

*Elmsted with Hastingleigh*

# *Community News*

*St. James the Great*  
*Elmsted*



*St. Mary The Virgin*  
*Hastingleigh*

*July 2015      40p*



## THE UNITED WYE BENEFICE

### **Priest-in-charge**

Revd. Ravi Holy

The Vicarage, Wye

01233 812450

Ravi.Holy@wyebenefice.org.uk

### **Associate Priest**

(with special responsibility

For the parishes of Hastingsleigh

Elmsted, Petham & Waltham)

Revd. Lorraine Lawrence

The Vicarage, Hastingsleigh, TN25 5HP

01233 750987 - 0789 4034409

lorraine\_lawrence@btinternet.com

## THE PARISH UPON THE HILL

Churchwarden:

Mrs Roz Bacon 01233 750327

Mrs Daphne ten Hove 01227 700460

Hon. Secretary PCC:

Mrs J Smallwood 01233 750240

### PARISH WEBSITES

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

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

### COMMUNITY NEWS

Editor

Mrs Sue Boxall 01233 750206

Quackers, The Street, Hastingsleigh

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 [elmstedwithhastingsleighnews@yahoo.co.uk](mailto:elmstedwithhastingsleighnews@yahoo.co.uk)**

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

## *General Builders and Property Maintenance*



*All aspects covered*

*Free Estimates*

*Glenn Young 01233 750520*



*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](mailto:enquiries@davidfarnfield.com)

[www.davidfarnfield.com](http://www.davidfarnfield.com)



## Tree Surgeon and Fencing Contractor

- Tree surgery work undertaken: Trees shaped, reduced, or removed.
- Hedge cutting.
- Stump grinding.
- Garden fencing supplied and erected
- Hedges planted
- 25 years local experience. Fully insured.

Toby Gardener  
Beriscolt  
Hastingleigh

Tel/Text: 07831473981  
Evening: (01233) 750489  
Email: tandrgardener@btinternet.com

## CUT FLOWERS

SARAH MORRIS  
Downfield, Wye Downs

Bunches, posies and arrangements  
for all occasions

Picked from my own cutting garden throughout summer  
Sweet Peas from June

Tel: 01233 750244  
Mobile: 07764633022

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](http://www.bighilltipis.co.uk)

*For reliable service tel. 01233 750350 or 07983 242787*

## 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

Shellac Manicures - colour lasts 3 weeks

Waxing - hot and warm

Electrolysis hair removal

Red Vein, Skin Tag and Milia treatment

Aromatherapy/Swedish body massage

Spray Tanning - lasts up to 2 weeks

Ear Piercing

Facials

Microdermabrasion

Manicures/Pedicures

Threading

Laser Hair Reduction

Dermal Fillers/Botox

Semi-permanent makeup

**Tel: (01233) 811550**

Gift Vouchers available

35 years experience

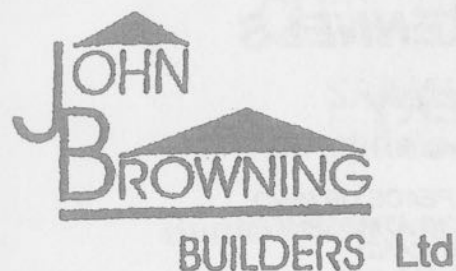
Fully qualified/mature staff

Guinot Skincare

**29 Bridge Street, Wye**

**Robyn Gardener AABThC BABTAC**

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



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

[www.bodshamholidaylets.com](http://www.bodshamholidaylets.com)

B&B

Large Double Bedroom with sofa and LCD Smart TV

Continental breakfast

**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

T: 01233 750042 M: 07989 584801 E: [info@bodshamholidaylets.com](mailto:info@bodshamholidaylets.com)



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**

### **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*

### **VANESSA LONDON**

Mill Farm, Bodsham

01233 750427

Home Baking

Pet Sitting

Logs

### **Reena Platt**

**Sewing - repairs, alterations, curtains etc**

**Tel: 01233 650737**

## **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

## **LEARN FRENCH LOCALLY**

Any age, any level, day or evening

Individual or small group

Helen Hewson

Tel: 01233 750589

### **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 - HETAS 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, replace-  
ment radiators and thermostatic valves.

