

Elmsted with Hastingleigh
Community News

*St. James the Great
Elmsted*



*St. Mary The Virgin
Hastingleigh*

April 2015 40p

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Priest-in-charge

Revd. Ravi Holy

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Ravi.Holy@wyebenefice.org.uk

Associate Priest

(with special responsibility

Revd. Lorraine Lawrence

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For the parishes of Hastingleigh

01233 750987 - 0789 4034409

Elmsted, Petham & Waltham)

lorraine_lawrence@btinternet.com

THE PARISH UPON THE HILL

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Mrs 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

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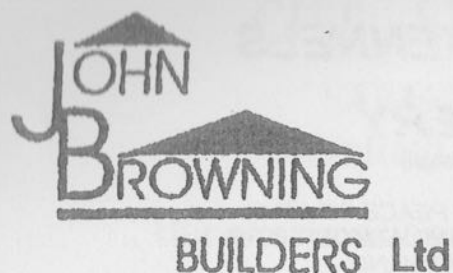
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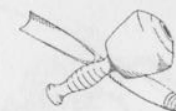
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To commemorate the Centenary of the Outbreak of the 1st World War, there will be a piece every month about each soldier named on the War Memorial.

LLOYD, Herbert

2nd Lieutenant. 7th Battalion Northamptonshire Regiment, formerly (957) West Kent Yeomanry.

Born in 1891 in Penmaenmawr, Caernarvonshire, Wales. Son of Rees and Alice Lloyd (nee Lewis)

Died 16th October 1916

He has no known grave and is commemorated on the Thiepval Memorial on Pier Face 11A and 11D.

He had brothers and sisters, Rees Kenneth, John Gyn, Dorothy and Marjorie; by the time Herbert was killed the family were living in the Old Rectory, Hastingleigh.

CHARITY WHIST DRIVE



Friday 10th April
7pm start
Evington Village Hall



FOOTPATH WALK - 9th March

The March walk was very much a walk of two parts, the first warm and hilly, the second cold and flat. Twelve walkers and 1 dog left the hall amid sunshine, walked towards the pond and then along Boundary Lane and down to Lyddendane House. From there, we took the steep path up to Shrubs Wood, where we stopped for a while to catch our breath. A short way into the wood, we turned left across the fields towards Lyddendane Farm and then, staying on the footpath, on to Little Coombe.

At this point, the sun had disappeared behind the gathering clouds, the wind was picking up and the temperature was dropping. Our return journey was via Staples Lees and Cold Blow, a total of 4.1 miles. On the way we saw Primroses, Snowdrops and a few Catkins, hinting that maybe Spring is just around the corner.

Our April walk will start from Bonnington at approximately 2.15 pm. Those walking should meet at the Hall at 2 pm as usual when transport sharing will be arranged.

RH

EVINGTON GARDENERS

PLANT SALE



Monday 4th May

at

THE SPRING FAIR



Football Field, Hastingleigh

12.30 pm - onwards

EVINGTON GARDENERS

A return visit by Glynn Bareham to talk about photography –this time photographing plants and gardens in particular – proved to be just as inspiring. As before, Mr Bareham had the excellent idea of bringing a wooden framework to display examples of mounted photographs, rather than showing slides on a screen, which meant that members had plenty of opportunity to study them afterwards. He was full of useful tips. He suggested photographing a group of flowers against a black backdrop, or even a wooden door or fence, as a darker background does not take the eye away from the subject. Care needed to be taken with plain white backgrounds because of problems with shadows. He encouraged experimentation with the distance from a subject and emphasised the importance of angles not only of the subject but also the light. Use a wide-angled lens for on-site photography in order to get more into the picture. Mr Bareham also showed some interesting pictures with more abstract qualities, achieved by freezing flowers in water and then photographing them through the ice. Even the texture of the paper a photo was printed on could make a difference to the outcome. It was an excellent talk and very well attended.

By the time this appears members will also have enjoyed a talk on the restoration of the gardens at Godinton House at the meeting in March. The Plant Sale is on 4 May at the Hastingleigh May Fair. As always, everyone is welcome.

