



Volume 14 Issue 7

July 2017

Men's Health: Living with Depression (and ignoring it!)

It is a fact that three out of four suicides are by men, and suicide is the biggest cause of death for men under 35 (ONS, 2015). Of course, suicide is an extreme example of the impact of severe depression, but 12.5% of *all* men in the UK are suffering from one of the common mental health disorders.

Men who are depressed are more likely to talk about the physical symptoms of their depression, such as feeling tired, or having a problem concentrating, rather than symptoms related to emotions, and are less likely to show more "typical" signs of depression such as sadness. It is more accepted for men to deal with stress, emotions and situations with anger and aggression. Anything else is interpreted as vulnerability and shut down. Men are almost 50% more likely than women to never seek medical support for a mental health problem¹.



I lived with moderate depression, on and off, for years, without ever recognising it or doing anything to tackle it. I now realise that for me it probably started in my early twenties; I didn't go to my degree award ceremony because I didn't think I deserved it! With hindsight, it seems obvious, but without any identifiable life event that might be blamed for triggering what the doctors refer to as 'low mood' it's easy not to believe there might be a medical cause, and just blame yourself. This is the most common cause of a downward spiral that seems at the time impossible to break.

As you probably gather from the fact I am writing this, I did eventually recognise my own illness. Not unusually, it was a comment from someone else that made me think, and it was a questionnaire on my GP surgery web site that made me realise I needed to seek help. It wasn't easy to say things to a doctor I hadn't even said to my wife & family, I made a list to help me keep it together, but I didn't need to get even half way through it before help was offered.

It is no exaggeration to say that was a turning point. For moderate depression medication was appropriate, but the very fact I had discussed how I felt with someone felt a massive relief, and somehow made it easier to talk to others. The cycle of self-blame had been broken by diagnosis and acceptance. I had depression, and it wasn't the end of the world.

A course of Cognitive Behavioural Therapy (CBT) helped me understand my own thoughts and behaviours, and how they affected me. Feeling better, I began to take more exercise, and found that really helpful. Over-eating was one of my symptoms, so when my mood improved I was able to lose weight – helped by the exercise – and that improved my self-image. I found I was able to read a book again, now that my concentration had improved. Of course, working became easier too, and I lost less time through hiding in bed.

Ninety percent of those who have had three episodes of depression will have a fourth. Depression is a medical condition that changes your brain. However, seeking help means that both the sufferer and those close to them can see the signs, and take steps to prevent it becoming serious.

I would urge other men who might be suffering the symptoms of depression to get help, it really is the 'manly' thing to do, and is quite the opposite of being weak! Don't leave it as long as I did.

The Royal College of Psychiatrists have made an excellent video on YouTube about the symptoms of depression, you can see it here <http://bit.ly/2sKbrms>. There is lots of other good information online too, especially from NHS Choices and Mind. Please though, always see your GP if you feel you need help or have thoughts of self-harm.

Stephen Youngs

¹ The Mental Health Foundation asked over 2,500 people living with mental health problems about disclosure of them and experiences of seeking support.



The CROFTT Benefice
'To see Christ in all and show Christ to the world'
www.croftt.org.uk



You are invited to join us at any of the services taking place in the benefice.

Midweek Eucharists in the Benefice

There will normally be a said Eucharist at Tytherington on the first Thursday at 9.30am and on the fourth Tuesday at 10.30am, alternating between Falfield and Tortworth, followed by coffee either at The Huntsman or The Farmers' Table. Please double check in the weekly pewsheets.

NB From 1st July, services at both Falfield and Tortworth will start at 11.15am to enable clergy to travel between churches less frantically.

SUNDAY 2ND

9.30am Cromhall
11.15am Falfield
11.15am Tortworth
11.00am Tytherington

TRINITY 3

Holy Communion
Morning Prayer
Holy Communion
Joint service with Baptists at St James'

Thursday 6th

9.30am Holy Communion at Tytherington



SEA SUNDAY

SUNDAY 9TH

9.30am Cromhall
11.15am Falfield
11.15am Tortworth
6.00pm Tytherington

TRINITY 4

Holy Communion
Holy Communion
Morning Prayer
Evening Prayer

Wednesday 12th

7.00pm Falfield 'Embrace'



'Embrace'

Second Wednesday each month at St George's Church, Falfield, at 7.00pm

An invitation to the Christian Spiritual Life

We invite you to create the space where the life of God in us can be nurtured and brought to fruition; a time for you to embrace some of the basic disciplines of the Christian spiritual life

Thursday 13th

10.30am Learn & Explore (Bible Study) at 6, Hillcrest, Thornbury



RURAL MISSION SUNDAY

SUNDAY 16TH

9.30am Cromhall
11.15am Falfield
11.15am Tortworth
11.00am Tytherington

TRINITY 5

Morning Prayer
Morning Prayer
Holy Communion
Holy Communion

CREAM TEAS AT ST LEONARD'S 2.00 - 4.30PM



SUNDAY 23RD

9.30am Cromhall
9.30am Rockhampton
11.15am Falfield
11.15am Tortworth
6.00pm Tytherington

TRINITY 6

Holy Communion
Holy Communion
Holy Communion
Holy Communion
Sung Evensong – Patronal Festival

Tuesday 25th

10.30am Holy Communion at Falfield followed by coffee at The Huntsman.

