

Elmsted with Hastingleigh Community News

*St James the Great
Elmsted*



*St Mary the Virgin
Hastingleigh*

July 2018

40p



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July

in Elmsted with Hastingleigh

Summer has arrived and its light late into the evening now, although I think someone needs to remind the weather, it seems to be confused what season we are in! The beautiful pink peony in my garden is finishing now, but the roses are starting to bloom. Thank you to everyone that supported the number of events held locally in June, and to the volunteers that made them happen. The Bodsham School Summer Fete will be held 7th July, please come along for a fun day and support your local school. There will be cream teas at the Vicarage on the 15th July, which sounds delicious, and opens the age old debate jam or cream first! As part of the National Garden Open Scheme, Hurst House will be having a garden open weekend on the 21st and 22nd of July. As always letters, articles and comments are very welcome.

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Submissions

The *Community News* takes no responsibility for misleading advertising or incorrect editorial supplied to us in good faith.

Please provide any promotional or editorial content in Word format rather than pdf. For length, grammar and style issues the Editor reserves the right to edit it.

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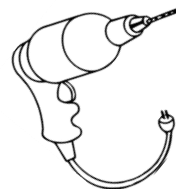
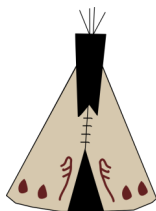
Most aspects of Household and Garden Maintenance

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Hastingleigh with Elmsted Women's Institute

The beauty of buttons

Our June meeting was held as usual on the first Thursday of the month in the Evington Hall.

Fiona, our president had been travelling all day so Jill took her place in the chair and the usual start of apologies and minutes were soon dealt with and then it was upcoming dates, and post mortem on the meals we had shared. Everyone seemed happy with the Molash venue for our Birthday dinner in May and even happier with the village meal we had put on in the hall. The raffle had raised £132 for charity and Susie brought a thank you letter

from "Look Good Feel Better" who give skin care, make-up advice and support for those with Cancer.

Our speaker for the evening was Ms Alison Ellman-Brown and her subject Buttons. She started by telling us how she came to collect buttons in the first place. Her father who had been a Jeweller died and soon afterwards Alison asked if she might look in his top drawer, something which had always been forbidden while he was alive. There she found six beautiful blue enamel and silver buttons and there they were on the screen for us to admire. This find made her notice the humble button and before long she could not resist them and so began a collection. We were shown more on the screen and told about so many varieties of button, the materials of which they were made and the decoration from cloisonné down to transfer printing which often slipped meaning that each button was slightly different to the next. Then we looked at the real things laid out on a table.

One could quite realise buttons were jeweller's work when seeing them in jewellery boxes, often with a matching brooch. There were more common ones as well right

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Women's Institute Cont.

down to the linen ones that would not be broken when going through the old wooden mangle.

Alison's husband sometimes bought buttons for her but usually printed with a subject close to his heart such as cars and bicycles! Some buttons were very impractical owing to their size or shape and some had holes so small that she wondered how you could ever get a needle through it to sew them on.

The competition was for an unusual button and was won by

Pat Homer with a silver one embossed with a dragon.

The flower of the month brought six roses and a peony to the table, it was June after all! Jean Bowes was the winner with her beautiful red rose.

After refreshments, Fiona gave us a short report on the National Federation AGM held in Cardiff this year and from whence she had returned just in time to come to our meeting.

Next month our speaker will be Mr Andrew McNally and his subject "Jordan" The competition, A Holiday Memento.

B.M.G.

'So they do say...!'

A look at St Mary's Church Register of births and deaths for the past is interesting and throws a light on how our lives have changed.

From 1861 to 1876, sixty-two children died under the age of 15, a reflection of how susceptible

they were to common childhood diseases.

In the same period, six people lived to over the age of 80. In that century, the national average claims that 1 in 3 children died before reaching their teens. In the period from 1946 – 1976, nobody died under 15 and twenty-one villagers lived to be 80 years old or over.

