

e a s t i n g t o n

COMMUNITY NEWS

Let's hear from YOU!

Contributions to ECN are welcome from anyone connected with Eastington Parish, past or present. Send your copy by email to the Articles Editor - ecn.articles@gmail.com

Please also send us your photos so that ECN can help publicise our vibrant community through pictures, and if you go to ECN at ecn.me.uk you will see them glorious 'technicolor' too!

The editor reserves the right to reject or shorten contributions.

The views expressed in ECN are not necessarily those of the editors.

Next deadline for submission: Thursday 23rd July 2015

Next Delivery: Saturday 1st August 2015

Inside this Issue:

There has certainly been a lot going on in the parish and there's lots more to come as we head towards summer.

The 'news flash!' on p3 tells the story about the Eastington Balloon Crash of 2015... the evening the lights went out! Thanks to Rupert, Charlie and Theo for an amusing account of the event. Thankfully no-one was hurt.

We hear from our new District Councillor, Stephen Davies - p5. We look forward to regular updates from Stephen in ECN.

There are numerous events happening in and around the parish. One to note is the 'Headmasters Silver Jubilee Duck Races' on Sunday 28th June. Details on p 7.

It's always good to hear from the many active groups in our Parish and ECN is a great way to tell

people what's happening, and also to celebrate events and successes, so keep sending us your news and messages. We have a special 'thank you' note to a kind resident who handed in a lost book bag to the school (p8). Lovely to hear there are such kind people in our parish.

Stephen Mills, presents another excellent update on the history and news about Millend Mill on p18 and p19.

We also hear about the plans for canal boats to travel the canal through Eastington once again by recreating the 'missing mile'. Make a note of the meeting and exhibition in Eastington on Saturday 27th June.

And finally...we've included a flower themed word-search for our younger readers on p11. Perhaps you've seen some of these flowers in and around Eastington parish?




News Flash! Eastington Balloon Crash 2015 p3



Millend Mill - history and news on p18 & 19



Westfield Bridge - the 'missing mile' p20 & 21

 @eastingtonnews

 Eastington Community News

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Editor**

sign post



I hope you enjoyed the last special issue of ECN. Please take a few moments to give some feedback to help us shape and improve future publications.

Over many years it seems that 'Planning' issues have taken up a larger and larger proportion of what's going on in the community. Planning matters are of course very important and often controversial, as they can have a major impact on our personal spaces and routines. On the one hand, there are building proposals from several private developers across the Parish (about six active Planning Applications or Planning Appeals). On the other, there are two major development Plans from our local councils.

- (1) our own Neighbourhood Development Plan - from Eastington Parish Council.
- (2) the new Local Plan - from Stroud District Council.

In this edition we have an article about each of the above two development Plans and how these will affect you. This is the first time ever that a Neighbourhood Development Plan has been written by Eastington people, and it will control development here until 2031; so it's really important that you make your voice heard now.

For more than half a century Eastington has grown steadily with modest development, and it has attracted much 'new blood' into this community. One of the positive things generated by controversial planning proposals is that neighbours are brought together. At such gatherings in the past, many new community projects were strengthened or born. This may explain why there are so many good community projects here in Eastington. Our Allotments, Community Orchards, Playpark and Community Centre being some examples.

At this year's Annual Parish Meeting it was uplifting to hear about positive ideas and plans for future community projects. We were reminded of one of our greatest assets - our young people. Perhaps a way can be found to include more young people and 'new arrivals' in Parish activities and help invigorate further constructive projects.

Looking around our Parish we can see many cherished things established over past centuries. Just as we benefit by enjoying some of those things passed down by previous generations, maybe we owe it to future generations to say what we believe should be retained for their enjoyment. For me one of the best recent experiences was the sight in April of the blossom in the Perry Orchard. [Pictured]



Maybe you have a picture of one of your favourite village sights that you could share with ECN?

Andrew Niblett - Editor

Andrew Niblett (Editor) | 824841 | niblett.parish@talktalk.net
 Chris Osman (Articles Editor) | 822060 | ecn.articles@gmail.com
 Tom Low (Distributor & Adverts) | 823425 | tom@hazelcottage.eu
 Website contact | info@ecn.me.uk

news 'flash'!

Crash, bang, wallop, what a picture!

One wonders about the origins of our adult phobias. For my three-year-old son Charlie, never mind the rest of us, the events of Wednesday 13th of May have surely burst the aura of aesthetic wonder of hot air balloon flying for ever.

"Hello", he called to the pilot as she skimmed the roof of Elmhay Cottages. "Hi", came the surprisingly curt and wave-lacking response to us as we stood in our back garden. "Not very friendly," I mused.

Out to the front to watch the remainder of the journey as, we expected, the balloon would rise majestically over Middle Street. But no...



It soon transpired that the pilot was attempting to land the balloon in the field just opposite our house. "Fair enough, just concentrating," thought I.

Then, BOOM! CRACK! A whiplash of power cable, a flash of 11,000 volts and some perturbed clucks from the nearby chicken coop, as the noiseless inflatable became noisily deflated.

Charlie, meanwhile, had a strange look on his face, at once bemused and yet transfixed. Perhaps he was wondering if adults always get up to this kind of thing in the hours after bedtime?

Upstairs, our other boy Theo was now wide awake – his initial thought on the noise, he said, was that dinosaurs were stomping on the house – as the inhabitants of Middle Street gathered to see why their television sets had gone black.

The pilot and passenger, thank goodness, were unhurt – pride bruised, no doubt, and fortunate to have escaped. A "cable strike" is the ballooning terminology, according to the pilot. If such incidents have their own name they must happen disturbingly often. Apparently the angle of the sunset made the cables invisible.

Power was restored within 90 minutes – thanks, Western Power Distribution – but the workmen carried on under lights through the night.

The Eastington Balloon Crash of 2015 will live long in the memory. And no doubt dwell permanently in the subconscious of those too young to understand what on earth was going on...

Rupert Janisch

councils



PARISH MATTERS

By the time you read this I shall have returned from 5 glorious weeks in the sun, and will be fully recharged.

I would like to say a huge thank you to Jennie Corrie and the other Councillors who have so admirably held the fort while I have been away. A special thank you also goes to Anita Sach, who stepped in to sort out Eastington Parish Council (EPC) administration ahead of the engagement of our new Clerk.

May I extend a very warm and heart-felt welcome to our new Clerk, Julie Shirley. I know we are all very pleased and relieved to have captured such a treasure, and I know she will be an asset to our Parish.

Congratulations must also go to Peter Edis-Bates and the Neighbourhood Development Plan (NDP)

steering committee for getting the NDP published and to its public consultation stage. I know a lot of hard work has gone in so far, but there is still more to do before it is adopted by Stroud District Council (SDC).

We are continuing to object to unsuitable planning applications as well as looking after other areas of the Parish.

I hope you have all had some sunshine to enjoy. I am looking forward to another year's term as EPC Chair, and I will do my best to cover as many Parish Matters as possible.

