



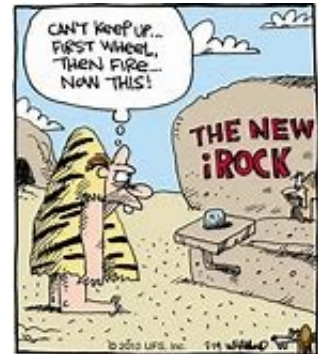
Hop on board for 2020

My phone's broken. Actually the speaker has broken. I was worried that the comments about my poor hearing these days were correct but my daughter assures me that the problem lies with the phone. I've got one of those simple ones which only needs recharging every couple of weeks and can't receive emails. However, apparently it doesn't like being dropped! This means I have to decide what to replace it with. Should I go for another basic model or go all out for an all singing, all dancing, fancy model?



Like many people of a certain age, I struggle to keep up with Information Technology. Perhaps it's not just older people, a young person who I work with admitted that she finds it hard to keep up. I see IT as this great big steam train rushing along which I try to catch every now and again. Sometimes I manage to cling on for a while but fall off again after a short time. I run along and try again, sometimes grabbing it, but then losing it again. Hopefully, I'll hop on for a while with a new phone but how long I manage to stay aboard is anyone's guess.

I like using models and analogies and used them a lot when teaching. I find it makes quite difficult ideas accessible. The steam train analogy seems to crop up in my mind a few times. I hope I don't find life in general like that, but there are certainly aspects of it that remind me of onrushing trains that I struggle to catch. I have a feeling that Church and Christianity might be one of them. I struggle along, then get it for a while, but there are a lot of doubts. I don't



think trains (or Information Technology, come to that!) are mentioned in the Bible but maybe this New Year a few different trains might come along that I could climb aboard.

Enjoy the journey wherever it takes you in 2020!

Fen Marshall



*Wishing all our readers and contributors a
Happy, Prosperous and Peaceful New Year*



**'To see Christ in all and to show
Christ to the World.'**

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 Cromhall, followed by coffee Please double check in the weekly pewsheets.

Join us for any of the services taking place in the benefice.

NB No Midweek Communion at Tytherington this month



SUNDAY 5TH JANUARY

9.30am	Cromhall	Holy Communion
11.15am	Tortworth	Holy Communion
11.00am	Tytherington	Joint Service with Baptists at Chapel

Falfield join with Tortworth

No 'Plumbing the Depths' this month



SUNDAY 12TH

9.30am	Cromhall	Holy Communion
11.15am	Falfield	Holy Communion
11.15am	Tortworth	Morning Prayer
11.00am	Tytherington	Holy Communion

BAPTISM OF CHRIST

SUNDAY 19TH

9.30am	Cromhall	Morning Prayer
11.15am	Falfield	Morning Prayer
11.15am	Tortworth	Holy Communion
6.00pm	Tytherington	Evening Service

EPIPHANY 2



SUNDAY 26TH

EPIPHANY 3

CONVERSION OF ST PAUL

9.30am	Cromhall	Holy Communion
9.30am	Rockhampton	Holy Communion
11.15am	Tortworth	Holy Communion
11.00am	Tytherington	Holy Communion

Falfield join with Tortworth and/or Rockhampton

Tuesday 28th 10.30am

Cromhall Said Holy Communion followed by coffee

SUNDAY 2ND FEB (CANDLEMAS) THE PRESENTATION OF CHRIST IN THE TEMPLE

Details of service times unavailable at time of going to print. Please see pewsheets nearer the time

Bellringing in the Benefice

Monday:

Cromhall (from 7.30pm)

Thursday:

Tortworth (8.00 - 9.00pm)
Tytherington (7.45 - 9.00pm)



- If you wish to use any of our parish churches for an event, you should always check with the Churchwarden before making any arrangements, as services may be taking place of which you are unaware.



- ALL enquiries regarding Baptisms and Weddings must be made to the Benefice Office in the first instance.**

BENEFICE PHONE: 01454 260096

E-MAIL ADDRESS: office@crofft.org.uk

CHAPLAINS:

Rev Sue: 01454 600674 or revsue@crofft.org.uk

Rev. Frances: 01453 519099

revfrances@crofft.org.uk

Churchwardens:

Cromhall: Ann Greenhalgh 01454 294200

Rockhampton: Liz Cullimore 01454 412208

Falfield: Headley Pain 01454 269017

Tortworth: Hilary Legg 01454 413234

Tytherington: John Williams 01454 412515 or
Phil Coward 01454 281444

Please contact the Chaplain, Rev Sue: 01454 600674 or revsue@crofft.org.uk, Churchwardens (details on page 2) or Benefice Office 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 Farmer's 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 or contact the Chaplain: **Rev Sue: 01454 600674 or revsue@crofft.org.uk** 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 Parish Meeting, Mrs P Godsell & Anon for their kind donations to our costs.

Each 20-page edition costs £360 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@outlook.com
- 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.