SUNDAY 30TH

10.00AM

TRINITY 7



UNITED BENEFICE SERVICE
AT ST. GEORGE'S, FALFIELD



SUNDAY 6TH AUGUST

TRANSFIGURATION OF OUR LORD

9.30am Cromhall Holy Communion
11.15am Falfield Morning Prayer
11.15am Tortworth Holy Communion
11.00am Tytherington Joint service with Baptists at Baptist Chapel

Keep up to date with details of all benefice services and events by visiting the benefice website at www.croftt.org.uk



BENEFICE PHONE: 01454 260096

E-MAIL ADDRESS: office@croftt.org.uk or email Jan Leach on jan@leach13.plus.com

Churchwardens:

Cromhall: Ann Greenhalgh 01454 294200
Rockhampton: Liz Cullimore 01454 412208
Falfield: Headley Pain 01454 269017
Tortworth: Hilary Legg 01454 413234 or Peter Reeve 01454 260549
Tytherington: John Williams 01454 412515 or Phil Coward 01454 281444

Please contact the Churchwardens (details on page 2) for matters concerning funerals and email the Benefice Office for enquiries about weddings and baptisms.

For all Benefice Business
Please ring **01454 260096**
and leave a message
or email **office@crofft.org.uk**

The office will usually be open from 10.00am until 1:00pm on Fridays when messages and emails will be dealt with.



If you would like someone to bring Holy Communion to your home please ring 01454 260096 and leave a message. We are more than happy to do this.

- On the first Thursday of the month Tytherington are holding a Eucharist at 9.30am but please check by ringing 01454 417445
- On the fourth Tuesday at 10.30am there will be a Eucharist alternating between Falfield and Tortworth, followed by coffee either at The Huntsman or The Farmers' Table.

Visit the benefice website at **www.crofft.org.uk** to see the pewsheets or make a prayer request.

Please let the Churchwardens know if you wish us to keep someone in our prayers or use the prayer tree at St Leonard's.

Visiting

Visiting is part of the Church's Ministry. If you would like a visit from the church, please call the Benefice Office and we will do our best to arrange it.



If you are going into or in hospital... You can help to make sure that the church team can respond as you would like us to when you are ill.

It's important that if you are admitted to hospital, you do three things:-

1. Make sure someone tells one of the ministry team that you are going into hospital – ask them to pass on the message as appropriate.
2. Make it plain to the hospital staff whether (or not!) you would like a visit. This means that when someone rings up, they won't have to spend time saying 'hang on, 'I'll just ask him/her...'
3. Make it plain what sort of visit you would like: would you prefer a friend from the church or one of the visiting team or would you particularly like a clergy visit? If you want to be certain of a private, one to one chat, don't be afraid to ask the hospital staff if they will allow your minister to come outside normal visiting hours, so that they don't take up precious time and space from your family.



Thank you to Tortworth Garden Plants, Cromhall Chapel and Ros Nieboer for their kind contributions to our costs.

Each 20-page edition costs £334 to print, so we are always grateful for donations as our funding depends on advertising and the generosity of our readers.

One of the ways of making regular donations is by standing order. If you would like to make a payment using this method please contact our Treasurer, Mr Geoff Crosthwaite

- by telephone on 01454 294140
- by email at: geoffrey.crosthwaite@tesco.net
- or write to him at The Barn, Townwell, Cromhall, Wotton-Under-Edge, GL12 8AQ.

Cheques, payable to **Benefice Newsletter**, may also be sent to our treasurer, Geoff Crosthwaite, The Barn, Townwell, Cromhall, W-U-E, GL12 8AQ or the editor.

breast cancer 07 JUL 2017 -
now 16 JUL 2017

In July Val Johnson's son, Peter, is cycling from London to Paris all in aid of the charity Breast Cancer Now. To find out more or donate please go to <https://l2p17.everydayhero.com/uk/pete-pedals-to-paris> or ask Val or Peter more about it.

Alveston Singers

The Alveston Singers would like to thank the appreciative and generous audiences who attended their first concerts with their new conductor, James Davies.

The retiring collections at the concerts raised just over £1,244 for the chosen charities, The Julian Trust and Off the Record.

We look forward to welcoming many of you to our Christmas concerts. Details will be announced nearer December.

Rogue Traders and Licensing Contact Details

If you think you have been the victim of a scam or rogue trader, please contact Trading Standards Citizens Advice Consumer Service: Mon to Fri 9.00 – 17.00 Ring 03454 04 05 06

FALFIELD VILLAGE HALL BOOKINGS

To book the village hall, please email falfieldvh@gmail.com or visit the Falfield village website www.falfield.org.uk to complete a booking form online.



5 Alive online

For those wishing to access 5 Alive online from a smart phone or tablet the QR code is now available and will give access to the Falfield website.



Thornbury Citizens Advice Bureau

Contact Details: The Old Police Station,
35 High Street, Thornbury, BS35 2AR

Telephone Advice Service: 03444 111 444
Mon to Fri 10.00 - 14.00

Drop In and Appointments:
Tue & Thurs 10.00 – 13.00

Stars on a Hot Summer Night at the Cotswold Edge Brass Festival Jazz Cafe Saturday 8th July at 8pm Town Hall, Wotton-under-Edge



A unique opportunity to hear top soloists live at the first Cotswold Edge Brass Festival Jazz Cafe.

Louise Clare Marshall is vocalist with the Jools Holland band and has appeared with Pink Floyd's Dave Gilmour. Trumpeter Danny Marsden plays with the Strictly Come Dancing band, Glenn Miller and BBC Radio Orchestras and has even appeared with the Spice Girls.

The evening will be opened by the brass group Mex Kex with classic jazz tunes from Herb Alpert to Frank Zappa.

The jazz cafe setting is small and intimate, the beer is locally brewed and, with stars like these, tickets are sure to sell quickly. Get yours via cotswoldedgebrassfest.org.uk or search Eventbrite for "Cotswold Edge Brass Festival Jazz Cafe"

CROMHALL VILLAGE HALL proudly presents

**An evening with local historian
David Wicks**

CROMHALL- Understanding Our Past

Saturday 15th July 2017

Doors open at 7pm Cromhall Village Hall



Tickets available from Cromhall Shop and the Royal Oak Pub
£7.50 per person

(includes buffet, tea/coffee). BYO bottle if you prefer.

