

# Eastington Community News

April / May 2014

Nº. 144

I hope you enjoy the articles in this Spring edition of ECN, and if you have something of interest that *you* would be prepared to share with others, don't forget that you also could contribute to a future issue of ECN. Why not reply to a contact below to get a timely reminder for the next edition?

We would like to thank those advertisers who have renewed for another year. Please take a look at the blue pages to find our annual sponsors there. On the white pages there are also monthly adverts. Eastington Community News began in February 1989 to keep our community informed about local issues. 25 years later, ECN remains an independent publication financed by advertising, and run by volunteers to bring news of local matters directly to all homes in Eastington Parish - free of charge.

I am really grateful to Val Taylor for her dedication in compiling articles for ECN for the past four years. Her work as 'Articles Editor' has streamlined the ECN publication process and enabled a faster turnaround from deadline to delivery. Val will be retiring after this issue so we are in urgent need of someone to fill her post. Please don't leave it to somebody else; call me now on the number below if you would be prepared to help keep this informative community publication running. The job comes around just six times per year, and involves receiving articles and fitting these onto the pages of ECN. Having your own computer and being familiar with the basics of Microsoft WORD would be a requirement, but there will be help and guidance while you settle in.

In this bumper issue we have a new feature of a 'Beekeeper's Diary'. It has been another busy term at Playgroup and we have a most inspiring update about the incredible range of activities of the talented children of Eastington Primary School; a taster for budding barristers; a wide and tempting range of sporting activities; opportunities for investigation of the rich biodiversity of this Parish. Read also about kind volunteers who helped Eastington Youth Group with the new community Play-park project by Snaky Lane. "Messy" events continue to be popular at the "Messy Church" and more events are planned. Details of Easter services at the Methodist Church are also included. The Rector writes on thoughts for Easter, plus details of services at St. Michael's.

I am old enough to remember elver eating contests when grown men [mostly!] stuffed their stomachs with these slippery creature. Since those abundant times the European Eel has almost disappeared from the River Severn and now appears on the endangered species 'red list.' Graeme Dougan explains the link with a 'fish-pass' at Churchend weir, and a European-wide incentive to rescue eels and fish. Did you already see the strange new boat on the canal? - revealed by Ken Burgin inside. As a new chapter opens for the 200 year-old Kings Head, Steve Mills delves into its past. Mark Campbell's weather charts remind us of the very mild yet wettest winter that brought misery to so many.

'Parish Matters' explains Council Tax spending; road issues update; the Neighbourhood Plan; footpaths improvements; the Annual Parish Meeting, 20<sup>th</sup> May 2014 at 7pm at Eastington Community Centre, OHMG. District Councillor, Ken Stephens explains implications of the Boundary Commission Review and the Local Plan. DSS also briefs us on the Local Plan Examination in Public (EIP). Following formal complaints by a number of us, the Planning Inspectorate has apologised for irregularities of the 'Swallowcroft Appeal'. It was interesting to note the speed with which the Developer placed the plot for sale at a multi million pound sum. Stroud District Planning Officers, who went to such great lengths to deliver this lucrative act of alchemy, remain to account for their extraordinary conduct.

Beware of thieves who have been cutting catalytic converters from exhaust systems of parked cars. Although these low-life criminals get some money from dishonest scrap dealers, the cost of replacement and damage repair will be around £1,000 for honest citizens, and the loss of use of your vehicle. Don't leave it to someone else to raise the alert to such criminal activity or persons acting suspiciously.

Andrew Niblett (Editor) 824841 ([niblett.parish@talktalk.net](mailto:niblett.parish@talktalk.net))

Val Taylor (Articles Editor) ([valtaylor@cressgreen.myzen.co.uk](mailto:valtaylor@cressgreen.myzen.co.uk))

Tom Low (Distributor & Adverts) 823425 ([tom@hazeltcottage.eu](mailto:tom@hazeltcottage.eu))

**Next Deadline: All articles by Friday 23<sup>rd</sup> May 2014 please!**

**Next Delivery: Saturday 31<sup>st</sup> May 2014 please!**

View the "Community News" at: [www.ecn.me.uk](http://www.ecn.me.uk)

No article of part thereof may be reproduced or published without prior permission of the Editor and author.  
The views expressed in ECN are not necessarily those of the editors.

# **Eastington Parish Council. Parish Matters**

## **Eastington Parish Council Budget & Precept 2014/15**

At the Eastington Parish Council meeting of 6<sup>th</sup> February 2014, the Parish Council made the difficult and much debated decision to increase the precept to set the budget for 2014/15.

The budget setting process was based on Parish Council legislative requirements, requests from parishioners, and the Eastington Parish Plan and Housing Needs Survey 2013 which were based on a parish-wide consultation of parishioner needs and expectations.

The Parish Council made grant payments towards the new Eastington community park project and the community orchard earlier in 2013/14 both of which will be of significant benefit to the community. After these payments were made, the Parish Council was asked by parishioners to oppose the Swallowcroft planning application and appeal which was partly funded from reserves. This has resulted in the 2014/15 budget increase having to be funded from the precept.

The Parish Council budgets for 2013/14 and 2014/15 are attached with notes to account for the variance between them – see pages 4 & 5. The key areas for the increase are as follows:

### **Parish Office administration**

Parish Office administration includes the cost of running the Parish Office. This includes salaries, office equipment, stationery, and training. The Parish Council has undergone significant changes in staff and councillors. The Council has to ensure its Clerk, the Responsible Finance Officer and its councillors are professionally trained and meet legal requirements. The budget also includes for nationally agreed pay awards and price increases.

### **Planning (One off budget)**

This is a key priority in the Parish Plan. Parishioners raised concern about the threat by developers of large scale development in the parish that would be unsustainable, not meet parish need and would be of high density and unsympathetic urban design. The Parish Council listened to these concerns and has contracted a specialist planning consultant to advise on planning strategy, specific planning applications, planning appeals and public hearings. The Swallowcroft Planning Appeal is ongoing in 2014/15 and the Parish Council is being advised by the planning consultant during this process.

During April 2014, the first stage of the Stroud Local Plan Examination in Public will be held and the Parish Council has been invited to attend and to answer the Planning Inspector's questions on its submission to Stroud District Council's consultation on the Local Plan. One of the areas the Planning Inspector is concentrating on is the housing numbers for the Stroud area which will have a significant impact on housing development. This is a very complex process and the planning consultant will represent the Parish Council during this process.

### **Neighbourhood Development Plan (NDP) (One off budget)**

The Localism Act 2011 and the National Planning Policy Framework regulations have given local Parish and Town Councils the power to produce a Neighbourhood Development Plan (NDP). The NDPs are community-led plans which can include themes such as planning policies, future development and growth, affordable housing, building design, business and employment, heritage, traffic management, leisure amenities and wildlife and landscape areas. The production of the NDP involves parish-wide consultations and the development of the local policies for each theme. The NDP is submitted for public referendum and, if approved by more than 50% of parishioner votes, will receive legal status that the local planning authority and any planning applications have to take into account. The Eastington Parish Plan gave an action to produce an Eastington NDP to protect the parish from large scale unsustainable development. The NDP budget will cover the development and analysis of surveys, carrying out consultations and analysis, the development of policies, and the compilation and production of the NDP for referendum and legal submission.

## **Allotments (One off budget)**

The Allotment area is next to the Eastington community park project area which is currently being developed into a new play park. Safety fencing and gates have been budgeted to replace the old fencing and to provide a clear protective boundary between the two sites. Other sources of funding are being sought to reduce the cost.

## **Roads and Transport**

A key priority of the Parish Plan is roads and transport with particular issues raised with regard to speeding, traffic congestion, parking and road condition. The Parish Council works closely with Gloucestershire County Council Highways to pool budgets and agree a work schedule. The budget for 2014/15 will be for road safety projects.

The Parish Council meets as a minimum on the second Tuesday of every month and welcomes parishioners to their meetings. The agenda for each meeting is posted in advance on the noticeboard outside the local Co-Op and on the parish website.

If there are any queries about the Parish Council or you wish to raise any parish matters then please contact the Clerk to Eastington Parish Council at [eastingtonparishcouncil@gmail.com](mailto:eastingtonparishcouncil@gmail.com) or telephone number 01453 799616.

**Muriel Bullock, Chair to Eastington Parish Council**

---

## **ANNUAL PARISH MEETING ON 20<sup>th</sup> MAY 2014**

All are welcome to the Annual Parish Meeting on 20<sup>th</sup> May 2014 at 7pm at the Eastington Community Centre, Owen Harris Memorial Ground, Alkerton, Eastington.

Come and hear what Eastington's community groups and Parish Council have been doing, what they have planned for the year and how you can get involved. It is also another opportunity to see the progress being made on your Neighbourhood Development Plan and to be able to express your views.

