# Elmsted with Hastingleigh

# Community News

St. James the Great
Elmsted





St. Mary The Virgin
Hastingleigh

September 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

Churchwarden: Mrs Roz Bacon 01233 750327

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**

Editor Mrs Sue Boxall 01233 750206

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.

#### WARD, Thomas

Sergeant 22143 of the 141st Siege Battery of the Royal Garrison Artillery (RGA).

Born Ashford. Enlisted Canterbury. Buried Combles British Cemetery, France. Son of Thomas and Sarah Ward (nee Staples). Brother of Mrs. Sarah Gould, of Court Lodge, Elmsted, Ashford, Kent. He also had another sister, Ellen and a brother, Richard.

Died 5th December 1916.

Buried Combles Communal Cemetery, Extention, Combles, France. Grave reference – II.B.25.

Thomas' Father had worked as a railway carriage finisher in the railway works in Ashford, the family had lived in Ashford. His mother had died shortly after the 1901 census. In 1909 his sister Sarah had married Charles Gould and lived in Court Lodge, Elmsted.

The village was entered in the early morning of the 26th August, 1916, by units of the 56th (London) Division and of the French Army; and it remained in Allied occupation until the 24th March, 1918, when the place was captured after a stubborn stand by the South African Brigade at Marrieres Wood. It was retaken on the 29th August, 1918, by the 18th Division. The village was later "adopted", with Flers, by the County Borough of Portsmouth. The cemetery was begun in October, 1916 by French troops, but the 94 French graves made in 1916 have been removed to another cemetery. The first British burials took place in December, 1916. From March, 1917, to the end of May, 1918, the Extension was not used. In June, July and August, 194 German soldiers were buried in what was afterwards called Plot I, but these graves, too, have been removed; and in August and September further burials were made by the 18th Division. Plots II, V, VI and VII and most of Plot IV were added after the Armistice by the concentration of 944

graves from the battlefields in the neighbourhood and from a few smaller cemeteries. There are now over 1,500, 1914-18 war casualties commemorated in this site. Of these, over half are unidentified and special memorials are erected to nine soldiers from the United Kingdom and one from South Africa, known or believed to be buried among them. Other special memorials record the names of three soldiers from the United Kingdom, buried in Maurepas and Longtree Dump Military Cemeteries, whose graves were destroyed by shell fire. The Extension covers an area of 5,356 square metres. It is enclosed by brick walls on the North-East and South-West. The following were among the Burial Grounds from which British graves were brought to the Extension:- FREGICOURT COMMUNAL CEMETERY, in a hamlet between Combles and Saillisel, in which four soldiers from the United Kingdom were buried in the winter of 1916-17. LEUZE WOOD CEMETERY, COMBLES, at the North-East corner of Leuze Wood, containing the graves of eleven soldiers from the United Kingdom and five French soldiers who fell in September, 1916-January, 1917. LONGTREE DUMP MILITARY CEMETERY, SAILLY- SAILLISEL, a little South of the road from Morval to Sailly-Saillisel, in which 20 French soldiers and 12 from the United Kingdom were buried in December, 1916, and February, 1917. MAUREPAS MILITARY CEMETERY, on the South-West side of Maurepas village, in which 12 French soldiers and nine from the United Kingdom and one German prisoner were buried in December, 1916-February, 1917. Maurepas was taken by the French 1 Corps in August, 1916, and the present MAUREPAS FRENCH NATIONAL CEMETERY, which contains 2,114 French graves, 19 Russian and one Rumanian, is on the East side of the village.

#### 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

13<sup>th</sup> September - Jean Bowes

11<sup>th</sup> October - Stan & Sheila Burrage

8<sup>th</sup> November - Derek & Janet Harris

13<sup>th</sup> December - Jack & Christine Luck

2016

1<sup>st</sup> January - Mince Pie Walk!

