Benefice community newsletter for Tortworth, Tytherington, Rockhampton, Cromhall and Falfield



Hot July brings cooling showers, Strawberries and gillyflowers.



July 2019



I am constantly grateful that I don't live in a dirty, smelly, noisy city like London, which I did when I was a student, and it offended all my senses. I feel so privileged to live in a beautiful part of the country, even when it's pouring with rain, and to be able to move around freely, unlike the Palestinians for example, confined by huge concrete walls and checkpoints, which make it difficult to reach hospital, work, school or university, or to visit family and friends on a daily basis. We don't have to

struggle to do these things, relatively speaking.

We are so fortunate to have easy access to education and health care, shops and even entertainment when we live in more remote areas, but we enjoy other benefits some people can only dream of. We can step out of our doors into a quiet, peaceful environment. We can enjoy the wildlife and the trees and wild flowers (some of them in our gardens!) which surround us.

Of course, not everyone enjoys this kind of life, but it does lead to a quieter, more thoughtful view of the world, which could benefit everyone at this time when world and national events are enough to send your blood pressure soaring! It gives you more time not available to those caught up in the busy city to think and reflect on what is really important to you and the world around you.



Jennifer Oldershaw

Count your blessings



'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 Tortworth, followed by coffee either at The Huntsman or The Farmers' Table. Please double check in the weekly pewsheet.

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

Wednesday 3rd

2.00pm Plumbing the Depths at Leyhill Café



SUNDAY 7TH

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 Chapel

Weds 10th

7.00pm 'Embrace' at St George's, Falfield

Thursday 11th* NB Change of date

9.30am Said Holy Communion at Tytherington



Don't forget! Sat. 13th July 10.00am - 4.00pm CRAFT FAYRE at St. Andrew's, Cromhall,

SUNDAY 14TH

TRINITY 4

SEA SUNDAY				
9.30am	Cromhall	Holy Communion		
11.15am	Falfield	Holy Communion		
11.15am	Tortworth	Morning Prayer		
11.00am	Tytherington	Holy Communion		
2.00 - 4.30PM CREAM TEAS AT TORTWORTH				

SUNDAY 21ST

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



Tues 23rd

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

SUNDAY 28TH

9.30am	Cromhall	Holy Communion	
9.30am	Rockhampton	Holy Communion	
11.15am	Tortworth	Holy Communion	
11.00am	Tytherington	Holy Communion	
Falfield join Rockhampton or Tortworth			

TRINITY 6



LAMMASTIDE

SUNDAY 4 TH AUGUST		TRINITY 7
9.30am	Cromhall	Holy Communion
11.15am	Falfield	Morning Prayer
11.15am	Tortworth	Holy Communion
11.00am	Tytherington	Joint service with
		Baptists at St James'

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@croftt.org.uk

CHAPLAINS:

Rev Sue: 01454 600674 or revsue@croftt.org.uk Rev. Frances: 01453 519099 revfrances@croftt.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@croftt.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@croftt.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.croftt.org.uk** to see the pewsheet 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@croftt.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:-

- Make sure someone tells one of the ministry team that you are going into hospital – ask them to pass on the message as appropriate.
- 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 Mr & Mrs R J Unwin and Tortworth Plants 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.

5 ALIVE DISTRIBUTOR NEEDED FOR THE ORCHARD & CHURCH COTTAGES, TYTHERINGTON

A volunteer distributor of 5 Alives is needed for The Orchard, Church & Church Cottages, Tytherington. This involves collecting the 5 Alives from the Village Shop once a month and delivering

them to the households. Please contact Alison Studley on 01454 411954 for further details.





Ann Riddiford

Do you have a copy of 'We Grew Up In Falfield' which you no longer need?

If so, please contact Kay Rea on 01454 260364 or email kay.rea@btinternet.com



IN CONCERT A fun fusion of traditional, rock and Celtic numbers from this locally renowned band

St James' Church, Tytherington

Saturday 21st September 7.30pm

Tickets: £12.50 (16s and under £8.00) includes a glass of Prosecco and nibbles available from Tytherington Village Shop or book by email <u>stjames@mail.co.uk</u> or phone 01454 501431

Sponsored by Cotswold Homes

AFTERNOON TEA IN TYTHERINGTON

We normally meet on the first Wednesday of each month.

Come to the Schoolroom at the rear of the Baptist Chapel on **Wednesday 3rd July** between 2:30 - 4:00 pm



Meet your friends from Tytherington for a chat over a 'cuppa' & some savoury snacks & cake.

Lifts may be arranged for those who find difficulty attending.

Please contact Brian or Ren on 01179 793104



Please come to Jill & Dave Bailey's Open Garden Sunday 21st July 2019 2.00 – 6.00pm at Tanglewood, Cowship Lane, Cromhall, GL12 8AY Teas available.

Rockhampton Village Hall 100 Club



May draw winners were:

Tom Cullimore£15.00Hilary Clarke£10.00Mike & Katie Dent£5.00Geoff Sprackman£5.00

Many thanks to everyone who joined the 100 club from 1st.April.

The monthly draw is £15, £10, £5 & £5.

The December bonus draw will be £75, £50, £35 & £30.

www.rockhamptonvillagehall.com

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

	TYTHERINGTON BAPTI	ST CHURCH	
FOR FURTHER DETAILS OF ANY OF OUR SERVICES/ACTIVITIES, PLEASE CONTACT Mr Brian Allen (Pastor)			
	Contact Number: - 01179 793104 Email:- <u>allenbroncksea@blueyonder.co.uk</u>		
SEE ALSO THE CHURCH WEBSITE: www.tytheringtonbaptistchurch.org			
7th	Joint Service at Chapel – "HEALING" [John	5:1 – 15]* Brian	
14th "SUBMISSION" [1 Peter 2:13 – 25]¶* Brian		Brian	
21st "EMBRACING WISDOM" [Proverbs 1:1 – 7]* Brian		Brian	
28th "BENEFITS OF WISDOM"(1) [Proverbs 2:1 – 11]* Brian		- 11]* 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.			

