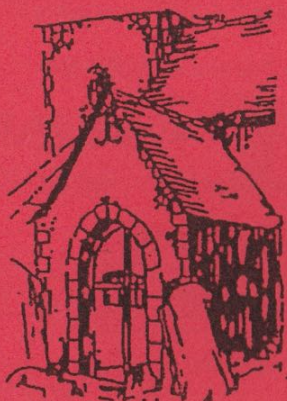


Elmsted with Hastingleigh
Community News

*St. James the Great
Elmsted*



*St. Mary The Virgin
Hastingleigh*

December 2013 40p
January 2014

THE UNITED WYE BENEFICE

Priest-in-charge

Rev'd. Ravi Holy

The Vicarage, Wye

01233 812450

Ravi.Holy@wyebenefice.org.uk

Associate Priest

(with special responsibility

For the parishes of Hastingleigh,

Elmsted, Petham & Waltham)

ST. JAMES THE GREAT, ELMSTED

Churchwarden: Mr Chris Jeffery 01233 750223

Hon. Secretary PCC: Mrs Ann Burton 01233 750430

ST. MARY THE VIRGIN, HASTINGLEIGH

Churchwarden: Mrs Roz Bacon 01233 750327

Hon. Secretary PCC: Mrs Selina Farnfield 01233 750450

PARISH WEBSITES

www.elmstedpc.kentparishes.gov.uk

www.hastingleighpc.kentparishes.gov.uk

COMMUNITY NEWS

Editor Mrs Sue Boxall Burrage 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

elmstedwithhastingleighnews@yahoo.co.uk

General Builders and Property Maintenance



All aspects covered



Free Estimates

Glenn Young 01233 750520
Colin Blaskett 079 6885 3556



Seasoned logs available, free local delivery

PAINTING & DECORATING

DAVID FARNFIELD

**FOR ALL YOUR DOMESTIC DECORATING
NEEDS**

INCLUDING SASH WINDOW RESTORATION

AND WALLPAPERING

FREE Estimates

Mob: 07710 130275

Tel: 01233 750450

Email: enquiries@davidfarnfield.com

www.davidfarnfield.com



Tree Work And Fencing

Contractor

- Tree surgery work undertaken: Trees shaped, reduced, or removed.
- Hedge cutting.
- Stump grinding.
- Garden fencing supplied and erected
- Hedges planted
- Composted wood chips for mulching flower beds, supplied in bulk by small tipper.
- 25 years local experience, fully insured.

Toby Gardener
Beriscot
Hastingleigh



Tel/text mob: 07831473981
Evening: 01233 750489

Email: tandrgardener@btinternet.com

Vince Martin Carpentry and Decorating

For all your Home Improvements, and Maintenance, carried out by a Local Quality Tradesman with over 30 years experience. Work on Period Property a Speciality.

Prompt reliable service and very competitive rates. Ring for a Free No Obligation Quotation.

Absolutely NO JOB TOO SMALL, including, Doors, Flooring, Wardrobes, Kitchens, Windows (including repairs), Shelving, Fencing, Garden Decking, Decorating (internal and external), Wall and Floor Tiling, All Internal and External Maintenance.

Ring Vince for a Free Quotation

Home: 01233 750521

Mobile: 07860 393023

Or you can email me: vmartin555@btconnect.com

Southview, The Street, Hastingleigh, Ashford, Kent. TN25 5HU.

WYNCOT KENNELS

and

CATTERY

(Hastingleigh)

**FOR COMFORT AND PEACE OF MIND
WHERE A WARM CARING ATMOSPHERE
IS ALWAYS AT HAND**

**HEATED KENNELS AND CATTERY
FULLY LICENCED, FULLY TRAINED & CARING STAFF**

SPECIAL DIETS CATERED FOR

**Set in 9 acres overlooking the picturesque Kent Downs, we have 3 large paddocks
where the dogs are individually exercised and played with**

**INSPECTION WELCOMED
(8.30 - 11.30) - (2.30 - 5.00)
7 days a week**

Phone 01233 750323 for any further details

Wye Beauty

- New! Shellac - polish lasts 2 weeks
- Laser Lipo - permanent inch loss
- Electrolysis - permanent hair removal
- Waxing - 2 types of wax available
- Aromatherapy/Swedish body massage
- Red Vein, Skin Tag and Milia treatment
- Ear Piercing
- Facials
- Microdermabrasion
- Manicures/Pedicures
- Spray Tanning - organic - no odour
- I P L hair removal
- Threading
- Hollywood lashes
- Gift Vouchers

Open Tuesdays - Fridays 8.30 - 5pm (later by appt) Thursdays till 9pm. Saturdays 9 - 4

Closed Mondays.

Guinot skincare

32 years experience. Mature staff.