St Peter's Hospice Severnside Support Group



Sharing the Caring

Methodist Church Hall, Thornbury

**Weds 22nd January at 1.00pm
Winter Warmer Lunch**

(Cottage Pie and Crumble followed by tea/coffee, vegetarian option available)

Tickets: £8.00 per person available from the Town Hall, Thornbury, from 6th January 2020.

Please come along and support St Peter's, your local Hospice.

CARDIAC RISK IN THE YOUNG



I would like to thank everyone who supported and helped in any way at my recent coffee morning on the 16th November.

The sum raised came to £951.30p and I can't thank you enough for your kindness and generosity.

Rita Ponting.

Alveston Gardens Association

7.30pm in Alveston Jubilee Hall



Monday 6th January 2020
Britains Rarest Orchids
with Dr Colin and Angela Scrutton

All welcome – Visitors (£3)
Full programme on www.alveston.org

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

DATE FOR YOUR DIARY



St James' Church, Tytherington, will celebrate its 850th birthday this year and we are having a Flower Festival in church.

Please put the date 25th/26th July in your diary.

Wishing you all a Happy New Year.

St James' PCC

Plumbing the Depths

There will be no meeting in January



Have You Read...?

Come and join our friendly library book group on 1st Friday of every month.

Friday 3rd January 2pm

This month's theme will be:
Read any book set in a European country other than the UK



St Andrew's Primary School, Cromhall

'Recycle 4 School'

You may have noticed a textile recycling bank outside of school, on the path towards the church. We are 'going green' and recycling textiles whilst raising valuable funds for school.

Please support us by clearing out your wardrobes and recycling your unwanted textiles. There is a list of what can and cannot be recycled on our noticeboard and Facebook page.



Thank you for your support



ASHWORTHY CATTERY

ASHWORTHY FARM, TYTHERINGTON,

NR WOTTON-UNDER-EDGE, GLOS GL12 8QD

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

**Divorced, Beheaded, Died:
An Audience with King Henry VIII**



A performance presented by the Armstrong Arts Group and the Select Society Company, written by John White and performed by Jack Abbot.

Cossham Hall, Thornbury

February 29th at 7.30pm

Tickets £12 or (£10 concessions over 65) from Thornbury Town Hall or ring 01454 412272

"The year is 1544 and King Henry, the eighth of that name, is engaged upon Royal Progress about his Realm; and has halted here to afford his loyal subjects the opportunity to have "audience" with their Sovereign Lord and King.

The King, recently married to his new and sixth wife, Queen Catherine Parr, is in poor health; his leg continues to cause him considerable pain and he is often in poor humour! In the course of the "audience", His Majesty will recount the events of his long reign; telling of his wives and his children, and His Majesty will invite his Loyal Subjects to Petition him or question him on ANY related subject. There may be some surprising answers – a lively Q&A is assured!"

".....what a superb show! It was hard to believe we were not in the presence of the formidable monarch himself....the audience were enthralled by this talented and impressive actor."

Anne Ellison, BEM, Artistic Director, Next Stage Theatre Company and the Mission Theatre Bath.

The Tytherington Churpels will be presenting their annual pantomime:

Snow White and the Seven Dwarfs

By Bob Heather and Cheryl Barrett

on March 5th , 6th and 7th 2020 at 7.30 pm with a Matinee on Saturday 7th at 2.30 pm

at Tytherington Village Hall

Adults £7.50 Child £5.50

Tickets will be on sale at the hall from 6.30 pm on Tuesday 28th January and then Tuesday and Thursday evenings

Box Office - 01454 418553



AFTERNOON TEA
Tytherington Baptist Church



Please note that there will be **NO MEETING** on Wednesday **JANUARY 1ST**.

The next 'Afternoon Tea' will be on **Wednesday 5TH FEBRUARY** between 2:30 & 4:00 p.m.

Do come along then & meet your friends from Tytherington for a chat over a 'cuppa' & some savoury snacks & cake.

We normally meet on the first Wednesday of each month and it may be possible to arrange lifts for those who find difficulty attending.

Please contact Brian or Ren on **01179 793104**



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

5th	Joint Service at Chapel {Epiphany & Covenant Service}	Brian & Val
12th	"New Things" (1) [Isaiah 42 ⁵⁻⁹] * ¶	Brian
19th	"New Things" (2) [Isaiah 43 ¹⁶⁻²¹] *	Brian
26th	"New Things" (3) [Isaiah 48 ¹⁻⁶] *	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.



Christmas Wreaths and Churchyard Flowers

Christmas wreaths on graves are a lovely reminder of loved ones at this time of year, and you are welcome to place them. However, this is both a reminder that these (and poppy wreaths at Remembrance-tide) are the only artificial flowers allowed in churchyards, and a request that they be removed by Candlemas, February 2nd, (the end of Christmas) please.

Should you be unable to remove your wreath by then, the Wardens and those who look after our churchyards will gladly do it on your behalf.