Please contact me if I can be of any help.

Muriel Bullock | Chair Eastington Parish Council
murielbullock@gmail.com

01453 826172

The Grange Care Centre
Garden Party - Saturday 13th June at 2pm

Please come and join us
BBQ
Bouncy Castle
Musical entertainment
Raffle
Refreshments

Table top sale - 5.00 per table
Please phone Denise on 07903885237
to book your space.

EASTINGTON HORSE SHOW

Saturday 1st August 2015



LAST YEARS' VENUE: On the A419 East of Junction 13 M5
 Nearest Post Code is GL10 3SQ (Between Little Chef Roundabout and M5).

By kind permission of Mrs Carol Prentice and Mr Barrie Yeates

Dressage, Show jumping, Showing, Gymkhana & Fancy Dress Classes.

Let's keep the spirit of 'The Village of the Year' alive.

Support your own horse show. It's run entirely by volunteers. Bring your family for a great day out.

Meet with friends and neighbours. All proceeds go to worthwhile local causes.

Show Secretary: Mrs Jane Hyatt 21 Bradestone Way, Eastington, Stonehouse, Glos. GL10 3FD



I wish to thank the very kind gentleman that found my daughter Amelia's book bag outside his house on Monday afternoon, and he then returned it to school on Thursday of the same week.

He didn't leave his name at school, and so I am unable to thank him personally. So, I would like to express my gratitude and thanks here in Eastington Community News.

Many thanks, Anne Hudd

Lovely to know there are such kind people about. - Ed

Letter from your District Councillor

councils

"Dear all

May I introduce myself as the new District Councillor for Eastington and Standish at Stroud District Council (SDC).

First of all can I thank all those that voted for me and assure those that didn't that I am committed to being an effective representative for the area at SDC.

A bit about me: I live in Saul which if the new Boundary Commission recommendations are accepted will be part of the same Ward as Eastington. I have worked in IT all of my working career and currently work for a Company focused on Cyber Security. I am married with a daughter. I enjoy running and regularly do 10k runs and the occasional half marathon.

I think we face some specific challenges around planning. We need a local plan to protect us from speculative development that we have already suffered from, but we also need a Local Plan that is sustainable, and there are serious issues with the one proposed. If the current plan is rejected we have an urgent challenge to develop an alternative. If it is not, then the real detailed work starts to make the best of the situation. I am committed to get involved in this detailed work.

Planning though is not the only challenge we face and I am also available to help with any other District Council issues. I can be reached at cllr.stephen.davies@stroud.gov.uk or on 07802 595 307.

I look forward to using this regular letter to keep you updated".

Best wishes

Stephen

Stephen Davies [District Councillor Eastington & Standish]

Healthwatch Information from your Village Agent

There have been some amendments to The Care Act (2014), representing the biggest reformation of care in 60 years. In April 2015 the following changes were introduced:

- * a new national level of care and support needs, making care and support more consistent across the country
- * new support for carers
- * deferred payment agreements for care costs.

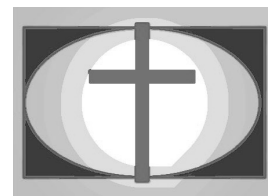
If you would like more information call Healthwatch Gloucestershire 01452 504989, or visit their website www.healthwatchgloucestershire.co.uk/The_Care_Act

Giving Carers the
Support
they deserve



churches

Eastington Methodist Church



Our Mission

Our mission as a church is to help people to find God through a living relationship with Jesus Christ. When Jesus was ministering in Judea and the surrounding area 2000 years ago, He made time for the sick, the poor, the disadvantaged and those who got it wrong and made a mess of their lives. Our job is to do the same and to try and bring hope, joy and fulfilment. Too often such things are in short supply in a world where money and possessions are elevated to an importance they don't deserve and the spiritual aspects of humankind are generally regarded as irrelevant.

Eastington Methodist Church Activities	
Prayer Meetings	Tuesdays 8:15 – 9:00am and Fridays 8:30 - 9:00am
Line Dancing	Tuesdays 10:30am - noon
Lunchtime Bible Study	Tuesdays 1:00 – 2:30pm
Evening Bible Study House Group	Tuesday 8:00 – 9:45pm at The Pike Lock House
Youth Club (11-18)	Fridays 7:00 – 9:00pm
Café Church	First Sunday of the month 11am
Main Service (with crèche)	Other Sundays 11am
<i>Unless stated otherwise, these are held at EMC which is opposite the butchers in Eastington.</i>	

Messy & Café Church Events



The initial series of Café style church events that we have been running on the first Sunday of each month have proved very worthwhile so we are continuing with these. The one on 7th June will be based around the story of the sheep and the goats which will lend itself well to craft activities and participation. As usual, tea, coffee and a range of other hot and cold drinks together with some excellent cakes will be freely available. We have not decided on the theme for the one on 5th July yet.

The Messy Summer event will be on Monday 20th July and we hope that the weather will be good as that will enable us to have activities outside as was possible last year.

Children & Young People

EMC continues its commitment to children, young people and families in a number of ways. Toddlers groups are held on Mondays at Eastington at the church and on Wednesdays at Whitminster Village Hall. A group of us go into both Eastington and Whitminster schools with Into the Book – a series of selected Bible stories that we act out at assemblies; usually with the help of the Children. The Youth Group meets on Friday evenings at 7pm at the church and at this time of year we can sometimes take a group up to OHMG where the new play equipment is very popular. As has been the case in previous years, we will probably be organising some days out in the summer holidays and possibly a sleepover. From Friday 16th to Sunday 18th October is the District Youth Weekend in Midsomer Norton which has a theme “ResQ”. This is two nights away with loads of quality activities. It is still a way off but we will need to book our places well in advance and by 20th July if we want to secure them for an all inclusive price of £35 rather than £40.

churches

Spring Harvest

A group of ten of us from the church went to Spring Harvest for five days after the Easter weekend. The Christian event, which is held at Butlins in Minehead, attracts thousands of people and features activities, services and seminars for children, young people and adults.

The Butlins leisure facilities such as the swimming pool and the fairground are available in the afternoon and there is always the opportunity to go off site to the beach or into Minehead itself.

Those that went this year really enjoyed going whether it be for the first time or a return visit.



Music Group

We have a small music group that leads on Sundays and we would welcome more participants. The music is quite varied including some traditional hymns but also some of the latest worship songs and all points in between. If you are learning an instrument or want to brush up rusty skills, this would be an ideal way to up your abilities. We could also do with one or two lead singers. Please get in touch if potentially interested.

For more information about the above and other things on offer, please visit the website or call us.