Cancer Research UK

Once again Thornbury and District Cancer Research UK Committee are holding "Open Gardens" on Sunday 16th July between 2pm and 6pm.

This year there will be gardens open at Heathend, Cromhall, Milbury Heath (by the Garden Centre), Tytherington (West Street) and Alveston (A38), also for those interested the Alveston Allotments will be open.

A single Entrance Fee covering all gardens/allotments of £6 per person is payable at any of the gardens. Tea's and plant sales will be on sale at the garden in Alveston.

Please do support us by attending and enjoy a wonderful afternoon, all monies raised will go direct to Cancer Research UK. For further information please contact Pam on 01454 416941

To all Cromhall Residents

Please be aware that St Andrew's Church has a band of bell ringers visiting on Friday 4th August. They plan to start ringing at 2.30pm and aim to ring a peal which will take about three hours to complete.



The ringing will be good so we hope you will enjoy listening to some of it, if not all!

Usual practice night for local ringers is on Mondays and if anyone is interested in learning, and feels they can commit to ringing, we would be every pleased to see you on any Monday from 7.30pm - Not sure? Then do just come along and see what it's all about!

Sue Wray.



TYTHERINGTON BAPTIST CHURCH

FOR FURTHER DETAILS OF ANY OF OUR SERVICES/ACTIVITIES, PLEASE CONTACT
Mr Brian Allen (Pastor)

Contact Number: - 01179 793104

Email:- allenbroncksea@blueyonder.co.uk

SEE ALSO THE CHURCH WEBSITE: www.tytheringtonbaptistchurch.org

2nd	Joint Service at St James	Val & Brian
9th	"Ananias & Sapphira" [Acts 5:1 – 11] * ¶	Brian
16th	GUEST PREACHER – Colin Blenkinsopp (St Andrews Methodist Church, Filton) *	
23rd	"Gamaliel" [Acts 5:29 – 42] *	Brian
30th	"Stephen" [Acts 6:8 - 15 & 7:54 – 60]	Brian

* SERVICE WILL INCLUDE SUNDAY SCHOOL FOR OUR YOUNGER PEOPLE

¶ SERVICE WILL INCLUDE HOLY COMMUNION

N.B. ALL SERVICES COMMENCE AT 11:00 A.M. UNLESS OTHERWISE STATED

Everyone is welcome to join us.

STOP PRESS!!

2017 HOLIDAY CLUB - 24TH – 28TH JULY - SEE SEPARATE ADVERT

Charity Concert in aid of

mindsong
music for dementia

Sunday 16 July • 7pm
The Chapel, Wycliffe College
Stonehouse

Entry: Free (Collection for Mindsong)

*I must down to the seas again,
to the lonely sea and the sky,
And all I ask is a tall ship and a
star to steer her by...*

Carr: Pour out your light, O stars
(2nd performance)

Conductor: Gavin Carr

Frith: Wanderer Suite

(2nd performance)

Conductor: John Frith

Vaughn Williams:

Toward the Unknown Region

Elgar: Serenade for Strings

Conductor: Chris Hill

Thornbury Orchestra and Choir



Contact: admin@mindsong.org.uk

mindsong.org.uk



Disney's "THE LITTLE MERMAID JR" – TMTG JUNIORS

Join Thornbury Musical Theatre Group Juniors
'Under The Sea' as they perform their latest pro-
duction, Disney's "The Little Mermaid JR".



The production will be staged at the
Armstrong Hall in Thornbury, BS35
2BJ from **Thursday 13th to Satur-
day 15th July.**

Performances are 7.30pm nightly,
and a matinée at 2.30pm on the Saturday.
Adult tickets £10 and £11, Concessions (OAPs,
students and under 16s) £8 and £9. Box office
enquiries 07896 607653.

FALFIELD PARISH COUNCIL

The June meeting of the Parish Council
was held on 20th June and thus too late to place
a report in this edition of the 5 Alive. However,
within 7 to 14 days after the meeting the draft
minutes of all council meetings are published on
the Falfield website. A report will be published of
the June meeting will be published in the August
edition of 5 Alive.

The Parish Council's next meeting will be on
Tuesday 18th July at 7.30 pm in Falfield Village
Hall. The agenda for this meeting will be pub-
lished on the Village Notice Board and on the
Village website no later than Wednesday 12th
July.

James Carpenter, Clerk, falfieldpc@googlemail.com



A FUN* EVENING IN THE CHURCHYARD!

Come and help us clear ivy in St. Andrew's Churchyard

on 6th July from 7 p.m.

Light refreshments will be provided,
as well as a warm welcome and bin bags.

* Bring the fun with you!
(As well as gloves if you need them)

Believe it or not

In former times most people got married in June because they took their yearly bath in May and they still smelled pretty good by June. However, since they were starting to smell, brides carried a bouquet not of flowers but of strong-smelling herbs and spices to hide the body odour. Hence the custom today of carrying a bouquet when getting married.

Some say that the strong-smells were thought to have mystical powers and meant to keep away evil spirits.



ASHWORTHY CATTERY

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We are a family run business dedicated to providing the perfect environment for your cats to stay.

Set in a quiet, secluded countryside residence, this newly-built cattery has been constructed to the highest standards and is fully licensed by South Gloucestershire Council.

For all enquires please contact Nicola on 07799805996



Tortworth VC Primary School takes reception to Year 6 children from Tortworth, Falfield and the surrounding area and is very fortunate to have extensive grounds which now include a fantastic 'Wild Wood' area as an outside classroom. We also provide breakfast and after-school club, available from 7.30am until 6pm.

Ofsted rated us 'Good' in April 2015 and we are continuing to improve both levels of teaching and learning throughout the school to give the best possible start in life to our children with exceptionally experienced teachers and support staff.

Come and see for yourself and let us show you around!

We also have a school hall available for lettings, please contact the school for more details.