WANTED

Do you have any old or unwanted Lego?



Thornbury Library would be grateful for any donations for a new Lego club.



Alveston Gardens Association

7.30pm in Alveston Jubilee Hall Monday 5th August 2019

" Lilies and Orchids from Turkey Duncan Coombes



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

)-t	FALFIELD WEATHER RECORDS FOR MAY 2019					
	High		Low		Average	
Temp	23.0	٥C	0.0	٥C	12.0	٥C
Dew Point	14.0	٥C	-11.0	Ο ⁰	2.0	٥C
Humidity	99.0	%	11.0	%	53.0	%
Precipitation	37.59 mm Year to Date 242.87 mm			7 mm		
Wettest Day	14.73 mm on Wednesday 8th					
Wind Speed	32.0	km/h			1.7	km/h
Wind Gust	40.0 km/h					
Wind direc- tion	SOUTH EAST					
Pressure	1044.02 hPa 993.23 hPa					
Go to <u>www.wunderground.com/personal-weather-</u>						

station/dashboard?ID=IENGLAND1163 for live weather information from the Falfield weather station. For the highs and lows during 2018 go to: www.falfield.org.uk/weather.html

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

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.

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 10.00 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

Rhymetime at Thornbury Library

Every Friday morning 10.30 - 11.00am (term time only) Rhymes and songs for parents and babies/ toddlers to enjoy together.



Pre-School Storytime Every Monday Afternoon at 2pm (term time only) Come and join us for stories and a sim-@yourlibrary ple craft.

THREE INSTRUMENTS STILL IN NEED OF A GOOD HOME (Transport not provided.)

- Upright piano (needs tuning)
- Electric mini-grand piano
- Electric modern organ

For further details contact: 01454 269017 or 07774 675167



ST ANDREW'S CHURCH. CROMHALL . 100 CLUB, MAY 2019 WINNERS

46 MRS MAY BROWN £30 62 MRS SUE CROSTHWAITE £20 58 MRS ALISON GAMBLE £10



Congratulations to the winners and sincere thanks for your support of St Andrew's church and churchyard. The next draw will be on Friday 30th August (Let's hope we will have had a glorious summer!) at 11am in Cromhall Village Shop. We still have some numbers available at £10 for anyone who would like to support St Andrew's. Please contact me on 01454 294186 if you have any queries. Mandy Bird

St Peter's Hospice Severnside Support Group

Garden Party Sunday 21st July, 2.30pm – 5.00pm

Grove House, The Street, Alveston (BS35 3SX)

(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 "The Standing Stones" and enjoy the gardens.



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

If you are looking for leisure facilities that provide a motivating and personalised service, then you have found the right place. Our club is friendly and intimate, we make sure that each time you visit it's a real pleasure.

We can offer all of this to you

FACILITIES	SERVICES	BENEFITS
Large heated pool	Gym program	Free parking
Sauna, steam and Jacuzz	Weekly Classes timetable	Free Introductory pack
High quality gym equipment	Beauty facilities	20% off treatments Monday-Thursday
Beauty Spa	Personalised service	20% off food and beverage in the hotel restaurant and bar Sunday-Thursday 4 free guest passes

*Only when you join us on a 12 month contract



Bristol M5 -Jct 14 South Gloucestershire GL12 8HH Tel: 01454 263624 Email: tortworth.leisure@devere.com

Falfield Grange Development Community Liaison Group

Following the transfer of ownership of the land off Moorslade Lane (Heneage Farm) to Linden Homes and as the work progresses on building the 85 homes and Park & Share, the promised Community Liaison Group has been set up.

The members of the group are:

- John O'Neill South Gloucestershire Councillor
- Ian Salt Falfield Parish Councillor & local resident
- James Carpenter Falfield Parish Council Clerk and local resident
- Megan O'Connor, Sue Hicks & Kevin Packer local residents
- Rachel Humphreys & Lydia Whitaker Linden Homes

The Liaison Group will be a two-way channel between the local community and the project team, providing a focal point for members of the local community to raise any questions concerning the development.

We will be delivering communications concerning progress and next steps to residents in the village of Falfield and those in the immediate vicinity of the development site.

If you live in a different area and would like to receive these communications or if you have any questions, please email us at: liaison.group@falfieldparishcouncil.org.uk

Alveston Gardens Association

7.30pm in Alveston Jubilee Hall

Monday 1st July Wild Orchids of the South Midlands Colin & Angela Scrutton

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

TYTHERINGTON FACEBOOK PAGE

1 month FREE membership

and NO joining fee

(save £95)

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

FALFIELD PARISH COUNCIL

May & June meeting Reports

On the 21st May 2019 the Parish Council met for the first time after the election. Cllrs Hathway, Jarvis, Stanley, Fryer, Salt and Gregory continue as Parish Councillors, but we say goodbye to Megan O'Connor who stood down, and Councillors thanked Megan for her time on the Parish Council. We also welcomed back to the meeting John O'Neill as Ward Cllr and three members of the public. We still have one vacancy, so if you are interested or would like further information about the Parish Council please contact the Clerk.

At the Annual Parish Meeting Cllr Jarvis gave her Annual Report and summarised all the activities that have been going on during the past year. The Clerk went on to give the financial report highlighting that there is approximately £7,800 of unearmarked funds which is appropriate for a small Parish Council with no other source of income. Both the Chairman's and Clerk's reports can be found on the Council's website.