Ken Burgin – Senior Steward

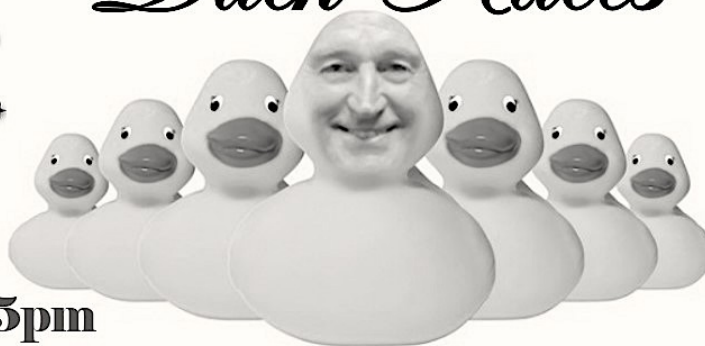
Ken, Beck & Liz Burgin | 01453 827414 | www.EastingtonMethodists.org.uk

Eastington Primary School Parents Association proudly presents...

Headmaster's Silver Jubilee

CELEBRATING
25
Years

Duck Races



Featuring:

Duck Races!
Ultimate challenges
Coconut Shy
Kids and adult stalls

REAL ALE bar
A wesome BBQ
Cakes and teas
EASTINGTON Cider
Sunshine we hope!

Sunday
28 June 12.15pm
Eastington Primary School

Everyone welcome ... Everyone welcome ... Everyone welcome ... Everyone welcome ... Everyone welcome

churches

St Michael and All Angels' Church, Eastington



Sundays → <i>Morning Service → Readings</i>	7th June 1st after Trinity (p569 - green) 2 Corinthians 4.13-5.1 & Mark 3.20-35 (p594/5)	14th June 2nd after Trinity (p569 - green) 2 Corinthians 5.6-17 & Mark 4.26-34 (p600)	21st June 3rd after Trinity (p570 - green) 2 Corinthians 6.1-13 & Mark 4.35-41 (p607)	28th June 4th after Trinity (p571 - green) 2 Corinthians 8.7-15 & Mark 5.21-43 (p613/4)
Eastington	10.45am Holy Communion & Baptism (Angela Reeder)	10.45am Holy Communion	6pm Celebration of Church Music and Bring-and-Share Picnic	10.45am Holy Communion (Alison Guy)

Sundays → <i>Morning Service → Readings</i>	5th July 5th after Trinity (p572 - green) 2 Corinthians 12.2-10 & Mark 6.1-13 (p618/9)	12th July 6th after Trinity (p572 - green) Ephesians 1.3-14 & Mark 6.14-29 (p623/4)	19th July 7th after Trinity (p573 - green) Psalms 23 & Mark 6.30-34, 53-56 (p629/30)	26th July 8th after Trinity (p574 - green) 2 Kings 4.42-44 & John 6.1-21 (p634/5)
Eastington	10.45am Holy Communion (Peter Newing) Tues 7th 1pm Wedding (John Hunnisett)	10.45am Holy Communion (John Aldis)	6pm Sung Evensong	10.45am Holy Communion (Peter Newing) 2pm Wedding (Charles Minchin) Sat 1st 2pm Wedding (Peggy Ludlow)

From 1st June 2015, the Cotswold Edge Parishes will not have a Rector. Alec Jenkins will be the first point of contact for those seeking baptisms, weddings or funerals, and can be contacted at 01452 883403 and at jeakins@haresfield.demon.co.uk. For all other queries, please contact one of our Churchwardens: Mike Naylor on 01453 825303 or at mikenaylor@btinternet.com or Jill Simmons on 01453 825303.

During the vacancy, the Benefice Office at the Rectory will be closed. The telephone number 01452 822437 will be redirected to Alec Jenkins, who is the co-ordinating matters across the Benefice.

You can keep up to date with church services and events but visiting the church's website at www.cotswoldedgeparishes.org.uk. You can also follow the benefice on Twitter @cotswold_edge and like the benefice on Facebook by searching for CotswoldEdgeParishes.

St Michael and all Angels' Church

Eastington Parish Church Choir

We are a small church choir of approximately 10 choristers. We sing at Evensong on a regular basis on the 3rd Sunday of the month. We also sing at extra services during the year, such as Christmas, Easter, All Souls and benefice services as well as at weddings and funerals by special arrangement. We practise on most Friday evenings from 7.30pm until about 9pm. We aim to enjoy what we do and to that end, within the content of a church choir, we are always open to suggestions as to our repertoire.

If you enjoy singing and would like to join our church choir, then why not get in touch? Please visit the Eastington Parish Church Choir website at www.eastington-parish-church-choir.org.uk or contact either Shirley Baker at sj.baker@talktalk.net or Chris Amys at eastingtonchoir@hotmail.com. We should be delighted to hear from you.

RSCM MUSIC SUNDAY

THE 50:50 CAMPAIGN

A CELEBRATION OF CHURCH MUSIC & BRING-AND-SHARE PICNIC

Eastington Church will hold a special service on Sunday 21st June 2015 at 6pm as participants in the Royal School of Church Music's (RSCM) annual Music Sunday; an international celebration of church music and musicians. Proceeds from a retiring collection will be shared between the church and the RSCM.

St Michael's Church in Eastington will mark the occasion with a special service celebrating church music, where members of the church choir and congregation will sing some of the UK's favourite church music. Following a short service, there will be refreshments and a bring-and-share picnic in the churchyard (weather permitting).

For more information, contact Chris Amys on 01453 821656 or at chris.amys@hotmail.com or Shirley Baker at sj.baker@talktalk.net.



A Celebration of Church Music & Bring-and-Share Picnic

Sunday 21st June 2015
at 6pm

St Michaels and all
Angels' Church,
Eastington

churches



TABLE TOP SALE

Saturday 13th June 2015

10 am – 1 pm

Eastington Village Hall

Free Entry!

Great selection of quality second hand goods

Cakes and Refreshments available all morning

Proceeds to Eastington Church

For more information or to donate any second hand goods contact:

Robin and Celia Harris on 01453 823433

Mike and Jacky Naylor on 01453 828682

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groups

'EARS' - 'Eastington's Approaches to Reducing Speed of Traffic Through the Village'

'EARS' we've already got, but it's 'car boot' contributions we urgently need!



I'm David Aston and I live at The Lodge, 19 Bath Road. Together with colleagues on the village's newly- formed speed reduction group called EARS for short, we'd like to ask for your help? Help in brightening up our village and reducing speeding at the same time.

We're asking you to donate any spare saleable items, so we can take them to a local Car Boot Sale later in the summer and sell them on all our behalf.

It follows a decision at a recent meeting of the group to attend the Gloucester Car Boot sale on Sunday 5th July and to use any money raised to help pay for a new high visibility floral display right in the centre of our village, as indicated in the photo below.



We need to raise £180 to have the floral display made and sited next to The Cross in the centre of the village and not only does it look good, but research suggests that motorists are more likely to show due care and attention whilst driving through communities, which appear well loved and cared for.

EARS 'Eastington's Approaches to Reducing Speed' of Traffic Through the Village' is a group of independent parishioners (affiliated to the Parish council) who are working in our spare time to improve road safety in our parish. But it's not all about getting others to provide more 'signs, road bumps & traffic wardens'! It's as much more about what we can

do to help ourselves and make our village look good and feel great.