Contact the school on 01454 260510 or office@tortworthprimaryschool.org.uk



WANTED - Jam jars please.

Please contact Val Johnson
01454 417445.

Townwell Tots

Need a break?

Why not join us at Cromhall Chapel Hall?

A free drop-in where parents/carers can relax and chat whilst the children play.

Toys and refreshments available. Short singing time and Bible story to conclude.

10am to 11.30am, Thursday 13th July

www.cromhallchapel.org

NB Parent/carers responsible for their children at all times.



***CONNECT *KEEP LEARNING *BE
ACTIVE *NOTICE *GIVE
#FiveWaysToWellbeing**

**FREE EVENT WEDS 5th JULY
3.30-5.30PM**

AT THORNBURY LIBRARY

Drop in to discover easy tips for improving your wellbeing and lifting your mood, with Curo Community Connectors. Try a free 20min Mindfulness taster session in a small group – book your free place in advance online at: bit.ly/mflTh or in person at Thornbury Library.

Watch the #FiveWaysToWellbeing slideshow on the library screen – showing throughout the summer during library opening hours.

HANDYMAN SERVICES

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*St James' Church,
Tytherington*

*Sat. 15th July
10.30am - 12.30pm*

*Please come and join us for coffee
or tea and slice of cake in the
church*

*Produce sale: cakes, plants, pre-
serves etc. (contributions welcome)*

Everyone welcome

THORNBURY DISTRICT COMMUNITY ASSOCIA-
TION INVITE YOU TO

A MURDER MYSTERY EVENING.

An actor led event with THE RED HERRINGS

New to Thornbury, a plot called
TRAGEDY IN THE TWENTIES

set amongst the turmoil of the Labour government
in 1924 and its attempts to improve relations with
revolutionary Russia (U.S.S.R).

THE CHANTRY 30TH SEPTEMBER 2017

COST £12.50 including canapes and a 2 course
Chantry Supper.

In aid of building repairs.

**GUESTS ARE INVITED TO DRESS IN 20s STYLE
OF CLOTHING**

Please come to Jill and Dave Bailey's

Open Garden

**Sunday 23rd July
2.00 – 6.00pm**

**at Tanglewood,
Cowship Lane, Cromhall**

Refreshments available

**Donations in aid of RNLI and Macmillan
Cancer support**

Please come, rain or shine.



Contact the Elderly is the only national charity
solely dedicated to tackling loneliness and
social isolation among older people through
face to face contact.

Supported by a network of volunteers, the
charity organises free monthly Sunday after-
noon tea parties for small groups of older
people, aged 75 and over, who live alone.
Offering a regular and vital friendship link
every month.

Each older person is collected from their
home by a volunteer driver and taken to a vol-
unteer host's home for the afternoon. The
group is warmly welcomed by a different host
each month, but the drivers remain the same
which means that over the months and years,
acquaintances turn into friends and loneliness
is replaced by companionship.

Our tea parties are a real lifeline of friendship
for our older guests who have little or no con-
tact with family or friends. They bring people
of all ages together, develop fulfilling friend-
ships and support networks, while giving eve-
ryone involved something to look forward to
each month.

If you are interested in joining a group, or you
would like to refer an older person to us, go to
<http://www.contact-the-elderly.org.uk>

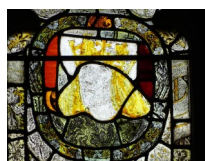
There are hundreds of groups meeting every
month across England, Scotland and Wales
for fun, friendship, tea and cake with two
groups already operating in the Thornbury
area and a third being developed.

Contact Suzan Hyland

Email suzan.hyland@contact-the-elderly.org.uk

Tel No. 0207 881 2361 for more details.

ST LEONARD'S WINDOWS



The restored and cleaned
windows at St Leonard's,
Tortworth, will be re-
dedicated by Bishop Bob
Evans, former Bishop of
Crediton, at 11.15am on Sunday 23rd
July. Everyone is invited to join us for
this special occasion.



Date for your diary

**Bank Holiday
Saturday August 26th
2017**

**Hardwicke Field
Tytherington**



**Fun Day and Dog Show
1.30pm – 5.00pm**



**Beer festival
7.30pm – late**

**Come along, have a good
time and support these village events.**

Tytherington WI Trips 2017

Everyone is welcome to join these trips.

Monday 31st July to Oxford

Thursday 7th September to St Fagan's
National History Museum

*For further details or to book a seat, please
ring Valerie Niblett (Tel 01454 417982)*



From September 2014 until March 2019 each month with the exception of January, February, April and August, Falfield will remember those individuals from the 1st World War who are recorded on the

Village War Memorial by flying the Union flag on the anniversary of their death.



During July we will remember

Herbert George Holpin
Killed in action on 17th July 1917

For information on all those remembered on the War Memorial go to: http://www.falfield.org.uk/1914_18_centenary.html

**Saturday 8th July 2017, 7:30pm
Back to the Eighties Disco
Cromhall Village Hall
7.30pm to midnight**

Tickets £7.50 (children 11 - 16yrs £5) to include eighties nibbles. Please contact Lisa Bryant on 01454 299468 or email below for tickets.

This disco is for the grown ups who survived the eighties - if you want to bring older kids to bear witness to your eighties moves, do so at your discretion(!) Please feel free to share the invite with anyone you know who would like to come along.

*****ALL proceeds from this event will go to the 2018 Brimsham School team trip to Uganda - supporting primary school students at Hosanna Primary School in Kampala******

Eighties Dress optional. Bar and food available on the night (beer, wine, hot dogs)
Email: lee@abryant.plus.com

STORYTIME & RHYMETIME FOR BABIES PRE-SCHOOLERS AT THORNBURY LIBRARY

Join us in July for Storytime until Monday 17th July 2.15pm-2.45pm & Rhymetime until Friday 21 July 11.15am-11.45am before we take a break over the summer.