The Annual Meeting of the Council followed and began with all newly elected Councillors signing the Declaration of Acceptance. Cllr Jarvis was then elected as Chairman and Cllr Gregory as Vice Chair. The Accounts and Annual Return for 2018/2019 were reviewed and signed.

At their meeting on 19th June 2019 there were no members of the public in attendance when Cllrs discussed a planning application received for the Park Hotel for change of use from a Hotel to a registered mental health residential care facility which would provide 12 en-suite single occupancy rooms for placements of between one to six months. Following their discussions Councillors agreed that they had no comments to make. Councillors also discussed the outline planning application for 900 homes in Charfield and decided to object to this application on the grounds of the negative impact that increased traffic flow would have on junction 14 of the M5 and the A38 running through the parish.

Other highlights from the meeting included an update on the proposed deer signage on the A38, a report from Cllr Salt on the newly formed Falfield Grange Development Community Liaison Group, the Council's financial activities and local consultations.

Finally some parishioners may have noticed that in front of the War Memorial wall there is a small notice containing a QR Code (Quick Response Code). This will allow anyone with a mobile phone with the appropriate QR application programme to access detailed information of all the names recorded on the War Memorial.

Next Meeting: Tuesday 16th July at 7.30 pm in Falfield Village Hall.

James Carpenter, Clerk to Falfield Parish Council parish.clerk@falfieldparishcouncil.org.uk www.falfieldparishcouncil.org.uk

The problem of Ragwort



Ragwort is a significant problem particularly for horse owners because this hazardous weed is poisonous to animals including certain horses especially if it is consumed in the right quantities. Farmers must also take reasonable precautions to ensure that any hay they sell to other farmers for their horses is not contaminated with ragwort.

Although Ragwort can be a significant nuisance to horse owners, these species are a very important source of nectar and pollen. About 150 species of insects, such as bees, flies and butter-flies, visit the plant. In the House of Lords debate on 17 October 2003 Lord Brooke of Sutton Mandeville stated that: "A recent review by Buglife-the Invertebrate Conservation Trust identified 30 invertebrates as being confined to Ragwort. Three beetles and four flies were nationally scarce, and one of the flies may deserve red data book status. Lest all that seem de minimis, certain groups of such insects particularly associated with ancient trees use Ragwort as a nectar source, especially when the mid-season sources of nectar are scarce."

The Ragwort Control Bill is now implemented through a Code of Practice that provides guidance on how to prevent the spread of Ragwort: http://www.defra.gov.uk/publications/files/pb9840-cop-ragwort.pdf



TRAINING DATES SEPTEMBER 2019

Good practice around policies and procedures: What organisations must have and what is desirable to demonstrate best practice to funders, stakeholders and the general public

Wednesday 18th September 9.30am – 12.30pm

Council Chamber, Thornbury Town Hall, BS35 2AR.

Large or small, the Management Committee, Trustees or Directors of a community group, charity or social enterprise have key responsibilities to make sure that they are running effectively, efficiently and in line with the law.

This half day session will provide an overview of the core requirements for policies and procedures to ensure organisations are compliant and discuss best practice that helps groups and organisations to demonstrate their effectiveness to a wide range of external stakeholders.

Led by CVS South Gloucestershire Chief Officer Helen Black, this session will provide those attending with an overview of requirements and tools and resources to ensure legal compliance and best practice in their operations proportionate to the size and scale of their group, organisation or enterprise.

Good Governance: Trustee roles and responsibilities

Monday 30th September 1.30pm – 4.40pm

Council Chamber, Thornbury Town Hall, BS35 2AR.

The legal responsibility for any charity lies with the Trustees. This half day session will provide those who are new to the role of a Trustee and those with many years' experience with an overview of Trustee roles and responsibilities and Good Governance for large and small charities.

This interactive workshop will use resources produced by the Charity Commission to support Trustees including The Essential Trustee and provide tools and resources for participants to support Good Governance in their charity including the Governance Code.

This workshop is facilitated by Helen Black Chief Officer of CVS South Gloucestershire Helen has worked with Trustees from large and small organisations for over 15 years, both locally and previously working in Yorkshire. Helen has been a Trustee of three Charities and is currently a Trustee of a small national Charity, The Ancient Tree Forum.

To reserve your place please email Kim Webb, at mail@volunteer-thornbury.co.uk

Due to funding by Thornbury Round Table this training is provided free of charge to participants.





Advertisement in the Reading Mercury 1782

(Health and Safety addicts beware!)



This is to give notice that Yattendon Revel will be kept on 10th of July, and for the encouragement of gentlemen gamesters and others, there

will be given an exceedingly good Gold-laced Hat of 27 shillings value, to be played for at Cudgels, the man that breaks most heads to have the prize. Two shillings will be given to each man that positively breaks a head, for the first ten heads that are broke; the blood to run an inch, or to be deemed No Head.



South Gloucestershire Viewpoint Panel



Our Viewpoint panel is made up of local residents who wish to share their views and help ensure the council is delivering great services in their area. Members are consulted with on a regular basis on key topics that will impact local communities.

Why join?

Joining the Viewpoint panel provides you with a real opportunity to become involved in, and influence, the decisions we make. Your views can help us to understand public preferences, identify local priorities, monitor our performance and shape our future services.

For every survey you complete you will be entered into our prize draw for a chance to win 1 of 5 £20 shopping vouchers.