Falfield Village Hall

Join any time - come when you can - pay as you go

Monday Music Classes - £5

Jigs, Reels, Polkas, Hornpipes

5.00pm - 5.30pm

For beginners on fiddle, mandolin, whistle etc

5.30pm - 7.00pm

All welcome - Play from music score or by ear

Monday Dance Class - £8

Irish Square Set Dancing - for fun and fitness

7.30pm - 9.30pm

Join any time no partner necessary

Just pop in any Monday to see
what we do !
or contact Jill

Jill Elliot - 07515 904 707

jillyelliot@gmail.com

www.jillelliotmusicanddance.com



Sam Hutchinson
FITNESS

Back-Care Pilates

Back-Care Pilates is a 12-week Pilates-based course designed to help people with back pain. The next courses start on the 13th & 14th of January, 2020.

Only 10 places are available on each course, so please book early.

For more information, or to book your place, please contact:

sam@samhutchinsonfitness.com

07977 632003

www.samhutchinsonfitness.com

Day & Time	Location
Mondays, 10:30-11:30am	Christ the King Social Club, Thornbury
Tuesdays, 7:00-8:00pm	St Helens Church, Alveston

Rogue Traders and Licensing Contact Details

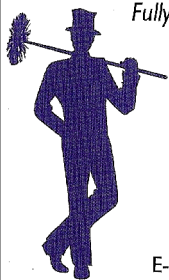
If you think you have been the victim of a scam or rogue trader, please contact Trading Standards, Citizens Advice Consumer Service: Mon to Fri 9.00 – 17.00 Ring 03454 04 05 06

Hills 'n' Vale

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Gloucestershire GL12 8DL

Telephone: 07885837660

E-mail: kevin@hillsnvalechimney.co.uk



THORNBURY LIBRARY

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LOOKING FOR OPENING TIMES, SERVICE INFORMATION OR CONTACT DETAILS?
SEE OUR WEBSITE

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- Turfing



Find us on
facebook

@HWGroundworks

07455 016626

henrywilliams.99@hotmail.com

TYTHERINGTON FACEBOOK PAGE

There is a Facebook group aimed at residents of Tytherington called Tytherington (Gloucs) Life. The link is bit.ly/2JKDvXw or can be found by searching for **Tytherington Life** on Facebook.

There is also a Bristol to Thornbury taxi share group open to residents of Tytherington; also at bit.ly/2JKL7Ak.

Rhymetime:

Every Friday morning 10.30 – 11.00am (term time only)

Rhymes and songs for parents and babies/toddlers to enjoy together

It's story
TIME
@your library™

Pre-School Storytime:

Every Monday Afternoon at 2pm (term time only) Come and join us for stories and a simple craft.



The Thornbury Orchestra

Thornbury's local Symphony Orchestra

Concert on

Sunday 19th Jan 2020

conducted by Chris Hill

Thornbury Castle School, 3.00pm

The concert is in aid of the The Lemur Foundation, which supports the conservation of Madagascar Lemurs, and there will a short talk from a representative of the foundation during the concert.

Programme includes a mix of animal themed music including:

Die Fledermaus Overture by Strauss

The 'Cunning Little Vixen' suite (Janacek)

'Goldilocks and the Three Bears' (Coates).

Entry for children & young adults free;

adults £8 Tickets available on the door or from any of the Orchestra members. Full details of this and future concerts are available on the Orchestra website

www.thornburyorchestra.org.uk

The Orchestra, which comprises talented local musicians and is always happy to hear from interested players, has been providing entertainment in South Gloucestershire since 2002.



TRADITIONAL PANTO 'THE SLEEPING BEAUTY' COMES TO THORNBURY



Thornbury Musical Theatre Group is proud to bring you one of the most traditional and popular pantomimes. 'The Sleeping Beauty' will be performed at the Armstrong Hall, Thornbury 19 to 22 February.

This is a feelgood show for all the family with audience participation, drama and romance, upbeat songs, high powered dance routines and plenty of laughter.

You'll be whisked away to Merriville where the friendly local folk have just had some special news! Nanny Nora is looking out her best frock, Fairy Fairway is on the hunt for some apprentices, and mean Aunt Ophelia is busy thinking of wicked ways to spoil everything! Will our Princess Crystal meet her Prince Romeo? Who is the unexpected hero, finally saving the day? For the answers, come and see for yourselves and join in the fun.

Performances 7.30 pm nightly, with matinées 2.30 pm Friday and Saturday. Adult tickets at £12.50, with concessions and group discounts available, are bookable online at www.tmtg.org.uk; by phone on 07516 270140 and at Lisa Costa Residential Sales and Lettings, 53 High Street, Thornbury (from 18 January). All tickets are subject to a 50p booking fee, regardless of how they are booked. For more information go to www.tmtg.org.uk or Facebook.

The Leprosy Mission



We would be grateful if you could collect any of the following items on our behalf:

- Stamps of all descriptions, GB and foreign (even the very common ones)
- Postcards (GB and foreign, posted or unused)
- Coins and bank notes
- Medals

Please ensure when posting your gift to us that it is weighed and the correct postage paid. Royal Mail will otherwise make a surcharge for underpaid items.

Please send your gifts to: The Leprosy Mission
Goldhay Way Orton Goldhay Peterborough PE2 5GZ



Chipping Sodbury MU branch

meets on the 2nd Monday of each month at 2pm in St John's Church Centre.

If you would like to join us you will be very welcome.