14<sup>th</sup> February - Hilary Pittock

13<sup>th</sup> March - Robin & Yvonne Helmer

10<sup>th</sup> April - Helen Ransley

8<sup>th</sup> 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@j-dsolutions.co.uk

#### Caretaker /Cleaner Vacancy

We are currently looking for a caretaker /cleaner for the village hall. The role of caretaker would only be suitable for a local resident who would need to be the main key holder and duties would include taking bookings, supervising the hiring out of equipment and checking supplies. The current rate of pay is £24 per month. The cleaning position would be approximately 2 hours a week relating to the amount of use of the hall. The rate of pay for the cleaning is £10 per hour. This could be the same person as the caretaker. More detailed Job descriptions for both roles are available in the village hall and on the outside notice board.

If you are interested in both or either of these roles please contact Robin Helmer on 01233 750236, Sheila Burrage 01233 750375 or Sue Lawson 01233 750288.

The closing date for applications is 30<sup>th</sup> September.

Found at Grandacre Farm

Ladies Wristwatch

Phone 01233 750389

#### SNOW WHITE AND THE SEVEN DWARFS

There are still a few tickets left.

Please contact Sue 01233 750206

sueboxall@btinternet.com

#### IN THE GARDEN

This season with lots of sunshine, low rainfall and low winds early flowers lasted for a long time, plants were at their best. However the high temperatures and low rainfall meant I had to water recently planted shrubs. It can often take 1-2 years for a tree or shrub to develop a root system capable of supporting the top of the plant in dry conditions. A stake always should be used for support.

August –September are the months for the pruning of hedges, dead heading and cutting back the plants that have finished flowering. This allows the plants to recover and is good for plant hygiene particularly if the cut material is put on the compost heap or burnt. This reduces the risk of pests and diseases carrying over to the new growth.

Summer pruning of fruit trees when the new growth on the plant at which it is cut has matured enables the plant to heal more quickly and is less likely to result in dieback from the cutting process. With trees and shrubs always cut back to a bud. Choose a bud going in the direction you want the plant to grow. This is particularly important in controlling the development of the plant. For example it can influence the shape and openness of a tree or shrub. Roses are a particularly good example. In plants where there is great extension growth such as Wisteria, cut back to 4 buds now and back to 2 buds in January to enhance flowering.

At this time of year with the fruit ripening the main problem seems to be wasps and blackbirds. The blackbirds attack the developing apples and the wasps come in to finish the job. Netting will limit the Blackbirds although the more persistent seem to get through. Wasps are more difficult and although it is possible to trap many there are many more to replace them. Interestingly the wasps seem to attack the red part of the apples in the first instance. Any suggestion to overcome the wasps would be appreciated.

The wasps this year seem to come in 3 sizes large (2 cm) medium (1.5cm) and small (1cm).

SB

#### HASTINGLEIGH WITH ELMSTED W.I.

Hastingleigh with Elmsted W.I. met on Thursday the 6th of August at the Evington Hall.

Eleven members attended our meeting.

We started our meeting with a minute's silence in memory of our friend and fellow member, Mrs Freda Nancollas who died last month.

The minutes of July's meeting were read. Some points of business were discussed, including our cream tea fundraiser. We were delighted with how well it had gone, the support from the village and how kind the weather had been to us.

We had a bring and share supper for members this month, a very social occasion where we could chat and share stories. It was followed by a game of 'Who said that?', a fun quotation game.

Our next meeting will be on Thursday 3rd of September at 7.30 p.m.. Our speaker will be Sarah Grazebrook, whose talk is entitled 'My brilliant career – life as a struggling actress'. Ms Grazebrook has spoken to us a couple of times before and we always enjoy listening to her. Any new members would be made most welcome.