We are currently looking for new members under the age of 40. Do you know someone in South Gloucestershire who would be interested in joining the panel? For further details go to:viewpoint@southglos.gov.uk

HANDYMAN SERVICES

Specialist in Property Maintenance:

Kitchen Fitting / Bathroom Upgrades / UPVC-Guttering, Fascia & Soffit Boards / Plumbing / Tiling / Painting / Fencing / Decking

Gates / Loft Conversions / Conservatories / Carpentry

Sash Window Repairs

	Graham Pedley	GL12 8LQ	
01454 260372	07891 482286	clenet02@yahoo.co.uk	

Ruth Mott's Minty Pea Soup

- 1 tbs oil
- 1¹/₂ pts (900ml) chicken stock
- 1 oz (25g) unsalted butter
- 2 tbs chopped mint leaves
- 1 onion, chopped
- salt & freshly ground pepper
- 1 medium sized potato
- 1/4 pt (150ml) single cream
- 10 ozs (275g) frozen peas



Method

- Heat the oil & butter in a large saucepan and fry the onion and potato gently for about 5 minutes.
- Add the peas, stock and most of the chopped mint, season to taste with salt and freshly ground pepper.
- Bring to the boil and simmer for about 15 minutes.
- Pour the soup into a food processor and process until smooth, then rub through a sieve to remove any remaining pea husks.
- Return the soup to the pan, stir in all but 2 tablespoons of the cream and re-heat the soup without boiling.
- Pour into a serving dish, swirl in the remaining cream and sprinkle with a little chopped mint



Tel: 01454 294695

The Craft Group and The Repair Café at Thornbury Library meet on Thursday 4th July at 2pm New members will always be made

Share tips and ideas for your knitting, sewing or crochet projects. Bring your small items of clothing or soft furnishings for repair. Refreshments provided



After over 20 years of collating the 5 Alives in Tytherington & Itchington Alison Studley has decided to hand over responsibility for making sure that Tytherington gets its magazines regularly sorted and delivered.

This is no mean feat and Alison has seen the magazine develop over the years from a simple village newsletter to something which now goes into over 1,100 homes across 5 villages as well as being online. We are very grateful for her quiet and faithful commitment to this task.

We are pleased to say that those who run the village shop have now offered to take on responsibility for the collation and distribution of the magazine in Tytherington and Itchington and we wish them well in this new service to the community.



Email: woodward1171@yahoo.com

Heathend Cottage . Cromhall . Wotton-under-Edge . GL12 8AS

VAT No: 801 1244 91

CROMHALL FLOWER SHOW SATURDAY 7th SEPTEMBER 2019

Please find below the exhibit list for 2019. Closing date 7pm on 30th August 2019.

2019 CLASSES

VEGETABLES & FRUIT: Perpetual Silver Challenge Cup

VEGETABLES

- A pair of squashes
- 4 Potatoes, white* 2
- 4 Potatoes, coloured 3
- 3 Carrots stump rooted, trimmed 4
- 3 Carrots long, trimmed 5 6
- 6 Shallots, for size
- 9 Shallots, under 30mm diameter
- 8 3 Spring sown Onions, dressed
- 3 Onion Sets, dressed 9
- 10 1 Pair of vegetable marrows
- 4 Courgettes 11
- 12 6 French beans
- 6 Runner beans 13

1 Longest runner bean (1st, 2nd & 3rd prizes)* 14

- 15 2 Heads of cabbage
- 2 Heads of Lettuce 16
- 6 Tomatoes on a dish* 17
- 18 1 Salad collection, 3 kinds on tray
- 19 1 Indoor cucumber
- 20 3 Beetroot, round, trimmed
- 21 Flora/veg (1 spec. flower & 1 veg)
- A vase of mixed herbs 22
- Any other vegetable not listed (2 of a kind) 23
- 1 Unusual shaped vegetable
- 25 1 Onion for weight, dressed
- 1 Longest stick of rhubarb 26
- 27 3 Potatoes for weight
- 1 Tomato for weight 28
- 29 9 Cherry tomatoes on a dish

30 Small tray of veg, 3 kinds on tray*

- Collection of veg on a tray, 4 kinds (excluding tomatoes) 31
- FRUIT
- 32 4 Apples, culinary

33 4 Apples, dessert*

- 3 Pears, dessert 34
- Any other fruit not listed 35
- A bowl of fruit containing one or more variety 36
- NB* Special Classes (£2 for first!)

FLOWERS: Gillard Cup

- Vase of flowers in red, white and blue 37
- 38 Vase of roses
- Vase of perennial flowers 39

40 Vase of annuals*

- 41 5 Asters, single or double
- 3 Spikes of gladioli 42
- Container of dahlias 43
- 44 3 Pom-pom dahlias not exceed 52mm across
- 5 Fuchsia heads set out singly 45
- 5 Pansies set out singly 46

47 5 Sweet peas*

- 1 Specimen hybrid T rose 48
- 49 Cactus or succulent in a pot
- 50 Foliage pot plant pot not to exceed 18cm diameter
- Collection growing plants in a pot (pot max of 23cm diameter) 51 Vase of chrysanthemums, any form
- 52
- 3 Geranium heads 53
- Fuchsia in a pot pot not to exceed 18cm in diameter 54
- Pot plant in bloom (not fuchsia) (pot max of 18cmm in diameter) 55 Brightest flower in my garden*
- 56
- Vase of mixed garden Flowers 57
- NB* Special Classes (£2 for first!)

FLORAL ART: Baylis Cup

ARRANGEMENT

An artistic display of plant material only. No accessories to be used. All plant material must be in water. The container and base (if used) are not classed as accessories.

FXHIBIT

An arrangement with or without accessories. An accessory is anything other than plant material but plant material must always be dominant.

- 58 Arrangement flowers/foliage, one colour
- Arrangement in a bottle 59
- 60 Arrangement miniature decoration not to exceed 10cm overall
- Exhibit entitled 'Celebration' (table centrepiece)* 61
- NB* Special Classes (£2 for first!)