Telephone 01233812566

Mobile 07860 877836

### **SARAH de ROUGEMONT - Craftsman/Co-ordinator**

Upholstery

07973 377817

01227 455841



All commissions considered

Nick Horton

## COUNTRY GRASSCARE

Lawn Care, Mowing, Strimming and Brush Clearing  
For larger gardens, paddocks and orchards

Small business - Established 8 years

No VAT

Contact Nick on 07787 411685

01233 812848

## SIX MILE GARAGE

AND

## FIX AUTO CANTERBURY

STONE STREET, STELLING MINNIS, CANTERBURY, CT4 6DN

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

Telephone: Stelling Minnis 01227 709214/491 Fax: 01227 709331

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

Forecourt Petrol & Shop

Open 7 Days a Week

## 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

Email: [kerry.relton@googlemail.com](mailto:kerry.relton@googlemail.com)

[jill.relton@tesco.net](mailto: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](mailto:michael@studiorust.co.uk) [www.studiorust.co.uk](http://www.studiorust.co.uk)





EVINGTON GARDENERS  
**ANNUAL SHOW**

Wednesday 8<sup>th</sup> July

EVINGTON HALL HASTINGLEIGH

7.30 p.m.

Wine and nibbles

This is an open Show

All are welcome to submit entries

Further details and schedules available from

*Jean Bowes* Tel. 01233-811875

Email [j.r.bowes@hotmail.com](mailto:j.r.bowes@hotmail.com)

**AVIS BALL**

The Evington Hall Committee were deeply saddened to hear that our longstanding, loyal and efficient caretaker, Avis Ball, has suffered a stroke. Our thoughts and prayers go out to Avis and her family for a speedy recovery. In the meantime and to avoid disturbing Avis' family, please could all enquiries relating to the Evington Hall be addressed to Sheila Burrage (Tel: 01233 750375) or to myself (Tel: 01233 750236). Thank you.

Robin Helmer  
Chairman, Evington Hall



**HURST HOUSE**

**CHARITY GARDEN OPEN WEEKEND**

Proceeds In aid of setting up a Music Centre for the Annasawmy School for disadvantaged children in Bangalore, India.

**TEA, COFFEE AND HOME MADE CAKES**

**PLANT SALE**

**SATURDAY AND SUNDAY - 18<sup>TH</sup> and 19<sup>TH</sup> JULY 2015,  
from 2.00 PM to 5.30 PM.**

Parking available nearby.

HURST HOUSE, WALTHAM ROAD, HASTINGLEIGH, ASHFORD, KENT, TN 25 5JD

Directions – from Wye, take the road up to Hastingleigh past Withersdane, over the Devils Kneading trough – at a small crossroad turn left to Waltham (Waltham Road) , after a road on the right hand side which goes back to Hastingleigh the next driveway on the right is Hurst House - additional parking will be signposted.

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





## Coach Trip To Boulogne, France Saturday 26th September



### **!! PLEASE NOTE THE REVISED DATE, TIME AND PRICE !!**

We apologise for having to cancel the trip to Boulogne in June which was due to insufficient bookings. We have now rescheduled this trip for **Saturday 26th September**.

The coach will depart from Evington Hall at 7.30 am and arrive in Boulogne at around 12.45 pm French time, travelling via P&O Ferries. We will depart from Boulogne at around 5.00 pm French time and will return to Evington Hall at approximately 9.00 pm. The coach will stop at a French supermarket on the return journey. The cost will be £17 per Adult, Children aged 16 and under travel FREE.

To book your places on this trip and for further information, please contact Jacqueline Smallwood by telephoning 01233 750240 or by emailing [smallwoodinkent@gmail.com](mailto:smallwoodinkent@gmail.com).

Bookings are taken on a first come, first served basis so please book now to avoid disappointment.

**Bookings with Payment in Full must be received no later than  
Monday 17th August 2015.**

## ANNUAL SUMMER BARBECUE EVENT



**Saturday 11<sup>th</sup> July 2015**

Food served from 5pm – 8pm

*Rayshalay, Hastingleigh*

SUMMER RAFFLE ▣ BARBECUE ▣ GAMES

COME AND SPEND A RELAXED EVENING WITH  
FRIENDS

Burgers, sausages, salads & desserts available





The Wye group of  
churches.

We're having a  
Summer  
Holiday Club.

10.00-12.00pm

24th-28th

August.

@

Bodsham  
School.

For details email:

[Lorraine.Lawrence@btinternet.com](mailto:Lorraine.Lawrence@btinternet.com)



Vicarage  
Summer  
BBQ.