This is an informal meeting to meet other parishioners and your councillors, to have a cup of tea and a chat, and to see why Eastington is special to us all.

---

## **Eastington Parish Council – Roads and Transport**

Nobody driving along Eastington's Bath Road can fail to encounter Gloucestershire Highway's new 'build-out'. Villagers' comments at the recent Neighbourhood Development Plan Event (22/02/14 OHMG) voiced mixed feelings about the feature – presenting relief for some, anxiety for others. Inevitably, as with any new venture, there have been some 'teething problems', so parishioners' comments have proved valuable, and improvements have been started. Major issues with lighting and visibility have, for the most part, been addressed, and we are hoping to have a reflector sign installed on the build-out for vehicles leaving the village.

The rationale behind the build-out's introduction is to promote safe traffic flow on this busy stretch of road, and then on through Eastington. For some time there have been concerns from residents who face difficulties joining the traffic from their driveways, and more particularly the community at Orchard Leigh, who must routinely cross the hazardous Bath Road to and from their farm site. These worries were confirmed last month, when a joint traffic survey undertaken by councillors and police found that few, if any, cars travelled along this route within the 30 mph speed limit. Hopefully the build-out will effectively calm traffic as it enters the village at this 'pinch-point', however, we look forward to your feed-back on this in a couple of months to assess how it is progressing.

The Parish Council continues to consider several other road safety and parking issues that have been raised by parishioners over recent months, and we will keep parishioners in touch with progress.

**Pauline Allen and Jennie Corrie – Parish Councillors for Roads and Transport**

**EASTINGTON PARISH COUNCIL  
BUDGET YEAR ENDED 31 MARCH 2015**

	Column1	Column2	Column3	Column4
	<b>2013-14 Budget</b>		<b>2014-15 Budget</b>	<b>Notes</b>
<b>EPC Precept meeting on 6th February 2013</b>				
<b>Expenditure</b>				
Parish Office administration	13,057		14,480	1
Insurance	850		900	2
Audit & Legal Fees	600		600	
Loan Repayments - OHMG, Alkerton	6,800		5,550	3
Grounds maintenance contracts	5,800		5,900	2
Severn Trent Water	50		50	
Hall hire	300		400	2
Subscriptions	750		750	
Phone box power			25	2
Planning : Local Plan. Appeals. Hearings	6,000		10,000	4
Local Government Act 1972 S137 Community Grants	550		550	
Salt bins	300		-	5
Bridleways, Footpaths & Kissing Gates	1,000		1,000	
Graveyard & Burial Ground Repairs & Remedial Work	3,000		3,000	
Allotments: safety fencing and gates	-		3,000	6
OHMG Road Repairs	200		-	7
Notice Board	200		-	5
Parish/Neighbourhood plan	1,500		5,000	8
Professional Representation Fund	1,500		1,500	
Dog Bins	400		-	5
Community Orchard	1,000		-	9
Roads & transport	-		2,000	10
Contingency	-		500	11
<b>Total Expenditure</b>	<b>43,857</b>		<b>55,205</b>	

**Income**

Burials	1,000	1,000
Bank Interest	0	0
Grasskeep Rent & Wayleave	20	15
	1,020	1,015

**Net Budget**

	54,190
Local Council Tax Support	2,602
Precept	51,588

Band D precept 2014/15 £ 96.98

**Increase per Band D household per week £ 0.70**

**Notes**

1. Change in employees and councillors. Training, pay and price increases.
2. Contract changes and price increases
3. Completion of a loan repayment
5. Budget cut. Other funding sources to be sought.
6. New safety fencing and gates to protect allotments and playground area (One off)
7. Budget cut as patching brought forward due to weather impact in 2013/14
8. Production of Neighbourhood Development Plan (One off)
9. Budget cut as grant paid in 2013/14
10. Road safety projects
11. Contingency for unexpected items

**Footpaths**

I am pleased to say, that following a request from a Parishioner, a stile on f/p MLS/3 has been replaced with a gate. This old stile, which was a problem to a lot of people, was alongside the railway track close to the Southern end of the sewage works. It doesn't actually lie within Eastington Parish, but it is used by many of us in the Parish, and I am very grateful to Jaci Harris (our County Footpaths Officer) and her contractor Brian, for getting this job done so quickly, and without cost to our Parish. I have subsequently received a lovely e-mail from Tina thanking me for 'moving the project on', and I will forward this to Jaci so that she can see that it's not just me who appreciates all the work that she does for us!



During one of those very windy days we had, the same contractor, Brian came out within an hour of my request, to remove a tree that had fallen across f/p EEA36 (behind The Old Badger). He was also active in clearing Bridleways and other footpaths within the Parish.

My thanks also to Clive Spencer ( D.E. Spencer & Sons, Upend ) for replacing a stile on his land with a new kissing gate, at his own expense, and also for clearing the Bridle path in and around Upend - although this work may be held-up because of the awful weather we are experiencing.

I would like to give my thanks to Farmer Brian Coole for allowing some much needed ' up-grading ' to be done to the footpath on his land at Cress Green. ( EEA 59 ). I have received a lot of positive feed-back!! (photo left). And a new kissing gate has been installed on f/p EEA41, where the canal comes to an abrupt stop, before you see Westfield bridge standing alone in a field with no canal flowing under it anymore!

A parishioner in a neighbouring Parish has produced a very good map of four local walks. I will be finding out more about the costs and practicalities of doing something similar for Eastington. If you have any concerns about footpaths or bridleways, please get in touch:

**Bill Edwards, email: [Edwards.parish@btinternet.com](mailto:Edwards.parish@btinternet.com)**



## Eastington Neighbourhood Development Plan



The first community event of the Eastington Parish Neighbourhood Plan took place on Saturday 22nd February at Eastington Community Centre organised by the local Parish Council and its Neighbourhood Plan Group.

It was a lively event with a quiz, raffle, children's activities and home-made refreshments. Over 100 parishioners attended and discussed the nine themes displayed by the enthusiastic theme presenters who were gathering feedback from them. There was much dialogue around such interests as canal, housing, employment, energy renewal and open green spaces. Local MP, Neil Carmichael, came to lend his support as did several other Town and Parish council teams.

The many feedback sheets that were completed by parishioners are being taken forward as part of the developing plans for the future of the parish. Follow-on events will take place in April and May. These events will develop further themes and interest brought forward by the parish.

The photograph of the event was taken by Tom Wilks (15 year old, from the parish)

If you'd like to get involved or discuss further then please do not hesitate to contact me.

**Cllr. Peter Edis-Bates Chairman Neighbourhood Plan, Eastington Parish Council. T: 01453 791235**

### Neighbourhood Development Plan Prize Winners

#### Quiz Prize

Meal at the Old Badger

Becky Mulla

#### Raffle Prizes

1<sup>st</sup> Kings Head House Voucher

Tina Smith

2<sup>nd</sup> Broomhall Meat Voucher

Pam Rich (I have been unable to contact this lady. If anyone knows her please can you contact me?)

3<sup>rd</sup> Bond & Co Cut and blow dry

Mrs Griffies

4<sup>th</sup> Hair & Beauty Neck and Shoulder Massage

Mark Cousins

5<sup>th</sup> Hair & Beauty Nail Lacquer and Hair ties

Becky Mulla

6<sup>th</sup> Hair & Beauty Shampoo & Conditioner

Paul

7<sup>th</sup> Co- op Bottle of Cava

Jill Simmons

8<sup>th</sup> Co-op Milk Tray Chocolates

Jane Lamming

Our thanks to all the businesses that contributed raffle and Quiz prizes.

**Muriel Bullock, Chair Parish Council. [murielbullock@gmail.com](mailto:murielbullock@gmail.com) T: 01453 826172**

# **DISTRICT COUNCILLOR'S NEWSLETTER**

## **Local Plan**

The Examination in Public of our Draft Local Plan starts on Tuesday 1<sup>st</sup> April. A massive amount of work in preparing for this has been done by residents of the parish. Just the amount of reading required trying to keep up with developing government statements in planning matters is mind boggling. This work has been done by dedicated local groups, the Parish Council with its members and planning consultant and other individuals. I have done all I can to ensure that our Parish has been as involved as possible in the District Council's preparations for this Examination In Public (EIP).

Arrayed against the opinion of the Council will be the corporate might of the building developers and their planning consultants. These are, in my opinion, only interested in profit for their companies and not the best interests of the residents of the District for the future development and growth of our localities and the district as a whole. Only time will tell if local democracy will prevail or if there are other forces involved. The initial sitting of the EIP will be for three days and then the inspector will deliberate and inform us of his opinion. We may go onto the next phase or he may want to revisit some aspects again.