Toilets & nappy changing facility available – ask a member of staff. Breast-feeding welcome.

It's a great way to meet other local parents and new faces are always welcome – and it's FREE! No booking required, just turn up!

We look forward to welcoming everyone back after the summer from Monday 4th September.

CROMHALL - SUNDAY 4th JUNE -

An invitation to lunch! - it was delicious, then a trip up to "see the new houses" and "take something to the village hall" - all very plausible until I opened the Hall door!

*Thank
you*

I was amazed - a Tea Party for Me! I can only say thanks to everyone involved, to see so many friends, old and new and to

receive so many Garden Vouchers, gifts and cards, your generosity is greatly appreciated.

Simon and I had rather nomadic lives as children and to be settled in GL12 for 47 years was the best thing we ever did.

With love and thank you everyone,
Ros Nieboer.

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kevin@hillsnvalechimney.co.uk

Falfield, Glos



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Telephone Jeff: 01454 416620

Mobile: 07745 209947

Email: jeffrey1969@hotmail.co.uk

*Domestic & Commercial
Call for free advice*

SOUTH GLOUCESTERSHIRE COUNCIL ONE STOP SHOP OFFICE HAS LEFT THORNBURY LIBRARY

The council's One Stop Shop service, which operated inside Thornbury Library for the past three years, closed permanently on Friday 30 June.

Alternative One Stop Shop offices are situated in Patchway, Yate and Kingswood, full address details at www.southglos.gov.uk/contactus.

You can also report a range of issues from missed bin collections to pot holes online at www.southglos.gov.uk/reportit



CROMHALL VILLAGE SHOP & POST OFFICE 01454 299262

SPRING INTO SUMMER WITH A FRESH APPROACH

WHY NOT MAKE MORE USE OF YOUR VILLAGE SHOP
AND POST OFFICE WHERE YOU WILL FIND A WIDE
RANGE OF FANTASTIC FRESH FOOD

We stock a wide range of locally sourced food including:

- A large range of breads and baked goods –delivered Wednesday, Friday and Saturday.
(Speciality items available on request)
- Homemade cakes (eat your heart out Mary Berry)
delivered every Friday.
- Fresh fruit and vegetables – delivered Thursday.
(Veg. box orders placed on Wednesday morning can be picked up Thursday afternoon)
- Fresh milk, and free range eggs are also always available.
- We also have a wide range of groceries from coconut milk to wine vinegar, cleaning products, greeting cards, as well as beers, wines and spirits.
- We can also take orders for daily newspapers and weekly magazines.
- Prescriptions placed with the Wotton surgeries can be delivered to the Village shop for collection.

Best of all; if you put in an order, it will be waiting for you.

Tytherington Baptist Church

BIBLE HEROES

presents

CRAFT GAMES

STORIES



SONGS



PUPPETS



REFRESHMENTS

FUN! FUN! FUN!

**Holiday Club for 5-11 year olds
24th - 28th July
IN THE VILLAGE HALL
9:30am – NOON**

**Pick up a Registration Form at
Tytherington Village Shop**

ANIMAL AGENTS, SUMMER READING CHALLENGE 2017

**STARTS SATURDAY
15th JULY and runs un-
til 16th September**



It's FREE to join! Best suited to 4-11 year olds. Read six library books to get your medal and certificate, picking up goodies including stinky stickers, bookmark and wristband along the way. Libraries are also holding free activities throughout the summer to help children complete the challenge including: Bristol Zoo workshops, 'Meet a guide dog' visits and craft sessions.

Go to www.southglos.gov.uk/childrenslibrary or drop in to your local library to find out more. See Facebook for latest updates.

TORTWORTH PARISH MEETING

A Parish meeting was held on June 6th.

The annual accounts were approved and will be available for inspection at the Estate office until 14th July.

Main areas of discussion were:

- **Planning and Development** – Councillor O'Neill reported that work on Neighbourhood Plans for Charfield, Thornbury and Cromhall are ongoing and at different stages of the process. The next draft of the West of England Spatial and Transport Policies will be published over the summer.
- On **local planning issues** alterations there is a pending listed building planning application on 4, Avening Green for reroofing. An application to clad greenhouses at Tortworth Business Park has been approved.
- The Meeting discussed the **Electoral Review for South Gloucestershire**. The Electoral Commission are proposing to reduce the number of councillors by nine to 61. The meeting felt strongly that the existing Charfield Ward should not be changed.

There were no particular **transport** issues but the Parish Meeting would be interested to hear of any issues.

South Gloucestershire will be introducing new arrangements for recycling and black bin collection over the next few weeks and months. No doubt details will be given to you directly by South Gloucestershire.

Any parishioner who is experiencing problems with Broadband please contact the Clerk.

The next meeting is on **Tuesday 5th September at The Tortworth Estate Office at 7.30pm**. All parishioners are welcome and are able to participate in the meeting.

Robert Killen, Parish Clerk
(robert.killen@btconnect.com or 01454260268)

Emmaus Christian Choir is coming to Cromhall Chapel

The Emmaus Christian Choir is an inter-denominational, mixed voiced choir based in the greater Bristol area, which sings to the Praise and Worship of the Lord Jesus Christ.