Fiona Steward

Evington Community Project



CLUB

The winning numbers for the August Draw are:

1st Prize: No: 65

2nd Prize: No: 24

3rd Prize: No: 102

#### AN ARTICLE FROM THE COMMUNITY NEWS IN 1983

#### The Village Shop

Mr & Mrs Noakes came to Hastingleigh from Sittingbourne in 1978 and in five years our shop, always the centre of village life, became a positive Fortnum & Mason among village stores; people in grand cars, as it seemed to us, came from far and wide to buy what another establishment, in a nearby town, used to term "the nicer things", and yet when we went in to buy 2oz of bacon, or to collect the papers, we were made to feel just as important and welcome.

The children popped in regularly on their way to school, and after school too, the babies were welcomed literally, with open arms, the dogs waited contentedly tied up on hooks provided for them; busy people hurrying to work were given their papers quickly and efficiently, while those who lingered to pick and choose were never hurried and if they could not find what they wanted, then Mr Noakes would get it for them. The elderly or ailing could sit on the chair by the counter and be sure to be looked after.

Not only did Mr & Mrs Noakes sell us the goods we wanted, they provided us, in a sense, with the money to pay for them; we got our pensions from the well run Post Office - where Mrs Noakes helped them - if the banks were closed we could make withdrawals on a Saturday and on occasions we cashed our cheques in the shop.

Somehow Mr Noakes found time to improve the appearance of the shop; he painted it within and without, he put up endless shelves, the old-fashioned counter was polished. We took our visitors to see "the shop" as one of the sights and artists painted pictures of it.

How smug I felt recently when someone told me that the stock in their village Post Office Shop had dwindled to an understandably slow-selling line in black boot-laces!

How lost some of us feel in the super-markets, dazed by the display of goods we could do without, lured into "impulse-buying", trying in vain to check up at the check-out as set-faced strangers rattle away at the till, hunting for boxes to put our purchases in and then staggering away with them, wondering sometimes, why we bought them and looking over our shoulder just in case someone is going to accuse us of shop-lifting!

So thank you Mr & Mrs Noakes and Jean and Pam, who have made shopping in Hastingleigh such a pleasure.

I must not, however, write in the past tense. Mr & Mrs Noakes remain our friends and some of us, surely, will visit them in Scotland.

Jean and Pam are still here to help Rowena and John to carry on the tradition and we are happy to welcome them amongst us. While Mrs Noakes exercises her dogs along the shores of Loch Earn and Mr Noakes puts up yet more shelves, Hastingleigh Stores will carry on, weathering every storm, snow or otherwise, as it has since 1857 when the first George Tappenden started it Queen Victoria's reign.

Written by Mrs E Page

#### DID YOU KNOW?

If your power is off for more than 12 hours, you are entitled to claim £75 (consumers) and/or £150 (businesses) from UK Power Networks (not EDF).

You get 3 months in which to make your claim.

The contact number for UK Power Networks Customer Care Team is 0800 028 4587

(This information was emailed to me by a local resident who claimed for the power cut in July)

#### 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.

#### CHURCH SERVICES IN THE PARISH UPON THE HILLS - September

7,14,21, and 28	d 10-11am: Tots and Tales at Elmsted (see below)			
Sunday 6th	9.30am Cluster Service Family Communion at Waltham			
Proper 18	5pm Evensong BCP at Petham			
Sunday 13 <sup>th</sup> Proper 19	8am Holy Communion BCP at Waltham			
	10am Bodsham Family Service in Bodsham School Hall			
	11am Communion Service at Petham			
	6pm A special Sung Evensong at Hastingleigh to bring to a close the Flowers and Music weekend.			
Sunday 20 <sup>th</sup>	9.30am Harvest Festival at Waltham			
1000120	11am Holy Communion at Hastingleigh 11am Family Service in Petham			
	6.00pm Evensong at Elmsted			
Sunday 27 <sup>th</sup> Proper 21	9.30am Holy Communion at Elmsted 9.30am Family Communion at Waltham			
	11am Harvest Festival at Petham 11am Holy Communion BCP at Hastingleigh			
	4pm Messy Church at Evington Hall, Hastingleigh			

Tots and Tales: a free new group for 0-4 year-olds and their grown-ups. All welcome: do come along! We have stories, craft, singing and fun! Plus tea, coffee, juice and biscuits. Every Monday, 10-11am at Elmsted Church.