J.P.

ART EXHIBITION AT THE SPRING FAIR

If you have a craft or skill and would like to exhibit at the art exhibition at the Spring Fair in the hall, contributions would be most welcome.

Contact Val Kerry 01227 700843

EVINGTON COMMUNITY PROJECT

SPRING FAIR

Monday 4th May

**From 12.30pm on the Football Field,
Hastingleigh**

Raffle - Tombola - BBQ

Beer Tent - Teas - Cakes

Plant Stall - Bouncy Castle - Face Painting

Bodsham School Merry Making Maypole Dancers

Art Exhibition in Evington Village Hall

Traditional Sideshows



Sponsored by the local Parish Council

Easter Sunday



Sunday, 5th April

9.30am at Elmsted Church

**Easter Bonnet
Competition
and Prizes**

**Easter Egg
Hunt**



e.c.p. PRESENTS

A Film Show and Fish and Chips Supper

SATURDAY 11th APRIL 2015

EVINGTON VILLAGE HALL

8.15 pm - A Modern Award Winning Comedy

Entry Free

Due to restrictions imposed by our licence we are not allowed to advertise the name of the film in the Community News.

Our usual Fish & Chip van will be serving Fish & Chips, Sausage & Chips, etc. from 7.00 pm. Coffee and Tea will be provided but please bring your own drinks.

To find out more and / or to make a reservation, please contact Robin Helmer on 01233 750236 or email: robin.helmer@btinternet.com

EVINGTON COMMUNITY PROJECT

ANNUAL GENERAL MEETING

Chairman's Report for 2015

ECP has now completed ten years of service to the communities of Elmsted and Hastingsleigh.

We held another very successful Spring Fair on the 5th May 2014 which boosted our funds by just under £1,400. The turnout was again fantastic, helped by good weather on the day. In addition, we received a match-funding grant of £1,000 from Barclays Bank. We are very grateful to Vanessa London for facilitating this. Because this was the last time we will receive such a grant from Barclays, we are in the process of introducing a 100 Club Raffle to help boost our funds. This will help us continue to achieve our aims of arranging sporting and leisure events that are either free or heavily subsidised and by offering financial support to village organisations.

During 2014 we gave a sizeable donation towards the cost of the Village Fireworks. In January, over 50 members of our community enjoyed watching "Jack and The Beanstalk" at the Marlowe Theatre at a ticket price subsidised by ECP and in December we arranged a village coach trip to London. We continue to assist financially with the maintenance of the Playing Field. We combined our annual Seasonal Thanks morning with the Footpath Group's Mince Pie Walk refreshments.

Our regular Film Shows in the Evington Hall continue to be well supported with 187 adults and children attending in 2014. We are proud to have helped the Evington Community Choir get off the ground.

I should like to take this opportunity, once again, to thank the Evington Community Project committee who have worked tirelessly throughout the year and have given freely of their time. I should also like to thank, on behalf of ECP, The Powell Family for allowing the use of their field; Sarah Pell for checking our accounts; Elmsted and Hastingsleigh Parish Councils and all of you who have generously supported and assisted with our events throughout the year.

Our committee numbers have dwindled somewhat this year with the retirement of Vanessa London, Malcolm Castle and David Farnfield, all of

whom have been members of the ECP committee since its inception 10 years ago. Our grateful thanks are extended to all three for serving our community so well. Their retirement has left us a little thin on the ground so if any of you reading this would like to join ECP, please contact either myself or Sue Boxall, our secretary, whose contact details can be found on the inside back page of the Community News. We meet just twice per year (March and September) and our meetings normally last no more than one and a half hours.

Robin Helmer

KNITTING OUR COMMUNITY TOGETHER

Ms Carter, our Art teacher at Bodsham C/E Primary School has a great idea for a display in the school to celebrate our lovely environment and recognise the skills of parents, grandparents and children. She would like to create a knitted landscape to be displayed on the wall above the steps from the hall to the cloakroom area. She is asking individuals to knit a square or rectangle in any shade of green/yellow/brown; it can be any size up to 6 inches long/wide. If you wish to be really creative and make a sheep or tree to be added to the scene that would be very welcome. Ms Carter would like to be able to create the collage by the end of term. If you feel able and willing to embark on this project your contributions would be really valued and gratefully received at the school. For any more information please telephone the school office on 750374. Thank you!