## **Boundary Commission Review of Stroud District Council**

As I briefly mentioned before, the District Council is having to look at all aspects of its election affairs. This is because the elector/councillor ratio in one ward has gone outside of the required guidelines. In Stroud District at the moment we try to operate with a ratio of one councillor per some 1804 electors. Plus or minus within a band. Due to this one ward deviation the council has to look again at:-

The number of councillors that make up the council, the frequency of council elections and, inevitably, ward boundaries.

At the moment the council has fifty-one councillors in a variety of one, two and three member wards, elected in thirds. For instance Eastington and Standish ward has one councillor and the election takes place every four years. In Stonehouse there are three councillors, one each being elected in one of three consecutive years, the fourth year being County Council elections. The boundary commissioners have held meetings with the Council. They tell you that it is your decision on what council you want, and then it seemed to me, basically tell you it's not. (I have heard some usually mild mannered people use quite strong language in describing their opinion on the attitude of the boundary commissioners). If we want to keep the present one, two and three member ward system, (this is done because it keeps defined localities together) we can only do this if we change to all out elections every four years. At present with elections in thirds I see the council as a dynamic entity that reflects quickly the opinions of the electorate whilst retaining some sort of continuity.

There is a very tight time scale with this review. By the end of April we are expected to have decided on our election cycle. By the end of July the number of councillors that will form the new council. More, fewer, or the same? The inevitable redrawing of ward boundaries will need to be done in the second half of this year. The result will be all out elections to the council in 2016. This means that anybody elected in May this year will only serve two years instead of four. How this will all end up remains to be seen, but not splitting some Parishes into differing District wards will be difficult. The, to my mind, simple and cheapest option of just sorting out the problem ward is not an option we have been given.

**Ken Stephens March 2014**

## **Planning Issues**

### **Swallowcroft**

After the debacle of the Swallowcroft planning appeal, a number of us registered a complaint with the Inspectorate in Bristol. This week we received our reply. That reply offers an apology for the handling of the appeal and suggests that the Inspector involved has now retired (code for 'he will no longer be used'). It was important to register our concerns, as the Bristol Inspectorate will now understand that tangling with Eastington Parish is something they have to take very seriously, and follow better practice.

## **Examination In Public (EIP)**

I reported in the last edition of the ECN that the EIP would take place at the beginning of April. That remains the case. We have submitted further evidence, as has Ian Stuart on behalf of the Parish Council, and Tom Low for KER. All these new submissions are available on our website (new-town.info).

We remain optimistic that the worst position proposed by SDC (9,500 houses) will prevail. We also believe that it is possible that a lower figure proposed by 'Don't Strangle Stroud' may win favour (8,500 houses), because of the impressive evidence base. No Inspector has ever lowered the Planning Authority figure in response to the advocacy of a community group, yet.

Any figure of 9,500 or less will ensure that the district is protected from any new "strategic sites" between now and 2031.

## **Does the EIP Matter?**

The simple answer is yes, very much. In Kings Stanley our friends have been resisting a development of 150 houses. The planners have recommended acceptance, but councillors have refused the application. This will no doubt go to an appeal. Unless the EIP is successful, the appeal will be lost.

Eastington Parish will always be vulnerable to more development because of its proximity to the motorway, and the fact that much of the parish farm land is owned by developers.

Over the next few months the Eastington Neighbourhood Plan will be completed and consulted upon. Combined with a successful EIP, we should then be relatively safe from unnecessarily large developments.

**Daniel James [Don't Strangle Stroud]**

## **E C O Group Spring Work Parties**

### **Trees Planted – now we have 58**

The first hardy souls to venture into Churchend Orchard on Saturday 8<sup>th</sup> March were rewarded with a warm day in which to work.

Nineteen planting holes were cleared, holes bored (thank you Ermin Plant) and trees planted. Just when you think that's the whole story, you have to put in some muck. Hammer in the stakes and wrap the whole issue with security wire (secure from the rabbits and the deer, that is).

Our 29<sup>th</sup> March party, pictured below, still had to provide mulch matting, top dressing and extra cable ties for the netting to settle the babies in properly.



### **Mix of trees**

Starting in the winter of 2011/12 we now have three plantings, comprising:

Apples – eaters	11
- cookers	6
- cider	8
Pears – dessert	8
- perry	7
- quince	1
Plums	8
Damson	3
Greengage	3
Cherry	3

The general plan is for there to be a succession of fruit throughout the season. Some of the trees crop early (Worcester Permain, late August) through to Egremont Russet, and the perry pears hanging on into November.

A wee benefit of this succession of crops is that the blossoming season is also spread out, from March to the middle of May. We hope that adds enjoyment and interest to your walks, Spring and Autumn.

**Tom Low**



# SCHOOL NEWS 2014

Eastington Primary School



## Dear All

As always, it is proving to be a busy time in school with a whole range of activities underway in support of the children's learning.

## On a sporting front.....

Our football team became small schools champions as they finished in top spot in the Stroud area competition. They have enjoyed success in a number of league matches and reached the semi final stages in the Riddiford Shield 6-a-side tournament. Our tag rugby teams have played against local schools and performed brilliantly winning the majority of their games. Our cross country runners enjoyed some fantastic results with 6 top ten finishes in the Stroud and District events held recently at Stratford Park. Many children continue their sports as part of our extra-curricular activities including hockey, tennis, netball, circuit training and multi sports to name but a few! We also maintain excellent links with local clubs and organisations to further improve opportunities for the children beyond school.

## The final verdict...

Eastington Primary school are 2014 Stroud schools Mock trial winners! Our young team of 'legal beavers' scored the most points during hard fought courtroom battles contested by 26 schools within the Stroud area.

Participating schools are chosen to act as either councils for the prosecution or the defence during a 'mock' courtroom trial. In previous years the competition has been held at the Magistrates Courts in Stroud, however, an exact replica of the courtroom is constructed at Ebley House where all the sessions are held under the watchful eye of local Magistrates who act as Chairpersons for each hearing. The police and the press are present to ensure that every detail reflects a real courtroom situation. Having been given the basic brief, school 'teams' have just a few of weeks to prepare their cases and then present their arguments under scrutiny of serving Magistrates who score the children on their ability to articulate their evidence, use persuasive language and remain confident to deliver their case. This experience offers our young people a unique insight into the workings of our judicial system. Our thanks to all the 'real' Magistrates, police officers and court officials who give their time to support this fantastic initiative and 'well done' to the Eastington team who came out on top!

## Visitors to the school

We have welcomed many visitors to school so far this year including our friends from Charles Dickens Primary, London. We have developed a special link with our 'buddies' from Southwark. Having enjoyed a day in London, Eastington pupils reciprocated and welcomed children and staff from Charles Dickens Primary who experienced a very different environment from that in inner city London. We are hoping to revisit our London friends later in the year.

More recently, students from Uguisudani School near Tokyo, Japan spent an enjoyable morning with us sharing their skills in origami and calligraphy. The visit concluded with a special assembly and our friends from Japan performing traditional dance and songs. It was truly inspiring to observe children from Eastington and those from another culture engaging in what children do best – be children!

Members of the Methodist Church have delighted us this term with interactive stories from the Bible and Rev. Amys continues to take a lead with some of our themed assemblies.

*(continued overleaf)*

We have also welcomed 'feathered' visitors to the school. The Welsh Birds of Prey Society gave a super presentation and displayed some of their rare and endangered birds. Owls, kites, falcons, buzzards and eagles were just some of the magnificent 'hunters' on show and reminded us of the wonderful wildlife we have. Whilst the birds are not usually named, a rather excitable tawny owl was known as 'Ernie' – because, according to his handler.....he had 'short, fat, hairy legs'!

### **Out and about**

The school has a long and treasured relationship with the Bluebell Club in the village and once again enjoyed a short musical afternoon at the end of the autumn term with local residents.

Some of our older children supported by school governors and members of the Eastington Flood Watch group, worked hard to clear a section of the river near the school which had become blocked as a result of the high water levels carrying bottles, plastic containers and general rubbish downriver. This section is particularly important for fish to access the rest of the river and ensures a healthy, constant flow. All the waste was eventually cleared and re-cycled – a win, win situation!

We are also hoping to plant some hedges and extend the opportunities for the children to be involved with the Community Orchard project during the spring and early summer months.

Pupils in Year 6 have enjoyed a series of Science lectures and workshops at Rednock School with our younger learners visiting The Steam Museum in Swindon in support of their topic on 'Transportation'.

All children in Years 4 to 6 participate in a digital photography course led by Mr Dougan (member of staff). This is part of our extended curriculum, linking IT (Information Technology) and the Creative Arts.

We are looking forward to strengthening our links with many local groups including Eastington Playgroup who continue to provide 'outstanding' provision for our early learners.

As part of a wider perspective, children on the School Council are looking forward to adding their 'voice' to the Eastington Neighbourhood Plan whilst maintaining an interest in the community now and for their futures.

