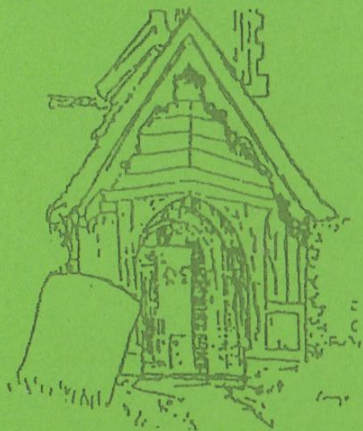
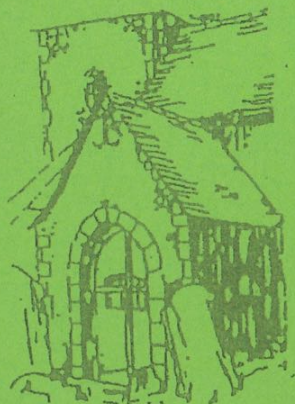


# Elmsted with Hastingleigh Community News

*St. James the Great  
Elmsted*



*St. Mary The Virgin  
Hastingleigh*

April 2016

4Op



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#### **Associate Priest**

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(with special responsibility

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For the parishes of Hastingleigh

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[lorraine\\_lawrence@btinternet.com](mailto:lorraine_lawrence@btinternet.com)

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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](http://www.elmstedpc.kentparishes.gov.uk)

[www.hastingleighpc.kentparishes.gov.uk](http://www.hastingleighpc.kentparishes.gov.uk)

### COMMUNITY NEWS

Editor

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

**via email [elmstedwithhastingleighnews@yahoo.co.uk](mailto:elmstedwithhastingleighnews@yahoo.co.uk)**

**Please ensure all articles emailed are on A5 size please**

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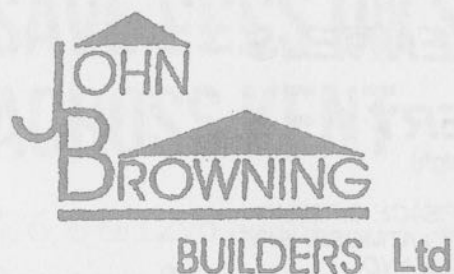
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## Evington Community Project



### CLUB

The winning numbers for the March Draw (1st of 2016) are:

1st Prize: No: 11

2nd Prize: No: 63

3rd Prize: No: 58

## EVINGTON GARDENERS



### PLANT SALE

Monday 2<sup>nd</sup> May

From 12.30. p.m

MAY FAIR

Football Field

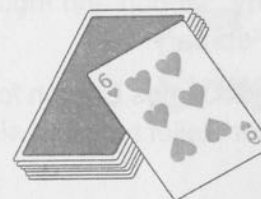
HASTINGLEIGH

## FOOTPATH WALK 28<sup>th</sup> FEBRUARY

Twelve walkers and a dog set forth from Orchard Heights on a bright day but with a bitterly cold northerly wind. A tarmac path led straight to the bridge over the high-speed railway line. The footpath skirts round what was once the rear of the Templar Barracks to join the Greensand Way past Godinton Park Estate. Money from the development of the housing has enabled the restoration of Godinton House and Gardens.

Now on pastureland with sheep grazing in the next field we leave the urban behind. Where the way joins the track from Godinton House to Great Chart a large finger post directs us to Great Chart or back to Potters Corner. Soon afterwards it is possible to see Godinton House by glancing over the right shoulder. Over the River Stour the walk turns westerly along the Stour Valley Way; a stile into the next field gives a choice of two paths. We take the right fork keeping on the Stour Valley Way to cross the river again. Through into the next field we then head north on a permissive path; to our left is the wood yard with its wood chip enterprise.

Crossing the drive and through a gap in the hedge we suddenly emerge into the teeth of a wintry shower blown in on a stiff breeze. After a muddy section we reached the shelter of Godinton plantation and turned east through the woodland brightened by patches of primroses. We are on the Greensand Way again. The hedge next to Godinton Lane has recently been layered. The second and last stile (awkwardly narrow) brings us into the parkland. Two Eurostar trains and a javelin train whisk by in quick succession. The path crosses the main house drive in view of the North Lodge House at the main gate, a grassy walk until we enter a short stretch of woodland and retrace our steps at the back of the old barracks and over the railway line again to the cars and a welcome cup of tea at Hilary's.