All Welcome.

Bring something  
to put on  
the BBQ.

HASTINGLEIGH  
VICARAGE.

11.00-3.30

Saturday July 18th.



BBQ



A  
FESTIVAL  
OF  
FLOWERS AND MUSIC  
IN  
ST MARY'S CHURCH  
HASTINGLEIGH

on  
SATURDAY SEPT. 12<sup>TH</sup> & SUNDAY SEPT. 13<sup>TH</sup> 2015

We are planning a festival of flowers and music to raise money for church funds and would be very grateful for volunteers to help with cake baking and serving teas etc. over this weekend.

If you are able to help, please contact:  
Sarah Morris (750244) or Roz Bacon (750327)

If you would like to contribute musically to the weekend,  
please contact:

Larry Klatzko (750461) or Richard Dray (750380)

Thank you very much.

Hastingleigh With Elmsted WI

theWI  
INSPIRING WOMEN



*Please come and enjoy*

**Summer Cream  
Teas**

**In the beautiful  
Garden at  
32 Chequers Park, Wye**

**on Saturday, 18th July 2015**

**2.00 - 5.00 pm**

**All Welcome**

I ♥  
TEA

**Cream Tea £3.00  
Extra Items Available**

# CHURCH SERVICES IN THE PARISH UPON THE HILLS - July

Thursday 2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup>	10-11am: Tots and Tales at Elmsted (see below)
Sunday 5 <sup>th</sup> Proper 9	9.30am Cluster Service Family Communion at Waltham
	5pm Evensong BCP at Petham
Sunday 12 <sup>th</sup> Proper 10	8am Holy Communion BCP at Waltham
	10am Bodsham Family Service in Bodsham School Hall
	11am Communion Service at Petham
Sunday 19 <sup>th</sup> Proper 11	9.30am Family Communion at Waltham
	11am Holy Communion at Hastingleigh 11am Family Service in Petham
	6.30pm Evensong at Elmsted
Sunday 26 <sup>th</sup> Proper 12	9.30am Holy Communion at Elmsted
	9.30am Family Communion at Waltham
	11am Family Communion at Petham 11am Holy Communion BCP at Hastingleigh
	4pm Sunday Teatime at Evington Hall, Hastingleigh

**Tots and Tales:** a free new group for 0-4 year-olds and their grown-ups. All welcome: do come along! We have stories, craft, singing and fun! Plus tea, coffee, juice and biscuits. **Every Thursday, 10-11am at Elmsted Church, until Thursday, 16<sup>th</sup> July.**

**Sunday Teatime:** At Sunday Teatime, we have fun, craft, stories and eat together. Come for the company, the activities, the tea, the celebration or all four! ALL AGES are welcome in the village hall, Hastingleigh, at 4pm on the fourth Sunday of the month.

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

**Please Note:** Since the parishes of Elmsted, Hastingleigh and Waltham became The Parish Upon the Hills, the churches in the new parish and the church at Petham have worked together as the 'Up-the-Hill Cluster'. The Church has requested that all the services available in the two parishes are advertised in the local magazines, hence the additional information in the grid above.

## JULY DATES FOR YOUR DIARY

Wed 1st	Coffee Morning	10.30am
Thurs 2nd	W.I. Meeting (Page 31)	7.30pm
Sat 4th	Bodsham School Fair (School) (Page 13)	noon
Wed 8th	Gardeners Society Annual Show (Page 14)	7.30pm
Sat 11th	St. John of Beverley BBQ (Rayshalay) (Page 17)	5.00pm
Sat 18th	Vicarage BBQ (Page 19)	11.00am
	W.I. Teas (32 Chequers Park) (Page 21)	2.00pm
18th/19th	Hurst House Open Garden (Page 15)	2.00pm
Tues 21st	Hastingleigh Parish Council Meeting	7.45pm

Note: All events in Evington Village Hall unless otherwise stated.