Our next meeting will be
Monday Jan 13th

when our speaker will be
John Barnett talking about the **RNLI**

For more information contact
Ann Greenhalgh 01454 294200

WINNERS OF NOVEMBER ST ANDREW'S CHURCH 100 CLUB DRAW



£30 NO.43 MRS ROSIE WILLSHAW

£20 NO. 8 DEBBIE ROSE

£10 NO.44 MRS LINDA RICHARDS

Congratulations to all November's winners in the final draw of the year. A full list of winners

for 2018/19 can be found in Cromhall Village Shop, St Andrew's Church and cromhall.com website. The first draw of 2019/20 took place on Christmas Eve at 11am in Cromhall

Village Shop and was for £50. There are still about 20 numbers available and it would be lovely to have them all taken for the first time in many years! . For anyone who would like to pay by Standing Order on a yearly basis, there are forms available in the village shop.

As this notice will be in the January edition of 5Alive, may I take this opportunity to thank you all for your valuable support of our beautiful church and churchyard and wish you a very merry festive season and a happy and healthy 2020.

Mandy Bird (01454 294186)



Quality, bespoke,
kitchens, bedrooms
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Our clients have trusted us for more than 30 years to help us realise their dream rooms. All our furniture is manufactured in the UK by suppliers that meet our high, unwavering standards.

Join us for our open day on Saturday 7th March 2020!

Live cooking Demonstrations for NEFF, Siemens & AGA. Representatives from our bathroom & furniture suppliers.
PLUS discounts & offers on any orders placed.

0117 956 1381

info@hskltd.co.uk

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www.HarveysSelect.co.uk



SIEMENS



Thornbury Library

"Ukulele Jam"



Join us for some excellent
foot tapping music **AND**
maybe even start a new
hobby for the NEW YEAR

**Saturday 18th January
10.45am-11.30am**



Chatterbooks Group

Are you in years, 4, 5, or 6?
Take part in book-themed and activity
sessions every month at
Thornbury Library

Saturday 11th January 10.30am-11.30am

Vision West of England

**Thursday 2nd January 10.30 - 1.00 pm at
Thornbury Library**

**Support and advice for visually impaired
people**

TYTHERINGTON LOCAL HISTORY GROUP



At our next meeting on **Friday January 10th 7.30 pm** in the Baptist Church School Room we welcome **Fiona Warin** who will be giving a presentation about the **Women's Land Army** and the part the Land Girls played in keeping the home fires burning during World War Two. Working on the land was an arduous job, long hours from early morn until late at night, in a uniform that did not fit. Many Land Army girls worked on Tytherington farms during the war. Fiona is a renowned speaker well known for her inspiring and raucous talks.

Visitors are always welcome to our meetings, entrance £2 including tea/coffee and a biscuit!



TORTWORTH PARISH MATTERS

Dates for the diary:

- The next parish meeting to include the Annual General Meeting is on Tuesday 3rd March 2020 at The Tortworth Estate Office at 7.30pm. All parishioners are welcome and are able to participate in the meeting.
- The annual parish litter pick will take place on Saturday 21st March – meet at 10am at The Estate Office – hot drinks and bacon butties served afterwards. This is always well attended, very worthwhile and an opportunity to catch up with other parishioners so please come along – it is only an hour.

A Tortworth Parish Meeting was held in on 3rd December.

The main areas of discussion were:

- Leyhill Prison – there were discussions on Leyhill Prison particularly relating to absconders and the category of prisoner. Parishioners wish to clarify the classification of prisoners held at the prison.
If any parishioner wishes to be notified when there is an absconder, please let the Parish Clerk know. Councillor O'Neill will write to the elected MP to try to obtain a meeting with Leyhill.
- The damaged bus stop sign at the crossroads has been replaced.
- Churchwood Quarry – A number of parishioners had attended the parish presentations and the recent open days. Cemex will shortly be making a planning application for the new extension.
- Tortworth Court are now notifying the Clerk when there is planned firework display. If any parishioner wishes to be informed, please let the Clerk know or contact Tortworth Court directly.
- Issues relating to the motorway lay by were discussed with parked vehicles blocking access to properties. This is to be taken up with South Gloucestershire Council.
- Finance – a precept of £200 was agreed for 2020/21. This is as for 2019/20.

Planning

A small planning application for Cove Cottage was discussed. The parish was supportive.

There was the usual update on planning matters locally. The ongoing delay on the Joint Spatial Plan including Charfield and Buckover were noted.

Good progress on the Charfield Neighbourhood Plan was noted.

There was discussion on the development at Heneage Farm in Falfield which is likely to start soon together with the allocation of sports monies from the development.

There was discussion on the draft Stroud Local plan.

There was discussion on Junction 14 and possible improvements.

The meetings attention was drawn to ash dieback, particularly relating to roadside trees.

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



Thornbury and District Cancer
Research Committee

The Poets Quartet & Thornbury Good Afternoon Choir

will perform a selection of classical & modern
pieces, songs, ballads, etc
on

Saturday February 29th 2020
Thornbury United Reformed Church
Doors open at 7pm for a 7.30 start

Retiring collection in aid of Cancer Research
UK.

