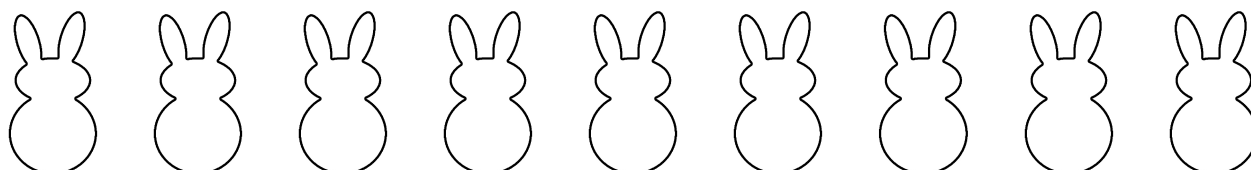


ELKSTONE NEWSLETTER



Got a date with Spring
 Got to look my best.
 And of all the trees
 I'll be the smartest dressed.

Life was a frosty slumber
 Now, Spring here I come,
 Can't wait to slip in to
 That little green number.

Taken from A Date with Spring. John Agard.

March is a season of promise but also of fits and starts. Even in latish March we can experience blizzards, but, hopefully, not long-lived. But if no snow, then by the end of the month each day can bring new flowers, new birds and song and new insects. Catkins feed newly emerged queen bumblebees, butterflies and hoverflies. Pale lemon-yellow primroses with their darker yellow centres are usually established by March, although I have seen them in the garden before Christmas. And both the flowers and the leaves are edible, if bitter, so perhaps better to concentrate on the flowers for wine. But when we see the delicate starry wood anemones bloom and the scented violets emerge, then we know that Spring is indeed unstoppable and very welcome.

Barbara and Kevin

email: editor@elkstonevillage.com

Deadline for the next newsletter - 20 March 2025

Regular Village Hall Activities		
Indoor Bowls	Every Tuesday, 7.30pm	Ronnie Bury – 870493 or Martyn Wylie – 870441
Art Club	Every Thursday, 9am - 1pm	Penny Casewell – 03330 119663
Yoga	Every Monday, 10.00 – 11.00am	Emma Lowther – 07967 215569

Other dates for your diary		
Waste & Recycling	Recycling boxes, recycling bags, refuse and garden waste	Friday 7 March Friday 21 March
	Food Caddy	Friday 7 March Friday 14 March Friday 21 March Friday 28 March

Elkstone Parish Church March Services

Sunday 2 March	Morning Worship. Elkstone	11.00 am
Tuesday 4 March	Shrove Tuesday Pancake Day	
Wednesday 5 March	Ash Wednesday Stratton Church	7.00pm
Sunday 9 March	Benefice Service at Baunton Church	11.00 am
Sunday 16 March	Holy Communion. Elkstone	11.00 am
Sunday 23 March	Morning Worship at Rendcomb Church	11.00 am
Sunday 30 March	Mothering Sunday	11.00am

Mothering Sunday

Sunday 30th March 11.00am Elkstone Parish Church

Please join us this Mothering Sunday to celebrate the special women in our lives with a service of reflection, gratitude, prayer and song. Everyone will receive a posy of flowers to keep or to give to someone special.

This will also be Revd Janet Anderson McKenzie's final service in our Benefice, we will miss her, and I am sure we can share some tasty refreshments with her after the service.



Churchyard Tidy Up Morning

Saturday 26 April 10.00am

We have set a Saturday morning to tidy and care for more areas in the churchyard. Our January morning was very successful, and we would love to have another morning sharing time together in the peace of the churchyard. Please come along, many hands make light work!

Please remember your gardening gloves and any tools you think might be helpful. There will be cakes and hot and cold drinks available.

Carole on behalf of St John the Evangelist Church.

Yvette Levick

We were very sorry to hear of the death of Yvette Levick, who lived at Holly Cottage. A tragic loss.

Village Hall Committee 7.00pm 17th March

The Committee meet to discuss our financial position, plans for future events and also the next stages of 'smartening-up'. Everyone will be kept up to date in the Newsletter.

Village Hall event April 6 between 3-4pm

Hi my name is Evie Macfarlane, I'm 15 and live in the village. I am going on a volunteering trip to Ghana in July to work with children in schools. On the 6th of April, I will be running an information event in the village hall, 3pm-4pm, where I will share the details of what I will be doing, along with teas, coffees and brownies. An indication of numbers would be very helpful for baking, so if you are interested in coming, please let me know on Evelyn.macfarlane@icloud.com or my mum (Sian) on 07985904782. Thank you so much and I hope to see many of you there.

Elkstone Open Gardens

The Elkstone Open Gardens committee were delighted with the amount of money raised from last year's event - just over £3,100. This was split equally between the village hall and the Parish church. The village hall has had a new fridge, cooker and water softener installed and new cooking pans have been purchased. All essential items for our wonderful community space.

We are now planning for the 2025 event which is taking place on Sunday 22nd June, 2pm - 6pm. As always, the event cannot run without a huge team effort and we would greatly appreciate the following:

- Gardens to open. There are currently eight gardens confirmed, but this isn't quite enough to run the event.
- Volunteers to help at the car park, to make cakes and to assist with the catering on the day,
- A volunteer to create and manage a car park rota.

If you only wish to help for an hour or two on the day, this is absolutely fine. Shift rotas will be put in place.

If you are able to help with any aspect of the event, or if you have any questions, please do contact a member of the committee. As a reminder, the committee members are: Amy McDonald, Ronnie Bury, David Collins, Anne Davies, Graham Hopkins, Brian Howlett, David Kearney, Nic Ricketts, and Martyn Wylie. The majority of us are on the Elkstone Village WhatsApp group.

Amy McDonald

Sadie Pullin – Presentation on Pain

This is only a tiny part of Sadie's whole presentation which included more writing as well as speaking and designing a poster. All success for her results and thank you so much, Sadie, for sharing a small part of it with us.

The British Pain Society, 2024, defines pain as:

"An unpleasant sensory and emotional experience associated with, or resembling that associated with, actual or potential tissue damage".

Many neonates (newly born children) will experience pain daily, due to undergoing many different medical procedures (Rupawala, et al., 2023).

Preterm neonates are more likely to be exposed to a greater number of painful experiences (Keels, et al., 2016).

Neonates cannot verbally express their pain, so it is vital to complete pain assessment tools to assess their pain (McCord, et al., 2024).

Tools are used to try to prevent or alleviate pain in neonates (Petty, 2015). Pain assessment tools should be carried out on all neonates, they are vital in assessing pain management and treatment (Kadovic, et al., 2023). It is important to manage pain to promote healthy brain development (Duerden and Miller, 2020). Neonatal nurses play a fundamental role in managing pain in neonates and are responsible for carrying out many of the painful procedures.

The Pain Pathway,
(Derived from Boxwell, Petty and Kaiser, 2019).

At birth neonates have an incomplete nervous system but the components of the pain pathway are present.

When a neonate has a heel prick, the pain sensation comes from nociceptors which are present in the skin.

Thinly myelinated A fibres, these are a rapid response and are responsible for the initial sharp pain. Primary afferent neurons travel to the spinal cord by the spinal nerves where they synapse with secondary afferent neurons in the dorsal horn.

The secondary afferent neurons then move to the other side of the spinal cord before traveling to the brain where it is perceived as pain and sends instructions to the body to react appropriately.

Visual and physiological pain responses would likely be evident.

There are also un-myelinated C fibres that conduct at a slower speed which can cause a long lasting and dull pain.

According to (Fitzgerald and McIntosh, 1989): For many years the belief of paediatricians and practitioners was that neonates did not feel pain. Until the 1980's, neonates and young babies would often be subject to surgical procedures and treatments with little or no pain relief or sedation.

Neonates and adults experience pain differently, due to an immature pain pathway neonates feel pain with a greater intensity (Meredyk et al. 2024).

Williams and Lascelles (2020) completed a review looking at implications on painful conditions later in life. The review includes information including if a neonate has had adequate pain relief there should be minimal long-term health effects, if they have not had adequate pain relief a neonate can suffer from altered brain development, sensorimotor development, cognitive development as well as effecting their behaviour and mood. Issues can start to show as early as adolescents.

It is so good to know what we do in different parts of our lives. It helps very much to understand and value each other.

Jessie's Nature Notes

Flowers seem to be coming out in a very erratic fashion. Some daffodils are already in flower, whereas others are only just coming up.

Yesterday was Mothering Sunday, and it was delightful to see so many violets all suddenly in flower in the verges along the sunny side of the hedges.

There was a couple walking along the lane. I greeted them and said 'Do look out for the violets' but they strode quickly on. It's nice sometimes to just potter and look. Do take time and enjoy all the sights of Spring.