## WHIST DRIVE

Friday 8th April, 7pm

Everyone welcome  
£2 (inc light refreshments)

## SONIA VOIGTS

Sonia was born on the 29th March 1930 and married Eric on 6th June 1953. They have two children, Robert and Jo, two grandsons, Jack and Henry and one great grandson, Billy. Without a doubt, Sonia's first love was her family, whom she adored.

Before arriving in Hastingleigh, Sonia had belonged to "St Mary's Players" in Shenfield, Essex. Sonia and Eric came to live here on 6th June 1971 and within a couple of months, Sonia had joined the Evington Players. Her first appearance on the Evington Hall stage was in November of that year when she appeared in "November Nonsense", one of Evington Players many variety shows. Her enthusiasm for the Players lasted 32 years and in that time, Sonia acted in 21 shows, produced 11 and helped backstage in 2. I think those facts demonstrate her love of amateur dramatics and of Evington Players. At the 60th anniversary of the Players in 2009 we held the Evington Oscars and the adjudicating panel quite rightly awarded Sonia with a Lifetime Award for the most appearances on stage (Female).

Sonia was a warm and friendly person and a great asset to the community, not only for her contribution to the Evington Players but also her love and support for all village activities, including the Tennis Club, the Coffee Mornings, the Whist Drives, the WI, serving on the Church Flower and Cleaning rota for Hastingleigh Church and all things concerning the village. Sonia passed away on 18 February 2016 and will be sorely missed by us all.  
RH



## THANK YOU

Eric Voigts and family are so grateful for the sympathy, support and tributes paid to Sonia since she sadly passed away on 18<sup>th</sup> February.



Grateful thanks also for the wonderful attendance at St James Church for her memorial service and for the kind donations to Cancer Relief received since then.

EV

E.C.P. PRESENTS

# SPRING FAIR 2016

MAY 2<sup>nd</sup> at the

 FOOTBALL FIELD   
Hastingleigh

12.30PM

**Grand Spring Raffle**

Village sports

Side-shows

Tombola

Cakes

B.B.Q

Teas

Bar

And More

**Art & Craft Exhibition**  
**Evington Hall (from 2pm)**



## LONDON MARATHON

I am running the London Marathon in April in aid of Marie Curie whose nurses make it possible for people living with a terminal illness to be cared for at home in their final days, as well as providing invaluable support to families. The Marie Curie nurses were a huge help to our family whilst Dad was ill. Having had this first-hand experience, I would be enormously grateful for any sponsorship to enable us to support such a worthy charity. The marathon is going to be quite a challenge for a non-runner but training is going well in and around Newcastle and I have now reached 10 miles.

Thank you for taking the time to read this and if you would like to support Marie Curie, please visit our fundraising page.

Eleanor Thrupp

<http://www.virginmoneygiving.com/team/ThruppLiddle>



## ARTS AND CRAFTS EXHIBITION

At the same time as the May Fair on bank holiday Monday (2<sup>nd</sup> May) there will be an arts and crafts exhibition in the village hall. If anyone would like to show their work on this day they would be most welcome. Please contact Val Kerry (01227 700843) or Sheila Burrage (01233 750375) for more details.

## WANTED

Donations for the Spring Fair Tombola.

Please give items (if food please ensure it is in date) to Sue Boxall "Quackers" Folly Town 750206 or Tracey Block "The Briars" The Street 750415

## HM Queen Elizabeth's 90<sup>th</sup> Birthday

### Beacon Lighting

21<sup>st</sup> April 2016

Gather in Elmsted Church Car Park

7pm for lighting the beacon at 7.30pm

There will be a drink and cake to toast the Queen

Sponsored by Hastingleigh and Elmsted Parish Councils

Beacons will be lit across the country starting with HM Queen Elizabeth lighting one followed in succession by other beacons across the country

We would be delighted to see you there

With special thanks to Mr and Mrs Jakeman for hosting this event



## CHURCH FLOWER & CLEANING ROTA

|          | St. Mary's Hastingleigh | St. James' Elmsted |
|----------|-------------------------|--------------------|
| Apr 2nd  | Mrs Hewes, Mrs Healy    | Mrs Gregory        |
| Apr 9th  | Mrs Perez, Mrs French   | Mrs Pay            |
| Apr 16th | Mrs Morris              | Mrs McFarlane      |
| Apr 23rd | Mrs Waters              | Mrs Hewson         |
| Apr 30th | Mrs Bacon, Mrs Geering  | Mrs Wright         |
| May 7th  | Mrs Sharp               | Mrs Thrupp         |