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Dr Fox

Insomnia

Most of us have had problems sleeping at some time but a few of us have chronic or long-term insomnia. This can be quite disabling in some cases and naturally people often come to us for a solution.

It is important first of all, to understand what is causing your insomnia.

Common causes include;

- Anxiety and depression,
- Pain and breathlessness,
- Obstructive sleep apnoea, a severe form of snoring, during which the airway is blocked, partially or fully waking the sufferer.
- Alcohol and drugs,
- A group of problems including restless legs, sleep walking, sleep terrors and teeth grinding. And Shift working.

The commonest request is for sleeping pills as a solution. The difficulty with this, is that sleeping pills such as temazepam and the so called 'Z drugs', zopiclone, zolpidem and the rest, are addictive. They become less effective with regular use, until they do not work at all. Higher and higher doses are tried but the body passes the mechanism by which they originally worked and ultimately intractable sleeplessness, worse than the

original problem, ensues.

So, what can be done? Some of the solutions are obvious from the list above. If alcohol and drugs are causing insomnia, then help is needed to withdraw from these. Anxiety and depression (sometimes resulting from drug and alcohol use) can be treated with non-addictive drugs or by Cognitive Behavioural Therapy (CBT). Pain and breathlessness may have an obvious cause, or a cause needs to be sought so that these can be remedied, or the symptoms controlled. Obstructive Sleep Apnoea can be a dangerous condition if left untreated, quite apart from its impact on sleep. If you have Apnoea or breaks in your breathing for extended periods at night, report it to your doctor. Those with untreated OSA have a much-increased risk of stroke and heart attack as well as high blood pressure and Atrial Fibrillation (an irregular heart beat associated with increased stroke risk among other things). Restless legs can result from iron deficiency and should be investigated but can be treated with medication.

Non-drug treatment

It is generally best to manage things without medication where a solution exists. A package of cognitive behavioral therapy for insomnia, called CBT-I, is the mainstay of non-pharmacological treatment. In trials CBT-I is consistently better than any drug therapy in chronic insomnia, for

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Dr Fox

Cont.

both effectiveness and long-term benefits and works in those with chronic pain, depression and cancer as well as in those without such problems. CBT-I can be delivered one-to-one or in groups and computerised CBT-I packages have been shown to be as effective as one-to-one therapy. Importantly, although it can be slow to work, its benefits last over 12m. CBT-I combines: Sleep hygiene. Stimulus control. Sleep restriction. Relaxation training and Cognitive restructuring. Each element is described below.

Sleep hygiene

For all, sleep hygiene will help, and for some this will be all that is needed. For those with primary insomnia (no underlying cause), 30% will get better with sleep hygiene alone. There is a good leaflet on sleep and sleep hygiene on the patient.co.uk website.

Stimulus control

Sleep hygiene involves the CBT technique of stimulus control – trying to re-associate bed with sleep, rather than a place you lie anxiously waiting for sleep not to come!

Stimulus control involves 5 simple rules:

1. Go to bed only when sleepy.
2. Get out of bed if you are not asleep within 15–20min (repeat as often as necessary).

3. Use the bed and bedroom only for sleeping.
4. Get up at the same time every day.
5. No napping.

Sleep restriction

The idea behind this is that people spend too long in bed, not sleeping. Using a sleep diary, work out how long you actually spend sleeping in bed. For example, let's say you go to bed at 10pm but don't get off to sleep until 1am, and then they sleep through to 7.30am. Total sleep = 6.5h, total time in bed = 9.5h. You then need to restrict their time in bed to the total sleep time (6.5h), if their usual getting up time is 7.30am they have to stay out of bed, up and about, until 1.30am, then go to bed. Daytime naps are banned. Over a 2w period people apparently report better sleep (deeper, better quality) and more consolidated sleep. If at the end of a fortnight you are not sleeping better, you can knock a further 30min off your 'in bed' time. If you are sleeping better but still feeling sleep deprived, they can add 30min to your 'in bed' time. If you drive/operate machinery, you should do this over a holiday period because in the short term you are often sleep deprived before the benefits kick in.