Messy Church: We've changed the name of Sunday Teatime to 'Messy Church'. We will still have fun, craft, stories and eat a light supper together. ALL AGES are welcome in the village hall (Evington Hall), Hastingleigh, at 4pm-6pm on the fourth Sunday of the month.

Bodsham Family Service: a less-formal family service for everyone. Do come and try it! The second Sunday of each month.

Please Note: Since the parishes of Elmsted, Hastingleigh and Watham

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.

#### SEPTEMBER DATES FOR YOUR DIARY

Wed 2nd	Coffee Morning	10.30am
Thurs 3rd	W.I. Meeting	7.30pm
	(Page 17)	
Mon 7th	ECP Meeting	7.30pm
Thurs 10th	Elmsted Parish Council Meeting	7.30pm
Sun 13th	Footpath Walk	2.00pm
	(Page 14)	
Mon 14th	Hastingleigh Parish Council Meeting	7.45pm

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

	St. Mary's Hastingleigh	St. James' Elmsted
Sept 5th	Mrs Young	Mrs Hursey
Sept 12th	Mrs Courtney	Mrs Pearce
	Mrs Jerrom	
Sept 19th	Mrs Morris	Mrs Fox
Sept 26th	Mrs Waters	Mrs Leutner

The Lorry Way Down (update to End July 2015).

border with Mali.

Dakar, stopping for a few nights at a campsite near to the romantically named Lac Rose. Well I'm sure that as some time it was a very picturesque salt lake, but is now home to lots of small scale salt extraction, and now resembles a shanty town. After leaving here we drove past the huge city of Dakar, and headed for the long peninsular of Sine-Saloum, this is another National Park, and comprises of mangroves and more salt lakes, and some stunning beaches. But the highlight here is the amazing birdlife, Ive posted quite a few photos on our blog at www.lorrywaydown.com, but the sheer variety is quite breathtaking. While on the peninsula, we experienced our first dose of rain in West Africa's wet season, we were parked under some trees and when we got up in the morning the truck was completely covered in mud. As it hadn't rained for about 8 months here, all the dust from the trees above were washed clean in the deluge and it all built up on the roof of the truck, it was a real mess! The owners of the campsite appeared, and warned us about the danger of snakes now that it had rained, with Black Mamba's moving about quite a lot now. An hour later, they spotted a Cobra in the corner of their garden. From now on it was torches and lights at night! Whilst here we did quite a bit of cycling on the dirt roads and the beach, despite the fact that the heat was so intense (high 30c's). Jean Pierre, who owns the campsite, was very concerned when we told him the route that we were planning to take to Southern Africa, and in particular Nigeria. He went on to show us some French news websites, that showed how for example a French couple were attacked brutally and robbed, with the Husband dying from his injuries (gunshot and machete cuts). We had a long chat about the risks and are now looking for a alternative to the overland route through Nigeria. We left the west coast (having to retrace the 50km dirt track back up the peninsular), and headed inland towards Tambacounda, where we stopped overnight in the carpark of a small hotel, and next day we headed to the

We left St. Louis in Northern Senegal, heading South on the road towards

While at Sine-Saloum, we met an Italian who had just driven through Mali in a Land Cruiser, and he informed us that the off-road route from Kayes to the Capital Bamako, that goes via Kita, is in good condition and should be no problem in our 4x4 truck. This route is approx. 550km, with about 200km on dirt tracks, and includes a river crossing on a very small ferry (but the ferry would take our truck). So after crossing the border (taking about 2.5 hours), we got to Kayes (known as the Hottest City in Africa), and turned off onto the much smaller road towards Kita. At about 4.00pm the heavens opened, and we had to pull over, it was a violent thunder storm with torrential rain, so we sheltered just off the road in a tiny village. Thirty minutes later it had passed over us and we were on our way. We quickly realised that we would have to find a wild camp spot for the night, it would need to be secluded and out of