Parent & Toddler Group meet every Tuesday - 9.30am

Mobile Library every Wednesday 10.55am - 11.20am

Art Group meet on Thursdays 9.30am - 12.30pm

## CHURCH FLOWER & CLEANING ROTA

	St. Mary's Hastingleigh	St. James' Elmsted
Jun 27th	Mrs Hewes, Mrs Healy	Mrs Gregory
Jul 4th	Mrs Perez, Mrs French	Mrs Pay
Jul 11th	Mrs Bowes	Mrs McFarlane
Jul 18th	Mrs Helmer	Mrs Hewson
Jul 25th	Mrs Ball	Mrs Wright
Aug 1st	Mrs Pell, Mrs Homer	Mrs Thrupp



## THE LORRY WAY DOWN (update to Early June 2015).

As planned we met our friends Richard and Jocie, and their niece Kate, in Essaouria, on the West coast of Morocco. They flew in on the Friday, and left us on the Monday, this is made all the easier with Easyjet having direct flights there from Luton airport. There were certainly a lot of British and Irish tourists in town (well more than we had seen since arriving in Morocco). We had a great weekend, with lots of drinking and eating out, and generally blowing our budget! If you haven't visited Morocco before and fancy a city break, then Essaouria is a great way to see the culture, visit a souk, a working fishing port, and a walled city, etc., all without the pushy nature of Marrakech. By the time Monday morning came, we were in truth relieved to be leaving the town, with all the hustle and bustle.

We headed East inland, stopping at the outskirts of Marrakech to restock with food supplies, then up and over the Atlas Mountains. That day we started at sea level and during the epic climb up over the Tichka Pass, we reached the dizzy heights of over 7400ft. Colonel K performed perfectly (even though the "road" was very badly damaged in places, and had indeed been washed away in the storms of last November). Our destination that evening was Ouarzazate, which is fair size town split in two by the river at the base of the valley. It is also home to film studios, where quite a few modern blockbusters have been made, such as Troy, The Mummy, and The Kingdom of Heaven etc.

We followed the signs to a campsite which was about 2km down a dirt road, through a residential area. On arriving we took one look at the entrance and deduced that the Truck would not fit under the entrance arch (this also had living accommodation above it). The owner appeared and assured us that it would fit, and indeed had recently similar trucks in the campsite, so I slowly edged under the arch. Suddenly I felt the resistance of the masonry on the roof bars and we were wedged stuck!! There was only one thing for it, let the air out of the tyres, and carry on through. Once in we settled down and stayed here for 3 nights, it was a great site. Leaving the site was another drama, and you can read about it on [lorrywaydown.com](http://lorrywaydown.com)

On leaving Ouarzazate, we drove down to Zagora for a couple of days, and then on to the very end of the road, a small village called M'Hamid, this is about 20km from the Algerian border, and there is a huge military presence here. When in M'Hamid, there was a strong wind from the dunes and this was causing quite a dust storm, so we didn't stay here, we retraced our route back towards Zagora. We had previously noted that there was a short cut across country from just South of Zagora, and as we wanted to see how Colonel K performed off road, we thought that it was the perfect opportunity. The "piste" started off as badly broken tarmac, and then there was a sign saying that ahead was 54km of dirt and gravel track. I can tell

you that in well over 40c and no-one else about for miles, you really do start to feel quite vulnerable. The "piste" wasn't too taxing, but Colonel K came through with flying colours (even the contents of the cupboards remained in place!).

We then spent a few pleasant days in Erfoud, before heading back to Agadir, where we were due to pick up our Carnet de Passage from the local DHL office. We stopped for a couple of nights in an oasis called Skoura, visiting the fantastically preserved Kasbah, built in 1680. While here we received a message from a couple that were west of us, who wanted to know if we fancied meeting up and discussing the possibility of travelling with us through Western Sahara, Mauritania, and Senegal, then then returning to Morocco on their own. So next day we drove 200km to meet them. We explained to Richard and Sally that we needed to go to Agadir to collect documents, and would then proceed South with them if they were up for it. Yup, they even said that while in Senegal they would come into Gambia with us, before we left them for the Mali border. Trouble was, I think they were totally unrealistic in their time scale; they were looking to do the whole trip, and back to Morocco in about 3 weeks! I think this is impossible, and despite them buying anti-malarial drugs in Agadir, and looking into getting a Yellow Fever jab in Dakar Senegal, after a few days together, they changed their minds. I also think that the month or so that they would be South of Morocco would have started to be quite expensive for them (the Visa into Mauretania is approx. £120 per person if obtained at the border, plus fuel costs etc.). It also meant that they would have to do the return trip on their own. We wish Richard and Sally all the best on their 2 year trip. So we are now back to the original plan, and are on our own.