## NELSON

Nelson was my neighbour. His home was the little white cottage by the pond, which was attached to The White House, where my family used to live. In the early days, before our side of the house was extended, the bathroom was downstairs and he used to tease me that there was a secret hole in the wall which he could peep through and see me in the bath! In my view, however, he was the perfect gentleman. Once a year, he would knock on my door and give me a bunch of flowers. At another time of the year, he would do the same to my lovely friend, Sonia, who lived in the Bowl Field. We never knew why he chose us in particular, but both of us felt very honoured by these gestures of friendship. I think that Nelson valued his independence above everything and the only times I ever heard him raise his voice was when his sister used to visit and was probably nagging him for not looking after himself properly. From the language he used and the tone of his voice, I could tell it was all tongue in cheek. Although this poem (*following on the next page*) was written in 1994, my memory of Nelson has in no way dimmed. What a character he was! We were privileged and lucky to have him as part of our village life.



## The Road Sweeper

In my mind I see the old man wheeling his bike,  
his dog dragging behind attached to a piece of string.

The man is stooped, his movement slow,  
'It's further to the shop you know, than when I was a boy' he says.  
He pauses to rest, to catch his breath,  
and speaks again in his roguish way.  
'In the old days, you know, I used to cut the 'edgerows  
as well as sweep the roads. Do you remember me then?'

Yes, old man, I remember you then, out in all weathers  
with your shirt undone, your arms akimbo and your knees bent down;  
part of the scenery, like the work in hand.

Now modern machines will do your job,  
huge metal jaws crunch into the growth,  
great big wheels churn up the grass,  
twigs and branches scattered on the ground,  
leaving our countryside tattered and jarred.

The old man grunts and looks around,  
'It takes them a day you know to do what I'd do in a week'  
he says, and he grins at me with his wry old smile.

A quarter of a century has since passed by,  
but in my mind, I still see the old man walking with his dog.

Lois Hodgson  
December 1994

|   |  |
|---|--|
| <b>Monday</b><br>4,11,18,25 <sup>th</sup>                         | 10-11am: Tots and Tales at Elmsted (see below)                                 |
| <b>Sunday 3rd</b><br>2 <sup>nd</sup> Sunday of Easter             | 9.30am Cluster Service Family Communion at Waltham                             |
|   | 5.00pm Evensong BCP at Petham  |
| <b>Sunday 10<sup>th</sup></b><br>3 <sup>rd</sup> Sunday of Easter | 8.00am Holy Communion BCP at Waltham   |
|   | 10.00am Messy Church Bodsham   |
|   | 11.00am Communion Service at Petham  |
| <b>Sunday 17<sup>th</sup></b><br>4 <sup>th</sup> Sunday of Easter | 9.30am Holy Communion at Waltham   |
|   | 11.00am Holy Communion at Hastingleigh<br>11.00am Family Service in Petham     |
|   | 5.00pm Evensong at Elmsted   |
| <b>Sunday 24<sup>th</sup></b><br>5 <sup>th</sup> Sunday of Easter | 9.30am Holy Communion at Elmsted<br>9.30am Family Communion at Waltham         |
|   | 11.00am Holy Communion at Petham<br>11.00am Holy Communion BCP at 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** is now on the second Sunday of the month at Bodsham as part of the Family Service.

**HOUSEGROUP** - Once a month on the Third Thursday of the month 7.30-9.00 ending promptly at 9.00pm at the home of Daphne ten Hove (for more information ring Eleni Grivellis 01233 812280).

|             |                                     |         |
|-------------|-------------------------------------|---------|
| Sat 2nd     | Film Night                          | 6.30pm  |
| Wed 6th     | Coffee Morning                      | 10.30am |
| Thurs 7th   | W.I. Meeting                        | 7.30pm  |
|             | (Page 22)                           |         |
| Fri 8th     | Charity Whist Drive                 | 7.00pm  |
|             | (Page 13)                           |         |
| Tues 12th   | Hastingleigh Parish Council Meeting | 7.45pm  |
| Wed 13th    | Singing                             | 7.00pm  |
| Tues 19th   | Gardeners Society Meeting           | 7.30pm  |
|             | (Page 12)                           |         |
| Wed 20th    | Singing                             | 7.00pm  |
| Thurs 21st  | HM Queen Elizabeth Beacon           | 7.00pm  |
|             | (Page 17)                           |         |
| Wed 27th    | Singing                             | 7.00pm  |
| Mon 2nd May | SPRING FAIR                         | 12.30pm |
|             | (Page 15)                           |         |

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

### SUBSCRIPTIONS

Thank you to all those who have paid their subscriptions and given donations to the Community News. If you haven't paid, would you please get your money to the person who delivers your magazine as soon as possible.