Further information from Jennie on
01454 415856

Severn Valley Quilters

Exhibition of members work

Thornbury Methodist Church Hall
Castle Court, BS35 2AQ

Friday 21st February 2020 2pm - 5pm
Saturday 22nd February 2020 10am - 4pm

Disabled Access Admission £3

Traders; Sales Table; Tombola;
Refreshments

Proceeds to Western Air Ambulance
Contact for queries:

severnvalleyquilters@gmail.com



Thornbury Choral Society Thurs Jan 16th 2020

"Back to Singing" Course

Have you been a singer and want to get back into singing? Or would you like to learn more about singing techniques and reading music? Thornbury Choral Society will run a "Back to Singing" programme in the New Year to help you do this - with the added opportunity to sing in the Fauré Requiem in May.

The course director will be Kate Phillipson-Masters. The main emphasis will be on encouragement to build your confidence in singing and reading music. Mentors will be there to help as well.

- Venue: Thornbury United Reformed Church, Chapel Street
- Start date: Thursday January 16th 2020 for 8 weeks
- Time: 7.30pm, initially for one hour, increasing to 1½ hours in later weeks
- Cost: £40 per person plus returnable deposit of £10 for scores

After the course, participants may be invited to sing in the Society's concert on May 2nd and join in the full choir rehearsals on Monday evenings at 8.00pm.

Wassai!



Celebrate "Old Twelvey Night" with the Rockhampton Folk Festival

**Friday 17th January
7.45pm Rockhampton Village Hall**

Join Louis Bingham and Griselda Sanderson on 17 January to celebrate "Old Twelvey Night". This is the day that wassailers visited the cider orchards of England reciting incantations and singing to the trees for a good harvest for the coming year.

Louis and Griselda - a mother and son duo - keep alive the timeless traditions of a musical family. Louis plays fretted instruments such as the Celtic cittern, guitar, and Bulgarian tambura, and is an accomplished singer. Griselda plays bowed string instruments including the violin, the Norwegian Hardanger fiddle, and the Swedish nyckel-harpa. Drawing on midwinter sessions around the hearth they've taken their diverse repertoires and combined them to create a distinctive duo sound and a repertoire reaches from Galicia to Norway, from Donegal to Piedmont, and many more places in between.

Tickets from rockhamptonfolkfest.org.uk £10 (or £5 for under-18s and students). The village hall isn't big so get your tickets soon.

Cromhall Senior Citizens

If you are a retired senior citizen living in or around Cromhall, you are invited to join our **Tat3** group.



There are no joining fees or monthly charges.

Twice a year we are entertained by St Andrew's Primary School and in the Spring and Autumn we go out for lunch, usually to one of our local garden centres.

For the remainder of the months, on the 3rd Thursday, we meet at 3pm in Cromhall Village Hall for tea, sandwiches, cakes and a chat.

**Our next meeting is
Thursday Jan 16th**

You are welcome to join us for

Tat3

An afternoon of vocal treats from Puccini to Sondheim, guaranteed to make you laugh and cry!

**Kate Milner Evans with Nicki Barnes
(Woodward) at the piano**

perform a selection including excerpts from Carmen, Tosca, Sweeney Todd and Sunset Boulevard

Cossham Hall, Thornbury, on
Sunday January 12th at 3.00pm
followed by tea and cakes.



Tickets @ £10 from Thornbury
Town Hall or ring 01454
412272.

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.

Scout News

Scouts helping others



Once again we held our annual Scout Christmas Carol Service in St George's Church, Falfield, and it was well attended by our Beavers, Cubs and Scouts along with their friends and relatives. The Woodford Silver Band provided the musical accompaniment and the Service was led by the Rev Frances Wook-ey. Our chosen charity was the Salvation Army Christmas Appeal and the collection raised an amazing £163.78 Thanks to the generosity of our parents and young people a lot of people will have had a better Christmas.

Growing up and moving on

Due to some of our Beavers moving up to Cubs and some Cubs moving up to Scouts we currently have some vacancies in our Beaver section and limited vacancies in our Cub section, sorry Scouts are full.

Beavers are young people aged 6 to 8 who, master new skills and try new things, have fun and go on adventures. They make new friends and are curious about the world around them.

If you know a young person who would like to join please email: groupscoutleader@1stfalfieldscouts.org.uk

Congratulations and Thank you!

Our Group Treasurer, Gary Pallett has been awarded the Chief Scout's Long Service Certificate for 5 years' service to Scouting.

Did you know?

2019 marked the 50th anniversary of the Apollo 11 moon landing and the first humans to walk on the surface of the moon. Of the 12 people who walked on the moon, 11 were former Scouts.

'Scouts was the first step on a journey that led to me becoming an astronaut. With the right skills, anything is possible.'

Tim Peake Astronaut & Scout Ambassador.