### **Forthcoming projects and events**

We are planning a 'Young Authors Day' when the whole school takes a more in depth look into the writing process. From idea to outcome, the children will extend their understanding of drafting, editing and the structure of writing to produce some high quality results.

Our country dancers are performing at Stratford Park shortly in the 2014 Stroud Schools festival.

This always proves a very enjoyable and colourful occasion with skips, spins and smiles everywhere to be seen.

We look forward to our usual Easter celebrations in the church and the traditional Easter Egg Hunt and Grand Draw at the end of the spring term. Most of all (following the very wet and windy conditions we have all experienced during the last 3 months) we hope for dry and sunny playtimes!

Thank you for your continued support.

**M J Strang**  
Headteacher



*'Aiming high.....together!'*

## Village Agent News

### Anyone for Silver Surfing?

Now that we are in April I expect we are all hoping for spring and summer to come along! So now is a good time to start thinking about going on holiday. I know you may be thinking: that's all very well but holidays are expensive, they can be difficult for people with mobility problems and sometimes we just don't have anyone to go with. Well, I was browsing the Age.UK web page and they have a lot of suggestions, for example: cruising with a mobility scooter, fun for one, rail holidays and limited mobility and care holidays. There is even information about "silver surfing" in South Wales. Apparently surfing (yes, on a board in the sea) is becoming increasingly popular among the over 60s. Although I think a walk or a bicycle ride will do for me!

For people who find the thought of staying away too much there are always opportunities to go away on a day trip with local clubs or coach companies.

There is a brochure that you can send for from Age UK called Silver Travel Advisor. Contact them on 0800 169 6565 or have a look online [www.ageuk.org.uk](http://www.ageuk.org.uk)

Should you wish to contact me, **Sue Colquhoun**, for information or to ask me to come and see you, please telephone 07810 630 145.

## STROUD ECO OPEN HOMES 2014

Transition Stroud is again bringing together householders, individuals and organisations across the Stroud Valleys to celebrate 'fit for future' homes.

Transition Stroud will again be opening homes to share tips and information on eco-renovation and building. This year a record 27 homes will be open - from old, listed buildings to self built wooden homes; from modern terraced to 17th century detached.

The event will be held on the weekend of May 3rd and 4th, from 11.00am - 5.00pm and homes will be opening across the Stroud valleys.

An organiser, Jane Brown said: "We are looking forward to welcoming people from all over the West Country to come and get inspiration from home owners who have experienced the highs and lows of sustainable building work. Many people return year after year since they have found the event so helpful. Many are choosing to take several measures in their own homes."

This year we will also be holding an Installers' Fair in the Stroud Subscription Rooms on Saturday 26th April, 10.00am - 2.00pm to give people the opportunity of talking to suppliers and getting some ideas before the Eco Open Homes event the following weekend. Children can come and build their own home at the Installers' Fair too.

See more at: <http://www.stroudopenhomes.org.uk/>



**Wycliffe Choral Society**

*Bach*  
**St John Passion**  
*In English*

William Blake *Evangelist* Stephen Foulkes *Christus*  
Hannah Swain *Soprano* Anne Braley *Mezzo soprano*  
Roland Kitchen *Tenor* Andrew Hopwood *Bass*  
Wycliffe Choral Society Choir and Orchestra  
*Leader* George Ewart  
*Conductor* Christopher Swain

**Sunday 6th April at 7.30pm**  
Wycliffe College Chapel, Stonehouse  
*Tickets: £10.00 (under 18s £2.00)*  
*From: Stroud Tourist Information 01453 760960 -or-*  
*Order online (details on website) -or- Pay at the door*

 [www.wycliffechoralsociety.org](http://www.wycliffechoralsociety.org) Registered Charity no: 1125945

# ST. MICHAEL AND ALL ANGELS' CHURCH, EASTINGTON

## One of the 'Cotswold Edge' Parishes

(Eastington, Frocester, Haresfield, Moreton Valence, Standish and Whitminster)

**Benefice Website:** [www.cotswoldedgeparishes.org.uk](http://www.cotswoldedgeparishes.org.uk)

**Our mission is: to show God's love for His people,  
and nurture His people's love for God**



Dear Friends,

What an exciting month April promises to be! Apart from my birthday falling in it (sadly this happens every year, and this will be the 56<sup>th</sup> time) across the benefice we have Palm Sunday (palm crosses given to all our children in primary schools), Holy Week (including an Agape, a special service on Maundy Thursday, and two on Good Friday), Easter Day (including an egg hunt and evening celebration service), a smashing concert in memory of Canon Les Virgo, iSingPOP at Haresfield School and 6 Annual Church Meetings! You'll have to look through the SPAN to find out more about all these events. (Spare copies in the Church) There is so much more to the whole Easter Experience than giving an Easter Egg. For Christians is the most important of all the festivals. We remember the choices that Jesus freely made as our substitute. It was the whole human race that should have been punished, but he gave himself in humanity's place, to give us the chance to enjoy a restored relationship with God. Even now, in the midst of so much wickedness in the world, we can still have a close, personal relationship with a loving God.

For Christians the proof of this lies in two things mainly – first the resurrection, when Jesus rose from the dead to show that he had defeated death – holding out to us the hope of eternal life in heaven with our Father there, and second, the experience of that close personal relationship that I just mentioned. Historical proof and personal experience are good reasons for a firm faith, and a determination to share a message of hope in a spirit of love. 'Faith, hope and love abide, these three' write St. Paul at the end of his thirteenth chapter in his first letter to the Christians who formed the church in Corinth. They express a firmness of belief, an optimistic outlook, and gentleness of spirit that should be part of a Christian's character – and in fact I believe are admirable qualities in any person, regardless of whether they believe in a god or not. I find it quite strange that whereas many people profess to be quite spiritual in nature, they also seem to be regularly dismissive of the Christian faith, when it can be approached quite simply or extremely intellectually. I tend to be somewhere in the middle, as I suppose most are – struggling with the difficult bits and rejoicing when I achieve a modicum of understanding.

For those of us who have been grappling with Jesus's 'Sermon on the Mount' recently this has drawn out differing views on a variety of topics – it really has been a 'Challenging Lifestyle' experience. We're taking a break over Easter, but starting again on Tuesday 29<sup>th</sup> April, 7pm-9pm at the Rectory for two weeks, then after a week's break, for a further 7 weeks from 20<sup>th</sup> May – 1<sup>st</sup> June inclusive. All the evenings are stand-alone, so anyone can come for just one if they want. Future topics include giving, praying, ambition, worrying, and dealing with criticism.

Whether you come or not – have a very Happy Easter!

Yours in Christ,  
(Rector)



Come along and experience  
Easter with us on  
Sunday 20<sup>th</sup> April at  
Eastington Church when we will be  
celebrating Easter with a  
Holy Communion Service at 10.45am

Following the service, we are holding an  
Easter Egg Hunt in the churchyard.

Free for all children.

Everyone is welcome to come along!

We look forward to seeing you on Easter Day.




Revd Richard Amys, The Rectory, Millend Lane, Eastington, GL10 3SG.


Email: [richardjramys@aol.com](mailto:richardjramys@aol.com). Tel/fax 01453 822437. Day off – Saturday. (Mobile 07796 956050)

Eastington - Winner of Gloucestershire Vibrant Village of the Year 2010





**Concert in memory of  
Canon Leslie Virgo**




Performed by the Circle of Song and the Cotswold Youth Singers  
Sunday 27<sup>th</sup> April at Eastington Church, nr Stonehouse, GL10 3SB

Doors open at 6.30pm. Concert starts at 7pm prompt  
Refreshments served in the interval

Retiring collection for WaterAid and Amnesty International  
Suggested donation £10  
Raffle for Eastington Church

For further information please contact Robin Harris 01453 823433



## Church Annual Meeting

The Annual Vestry Meeting (at which Churchwardens are elected annually) and the Annual Parochial Church Meeting (at which PCC Members and Deanery Synod Members are elected, and the Annual Report and Accounts are presented) takes place at 7pm on Wednesday 23<sup>rd</sup> April in the Church. All are welcome to attend.

