



Eastington Community News

edition
199

<https://ecn.eastington.website>

August 2023-September 2023



Eastington Community News
Love Eastington

Celebrating Community
in Eastington



Longfield Teams up with Local Solicitors



Write a will for peace of mind

What happens to your home, possessions and savings if you die without making a will? Many people assume that their spouse or partner will automatically inherit everything, but that's not necessarily the case. The laws of intestacy (where there is no legal will) will take over, and this may cause your loved ones severe financial and emotional distress.

It's not easy to talk about what happens when we die, but making a will can ease the burden on your family and friends when the time comes.

Longfield Community Hospice has teamed up with three local solicitors to offer a will-writing service during September. Rather than pay legal fees, for a donation of £90 for a single basic will, or £160 for a pair of basic 'mirror' wills, you can get expert advice and support to make a legal will. 100% of your donation will go to Longfield.

"We'd like to say a huge thank you to the solicitors for giving their time and expertise for free," said Louise Cook, Head of Fundraising and Marketing. "This generous gift will make a big impact; allowing us to care for more terminally ill people and their families when they need it the most."

"You don't have to leave a gift in your will to Longfield, but we'd be very grateful if you do. Legacies help to fund our Hospice at Home service, enabling people to die with dignity in the comfort of their own homes."

All appointments are offered on a first-come, first-served basis. Book your appointment for September and make your donation now as places are limited.

To find out more about the Write a Will scheme, visit www.longfield.org.uk/write-a-will or call the team on 01453 886868.

Your news.....your ECN!

Written by You, Produced by Sue Halas and delivered by many!

Dear Readers,

Welcome to our final edition of the Eastington News in it's current format.

I have made the decision to reduce the size of the newsletter which in return will reduce the printing costs considerably! This means we can continue producing the newsletter for another year!

But don't worry the newsletter, though smaller in size, will be bursting with your favourite articles and photos from our amazing contributors.

Look out for a couple of new features!

Best Wishes & Thank You

Sue Halas, Editor

Jan Low, Technical Support

Gill Glover, Distribution Manager



If you would like to send in an article, story or photo, please email them to-
articles@eastington.website.

Deadline for the next exciting issue is

Monday 18th September.

For deliver around 1st October.

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Email advertising@eastington.website

We are grateful to all the advertisers whose support makes this publication possible.

Please support them.

Space is limited - we may omit, edit or shorten articles. Views expressed in ECN are not necessarily those of the editors.

See it in colour : visit the Eastington Hub at <https://eastington.website>



Who remembers Trigger from Only Fools and Horses?

Trigger tells a very old joke about his trusty broom “I’ve had it all my life – four new heads and five new handles BUT IT’S STILL TRIGGERS BROOM”

Well, I was inspired by this as I mended the picnic bench from Coneygree Orchard for the umpteenth time, so here is the story of the bench which I have known for 25 years and the timbers from other projects upon which I have worked (and so can vouch for their ages).



I first worked on this bench for Wendy, a customer in Iron Acton for whom I did odd jobs. It was 1988 and all I did was add a few screws to stabilise it.

A few years later I had to replace a couple of boards from the tabletop and the seats. These 2005 additions are actually the far away seat boards, so they were new 18 years ago and still going strong.

In 2014, Wendy asked me to make her a brand-new picnic table, so the ragged old bench came to Millend on my trailer. To make it fit for public use, I replaced the whole of the tabletop, re-cycling decking boards rescued from a project at Portishead.

This year, one set of the bench legs collapsed, so the near side had to be replaced. Cue the trailer again and some awkward work on 25-year-old screws. Chance to use my 75th birthday present saw.

One leg was made by trimming a damaged seat board, which was original and the other from the now-demolished fruit cage at Coneygree Orchard. The near-side horizontal beam also came from the fruit cage, itself built in 2011, so they are the youngest parts at 12 years old.

Finally, the right-hand seat boards came from timber recovered from the decking at OHMG, built in 2008 and replaced three years ago. They have been planed down and given rounded edges, which maybe is a bit too posh!

The only part that is at least 25 years old is the rear set of legs and the centre board, seen upside down at in the trailer, right.



That’ll be the next job in 5 years.....

If you’d like to help maintain the orchards, ring me, Tom Low, on (01453) 823425.

News from our local Councillor

"We are now reaching the end of the Planning Inspection of the Stroud District Council Local Plan. We expect to hear the verdict on the plan sometime in the Autumn, but the Inspectors have already made it clear that the plan will be modified to some extent. In my opinion, and I must stress it is my opinion, the key areas under discussion are where Housing developments should be placed. The biggest question is over the proposed developments at Sharpness and Wisloe Green. Should one of these be rejected an alternative site will need to be found. The most likely site, which was rejected for the original plan, is by Whitminster between the A38 and the M5. It is no coincidence that Hitchens have submitted a planning application for this site. Councillor John Jones and I are working on a response to this, both objecting to it but recognising that should it go ahead we make it as good a development as possible.

In my opinion the Employment Land adjacent to Junction 13 will probably not be challenged in the local plan.

Our local MP, