## Elmsted with Hastingleigh

# Community News

St. James the Great
Elmsted





St. Mary The Virgin
Hastingleigh

March 2015 40p

#### THE UNITED WYE BENEFICE

Priest-in-charge Revd. Ravi Holy

The Vicarage, Wye

01233 812450

Ravi.Holy@wyebenefice.org.uk

Associate Priest Revd. Lorraine Lawrence

(with special responsibility The Vicarage, Hastingleigh, TN25 5HP

For the parishes of Hastingleigh 01233 750987 - 0789 4034409

Elmsted, Petham & Waltham) lorraine\_lawrence@btinternet.com

THE PARISH UPON THE HILL

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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

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Little Gains Cottage, TN25 5JU

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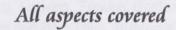
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#### HOPKINS, Stephen

Private, T/203947. 1st Battalion, The Buffs (East Kent Regiment).

Born in 1893 in Hastingleigh, Ashford, Kent. Enlisted Canterbury, Kent. Resided Elmsted, Ashford, Kent. Son of John and Martha Hopkins (née Revell) of Upper Little Holt Farm, Elmsted, Ashford, Kent.

Died Sunday 3 June 1917.

Buried Philosophe British Cemetery, Mazingarbe, Pas de Calais, France. Grave Ref: I.Q.47. Formerly Private, 203024, 5th (Territorial Force) Battalion, East Surrey Regiment.

At the time of the 1901 census, the Hopkins family resided at Debden, Petham, Canterbury, Kent. Head of the house was 48 year old Stelling Minnis, Kent, native John Hopkins, who was employed as a Farm Carter. Stephen had brothers and sisters, Edith, George, Lily, Mary, Ellen, Alfred and Arthur. In the 1911 census they were living at Pett Bottom Farm, his father was employed as a carter on a farm and Stephen was employed as a wagoner.

Although at the time of his death, Stephen was serving in one of his regiments two regular battalions, his regimental number would be indicative of him having previously served in the 10th (Royal East Kent & West Kent Yeomanry) Battalion of the regiment. Stephen was particularly unfortunate to be killed in action on the day that he lost his life, as he and Joseph Curtis from Balbriggan, County Meath, Ireland were the only two other ranks deaths in his battalion. Stephen and Joseph fell during a relatively uneventful time which was spent in the Loos area by the 6th Division, to which the 1st Battalion, the Buffs (East Kent Regiment) belonged. Apart from raids being carried out by both sides, most of the time during the lull was spent alternating between the front line trenches and going back into reserve positions.

#### PATRICIA (PAT) INGRAM 1921 - 2015

Many of you will recall Professor Ilsley and Mrs Patricia (Pat) Ingram who lived at Staple Lees from the mid-1970s, first as a weekend home and then on their retirement for a good many years until their move to Oxford. Ilsley, who died in 2004, was not only a renowned Haematologist but tremendously knowledgeable about the plant world especially orchids, thoroughly enjoying leading groups to see them at the sites near here. Also a not inconsiderable poet, he was a gentle kindly and dearly loved member of our community.

Pat died on January 19<sup>th</sup> and a memorial service for her was held on January 31<sup>st</sup> in the Governors' Hall at St Thomas's Hospital London. She had trained there at the Nightingale School of Nursing at the beginning of World War II and was always proud to have been a "Nightingale". The memorial service was packed to hear tributes from her family about "the larger than life – second Mum to so many". We heard of her rapid promotion to Sister after qualification caring for German Officer POWs with the unflinching professionalism and commitment she gave to patients irrespective of who they were. "Pat's loving and generous nature was a constant and unmarked by judgement; it shone through all aspects of her life". Certainly all those who knew her would well agree with this.

After the war Pat was accepted to read medicine at St George's Hospital in September 1947 but before that took a vacation job at a TB sanatorium in Switzerland where she met a young doctor also from St Thomas', Ilsley. After a whirlwind romance they were married and Pat chose to withdraw from medical school because of married life.

That life started with six months in the south of France whilst Ilsley wrote his MD Thesis and over the years was to take them to Oxford, Edinburgh, Esher, now with a young family, and then a wonderfully exciting year for them all in the United States. The family returned to set up home in Esher where Pat ran a home offering "a warm welcome" and "bountiful food" to anyone who came to the house. In 1969 they moved to Kennington and Pat returned after further training to renal nursing. In London she was able to indulge in her love of music, which she often said "allowed her to recharge her batteries".

The move to Staple Lees was a new chapter, a new life in the country and new friends but with the same open house policy. She became a

Marie Curie nurse which she said was "her most rewarding job". It is, of course, during this period that we locally came to know this "fierce and bright as well as gentle and loving spirit" who was "a force to be reckoned with, but always a great sense of fun".

Widowhood saw the beginning of her memory loss and a gradual decline needing nursing care which was so appropriately where Nightingales stepped in.

The final tribute by her daughter, Jane, was "Mummy was to us 'A brilliant combination of humility and forcefulness'".

May she rest in peace.

JH

#### HASTINGLEIGH WITH ELSTED W.I.

Hastingleigh with Elmsted W.I. met on Thursday the 5<sup>th</sup> of February in Evington Hall.

Twelve members attended our meeting on a cold, wintry evening.

Our speaker, Mr. Eric Spear, spoke to us about a Victorian Village School. He shared with us the history of Staplehurst Board School from 1873. An Act of Parliament was passed in 1870 requiring elementary education for all to the age of 13. His talk was illustrated with photos of staff and pupils, and with notes found at the school. Personal opinions shouldn't have been used in the comments that the teachers kept, but some were, and this brought the history of the school alive. The first headmaster was given the use of a house and £90 per year salary, but he took £80 and half the bonus the school was given for attendance and exam results. He ended up getting a better deal than his original offer! In 1901 Kent County Council took over the running of the school and it finally closed in 1988.

The minutes of our last meeting were read and agreed. Several business matters were discussed.

The flower of the month competition was won by Mrs. Bowes and the competition was won by Mrs. Helmer.

Next month our speaker will be Mr. Nick Sandford, talking to us about the restoration of Godinton House. The meeting will be held in Evington Hall on Thursday 5<sup>th</sup> of March at 19:30 and any new members would be made most welcome.

#### IN THE GARDEN

This time of year may seem that there is little to do in the garden, however there are many things you can do which will make the coming season easier and more productive.

Clearing up the dead plants and putting them on the compost heap compacting and closing it covering with an old carpet will allow it to heat up more effectively and make better compost. Leave this years compost heap covered for the coming year. Spread the old compost heap and start a new one. Save applying fertilizer until the spring.

It's the time for pruning the fruit trees by keeping an open structure so the light can get to the centre of the trees.

If you have late season raspberries now is the time to prune them. Unlike the early and main season crops where you only remove last seasons fruiting canes with the late varieties you cut all the canes down to about 3inches from the ground surface.

It is also the time to prune other soft fruits like blackcurrants. You remove the older branches to open the plants up, similarly with the redcurrants but in this case retain the basic tree structure of the plant. Gooseberries are perhaps one of the most difficult to prune due the spines. The way to do this is to open up the plant by removing any cross branches and to trim the side shoots of the remaining branches to create a series of elongated cylinders. This will facilitate easier picking later on.

This is the time for the second pruning of the Wisteria. Here the aim is to prevent the leaves from growing out first and hiding the flowers. Reduce the side shoots of the main branches to 2 buds which are the flower buds and like the gooseberries create a cylinder of short shoots around the main branches. In this way the flowers will come out before the leaves and give a good show.

SB

#### **FOOTPATH WALK**

Sunday Feb 8<sup>th</sup> 13 walkers left the hall turning down the green lane, then left towards Jackson's corner. Stan had a close look at the grass having been tripped up with a bramble; luckily no damage.