Relaxation training

There is evidence that meditation and Taiichi can be helpful in insomnia.

Cognitive re-structuring

Many people who can't sleep lie in bed worrying about how tired they

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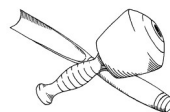
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Dr Fox

Cont.

will be the next day and how terrible they will feel. Cognitive restructuring can help them view their insomnia differently. For example, mindfulness-based approaches to insomnia can help because they aim to reduce excessive rumination and worrying, improve selective attention and efforts to sleep. Using this approach people can develop a new relationship with their insomnia – experiencing it non-judgmentally.

Exercise

Exercise improves sleep. Exercise in the 4h before bed used to be advised against, the thinking being that this might keep people awake. Lately research has shown this not to be true. However, trials have shown that although exercise at any time helps, exercise in the morning tends to produce the best sleep. Aerobic exercise is better than resistance-based exercise.

Drugs for insomnia

Diphenhydramine (sold in the UK over the counter as Nytol) is the most commonly used drug for insomnia. Trials show moderate benefit, but it caused daytime sleepiness and side-effects like dry mouth, constipation, and concern has been expressed about anticholinergics and dementia.

The benzodiazepines and Z-drugs (which are not benzodiazepines but do work on benzodiazepine receptors) have shown benefit for insomnia but are addictive as previously mentioned and may cause daytime sleepiness. DVLA rules on driving and drugs apply to all these agents. A recent link has also been made between long-term use of benzodiazepines and Alzheimer's.

Sedating antidepressants also have anticholinergic side-effects and may cause daytime sleepiness.

Melatonin. Slow release melatonin is licensed in the UK for use for short-term insomnia in those aged 55y or more, for less than 13w duration. Trials suggest it can help improve sleep onset but not total sleep time. Next day sleepiness was the main side-effect, and this was rarely reported.

So, in summary, search for a cause for your insomnia, try to resolve the cause, if this is not possible, try CBT-I.

Sleep well, Dr Allan Fox



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Parish Upon The Hills

Well it looks like summer has finally arrived. With the odd cold day as an exception!

Summer means many different things to all of us. For all those keen gardeners out there, summer means an almost hourly battle with weeds, which seem to grow at an alarming rate at this time of year. I myself am still getting used to the fact that brambles, nettles and bind weed creep under the ground only to pop up somewhere else, so even if you think you've got rid of them, actually they're only lying in wait.

Life can feel a bit like that sometimes, a constant battle with problems which you think have gone away, only to pop up again just when we least expect or need them. In the garden, if we lay in the sun, have BBQs, play with the kids or dog, get the pool out, we think we've had a great summer. But, if we don't

do the weeding and mowing, and generally stay on top of the maintenance, throughout the year, then by next summer we won't have a garden to do all that fun stuff in.

Sometimes life's relationships can be a bit like, we love the fun stuff, especially in 'fair' weather, but the maintenance gets left, and before we realise, those weeds have crept in and the 'garden' is not all roses any more.

Seasons aren't all summer, gardens aren't all roses, and relationships aren't all fun.

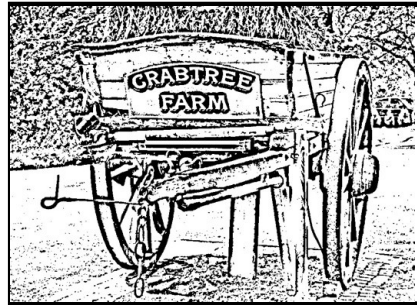
So how about when you're sitting down in the garden after weeding or mowing, why not give that friend you haven't spoken to in ages a ring, or invite family round for a get together? Or invite a neighbour for coffee, walk your dog with someone you used to walk the dog with ages ago. You get my drift.

I think for some of us, our relationship with God can suffer similar neglect. We believe He's there, we even pray when life is really tough, or possibly to say thanks, but as for keeping in touch, regularly, I'm sure there are times when we think, I really should talk to him a bit more often, or at least

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Parish Upon The Hills Cont..

seem a little more friendly, and yet life gets in the way! Well don't worry, we're only human, the way God made us, he knows our faults, he loves us

anyway.

The main thing I wish for you all, is a sunny and weeding free summer, in your garden and in your life.

Don't ignore the weeds, or the the deckchair. Light the BBQ as often as you can, and have a really good, spiritual and seasonal summer.

Lorraine x

From the History Enthusiast

'So they do say...!'

The June Community News article about how little concern was shown over unexplained unexpected deaths at night a few hundred years ago struck a chord.

D J Enright on page xi in his book "Fevers and Frets" gives an interesting insight into this matter:

"It has been said that that 'sick people', as we now think of them, hardly existed before the

beginning of the nineteenth century. Illness was seen as just one among the expected hardships of everyday life, bestowing no special status and eliciting no special consideration.

Advances in medicine and in communications have since turned our attention increasingly towards sickness, aided in this by a growing preoccupation with self and, it may be, a dwindling confidence in an eternal afterlife of perfect health. (Even the inmates of Hell were healthy; they needed to be.) People have become readier to talk about disease; there are more diseases to talk about, and more therapies to hear about."

History enthusiast

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Charity Comedy Night

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They are a group of talented and funny people reliving some of the hilarious sketches performed by the Two Ronnies, Rowan Atkinson etc and some pieces they have written themselves.

They have taken their show on tour around various places including Faversham, Folkestone, Canterbury, Ashford, Denton and have been invited to perform at the Hastings Comedy Festival.

Ryan Hill started his acting career with the Evington Players at the village hall and wanted to bring his group here.

The evening will be hosted by Ravi Holy and there will be a guest appearance by Lucy Aston (Waiting for God).

GARDEN OPEN

Sir Charles Jessel has kindly offered to have his garden and arboretum open on

Sunday 5th August, 2018
2 - 5.30

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<https://www.facebook.com/quickhide/>
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and from **Sue Boxall 01233 750206**

Church services in the Parish Upon The Hills		
01/07	First Sunday	09.30 - Waltham Group service for Elmsted, Hastingleigh, Petham & Waltham
08/07	Second Sunday	08.00 - Waltham BCP Communion 10.00 - Bodsham School Messy Church 11.00 - Petham Communion
15/07	Third Sunday	09.30 - Waltham Communion 11.00 - Hastingleigh Communion 11.00 - Petham Family Service (no Communion) 18.00 - Elmsted Choral Evensong
22/07	Fourth Sunday	11.00 - Hastingleigh Communion 11.00 - Petham Family Communion
29/07	Fifth Sunday	10.30 - Wye benefice group service at All Saints Boughton Aluph

This month's church flowers and cleaning volunteers:		
	St Mary's	St James'
Jul 7th Jul 14th	Mrs Bowes Mrs Helmer Mrs Green	Mrs Healy Mrs Denny Mrs Pearce
July 21st Jul 28th	Mrs Bacon Mrs Geering Mrs Sharp Mrs Hill	Mrs Gregory Mrs Pay

Diary Dates - July

Tues	3rd	Toddler Group	09.30 - 12.00
Wed	4th	Coffee Morning	10.30 - 11.30
		Evington Community Choir	19.00 - 21.00
Thurs	5th	W.I. Meeting	19.30 - 22.00
Sat	7th	Bodsham School Fayre (school)	11.00 - 16.00
Tues	10th	Toddler Group	09.30 - 12.00
		Library Van	09.45 - 10.15
Wed	11th	Evington Community Choir	19.00 - 21.00
Sun	15th	Cream Teas (Vicarage)	14.00
Tues	17th	Toddler Group	09.30 - 12.00
		Evington Hall Executive Meeting	19.00 - 21.30
Wed	18th	Evington Community Choir	19.00 - 21.00
Fri	20th	WI Workshop	10.00 - 13.00
Sat	21st	Open Garden (Hurst House)	10.30 - 17.30
Sun	22nd	Open Garden (Hurst House)	10.30 - 17.30
Tues	24th	Toddler Group	09.30 - 12.00
		Library Van	09.45 - 10.15
Sat	28th	Comedy Show	19.00 - 22.00