HOMECRAFTS: Applegate Cup

- Loaf of bread, white or brown, hand made 62
- Victoria sandwich* recipe below right 63
- 64 Jar of stone fruit jam
- Jar of soft fruit jam 65
- 66 Jar of lemon curd
- Jar of jelly 67
- 68 Jar of marmalade
- Jar of chutney 69
- Apple pie, not less than 16cm in diameter 70
- 4 Cheese scones* 71
- 72 Savoury quiche, not to exceed 23cm diameter
- Bakewell tart 73
- 4 Eggs on a saucer 74
- 4 Biscuits or cookies 75
- 76 6 Pieces of fudge
- Lemon drizzle cake* 77
- Family fruit cake, 18cm diameter* recipe below right 78
- 4 Flapjacks, any topping* 79
- Article of clothing knitted or sewn 80
- Any other handicraft, state if kit 81
- Decorative item made from upcycled materials* 82

A sweet or savoury dish with shallow sides, bottom crust

A sweet or savoury dish with deep sides, top crust, optional bottom

Cakes and savouries must be exhibited in clear plastic bags,

• Cakes and savouries requiring cutting must not be exhibited

Jams must be exhibited in plain clear glass jars and covered

with a wax disc and a cling film top or a screw top lid without

Chutneys and pickles must be exhibited in plain clear glass jars

removal and risk of damage to the exhibit.

loosely tied. Cling film must not be used due to the difficulty of

- 83 Patchwork or quilting
- NB* Special Classes (£2 for first!)

TART

PIE

and a filling.

crust and a filling.

on doilies.

a wax disc.

12

with screw top lids.

SPECIFIC CLASS RULES

• Pastry must be homemade.

& VILLAGE FAYRE 2019 FROM 2.00PM • SCHOOL PLAYING FIELD • CROMHALL

CHILDREN'S CLASSES

PRE-SCHOOL: Classes 84-88

- 84 Any painting, collage or potato print, not larger than A3
- 85 3 decorated cup cakes (undecorated cakes can be shop bought)
- 86 Decorated kitchen roll shaker (maraca)
- 87 Paper plate animal face
- 88 Coloured picture (outline from shop)

7 YEARS AND UNDER (ON DATE OF SHOW):

- 89 Decorated plant pot not to exceed 13cm diameter
- 90 Decorated Mr or Mrs Potato head
- 91 3 Iced 'Funny Faces' on rich tea biscuits
- 92 Plate of wild blackberries not exceed 20cm diameter
- 93 Lego model (own design)
- 94 Any other handicraft, inc. kits
- 95 Face mask
- 96 Decorated Hen's egg
- 97 Decorated mini tree using a small branch or twig
- 98 Drawing or painting of (any subject)
- 99 Coloured picture (outline from shop)

8 TO UNDER 12 YEARS (on date of show)

- 100 Model using recycled materials
- 101 Drawing or painting (any subject)
- 102 1 Photograph 'My holiday'
- 103 Plate of wild blackberries not exceed 20cm diameter
- 104 Miniature garden in a seed tray
- 105 3 Iced 'Funny Faces' on Rich Tea biscuits
- 106 Model from a construction kit
- 107 Vegetable dinosaur
- 108 A decorated Birthday card
- 109 Any other handicraft
- 110 Poem about the Cromhall Flower Show
- 111 Design a Hoody (outline from shop)

12 TO UNDER 17 YEARS (on date of show)

- 112 Drawing or painting (any subject)
- 113 Sign for your bedroom door (any medium)
- 114 Cake or sponge
- 115 1 Photograph 'Family portrait'
- 116 Any other handicraft
- 117 School Design & Technology item

ST ANDREW'S SCHOOL: SCHOOL CUP

- 118 Reception Clay Animals
- 119 Year 1 Clay Animals
- 120 Year 2 Clay Animals
- 121 Year 3 Cross Stich Sheep
- 122 Year 4 Cross Stitch Sheep
- 123 Year 5 Felt Sunflowers
- 124 Year 6 Felt Sunflowers

HOMECRAFT RECIPES

CLASS 63: RECIPE FOR A VICTORIA SANDWICH 3 egg recipe sandwiches with raspberry jam and sprinkled with caster sugar.

CLASS 78: RECIPE FOR A FAMILY FRUIT CAKE

80z (225g) plain flour sieved with 1 teaspoon of baking powder.
40z (110g) margarine.
40z (110g) caster sugar.
80z (225g) mixed dried fruit
2 eggs beaten.
4 tablespoons milk.
Use a 7" (18cm) round cake tin.

SPECIFIC CLASS RULES

- Children's exhibits must be grown or worked solely by individual children except for reasonable assistance provided by the supervising adult appropriate to the age of the child.
- Exhibitor age must be marked on all children's exhibits.
- Cups are awarded for the most points in each age group except the cup for the Children's Best Exhibit for classes 89-117 which will be judged for overall excellence according to age.

PHOTOGRAPHY: BRAESIDE CUP - (any age)

- 125 1 Print 'Four-legged friend'
- 126 1 Print 'Going green' (conservation, eco-friendly)*
- 127 1 Print 'Rainy day'
- 128 1 Print 'Peaceful'
- 129 1 Print 'Landmark'
- 130 2 Prints together 'Hot and cold'
- 131 4 Prints together 'featuring the colour orange'
- NB* Special Classes (£2 for first!)

SUNFLOWER CUP

SPECIFIC CLASS RULES

Sunflowers in class 133 must be exhibited laid flat with roots removed at ground level.

- 132 Largest sunflower head (greatest measurement across the disk surface)
- 133 Longest sunflower (true length measured from ground level to underside of head)*

SPECIAL MASTER CLASS – NEW for 2019 (£10 for first!)

134 Garden Scarecrow**

(max. 6' tall by 4' wide, to be exhibited outside main marquee)

RESIDENTS CUP

(exhibitors living in the Parish of Cromhall)

The Residents Cup will be awarded to the resident with the most points across all of the open classes.