When? Sunday July 2nd 2017
What time? 6.30pm



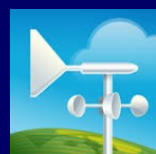
Tat3 Cromhall Senior Citizens

are invited at 2pm
on Tuesday July 11th
to


St Andrew's Primary School

for their school leavers' concert

If you would like a lift on the day,
please contact Eva 299251 or Ann
294200



FALFIELD WEATHER RECORDS FOR MAY 2017

	High	Low	Average
Temp	26.4 °C	0.6 °C	14.2 °C
Dew Point	18.2 °C	- 0.4 °C	9.5 °C
Humidity	99 %	35.0 %	75.7 %
Precipitation	66.5 mm	Year to Date	260.9 mm
Wettest Day	19.8 mm on 17th May		
Wind Speed	43.1 km/h	--	4.0 km/h
Wind Gust	48.3 km/h		
Wind direction	SSE		
Pressure	1028.7 hPa	992.1 hPa	

Go to www.wunderground.com/personal-weather-station/dashboard?ID=IENGLAND1163 for live weather information from the Falfield weather station

For the highs and lows during 2016 go to:
www.falfield.org.uk/weather.html

MACMILLAN CANCER SUPPORT & INFORMATION SERVICE FRIDAY 21ST JULY 1.30PM-3.30PM AT THORNBURY LIBRARY

Do you have questions about cancer, for you or someone you care for?

Drop-in to Thornbury Library to see the Macmillan Cancer Information Specialist. This is a free service, no booking is required.

Thornbury Lawn Tennis Club



- 6 high quality courts and great clubhouse facilities
- Social & competitive tennis throughout the year
- Comprehensive junior & adult programme of activities
- LTA qualified coaching team
- New members are always welcome – all ages & abilities
- Competitive membership fees
- Adjacent to Mundy Playing Fields

www.thornburytennisclub.co.uk



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The Bungalow, Moorslade, Falfeld. Tel:01454 260364 Email kay.rea@btinternet.com

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info@ncnltd.co.uk

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RAGWORT ALERT

Imagine this: You stop eating. You get stomach pains. You're losing weight – fast. You have no energy. The sun hurts your skin. You lose co-ordination. You're struggling to breathe. Now you're going blind. Worst of all, you can't tell anyone how bad you feel – and even if you could, it's too late for them to help you.



This is what you would experience if you were a horse suffering from liver failure as a result of ragwort poisoning.

Ragwort is poisonous to horses, damaging the liver when eaten. The toxic effect builds up over time, causing irreparable damage

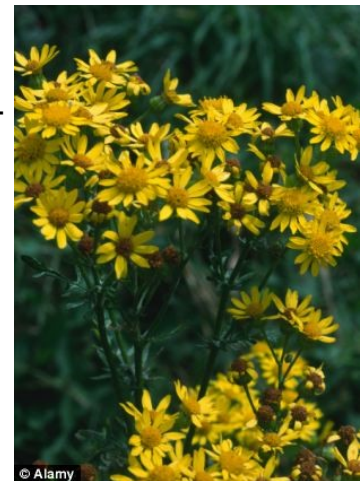
It is widely accepted that the plant loses its unpleasant taste when it dies but it is still just as dangerous. This means that ragwort found in hay or haylage, or leaves

that have fallen off a plant in the field and died, can very easily be eaten unknowingly and will be just as harmful as a living plant.

1. Ragwort seedlings start to appear in autumn. They are about 10-15mm high.
2. Ragwort rosettes can be found from early spring onwards.
3. Mature plants flower from May to October and can reach up to two metres in height.

After flowering, most of the plants die and the seeds germinate in the area where the mature plant had been. One plant can produce many thousands of seeds which are covered with a downy substance so they can be easily dispersed by the prevailing wind. They can also be spread by water or by you and your animals.

The plant is also harmful to humans, so it is essential to wear protective gloves and cover arms and legs when handling it. Ragwort should be removed before it flowers, but if this is not possible use a face mask to avoid inhaling the pollen. If you do come into contact with the plant, thoroughly wash the area in warm, soapy water.



The easiest way to remove a small number of plants is by pulling the whole plant up, including the roots. Ragwort can regenerate from root fragments, so it is important to remove as much of the root as possible.

Ragwort should be disposed of carefully; most effectively by burning, taking all relevant precautions. Defra can advise on this and other methods of ragwort disposal. Ragwort control is an ongoing process. As the seeds can remain in the ground for many years before they germinate, you are likely to find that you will have plants to remove year after year. If ragwort seed is spreading onto your land from the surrounding area, [contact Defra](#) for advice. [Download a PDF of our Ragwort Alert leaflet](#).



St Leonard's Church

invites you to

CREAM TEAS AT TORTWORTH

SUNDAY 16th JULY



2.00 - 4.30pm

Proceeds to St Leonard's church funds

Welcome to Baby Land!

New multi-sensory music classes on Mondays
@ 10am in Wotton-under-Edge
for babies from birth to toddling
and their grown-ups.

FREE taster then £5 per session/£5.50 drop-in.



The most original musical baby, toddler
and pre-school classes on the planet

Contact Sarah Sproat:

Email: sarah.sproat@hartbeeps.com

Call/text: 07511 613211

Website: www.hartbeeps.com



Hartbeeps Gloucestershire & South Gloucestershire - Wotton-under-Edge

CROMHALL CHAPEL SERVICES

www.cromhallchapel.org

www.cromhall.com

Pastor: Rev. Chris. W. Crocker



SUNDAY 10.30am Morning Worship & Young People's Sunday Club
6.30pm Evening Worship

TUES **Cromhall Crafters Evening.** Join us on the second Tuesday of each month in the chapel hall at 7pm for an evening of craft making. Also please join us **each fourth Thursday at 6.30pm at Cromhall Village Hall.** Bring your own craft or art activity and enjoy tea and conversation. Next Crafters evening: **11th July at 7pm** in the chapel hall. **Come and Meet Each Other**

WEDS 5th July at 7.30pm – House group Bible Study & Prayer.
12th July at 7.30pm – Bible Study & Prayer.
19th July at 7.30pm – Church Members Meeting.
26th July at 7.30pm – Café style event with Barry King with topic "Is God Good?".

THURS 13th July at 10.15am till 12noon in the chapel hall, a free drop-in where parents/carers can relax and chat while the children play. Please see more details on the "Townwell Tots" flier.
27th – Sat 29th July: **Holiday Bible Club** for 5-11year olds from 10.15am till 12 noon. Please see separate flier for more details and to pre-register.