29 Bridge Street, Wye. TN25 5ED

Tel: (01233) 811550

Mrs Robyn Gardener AABThC BABTAC

Chris Dryland

Property Maintenance

*Decking ~ concreting ~ sheds ~ pergolas ~ weatherboarding
Fencing ~ boundaries ~ minor electrical ~ decorating ~ guttering
small projects ~ large projects ~ emergencies
Most aspects of Household and Garden Maintenance*

References available

Also:

Tipis for hire

www.bighilltipis.co.uk

For reliable service tel. 01233 750350 or 07983 242787

e-mail chrisdryland1@gmail.com

BODSHAM HOLIDAY LETS

www.bodshamholidaylets.com

The SMITHY

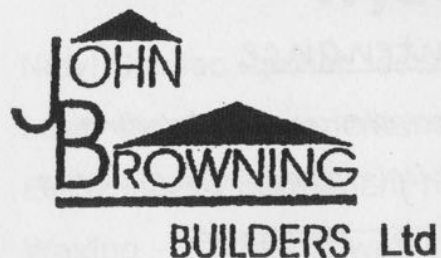
Two Bedrooms
Beamed lounge with wood burner
Fully equipped Kitchen
Bathroom
Enclosed garden

The BARN

Two Bedrooms
Open lounge, diner
and kitchen
Shower room

01233 750042/07989 584801

info@bodshamholidaylets.com



Restoration & Extensions of Period Domestic Property
House Building and Conversions
Design and Planning Services

Prospect Farm House, Lees Road, Brabourne Lees, Ashford, Kent TN25 6QE

Directors: J.E. and C.M. Browning Bsc (Hons), MCIQB, MASI

Telephone: 01303 813459
VAT Registration No: 661 7887 90

THE TIMBER BATTS INN

School Lane, Bodsham, Kent TN25 5JQ

TEL: 01233 750237

www.thetimberbatts.co.uk email: hello@thetimberbatts.co.uk

Closed Sunday nights, all day Monday & Tuesday Lunchtime
All well-behaved dogs are welcome at The Timber Batts

Bar Menu, Snacks Menu
Take Away available
Menu du jour

(Wed-Sat Lunch)-Two course £16.00 or three courses £20.00

Sunday Lunch menu

Two course £ 20.50 or three courses £ 25.65

A La Carte Menu available all week

2013 Magic Evenings with Etienne Pradier only at The Timber Batts
20th March, 30th April, 22nd May, 19th June, 14th July, 27th August,
24th September, 29th October, 26th November



Domestic
Installer
Scheme

EDWARD YOUNG

ELECTRICAL INSTALLATIONS &
SECURITY SYSTEMS

Registered Electrician.

Established over 30 years.

All types of installation work carried out.

Fault finding & Repairs.

Farm - Domestic - Commercial

Telephone: 01303 813654

Mobile: 07702 640237

Imaginative design service

07715 565030

☐ From single items

01227 700883

☐ to full room plans

Christmas Cottage

☐ From budget basic

Richdore Road

☐ to dovetailed hardwood

Waltham

☐ Kitchen fitting service

Kent CT4 5SH

☐ Repairs & alterations

bengrillet@btopenworld.com



ROZ BACON

Moonraker, The Street, Hastingleigh,
Ashford, Kent TN25 5HU
01233 750327 (ans)
roz.bacon@btinternet.com

BED & BREAKFAST

*Roz is a qualified Guide to the City of
Canterbury and Cathedral Guide
Delightful rooms in a lovely village*

AJ Fortescue & Son Ltd BUILDERS & CONTRACTORS

NEW BUILD, EXTENSIONS,
ALTERATIONS,
REPAIRS, GROUNDWORK
Waterside Farm, West Brabourne,
Ashford, TN25 5NA
Tel 01303 813108
E-Mail:
office@ajfortescueandson.co.uk

Reena Platt

Sewing - repairs, alterations, curtains etc
Tel: 01233 650737

THE DEVIL'S KNEADING TROUGH RESTAURANT

Open 7 days a week

10.30 to 5.30 Monday — Saturday 10.30 to 6 — Sunday
(1st March - 31st October depending on weather)

10.30 to 4.30 7 days

(1st November—28th February depending on weather)

Evening Restaurant—Friday & Saturday

(Please book in advance)

Fully licensed for weddings - Coach parties welcome

Christmas Parties, Children's Parties etc. catered for

bookings@devilskneading.co.uk Tel. No. 01233 813212

LEARN FRENCH LOCALLY

Any age, any level, day or evening
Individual or small group
Helen Hewson
Tel: 01233 750589

CHILHAM FEEDS



01227 731159



9am - 5pm weekdays, 9am - 1pm Saturdays

Wide variety - Friendly service - Reasonable prices - Large stocks
For Horses, Dogs, Cats, Sheep, Goats, Pigs, Poultry, Rabbits, Birds, Fish etc.

Bedding - Vitamins - Supplements - Conditioners - Accessories

East Stour Farm, A28 Godmersham, Nr Chilham, Kent

SARAH de ROUGEMONT

Upholstery

07973 377817

01227 455841



- Upholstered furniture and renovation
- Loose covers etc.
- All commissions considered

LOCAL WINDOW CLEANER



Contact Paul Boxall

01233 750206

Style Matters design and print

Brochures, programmes, fliers
Wedding and personal stationery
Proofreading and research services
Word processing
Colour/black and white printing, copying, scanning

Telephone: 01233 750425

e-mail: kerry.relton@googlemail.com

jill.relton@tesco.net

MICHAEL RUST LETTERING AND CARVING STUDIO



Sculpture and carving in wood and stone.
Architectural lettering in stone, wood and engraved glass.
Memorials and inscriptions designed and cut in the finest hands.

The Studio, Sycamore Barn, Tamley Lane
Hastingleigh, Ashford, Kent TN25 5HW

Telephone: 01233 750305

Email: michael@studiorust.co.uk www.studiorust.co.uk

FROM THE EDITOR

It is fifteen years since I took over from Jenny Cox as editor of the Community News and now nearly two years since the news went digital. This means that my role has changed as nearly all of the items for the news go directly to Sue Boxall at our email address and the computer and printer now do all the sticking, pasting and stapling that I used to do. It is now time that I resigned and hand over to Sue as your editor. I will continue to proof read the final copy and co-ordinate the distribution. Please keep your contributions coming; we are still happy to accept articles (and photos, as we can now do colour) by conventional means. I would like to thank again everyone who has assisted over the years in typing, distributing and putting the magazine together.