## HASTINGLEIGH WITH ELMSTED W.I.

Hastingleigh with Elmsted W.I. met on Thursday the 3rd of March at the Evington Hall.

Seventeen members attended our meeting.

We started our meeting with a minute's silence in memory of one of our members, Vera Possnicker, and two other past members who had recently passed away.

We discussed places to visit with our link W.I. in West Kent. Various gardens were mentioned, and we hope to be able to visit one with them.

Our speakers this month were Margaret Hanlon and Janet Shears, talking about Canterbury Oast Trust. Mrs Hanlon is a volunteer there, and Mrs Shears' son is supported by the charity. The Oast Trust celebrated its 30<sup>th</sup> anniversary last year. They have 18 homes and support 93 adults with learning difficulties, helping them into meaningful work experiences. They started with two houses in Aldington, and the next houses they acquired in Rye are still going strong as tea rooms. The adults learn a wide array of experiences – animal husbandry (from guinea pigs to Shire horses), art and crafts, horticulture, catering and care. The Trust receives statutory funding from the government, and they fundraise on top of that.

The flower of the month competition was won by Mrs. Pearson.

Our next meeting will be held on Thursday the 7th of April at 7.30 p.m. in the Evington Hall, when our speaker will be Mr. Eric Spear, talking to us about 'Flights of fancy – a world tour of iconic sights.' Any new members will be made most welcome.

Fiona Steward

Huge thanks to all who donated to Breast Cancer -  
Robyn Gardener successfully completed her tandem skydive  
at Headcorn on 13th March.  
Perfect weather at 12,000 feet.  
A most amazing experience.  
To date the fundraising has totalled £1400.  
Thank you for your generosity.

## The Lorry Way Down (update to Beginning March 2016).

The last time I wrote for the Community News, we had just arrived in Swakopmund on the coast in Namibia, well we ended up staying there for just over three weeks. It's the perfect spot to get various things done on the truck, we ended up with a service, then getting the exhaust welded up (I was expecting the worse and expected to find the silencer rotted through, but bizarrely one of the massive mounting straps/brackets had actually worn through the thick plate, this goes to show the stresses put through the truck on these "roads").

Whilst parked up all the locks were treated to a good lubrication (the sand and dust gets everywhere), and we finally got rid of the dreaded carpet tiles, and replaced these with some very nice swish oak effect plastic click-in flooring. This took a full day to fit as there was so much cutting around various obstructions such as the WC, and door openings, and of course all my carpentry tools are safely locked away in storage! But Jac is pleased with the result, and it is now a much easier job to just sweep up the sand rather than brushing furiously at the deep pile carpet tiles, with it all flicking up and over the dustpan! Within ten minutes of the dirty old carpet tiles hitting the campsite bin, they were all washed and laid out to dry by the campsite staff, nothing goes to waste in Africa!

I also mentioned previously that we were sweating on a decision by the ADAC in Germany as to whether or not they would issue us (a UK registered vehicle) with a new Carnet de Passage, as the RAC unexpectedly (and without notice) withdrew issuing them. Well I'm pleased to tell you that they are issuing the Carnet to us, and so will continue our travels for up to another 12 months. The German Carnet is also about 25% of the cost of an identical Carnet from the RAC. So all in all a very pleasing resolution to this potential problem.

With this in mind we have also got the DAF ready for East Africa, with Zambia and Zimbabwe in particular with reflective yellow tape down the sides, red tape on the rear, and white tape on the front. Hopefully this will reduce the possible problems at the numerous road blocks in Zim and Zam, but only time will tell I guess.

As I write this we are in Johannesburg Airport waiting for our flight to Heathrow, where we will be spending 19 days in the UK before returning back "home", to continue our little trip. We are also bringing our mountain bikes back, which we have boxed up and hopefully will appear at the other end. The total cost of shipping these bikes was ..... £0.00! Amazingly South African Airways allow 23kg of normal luggage (plus hand luggage), and an additional 23kg of any size sporting goods.