The above dates are taken from the Evington Hall website calendar (www.evingtonhall.org.uk)

All events at the village hall unless otherwise stated

Priest-in-charge: The Rev Ravi Holy: The Vicarage, Wye 01233 812450 ravi.holy@wyebenefice.org.uk **Associate priest:** The Rev Lorraine Lawrence (with special responsibility for Hastingleigh, Elmsted, Petham, Waltham): The Vicarage, Hastingleigh, 01233 750987 or 07894 034409 lorraine_lawrence@btinternet.com. **Churchwardens:** Mrs Bacon 01233 750327, Mrs R Doyle 01227 700296. **United Wye Benefice** 01233 813793 www.wyebenefice.org.uk



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The garden comprises of 3.5 acres of garden and woodland, including gravel gardens, sculpture and mosaics, secret garden, woodland walks, vegetable garden and orchard



Elmsted Church

Lunches & Teas

We would like to thank everyone who supported this event and made it a huge success. All of the helpers on the day, the bakers and the visitors.

There were many visitors who attended and enjoyed the beautiful weather and were able to catch up with friends, listen to music and enjoy scrumptious lunches and teas.

The well stocked plant stall was very well supported and the craft competition saw many creative entries.

A profit of £1490 was made and will be split equally between Elmsted church and Bodsham School.

We hope to see you all next year on Sunday 26th May, 2019.

VL



The Guild of St John of Beverley for the Deaf



The Annual Barbecue held on 16th June 2018 was very well attended and raised in excess of £600.00 profit.

Many thanks to all who

supported our charity. Although it was a breezy evening, the barbecue had a lovely crowd of people attend and the array of desserts was rather spectacular!

An advertisement for K.P Decorating Services. The background is a close-up photograph of a white door handle and lock mechanism. The text is overlaid on the right side of the image.

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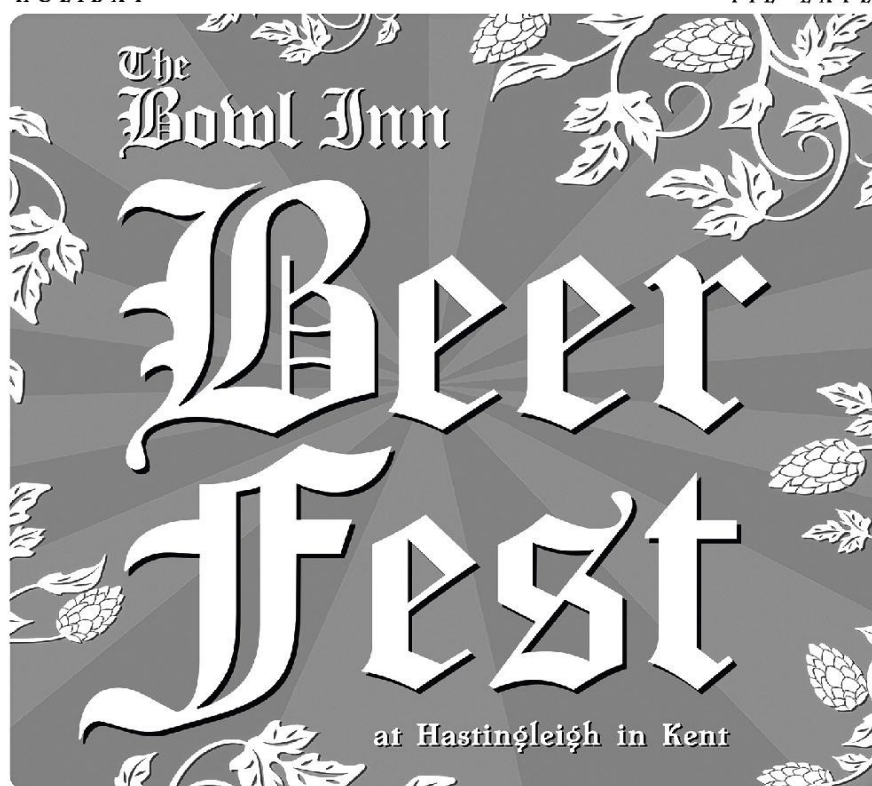
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Wye PPG