view from the quiet road. After all the rain, we needed to be careful where we drove off the tarmac, and then in the distance we spotted a huge radio mast that was a possibility as it would have a track running to it. It was perfect, so we parked between the dense row of trees and the huge radio mast. The only people nearby were a couple of nomad families in their makeshift shelters. We had dinner and had an early night so the lights inside the truck couldn't be seen from the road (this is an area that the British Foreign Office says is unsafe for travel). As we turned the lights out we saw that in the distance there was storm somewhere, with lightening flashes every couple of seconds or so, but it was very calm and hot here, an hour later it started to rain so we got out from under our mosquito net and shut the roof lights. I was awoken by Jac who was in a panic about the rising wind and rain, so we both got out of bed again, and decided to shut the windows as well, as we both got to the window above the table, the truck was hit by a gust of wind that felt like train hitting us!, The window got ripped off with a huge bang, as the wind and rain drove in through the now closed blackout blind. It was quite frightening, and as the wind was buffeting the truck, we were holding the blind in place trying to stop the rain coming in, then as I was wringing out the soaked tea towels in the sink, I glanced outside as a flash of lightening appeared. It took me a few seconds to realise that the radio mast that we were parked next to was now a mass of crumpled metal! The wind and rain soon disappeared and when we ventured outside, we soon found the window, and in the morning we refitted it and apart from a torn tarpaulin over the bikes on the back, we hadn't suffered any lasting damage. It could have been so much worse if the wind had come in the other way and we were under all that metal.

It took us about an hour to get to the ferry, and as it's a point of 2 rivers meeting, you have to tell them where you want to get off (there's 3 exits). From here, its the 200km off road stretch, and we were hoping to get this done that day and get to Kita for the night. Mali had other ideas! There were many muddy patches but the DAF pulled through them without any problems, until we came to another (local) truck that was deeply stuck in a particular nasty looking spot. But as there was enough room around the back of it, we went for it! No chance, we ground to a halt and spent the next 4 hours digging the truck out, eventually using a combination of the front winch, and the driving of the wheels to get it out. It was very hot, and very hard work, but we got it out. We then used Colonel K to pull out the other truck, that had been stuck there for 2 days, and there were six blokes digging it out, they were very grateful. This delay meant that we would have to spend the night wild camping in a disused quarry.

Next day we arrived in Bamako, we ended up in a small hotel with a secure carpark on the outskirts of the city, and while there, got our visa sorted for Burkina Faso

and it will definitely not be a place that we will ever forget.

When we got to the Mali/Burkina Faso border, we were surprised to find how quiet and relaxed the border experience was, especially on the Burkina side, and headed for Bobo-Dioulasso for the night. We ended up parking under a mango tree in a tiny courtyard of a rather grubby guesthouse, but the owners were very friendly and provided us with some very welcome cold beers! But that night was a noisy one, with Mango's falling on the truck roof all night waking us up.

We are now in the capital city of Ouagadougou, and are hoping to pick up our Visa's for Ghana tomorrow morning (this is not an easy Visa to obtain). Whilst in Burkina Faso we were hoping to visit the village of Kodeni, on the border with Ivory Coast, in the far South West of the country as this is where Bodsham School have raised money for the building of the new school here, however due to the huge amount of rain that has fallen, we will be unable to get the truck down there (there are no roads to Kodeni we are told). We have also found a Roll on Roll off freight ship that sails from Sheerness, and will call into Tema, Ghana, and with take the truck down to Walvis Bay in Namibia, and so need to be in Tema in about 3 weeks time.