Finally I will end by wishing you all best wishes for Christmas and the New Year.

Sheila



HASTINGLEIGH WITH ELMSTED WI

Hastingleigh with Elmsted WI met on Thursday 7th November at Evington Hall for their 88th Annual Meeting.

Thirteen members unanimously voted for Mrs Argar to remain as President for the coming year. The President thanked the Secretary and Treasurer who also remain in office. Committee yet to be decided.

The Treasurer led the group through the annual accounts and the Secretary highlighted the events of the past year.

Members then enjoyed a bring and share supper for the rest of the evening.

Our next meeting will be our Christmas Social Meeting at the Halfway House Challock, starting at 6pm.

CC

Evington Community Project Presents

"Christmas Singing For Fun"



Following on from our successful
Singing For Fun evening in September,
Celia is back with songs for us to sing,
this time with a Christmas theme.

Come along, it's free, it's fun and it's good for you!
!!Mulled Wine and Mince Pies Too!!

Evington Hall

December 11th at 6.30pm

To book your place,
please call Robin Helmer on 01233 750236, or
email Robin.Helmer@btinternet.com

Sponsored by local charity



livinglively.org.uk registered charity no 1144839
Celia 01233 750585



THE BOWL INN

AT HASTINGLEIGH (nr Wye, off the A28)

PRESENTS CHRISTMAS CAROLS WITH

~ NIGEL HOBBS ~

AND THE DREAMLANDERS

JOIN US FOR MULLED WINE,
MINCE PIES AND MERRIMENT

DONATIONS TO **WE ARE MACMILLAN.**
CANCER SUPPORT

THURSDAY 19TH DECEMBER

6PM START - FREE ENTRY

01233 750354
thebowlonline.co.uk



MACMILLAN CANCER SUPPORT, REGISTERED CHARITY IN ENGLAND AND WALES (261017)



THE BOWL INN

HASTINGLEIGH

Christmas Opening Times 2013

Tuesday 24th December- 12 until 11pm

Wednesday 25th December- 12 until 3pm

Thursday 26th December- 12 until 3pm

Tuesday 31st December- 5 until late

(New Years Eve- Optional Fancy Dress)

Wednesday 1st January- Closed

Thursday 2nd January- Closed

All other opening times are as normal



ACOUSTIC MUSIC

with

INDIGO STONE

Unplugged

Saturday 7th December

8.30pm start

Please contact us on 01233 750354 for further enquiries
www.thebowlonline.co.uk



EVINGTON GARDENERS

The meeting in October was a different sort of evening from the usual talk and took the form of a nature quiz organized by Mr and Mrs Pretty. Members had to identify from pictures and specimens laid out on the tables a wide range of flora and fauna, from rocks, trees, leaves and seeds to horses, butterflies, birds, dogs and fish. Sarah Pell and Sheila Burrage won the top prize with 85/90 (apparently the highest mark to date in Kent) with Barbara George very close behind. Our congratulations go to them. It was a pity, though, that the evening was not better attended.

By the time this appears in print members will have enjoyed a talk on the gardens of Flanders given by Ms Gibson-Barton. The Christmas Party, with music by the Studio Players, is on 17th December. The talk on 21st January is on bricks and brickwork and will be given by Richard Filmer. As ever, everyone is welcome.

J.P



The Guild of St John of Beverley for the Deaf

This year the Guild of St John of Beverley for the Deaf had 2 fund raising events, a craft stall at the Spring Fair and the Summer Barbecue with Raffle. These events with additional match funding from The Post Office has meant we have been able to raise just under £1,200. This is a tremendous amount. With this and other funds, we have been able to send £1500 to the Kent Deaf Children's Society to help towards the funding of an awards night to celebrate the achievements of Kent deaf children and their carers and also to support their Christmas Party and trip to the Pantomime.

Without your continued support, the Guild would not be able to help this and other similar causes. Your help is so valuable – *Thank you!*

FOOTPATH WALK

11 walkers plus 2 dogs set off across Stelling Minnis and into Pony Cart lane; after passing the old Ebenezer Primitive Methodist Chapel, we took the path down through an avenue of chestnut trees over the stile out into an open field that caused much discussion as to what the crop was. Well!! it's Triticale which is a cross between wheat and rye sown for a green fertility crop to be ploughed in.

Passing Stelling Church on our left taking to a muddy field then on to some nice grass to British North Bossingham (so the sign said) . Then passing the Hop Pocket and scout hut making our way to Atchester wood which was very muddy; there were plenty of feeders out for the pheasants , it's a busy shooting area

Next came High Chimney Farm, crossing a stubble field to Cherry Tree Farm and back on to the Minnis. Very relieved to find the cars all there as one member had locked their keys in the car.

What a fantastic day, a little chilly but the SUN was shining our prayers were answered after all the wet weather.

CL



NEW YEARS DAY WALK

Starting from
Evington Hall at 11.00 am

Why not brush off those New Year blues and join the rest of the village in the traditional New Year's Day walk.

So that everyone can enjoy the outing the walk is not too long and there will be mulled wine and mince pies afterwards as we will be joining with the Evington Community Project annual thank you.

Everyone Welcome

Mulled Wine & Mince Pies at the Finish!