On we went to Little Coombe, just before we went down the hill to Big Coombe, Hilary stopped to look at the pear trees, if they have thorns on they are wild, one had.

On we went along the valley to Pett Street. At the bottom of Hassel street three walkers decided Crundale Church was too far, so struck off up Hassel Street for home.

The remaining six walkers continued on, turning right under the hill. Having stopped for a sweet we made our way up the hill to the church stopping to admire the view with the sun shining; what a beautiful day.

Heading home along the ridge Derek, trying to miss a large puddle, caught his jacket on the fence. On through Towns Wood back to Hassel Street where we saw primroses, up past the old pub "Woodman's Arms" to Parish Farm and across to Little Coombe then Jacksons Corner and through the wood where Derek stopped to count the rings of a freshly cut ash tree 67 years old and then on to the hall.

I think we all enjoyed it with Robin and Derek's banter and a beautiful day after all the wet weather 6.2 miles.



#### **EVINGTON GARDEN SOCIETY**

The talk in January entitled; "Bonjour! A Year in Picardy" given by Rosemary Piddock related to the purchase of a home in a small village in the Picardy region of Northern France. A village similar to Hastingleigh if a little larger. The talk covered the purchase of a house and the subsequent life in rural France.

They enjoyed a good relationship with the villagers who were both amicable and very helpful. The purchase of the property went smoothly with the help of the notary and the villagers. It was interesting to see the differences in how the seasons were celebrated.

One good example most of us are familiar with are the poppy fields which followed the first great war. We remember the dead of that war with the poppy in November, they with the cornflower.

In the new year at epiphany they celebrate with a "galette des rois" ( cake of the king) a special cake in which is hidden a small porcelain figure. The one who is lucky enough to find it in his or her piece of cake is king/queen for the day. A custom similar to ours of hiding a coin in the Christmas pudding.

The talk covered the year from January to December with brief reference to the many festivals and activities of the village. It seems villagers had a very active life and the Piddocks spent much of their time with the locals.

In all the Piddocks spent 5 years in France but eventually decided to return to the UK.

While seeing a few slides of the activities in the region I felt I would like to have seen more of the countryside, certainly the talk gave me an appetite to visit the region again to see for myself.

The talk on the 17th March will be by Mr Nick Sandford on "The Restoration of the Gardens at Godinton".

SB

#### A note of thanks......

To everyone who sponsored me for my Aspire Channel Swim: I managed to raise £600. THANK YOU. I would also like to say a big "Thank you" to Bob Young whose kindness helped me get my swimming back again.

Shelley

#### **EVINGTON COMMUNITY PROJECT**

## AGM

Monday 2nd March at 7.30pm Evington Hall

Please come along and show your support

#### Dr Bill Crawley

The Patient Participation Group has learned that Dr Crawley will shortly be taking a full time appointment with the Pilgrims Hospice in Canterbury. He has been at Wye for the past 7 years and will be greatly missed by many patients. The Group thought that it would be appropriate to give him a gift to thank him for his services. Will those interested please leave their contribution at Tickety Boo Bridge Street, Wye not later than March 28th. Please will you mention this notice to your friends who may not see the Parish Magazine.

John Fletcher for the PPG

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

1 <sup>st</sup> March Lent 2 St David	9.30am Parish Communion at Waltham
8 <sup>th</sup> March	8am Holy Communion BCP at Waltham
Lent 3	10am Bodsham Service in Bodsham School Hall
15 <sup>th</sup> March	9.30am Family Communion at Waltham
Lent 4 Mothering Sunday	11am Holy Communion at Hastingleigh
22 <sup>nd</sup> March	9.30am Holy Communion CW at Elmsted
Lent 5	9.30am Morning Prayers at Waltham
	11am Holy Communion BCP at Hastingleigh
	4pm Sunday Teatime, Evington Hall Hastingleigh
29 <sup>th</sup> March Palm Sunday	10.30am United Benefice Service Holy Communion

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 welcome in the village hall, Hastingleigh 4pm.Bodsham Family Service: a less formal family service for everyone. Do come and try it!