We were very sad to hear the news of the passing away of Avis, and our thoughts are with Eric, Jackie, and Clifford at this time. I have known Avis for as long as I can remember, and when we bought Southview Avis made both myself and Jacqui very welcome, and made sure we knew everyone in Hastingleigh. She will be sadly missed in the village.

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





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- · If you enjoy singing for fun
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- · If you want to have fun and meet some new people.

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If you are tole to help, please contact: Sarah Morkis (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.

#### ARE YOU A BOOK LOVER?

If you enjoy reading and would like an opportunity to discuss good books with others, in a friendly, informal atmosphere, this WEA\* course is for you. A nucleus of members will be returning in September, led by tutor Cathy Hull, whose warmth, good humour and in-depth knowledge made last year's course a resounding success.

New members will be made welcome.

Title: Prize-winning and Classic Books

Start date: Tuesday, 22nd September

Time 10.30am - 12.30pm

Place Petham Village Hall (Committee Room)

Duration 11 fortnightly sessions

Fees £89.10 (free if you are in receipt of income-related benefit)

For further information about enrolment contact Vida on 01227 700327.

The first book for study is Thomas Hardy's

The Mayor of Casterbridge.

Any copy may be used, paperback or hardback

\*WEA (Workers Educational Association) is the UK's largest voluntary provider of adult education.

You don't need any qualifications to join their courses, only a willingness to share with others your ideas and experience.

#### WYE PATIENT PARTICIPATION GROUP

#### You now have a named accountable GP

GP Practices are individual businesses that have contracts with the NHS. The contracts, which includes all services to patients, are revised and renewed frequently. One relatively recent change has been the requirement for all Practices to have a named GP (accountable) for every patient, including children. This is an extension of the contract introduced about a year ago in which all patients over the age of 75 were given a named GP. Although introduced in April this year, patients may not know the name of their GP until their next contact with the Practice, though they can find out their named doctor by enquiring at the surgery.

#### So why is it an advantage to have a named GP?

Every year the services offered to patients, both health and social care, seem to become more numerous and complex. Having a named accountable GP may be particularly relevant for older patients and others who suffer from a variety of complaints. The exact meaning of accountable in this context has not been clearly defined but it could mean that the GP will take responsibility for the coordination of services under the contract and ensure that they are delivered to each patient even when treatments involve inputs from a variety of people working at different locations. In this situation coordination is essential in order to get the best results from the treatments recommended.

Having a named GP does not mean that the patient cannot see any other GP in the Practice. Neither does it mean that patients will get priority treatment from the named doctor. In this respect the arrangements that have always stood will still apply. Patients will be able to see any doctor or nurse according to their requirements. But the named GP will have the role of oversight, which should give patients confidence that the treatments recommended will be carried out on their behalf.

#### How will this system work?

It remains to be seen, but asking a doctor to be accountable for a number of patients, many of whom may have complex health problems, is a daunting task. To some extent, doctors have always attempted to do this so the new system can be seen as a continuation of existing practice. In this respect the status quo will probably remain.

John Fletcher Chairman: 01233 813148 Leonie Saint Secretary: 01223 812084 Email wuesurgeryppg@yahoo.co.uk

#### '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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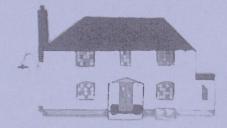
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Hastingleigh Parish Council	Clerk	Tracey Block
		01233 750415
Evington Hall (caretaker & booking	Mrs Avis Ball	
(Treestumps, Elmsted)		01233 750231
Evington Hall Committee	Hon Sec	Mrs S Lawson
		01233 750288
Evington Community Project	Hon Sec	Mrs S Boxall
		01233 750206
Evington Gardeners' Society	Hon Sec	Mrs J Pearce
		01233 750382
Art Group	Contact	Mrs V Kerry
		01227 700843
Footpath Walks	Contact	Mr D Harris
		01233 813711
Women's Institute	Contact	Mrs J Bowes
		01233 811875
Parent & Toddler Group	Contact	Mrs N Phipps
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