Health Information Day

On Thursday 7th June Wye surgery PPG hosted a health information day in Wye village hall as part of our function of helping patients take more responsibility for their health and providing information on available support. A large number of organisations and services came to set up stalls and provide information to patients. Dr Fox gave an interesting talk on the challenges that face general practices and the range of consultant led clinics that Wye surgery has introduced to provide a better service for patients. Steve Bingham from SECAMB echoed this with the challenges that the ambulance service currently face but was enthusiastic about the increased skill level of staff and the dedicated stroke service provided in Kent. Mr Phil Chantler, Head of Lady Joanna Primary School shocked us with a quote from 800 BC deploring the behaviour of the “youth of today” and described how schools are supporting children through a range of life experiences and transitions.

Frances Morgan –John from

Kent Adult Social Care service gave very important advice about setting up a Power of Attorney for family members so that next of kin are enabled to make decisions about care for loved ones. SEAP advocacy are able to help with this as the forms can be complex

(Nicki Griffiths.

nicogriffiths@seap.org.uk) More excellent advice was provided by Kent Fire and Rescue service; nowadays putting a damp tea towel on a kitchen fire is not recommended, we are advised to put a lid on a pan fire if it is safe to do so and only use a fire blanket or fire extinguisher if you have been trained, otherwise shut all doors, leave the premises and dial 999. Children are often advised in school to talk to their family about drawing up an escape plan in case of fire but not many of us have actually had that conversation – it’s time to talk !

Over one hundred people attended the day and services reported that they had an enjoyable and busy time talking to people, offering advice about the support they can provide and the activities available, including T’ai Chi classes. Grateful thanks go to Jill Hills from Wye surgery for all her help and support and to Judith Timms and members of the PPG for organizing such a successful day. P Haynes

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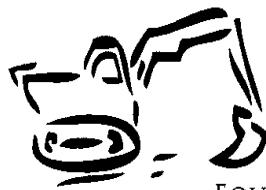
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Farming Notebook

I can remember a television programme on ITV "Southern" called Out of Town. It was presented by Jack Hargreaves. A countryman with his hat and pipe, sitting in his shed, who, each week would discuss and demonstrate anything to do with the country. The theme tune went something like...

*"say what you will, the countryside is still,
and Mother Nature wears its newest gown,
where spring cleaning, has new meaning, out of town
where white fluffy dusters polish the blue, blue sky..."*

It is true that the countryside is looking verdant and at its best. Mother Nature really does look as though she is wearing her newest gown. The white fluffy dusters have sometimes been a little grey as they have here on the farm. We have been "spring cleaning".

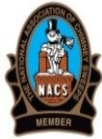
We are hosting the First Crop Seeds/Zantra cereal trials again this year, and the site is in a field adjacent to the farmyard. There has been an awful lot of tidying up, washing, polishing, mowing and strimming going on. The tractors

from the 1964 Massey Fergusson 35 through to the newest of the New Hollands gleam as though they have just come out of the showroom. Yards have been cleaned and swept, verges have been cut, roads repaired and the grass on the car park has been mown and baled for silage. We are almost ready and only have a week to go... Soon the marquees will go up, the hog roast will be cooked and we will be ready to welcome farmers and growers from all over Kent and East Sussex.