	St. Mary's Hastingleigh	St. James' Elmsted
Feb 7th	Mrs Ball	Mrs Wright
Feb 14th	Mrs Pell	Mrs Thrupp
	Mrs Homer	
Feb 21st	Mrs Hewes, Mrs Healy	Mrs Browning
Feb 28th	Mrs Perez, Mrs French	Mrs Jeffrey

#### MARCH DATES FOR YOUR DIARY

Mon 2nd	Evington Community Project AGM	7.30pm
Wed 4th	Coffee Morning	10.30am
	Singing	7.00pm
Thurs 5th	WI Meeting	7.30pm
	(Page 15)	
Sun 8th	Footpath Walk	2.00pm
	(Page 17)	
Tues 10th	Hastingleigh Parish Council Meeting	7.45pm
Wed 11th	Evington Village Hall AGM	7.45pm
Thurs 12th	Elmsted Parish Council Meeting	7.30pm
Fri 13th	Whist Drive	7.00pm
Tues 17th	Gardeners Society	7.30pm
	(Pages 18)	
Wed 18th	Singing	7.00pm
Sun 22nd	Sunday Teatime	4.00pm
Wed 25th	Singing	7.00pm

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

# Hastingleigh Neighbourhood Watch

Please let us know if and how you would like to



## Keep updated.

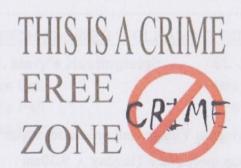


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If you prefer to be contacted by telephone or by letter please telephone: 750415

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#### Homeopathy: The Cinderella of the NHS. Part 1.

Professor Dame Sally Davies is this country's Chief Medical Officer. That means she is the United Kingdom's Government's foremost medical adviser. We need to take note when she is worried about the future of antibiotics. In fact she has written a book on the subject: 'The Drugs Don't Work', in conjunction with Dr Jonathan Grant and Professor Mike Catchpole. Between them, they lament the fact that, partly through overuse and also by wrong prescriptions of these drugs, bacteria have developed a resistance to them. Furthermore, no new antibiotics have been produced and manufactured for many years. Already, they say, 25,000 people across Europe are dying because of resistant bugs.

Just as everyone had given up on the possibility of new antibiotics appearing, in January 2015 an article in the Journal 'Nature' describing a new type of antibiotics, which can attack certain bacteria but not others, appeared to promise some hope for the future. But even if this new type of antibiotic proves to be suitable for human beings, there are many years to wait as it goes through all the necessary trials until we see it in general use. Meanwhile there is another solution which could carry us through the next few years. In his book 'The New Medicine' [SureScreen Life Sciences. 2013], Dr Patrick Kingsley, now retired and in his late eighties, remarks that neither he nor his wife has ever taken an antibiotic in his life. He advocates an entirely different approach to disease, by finding out the cause of the problem in each individual. By using mainly naturopathic methods where possible, and nutrition especially, he achieves results well beyond those of orthodox medicine. He also uses homeopathy.

Homeopathy is not a current favourite in the U.K., where hospitals such as the one in Tunbridge Wells that practised it have been closed, with the (mistaken) idea of saving money for the NHS. The result is that not many people look into its possibilities. Dr Davies may not be aware of the following facts, but: 'back in 1854 there was an attack of cholera in London. The mortality rates were compared between the homeopathic hospitals and orthodox hospitals. The former had a mortality rate of 16.45 per cent, while the rate in the latter was 51.9 per cent. The Board of Health attempted to suppress these damning figures. It was only after the matter was raised in Parliament that the figures were duly recorded'. [Dr Andrew Lockie: 'The Family Guide to Homeopathy'. Elm Tree Books].