A SUMMARY OF THE MEETING OF

HASTINGLEIGH PARISH COUNCIL ON 12th NOVEMBER 2013

It was noted that the English Nature Board and Footpath signs are missing along the North Downs Way, it was, therefore, agreed that the Parish Paths Partnership would be contacted to ask about these.

Concern was expressed over the railings around the memorial, there was some discussion regarding a planter for the crosses. It was agreed that the railings would be looked at with a view to being funded by the centenary year memorial fund.

The next meeting will be held on Tuesday December 10th 2013.



FESTIVE REMINDER

Just a short note to remind you all to be careful and safe this Christmas, making sure you have a working smoke alarm fitted in your home is the most important point. If you don't have one fitted you can arrange a home safety check and smoke alarm fitting by calling **08009237000**.

Another reminder if you have an old style multi plug adaptor please change it for the multi plug extension lead, also candles are popular, especially so at Christmas. Make sure they are in a suitable holder and not near curtains or within reach of children or where animals can knock them.

The Fire Service within Kent is undergoing change at the moment and you have an opportunity to read about them in the 2014 Safety Plan on the service website, www.kent.fire-uk.org. This also gives the public an opportunity to comment on these proposals.

Finally to wish you a safe and Happy Christmas.

The 25th Annual

CHRISTMAS CONCERT

Saturday 21st December at 7pm

with

Trevor Wye, flute, Robert Scott, piano & 'cello

and

The Flute Studio Players:

**Austin Brown, Paige Brown, Minhee Cho, Katie Kelley,
Katie Rice and Martina Vlastelica**

at

Hastingleigh Church

21st December

7.00pm

followed by

Supper

at

EVINGTON HALL

Concert: £10.00 (Children £5.00)

Supper: £8.00. (Must be booked in advance)

Tickets - Avis Ball 01233 750 231

or at the door for the *concert only* - space permitting

All proceeds in aid of St Marys Church, and Evington Hall



DATES FOR YOUR DIARY

Tues 3rd	Elmsted Parish Council Meeting	7.30pm
Wed 4th	Coffee Morning	10.30am
Thurs 5th	WI Meeting (Challock) (Page 13)	6.00pm
Sun 8th	Footpath Walk (Page 18)	2.00pm
Tues 10th	Hastingleigh Parish Council Meeting	7.45pm
Wed 11th	ECP Singing for Fun (Page 14)	6.30pm
Fri 13th	Whist Drive	7.00pm
Tues 17th	Gardeners Society Christmas Party (Page 17)	7.30pm
Sat 21st	Trevor Wye Christmas Concert & Supper (Page 21) <i>St Mary's Church Hastingleigh</i>	7.00pm
Sun 22nd	Sunday Teatime	4.00pm

Note: All events at Evington 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



JANUARY



DATES FOR YOUR DIARY

Wed 1st	New Years Day Walk (Page 19) ECP Seasonal Thanks (Page 26)	11.00am 11.00am
Thurs 2nd	WI Meeting	7.30pm
Fri 10th	Whist Drive	7.00pm
Tues 14th	Hastingleigh Parish Council Meeting Supper Talk, Bulltown House	7.45pm 7.30pm
Tues 21st	Gardeners Society	7.30pm
Sat 25th	Jumble Sale (Page 27)	2.00pm

EVINGTON VILLAGE HALL

Many thanks to everyone who supported the November coffee morning and donated items for the stalls for the Christmas Bazaar to be held on the 30th Nov. As this is a major fund raising event we hope that it will be well supported.

CHURCH SERVICES AT HASTINGLEIGH AND ELMSTED

IN DECEMBER AND JANUARY

1 st December	10.30 Cluster Service at Waltham	
8 th December	10.00 Bodsham Family Service	
15 th December	11.00 Hastingleigh Family Communion (CW)	5.00 Elmsted Evensong
22 nd December	Elmsted with Hastingleigh <i>Church Decoration and Carol Service at Hastingleigh</i> (2.00 Church Decoration; 4.00 Carol Service)	
24 th December	4.00 Crib Service at Hastingleigh	11.30 Midnight Mass at Waltham
25 th December	9.30 Holy Communion at Elmsted	
29 th December	10.30 Benefice Service at Wye	
5 th January	9.30 Holy Communion at Elmsted (CW) #	
12 th January	10.00 Bodsham Family Service	
19 th January	11.00 Hastingleigh Family Communion (BCP)	5.00 Elmsted Evensong
26 th January	9.30 Elmsted Holy Communion (CW)	11.00 Hastingleigh Holy Communion (BCP) 4.00 Sunday Teatime at Evington Hall, Hastingleigh

Please note that from now on, the first Sunday service in the month will be a communion service (CW) rotated between Elmsted, Hastingleigh and Waltham. This will be the only service in the three parishes and will always start at 9.30am. February's will be at Hastingleigh and March's at Waltham.

ELMSTED WITH HASTINGLEIGH CHURCH DECORATION DAY AND CAROL SERVICE

Join us at 2pm at Hastingleigh for tea & cakes and to put the final decorations in the church. The joint Carol Service will start at 4pm.

All Welcome!

CHURCH FLOWER & CLEANING ROTA

	St. Mary's Hastingleigh	St. James' Elmsted
Nov 30th	Dr & Mrs Lawson	Mrs Gregory
Dec 7th		Mrs Pay
Dec 14th	Mrs Young	Mrs McFarlane
Dec 21st	Mrs Bracher Mrs Jerrom	Mrs Hewson
Dec 28th	Mrs Morris	Mrs Wright
Jan 4th	Mrs Waters	Mrs Thrupp
Jan 11th	Mrs Hewes	Mrs Browning
Jan 18th	Mrs Healy Mrs Perez	Mrs Jeffery
Jan 25th	Mrs Bowes	Mrs Argar
Feb 1st	Mrs Helmer	Mrs Francesconi

MEETING RE CHURCH

A meeting regarding the way forward for the parishes of Petham, Waltham, Elmsted and Hastingleigh will be held at Petham Village Hall on December 2nd at 7.30pm.