Sunday service speakers during July are:-

2nd (am) Pastor Chris; (pm); Emmaus Christian Choir
16th (am) Jonathan Brain; (pm) Pastor Chris
30th (am) Pastor Chris; (pm) Ed Stuart

9th (am) Pastor Chris; (pm) Philip Greenow.
23rd (am) Pastor Chris; (pm) David Frampton.

There is now a prayer box on the outside wall of the Chapel. If anyone has a concern they would like our small prayer group to pray for, please do drop us a line.

A warm welcome awaits you at all of our meetings

Cromhall Crafters

A group of people interested in doing everything crafty or homemade.

Come join us for a chat, cuppa and bring your own crafting to do.

2nd TUESDAY of the month 7 - 9pm
at Cromhall Chapel

Contact: Rebekah 07715473384

4th THURSDAY of the month 6:30 - 9pm
at Cromhall Village Hall

Contact: Charlie Bull 07733004585



Volunteer Centre

Partnership South Gloucestershire

Thornbury Volunteer Centre

From Monday 24 July until Monday 28 August Thornbury Volunteer Centre will only be open on Monday and Wednesday mornings between 10.30am-12 noon. If you wish to contact the office outside these hours please leave a message on the answerphone on 01454 413392 or email mail@volunteer-thornbury.co.uk or visit our website at www.volunteer-thornbury.co.uk Normal opening hours will resume on Tuesday 29 August.

The Vale of Berkeley Railway urgently needs volunteers to convert a handwritten museum catalogue into digital form. Volunteers will be provided with paper copies of pages and will transcribe entries on to a simple computer form. Volunteers will do the transcription from home at their own pace; the number of catalogue pages transcribed is up to the volunteer.

For further information please contact Thornbury Volunteer Centre on 01454 413392 or mail@volunteer-thornbury.co.uk

St Peter's Hospice Severnside Support Group



**Garden Party at Grove House,
The Street, Alveston (BS35 3SX)**

**Sunday 23rd July 2017
2.30pm – 5.00pm**

(by kind permission of Geoff and Carol).

Entrance: £4.00 to include tea and cake.

Raffle and stalls

Bring a picnic chair, listen to the music of "Mo, Mac and Me" and enjoy the gardens.

Please support St Peter's, your local Hospice.

CROMHALL HORTICULTURAL SOCIETY

Dates for your diary:

CROMHALL FLOWER SHOW & VILLAGE FAYRE

SATURDAY 2nd SEPTEMBER 2017

&

HEATHEND OPEN GARDENS

SATURDAY 2ND JULY 2017

**Kindly organised and hosted by
Sue & Dick Bryant and Peggy & Doug Collett**

**Refreshments and cakes are available and
all proceeds raised split between
Cromhall Flower Show & St Andrew's Church**



RESCUE!

HBC (Holiday Bible Club) at Cromhall Chapel is back!
Thurs 27th - Sat 29th July 10.15am - 12 noon

Bible-based morning activities/songs/games/snacks for all children aged 5 - 11 years

As places are limited, if possible, please pre-register asap, by completing this form and placing in the post box by the chapel door by Sun 16th July.

Name of:

Child 1 _____

Age: _____

DofB: ____/____/____

Child 2 _____

Age: _____

DofB: ____/____/____

Contact no. _____

cromhallchapel.org

THORNBURY RADIO GETS FRIENDLY

Thornbury Radio has launched a new initiative to widen audience participation as it gears up to launch a local radio service for Thornbury and District.

"The Friends of Thornbury Radio scheme gives individuals and businesses an easy way for people to demonstrate support for our local radio station" said station founder Glyn Roylance. "We've deliberately set the membership fee at a very low level so that we can be inclusive as possible. When you join we'll keep you updated on developments, and ask your opinions".



The new initiative comes at a time when the project is gearing-up to re-launch a local radio station for Thornbury & District. The funds raised by the scheme will contribute towards the operating costs of the station like music royalties, broadband and electricity. Having a large membership base will also be useful "evidence of demand" when applying to the Ofcom regulator Ofcom for a licence.

To become a Friend of Thornbury Radio, just visit the Thornbury Media Community Interest Company Website at: tmcic.org/support



Brass on the Grass

in aid of

CLINC

Sunday 30th July
at Redland/Bristol
Cottages,
Heathend, Cromhall

Buffet lunches and afternoon teas

with Oldland Band
playing during the afternoon

Lunch: £12.00
Afternoon Tea: £5.00
To include free drinks

Tickets from Cromhall Shop
or Peggy Collett





Ride+Stride 2017: Explore our historic churches & help us look after them

It's that time of year when the team at the Gloucestershire Historic Churches Trust (GHCT) start dusting off the walking boots, pumping our bike tyres or getting together with friends to plan a driving tour around some of our wonderful local churches.

We're asking anyone who appreciates our region's historic churches to consider taking part in GHCT's sponsored Ride + Stride event on September 9th.

It's a great day out which people travel between churches, exploring the area and discovering unique historic buildings. The money raised is split between the Trust and your nominated church – so you'll be raising money directly for your chosen church.

"Our online map now features nearly every church in Gloucestershire, South Gloucestershire and North Bristol, and will be regularly updated to help you plan a route between churches that are open on the day", said Glenn Duff, County Organiser.

"Those offering a welcome will be highlighted, along with organised groups of walkers or cyclists that people can join."

Ride + Stride welcomes cyclists of all abilities, as well as walkers, horse-riders and drivers. Just as important are those who take part welcoming others to their church – perhaps getting sponsored to play music, clean the church or mow the churchyard. If your church doesn't have a Local organiser, perhaps you could co-ordinate the activity?

Contact Glenn if you'd like to know more about taking part, to order a banner advertising the event or to update the information for your church: rideandstride@ghct.org.uk or call 01452 538271.