We need to feel good about ourselves and make it clear to all, that Eastington is not just a rat-run! It's about trying to get into the heads of drivers and motorcyclists and even walkers, that when you come into the village, you're arriving somewhere special!

Therefore please **Help Us** raise the funding necessary for this first floral display, but it's just a 'starter for ten', an example of what we could do in following years with peoples ideas and input. If you like it – please let us know?

The floral displays are rented (from Plantscape), could be in place from June to September & they are the same as the ones you may have seen recently in Stonehouse.

As always EARS would welcome any other ideas that parishioners could offer to help improve the way we look and to show that we are proud of this lovely village!

By donating any saleable items - books, cds, clothes, games and equipment etc - which you may have but no longer need and allowing us to sell them on your behalf, you'd be making a real difference to where we live! And don't worry – we'll even arrange to come around and pick them up from your home?

Just call – one of the group members on the numbers below:-

David Aston | 01453 823035 or 07774 288822.

Pauline Allen | 01453 822068 or 07775 926587

Jennie Corrie | 01453 827 718

Tina Davies | 07989 966 007

We'll happily arrange a convenient collection time with you, but don't delay getting in touch, because the car boot sale we wish to attend is taking place on Sunday 5th July.



groups

THE BOWMEN OF MINCHINHAMPTON

The Bowmen of Minchinhampton are a new arrival to the "family" at OHMG. Founded in the mid-1970s, the Bowmen needed a new home when Eastington Community Centre stepped into the breach and agreed shooting facilities on part of the OHMG site. You will now see the Bowmen shooting on Monday, Wednesday and Friday evenings and Sunday mornings.

Peter Munday, Secretary of the archery club said "We are very grateful to the OHMG Committee for enabling us to move to Eastington at short notice, and for being so helpful in assisting our arrival. Archery is a growing sport and we needed more space for the Club. We welcome people coming to see our practice sessions – introduce yourself and a member of the club will be happy to explain about archery and becoming an archer."

The Bowmen of Minchinhampton are a member club of Archery GB, and hold Beginners courses twice a year. Club members hold several County records; there are four qualified coaches; and one of the members – Kieran Slater – is a member of the Great Britain recurve archery team.

If you are interested in finding out about archery, visit the Club website

<http://www.bowmen-of-minchinhampton.org.uk/>, or come down to OHMG during one of the practice sessions.

Flower Word Search

a	s	e	t	s	u	n	y	p	o	p	p	y	r	o
i	s	n	o	w	d	r	o	p	f	d	v	t	s	e
r	s	u	n	w	i	r	g	i	o	a	m	u	u	w
i	a	f	o	x	g	l	o	v	e	i	t	l	r	
s	b	e	l	d	w	l	e	t	u	s	r	i	s	e
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p	c	a	r	n	a	t	i	o	n	r	r	o	s	e
a	p	p	o	s	u	n	f	l	o	w	e	r	p	e



bloom	lavender
bluebell	orchid
carnation	poppy
crocus	rose
daisy	snowdrop
foxglove	sunflower
iris	tulip

www.kidspuzzlesandgames.co.uk

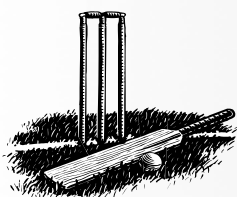
g r o u p s

Alkerton Rangers 2014-15

Even with significant personnel changes from last season's successful side, the First Team started off in tremendous fashion, scoring goals for fun and being well positioned for a second successive promotion for much of the campaign. A mid-term blip saw them lose crucial ground on the other Division 4 title contenders, and with Nathan Whittaker's astonishing 43 league goals in 24 matches, Kyle Anderton supported by Anth Beard piloted the side to a very creditable fourth place. At the recent Awards Presentation Evening, as well as Top Goalscorer, Whittaker also picked up Players', Player, and Manager's Player of the Season.



In a similar vein the Reserves were shorn of key players from the Division 8 winning team and found Division 6 tough early on. With an excellent spirit the side was galvanised by manager Kev Bond, and some impressive victories were achieved along the way, notably against the division winners, as they finished eighth on 24 points. The awards went to: Steven Morgan - Top Goalscorer, Ash Gallagher - Players' Player, Kev Hill - Manager's Player, Tom Haines - Young Player, and Scott Hindshaw - Most Improved Player of the Season.



Do you play or have you played cricket?

Eastington Cricket Club requires players of any standard for the 2015 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



groups

Eastington Community Orchard (E C O) Group

At Last, They're HERE!

Millender Cider and Perky Perry for sale

You can now buy our locally made cider and perry which has been carefully matured for over six months in rural Nupend before being packaged and stored in Millend.

The result of happy sunny days in October last year, gathering the apples and pears from a three mile radius of Alkerton Cross, our new product is only being offered locally this year so that we can have your feedback, please.



Sunny BBQ weather? Buy a party box for £28

Millender Cider and Perky Perry are also available in 10 litre boxes, that's 17 pints at less than £ 1.75 a pint.

TRY some at the Duck Races...

You can come along to the Beer and Cider Tent on June 28th during the Duck Races and buy some by the glass.

If you like it you can order bottles at £2.50 or £12.00 for a case of 6.

You could plan ahead for a 10 litre party box (£28) and we will deliver as appropriate.

Regular Off Sales

Bottles, cases and party boxes are available from our Off-Sales department at Hazel Cottage, Millend from 5 pm to 8 pm most evenings and longer at weekends.

Ringling 823425 in advance will bring you best results, or e-mail tom@hazelcottage.eu to reserve your requirements. Deliveries available by negotiation.

Village Agent News

'Friends For You'

I recently wrote about the new volunteer befriending service, 'Friends For You', a countrywide service ensuring that everyone has access to a volunteer visitor wherever they live. This is good news, as we all know how important it is to have regular companionship in our lives. A reliable, local volunteer, visiting regularly, has a really positive impact on how we feel, and this helps enhance our quality of life and sense of community. If you feel this service might be of interest to you, please give me a call (in complete confidence).

In order for the service to operate successfully we do need volunteers, so if you feel this is something you could offer, please get in touch with Sue Black (project co-ordinator) – naturally she will be delighted to hear from you!

If you don't have the available time to make a commitment of regular visits, perhaps you may have the time to make one-off visits to our clients? We would still love to hear from you so please contact Sue Colquhoun on 07810 630145 or Sue Black 07810 630167/01452 528491 or email sue.friendsforyou@grcc.org.uk

Village Agent | Sue Colquhoun | 07810 630 144

nature watch

Beekeeper's Diary - Val Hicken

March 25th. I popped round to the hives to administer the second varroa mite treatment. All hives look busy and the signs are good, so while I was there I removed the entrance blocks to enable the workers to come and go more easily. I judge the colonies are strong enough now to protect their entrances from thieves. After briefly examining a couple of frames in each hive I deduced there is a laying queen in all of them. I actually saw the queen in hive two, she looks magnificent but the brood looks very patchy. It isn't quite warm enough to inspect the brood areas properly yet but I expect everything is alright.