In order to enable this, exhibitors residing in the parish are kindly requested to tick the appropriate box on the Entry Form. Don't miss out on the opportunity to have your name on a cup!

Tick the box!

ENTRY FEES

Adult Classes - 20p per entry / Children Classes - 10p per entry PRIZE MONEY

Special Classes

2, 14, 17, 30, 33, 40, 47, 56, 61, 71, 77, 79, 82, 128, 133 = £2, £1.50, £1. Master Class 134 = £10, £5, £3. All other Classes = 60p, 40p, 30p.

POINTS

(Special and Master Classes) First = 6, Second = 4, Third = 2.

(All other Classes) First = 3, Second = 2, Third = 1.

Heathend Ladies Cup for the lady with the most points in open classes. Residents cup for the resident of Cromhall Parish with the most points in open classes.

Entry forms are available to download at: https://cromhall.com/cromhall/cromhall-flower-show or from Cromhall Village Shop



D-Day memories

Recent commemorations of D-Day brought reminders of the impact that preparations for those momentous events had on this part of the world. Those of you who are regular visitors to Tortworth Lake may be aware of the fact that it was used in the testing of craft used later in the landings in Normandy on 6th June 1944 but the Court itself played an equally important role.

After its initial use by the Royal Navy at the start of World War II, HMS Cabbala was relocated to Warrington in 1942 and the house was taken over by American servicemen. A hospital was built in the grounds and there the American wounded from the North African campaigns and the D-Day landings and advance into Germany were treated.



Partial view illustrating the installation of the 120th Station Hospital at Tortworth Court. Photo taken 5th August 1943.

The American Army Hospital consisted of over 100 new buildings, mostly of brick construction. Separate buildings on the Post were taken up for a Post Exchange, Post Office, Barber Shop, Tailor Shop, Chapel, American Red Cross and Library, in addition to several Wards, Barracks, Messes, and Administrative buildings. Roughly speaking, the 120th was divided into an administrative section to the north and the hospital proper to the south of the estate. The latter was further subdivided into a Surgical Service to the east and a Medical Service to the west; there being 10 Surgical Ward buildings and 16 Medical Ward buildings. Water supply was adequate, its source being an adjoining lake. Sewage disposal was available about one mile away.

Initially occupied by the 120th who later moved to Wiltshire, the 91st and 128th Evacuating Hospital Units arrived at Tortworth Court on the 26th November 1943, this would be their new home

until deployed to Normandy. Months of anxious waiting came to an end when the units sailed for the shores of Normandy on June 9th, 1944. Setting foot on Utah beach the next day.

Nurses of the 91st and the 128th Evacuation Hospitals became the first members of the Army Nurses Corps to land on French soil during the Normandy Invasion as they disembarked at Utah Beach on 10th June. Lt. Margaret B. Stanfill claimed the honour to be the first 128th Army Evacuation Hospital Nurse to wade ashore in Normandy.

On the 11 June 1944, the 128th set up their hospital in the fields of a large farm in Boutteville, It was followed later in the day by the 91st Evacuation Hospital, there they remained until 22^{nd} June.



The 128th Evacuation Hospital marches out of Tortworth Court on the morning of June 6th, 1944

For further details go to www.med-dept.com/unit-histories/120th-station-hospital/ www.tapatalk.com/groups/triggertimeforum/viewtopic.php?t=9319

After the hospital had been vacated by the Americans, it was taken over by the army and became a camp for hundreds of German prisoners who were later allowed out to work on farms. The site was converted into a prison in 1946, with inmates originally being housed in the hutted accommodation.



The R B L volunteers reach out to HM Forces personnel, veterans and families.

In 2018, 71 UK military personnel and veterans took their own lives. That number is greater than the number of battlefield casualties in 11 of the 13 years that our troops were in Afghanistan.

As part of a nationwide campaign the Thornbury Branch of the Royal British Legion are organising a monthly meeting point in Hawkes House where serving military personnel or veterans and their families can simply drop in for a coffee and a chat. RBL volunteers, together with other organisations will be on hand to offer support and advice to those who need help.

The aims are to reach out to service personnel and veterans in the local community, to build a self-support network to combat loneliness, stress and depression, and to build connections with other organisations who can offer practical support in these and other areas.

These informal sessions are held on the second Thursday of each month. The next one is scheduled for Thursday 11th July, and will run from 9.30am until 11.30am.



Who knew that it's **Great British Pea Week** 8th - 14th July?

No, it's not a joke! It is organised by the Yes Peas! Campaign and hosts the Young Pea Chef Competition. Find out more at Yes Peas!:www.peas.org

- Peas are a good source of vitamin A, vitamin C, folate, thiamine (B1), iron and phosphorus.
- They are rich in protein, carbohydrate and fibre and low in fat.
- Half a cup of frozen peas has only 5% of the daily value for sodium and foods low in sodium are good for your heart.
- An 85 gram serving of peas, cooked, provides 50 calories, 4 grams of protein, 8 grams of carbohydrate (of which 3.5 grams are sugars), 3.8 grams of fibre, 17mg of vitamin C (28% of the recommended daily allowance) and 0.2mg Thiamine (B1) (15% of the recommended daily allowance).
- A 100 calories serving of peas contains more protein than a whole egg or tablespoon of peanut butter.

Ruth Mott's Minty Pea Soup recipe is on page 11







Tytherington Village Fun Day, Dog Show and Beer Festival Saturday 24th August 2019 (Bank Holiday Weekend)

Put the date on your calendar.

Avoid the August bank holiday traffic and come to the 4th Tytherington Fun Day, Dog Show and Beer festival

Fun Day and Dog Show kicks off at 1.30pm until 5.00pm: Stalls, lovely home made refreshments, lots of children's activities including inflatables and face painting. Welly Wanging, Skittles, and live entertainment.