As I write this we are still in Agadir, and awaiting our package consisting of Carnet de Passage, and a few small items for the truck. It is over 2 weeks since it was posted via DHL from the UK, and has been stuck with Moroccan Customs officials in Casablanca for 8 days now. I must say DHL have not helped us in any way, and unless we actually drive into Agadir and see them face to face, we are just brushed to one side. Hopefully we will get this in the next couple of days and be on our way South.

If you are interested, after just over 70 days away (40 days in Morocco), we have covered over 4300 miles, our fuel consumption is 12.8mpg, we have used 1.5 litres of engine oil, our average daily spend in Europe was £72.49, and our average daily spend in Morocco is £52.47 (so far).



You can view our full blog at [www.lorrywaydown.com](http://www.lorrywaydown.com) and it would be great to hear from anyone back in Hastingsleigh with local news etc at [vmartin555@btconnect.com](mailto:vmartin555@btconnect.com)  
Vince and Jacqui Martin



#### WYE PATIENT PARTICIPATION GROUP

The new appointment system is now up and running at the Wye Surgery. So far it appears to have been well received and is running smoothly. Members of the PPG helped the Practice with the introduction of the new system by attending the surgery and discussing the system with patients. Some e-mail addresses and mobile telephone numbers were collected which will be used to help communication between the Surgery and patients. Those giving their e-mail address will also receive the notices and papers circulated to the PPG and will become members of the Virtual Group. It is hoped that those receiving this information will be interested in it and feel able to contribute to discussions in the future either by attending meetings or by writing.

The Group is co-ordinating comments (not complaints) on the new appointments system and if you would like to make any please write to the Group using the surgery address or send an e-mail to the address below.

John Fletcher, Chairman: 01233 813148

Leonie Saint, Secretary: 01233 812084

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

## Tots and Tales.

A brilliant new group for 0's to 4's.



10.00 - 11.00am

Every Thursday in term time.

ELMSTED  
CHURCH.

JUST TURN UP.

Details, 01233 750987.

Singing, Stories, Craft,  
Refreshments.



I read with interest the item from Wye Patient Participation Group in the June issue of Community News. It mentioned about choices that patients value are where they are treated and cared for and where they die but there was no reference to hospice care. As I am a volunteer at Pilgrims Hospice Ashford I asked the Senior Nurse Manager in-patient Services, Lyn Folan, if she would be kind enough to write something about hospice care for the Community News and she very kindly sent me the following. I do hope it will help readers understand more about what wonderful work the hospice does.

Deidre Rust.

### **The role of the hospice in caring for patients approaching end of life**

It has long been perceived that the hospice movement only cares for patients with cancer for whom curative treatment is no longer appropriate. However approximately 25% of the patients cared for by Pilgrims Hospice in East Kent have other life limiting conditions such as heart failure, lung disease and neurological disorders.

The majority of patients approaching end of life when questioned would prefer to die at home and the hospice works with other health providers to try and make this a reality. Part of making this happen is to be able to plan for the last phase of life in advance and to ensure that patients and families are aware of the services that the hospice can offer and how to access these services.

Referrals to the hospice can be made in a number of ways and not all parts of the service need to be accessed. Health professionals such as GP's, Hospital Doctors and Specialist Nurses can make a referral to the hospice team if appropriate. The hospice runs a variety of programmes aimed at keeping patients healthy and providing support and guidance in managing symptoms such as breathlessness and fatigue. In addition there are a whole variety of day centre services for patients and carers providing much needed respite for both parties. The ethos of the hospice is to enable patients to live as full a life as possible and to provide support and care as

patients approach end of life.

The hospice team includes doctors, nurses, social workers, occupational therapists, physiotherapists, chaplains, counsellors and complementary therapists. As part of planning for the future the team can help with providing advice on care options including choices relating to which treatments patients would prefer **not** to receive. The hospice social workers can provide advice and guidance on how to access on-going health and social care and benefits entitlements. The hospice team can also help to support families to be able to have the sometimes difficult conversations concerning what is important at the end of life.

Most patients cared for by Pilgrims Hospice remain in their own home throughout their illness although integral parts of the hospice service are 3 in-patient wards at Ashford, Canterbury and Margate. It is often reported that patients only go into the hospice to die however the reality is that at any given time more than 50% of patients admitted to the in-patient wards go home again after a short time. Patients are admitted for numerous reasons including symptom management and adjusting medication.