April 5th. I gave the three colonies their third varroa treatment. This finishes the current course of drops so it should be a while before the mite numbers build up again. I noticed that the bees in one hive didn't seem to have a lot of space for brood rearing as they still had a lot of unused winter stores filling the hive. I put the queen excluders over the brood boxes, to stop the queens from laying eggs in the honey supers, which I have just loaded onto the hives. They are all set up for an early nectar flow. The weather is set fair and things look promising.

May 4th. There is oil seed rape half a mile away but with luck the bees are not going that far as there are fruit blossoms, garden flowers and dandelions in profusion much closer to home. This spring we hope for an interesting mixed flower crop for a change. Being mild, gentle weather today I thought it was time to assess the state of the hives. The small colony is still small, with lots of space for growth and they have an unnecessary amount of stores left from the winter. The foraging bees are coming home with such huge loads of mid yellow pollen on their legs, that I hardly recognised some of them as bees. When I checked one brood comb for signs of disease I found healthy looking unsealed brood. I trickled the varroa drops through the brood area of all hives as a precaution against the mite.

Hive two has a small amount of new season's honey but a long way to go before they have filled the honey super. Checking the brood area revealed healthy looking brood and some large patches of drone (male) brood. This means that should they choose to, they could swarm before the end of May. There are ways of trying to prevent this, but in the past I have found that when the colonies are robust, they seemed to flourish more when I interfere less and allow the bees swarm. Bees will occasionally empty the hives right out with successive swarming. This has only ever happened to me once in thirty years so it's a risk I'm prepared to take. It is natural for bees to swarm and it rarely causes any problems with people in this locality. Hive one are the feisty bees. They were in an angelic mood. I discovered seven very full honey combs, half sealed already. When the honey is ripe they seal it



into the cells. I decided to take those combs out and extract the honey to avoid all the problems of honey setting too hard, that we had last year when they were foraging on rape. Nick said he would do it the next day but it became cold and much too windy, so they still have their new stores in place.

May 8th. Nick went to put the Porter escapes in hive one, so the bees would not be able to return to the honey comb once they had vacated it. The crown board (ceiling) was stuck to the roof, so perhaps it jolted the bees a little when he lifted the roof off. Although he had plied them with plenty of smoke the girls were in an absolute fury and buzzed him persistently. They stung his gloves profusely, some stings going through to his hands. A couple of bees, at least, got up inside his elasticated sleeves and stung him. It is really off putting when they get inside your bee suit. Fortunately Nick didn't react to the stings badly, but there's no escaping the fact that stings really hurt. If a sting goes in through gloves it's not so bad because it can't drive itself all the way home. If a bee ever stings you, look for the little black sting and get it out by scraping it outward away from your skin with your finger nail as soon as you can. If you pinch it or take it out with tweezers you will squeeze more venom into yourself. Rub an onion on the spot to neutralise the sting. E 45 anti-itch cream is quite good at reducing the swelling and itching.

May 9th. We went round to the hive together to remove the honey box. There were quite a few bees still on the honey combs so I swept them off each comb with a goose wing and were able to take the honey home without incident. We didn't have time to extract it today though so we stored it overnight in a warm place.

Nick has modified his pond and it has a pebbly fringe. He has noticed large numbers of bees are using it as a watering hole. They need a vast amount of water. Annually a colony uses 25 litres of water for diluting the larval feed and air conditioning the hive. They fan their wings to evaporate the water and cool the brood nest in hot weather.

May 10th. We extracted the honey, only about eight pounds, but rather delicious, with subtle flavours. All the combs came clean and everything was straightforward. We returned the combs to the hive immediately. Job done.

May 19th. My husband assembled another set of honeycomb frames with a starter sheet of wax inserted for the bees to build new honeycomb on. I want to set the hives up so that they don't need much attention for the next month. It will be tricky for me to attend to them this June. Fortunately there is a phenomenon known as the June gap, when there aren't so many natural forage plants for them to use, so all being well everything will be set up for them to look after themselves.

e n v i r o n m e n t

Your Future, Your Plan!**Closing Consultation of Eastington Neighbourhood Development Plan [NDP]**

Just a few days remain for you to comment on this important plan; it will affect all of us who live and work in this Parish during the next two decades. So much has been said in conversation by so many, about various building developments that are changing the place where we live. But without writing down your opinions your voice will not be heard. [If needed, help will be available at the meeting below to get your opinions written down.]

At the start of the six-week public consultation period, a leaflet was hand-delivered to every home in the Parish. It explained what this Plan means and what it will do for you; it says how you can read the Plan and where to find it. You were invited to any of three places in the Village so you can talk about anything that concerns you. By the time you read this you will still have a chance to come to the last meeting on:

Saturday 6th June from 10:00 am to 12:00 noon in the Village Hall

What about recreation and things to do for young people?

What about protecting bungalows from demolition for high density housing?

This Plan deals with: "Getting about the place" [using roads, pavements and footpaths.] Looking after wildlife and the environment; Employment [commercial businesses and where people work;] Restoration of the Canal; Renewable Energy.

This Plan will have power to control how and where things are built around us during the next 20 years. Within the guidance and interpretation of the Plan, developers naturally will examine the wording of our Plan carefully in order to build what best fits their objectives. Getting the wording right for the community is obviously essential, and now its down to you for your approval and comment.

A few examples of some key points in the Draft Plan:

- Redrawing an 'envelope' around the Village centre so new homes are within walking distance of the main facilities. [pg. 16 and Map 4 on pg. 24]
- A proposed relief road to ease congestion through Victoria Drive's road network. [pg 34 Map 6]
- Encouragement of limited building within each of the hamlets to ensure the hamlets are 'not allowed to decline'; to avoid the real danger of their 'neglect and decay.' [pg 10 & 16]
- Preservation of Open Green Spaces [pg. 27 Map 5.]

There are many other points within the Draft Plan to aid the development, prosperity and well-being of people living or working in Eastington. Besides being your democratic right to comment on the Plan, your written views are vital to give the Plan authority; to shape our surroundings over the next twenty years.

TWO ways to send your written comments to the consultation:

- 1 e-mail responses to eastingtonndp@gmail.com.
- 2 hard copy letter or form should be posted to

Eastington Parish Council, c/o GRCC, Community House, 15 College Green, Gloucester, GL1 2LZ

Comments must be received by 12:00 midnight on Friday 12th June 2015.

Although much work and thought has gone into preparing this Draft Plan, the rules say that you must be given this last chance to confirm that you agree with the Plan or to ask to change or to add things to it. It's your democratic right to have your say. Why leave it to others to write your future?

e n v i r o n m e n t

Development in the Parish

At Last! We have reached the final stage.

One more BIG push and we could get WoS out of the Plan*

With your support we can stop thousands of houses being plonked in Eastington.

* WoS was only there by SDC - removing the criteria set by the NPPF to assess sustainability.