So with no bikes on the back of the truck, the cycle/bike rack was surplus to requirements, so a cheap angle grinder was purchased, and two foot of metal work was cut off! A little drastic perhaps, but this reduction in length will save us over £500 when we eventually ship back in a year or so's time. This is because the Roll on-Roll off freight ships operate on a cubic meterage rate,

and at 2.5m wide, by 3.5m high, cutting 0.6m off the length reduces our cubic meterage by over 5.0m<sup>3</sup> and the current rate is over £100, per cubic m including surcharges. It has also taken off about 100kg of weight that was suspended well out the back of the truck. The metal work was recycled by the campsite staff.

We have left Colonel K in a huge alarmed shed about 10km from Windhoek Airport, and this at a very reasonable cost of £1.00 per day (including electric hookup to keep the batteries fully charged).

So by the time you read this, I'm sure that we will have met up with quite a few of Hastingsleigh's residents (a trip to The Bowl is definitely on the cards). We are really looking forward to seeing family and friends while in Kent, and especially my sister who is quite poorly at the moment.

I'm sure that by the time we return to Africa (end of March) we will be raring to go on the next phase of our travels up the East side of Africa, and then returning to South Africa for finally shipping back to Europe.

Thanks for reading

You can view our full blog and lots of photos at [www.lorrywaydown.com](http://www.lorrywaydown.com)

We hope everyone back home in Hastingsleigh and Elmsted are well, and thanks to those that have taken the time to email us, its always great to hear from home.

Vince and Jacqui Martin

[jacmart5@icloud.com](mailto:jacmart5@icloud.com) we would love to hear from you (new email address).



## CONFUSION AROUND HRT

There is a great deal of confusion surrounding HRT and the trial evidence published several years ago led to many women stopping HRT and many more deciding not to start taking it. Much of this evidence has now been reassessed.

The menopause is quite disabling for some women and relatively trivial for others. The main symptoms tend to be mood swings, flushes, sleeplessness and aches and pains. Later the lack of hormones tends to lead to vaginal dryness causing painful intercourse, discharge and occasionally bleeding.

So what do we know about the risks and benefits of HRT? Fortunately NICE produced an updated report last year that has clarified some of the points.

Menopause is when you stop having periods, which usually happens between the ages of 45 and 55. For a small number of women menopause occurs earlier. If it happens before you are 40 it's called premature menopause.

Menopause happens when your ovaries stop producing a hormone called oestrogen and no longer release eggs. For some time before this – it could be for a few months or for several years – your periods may become less regular as your oestrogen levels fall. This is called perimenopause.

### *Hot flushes and night sweats*

Hot flushes and night sweats are common in menopause. If you are finding them a problem you should be offered HRT after discussing the benefits and risks. If you have a womb you should be offered HRT that contains oestrogen and progestogen. This is because oestrogen-only HRT can be harmful to the lining of the womb. If you don't have a womb you should be offered oestrogen-only HRT.

Some women find that the dietary supplements black cohosh and isoflavones can reduce their hot flushes and night sweats. However, the ingredients of these products may vary and their safety is unknown. They may also interfere with any other medicines you are taking.

### *Low mood*

Low mood is a common symptom of menopause – it is different from depression.

If you're feeling low as a result of menopause you may be offered HRT. Another possible treatment is CBT (cognitive behavioural therapy) and you may be offered this if you have low mood or anxiety as a result of menopause.

### *Vaginal dryness*

If you have vaginal dryness you should be offered vaginal oestrogen, which is put directly into the vagina as a pessary, cream or a vaginal ring. You can use vaginal oestrogen for as long as you need to, even if you are already using HRT. Moisturisers and lubricants can also help. If vaginal oestrogen doesn't help to start with you may be offered a higher dose.

It's rare for vaginal oestrogen to cause problems, but if you have any unexpected vaginal bleeding you should tell your GP. Your GP should explain that your symptoms may come back when you stop using it.



### **Benefits and risks of HRT**

The risks of the conditions described below vary from one woman to another and depend on many risk factors. In cases where HRT is said to increase risk this usually means a very small increase in most women.

### **Blood clots (venous thromboembolism)**

HRT tablets (but not patches or gels) are linked with a higher risk of developing a blood clot.

If you are already at higher risk of blood clots (for example, you are obese) and you are considering HRT, you may be offered patches or gel rather than tablets.