Mrs Elizabeth Pettersen
Executive Head teacher

A QUICK NOTE FROM THE VICARAGE

It was with great excitement and some trepidation that we embarked upon our move from Gravesend town centre to a whole new life in the wilds of Kent, in a place called Hastingleigh, that we had not heard of until September last year.

Will they like us, will we fit in, will we have anything in common with anyone, how many children will there be? These were just some of the questions we asked ourselves as we set off that Friday afternoon in January.

Imagine our delight when we arrived to fruit, flowers, wine and a wonderful meal to rehear for our tea on that first night! The welcome we have received from villagers and church members alike has been really wonderful. It has felt like home here, right from the first night. Talking of which, wow, isn't it dark when there aren't loads of street lamps and cars outside your window? I've never really felt the need to own a torch before but luckily there's one on my phone. Which is about the only thing it's any good for here, as that 4G I just upgraded to, or in fact even a basic phone signal, hasn't quite made it this far out yet! Amazingly for such a small place so much goes on here and everyone gets involved. There's more social life here than we had in a large town centre.

Anyway, I wanted to extend a big thank you for the warm welcome to everyone from myself and my family. We all look forward to getting to know you all better, and as soon as the weather improves, (I presume it does stop snowing and raining here eventually) we will have a BBQ and invite everyone to drop in.

If you need any of us for anything at all, the house number is; 01233 750987, and the answer phone will take a message if we're not here.

Thanks again,
Lorraine, Drew, Abi, Kev, Jacob and Eabha.

IN THE GARDEN

The fine weather we have been having has provided an opportunity to clear away all the leaves and dead shoots from the perennial borders. Shred any branches and shoots and add them to the compost heap. Add a high nitrogen fertilizer like chicken manure to the compost and cover with an old carpet. This will help the compost heap to warm up and will speed up the composting process.

I have had a nice show of bulbs this year, before the leaves die down divide up some of the larger groups and plant where there are gaps. This is often referred to as "planting in the green" and is commonly carried out for snowdrops. Where possible develop a swathe of bulbs. This gives a greater impact and reduces the problem in a border where you lose site of where they are when their leaves have died down. An alternative is to plant in areas of grass where mowing can be left to later in the season. This year has been a good year for Cyclamen. They grow readily in my garden, self seed and provide a colourful display. They are useful in that they will grow well in partial shade.

If you have not already pruned shrubs like Roses and Hydrangeas this needs to be done taking great care not to damage the emerging shoots. Thin out old wood and cut back to an outward facing bud. Leave an open structure so light can penetrate into the plant. Pruning will stimulate the plant to produce fresh growth, you need to add fertilizer to encourage this. I generally find people tend to prune too little and the plant becomes congested. Most plants are quite robust and you should cut to produce the shape of plant you require.

For the glasshouse I generally buy plug plants from the garden centre. The high cost of seed and the need to get plants in early I find these are cost effective. It is important however to get strong growing plants not stretched by being kept in the low light of the shop. Water them well and pot them on into larger pots or a sectioned tray. Use general purpose compost and add grit (25%) for drainage and a small amount of slow release fertilizer. These plants will have an early start and grow more quickly when planted out.

There is still time to divide perennial plants, when you do this refresh the soil by adding plenty of compost and some fertilizer. This will stimulate stronger growth in the plants.

CHURCH SERVICES IN THE PARISH UPON THE HILLS - APRIL

5th April Easter Day	9.30am Family Communion at Elmsted (See separate notice in magazine)
12 th April Easter 2	8am Holy Communion BCP at Waltham 10am Bodsham Service in Bodsham School Hall
19 th April Easter 3	9.30am Family Communion at Waltham
	11am Holy Communion at Hastingleigh
	5pm Evensong at Elmsted
26 th April Easter 4	9.30am Holy Communion CW at Elmsted
	11am Holy Communion BCP at Hastingleigh
	4pm Sunday Teatime, Evington Hall Hastingleigh

Sunday Teatime: At Sunday Teatime, we have fun, chat and explore our faith. Come for the company, the activities, the tea or the worship, or all four! ALL AGES are welcome in the village hall, Hastingleigh at 4pm.