Enter your pet dog in the dog show on the day, classes for pedigree and non-pedigree pooches. We would love to see lots of local dogs there.

Then in the evening, come and taste a range of local beers and ciders at the Beer festival. Wine and other drinks also available. Enjoy the music and have a bop!



Falfield WI Picnic Meeting

Our President Guilda Ludwell had gone to the National Conference in Bournemouth, so Jenny Jones stepped in to take the meeting.

The picnic was held at Chestnut Farm where a poly tunnel provided shelter from the showers.

Members who wanted to could explore the garden in between the light rain. An American supper was provided with the committee bringing the desserts. A very short business meeting was held, after which the delicious supper was served and 2 guizzes could be attempted for fun.

Names were taken for the pottery visit in September and for entries for the Thornbury Horticultural Show in August.

Our next meeting will include a talk on the Work and Ethos of Organic Blooms.



Tortworth Primary School News



It's our busiest time of year for fundraising, and there have been lots of trips and sports activities too, as well as being SATS test term.

Jen's Ten 10k: Jen Wilson, who worked as an admin assistant at the school until earlier this year, has *completed* her series of ten 10k runs in ten weeks to raise money for the school. She started her runs in April, travelling throughout the South West, Cardiff and Birmingham. Jen's done amazingly, meeting her target time of under an hour in each race, and is raising impressive funds for the school. If you'd like to share her fundraising page or to donate: www.justgiving.com/crowdfunding/jenstenks2019

School fair: Last month the school held its annual fair on the cricket pitch - it was a really suc-



cessful day, and we raised a good total of monies for the school. Welly wanging was especially popular as was the homemade cake and savouries stall with a family picnic area. We also had lots of other fun stalls and activities for young and older alike. Tiddlypeeps Forest School, who run the preschool and afterschool club on the Tortworth Primary site, were also open for visitors. Many of our fair visitors also attended the Open Farm Sunday at Tortworth, run in conjunction with the fete, which was a fun busy event too.

Stonehenge Trip: A glorious time was had by our Key Stage 2 children, having a guided tour, performing their own simulated Iron Age funeral and visiting the wonderful exhibition.

Trip to Lifeskills: Our Year 6 pupils visited this interactive model village in Bristol, learning how to spot hazards and stay safe. Children practised making 999 calls, learnt about house fires, basic first aid and about railway line safety.

Tortworth Court Hotel: The Hotel kindly hosted a teddy bears' picnic for some of our children, who also planted a crab apple tree and buried a time capsule in the grounds of the hotel.

Sports competitions: Children from Key Stage 2 have taken part in district Archery and Gymnastics Festivals, with each of our representatives winning a gymnastics medal, including gold, silver and bronze. Our Reception/Key Stage 1 children took part in a Multi-skills Festival at KLB. Favourite activities were the parachute snake game, hurdles and ball dribbling skills.

Beat Bus: Our Reception and Key Stage 1 children have started having weekly sessions from South Glos Music Hub, learning new songs.

Tortworth Trotters: We have a new school running club, organised by a member of our PTA weekly before school, which is proving popular whatever the weather!





Coming up

Teas at Tortworth Lake: Tortworth Primary will be putting on hot and cold drinks and cakes at the monthly charity opening of Tortworth Estate Lake on Sunday 7th July from 9.30am - 4pm. Please come along and sample some of our lovely homemade cakes and take a stroll around the lake.

Social media: Do follow us on Facebook, Twitter and Instagram for regular news and updates.



0117 956 1381 info@hskltd.co.uk Unit 1 Tortworth Business Park, Charfield Road, Tortworth, W-U-E, GL12 8HQ

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www.HarveysSelect.co.uk











Thursday 4th July 10.30am -12.30pm at Thornbury Library

Support and advice for visually impaired people.



11th - 13th July 2019 Armstrong Hall, Thornbury

Tickets available online via www.tmtg.org.uk (online booking fees will apply) or by calling 07896 607 653

Children £9, OAPs £10, Adults £11, Family Ticket - 2 Adults/2Children or 1 Adult/Children £34

Thornbury Horticultural Society Summer Show

Summer is here! Thornbury in Bloom has enhanced the town with their floral displays. Thornbury Horticultural Society are holding their annual Summer Show on 10th August 2019 at 2:00pm.

We are one of the oldest shows in the area which started with the Grand Dahlia Exhibition held at the Castle in 1838. We have held shows every year except the war years. Why not come along and exhibit or visit the show?



There will be classes for vegetables, flowers, pot plants, floral art, photography, cooking, crafts, children's classes and there will be tea and cakes available. The show will take place at the Armstrong Hall Complex in Thornbury.

Show schedules are available from the Garden Shop, T & J Owens, Town Hall and our website: http://www.thornburyhorticulturalsociety.org.uk or our Facebook page #thornburyhorticulturalsociety which also contains handy gardening hints.



Tools for Self-Reliance is a small SELF RELIANCE UK-based charity working to help re-

lieve poverty in Africa. They work to empower people and help rural communities to build viable and sustainable livelihoods through the delivery of technical, business and life-skills training and by providing tools for their trades. This integrated approach to development helps to ensure a culture of self-reliance rather than dependency.

The Bristol group ot Tools for Self-Reliance, based in Kingswood, has been collecting and refurbishing tools to provide kits suitable for carpenters, builders, mechanics, tailors and blacksmiths since 2001.



Donations of sewing machines, haberdashery and hand tools are made into kits which are then sent to countries in Africa: Ghana, Malawi, Uganda, Sierra Leone and Zambia. Anything which is donated but unsuitable for sending to Africa is sold to raise funds towards shipment and training costs.