<b>6<sup>th</sup> April</b> <b>5<sup>th</sup> of Lent</b> (p104 - purple) <b>Ezekiel 37.1-14 &amp; John 11.1-45</b> (p105/106)	<b>13<sup>th</sup> April</b> <b>Palm Sunday</b> (p110 - red) <b>Psalm 118.1-2; 19-29 &amp; Matthew 21.1-11</b> (p108/9)	<b>Holy Week</b> <b>Maundy Thursday</b>	<b>20<sup>th</sup> April</b> <b>Easter Day</b> (p164 - white) <b>Colossians 3.1-4, Acts 10.34-43 &amp; Matthew 28.1-10</b> (p166/168)	<b>27<sup>th</sup> April</b> <b>2<sup>nd</sup> of Easter</b> (p169 - white) <b>Acts 2.14a, 22-32 &amp; John 20.19-25</b> (p169/71)
<b>10.45am</b> Holy Communion	<b>10.45am</b> Holy Communion	<b>17th- 7.30pm</b> <b>Holy Communion &amp; Vigil to midnight</b> (p129 - white) <b>1 Corinthians 11.23-26 &amp; John 13.1-17, 31b-35</b> (p131)	<b>10.45am</b> Holy Communion <b>12.45pm</b> Holy Baptism	<b>10.45am</b> Communion and Baptism

<b>4<sup>th</sup> May</b> <b>3<sup>rd</sup> of Easter</b> (p172 - white) <b>Acts 2.14a, 36-41 &amp; Luke 24.13-35</b> (p173/4)	<b>11<sup>th</sup> May</b> <b>4<sup>th</sup> of Easter</b> (p176 - white) <b>Acts 2.42-47 &amp; John 10.1-10</b> (p176/7)	<b>18<sup>th</sup> May</b> <b>5<sup>th</sup> of Easter</b> (p178 - white) <b>Genesis 8.1-19, Acts 7.55-60 &amp; John 14.1-14</b> (p179/80)	<b>25<sup>th</sup> May</b> <b>6<sup>th</sup> of Easter</b> (p181 - white) <b>Acts 17.22-31 &amp; John 14.15-21</b> (p181/3)
<b>10.45am</b> Holy Communion	<b>10.45am</b> Holy Communion	<b>6pm</b> Sung Evensong	<b>10.45am</b> Holy Communion

*All services are taken by the Rector unless stated otherwise*

## Baptisms

Phoenix Giovanna Emily Adams and David Harry Holt were baptised at Eastington on March 2<sup>nd</sup>.  
Barnaby 'Barney' William Smith was baptised at Eastington on March 9<sup>th</sup>.

## Wedding

Matt Wilcox and Sarah Needham were married at Eastington on February 22<sup>nd</sup>.

## Funerals

Ray Smith of Eastington died on 16<sup>th</sup> January. His funeral was conducted by the Rector at Eastington Church on January 31<sup>st</sup>, followed by burial in Eastington Cemetery.

Gerald Green of Nailsworth, and formerly of Eastington, died on 19<sup>th</sup> January. His funeral was conducted by the Rector at Eastington Church on February 5<sup>th</sup>.

Doreen Smith, formerly of Eastington, died on 13<sup>th</sup> January. Her funeral was conducted by the Rector at Eastington Church on February 6<sup>th</sup>, followed by burial in Eastington Cemetery.

Rene Denman of Eastington died on 2<sup>nd</sup> March. Her funeral was conducted by the Rector at Eastington Church on March 13<sup>th</sup>, followed by a committal at Gloucester Crematorium.



## EASTINGTON YOUTH GROUP Community Park Project

A good showing of kind volunteers helped the park project inch forward over recent weekends. It started with the shifting of several tonnes of top soil, which had been sitting quietly for a few weeks waiting for a break in the weather and the ground to drain a little. Our usual suspects, (Eric Hancock and Alex Stickland) were on hand with mechanical aid to move the soil and spread it evenly over the mounds.



The following weekend, 22<sup>nd</sup> March, we had a mixed group of adults and youngsters turn up to help till the soil and spread the grass seed. There were fourteen pairs of helping hands in all, which enabled us to get the job done in double quick time; thank you to all those who helped out, raking and broadcasting seed with equal gusto.

We are now looking forward, with fingers crossed, to grass covered mounds. The area has been taped off, hopefully this



will keep bikes and eager park goers from exploring whilst the grass establishes.

With grants from Eastington Parish Council and Charlie Bullock fund, we have been able to move this project forward. And a lot has to be said for words of support; it's always encouraging to know we are on track with the communities' wishes and needs.

Email - [eastington.yg@gmail.com](mailto:eastington.yg@gmail.com); Tel -01453 827401  
Web -[www.facebook.com/Eastington.playground.project](http://www.facebook.com/Eastington.playground.project)



## THE Mikado

By Gilbert & Sullivan

20th - 24th May 2014  
Everyman Theatre, Cheltenham





**Another busy term has been planned .....**

### **World Book Week**

We celebrated World book day on March 6<sup>th</sup> and all that week the children were invited to dress up as a character from their favourite book - we saw some fabulous characters - dinosaurs, firemen, princesses, pirates, witches and even the Gruffalo came along to play.



Our aim was to encourage children to enjoy listening and sharing stories both at Playgroup and at home to support their next steps that of reading. We also had a second hand book stall to fund raise for some new books for playgroup.



### **Sports Relief Week!!**

Week commencing 17th March we were raising funds for Sports relief as children and staff completed a testing triathlon, running shoes tied, tyres pumped and arm bands on - we had everything crossed for dry weather!!!!

After all the physical activity of the playgroup triathlon, we even had time for a visit from a semi-retired Dental Nurse. She showed the children how to look after their teeth and very kindly brought in some goodies for the children to take home and share.

### **Topics for the half term**

As many children welcomed new babies into their families we decided to have a focus on growing and babies. Children brought in baby photos and we looked at how we had changed and one mummy kindly came in with her baby so the children could help with bath time.



We are planning to grow some seeds to start off our allotment whilst learning about growth and change in plants linking this with stories, such as The Dandelion Seed and Jack and the Beanstalk. We will be setting up a Garden Centre on the decking and plan to visit the allotment (weather permitting!)



We will be celebrating Mothers day and plan to make cards and craft presents for our Mum's special day and finally we will be looking at the book 'We're going on a Bear hunt' and the children will be bringing in their favourite teddy for a picnic.

**Our playgroup offers care and education for all children from 2 ½ years to 4 years 11 months in a well established community based group.**

**We offer your children a safe and stimulating environment in which they can grow and blossom into self confident, self reliant and positive little people.**

**Our ultimate goal is to enable the children to have fun, explore and have the freedom to express their individuality, while forming the basis of their education.**

We currently have a few spaces left and operate 4 days a week offering full and half day sessions and we accept government nursery vouchers and other types of employer supported childcare vouchers.

If you would like more details please contact Mandy Owen, Playleader

07977 342 742 – email [eastingtonplaygroup@eygloucescershire.co.uk](mailto:eastingtonplaygroup@eygloucescershire.co.uk) or visit our website [www.eastingtonplaygroup.wordpress.co.uk](http://www.eastingtonplaygroup.wordpress.co.uk)

## The Kings Head

For nearly two centuries, the Kings Head has been a landmark building in the centre of the village. Over the years, like many places, it's had its ups and downs, but no-one can have missed the extensive and very obvious changes that have been taking place in recent months. Because of the opening of this new chapter in its history, it seemed an appropriate time to delve into its past.

In 1838, Eastington had two pubs and 23 beershops – the latter were often no more than a converted room in a private house. By 1891, things were a bit more orderly, with the village now having no less than nine pubs! Older residents will probably remember some of these that included the Oak Inn, Castle Inn, Britannia, Fox Inn, Victoria, and of course, the Kings Head. Unfortunately, there isn't a great deal known about the Kings Head's early day-to-day life, and what information has come to light is sometimes vague or contradictory. What is certain is that it was originally built as a substantial family home. Some sources suggest it may have been built in the late 18<sup>th</sup> century, although others give a date of around 1818. However, it doesn't seem to have remained a home for long, as by 1834, it had become a public house – possibly first licensed around 1831. In various forms, this is how it's stayed ever since.

There is an interesting description in *A Topographical Directory of England*, produced in 1833 by Samuel Lewis. He described the newly built Kings Head thus:

*“A spacious inn, called the Kings Head, has been recently erected at Eastington, at an expense of £300, affording ample accommodation for families”.*

There is some interesting later information to be found on many local hostelries (including the Kings Head) on the *Gloucestershire Pubs Database* website, compiled by Geoff Sandles. This provides some basic details of the different landlords and breweries that have been involved over the past couple of centuries. There is little known about its early days as a pub, but by 1856, the landlord was a Mr W Niblett. In 1885 and 1891, the registered landlord was Samuel William Kent. His tenancy was coming to an end as later in 1891, the Kings Head was registered as an 'alehouse', now owned by Messrs Cook of Tetbury Brewery, suppliers of Tetbury Ales. At the time, it had a rateable value of £21. Tetbury Brewery was to remain the owner up to 1913, when the pub was eventually taken over by the Stroud Brewery. In the intervening period, there had been a succession of landlords that included Frederick White (1901), George Huphnall (1902), Ambrose A. Willis (1903), and William J. Peglar (1906).