For some patients approaching end of life remaining at home may not be possible or desirable; decisions may change as the time gets closer or carers may not be able to continue and patients can be admitted to the hospice for a short period of time at the end of life. Staff work with the patient and families to provide a 'home from home' environment and actively encourage visiting – including family pets!

More information about the services that Pilgrims Hospice can offer can be found on the website [www.pilgrimshospices.org](http://www.pilgrimshospices.org) or by ringing the 24 hour care navigation centre number 01233 504133

### VILLAGE BREAKFAST

*Thanks to all who attended and helped with this on  
Bank Holiday Monday.*

*£140 was raised for St. Mary's and Sightsavers RB*

## SOUTH HILL GARDENS & ARBORETUM

Sir Charles Jessel has kindly offered to open  
his beautiful garden and well stocked arboretum on

**SUNDAY 9TH AUGUST**

from 2 - 5.30pm

Do bring your friends and also have  
a delicious cream tea etc.

### PLEA

Does anyone have a copy of the 'Pilgrims Guide to St. Mary the Virgin,  
Hastingleigh' which was a bright green publication of A4 folded.

Please get in touch a.s.a.p. as we need to reprint.

Roz Bacon 750327

### HASTINGLEIGH WITH ELMSTED W.I.

Hastingleigh with Elmsted W.I. met on Thursday the 7th of June at the  
Evington Hall.

Seventeen members attended our meeting.

Our speaker this month was Sheila Boyd who gave an interesting talk on  
Nelson and Emma Hamilton. Emma was a servant at the age of 12 and  
became pregnant at 17. She and Nelson were snubbed at court because of  
their relationship - a court where the King had 56 illegitimate grandchildren!  
Nelson died in 1805, and in 1813 Emma ended up in a debtors' prison. She  
died two years later.

The W.I. is celebrating its centenary this year and three members took part in  
national celebrations. Our President, Mrs Argar, attended a Royal Garden  
Party at Buckingham Palace, hosted by the Duchess of Cornwall. Thankfully  
the weather stayed dry for all the ladies in their best dresses and hats! Mrs  
Helmer and I were delighted to attend the centenary A.G.M. at the Royal  
Albert Hall. We had the honour of the presence of H.M. The Queen, the  
Princess Royal and the Countess of Wessex. The Queen is President of  
Sandringham W.I. and gave an inspiring speech about how far women have  
come in history. A momentous day for us, and singing 'Jerusalem' with  
several thousand other women in the Royal Albert Hall is a memory that will  
stay with me for a very long time.

We would like to tell you that we will be having a Summer Cream Tea in Mrs  
Bowes's garden in Wye on the 18<sup>th</sup> of July, from 2 - 5 p.m. More details can  
be found in this magazine.

Our next meeting in the hall will be on Thursday 2nd of July and our speaker  
will be Pat Marshall who will be talking about 'Life with my guide dog Chloe'.  
The meeting starts at 19:30 and any new members would be made most  
welcome.

Fiona Steward



Dear Friends and Neighbours

### 'Say No to Stress and Fatigue'

Following last year's successful lectures by Patrick Holford, a leading advocate of Optimum Nutrition, author of a many books on the subject, and director of the charity 'Food for the Brain', I have asked him to come again to talk at Penstock Hall Barn, East Brabourne, on the subject of his latest book: 'Say No to Stress and Fatigue'. He will have copies of this and other books of his for sale on the day. Stress affects us all at different times and in different ways. It can be a result, or a cause, of our illnesses.

Patrick was trained as a psychologist, but he came under the influence of two psychiatrists, Dr Carl Pfeiffer (USA) and Dr Abram Hoffer (Canada). This persuaded him to change to using diet and supplements for treating his patients and gradually reducing their use of drugs. Eventually he set up the 'Brain Bio Centre' in London to deal with mental problems of all kinds, including schizophrenia, to put these ideas into practice.

As usual, Patrick will emphasize the role of diet in dealing with stress, and also no doubt the role of the mind and the emotions. He is well known for his ability to put over a complicated subject so that everyone can come away having grasped the main points of the lecture. If you would like to come and make use of this unique opportunity, please fill in the form below.

Charles Jessel

### 'SAY NO TO STRESS AND FATIGUE'

WHEN: SATURDAY 26 SEPTEMBER 2015 6.30 PM TO 9.30 PM

WHERE: PENSTOCK HALL BARN, EAST BRABOURNE, ASHFORD, TN25 5LL

PARKING: ENTER PREMISES VIA PENSTOCK FARM BUILDINGS

COST: £12. INCLUDES COFFEE/TEA AND HOME MADE BISCUITS  
(£10 of the cost goes to Food for the Brain.)