Needless to say there were no antibiotics in those days. At present, following the use of special fluids for the patient, drugs like tetracycline can be used to shorten the duration of the diarrhoea that goes with the disease. But what will happen in the near future? Is it possible that homeopathy might once more be

needed? If so, Dr Davies is between a rock and a hard place. For she has declared that homeopathy is rubbish. As she is the Government's top medical scientist, her word will no doubt be accepted by the authorities and no further thought given to the matter. Yet Homeopathy still remains part of the NHS, whether Dr Davies approves of it or not. So I would like to place before the readers of this journal a few facts about a therapy for which Dr Davies has no time, but which is favoured by the Royal Family (and incidentally by the author of this article for the last forty years). I do not seek to convert anyone, merely to present the evidence, with the help of details provided to me by the British Homeopathic Association. Next month, I will present evidence for the defence of homeopathy, so that people can judge for themselves whether there is a case be answered.

Charles Jessel

#### **GODINTON HOUSE**

MARCH 7th - PRUNING 9.30am - 2.30pm

Practical demonstrations and advice on pruning of shrubs, trees and climbers. £55.00 including refreshments and light lunch.

MARCH 14th - SPRING PROPAGATION 9.30am - 2.30pm

A practical session to learn techniques and gain confidence in propagation by seed and cuttings. £55.00 including refreshments and light lunch.

MARCH 15th & 22nd - NGS GARDEN OPEN DAY 1pm - 6pm

Supporting the work of the National Gardens Scheme. Tearoom open, no house tours.

MARCH 31st - FOUR SEASONS, SPRING 9.30am - 2.30pm

The growing season is upon us and there's lots to do. Looking at ensuring you get the best out of your garden for the seasons ahead. £55.00 including refreshments and light lunch

Gardens Open Daily from 1st March 1pm – 6pm £5.00 (gardens only)
House Open Friday, Saturday & Sunday and Bank Holiday Mondays from
3rd April – 4th October, 1pm – 5pm £9.00 (house and gardens),
last tour 4pm

For more information on these events visit www.godintonhouse.co.uk or phone 01233 643854

#### WYE PATIENT PARTICIPATION GROUP

#### Mental Health in Crisis?

'Agencies across Kent have pledged to work together to improve the care and support for people in crisis due to mental health conditions' reports the Ashford Clinical Commissioning Group's website in a week when we learn that GP's non-urgent referrals to the Ashford Mental Health team are not being accepted, and that the acute shortage of mental health dedicated beds in the County resulted in one patient being sent to Somerset.

So why is the treatment of mental health in crisis? Mental health has traditionally had a two tier structure. The first point of contact is the GP and there are primary care centres to which GP's can refer patients. The Ashford Mental Health Team offers secondary care, with offices in Ashford (Eureka Place). Such centres are staffed with specialist clinicians as well as psychiatrists. These centres have, in the past, taken on patients and followed through their treatment with repeated appointments until everything possible that can be done has been tried. But because of acute staff shortages this is no longer possible and patients are given one period of consultation only and any follow-up is treated as a new case. Acute patients are treated in the specialist secondary care hospital St Martins, in Canterbury. This hospital has 4 wards (one each for men and women and two mixed). The hospital, which is part of the Kent and Medway NHS and Social Care Partnership Trust (KMPT), also operates a crisis resolution home treatment team. This service is available every day of the year and responds with community based assessment and treatment

Children's mental health is a separate issue and in Kent is administered by The Sussex Partnership NHS Foundation Trust. The Child and Adolescent Mental health services (CAMHS) were reviewed in 2008 and more recently there has been an enquiry by a Parliamentary Select Committee into the failings of CAMHS.

Many aspects of mental health appear to be in a state of crisis or near crisis. Locally people have given the Ashford CCG a clear message of their views of the importance of mental health by voting it a very high priority for funding. The CCG are at present reviewing services and will report shortly.

The whole area of mental health is complex and very varied. There is a clear need for effective services that are suitably staffed. Mental health, like all forms of illness, requires adequate input in order to achieve an effective standard.