If you have a strong family history of blood clots or if there's another reason why you are at high risk of blood clots, you may be referred to a haematologist (a doctor who specialises in blood conditions) before considering HRT.

### **Heart disease and stroke (cardiovascular disease)**

Studies show that:

- If you start HRT before you're 60 it **does not** increase your risk of cardiovascular disease.
- HRT **does not** affect your risk of dying from cardiovascular disease.

HRT tablets (but not patches or gels) slightly raise the risk of stroke. However, it is important to remember that the risk of stroke in women under 60 is very low. Oestrogen-only HRT seems not to have a significant impact on stroke risk.

If you're already at higher risk of cardiovascular disease it may still be possible for you to take HRT but it will depend on your individual circumstances.

### **Breast cancer**

Studies show that for women around menopausal age:

- Oestrogen-only HRT causes **little or no** change in the risk of breast cancer.

HRT that contains oestrogen and progestogen **may** increase breast cancer risk. This risk may be higher if you take HRT for longer but falls again when you stop taking HRT. The risk for women NOT taking HRT is 22 in every thousand women over a period of 7.5 years, if you take combined HRT this rises to 34/1000 over 7.5 years.

### **Osteoporosis**

When your ovaries stop making oestrogen your bones become thinner and you have a higher risk of osteoporosis, where your bones break more easily.

You should be given advice about bone health and osteoporosis at your first appointment and again when reviewing your treatment. For women around menopausal age the risk of breaking a bone is low, and HRT reduces this risk further. This benefit only lasts while you are taking HRT but it may last longer if you have taken HRT for a long time.

### **Loss of muscle strength**

You may lose muscle strength as you reach menopause, and HRT may improve this. However, it is also important to carry on with daily activities and exercise, which will help you to stay as strong and fit as possible.

Remember the beneficial effects of healthy diet and regular exercise. Women who exercise and follow a healthy diet cope better with menopausal changes and also help protect themselves against other diseases such as heart disease and osteoporosis. A healthy diet should include 5 portions of fruit/vegetables per day. Try to include unrefined foods as much as possible, rather than refined convenience foods. Take high fat and sugar containing foods in moderation and don't take too much caffeine or alcohol. Being overweight has been shown to worsen flushes and increases the risk of heart disease and diabetes. Losing weight has been shown to reduce the risk of breast cancer. Try to maintain a healthy Body mass Index. Excess caffeine and alcohol not only worsen flushes but also increase the risk of osteoporosis.

### **Exercise**

We should all make exercise a priority and build it into our daily routine. Regular exercise not only helps with weight loss but also reduces flushes, reduces the risk of heart disease and weight bearing exercise reduces the risk of osteoporosis. Increasing exercise has also been shown to reduce the risk of breast cancer. Many women join a gym for the first time in their 50s, which works for some but you don't have to – brisk walking is a great form of exercise and is free!

### **Smoking**

Women who smoke have an earlier menopause than non-smokers, have worse flushes and often don't respond as well to tablet form of HRT. It's never too late to stop smoking!

Use this time in your life to start living a better healthier life.

Finally, great news, our new telephone system should be in place shortly, the new number is **01233 884585**. We have tweaked the appointment system slightly to allow, telephone consultations, routine appointments and appointments booked by the GP after a telephone call for those that need to be seen. Home visits will continue to be offered for truly housebound patients where appropriate but remember these take a great deal of time to complete. Given the constraints on our service imposed by chronic underfunding by the government, home visits are all discussed directly with the GP to see if an alternative option is more suitable such as direct admission to hospital, district nurse or social services input.

Dr Allan Fox



## WYE PATIENT PARTICIPATION GROUP

### How Are You ?

It's how we greet each other isn't it? And the answer is usually "I'm fine" whether we are or not! But how are you really? There is a new campaign, launched by Public Health England, called **One You**. They say "**One You**" is a ground-breaking new campaign to help adults across the country avoid future diseases caused by modern day life. Everyday habits and behaviours, such as eating too much unhealthy food, drinking more than is recommended, continuing to smoke and not being active enough, are responsible for around 40% of all deaths in England, and cost the NHS more than £11 billion a year. **One You** aims to encourage adults, particular those in middle age, to take control of their health to enjoy significant benefits now, and in later life.