For further information about joining or volunteering contact:

Arnold Tucker, Group Scout Leader - 1st Falfield Scout Group

Email: groupscoutleader@1stfalfieldscouts.org.uk

Tel: 01454 261824 Mob: 07879 674807

Caring for a person with dementia



- **Know your limits** – It is important to remember that you are only one person and there is only so much that you can do. Try to focus on what you can do and accept the things that you can't.
- **Prioritise** – When you have a lot of different things to do, it may help to prioritise. Work out which things you really need to do and which things are less important, and do the most important things first.
- **Don't compare yourself** – Try not to compare yourself or your situation to other carers. You may feel like they are coping much better than you, but everyone's situation will be different, and everyone has their own challenges to face. You may struggle with things that they find easy, but they may struggle with things that you cope with well.
- **Confront your feeling** – It is important to try to understand why you feel the way you do, and accept any negative feelings that you have. You are not alone in feeling this way – it is a normal reaction. Having negative feelings does not mean you are a bad person, and being aware of your feelings may make it easier to deal with them and move on. If you are feeling frustrated, try to work out why. Are you trying to do too much? Are you not getting the help you need? Once you have understood why you feel the way you do, you will be able to make clearer decisions about what is right for you and for the person you are caring for.
- **Talk about things** – Talking is often the first step to dealing with your emotions. It may seem like a small thing, but it can make you feel less isolated and stressed, and it can help to put things in perspective. Bottling up your feelings, or not taking the time to address them, is likely to make things worse. This is bad for you as well as the person you care for. You might want to talk to an understanding professional – such as the GP, social worker or counsellor – or a good friend or family member. You can also speak anonymously to someone on a helpline or discussion forum such as Alzheimer's Society's Talking Point. If you feel that you're really struggling, speak to someone as soon as possible.
- **Talk to other carers** – Talking about your experiences with other carers can also be hugely beneficial. You may be able to share advice and discuss your experiences. It may also be easier to talk about your feelings with other carers because they understand what you are going through. Carers' support groups or discussion forums such as Talking Point are ideal.
- **Involve family and friends** – You may find involving family and friends helps to give you a break and reduce some of your stress. For some people they can provide a good range of support. Even if they can't offer day-to-day care, they may be able to look after the person while you have a break, or they might be able to assist in other ways, such as helping with finances. It may help to talk about dementia to the people you know. Tell them what life is like for you, and for the person you care for. This may help them understand how much you do and what help and support you need. It may also help to suggest ways that people can help – sometimes they may not offer because they don't know what they can do. And if you say you can manage without help, people may not think to ask again. Remember to always let people know how valuable their support is.
- **Ask for help** – Don't be afraid to ask for help and support if you need it. If you don't have any friends or family who can help, or need types of support they can't provide, a voluntary organisation or your local authority might be able to help. Find out whether there are any services available for you or the person with dementia in your local area. Alzheimer's Society's Dementia Helpline can help with this. Also see our 'Getting help and support' page at www.alzheimers.org.uk
- **Think positively** – Pick out and focus on some of the positive aspects of caring and supporting someone, such as your commitment to the person you care for, and your fondness for them. Think about your relationship with them and the fact you are there for them and are helping them enormously.
- **Focus on the good things** – Sometimes it can be hard to see the positive things that you are achieving in your caring role. Writing things down – even small things, such as a shared joke – might be useful. When you are having a difficult day, these things can remind you of the good you are doing and that there will be better times.
- **Take a break** – You will be able to cope better if you take breaks away from the person you care for and find time for yourself. Try to find time to reflect and relax, enjoy personal interests and hobbies, and socialise with friends and family.

New research has revealed that the number of carers aged over 80 has rocketed over the last decade.

National Dementia Helpline: 0300 222 11 22

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

**PARKINSON'S
 LOCAL SUPPORT
 GROUP IN
 THORNBURY**

Our self-help group meets at The Chantry on the last Friday in every month, from 10.00am to 12 noon.

We offer a friendly welcome and the chance to chat with people with Parkinson's and their family carers in a relaxed and informal atmosphere.

We have quite a wide spread of group knowledge with varying levels of experience of the disease and the local support available from the NHS and Parkinson's UK. So, if you fancy a chat with people in a similar position as you, come and have a coffee and meet us.

For further information contact Sally Derham on 01454 632910 or email sally.derham@btinternet.com



**St George's Church,
 Falfield**

Can you help?

**We need some
 practical help at times.**

**It would be great if
 we could form a small
 group of people with
 some time to spare to
 help us.**



In the summer we have just one person who does a really good job of keeping the churchyard in order, but it is far too much for just one person.

Could you help us?

Please contact: Headley Pain,
 Churchwarden, on
 01454 269017
 or email: office@crofft.org.uk



A RockPipes Burns Night

Come and enjoy a Burns night with a difference at the Armstrong Hall on Saturday 18th January 2020 with entertainment provided by RockPipes, a 7-piece Celtic Rock Band. (To find out more about RockPipes, check out: www.facebook.com/rockpipes)

The traditional piping in and address of the haggis will be followed by a 2-course meal and there will even be time for some Scottish dancing! So dust off your sporrans and get your dancing shoes on for what promises to be a lively and fun-filled party to celebrate Scotland's most celebrated bard.

Tickets include 2 course meal, a welcoming whisky dram, music, dancing, fun and games and the bar's always open! Price just £32 fully inclusive of dinner and entertainment!