EXAMINATION IN PUBLIC (EiP) OF THE STROUD DISTRICT LOCAL PLAN

A Recap:

Stage 1 of the reconvened EiP started on 12th May. This session was all about the number of houses needed between 2006 and 2031.

The District Council (SDC) wanted 11,200 houses. Believe it or not the debate ran for the three days! They talked about whether it should be more than 13,200 or less, (11,000 is our position), but did also include land allocation for increased employment (a proposed range from 6,600 up to 12,200 jobs) in the same period.

More jobs = more houses. These are new jobs in the district. Over the last twenty years Stroud has increased local jobs by around 200 a year. So the debate was: could new jobs increase from 200 to 500 each year? The SDC said 424! That's more than double their current rate.

So, we asked to see the evidence from 2006 to 2015, as we are nine years into the planning period. We await these with interest...

The Inspector ran very good sessions and ensured that everyone who wanted to had his/her say. We will not know the outcome of the Inspectors deliberations for a few more weeks.

The next IMPORTANT bit!

Stage 2 commences on the 28th May for nine days – but don't worry, just one day is the most important for you to join. The debate about WoS will be on:

Wednesday 3rd June

Your presence will make a difference

Please come and support us at Ebley Mill

If you would like a lift to get there please call me - Daniel James 01453 827280

We believe that our case is very strong and your support would be valuable to the cause. How well that case has been received, will be made clear by the Inspector in June or July.

**A visit to our parish churchyard & burial ground
Does it leave you with good memories? Or do you
feel saddened by the thoughtlessness of other
visitors?**

Most of us will probably need to visit St Michael and All Angels' churchyard/burial ground at some stage during our time in Eastington whether it be a sad occasion for family or friends or just a walk in a peaceful place to remember a loved one or explore some of the local heritage.

First of all I want to thank all those who regularly take care of their family graves/areas - keeping them colourful and tidy by removing dead flowers, plants and commemorative wreaths. We have also had many compliments on the upkeep of these two areas during the last few years with grass cutting, tree maintenance etc and at the time of writing they both look great having just been mown and strimmed.

Whose responsibility is this?

Our Parish Council has responsibility for the maintenance of both the closed churchyard and the current burial ground - this means the Council needs to spend some of its public money (our money) on this work throughout the year. However, it appears that some visitors have not considered the issue of who clears up the debris that they leave behind. The Parish Council has to pay someone to collect, remove and dispose of it using public money – our money. If there continues to be increase in the accumulation of non-recyclable debris left lying around it could potentially mean a tax rise for us all!

Many of you will have seen items regularly stuffed into bins or left on-site:

- Glass/china vases, ornaments jars, often broken
- Metal adornments, plastic flowerpots, plastic flowers, and shapes (including oasis which is not compostable)
- Paper wrappings and ribbons
- Perished flowers, and wreaths left on graves
- Dog poo bags - full! (left hanging on trees/bushes, in the church waste bins and everywhere...)



environment

So during the next year we hope to begin a slightly wider programme of work to address this – and we would value your help to improve visits to the Burial Ground in particular. Much valuable work was done on the churchyard graves by John Brooker and more recently by Val Taylor – written up in an earlier ECN. We would like to:

- Develop a Burial Ground Plan with grave numbers and names – available for visitors to view onsite/in the church (the church is open every day from 8am-5pm)
- Ensure that all new grave stones/memorials have their number included – maybe on the back?
- Develop some Burial Ground Guidance – having this on-site for families/visitors to clarify adornments that can/cannot be left in place – like broken glass jars/china vases which can be a safety hazard.
- Have on-site information regarding waste disposal in these areas – mainly 'take it all home with you revisit a month or so later to dispose of wreaths etc' highlight that bins on-site are for green, compostable waste only
- Install a notice board in the Burial Ground for the above information – a donation or two would help
- Clear some of the overgrowth at the east side of the Burial Ground

We have had several requests from families to install a few more benches and plant a tree so there is clearly a desire to make this a pleasant place to sit, contemplate and remember – so I hope we can have your support with these few improvements.

I would also welcome your help with encouraging your friends and relatives to take care of/look after their own 'celebration areas' and consequently help others to enjoy their visits to this part of our parish – thank you. I welcome any positive suggestions.

**Pauline Allen | Lead Councillor for the Churchyard
and Burial Ground | 07775 926587**

environment

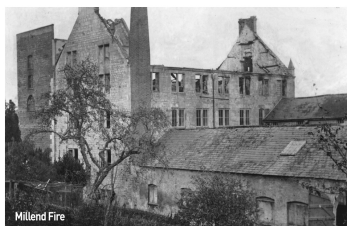
News from Millend Mill

The renovation and conversion of the main mill has finally been completed. It now houses eleven apartments of various sizes and configuration. An open day was held on 28th March for the public and perspective buyers to explore the mill. As can be imagined, the views across the surrounding countryside from the upper floors are quite spectacular. Apart from the apartments upstairs, the ground floor now comprises a large open lobby space. This contains cast iron pillars that support the upper floors, the new water wheel (described previously in ECN), as well as a display of some belt wheels and drive shafting salvaged during the renovation. This will be joined shortly by a large framed display panel outlining the mill's long history; its period of neglect and decay, and finally, the conversion to residential use.

Apart from historical facts about the mill (see below), the panel is illustrated with a number of historical photographs (these are few and far between!), a copy of the local tythe map of 1839 showing the mill's location and its relationship to the village's two other cloth mills, plus a plan showing the original layout of the mill when first constructed. There is also a drawing of the steam engine installed in 1821.

Millend Mill

Historic Photos



Millend Fire



The view from Millend to its sister mill at Churchend (c1900)



The rear of the mill (c1935)



Millend Row, once owned by James Steeman

The mill occupies an ancient site - there has been a succession of mills on or near the present structure since before Domesday (1086).

During the Middle Ages, the region's ample water power began to attract the woolen cloth industry to the Stroud valleys. Like many others, Millend Mill switched from corn milling to cloth manufacture.

In 1806, Millend was bought by Henry Hicks, a wealthy landowner and Lord of the Manor of Eastington. He completely rebuilt the mill, completing it in 1818.

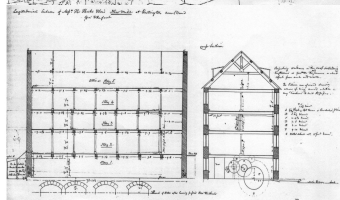
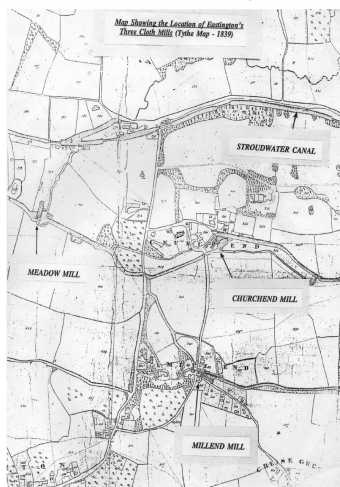
Cloth manufacture became increasingly mechanised, so more power was needed. Initially, this was provided by three large water wheels driven by an arm of the River Frome. However, power requirements continued to increase and in 1821, a steam engine was installed, one of the first in the area.