Most of us don't like to think about dying, never mind talk about it, but it comes to us all in the end. There are some things that can be thought about in advance that can be helpful, not just to us but also our loved ones and carers. These include Advance Decisions and Statements.

An Advance Decision (sometimes known as an advance decision to refuse treatment, an ADRT, or a living will) is a decision you can make now to refuse a specific type of treatment at some time in the future. It lets your family, carers and health professionals know whether you want to refuse specific treatments in the future, if your health has declined to the point where you are unable to make or communicate those decisions yourself. As long as it is valid and applies to your situation, an Advance Decision gives your health and social care team clinical and legal instructions about your treatment choices.

Any treatments you are deciding to refuse must all be named in the Advance Decision. Sometimes, you may want to refuse a treatment in some situations but not others. If this is the case, you need to be clear about all the circumstances in which you want to refuse this treatment. You can refuse a 'life sustaining' treatment that could potentially keep you alive. This includes treatments such as antibiotics, ventilation or cardio-pulmonary resuscitation (CPR), which may be used if you have an infection, cannot breathe by yourself or if your heart stops. You may want to discuss with a doctor or nurse who knows about your medical history the kinds of treatments you might be offered in the future, and what it might mean if you choose not to have them.

You can prepare an Advance Decision as long as you have the mental capacity to make such decisions. Your Advance Decision needs to be: written down, signed by you and signed by a witness.

Unlike an Advance Decision, an Advance Statement is not legally binding, but anyone who is making decisions about your care must take it into account if you have lost the capacity to make decisions or to communicate them. It is a written statement that sets down your preferences, wishes, beliefs and values regarding your future care.

See www.nhs.uk/Planners/end-of-life-care for more information



#### CANTERBURY CHORAL SOCIETY

## CANTERBURY CATHEDRAL

Saturday 21st March 7.30pm

MOZART Mass in C minor

HAYDN Insanae et Vanae Curae

Canterbury Choral Society's next concert will be on Saturday 21<sup>st</sup> March 7.30pm with Mozart *Mass in C minor*, Haydn *Insanae et Vanae Curae* and Mozart *Symphony N 38 "Prague"*.

Mozart wrote his Mass in C minor in Vienna during 1782/3 and like his Requiem it was not completed at the time of his death. The great aria "Et incarnatus est" was premiered by his wife Constanze. We are though left with a major work scored for two soprano soloists, a tenor and a bass. The sopranos for this piece will be rising young soprano Robyn Allgra Parton, who studied at the Royal College of Music, ENO Opera Works and the Wales International Academy of Voice. Robyn has won many prestigious awards and prizes. She has performed numerous operatic roles and performed with many leading ensembles. Rachel Redmond discovered her love of singing at the age of seven when she joined the Junior Chorus of the Royal Scottish National Orchestra. Another prize winner, studying at the Royal Scottish Academy and The Guildhall School of Music and Drama. In great demand in opera and oratorio her future plans including St John Passion with the Liverpool Philharmonic Orchestra. The Tenor will be Williams Morgan, originally training as a violinist and at university in Mathmatic and Chemistry before a full time career in singing. The bass will be sung by Peter Cox a very well local performer.

Haydn's Insanae et Vanae Curae is a dramatic motet and one of his most popular pieces for choir with the stormy passages interspersed with more reflectively and deeply-felt Mozartian sections.

Mozart Symphony No 8 "Prague named so as first performed in this City.

This will be performed by The London Handel Orchestra.

Canterbury Choral Society will be joined by its Youth Choir for this performance.

Tickets for Family this concert can be purchased from the Marlowe Theatre Box Office on 01227 787787 or on line at canterburyticketshop.com. Visit <a href="https://www.canterbury.co.uk">www.canterbury.co.uk</a> for information on the Choral Society.

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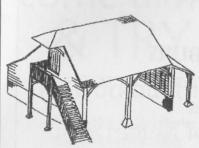
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