By 1911, Louisa Howell, the widow of John Howell, was now the landlady. Like so many others, the coming years would see her family touched with tragedy. At the outbreak of the First World War, her young son Thomas Albert, took himself off to Stroud and enlisted in the Worcestershire Regiment. Perhaps predictably, in August 1917, he was killed in France, just 19 years old. In 1919, just after the end of the War, the landlord was now William Vaughan. He was remembered in Fred Ireland's diaries (covered in recent editions of ECN). To quote Fred:

*The tenant of the hotel was name of Vaughan, having a son and a daughter. I well remember the giant Golden Chain tree in front of the King's Head Hotel reaching almost to the roof (see photo).*

By 1927, the tenancy was now held by Arthur Frank Underwood, who was still there on the eve of the Second World War in 1939. During this period, the Kings Head was listed as having 10 acres of land with it. Then comes a bit of a blank in the records (doubtless some of our older residents could fill in some of this!) although by 1998, the pub was reportedly held by Bob and Lin Chalk, then by Martha Todd and Matthew Allmark. In 2002-3, it was Mark Greenway. By 2008, the owner was Punch Taverns.

We can't talk about the Kings Head without at least mentioning the village landmark that stands just across the road on the traffic island, namely our well-known sign post. Not everyone will be aware that at one time, this also doubled as a public drinking fountain. It was erected by local mill owner Charles Hooper, to mark Queen Victoria's Jubilee in 1897. Hooper was heavily involved with the Temperance Movement and was very critical of the various pubs and beer shops that existed in and around the village. The drinking

fountain formed part of his strategy to keep his workers and others out of the local pubs. According to local tradition, it was located here in order to deflect custom from the King's Head - it doesn't seem to have worked!



The Kings Head, post-1913, confirmed by the Stroud Brewery sign. Note the large tree mentioned by Fred Ireland and the drinking fountain/signpost before its relocation in the 1960s. It's unlikely that the two central figures would want to stand there now!

It looks like half the village turned out to pose for this photo! There's everyone from a soldier to a farm labourer present. This pre-dates the Stroud Brewery takeover so is probably from the period when it was owned by Tetbury Brewery.

**Stephen Mills**

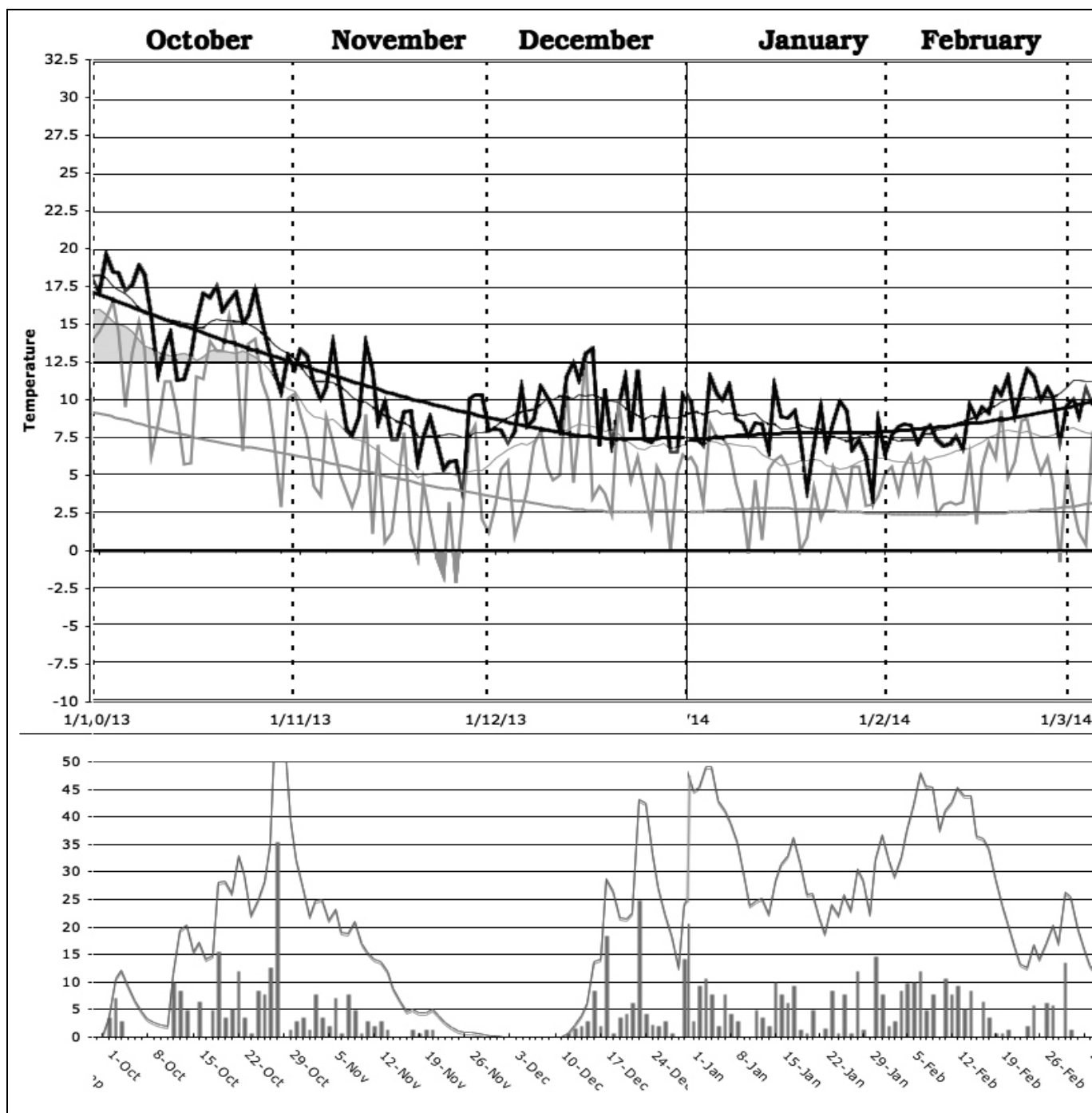


### ***DO YOU PLAY or HAVE YOU PLAYED CRICKET?***

Eastington Cricket Club requires players of ANY standard for the 2014 season, with most Saturdays (league) and friendlies on Sundays, midweek days and midweek evenings. We play and practise at Owen Harris Memorial Ground.

Any standard/ability is welcome, to keep our club going.  
**Please contact Steve Gallagher on 01453 791209**

## Eastington Weather



### The top graph shows temperatures in Centigrade.

The dark line shows the daily maximum temperature, the grey line shows the night-time minimum and the smooth curves show the averages for Eastington parish.

This was the mildest winter in at least 25 yrs. The only true frosts were in November!!

Otherwise temperatures were very close to the average but we had mild nights due to rain/cloud cover.

The temperature was 17.5° C on 9<sup>th</sup> March and has been generally just above average until the start of a cold snap at the time of writing.

### The lower chart shows daily rainfall in millimeters (mm)

The line above shows an approximate saturation level that builds up after several days' rain.

This was the wettest winter in 25 yrs by some distance. However, there were only two days with over half an inch of rain. The difference was that over a period of 10 weeks we had only 6 dry days. Then on 1<sup>st</sup> March a dry spell began and we had almost two weeks with no rain.

**Mark Campbell**

## Beekeeper's Diary

After thirty years of keeping bees I still have much to learn. Bees are amazing little creatures which have never ceased to fascinate me. Most people seem curious about them, so I hope you will enjoy this diary.

During the winter there are two kinds of bees in the hive, about 10,000 workers and one queen. The worker bees spend the winter huddled together, vibrating their muscles to create heat. They maintain a temperature of 29 degrees C in the middle of the cluster, where the queen is kept warm and well protected. This energetic task is fuelled by honey stores. Winter is a vulnerable time. The bees are more likely to succumb to diseases, be raided by badgers and woodpeckers, play host to a mouse, or starve.

**February 1<sup>st</sup>**. I took advantage of a dry, mild afternoon to check the bees' food stores. Opening the hive right up would chill the bees, so I just hefted the hive to feel the weight. One of my hives felt rather light, so I peeped under the roof. There were no bees in sight, and I was dismayed to find a puddle on the crown board (ceiling). Damp is bad news, so I taped over all the joints and covered the whole hive with a large, weighty board to protect it from the lashing rain and winds. I made some sugar candy to put on the crown boards in case food stores are low. Now I just have to wait for another break in the weather.

**February 16<sup>th</sup>**. Today it was warm and dry enough to spot a honey bee investigating the garden. There is little for them to forage on, so I put the candy in their hives. I was glad to see no piles of dead bees around the entrances.

**February 21<sup>st</sup>**. The bees from hive one were flying, bringing back beautiful balls of crocus pollen attached to their legs. They collect pollen to feed the brood with, so this is a sign that queen has started laying again. I checked up on the candy and was pleased to see they have found it.