By the 1830s, Millend was being run by Charles Hooper. To meet the growing competition and difficult trading condition, he combined operations at Millend with four other local cloth mills. But by 1869, cloth making at Millend had come to end.

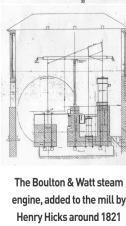
In the 1870s, the mill was converted for flour milling and saw milling.

In 1908, Millend saw another change of use, being converted to a maltings. In 1922, a serious fire

Mill location and Floor Plan



The new wheel



The Boulton & Watt steam engine, added to the mill by Henry Hicks around 1821

gutted much of the mill. It was rebuilt but malting ended in the 1930s.

In the following years, Millend had a succession of uses that included corn milling and grain drying. Finally, in the 1960s, it was taken over by an antiques exporting company. By the 1980s, the mill was effectively abandoned by its owners and began to decay badly.

In 2008, Robert Lamplough bought the derelict mill. This signalled the start of an extensive programme of restoration and rebuilding that saw it converted from industrial to residential use, the only realistic option. Throughout this process, the mill's shape and form was carefully retained and restored. Work included the reinstatement of a working elm water wheel capable of generating several kilowatts of power. In addition, the remainder of the overgrown site was cleared and new cottages built in this now tranquil location. And so began a new chapter in Millend Mill's long and interesting life.

The architect responsible for the Millend project was Didier Ryan of Undercurrent Architects, specialists in regeneration projects. Construction work was undertaken by local builder Bob Brewer. In total, more than £2 million was invested in the mill's regeneration.

Further information on the mill's history can be found on the website of the Gloucestershire Society for Industrial Archaeology (GSIA) at: www.gsia.org.uk/

Demolition and Rebuilding



Earlier 2015 Robert Lamplough (left) was born in Whitminster, and John Ireland, a mile away in Eastington, both during 1960. Robert (right) was the owner of the mill and was responsible for its conversion to 11 flats. John still lives in the village of his birth, Eastington. He was one of the last people to work in the mill up to its closure in the 1980s. They survey the completion of the works in the of the restored elm water wheel.

The new display panel

environment

Millend Mill - a brief history

To briefly recap on the main points in the mill's history; it occupies an ancient site - there has been a succession of mills on or near the present building since before Domesday (1086). During the Middle Ages, the region's ample water power began to attract the woollen cloth industry to the Stroud valleys. Like many others, Millend Mill switched from corn milling to cloth manufacture. In 1806, it was bought by Henry Hicks, wealthy landowner and Lord of the Manor of Eastington. He completely rebuilt the mill, completing it in 1818. Cloth manufacture became increasingly mechanised, so more power was needed. Initially, this was provided by three large water wheels driven by an arm of the River Frome. However, power requirements continued to increase and in 1821, a steam engine was installed, one of the first in the area.

By the 1830s, Millend was being run by Charles Hooper. To meet the growing competition and difficult trading condition, he combined operations at Millend with four other local cloth mills. But, by 1869, cloth making at Millend had come to end. In the 1870s, the mill was converted for flour milling and saw milling.

In 1908, Millend saw another change of use, being converted to a maltings - in 1922, a serious fire gutted much of the mill. It was rebuilt but malting ended in the 1930s. In the following years, Millend had a succession of uses that included corn milling and grain drying. Finally, in the 1960s, it was taken over by an antiques exporting company. By the 1980s, the mill was effectively abandoned by its owners and began to decay badly.

In 2008, the derelict mill was bought by the present owner. This signalled the start of an extensive programme of restoration and rebuilding that saw it converted from industrial to residential use, the only realistic option. More than £2 million was invested in the mill's regeneration. And so begins a new chapter in Millend Mill's long and interesting life.



Deconstruction under way



Nearing completion, 2015

Further information on the mill's history can be found on the website of the Gloucestershire Society for Industrial Archaeology (GSIA) at: www.gsia.org.uk/

Stephen Mills

e n v i r o n m e n t

Could canal boats head up the Stroudwater again?

EXHIBITION AND PUBLIC MEETING

At Eastington Village Hall

SATURDAY 27TH JUNE 2 – 6 PM

The high-profile media launch of a Heritage Lottery Fund bid for £15 million towards the next phase of restoration took place on the Stroudwater on Thursday May 14, at an event full of symbolism. It will be followed by a six-week series of public exhibitions, including one at Eastington.

The latest project is set to bring Stroud, Stonehouse, Eastington and Whitminster within navigable reach of Britain's 2,500 mile network of waterways once again. It will join up the missing link between the almost-completed restored section of canal from Stroud to Stonehouse and the junction with the Gloucester-Sharpness Canal at Saul leading towards the River Severn.

Watched by cameras from BBC Points West, the ceremony at the isolated Westfield Bridge – 'the bridge in a field' - featured local farmer Mrs Caroline Prentice, of Syde Park, Caudle Green, as guest of honour.

In 1969, her widowed mother, Mrs Christine Hearsey of Grove Farm, Eastington, made local history when she stood alone and determined for a whole day on this same bridge – triumphantly defying contractors who had been ordered to blow it up to make way for the new motorway. They had already demolished part of the adjacent lock.

The bridge would have become one of the casualties of the scheme for road and drainage works on the family farm as part of the motorway project. But due to Mrs Hearsey's fierce opposition, it was reprieved.

Using a traditional boaters' highly-decorated 'Buckby' water-can, Mrs Prentice was filmed and photographed by the media as she poured a token pint of Severn river water from the bridge, against a backdrop of the so-called 'missing mile' of the Stroudwater - long since buried under meadow and concrete on its way West.



Mrs Caroline Prentice pours a token pint of Severn river water over the parapet of Westfield Bridge, on the Stroudwater at Eastington. Photo: David Bowker-Praed.

environment

Re-creating the 'missing mile' forms just one part of the unique range of complex engineering challenges. The restored Stroudwater Navigation will have to be taken under the Bristol-to-Birmingham railway line at Ocean Bridge, as well as ducking below the M5 motorway. Here, a new cutting is planned alongside the River Frome where the existing bridge is too low for navigation. There will also have to be two new road crossings at the big A38/A419 roundabout, as well as building new locks, bridges and an aqueduct.

The current phase of restoration that has already transformed a six-mile canal corridor from Hope Mill near Brimscombe Port, through Stroud to Stonehouse, is due to finish this Autumn. The next vital stage, to link up with the national canal network, will cost a total of £20 million, to include £5 million of 'match' funds won through a dedicated fundraising campaign targeting corporate and individual donations, plus more than £2 million-worth of volunteer effort.

There is quiet confidence that by 2020, Stroud, Stonehouse, Eastington, Whitminster and Frampton will once again become genuine canal-side communities, with boats and other visitors bringing a vibrant and colourful new life - along with the other benefits already being enjoyed by towns and cities in Britain that have seen their watersides reborn.