The trial site itself has taken a great deal of time to prepare. From the planning last summer, to marking out and planting the 25 variety plots of cereals (wheat, barley and oats), some spring sown, right through to mowing out pathways to allow access to the demonstration. Apart from our input in establishing the 75m x 12m individual variety plots, Zantra have sub divided each plot into different fungicide and nitrogen treatments to run a fully replicated trial which will be taken though to harvest to establish final yields. For us the results will be very relevant as they will be for our soil type, our altitude, and our rainfall.

It is interesting that our local discussion group the Wingham Wheat Club are also running a small trial site with Zantras help. The club are looking at fungicide programs using "old chemistry" and reduced applications

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Farming Notebook cont.

to find out if the high costs of current systems can be justified. The club have already had one visit to the site where differences were hard to spot. The next visit, at the beginning of July will be much more conclusive with some plots literally dead from disease and others still green and able to reach their full potential. It will also be the occasion of the club's annual Strawberry Tea. Really the last get-together before the onslaught of harvest.

With the warm, wet weather the disease pressures on our crops are very high. Septoria in the wheat is a real threat. The fungal spores spread up the plant with the splash of raindrops. Trying to keep the top leaves green is a real challenge. As was mentioned last month, it is these two leaves that produce the yield. For the potatoes we are in a continuous "Smith Period". This is a method, over sixty years old, that predicts the likelihood of potato blight. Current combinations of temperature, humidity and rainfall are putting the crop at high risk. It is vital that each new leaf that emerges from the plant is protected from the blight spores, and so we are having to apply a fungicide every seven days.

On the crop marketing front, the

only grain we still have to move is the winter oats. These are destined for human consumption and will be gone within a week or two. For the first time ever, we have unsold seed potatoes. It has been a particularly difficult season for the sector not only from a marketing point of view, but also from the weather delaying or preventing planting. It breaks my heart that we cannot even give these perfect potatoes away for stock feed and in all likelihood we will have to dump them.

On the cattle front we have had a busy few days. At turn out we spotted that one of the young heifers looked though it was developing an udder! After inspection by the vet it was confirmed that the young animal was indeed in calf and about eight months gone... She would have been caught by the bull at only 4 months old! The only course of action was to allow the pregnancy to go to full term and then undertake an elective caesarean. The exact timing was unknown so we put the animal in the barn and kept a very close eye on her. Last Sunday-it would have to be a Sunday-the first signs of calving were spotted. Within an hour the vet arrived. After an epidural, some local anaesthetic and a great deal of preparation the heifer was ready. Standing in the yard tethered only with a halter the procedure was swiftly undertaken. Eliza-

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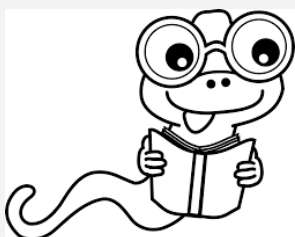
Farming cont.

beth took the calf and made sure all was well while I assisted the vet to close up. In all the operation took half an hour. The mum took to her calf very quickly and soon the calf was feeding. A brilliant result. Being so young the heifer did not have a great amount of milk so for a few

days we topped the calf up with a bottle. I am pleased to report that milk production is now increasing and both mother and calf are doing very well. We will let them both out into a paddock in another couple of days.

Harvest is about 5 weeks away. I think we are nearly ready. At least we are tidy!

W Wilson-Haffenden



Library Van

The Library van will be parked in the village hall carpark on Tuesday 10th and Tuesday 24th June
09.45 - 10.15.



Club Draw

The latest winning numbers for the Evington Community Project 100 club March draw are:

1st Prize: No. 76
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3rd Prize: No: 105

Magazine Articles

Please ensure that all articles for the magazine are submitted by the **15th** of the month.

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