(With a glass of wine)



SEASONAL THANKS

Evington Community Project would like to thank everyone for their continued support throughout the past few years. As a sign of our appreciation, we would like to invite you **all** to a seasonal morning of mulled wine and mince pies

on

**Wednesday 1st January 2014
at Evington Village Hall
from 11.00am - 1.00pm**

Please do come along and join us for a Seasonal
Thank You

Hope to see you there!

Evington Community Project



Evington Village Hall Committee

JUMBLE SALE

Evington Village Hall

Hastingleigh

SATURDAY

25th January 2014

2pm



20p entrance

Any offers of jumble to Avis Ball 750231 and Sue Lawson 750288

FOR HASTINGLEIGH RESIDENTS ONLY

During the festive period, your recycling and refuse collections will take place on a different day. Read on for tips about how to recycle more this Christmas!

Normal collection day

Thurs 26 Dec

Thurs 2 Jan

Revised collection day

Fri 27 Dec

Fri 3 Jan

All refuse and recycling should be out for collection by **6am** over Christmas and New Year. Please note collections may take place up to two days earlier than normal during Christmas week. Normal collections resume on **Monday 6th January 2014**.

Not sure which festive items go in what bin? Check our handy guide below:

Christmas trees

- If you aren't keeping your living tree, please take it to Ashford's Household Waste and Recycling Centre in Cobbs Wood Industrial Estate for recycling
- If you subscribe to our garden recycling service, you can place your cut up tree in your brown wheeled bin and we will collect it.

Grey refuse bin

- Bubble wrap, plastic packaging
- Polystyrene
- Broken decorations
- Tinsel and foil wrapping paper
- Corks

Green recycling bin

- Christmas cards
- Cardboard boxes
- Paper wrapping paper
- Tin foil and foil food trays (cleaned)
- Champagne, wine and beer bottles/cans
- Crackers

Food caddy*

- Leftovers
- Turkey carcass

FOR ELMSTED/BODSHAM RESIDENTS ONLY

Recycling, Waste and Garden Collections

Normal collection day	Revised collection day
Monday 23 rd December	Saturday 21 st December
Tuesday 24 th December	Monday 23 rd December
Wednesday 25 th December	Tuesday 24 th December
Thursday 26 th December	Friday 27 th December
Friday 27 th December	Saturday 28 th December

Recycling and waste collections will return to normal from Monday 30th December – there will be collections on Wednesday 1st January 2014 as normal.

PLEASE NOTE THAT ALL COLLECTIONS FROM 23rd – 27th DECEMBER 2013 ARE AFFECTED.

There will be no garden waste collections week commencing 30 December 2013 until week ending 10 January 2014.



Repeat prescriptions - how do they work?

Most of us need prescription medicines at some time and many of us need to take long-term medication. Repeat prescriptions are very convenient but can result in significant wastage of unwanted medicines at considerable cost to the surgery and the NHS. A better understanding of the system may help minimize waste.

Patients new to the surgery must see a GP before being given a repeat prescription. Otherwise, if you need regular medication or medical supplies, you can ask to use our repeat prescription service. All repeat prescriptions are subject to regular review by the doctors, to assess whether further tests or monitoring are required. The review date is printed on the bottom of your repeat slip. If this date has passed, you do not have to make an appointment; a doctor will review your medication and will contact you to make an appointment if necessary.

Repeat prescriptions are currently restricted to a period of 4 weeks in order to reduce the waste caused by people not using all the medication they request. Any items that have not been issued for over 12 months are removed from the current list of medications. If they are required again, they need to be re-authorised by your doctor.

How repeat prescriptions work

Your prescription will have an extra page on the right listing all your regular supplies. Tear off the extra page and keep it until you are ready to reorder.

Before you need more medication, tick the relevant boxes for the items you need and either post it or pop it into the Repeat Prescriptions box at surgery. It is also possible to order a repeat prescription online via www.wyesurgery.co.uk - but not by 'phone.

Please allow 48 hours (excluding weekends and bank holidays) to collect your prescriptions - or medication if the surgery dispenses for you. This is to allow sufficient time for the prescription to be checked against your records and the doctor to sign it.

Some chemists offer a service whereby you can leave the repeat request with them to take care of. The pharmacy will 'phone you (7 days before they are due) to check on which medicines you need and then take the form to the surgery, collect the prescription once it has been signed and make up your supplies ready for you to collect - or they may deliver direct to you if required.

Any problems that occur should be discussed with the pharmacy or the surgery.

Wye Patient Participation Group

Chairman John Fletcher Tel. no. 01233 813148

Secretary Leonie Saint Tel. no. 01233 812084

I HAVE AN EATING DISORDER

Except, of course, I haven't at all, I have disordered eating. Not as disordered as a friend, who convinced herself that eating with your head in the cupboard didn't count or the one who reckoned biscuits didn't count if they were broken, but disordered none the less. You see like many I have the dynamic duo, not batman and robin but the combo of loving food and crucially the delayed 'you have had enough tubster' button. Either one in isolation and you eat normally, both and you have work to do.