APPLY ON THE FORM OPPOSITE

### 'Say No to Stress and Fatigue'

#### Booking Form

Name(s).....

Address.....  
.....  
.....

Tel. No.....

Email.....

Admission: I enclose a cheque for.....seats @ £12

Total .....

(£10 of the ticket cost goes to Food for the Brain)

Or: I/we will pay by debit/credit card

No tickets will be issued, but your admission will be confirmed

No tickets will be sold at the door

Send your application to:

Chloe, Food for the Brain,

11a Chartfield Avenue, Putney, London SW15 3DT

Email: [chloe@foodforthebrain.org](mailto:chloe@foodforthebrain.org)

Tel. 020 8332 9600 Monday to Thursday from 0900-1700

## In aid of the LORD WHISKY SANCTUARY FUND

(Registered Charity 283483)

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

Tel 01303 862622 Fax: 01303 863007

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

### BOOT & SUMMER FAYRE

**Saturday 25th July**

At Park House Animal Sanctuary, Stelling Minnis, CT4 6AN

**Boot Fair from 8am**

(cars £6.50/vans £10)

**Entertainment from 12 noon**

Live Music from 'Acoustic Works'

'The Dancing Day Trippers' - in association with Applause Outdoors

Circular Dancing—Layla Acrobelly Belly Dancers and more!

