PARTICIPATION GROUP

NHS consultant led clinics-they are near to you

An appointment with a consultant at the William Harvey Hospital can sometimes be a time consuming and frustrating experience. Often what is frustrating is getting the appointment and then making the journey to and from the hospital. But there is now an easier way for patients to see consultants. Local GP Practices within the Ashford area offer consultant led clinics in local surgeries. Eleven surgeries within the Ashford Clinical Commissioning Group area have one or more of these clinics that operate on a regular basis. In total there are 15 different outpatient clinics and the Wye Practice has nine of these; audiology, aural care including micro-suction, ear nose and throat, colorectal surgery, general surgery; some minor operations including vasectomy are available at the surgery and ultrasound is hosted at Wye Surgery (but not obstetrics). Joint injections are provided by Doctors, routinely. Wye does not offer dermatology, gynaecology, ophthalmology, orthopaedic, orthopaedic spinal, and surgery on the upper gastro-intestinal region. Other Practices in the area offer a varying number of specialist clinics so if there is one that is required by a Wye patient that is not covered by the Wye Practice, the patient can be referred by a GP to another Practice within the area. For example, a Wye Practice patient requiring an appointment for ophthalmology can be referred to the New Hayes Bank surgery.

Should you need to be referred to any of the specialist clinics which are listed you will need to see your GP in order to be referred. The Wye surgery has produced a leaflet on the subject (NHS consultant –led clinics at the Wye surgery-available at the surgery).

You may find that using these clinics is a much more convenient and an easier way to consult a specialist.

The next meeting of the PPG will be on August 11th at 7.15pm in the Wye Surgery. Everyone is welcome to attend.

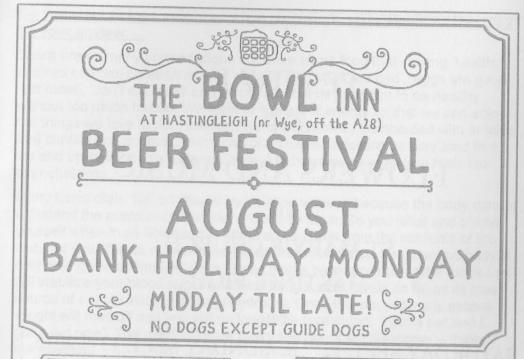
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- If you struggle with breathing and think you can't sing now.
- . If you want to have fun and meet some new people.

Evington Community Choir Evington Hall, Hastingleigh Wednesday Evenings 7:00 to 8:45

Autumn term starts on Wednesday 16th September

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FESTIVAL OF

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IN ST MARY'S CHURCH HASTINGLEIGH

on

SATURDAY SEPT. 12TH & SUNDAY SEPT. 13TH 2015

We are planning a festival of flowers and music to raise money for church funds and would be very grateful for volunteers to help with cake baking and serving teas etc. over this weekend.

> If you are able to help, please contact: Sarah Morris (750244) or Roz Bacon (750327)

If you would like to contribute musically to the weekend, please contact:

Larry Klatzko (750461) or Richard Dray (750380)

Thank you very much.

There are so many contradictions out there about food that making 'healthy' choices can feel unfathomable – 'eat low fat', 'eggs are bad', 'eggs are good', 'eat meat', 'don't eat meat' and so on. Most of us just want to be healthy without too much hassle. We want to feel full of energy so that we can enjoy the things we love to do. However, we are constantly bombarded with articles that conflict one another, which can often leave us feeling so confused that we end up sticking to what we are used to because change now feels too overwhelming.

Many times diets 'fail' on what they claim to achieve because the body cannot withstand the punishment it is being dealt by them. So you falter and blame yourself when in all likelihood the failure has come from the contents of the diet, not you. This is where Paleo differs from most diets because the body is only ever given optimal nutrition. Paleo works because you eat the foods that will stabilize your blood sugar and your body learns to rely on fat as its main source of energy instead of carbohydrates. Once this happens any excess weight will melt off and you will no longer be screaming, "I gotta eat and I gotta eat now". The need to snack every few hours will disappear – think of the freedom!