I have to giggle when I see headlines saying '50% of people carry obesity gene' (Mail naturally). That would explain why all my classmates were obese -wait a minute, there wasn't a salad dodger in the school, how do we explain the gene theory there? I suspect it is a gene that works the 'enough button' and you can get away with it if you burn calories with exercise or stop eating nice things. Nice things for me are everything but offal so that's tricky.

NICE recommend brief intervention, that's us suggesting you exercise more. Exercise more.That's that done.

But also exercise referral, we can help there. We can refer you to the Stour centre for an exercise programme at cheap rates. Thirdly they want to encourage local walking and cycling schemes. Wye certainly have rambling clubs and schemes like the cycle route to Canterbury are helpful if just a start. The department of health recommend all adults over 65 should get 150 minutes of exercise a week and research shows 15 minutes a day increases life expectancy by 3 years.

If you have a family history of late onset diabetes, the chance of you becoming diabetic is very high. If you become fat almost inevitable, so this is the group who need to work hardest at weight control. If you have become diabetic and are on diet or even tablet control, you can reverse the process with weight loss. Since diabetes increase your risk of heart attack, its even more crucial.

What about the other group, the genuine eating disorders. Anorexia, where insufficient calories are consumed and bulimia, where binge eating is followed by vomiting, are significant problems mainly affecting girls but boys are affected too. This needs early intervention with diagnosis and psychological input. If you have concerns about a child do seek help.

So there we are, exercise a little and live longer and healthier lives, lose weight and you may avoid diabetes. Two simple messages. And, hey, eating less is cheap, (it's the new wardrobe that's expensive)!

Dr A Fox



CANTERBURY CHORAL SOCIETY
CANTERBURY CATHEDRAL

Friday 13th December 7pm

FAMILY CAROLS

Saturday 25th January 2014

HANDEL'S MESSIAH

Canterbury Choral Society's 2013/14 season starts with Family Carols at Canterbury Cathedral on Friday 13th December 7.00 pm. The Choral Society are delighted that Pharon Independent Financial Advisers continue to sponsor the event. Concerts for the 2014 Season will be Handel *Messiah* on the 25th January, J.S. Bach's *St John Passion* on the 22nd March and Beethoven's *Missa Solemnis* on the 21st June.

The Choral Society Youth Choir will again join with the Choral Society for the traditional Family Carols. The Youth Choir are now regular performers with the choir at the major concerts. The Family Carols are now a great part of the Christmas Season and Richard Cooke ensures that everybody, whether they be the young people who join him on the podium or the audience enjoy singing many of the most popular carols. A Brass Ensemble will accompany the choir.

In January the Society will be performing Handel *Messiah* – probably the most popular Oratorio ever to be written. The creation of Handel's *Messiah* was actually induced by Handel's librettist, Charles Jennens. Jennens expressed in a letter to his friend that he wanted to create a Scriptural anthology set to music by Handel. Jennens' desire quickly turned into reality when Handel composed the entire work in only twenty-four days.

The Messiah has a wonderful sense of drama which gives the perfect progression from prophecy through suffering to fulfillment and ultimate triumph. Handel, a master of dramatic oratorio, visualised each scene as he was writing it. He said while composing the famous "Hallelujah" chorus that it was as if he saw God on his throne and all his angels round him. It is this quality which makes the *Messiah* Handel's greatest masterpiece. In this performance Richard Cooke has chosen a counter-tenor Robin Blaze to sing the Alto parts, Lucy Hall will be the Soprano, Charles Daniels, Tenor and Alexander Robin Baker the Bass. Richard Cooke will be conducting the London Handel Orchestra.

Tickets for Family Carols, priced at £7.00 and £4.00 for children under 16, can be purchased from the Marlowe Theatre Box Office on 01227 787787 or on line at marlowetheatre.com. Tickets for all other concerts are discounts of up to 15% are available when booking for all three society concerts. Visit www.canterbury.co.uk for information on the Choral Society.

The Lord Whisky Sanctuary Fund

Registered Charity No: 283483

Park House, Stelling Minnis, Canterbury, Kent CT4 6AN

Tel: 01303 862622 Fax: 01303 863007

Email: lord.whisky@btinternet.com www.lordwhisky.co.uk

Come and visit The Lord Whisky Tea Room

at Rhodes Minnis CT4 6XY. Tel: 01303 862349

Open every day from 10am–4pm

Book your Christmas Meal

1 course £10.95; 2 courses £12.95; 3 courses £14.95

Friday evenings 6pm-8pm and Saturday & Sundays 12noon-3pm

From Friday 29th November–Booking Essential

Bookings now being taken for New Years Day Lunch

1 course £10.95; 2 courses £12.95; 3 courses £14.95

Please phone 01303 862349 for more information and bookings.

~ ~ ~ ~ ~

Christmas Celebration at The Lord Whisky Tea Room

Saturday 14th December at 3pm

Come and celebrate Christmas with us and the Rev Peter Ashman.

Enjoy a cup of tea and a slice of cake while we draw the winners

of our Grand Prize Draw.

Animals Welcome.

We would like to take this opportunity to thank everyone who has given homes to our animals this year. We would also like to thank our loyal supporters and friends, new and old, for their support throughout 2013.

We wish you all a very Happy Christmas and a Peaceful New Year and we look forward to seeing you all again in 2014.

Our first event of the year will be our Fur, Feather & Exotic Exhibition on Saturday 22nd February at Boughton-under-Blean Village Hall.

Fri 29th 11am-6pm & Sat 30th 10am-5pm November:

CHARLTON PARK CHRISTMAS FAIR

30 stalls of desirable gifts on sale, artisan goods & food.