***Tickets are limited - available from Thornbury Town Hall or online:
www.rockpipes.co.uk or contact Andy Warn on: 07916 253267***



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Rockhampton Village Hall 100 Club December draw winners were:-

£15 Sandie Goode
£10 Geoff Sprackman
£5 Sharon Lynas
£5 David Walker

December Bonus draw

£75 Lyn Isaac
£50 Gemma Melvill
£35 Michael Britten
£30 Valerie Gulwell



www.rockhamptonvillagehall.com

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Sunday Worship Services

Join us as we worship the Lord each Sunday, followed by refreshments.

5 th (10.30am)	Bes Gorrea	(6.30pm)	Trevor Doherty
12 th (10.30am)	Geraint Howells	(6.30pm)	Trevor Brain
19 th (10.30am)	Damon Ujvarosy	(6.30pm)	David Frampton
26 th (10.30am)	Stewart Heap	(6.30pm)	Ed Stuart

Wednesdays at 7.30pm:

- 8th We meet in House Groups
- 15th Bible Study and Prayer in the chapel hall.
- 22nd Annual Members Meeting
- 29th Bible Study and Prayer in the hall

Cromhall Crafters: Tuesday 14th January at 7.00pm and the second Tuesday of each month. Join a friendly group of ladies who work on our crafts together while we chat and enjoy a cup of tea.

Townwell Tots: Every Thursday in term time from 10.15am till 12 noon. A free stay and play for babies, pre-school children and their parents and carers. Enjoy a coffee and cake and catching up with each other while the children play. We finish with a time of singing and a Bible story.

Ladies' Breakfast: Saturday 18th January at 9.15 am. Join us for a delicious breakfast followed by an illustrated talk entitled *Out of Africa* by Sue Frampton who spent 10 years living in Ghana.

"I love those who love Me, and those who seek Me diligently, find Me."

(Proverbs chapter 8 verse 17 – Chapel theme verse for 2020)

SWEEPSAFE

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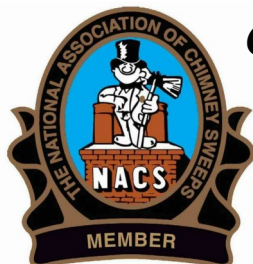
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Cheesy leek and potato pie

6 large potatoes
mature cheddar
300 ml milk
Salt & pepper

2 large leeks
2 tablespoons flour
butter

Method

- Either parboil the potatoes or slice them so thin that they will be 'done' in the oven. Chop up the leeks, quite roughly.
- Make the sauce by melting a knob of butter with the milk, then add flour, keep stirring to keep a smooth sauce that is not too thin, then add half the grated block of cheese, keep stirring until the sauce is smooth. Add salt etc. to taste
- Sprinkle leeks on top, pour the sauce over evenly, then add the rest of grated cheese.
- Bake at 180° C for 30 - 35 mins, until brown on top and when the potatoes are easily pierced by fork.

Goes well with sausages



On the Move

December saw the departure of Patrick and Jane Martin from Cromhall to Chip-ping Sodbury and they will be sorely missed. Both have been leading figures in village and benefice life for a considerable time.

One of Patrick's more memorable tasks was that of printing thousands of copies of 5 Alive at the benefice office in addition to being responsible for distribution of the magazine for many years. In all his activities he has been ably supported by his wife, Jane.

We shall be saying a formal farewell and showing our gratitude for all their hard work and commitment to Cromhall and the wider community in due course but the date is yet to be fixed, so please look out for further details.

Meantime, we wish them both well in their new home.



Greet the first New Moon of the year, when it appears

(Love Island 17th century style?)

At the first appearance of the New Moon after New Year's Day, go out in the Evening and stand astride the Bars of a Gate, or Stile (In Yorkshire they kneel on a ground-fast Stone) looking on the Moon, and say:

*All Hail to the Moon, all Hail to thee
I prithee good Moon reveal to me
This Night who my Husband (or wife) must be.*

You must presently after go to Bed. I knew two Gentlewomen that did thus when they were young Maids, and they had Dreams of those that afterwards Married them.

John Aubrey, *Miscellanies*, 1695

John Aubrey FRS was an English antiquary, natural philosopher and writer. He is perhaps best known as the author of the Brief Lives, his collection of short biographical pieces. He was a pioneer archaeologist, who recorded numerous megalithic and other field monuments in southern England, and who is particularly noted as the discoverer of the Avebury henge monument.





FINDING BUTTONS Octopus Drama Group

Octopus Drama Group has a policy of always putting on original pantomimes, written in the main by members or friends of the group. This year is no exception. Written by Caroline Wookey, 'Finding Buttons' is a pantomime sequel to Cinderella.

Time has gone by and we find Queen Ella, happily married to her Prince Charming, living a very different life in her palace. Unfortunately, the whole family seems to have moved in with her. Her wicked stepmother (still wicked), her ugly sisters (still ugly) and her father (still long-suffering) are all there to add to the hilarity. Many new characters have been written in to the story and there are lots of questions to be answered. Will the fairy god-mother find her magic? Who are the Pinkly Blinders? What secrets are held by the strange painting on the wall? But, most important of all, what happened to Buttons, her long-time friend and admirer?