Bodsham Family Service: a less formal family service for everyone. Do come and try it!

CHURCH FLOWER & CLEANING ROTA

	St. Mary's Hastingleigh	St. James' Elmsted
Apr 4th	Mrs Bowes	Mrs Argar
Apr 11th	Mrs Helmer	Mrs Francesconi
Apr 18th	Mrs Morris	Mrs Hursey
Apr 25th	Mrs Waters	Mrs Pearce

APRIL DATES FOR YOUR DIARY

Wed 1st	Coffee Morning	10.30am
	Singing	7.00pm
Thurs 2nd	WI Meeting	7.30pm
	(Page 25)	
Fri 10th	Whist Drive	7.00pm
Sat 11th	Film Night with Fish & Chips	7.00pm
	(Page 17)	
Sun 12th	Footpath Walk	2.00pm
	(Page 13)	
Tues 14th	Hastingleigh Parish Council Meeting	7.45pm
Tues 21st	Gardeners Society AGM	7.30pm
	(Pages 13 & 14)	
Sun 26th	Sunday Teatime	4.00pm
Mon 27th	St. John of Beverley AGM	8.00pm
Mon 4th 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

A SUMMARY OF THE ELMSTED PARISH COUNCIL MEETING ON 12th MARCH 2015

Meeting with Highways – A meeting had taken place with Kent Highways on 5th March. Some pot holes have already been filled, others are on the list. A new salt bin will be requested for Dundas. Junctions are to be white lined, especially the School Hill junction and drains that need clearing were pointed out. Another meeting will take place in October.

Planning – 4 planning applications had been received and discussed.

The members of the public present mentioned the interesting book by David Hewson regarding Wye and also that the Timber Batts is now closed and clearly for sale.

A SUMMARY OF THE HASTINGLEIGH PARISH COUNCIL MEETING ON 10th MARCH 2015

May Election - the advert in the magazine had not produced any enquiries into becoming a Parish Councillor.

Local Councillors Report - Cllr Jane Martin reported that she had been busy in Aldington with planning applications, a solar farm application and drainage problems in Bromley Green Road where a long term solution is being sought. HGVs are an issue across the Borough and alternative routes are being sought to stop the HGVs driving along very narrow lanes and also a resolution to the parking of lorries on road edges around the orbital park is being trialled. Cllr Jane Martin offered some help with the application at the Saw Mill and also at The Church.

Changes required due to the introduction of the Transparency Code
The relevant procedures and policies were adopted. The Clerk noted that the transparency code applies to the websites only and not the notice board so a notice is to be placed on the notice board listing where to find the relevant information and the time frames for these to be available.

Footpaths – stiles and fallen trees - There are several fallen trees along the path following on from the Football Field, 2 stiles are also broken, one at Lilleys and the other on the path behind the Village Hall. The Footpath Warden will be asked to report these issues.

Meeting with Highways - The meeting had taken place on Wednesday 25th February. It was considered a successful meeting. Potholes and drainage issues, especially at Robertsdane and Vigo had been discussed, verges along New Barn Road are to be looked at, kerb stones in Becketts Close were reported. Wye Hill was discussed, white lines, pot holes and surface debris.

A “drainage plan” had been promised at the Highways Forum, the Clerk was asked to contact Katie Lewis with regard to this. Church Lane had also been reported but was not considered bad enough to warrant any work as yet.

The situation with broadband was discussed. The Government, BD:UK and DEFRA have all put money into the upgrading of the system but this is still not adequate to provide every home with Super Fast broadband, therefore, although the exchanges will be upgraded as much as possible, not every home will be able to access faster broadband.

FROM THE EDITOR

Firstly, I would like to apologise for the error with the Church Flower & Cleaning Rota in last months magazine.