The event takes place on Saturday 9th September and full details can be found at www.ghct.org.uk/ride-and-stride

SEA SUNDAY 9th JULY 2017



A ship's crew may come from many different countries with many different cultural backgrounds. These are the 1.5 million people who travel the seas in all sorts of weather conditions carrying over 95% of essential commodities we rely on as well as contributing more than 12 billion a year to our global economy.

Their length of time on board ships varies but seafarers are often away from home for up to nine months at a time, working seven days a week - four hours on, eight hours off - in tough conditions without much shore leave. They often experience loneliness, isolation and danger. It's important that they are cared for.

The Mission to Seafarers provides support via chaplains and volunteers in more than 200 ports in 50 countries around the world. They care for all seafarers when far from home and when in distress and provide a range of facilities to enable seafarers to contact loved ones, relax, seek counselling, financial aid, legal advice and spiritual support. Visit missiontoseafarers.org/seasunday for more details

ST. ANDREW'S 100 CLUB

The winners of the May draw are as follows:

NO.94 JOHN WILLIAMS £30
NO.64 JENNIFER OLDERSHAW £20
NO.43 JOAN STEPHENS £10



Congratulations to the winners and sincere thanks to all who support the care and upkeep of our beautiful church.

The next draw will be on Friday 25th August at 11am in Cromhall Community Shop.

Award Winning Garden open in Thornbury on Sunday 2nd July

Don't miss the chance to visit a series of five lovely gardens in Thornbury centred on the award-winning garden at Pound Cottage, Church Road opposite St Mary's Church.

Relax as you wander from one garden to another with a cold drink or a glass of wine if you like, for the all-inclusive fee of £5.

Just turn up at the gate from 3pm onwards for a perfect Summer treat! All proceeds will go to the Armstrong Hall Redevelopment Project (Phase 1).

AVON FIRE & RESCUE SERVICE SAFETY ADVICE



Barbecue safety

- Keep a bucket of water, sand or a garden hose nearby for emergencies.
- Follow the safety instructions provided with disposable barbecues.
- Never use a barbecue indoors.
- Never leave a barbecue unattended.
- Make sure your barbecue is well away from sheds, fences, trees, shrubs or garden waste.
- Use enough charcoal to cover the base of the barbecue, but not more (normally around 5cms or 2 inches).
- Keep children, pets and garden games away from the cooking area.
- After cooking, make sure the barbecue is cool before moving it.
- Empty ashes onto bare garden soil, not into dustbins or wheelie bins. If they're hot, they can melt the plastic and cause a fire.
- Enjoy yourself, but don't drink too much alcohol if you are in charge of the barbecue.

Never use petrol or paraffin to start or revive your barbecue; use only recognised lighters or starter fuels on cold coals.

Gas barbecues

- Never store gas cylinders under the stairs - if there is a fire they might explode and block your escape route.
- Store gas cylinders outside, away from direct sunlight and frost.
- Take care when turning bottled gas barbecues on and off.
- Make sure the tap is turned off before changing the gas cylinder.
- After cooking, turn the gas supply off first and then the barbecue control. This will stop any gas from leaking.
- If you suspect a leak, turn off the gas cylinder and try brushing soapy water around all joints, watching for bubbles.
- Make sure all joints are tightened, safe and secure.
- Change gas cylinders outdoors or in a well ventilated area.



We are currently recruiting Retained Firefighters in Thornbury.

What is a firefighter on the retained duty system?



A firefighter on the Retained Duty System (RDS) provides an on call part-time service, responding to fire and emergency calls using the same appliances and equipment as Wholetime firefighters. The difference is that RDS firefighters are on call in their homes or work places rather than at a fire station. This role offers flexible working hours and could suit people with childcare responsibilities.

As an RDS firefighter you need to live or work within five minutes travelling distance of your local retained fire station during your hours of declared availability. Retained firefighters can choose whether to provide part cover (days, nights, weekends), or full cover (approx 24/7).

Being an RDS firefighter is like having a part-time job – you have to commit to certain hours and you get paid for it.

For further details go to <https://www.avonfire.gov.uk/recruitment-home/retained-firefighter>

Your magazine: How to send copy, adverts or gifts for '5 Alive':

NEWS COPY:

Where? News items should be sent to Kay Rea, The Bungalow, Moorslade, Falfield, GL12 8DJ Tel. 01454 260364 Email: kay.rea@btinternet.com **NB** If you are posting copy, **please mark the envelope '5 Alive'**.

When? Copy date is **strictly before midnight on the 19th of each month**, please, ready for typing on the 20th. **The earlier we receive material the better, as it avoids the rush and lessens the risk of error.**

In what form? If at all possible, please submit your material by e-mail (attachments should be in **Word or Publisher** format). There is then no need for re-typing, which not only saves time but also means there is less chance for inaccuracies to creep in. (We do, however, reserve the right of the editor to edit, and you may find that small changes are made for the sake of space etc) If you want to submit an advertising poster or similar, it helps if it's in black and white, as it reproduces more clearly. **Charities wishing to advertise events should quote their charity number.**

ADVERTISING: The deadline for requests and payments for advertising in 5 Alive is the 12th of the month preceding publication.

Enquiries about advertising should be directed to Kay Rea, The Bungalow, Moorslade, Falfield, Nr Wotton-under-Edge, Glos, GL12 8DJ. Tel. 01454 260364 Email: kay.rea@btinternet.com

Charges per issue are as follows:

	Business Rates	Rates for businesses within the benefice
Half page:	£28	£18
Quarter page:	£18	£15
Eighth of page:	£10	£8

There is a 10% discount for advertisers paying for a year's advertising in advance and 5% for those advertising 6 months in advance

Cheques should be made out to '**Benefice Newsletter**' and sent to Kay Rea (as above).

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