To find out the answers to these questions and enjoy a fun filled evening come along to

Christ the King Church Hall, Thornbury
Weds January 8th – Fri January 10th at 7.30
Sat January 11th at 11am and 2.30pm
Tickets: £7 adults; £5 children under 18

*Tickets on sale from Chappell and Matthews,
Thornbury High St or call Karen on 01454 413783*



LEGO CLUB AT THORNBURY LIBRARY

Come and join us for a story
Create your own LEGO masterpieces
Display them in the library for your family and friends to see

Saturday 25th January 10.30am-11.30am



**Thornbury Macular and
Low Vision Social Group**
**meets on the first Tuesday
of the month 10.30am - 12.30pm at the
Methodist Church Hall, Thornbury.**

**Contact John Paton on 01454 885301 for
details**

IT SUPPORT AT THORNBURY LIBRARY

**Computer volunteers to help with your IT and
online questions** (Please speak to a member of
staff for dates and times)



**Start the New Year with a
resolution to help others
in your community**

With Christmas just a happy memory, getting out and about in your local area and helping others less fortunate than yourselves is a good way to banish those winter blues.

There are many reasons why people volunteer. For some, volunteering can be a route to employment, or a chance to try something new which may lead to a career change. For others, volunteering appeals because of its social benefits, meeting new people and making new friends.

Thornbury Volunteer Centre can provide you with information and support on volunteering opportunities in the local area which best suit your needs, skills and time available, whilst making sure that you find volunteering an enjoyable and worthwhile experience.

Age, gender or disability is not a barrier to volunteering. Anyone, who is able to spare some time, from an hour a week to once a month or just on a one-off basis, would be warmly welcomed by someone in the community.

**Volunteering is a valuable experience that
benefits all parties.**

If you would like to find out more please contact Thornbury Volunteer Centre; visit our website at www.volunteer-thornbury.co.uk or call into the office at Thornbury Town Hall between 10.30am-12 noon Monday to Friday.

COME AND SING WITH US!

You are invited to join us and sing some lovely well-known opera choruses at our choral workshop on Saturday 29th February 2020. To be held at Thornbury Baptist Church, conducted by Steven Kings and accompanied by Robin Baggs, starting at 10.30am.

Rehearsals on the day will culminate with an informal workshop performance for family and friends. Tea, coffee, biscuits and cake included, lunch is available by pre-booking only for £7.50. Scores available to hire on the day at £2. Workshop price £13.50 (£11.00 for Thornbury Society Members) Enquiries Email: workshop.thornburychoral@gmail.com Or contact Tessa Sullivan 01454 417865

Come and join us!

See details of our 'Back to Singing Course' on page 10.

Contact 01454 416518, or

Email thornburychoral@gmail.com for details.

Rockhampton Parish Council

Rockhampton Parish Council met on Monday 19th November 2019 when among a number of issues Councillors approved the Parish Precept of £3,808.00 for 2020/21.

Ward Cllr M. Riddle reported on a number of highways actions that had been completed since the last meeting in August. He also reported that speed monitoring had taken place on the Lower Stone Road through the village which recorded an average speed over a 7 day period at 33.7 mph, however the 85% percentile speed (the speed that 85% of drivers will drive at or below under free-flowing conditions) was recorded at 42 mph. Based on these figures it was agreed that a meeting should be sought with South Gloucestershire Highways to see what, if any, calming measures could be implemented in order to further reduce the speed through the village.

The new Parish notice board was now in place at Newton and Cllr England offered to arrange for a named plaque to be fitted. The Clerk had also received a quote of £334.00 for the refurbishment of the notice board at the Wheel which Councillors approved for necessary repairs to be completed.

Councillors also discussed the future purchase of a defibrillator which Councillors hoped could be part funded by financial support from local businesses.

Following the meeting a presentation was made to the outgoing Clerk Mrs E Vaughan Lewis for her services as Clerk for the previous two years.

The draft minutes from this meeting along with other Parish Council information can be accessed online at www.rockhamptonparishcouncil.co.uk



The next meeting of the Council will take place on **Monday 3rd February** in the Village Hall commencing at 7.30 pm.

James Carpenter, Clerk & RFO.

rockhamptonpc@gmail.com

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Your magazine: How to send copy or adverts for inclusion in '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

When?

- Copy date is **strictly before midnight on the 19th of each month** (but the earlier we receive material the better).

In what form?

- Please submit all copy by e-mail (attachments should be in **Word or Publisher** format, **not PDF**). (We 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, black and white is preferable as it reproduces more clearly.
- Charities wishing to publicise events should quote their charity number.**

ADVERTISING:

- The deadline for inclusion of 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
Full page:	£56	£40
Half page:	£28	£20
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 paying for 6 months' advertising in advance

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

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The advertisement features a colorful illustration of various animals including a rooster, a blue chicken, a white rabbit, a black cat, a brown dog, and a brown horse, set against a background of green hills, trees, and a bright sun.