By donating tool kits, the project is working to reduce poverty, enabling people to secure employment and generate an income to look after themselves and their families.

If you have any tools, sewing machines or haberdashery that you could donate to the project, please email ruthierich48@gmail.com or phone Ruth Richardson on 01454 618836 who will be happy to collect.



Thornbury Gardens open on Sunday 7th July

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

Relax as you wander from one 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. The Armstrong Arts Group is also planning a concert by Michael Lunts on 14th September entitled Roll Over Beethoven, an irreverent look at Classical Music, in addition to a return of the Bristol Ensemble with Roger Huckle on 26th October. Call 01454 412272 for information.

MELLOW IN THE MEADOW RETURNS!

"Mellow in the Meadow" Pound House Farm, Old Gloucester Road, Thornbury Saturday 31st August.



This fantastic one-day live music festival is a really fun family day out in the countryside and raises noteworthy funds for local causes and charities.

The Mellow Dream Team (Beth Curtis, Jackie Tucker, Julia Hall, Lorna Hook, Massey Rowe and Suze Tucker) recently visited the new Great West-

ern Air Ambulance base at Almondsbury to present a cheque for £1,000, a donation from the proceeds of the first "Mellow in the Meadow" held in September 2018.



Keep up to date with all of the news on our website (<u>www.mellowinthemeadow.co.uk</u>) or social media (<u>www.facebook.com/mellowinthemeadow</u>, <u>www.instagram.com/mellowinthemeadow</u>, <u>www.twitter.com/mellowfest</u>).

See you in the Meadow!







Profits towards the care and upkeep of St Andrew's church & churchyard



St Andrew's Church Cromhall GL12 8AL

FREE ENTRY

Sat July 13th

10.00 - 4.00

Coffee/ tea/ cakes, and bacon butties at lunchtime

Craft displays, demonstrations and items for sale





the WI

2019 Programme

15 JULY 7.30pm Members' Evening

AUGUST Summer Recess (no meeting)

16 SEPTEMBER 7.30pm Speaker: Members from Thornbury Museum Subject: Local History

21 OCTOBER 7.30pm Speaker: Sue Williams Subject: "Butchard Gardens"

15 NOVEMBER 7.30pm Subject: A.G.M. /Social

9 DECEMBER 6pm Christmas Party

The headline act at the carnival on **Saturday 6th July** is Adele tribute Rolling in the Deep who will be performing in the evening but there will be lots to keep adults and children entertained throughout the day including a variety of professional and amateur acts performing on the Horizon-sponsored main stage and the new 'Community Stage'. There will also be a dedicated 'Kids Zone' with lots of free activities plus the usual favourites including the arena displays, classic cars, Weston Donkeys, the funfair, lots of stalls and two licensed bars.

For further details go to

www.thornburycarnival.co.uk and find Thornbury Carnival news and photos on Facebook: <u>https://facebook.com/thornburycarnival</u> and Instagram: @ThornburyCarnival #ThornburyCarnival

TYTHERINGTON WI JUNE



UNDERFINE WOMEN Our President opened the meeting and welcomed everyone including three guests. We sang Jerusalem and then commenced the business of the evening. This included feedback on a visit to Bletchley Park on June 6 which was hugely enjoyed by all who went. It was a particularly poignant occasion due to the date. Members were also reminded of our annual Cream Tea event on Sunday July 28 in the village hall when we hope to welcome the local community and visitors to a delicious cream tea and home-made cakes.

We then welcomed Mr John Barnett, representing the Royal National Lifeboat Institute, founded in 1824, who gave us a fascinating insight into how the charity operates. Few of us were aware that they cover the entire coastline of the British Isles, including Southern Ireland and he stressed that no politics would ever change this. The RNLI operates separately from the Coastguards but obviously liaise on occasions. They have various types of boats from sea going vessels to small river craft, the latter often used to assist in flood rescue. The organisation is also responsible for lifeguards on beaches and training to help prevent drowning. A lesser known aspect of their work is their efforts to educate low and middle-income countries who lack resources, training and coordination to reach people in time.

Winners of our 'Seaside Postcard' competition were: 1st Mrs Bernice Evans, 2nd Mrs Maureen Lewis, 3rd Mrs Sheila Jones. Our next meeting, 'Members Evening', is scheduled for Monday July 15th.

What to do if you fall in the water - Float to live - RNLI

Everyone who falls unexpectedly into cold water wants to follow the same instinct, to swim hard and to fight the cold water. But when people fight it, chances are, they lose. Fight the instinct to panic or swim.

Lie back and keep your airways clear, push your stomach up and extend your limbs moving hands and feet to help you float.

Try to take and control the effects of cold water shock such as the gasping reflex. Once your breathing is

controlled call for help and if possible try making your way towards safety.

If you find yourself unexpectedly in the water, do as little as possible, and float.

What to do if someone falls into deep water:

- Call 999 or 112 straightaway. If you don't have a phone shout for help you may have to look for help but do not enter the water.
- If you are near the coast ask for the coastguard, if you are inland ask for fire service and ambulance.
- The emergency services will need as much information as possible to pinpoint where you are, look for landmarks, signs on bridges or use your mobile phones location app or map to help
- Don't hang up stay on the line but try and continue to try to help the person if appropriate.
- Encourage them to try and float on their back if there is rescue equipment nearby throw it to them.
- When you have made the call shout for help from anyone who might be close by.

Human nature says you are likely to want to attempt to help while rescue services are on their way. Never enter the water to try and save someone. This usually ends up adding to the problem. If you go into the water you are likely to suffer from cold water shock which will leave you unable to help even if you are a strong swimmer.

Float for your life



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 <u>(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)</u>
- 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.
- 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 Wottonunder-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).