**February 27<sup>th</sup>**. It was a beautiful morning. Colony one has used most of the candy. They need to raise the temperature to 34 degrees around the brood cells. As this is so energy intensive, I gave them extra candy. Colony two were flying today in tiny numbers. More worryingly they are still not collecting pollen, neither have they eaten much candy. It doesn't look good.

**March 9<sup>th</sup>**. It was warm enough to have a quick look into the hives. In hive one, bees were everywhere looking healthy and busy. They still have at least one frame full of honey so I didn't feed them again. A frame is a wooden framework filled with comb. The bees in hive 2 were still clustered on only four frames, a few were flying but no pollen was being collected and it smells faintly of fermenting honey. I'm sure something is wrong.

**March 15<sup>th</sup>**. It was warm enough to have a proper look inside the hives. Hive 1 is very strong, with lots of bees and brood. They also have a little fresh honey. Hive 2 has no brood and no queen. Perhaps I'd accidentally squashed her in the autumn. A queenless colony cannot survive, so I took a frame of eggs and young brood from the strong colony and gave it to the weak one. The bees will feed one of the very young larvae with royal jelly so it will develop into a queen. Having done this I treated both hives for the Varroa mite which has caused bees serious problems.

After I had finished I realised that raising a queen would be pointless, as there won't be any drones (male bees) for her to mate with so early in the year. She would be sterile. This leaves me with two choices. Either I tip out all the bees in hive two because it will just get weaker, more prone to disease and pose a risk to the neighbouring colony, or I unite the two colonies.

**March 16<sup>th</sup>**. I decided to unite the two colonies. When I took the empty hive away, I found the pollen stores were covered in white mould. I checked up on this I and discovered it doesn't matter. Bees will clean it themselves without any ill effects. What does matter is why the colony became too weak to look after things properly in the first place. I am fairly sure it was because they were queenless and not due to disease.

**March 17<sup>th</sup>**. There were no signs of a massive fight in the hive, so I imagine all is well.

**Val Hicken.**

# Holistic Health News

## Put the **SPRING** back in your step!



The daffodils are out and the hint of warmer weather is upon us! Spring time is about transformation of the old into the new. We all get busy cleaning our houses, painting the fence and planting flowers ready for the bloom of summer.

**But what about your health? are you giving that the same rejuvenating experience?**

Winter is a time for hibernating and gathering energy ready to literally 'SPRING' into life when the warmer weather appears. So lets say goodbye to aching bones and joints, adios to colds and coughs and get started on our own transformation.

Spring cleaning your health couldn't be simpler, all you have to do is gently move your bones, joints and muscles! and what better way to do that than join the fun at The Eastington Community Centre for Tai Chi / Chi Kung and Energy Health Classes! We've been doing it for four years in stroud so come along and see.

**Its not just an exercise class, It's a class that promotes the feeling of vitality and peace of mind!**

Happiness, calm emotions and a zest for life are just some of the benefits of practicing Chi Kung. It provides movement for the whole muscular system, promotes mobility in the joints and instills a sense of wellbeing and happiness. Over time practising the gentle movements and breathing can bring release from negative emotional patterns, resolve chronic injuries, strengthen the immune system and restore a feeling of youthfulness.....and we'd all like a bit of that!

**Above all else Chi Kung helps to improve health so we can all feel Alive with Life!**

New Spring term starts Tuesday April 22 & Friday April 25 for 12 weeks  
£7.00 Per class or book 12 sessions and SAVE £24 for the term (£60)

### Weekly Classes

Tuesday 7-8pm Eastington Community Centre

Friday 12-1pm Eastington Community Centre

### Weekend Courses at Hawkwood College 2014

June 14/15 Part 1 Chi Kung & Tui Na Massage

Sept 20/21 Part 2 Chi Kung & Tui Na Massage

# Alive with Life!

Please visit [www.energyhealth.co.uk](http://www.energyhealth.co.uk)  
or call 01453 828000 for information



## The Stonehouse Holistic Centre

For the past three years The Stonehouse Holistic Centre has been providing effective holistic medical treatments and acupuncture to local residents. If you would like to discuss how you can reduce your pains and improve your health and happiness please call the clinic today.

Read testimonials at [www.stonehouseholistic.co.uk](http://www.stonehouseholistic.co.uk)  
Or find us on Facebook too!

SPONSERED BY

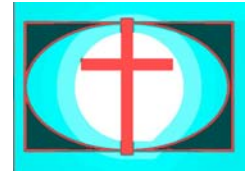


**& Medical Clinic**

**Call 01453 828000**

12 Queens Road, Stonehouse, Glos  
(Situated behind the post office)





## Easter Events at EMC

**Thursday 10<sup>th</sup> April - 10:00 – 11:30am**

### Messy Easter

Craft activities, music, cakes, drinks, fun on an Easter Theme – ideal for families.

**Friday 18<sup>th</sup> April - 10:30 – 11:30 am**

### Good Friday

Come and reflect on the last hours as Jesus suffered and died for our sins on the cross at Calvary.

**Sunday 20<sup>th</sup> April - 11:00am – 12:15 pm**

### Easter Celebration

They thought they had got rid of Him – no! He's back! Share in the joy of the resurrection with us on Easter Sunday.

**Sundays – New Facilities for Young Families** - The church has developed a lot of contacts with families with young children through the Toddlers Group that meets on Mondays and elsewhere. In addition to this, and partly because of it, our “Messy” events have been attracting attendances of over 50 people at times.

Therefore, starting at Easter, we are proposing to run a group in parallel with the 11 am Sunday Service for younger children in such a way as to allow their parents either to stay with them or join us in the main service. The activities available will be similar to those provided at Messy Church.

**Youth Activities** - The EMC youth club continues to meet on Friday evenings at 7pm and attendance has been very high at times. A well attended sleepover at the church was held in February when a video of the Prodigal Son was made. A group is also going to Spring Harvest based at Butlins in Minehead for several days in the week before Easter.

In the coming months, we hope the weather will become hot and sunny so that we can break out the water slide again and hopefully another sleepover can be arranged. Towards the end of the summer, the Bristol District is planning a style chill out evening/sleepover in Chippenham followed by a trip to Thorpe Park on September 5<sup>th</sup>/6<sup>th</sup>.

The youth club usually runs every Friday including during school holidays but there will not be one on Good Friday (18<sup>th</sup> April).

**Kidzone** - Kidzone continues to meet on Wednesdays 6:15 – 7:30pm during school term time. This comprises craft activities (often cooking), a film or cartoon with refreshments and games. The group caters for 6 to 11 year old children and we would welcome more to join us. A small charge of 75p per session applies at Youth Club and Kidzone.

There are plenty of activities for adults too – please visit the web pages for more details.

**Ken Burgin – Senior Steward**

**Ken, Beck & Liz Burgin 01453 827414**



[www.EastingtonMethodists.org.uk](http://www.EastingtonMethodists.org.uk)

## Strange New Boat on the Canal



Anyone walking by the canal recently may have spotted a rather strange looking boat. This is a weed-cutting boat which has been purchased by the Stroud Valleys Canal Company (SVCC), the charity that owns the canal. It has been modified and refurbished by Cotswold Canals Trust volunteers and will perform the important task of maintaining a clear channel down the middle of the canal.

The bit on the front cuts weed or reeds and these are conveyed upwards on a conveyor belt and dropped into the hold. When sufficient has been gathered, the boat drives into the bank and the contents are transferred to the bank either to be removed or to compost down over time.

Newtown Lock is currently having its top paddles replaced but should be operable again soon. The hope is that the weed boat will then be able to remove some of the excessive reed growth that has developed between Newtown and Bonds Mill. Areas with nesting birds will be avoided.

The boat can be moved on a trailer and will visit different lengths of the canal at different times.

CCT is looking for a new Team Leader or Leaders to run this operation and will be soon looking for volunteers to assist with the work.

**Ken Burgin** [ken.burgin@pikelock.com](mailto:ken.burgin@pikelock.com) [www.cotswoldcanals.com](http://www.cotswoldcanals.com) [www.stroudvalleyscanal.co.uk](http://www.stroudvalleyscanal.co.uk)



**Tilley Brook:** above are a few fragments of pottery and clay pipes I picked up last weekend in the Tilley Brook. The shell is a marine oyster shell, so someone had a good supper! The pottery fragments (late-Victorian/Edwardian) are plentiful in any soil you dig in Eastington. Note one piece shows a man smoking a pipe and, to the right, are some fragments of clay pipes. **Val Taylor.**

## Improvements to the Tilley Brook and River Frome

Those of you who use Millend Lane will have noticed work being undertaken in the adjoining fields over the last month. The Severn Rivers Trust is carrying out a project on behalf of the Environmental Agency to improve the access to salmonids ( trout and grayling) and eels to their spawning grounds further up the river. This is part of a pan-European incentive to rescue the European Eel (*Anguilla anguilla*) from its endangered species red list. The project will install a Larinier Fishpass on the Churchend weir and clean out and open up the Tilley Brook as an alternative passage for the elvers and Trout. Gloucestershire Wildlife Trust are officially monitoring the work as to the impact on local wildlife during the work. This is just one



of many similar projects progressing along the length of the Frome, eventually to link together.