Hopefully all subscriptions have now been paid but if you have still got to do this, please get it to your distributor as soon as possible.

If you have anything you feel you would like to share with the community, please email it to me by the 15th of the month.

This could be anything from a great place to visit/eat, a tip/recipe or what your work involves.

Please keep it positive and suitable for everyone in our villages.

SB

The Pancake Party

Thank you to all who cooked for and supported this enjoyable evening on Shrove Tuesday.

£218 was sent to the Aenon Trust for the

Testimony Faith Homes

(the school for orphans at Eldoret, Kenya which Elmsted have supported for a long time).

SUMMARY OF THE AGM OF EVINGTON VILLAGE HALL COMMITTEE

The AGM was held on Wednesday 11th March. 15 members were present. The treasurer, secretary and vice chairman were all re-elected. George Jessel stood down as chairman and Robin Helmer was appointed as the new chairman. George has been chairman since 1992 – an amazing 23 years in office. Robin Helmer proposed a vote of thanks to George for all his hard work. The whole committee thanked him as well.

Some new members were welcomed namely Chris Jeffery representing Living Lively and Sue Boxall representing the ECP.

It has yet again been a good fundraising year for the hall with the Christmas Bazaar and the Jumble Sale generating a good profit. This year the running expenses of the hall have been higher than the money brought in from rentals and receipts and private hire. However it was decided to keep the rentals the same for another year. The hall has been used on 215 occasions during the year and the committee is keen to keep rentals low to encourage as much use of the hall as possible.

The hall costs money to run even if it is not used so all fundraising is essential. You will notice if you use the hall that the floor has been restored. It was last done in 2009. The committee is always looking for ways to improve the hall and this is where support of the community is important. The committee would like to thank everyone for supporting the hall's events during the year.

SL

The Bowl Inn

Easter Opening Times

Good Friday 3rd April- Open all day from midday

Saturday 4th April- Open all day from midday

Easter Sunday 5th April- Open from midday until 9pm

Easter Monday 6th April- Open from midday until 9pm



Tuesday 7th April- Closed

Wednesday 8th April- Open from 5pm



Evington Community Project



CLUB

The winning numbers for the March Draw are:

1st Prize: No. 28

2nd Prize: No: 35

3rd Prize: No: 45

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

WYE PATIENTS PARTICIPATION GROUP

Medicines are costly—Medicines can be costly and should not be wasted. They are an essential part of our health and well being. Prescription medicines are available to all NHS patients. The current charge is £8.05 per single item...

Reducing the costs of prescriptive medicines. This can be done by using a prescription prepayment certificate (PPC). There are two options, a three month certificate which costs £29 and one for 12 month costing £104. The 12 month certificate can be paid by direct debit with 10 monthly instalments of £10.40. The prepayment certificate covers all the items required. For example, with the 12 month certificate a patient having several different medicines per month will get them for little more than the standard cost of one. Enquire at the surgery or pharmacy or look on www.nhsbsa.nhs.uk for details on how to purchase prepayment certificates. Sometimes medication may be cheaper than the £8.05 single item charge e.g. paracetamol. Enquire at the surgery if you think this maybe the case.

Who qualifies for free prescriptions?

1. Those in full time education at school (16 or 18 years) and then after the age of 60 years. Full time further education does not qualify for free prescriptions.

2. Those with one of the following medical conditions:
a permanent fistula, forms of hypoadrenalism, diabetes insipidus, diabetes mellitus, hypoparathyroidism, myasthenia gravis, myxedema, epilepsy, continuing physical disability, cancer treatment and its effects.

To get free prescriptions for any of the above, patients must have a medical exemption certificate. These are provided by your doctor and are issued for a fixed period of time. When this time runs out prescriptions are no longer free, so if the condition persists it is important to renew the certificate before the expiry date. Patients are sent a reminder.

3. Those on various forms of income support may be entitled to free prescriptions. Also those on low incomes may qualify for financial help with the cost of eye tests, dental treatment and prescription charges.

4. Pregnant women with a maternity exemption certificate are entitled to free prescriptions which continue until their babies are a year old.