Exhibitions to present full details of the scheme, as part of the public consultation, will take place at:

The Canal and River Trust offices, at the entrance to Gloucester Docks, on Saturday May 30

Whitminster Village Hall on Saturday June 6

Frampton Village Hall on Saturday June 13

Stonehouse Community Centre on Saturday June 20

Eastington Village Hall on Saturday June 27

King St (the former Eclipse shop), Stroud, on July 3 and 4.

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groups



We are currently busy working on our allotment following a total revamp by a very kind dad, Simon Lane, and we now have some runner and broad beans growing! We have recently planted seeds for flowers and sunflowers, which will hopefully brighten up a very exciting environment for the children to learn about growth, changes and decay. Our new mud kitchen is very popular, children returning home a slightly darker shade than they arrived, but having a great time exploring!!



This term we are looking at our natural materials that have been collected from our sponsored hunt and this has formed a base for our discussion about textures and colours. We have made plans to use these to paint with, explore 3D sculptures, and for building and design. We will be junk modelling with natural and man-made materials.

We had a very successful fundraising 80's disco which was a fun packed revival enjoyed by everyone who came along. Thank you to all who came along and supported us, we will be purchasing some new cameras and a children's 'tablet' (with rubber protecting sleeve) with the proceeds.

We have also been making dens and dressing up as pirates and princesses, fitting all this around visiting the park, picnics and playing outside on the field. A very busy time leading up to the end of the summer when we will be saying goodbye to the older children and helping prepare them for 'big' school, along with running the pre-school session at Eastington Primary School too.

We look forward to another new term in September and welcome back our remaining children and also all of our new children, and we will have lots of exciting things planned for our return. Playgroup's first day back will be Wednesday 2nd September 2015 – we will see you all then!

If you would like your child to enjoy a stimulating, fun and safe environment to learn and play in then we would love to hear from you. Spaces for September 2015 are filling up very quickly and some sessions already have a waiting list, however if you are interested in coming for a visit then please contact us. We would love to meet you!

Our playgroup offers care and education for all children 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 accept children from the age of 2yrs 6months to 5 years and operate 4 days a week (Monday - Thursday) offering full and half-day sessions and we accept government nursery vouchers and other types of employer supported childcare vouchers.



If you would like to have a look around our fantastic facilities and have an informal chat please call one of the staff on 07977 342 742.

Eastington and Stonehouse Slimming World

groups

What a beautiful Spring we are enjoying and summer is (hopefully) on it's way. At Slimming World we have continued to welcome new members to our groups each week. We have enjoyed sharing recipe ideas with each other for meals as well as those snacks in between. Here are a couple of our favourites.

Cannelloni

Ingredients

- 8 cannelloni tubes
- A few basil leaves, torn
- 2 level tbsps grated Parmesan cheese*

For the Filling:

- 225g fresh spinach, washed and trimmed
- 225g fat-free natural cottage cheese
- Freshly grated nutmeg
- 1 egg yolk
- Salt and ground black pepper

For the Sauce:

- 425ml passata
- Pinch of sugar
- 1 garlic clove, crushed
- Salt and ground black pepper

Method

1. To make the filling put the spinach in a saucepan with 2 tablespoons of water. Cover with a lid and cook very gently over a low heat for about 5 minutes, until the leaves are limp and bright green. Drain in a colander, pressing down on top of the spinach with a saucer to squeeze out all the liquid.

2. Chop the spinach and mix with the cottage cheese, nutmeg, egg yolk and seasoning. Spoon the filling into the cannelloni tubes and arrange them in an ovenproof dish.

3. Mix the passata, sugar, garlic and seasoning together and pour over the cannelloni. Sprinkle with basil and Parmesan cheese and bake in a preheated oven at 200°C/180°C Fan Gas Mark 6 for about 20 minutes, until bubbling and golden brown.

Tip: *Vegetarian Parmesan-style cheese can be used as an alternate

Or how about a curry?

Ingredients

- 4 tbsp tikka spice mix
- 4 tbsp fat free natural yogurt
- 2 tbsp lemon juice
- 4 x 115g skinless, boneless chicken breasts
- 400g fat free natural fromage frais
- A pinch of paprika
- 2 tbsp freshly chopped coriander

Method

1. Mix together the tikka spice mix, yogurt and lemon juice. Cut the chicken into cubes, toss in the yogurt mix and leave for a few hours to marinate in the fridge.

2. Preheat the grill to a moderate heat and grill the chicken, turning occasionally, for about 10 minutes or until cooked through. Transfer to a pan and stir in the fromage frais. Mix well to coat the chicken and heat through very gently on a low heat.

3. Divide the chicken tikka between four serving plates, serve with boiled rice and garnish with coriander and a pinch of paprika.

Tip*: Be careful not to boil the fromage frais as this will make it curdle. Just heat gently until hot.

This recipe is not suitable for home freezing.

See the super slim 'grown up' pudd on the next page

groups

SLIMMING WORLD DESSERT RECIPE - ADULTS ONLY!

Black Forest Ice Cream

Strictly for grown-ups (and too delicious to share!) this decadent ice cream marries black cherries and kirsch in this modern twist on the 70's dessert trolley classic!

Ingredients

- 4 x 175g pots Mullerlight cherry yogurt (or any other Free yogurt)
- 3-4 tbsp artificial sweetener
- 110g drained canned black cherries in juice
- 1 tbsp Kirsch
- 150g fat free natural fromage frais
- 1 tsp vanilla essence
- Grated chocolate, to garnish (optional)



Method

1. Spoon the yogurt into a mixing bowl and stir in sweetener to taste.

Transfer the mixture to a large freezer proof container and place in the coldest part of your freezer. Allow to freeze for 1½ hours until the mixture is slushy. Beat well to break up the ice crystals.

2. Meanwhile chop the cherries into small pieces, mix in the Kirsch, then cover and chill until required.

3. Place the fromage frais in a bowl and add the vanilla essence, cherries and Kirsch and then fold into the ice cream mixture. Return to the freezer. Beat the mixture two or three more times at 30-40 minute intervals - this helps make a smoother, less icy ice cream. Then cover, seal and freeze until solid.

4. Take the ice cream out of the freezer around 30 minutes before you want to serve it so it scoops easily. Sprinkle over a little grated chocolate (if using) before serving.

Slimming World has also partnered up with Cancer Research and we are collecting all the clothes we have slimmed out of and donating them to our local cancer research shops. The final number of bags is still being finalised and I'll let you know what the total is in the next edition.

We have also been encouraging each other to get more active and with Slimming World that means 'Body Magic'. Come along and see what Slimming World is all about and what we can offer you.

There's no obligation to join (but I'm sure you'll want to) we meet in Stonehouse Community centre at 9.30am on Wednesdays or Wednesday evenings at 5pm and 7pm in Eastington Village hall. I look forward to meeting you. Lorna | 01453821751 or 07974937830