Last Spring, after the local flooding that followed an extended cold spell, a large amount of rubbish and natural debris had completely clogged the Tilley Brook causing the water to almost stop flowing with small stagnant pools forming. Eastington Primary School were doing a project on the local environment and, with the approval of the local landowners, decided to clean it up.

Children volunteered to work in their lunchtime alongside school governors and parents to clear out the rubbish which was then sorted and recycled.

Over the summer evenings a group of pupils, parents and governors proceeded to wade along the length of the brook clearing out the overgrown vegetation and pruning the trees. The water once again ran free but serious work was needed to return it to its former width and depth. This is important because in times of heavy rain this brook takes the overflow round the weirs and reduces the flooding on the Millend meadows.

Earlier this year a consultative meeting was held in Eastington with the Severn Rivers Trust and representatives from the Parish Council and interested parties. At the meeting it was agreed that the Tilley Brook would be cleared out along with the works to the fish-pass to provide an additional waterway. I am pleased to say that this work has now been successfully completed (photo right) and, as I write this, work has commenced on the construction of the fish-pass at Churchend weir.

When I first came to Eastington, over 25years ago, I saw a kingfisher catch a fish in the Tilley Brook and I even tickled a trout (it is legal) to the delight of my children.

I used to catch elvers in a bucket below the weir and then tip them back in above it in an attempt to improve their chances - soon they will not need my help. Last year saw elvers back in numbers in the river for the first time in a few years. As eels are the favourite food of Otters and Bitterns there are complementary effects to their successful re-introduction - not to mention a valuable flood relief system after this year's inundation. It is good to see money being spent in the Parish on work that is both needed and beneficial to the environment.



**Graeme Dougan**



## Eastington and Stonehouse Slimming World

Wow where has the time gone? The wettest winter on record has passed and the clocks have gone forward so springtime is officially here, yippee!!

The past few months have been extremely busy in both groups. We have welcomed many new members to both groups and started them on their weight loss journeys with the fab healthy eating plans we offer. We have celebrated weight losses and achievements in group and have learnt many new ways to cook, eat, and feel full yet losing weight at the same time.

We have also celebrated the births of 2 beautiful baby girls to mums who are members. With group support and their midwives approval, have eaten healthily through their pregnancies and delivered healthy babies and kept their own weight brilliantly under control. We are now patiently waiting for 2 more mums to deliver over the next few weeks, I wonder if it'll be girls or boys? Working with a members' midwife and the support of the National Midwives we can support pregnant women with their weight during pregnancy.

We have also enjoyed watching the progress of a young member who started a teaching degree at University last September. She joined us some months before going and got to her target weight before going, learning how to eat and cook healthily. She has just returned for the Easter break and is still at her target weight which is a brilliant achievement. You know who you are and I'm so so proud of you.

We are currently taking part in a 6-week Slim for Life challenge. During this time we have boosted our weight losses as well as raising money for charities chosen by the groups themselves. Eastington are supporting a charity called DebRA and Stonehouse have chosen the Cotswold Care Hospice and also a charity to help a young girl access some life saving surgery. We have also just sent a joint group donation of £55 to Cancer Research via Smiles, the Slimming World national charity. We have been busy!

It has also been lovely to welcome more men into our groups who have realised that Slimming World isn't just for women but men too and realising that lovely meals can still be enjoyed while losing weight, you don't have to only eat 'diet food' and you can still enjoy a pint!

So if you would like to come along and find out more about Slimming World it would be lovely to meet you. Stonehouse group meets on Wednesday mornings at 9.30am at the community centre and Eastington Group meets every Wednesday evening at 7pm in the village hall. You can either just turn up or if you would like some more information give me a call **01453 821751** Happy Springtime everyone.

## Hypnotherapy

I am about to qualify as a clinical hypnotherapist and I am looking for clients with the following issues:

Anxiety, Stress, Fears, Phobias  
(flying, spiders etc), Confidence,  
Habits (nail-biting etc)

As I am yet to qualify, sessions are at the student rate: £30 per session (free initial consultation)

**Hazel Rank-Broadley**

tel 01453 791424 mob 0783 787 6901

Offer closes 30th June 2014, subject to availability



### Do you look after someone ?

Free local sessions can help you to help them.

The weekly sessions give you the opportunity to meet with other unpaid carers to gain information and support.

Tues 29.4	Being a Carer	Tues 6.5	Day-to-Day Caring
Tues 13.5	Looking After Yourself	Tues 20.5	Caring in Partnership
Tues 3.6	Caring and Resources	Tues 10.6	Next Steps

at: Stroud College, Stratford Rd.,  
Stroud GL5 4AH

From 6.00—8.30 pm

Help is available with replacement care and transport if necessary



Please call **01452 500885**  
to find out more or book a place, or email  
[positivecaring@gloucestershire.gov.uk](mailto:positivecaring@gloucestershire.gov.uk)



## COMPLEMENTARY THERAPY

In the comfort of your own home  
Mobile Complementary Therapist offering  
Reflexology, Aromatherapy and Reiki

6 years experience in a hospice

Working with patients carers and bereaved

For advice and appointments please call

Anita Harland 07977 137955



## ATTWOOLLS

Camping & Ski



Dome Tents, Frame Tents, Party Tents,  
Shelters & Gazebos, Accessories,  
Outdoor Clothing & Boots  
All at great prices

[www.attwoolls.co.uk](http://www.attwoolls.co.uk)

Skis, Ski Boots, Ski Clothing to hire or buy

A38 Bristol Road  
Whitminster, GL2 7LX

**01452 742233**

Open 7 days  
Mon-Sat: 9-5.30  
Sun: 10-4.00

## SEVERNSIDE OSTEOPATHIC PRACTICE



I am your local, friendly and professional Osteopath with over 30 years' experience. The practice is based in a rural and tranquil environment at Saul with plenty of parking.

Osteopathy is not only for back pain, it can also help:

- Children - with growth and postural problems
- Women - before and after pregnancy
- The elderly - to reduce aches, pains and stiffness
- Sporting people

It is not possible to list everything, so please ring to find out if osteopathy would be helpful for you.

**Caroline Tosh** DO MSCC  
**T: 01452 740818**

Registered with the General Osteopathic Council

## Yoga



**Tuesdays 9.30 am**

Leonard Stanley Village Hall

**Wednesdays 8 pm**

Leonard Stanley School

**Thursdays 8 pm**

Eastington Community Centre (OHMG)

**Fridays 9.30 am**

Leonard Stanley Village Hall

**£6 per class in advance, £7.50 per drop-in**

Carol Maguire tel: 791484 / 07814 341092

[caroline.maguire2@btinternet.com](mailto:caroline.maguire2@btinternet.com)

[www.carolmaguire.co.uk](http://www.carolmaguire.co.uk)

## OLD BADGER INN

SERVING 6 REAL ALES & REAL CIDER

COSY LOG FIRES

GOOD QUALITY FOOD,  
USING FRESH LOCAL PRODUCE

COVERED & HEATED PATIO AREA

LARGE GARDEN WITH CAR PARKING

**TEL. 01453 822892**  
**WWW.OLDBADGERINN.CO.UK**

OLD BADGER INN, ALKERTON ROAD, SPRINGHILL, EASTINGTON, GLOUCESTERSHIRE GL10 3AT



We are a dog  
friendly pub!



**ZETA**  
PRINTING SERVICES

Telephone  
**01453 825047**



**On Saturday the 3<sup>rd</sup> of May at 11am. The Mobile Police Station will be in parked the Car Park in Victoria Road Eastington.**

**You will be able to meet your local officers for the area. We will be able to advise on local issues that you are concerned about, including crime reduction advice.**

**On board will be a small crime reduction shop , selling items for eg smart water , light timers , personal attack alarms etc .**

**Look forward to seeing you.**

**Liz Ward PCSO 9081**

# Stop Smoking

I am about to qualify as a clinical hypnotherapist and I can offer you a single session for smoking cessation for the student rate of £60 (approx. 2 hours)

**SEIZE THE MOMENT !**

**Hazel Rank-Broadley**

tel 01453 791424 mob 0783 787 6901

Offer closes 30th June 2014, subject to availability



**Extensions  
Renovations  
Kitchens  
Bathrooms  
Tiling**

**T: 01453 823 686 ★ M: 07866 600 961**

**No obligation estimates and consultations**