Please ask your doctor or pharmacist whether or not you are entitled to free prescriptions.

Full details can be found on the NHS Choices website.

HASTINGLEIGH WITH ELMSTED W.I.

Hastingleigh with Elmsted W.I. met on Thursday the 5th of March in Evington Hall.

Sixteen members attended our meeting.

The minutes of our last meeting were read and agreed. We discussed various items of business, including where we would go for our meal for our May meeting, the possibility of having a meal in the hall in the spring and an upcoming quiz for members. We also nominated Madam President, Mrs Argar, to be our representative at the W.I. Centenary Garden Party at Buckingham Palace.

Our speaker was Mr. Nick Sandford who spoke to us about the restoration of Godinton House. He has spoken to us before and as we enjoyed his talk so much last year we asked him back. He was, as before, a very interesting speaker. He started working at the house in 1997. The planning took a year, working with planners and architects. It was a complex building needing restoration, with so many parts needing replacing – roofing, lead, timber, drains, electricity cables and so on. The greenhouses were held up by 'woodworm holding hands!' They were taken down in 2000 and rebuilt. Other garden buildings needed work as well so the cart sheds, pathways and ponds were all restored and the Great Stour that runs through the grounds was cleared out.

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

Next month our speaker will be Heather Woodward who will be talking to us about Beatrix Potter. The meeting will be held in Evington Hall on Thursday 2nd of April at 19:30 and any new members would be made most welcome.

Fiona Steward

People are living longer than ever before and needing more care. Parents are faced with having to look after their children and also their parents whilst trying to hold down full time jobs. Finding the right kind of help and support is a minefield.

Here is a recent example of how we can help. Molly and Bill were diagnosed with cancer – Bill some years ago and Molly only last year. Molly deteriorated rapidly and died just after Christmas. Bill had tried looking after Molly during her deterioration but, although he tried to hide it, the truth was that he was having trouble looking after himself. After Molly died her son contacted us to help with her estate and to look at planning for the future.

We gave advice on ways to mitigate any likely tax on Bill's death and we put up to date Wills and Powers of Attorney in place for all the family. More importantly we looked into Bill's care arrangements. Bill was now living alone in a property unsuitable for him. The bathroom facilities were on the second floor and he struggled with stairs. He needed someone to be there to cook and help take care of him without robbing him of his independence. Fundamentally, he did not want to leave the house which he and his wife had bought together.

We worked with Bill and his family to put a care package together to ensure that Bill would have his wish. We looked into an equity release to provide funds for care and to make alterations to the property (such as fitting a stair lift). We arranged for care at home to be provided and check-up calls to be made on a daily basis. All of this could have been done by Bill's son but he and his wife have full time jobs and young children to look after. We were able to give them peace of mind and lighten the load. The time they spend with Bill is now truly quality time – they do not need to worry about his care because it is all taken care of – if any problems do arise they simply contact us.

For more information call us on 01227 700702 or email simon@argolifeandlegacy.co.uk

I am writing this as the February half-term begins and there are sure signs of spring just around the corner – and the evenings are drawing out at last. I am so grateful for the beautiful and peaceful place I live in, but when I see the events that technology brings into my living room from the outside world, I sometimes feel a sense of guilt. But is guilt an appropriate or even helpful response? How do I respond to the 'not so good' or even appalling news that I hear? Do I stop enjoying all the wonderful benefits around me? Do I hide my head in the sand and switch off, protecting myself from discomfort? Do I despair – feeling helpless against such big events?

By the time you read this we will be in the midst of Lent, a time in the Christian calendar often used for reflection. A time to step back and take stock specifically for the purpose of drawing closer to God and seeking him with greater intensity. Unfortunately, the season of Lent often gets reduced to the question, 'What are you giving up?' This is a fine question, but it can only take us so far. The real question of the Lenten season is, 'Where am I in relationship with God – and what is my response to the answer I give to that?'