Professor Sir Muir Gray, clinical adviser for the **One You** campaign said:

"The new campaign from Public Health England will help adults to move more, eat well, drink less and be smoke free. **One You** will also provide information on how people can reduce their stress levels and sleep better. Modern life makes it hard to be healthy, and without knowing it, by the time we reach our 40s and 50s many of us will have dramatically increased our chances of becoming ill later in life. Making better choices today can have a huge influence on our health, and could prevent diseases such as type 2 diabetes, cancer and heart disease, and reduce our risk of suffering a stroke or living with dementia, disability and frailty in later life. But it's not easy in our busy lives – tempting treats in easy reach, bigger portions for everything we eat and technology that allows us to shop, stay in touch and be entertained without ever having to leave the sofa. **One You** aims to help you get back to a healthier you, supporting you to make simple changes towards a longer and happier life. **One You** provides tools, support and encouragement every step of the way, to help improve your health right away."

Start by taking the short online quiz called "How Are You". It has a series of easy questions, just click on the one that most matches what you do, and you will receive personalised recommendations based on your results and links to tools and advice to help you take action where it's most needed. You can find more information by searching **One You** online.

The Annual General meeting of the PPG will be held on April 12<sup>th</sup> in the Surgery starting at 7.15 pm.

John Fletcher Chairman: 01233 813148

Leonie Saint Secretary: 01233 812084

Email [wyesurgeryppg@yahoo.co.uk](mailto:wyesurgeryppg@yahoo.co.uk)

## DATES FOR YOUR DIARY

### VOLUNTEERS NEEDED !

SATURDAY JUNE 18<sup>TH</sup> - SUNDAY JUNE 19<sup>TH</sup> 2016

We shall be celebrating The Queen's 90<sup>th</sup>  
Birthday with a Festival of Flowers in  
Hastingleigh Church.

The Garden of South Hill Farm  
will also be open on Sunday June 19<sup>th</sup>  
(with kind permission of Sir Charles Jessel).

We would be very grateful for volunteers to  
make cakes, serve teas,  
and steward these events.

If you feel you would like to help in any way, to  
make this a very special occasion,  
please contact:

Sarah Morris 01233 750244

Roz Bacon 01233 750327

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Website: [www.lordwhisky.co.uk](http://www.lordwhisky.co.uk) ~ Email: [lord.whisky@btinternet.com](mailto:lord.whisky@btinternet.com)

### **Boot & Spring Fayre and Farmers Market**

#### **Saturday 7<sup>th</sup> May**

at Park House, Stelling Minnis CT4 6AN

Boots from 8am ~ Cars £6.50/Vans £10

Entertainment from 12 noon

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#### **7<sup>th</sup> Annual Cyclo-Sportive**

#### **Bank Holiday Monday, 30<sup>th</sup> May**

From 9am at Park House, Stelling Minnis

Join our Facebook group; The Lord Whisky Cyclo-Sportive

To download a booking form, see the Events page on our website at

[www.lordwhisky.co.uk](http://www.lordwhisky.co.uk)

For any further information, email: [nickracingsnake@btinternet.com](mailto:nickracingsnake@btinternet.com)

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| Hastingleigh Parish Council | Clerk        | Tracey Block<br>01233 750415  |
| Evington Hall (Bookings)    |              | Shelley<br>07401 908249<br><a href="mailto:bookings@evingtonhall.org.uk">bookings@evingtonhall.org.uk</a> |
| Evington Hall Committee     | Hon Sec      | Mrs S Lawson<br>01233 750288  |
| Evington Community Project  | Hon Sec      | Mrs S Boxall<br>01233 750206  |
| Evington Gardeners' Society | Hon Sec      | Mrs J Pearce<br>01233 750382  |
| Art Group                   | Contact      | Mrs V Kerry<br>01227 700843   |
| Footpath Walks              | Contact      | Mr D Harris<br>01233 813711   |
| Women's Institute           | Contact      | Mrs J Bowes<br>01233 811875   |
| Parent & Toddler Group      | Contact      | Mrs N Phipps<br>01233 750221  |
| Neighbourhood Watch         | Hastingleigh | Mr G Block<br>01233 750415  |
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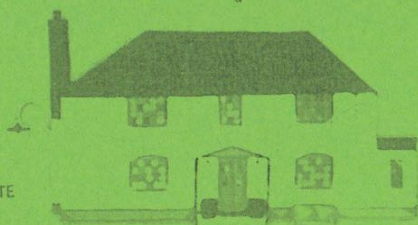
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