So does it actually work? Yes! It is working for many people, from athletes to office workers and everyone in between! I too was stuck in a cycle of having to eat every couple of hours; if I didn't I would feel dizzy, weak, confused, lethargic, irritable; all the classic symptoms of low blood sugar. I was not living, I was existing. When I came across Paleo my life changed; I lost seven stone in under a year and a half, but more importantly this was done without ever feeling starved or unwell.

Paleo does allow you to achieve ideal weight, but it is so much more than that. Speaking from my own experience, the Paleolithic diet has profoundly improved all aspects of my life, and because of this I am passionate about helping anyone who would like to try this way of eating for themselves.

If anyone would like further information please contact me at Shelley@Shadowtech.org.uk

FROM WYE BENEFICE

By the time you read this the summer holidays will be in full swing. School BBQ's and Sunday club picnics will be over and teachers, leaders, parents and children will be taking a well earned rest! The new holiday club in Bodsham will be about to start. So this is a good moment to thank all those who are involved in caring for our children. And also to thank the children and young people for the contribution they make to the lives of our parishes.

Murray Wilkinson from Canterbury Diocese has been encouraging churches and deaneries to look differently at the way we include children in parish life. They're not just the church of tomorrow but they're also the church of today. Think about the children you know and the joy of their laughter and chatter! We've got a lot to learn from their inquiring sense of wonder and excitement. Children get it, in a way that some of us with years of baggage sometimes fail to! Have you noticed how quickly they spot disinterest or insincerity when we don't give them our full attention?

Jesus took time to focus on children – he healed Jairus' daughter and the Roman centurion's son. Although not always mentioned specifically, I imagine there must have been crowds of children following Jesus, intrigued and captivated by this extraordinary person. The feeding of the 5000 only refers to men. But what about the women and children who were there at the picnic? It was a boy who offered his meagre 5 loaves and 2 fish to share with the hungry crowd. Jesus' response to his disciples when they tried to shoo the children away is recorded in Matthew 19:14 – Let the little children come to me and do not stop them, for the kingdom of heaven belongs to such as them.

We have good reason to celebrate the wonderful youth and children's work which has gone on in our benefice. But if we value young people we need to trust them for the future and enable them to share their gifts alongside us. I suppose that's the same for others in our parishes? How can we share our stories, take on board new ideas, and be more hospitable? Maybe sometimes all it takes is a smile or a hello?

If you have any ideas, whoever you are, let us know. Suggestions on a postcard (or an email)!

Linda Cross

'Say No to Stress and Fatigue'

Following last year's successful lectures by Patrick Holford, a leading advocate of Optimum Nutrition, author of a many books on the subject, and director of the charity 'Food for the Brain', I have asked him to come again to talk at Penstock Hall Barn, East Brabourne, on the subject of his latest book: 'Say No to Stress and Fatigue'. He will have copies of this and other books of his for sale on the day. Stress affects us all at different times and in different ways. It can be a result, or a cause, of our illnesses.

Patrick was trained as a psychologist, but he came under the influence of two psychiatrists, Dr Carl Pfeiffer (USA) and Dr Abram Hoffer (Canada). This persuaded him to change to using diet and supplements for treating his patients and gradually reducing their use of drugs. Eventually he set up the 'Brain Bio Centre' in London to deal with mental problems of all kinds, including schizophrenia, to put these ideas into practice.

As usual, Patrick will emphasize the role of diet in dealing with stress, and also no doubt the role of the mind and the emotions. He is well known for his ability to put over a complicated subject so that everyone can come away having grasped the main points of the lecture. If you would like to come and make use of this unique opportunity, please fill in the form below.

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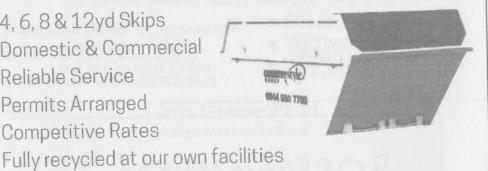


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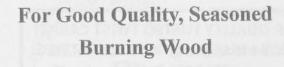
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