Chives Christmas Café Entrance: £2.50 (under 16 free)

Wed 18th December 6-8pm: **FAMILY CHRISTMAS SING-ALONG**

Festive songs & carols with Trish Vella-Burrows

£7.50 children £5 inc. mince pies, sausage rolls, mulled wine & soft drinks

Sat 21st December 3pm: Whizz Bang Pop presents

"HERLOCK BONES & THE PRIZED CHRISTMAS PUDDING"

Interactive children's show(3-11 yrs) Refreshments on sale

£7.50 children £5

Info: www.charlton-park.org Bookings: 01227 831355 CT4 5JA

AERIAL VISION

INSTALLATION AND REPAIRS

DIGITAL TV AERIAL SPECIALIST.

SATELLITE TV (SKY/FREESAT).

TV WALL MOUNTING.

RECEPTION PROBLEM SOLVING.

EXTRA TV POINTS

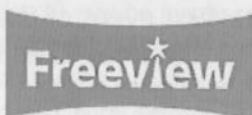
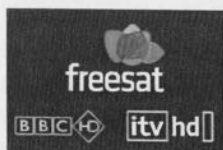
FREE ESTIMATES

NO VAT

LOCAL FAMILY BUSINESS

GLEN MARTIN

01233 740701 / 07789 833396



An Acupuncture Clinic at Wye Surgery

Wednesdays from 9.30am to 6.00pm

Please enquire if you suffer with any of the following conditions:

Pain such as sciatica, back or neck ache, frozen shoulder and arthritis

Digestive disorders such as IBS, chronic diarrhoea or constipation and bloating

Gynaecological disorders such as PMT, irregular or painful cycles and menopausal symptoms

Supportive care during conception, pregnancy and/or induction

Stress, migraines and mood disorders

Hay fever, colds and flu

Home visits available

0844 387 8419 (appointments)

077 898 40676 (to contact Heidi)

ALL CREATURES GREAT AND SMALL

House and pet sitting service

01233 714682 - 07942 045286

CRB Checked

Dawn Busby

Insured

Good References available

RICHARD GILBERT PLUMBING & CENTRAL HEATING

Established 25 years

Oil & Gas Central Heating Specialist – OFTEC & Gas Safe Registered – Landlord's Gas Safety Certificates.

Wood Burning Stove Installations - HECTAS registered

Full central heating installations and systems updates, oil boiler and oil tank installation and replacement, gas boilers, fires, cookers and hobs.

Chimney sweeping and Flue Liner installations.

All Domestic Plumbing including – Power flushing, unvented hot water systems, bathroom and showers including tiling, hot water cylinders, water softeners, sink, dishwasher and washing machine installations, replacement radiators and thermostatic valves.

Telephone 01233812566

Mobile 07860 877836

MARY HEMSLEY

INTERIORS

"the complete service"

- Curtains
- Blinds
- Designer fabrics
- Wallpapers
- Tracks and Poles
- Upholstery

Little Greene Paint

design ideas and advice

01233 813717

150 Bridge Street, Wye, Ashford, Kent. TN25 5DP



YOGA CLASSES

WALTHAM VILLAGE HALL ON MONDAY EVENINGS

*Suitable for absolute beginners to experienced students;
men or women and a wide range of fitness levels.*

Yoga will help with flexibility, stretching, relaxation and stress.

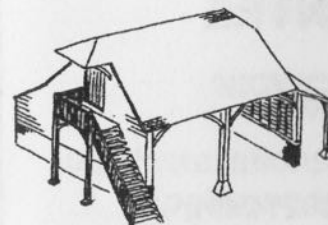
*I ALSO OFFER A VARIETY OF MASSAGE TREATMENTS
to ease stiff joints, promote health and well being and for stress management.*

(Fully qualified-ITEC/LCIC/Diploma in Yoga Teaching/Life Coach)

Phone or email for more information: Lynn 01227 700071/07913305175

lynn@saxby4.orange.co.uk

OAK FRAMED BUILDINGS



Houses, Garages, Conservatories & Sun-rooms,
Extensions, Roofs. Design & Build or built
from your own plans. Locally based, long
established small company using trustworthy
local craftsmen.

Michael Barnes
01233 812555 or 07740 870540

BOSSINGHAM GROUNDWORK & LANDSCAPING

EXCAVATION
CONCRETING
DRAINAGE
CAR PARKS
DRIVEWAYS
BRICKWORK



PATIOS
PONDS
TURFING
FENCING
PLAYGROUNDS
EQUESTRIAN ARENAS

M: 07894 007 660 W: 01303 890 704
WWW.BOSSINGHAMGROUNDWORKS.COM

ELIZABETH MILLER MSSCh MBChA

Chiropodist



TEL.
01233 750200

Home visits by appointment

SIX MILE GARAGE and ACCIDENT REPAIR CENTRE

STONE STREET, STELLING MINNIS
CANTERBURY. CT4 6DN
www.sixmilegarage.co.uk
Telephone: Stelling Minnis 01227 709214/491
Fax: 01227 709331

- * Service and Repairs to Cars and Commercial Vehicles
- * Class 4 and 7 M.O.T Testing
- * Crypton Diagnostic Tuning Centre
- * Body Repair Centre
- * Car Sales
- * Collection & Delivery

Forecourt Petrol & Shop

Open 7 days a week

1st Class Cleaning

Weekly, fortnightly, monthly or even a 'one off' cleaning service

Many years experience and an excellent reliable service



No job too large or too small

References provided

REASONABLE RATES

Near Canterbury

01304 841489/07862 739670

Email: clean1stclass@hotmail.co.uk

G.A. WATTS Electrical Installations Approved Electrician

NICEIC DOMESTIC INSTALLER

New installations. Extra points. Complete rewires.
Appliance testing and electrical surveys.