Maybe I should consider *taking up* something for Lent (and beyond). Can I respond to world events with prayer? Can I give of my riches (time and financial) to support others? Can I get more involved somehow? Many are already getting their hands dirty. I think it is often the young people of our communities who show us the way ahead. Even in my small circle of friends and neighbours I know of young people who have been working in various parts of Africa and in India; some are now involved in work amongst the marginalised in South Sudan and Brazil; others are off to Kenya to help tackle FGM (female genital mutilation); others are busy raising funds to travel to Borneo or

Not all of us need to go off somewhere exotic, of course – we don't have to go to Syria or Nigeria or the other end of the world to help. There are needs and possibilities right next door where we can start. There are numerous outlets for our time, energy and money more locally – a neighbour who would love some company or a lift to hospital, Foodbanks, supporting refugees in Kent, Citizen's Advice, Amnesty International, to name but a few. So, may I suggest during Lent as we reflect on our lives, we look around (through the rest of the magazine, for example) and see if there are existing projects or upcoming events that look of interest and where we might be able to get involved and contribute – and give them a go this Lent.

Alison Poole - A Churchwarden of Wye

Homeopathy: The Cinderella of the NHS. Part 2.

Last month, I promised to present the evidence in favour of Homeopathy, which I will now do. I first quote the criticisms that are made about the subject, and then I give the answers that the British Homeopathic Association have put forward.

Here are some of the remarks that are made about Homeopathy.

"Homeopathy does not work"

In a study conducted at the NHS Bristol Homeopathic Hospital 70.7 % of 6,544 follow-up patients, treated for a wide range of chronic medical complaints, reported positive health changes.

"Homeopaths are not medically trained"

There are thousands of medically trained homeopaths: doctors, nurses, dentists, midwives, pharmacists, podiatrists and vets. In the U.K. 400 GPs treat 200.000 per year with homeopathy.

"There is no evidence"

There is scientific evidence supporting homeopathy as an effective medical therapy. Of 156 randomised controlled trials (RCTs) in homeopathy more have been positive (64) than negative (11). RCTs are seen as the "Gold standard" for proof of medical efficacy.

"It is just placebo"

Homeopathy has been used successfully on babies, young children and animals. In these cases the patients have no idea what medication they are taking. so the placebo argument does not hold.

"Homeopathy is expensive and a drain on NHS finances"

The total amount spent on homeopathy in the NHS is approximately £4 million per year, representing just 0.0004 % of the total NHS budget. In contrast, the NHS spends £230 million on SSRIs (anti-depressants) which have been shown to be effective for only a small minority of patients.

"Homeopathy is only used by a minority of people"

Homeopathy has never been more popular and millions use it worldwide. 15 % of the British population have said they use it and believe in its health benefits. The World Health Organisation (WHO) reports that homeopathy is the second largest system of medicine in the world.

"Homeopathy is dangerous"

This could not be farther from the truth. When used appropriately homeopathy is extremely safe as it produces no side-effects and can be used in conjunction with conventional medicines. In comparison the European Commission

estimated in 2008 that adverse reactions to conventional drugs kill 197,000 EU citizens each year.

"Conventional medicine is more effective than homeopathy"

A clinical evidence survey carried out by the British Medical Journal found that out of 3000 medical treatments 51 % were classified as having "unknown effectiveness".

"Homeopathic medicines cannot work because they are so highly diluted"

"What I can say now is that the high dilutions are right. High dilutions of something are not nothing. They are water structures which mimic the original molecules. It's not pseudo-science. It's not quackery. These are real phenomena which deserve further study".

Professor Luc Montagnier, French virologist and Nobel Laureate, speaking in 2010.

Charles Jessel

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1pm - 4pm (gardens open until 6pm)

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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	Mrs S Boxall 01233 750206
Evington Gardeners' Society	Hon Sec	Mrs J Pearce 01233 750382
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Women's Institute	Contact	Mrs J Bowes 01233 811875
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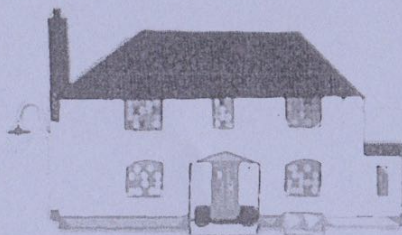
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