Lots of stalls ~ Tombolas and Raffle ~ Refreshments

Admission by donation ~ Plenty of free parking

~~~~~

### Dates for your diary

BOOT & LATE SUMMER FAYRE - Saturday 22nd August

BOOT & AUTUMN FAIR - Saturday 19th September

BOOT FAIR & CLEARANCE SALE - Saturday 3rd October

All held at the Park House Animal Sanctuary



The Lord Whisky Sanctuary Fund Kent



@lordwhiskykent



**AJ Fortescue & Son Ltd**  
BUILDERS & CONTRACTORS

EXTENSIONS, ALTERATIONS,  
REPAIRS, GROUNDWORK

Trustworthy, Reliable,  
Long established local business

Waterside Farm, West Brabourne,  
Ashford, TN25 5NA

Tel: 01303 813108

E-Mail:

office@ajfortescueandson.co.uk

## COUNSELLING SERVICES

Bev Russell DipCouns

MBACP

brcounselling@yahoo.co.uk

www.brcounselling.co.uk

07505 749643

## ALL CREATURES GREAT AND SMALL

House and pet sitting service

01233 714682 - 07942 045286

CRB Checked

**Dawn Busby**

Insured

Good References available

**KENT & SUSSEX**  
HOLIDAY COTTAGES



With over 250 properties in this region and an expert local team, call now to book your 2015 break or to talk to one of the team about letting your property for holiday rentals.

**01304 619 444**

www.kentandsussexcottages.co.uk

info@kentandsussexcottages.co.uk

12 King Street, Sandwich, Kent CT13 9BT

## Olde Enlish Pest Control

Rabbits, Moles, Squirrels,  
mice, rats, foxes, etc

Plus ALL Public health Insects.

Written reports provided.

24/7/365 Call out.

www.oldeenlishpestcontrol.co.uk

Email: 16bore@blackberry.orange.co.uk

Home: 01233 640681

Mobile 07790. 532 420.



# MARY HEMSLEY

## INTERIORS

"the complete service"

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

### Little Greene Paint

design ideas and advice

**01233 813717**

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



### YOGA CLASSES

WALTHAM VILLAGE HALL—MONDAY EVENINGS

PETHAM VILLAGE HALL—WEDNESDAY 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.orangehome.co.uk*

*Elegant Venue for Business Events, Weddings & Celebrations*

PLUS

*Classes & Activities:*

*Pilates, Yoga, Ballroom Dancing, Latin & Salsa, Nordic Walking,  
Singing, Work-Out, Piano, Squash, Swimming (summer)*

Visit [www.charlton-park.org](http://www.charlton-park.org) for full details:



Bishopsbourne, Canterbury CT4 5JA

01227 831355 [info@charlton-park.org](mailto:info@charlton-park.org)

## 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](http://WWW.BOSSINGHAMGROUNDWORKS.COM)

## ELIZABETH MILLER MSSCh MBChA

### Chiropodist



TEL.  
**01233 750200**

*Home visits by appointment*

# SAVE £££S ON SKIP HIRE ACROSS KENT

4, 6, 8 & 12yd Skips  
Domestic & Commercial  
Reliable Service  
Permits Arranged  
Competitive Rates  
Fully recycled at our own facilities



CONTACT US TODAY  
TO FIND OUT MORE

01303 888373  
COUNTRYSTYLERECYCLING.CO.UK

**COUNTRYstyle**  
RECYCLING

Imaginative design service

07715 565030

☐ From single items

01227 700883

☐ to full room plans

☐ From budget basic

☐ to dovetailed hardwood

☐ Kitchen fitting service

☐ Repairs & alterations

FITTED & FREE-STANDING FURNITURE DESIGNED & MADE TO YOUR REQUIREMENTS  
07715 565030 / 01227 700883  
**BEN GRILLET**  
Furniture maker  
bengrillet@btopenworld.com

Christmas Cottage

Richdore Road

Waltham

Kent CT4 5SH

bengrillet@btopenworld.com

**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

**KENT'S LEADING SPECIALIST IN  
AFFORDABLE AND LUXURY FLOORING**

www.charingcarpets.co.uk

TOP QUALITY TUFTED TWIST CARPET  
ONLY £19.95 SQM INCLUDING FITTING  
**SELECTA TWIST**  
80% PURE NEW BRITISH WOOL

COME AND BROWSE  
IN OUR EXTENSIVE  
CARPET AND  
WOOD FLOORING  
SHOWROOMS

**carpets direct**

*the flooring specialists*

SELECTA HOUSE CHARING HILL TN27 0NL 01233 714999



# 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](http://www.southerncesspoolservices.com)

Email: [info@southerncesspoolservices.com](mailto: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**

**Electrical condition reports**

**Heating controls - including the new smart "nest"  
thermostat**

**Please contact:**

**Andy Burchell**

**Tel: 01233 632424      Mobile: 07739 259953**

**E-mail: [aburchell@afbelectrical.co.uk](mailto:aburchell@afbelectrical.co.uk)**

## Containerised Storage

*Available in southeast of Ashford*



**Fully secure**

**Indoors or outdoors**

**Competitive rates**



**Tel: 01233 720871 / 812237**

**Email: [info@tdenneandsons.co.uk](mailto:info@tdenneandsons.co.uk)**



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](http://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](http://www.aldingtonosteopathy.com)

## LOCAL ORGANISATIONS

|                                                               |              |                               |
|---------------------------------------------------------------|--------------|-------------------------------|
| Elmsted Parish Council                                        | Clerk        | Tracey Block<br>01233 750415  |
| Hastingleigh Parish Council                                   | Clerk        | Tracey Block<br>01233 750415  |
| Evington Hall (caretaker & bookings)<br>(Treestumps, Elmsted) |              | Mrs Avis Ball<br>01233 750231 |
| 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    |
|                                                               | Elmsted      | Mr J Argar<br>01233 750311    |



@thebowlinn



AT HASTINGLEIGH, KENT (nr Wye, off the A28)

CAMRA GOOD BEER GUIDE 2007-2015. ASHFORD, FOLKESTONE & ROMNEY MARSH PUB OF THE YEAR 2012.

MON CLOSED

TUES 5PM - 11PM

WED 5PM - 9PM

THURS 5PM - 9PM

FRI 5PM - 11PM

SAT MIDDAY - LATE

SUN MIDDAY - 9PM



FIND OUT WHICH ALES WE'RE  
SERVING NOW BY VISITING  
THE PERFECT PINT WEBSITE!



perfectpint.co.uk

A 1740's PUBLIC HOUSE WITH A BEER GARDEN AND A BARN, SERVING THE FINEST LOCAL KENTISH ALES.  
PLEASE NOTE: WE'RE CLOSED MONDAYS, OPEN FROM 5PM WEEKDAYS, FOOD ONLY AT WEEKENDS, NO DOGS EXCEPT GUIDE DOGS.

thebowlonline.co.uk

enquiries@thebowlonline.co.uk

01233 750354

# Hastingleigh Garage

***Motor Vehicle & Agricultural Engineer***

***MOTs, Welding***

***Vehicle bodywork repairs & spraying***

***Hastingleigh Yard, Hastingleigh, Ashford, Kent***

***Telephone 01233 750413***