Security lighting.
Specialist in sympathetic
Wiring for period properties.

For personal attention
And free estimates
(01227) 709376
(07973) 480241

TOP QUALITY TUFTED TWIST CARPET

UNDER £20
INCLUDING FITTING
SELECTA TWIST



80% PURE NEW BRITISH WOOL
ONLY £19.95SQM

CARPETS *direct*

01233 714999

Selecta House, Charing Hill TN27 0NL
www.carpetsdirectcharing.co.uk

Hardwood & Laminate
Showroom
Now Open

S.C.S.

Cesspool / Septic Tank Emptying Service

For That Quality Service

Southern Cesspool Services



All Types of Tanks Emptied

*Septic Tanks/Cesspool Tanks/
Treatment Plants*

*High Pressure Jetting of Drains
Soakaways ETC*



Regular Automatic Bookings



01233 646767 / 07773 491356

Card Payment Accepted



Web: www.southerncesspoolservices.com

Email: info@southerncesspoolservices.com

LOGS & FIREWOOD

**For Good Quality, Seasoned
Burning Wood**



**Ash or mixed logs (dry)
cut to order**

Ring John Austen

(01227) 700570

AFB ELECTRICAL LIMITED

Electrical Contractor



All electrical work undertaken

Please contact:

Andy Burchell

Tel: 01233 632424 Mobile: 07739 259953

E-mail: aburchell@afbelectrical.co.uk

Containerised Storage

available locally

Fully secure

Indoors or outdoors

Competitive rates

**Please phone 01233 812237 for further
details**



PLAY LEARN GROW

Bossingham pre-school

- Children aged 2-5 years
- Experienced & friendly staff
- Quiet rural location
- Breakfast & after-school clubs

Situated in purpose-built premises, within the grounds of Stelling Minnis Primary School, we offer creative and stimulating activities to help the physical, social and educational needs of every child. There's an all-weather outdoor play area, optional breakfast club available from 8am and after-school club available until 6pm.

visit: bossinghampreschool.co.uk
or call: **01227 709156**

aldingtonosteopathy

The Surgery, Goldwell Close, Aldington, Ashford, Kent. TN25 7DY.

Can provide effective treatment for many conditions including:

- | | |
|--------------------|-----------------|
| Back and neck pain | Sports injuries |
| Headaches | Trapped nerves |
| Arthritis | Shoulder pain |
| Sciatica | Whiplash |
| Knee problems | Ligament sprain |

Also available specialist osteopathic clinics for:

Pregnancy related conditions

Cranial osteopathy for babies

01233 720160

www.aldingtonosteopathy.com

LOCAL ORGANISATIONS

Elmsted Parish Council	Clerk	Tracey Block 01233 750415
Hastingleigh Parish Council	Clerk	Tracey Block 01233 750415
Evington Hall (caretaker & bookings) (Treestumps, Elmsted)		Mrs Avis Ball 01233 750231
Evington Hall Committee	Hon Sec	Mrs S Lawson 01233 750288
Evington Community Project	Hon Sec	Mr D Farnfield 01233 750450
Evington Gardeners' Society	Hon Sec	Mrs J Pearce 01233 750382
Evington Players	Hon Sec	Mrs C Batcheller 01233 637955
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 H Wade 01233 750032
Neighbourhood Watch	Hastingleigh	Mr G Block 01233 750415
	Elmsted	Mr J Argar 01233 750311

**Ron's Emporium
& Sons**



THE BOWL INN FREE HOUSE



CAMRA
Ashford, Folkestone
& Romney Marsh
PUB OF THE YEAR
2012

A FINE PUB AND AN ANTIQUES BARN AT HASTINGLEIGH, KENT

RON'S EMPORIUM & SONS

OPENING HOURS

(SATURDAY 11AM-5PM) (SUNDAY 11AM-5PM)

WE ALSO OPEN BY APPOINTMENT

WE BUY AND SELL ANTIQUES

HOUSE CLEARANCES OF ANY SIZE

**SPECIALISING IN ANTIQUES, FURNITURE, ARTS,
CRAFTS & THE UNUSUAL FOR OVER 30 YEARS**

THE BOWL INN, HASTINGLEIGH

OPENING HOURS

(TUESDAY 5PM-11PM) (WEDNESDAY 5PM-9PM) (THURSDAY 5PM-11PM)

(FRIDAY 5PM-LATE) (SATURDAY MIDDAY-LATE) (SUNDAY MIDDAY-9PM)

(CLOSED MONDAYS)

+ LOCALLY SOURCED ALES - CAMRA RECOGNITION 2007-2013

+ QUIZ NIGHT TUESDAY NIGHTS - 8.30PM START

+ BEAUTIFUL SANDWICHES & BAGUETTES - ONLY AT WEEKENDS

NO DOGS EXCEPT GUIDE DOGS

FOR MORE INFORMATION PLEASE VISIT WWW.THEBOWLONLINE.CO.UK OR CALL 01233 750354

Hastingleigh Garage

Motor Vehicle & Agricultural Engineer

MOTs, Welding

Vehicle bodywork repairs & spraying

Hastingleigh Yard, Hastingleigh, Ashford, Kent

Telephone 01233 750413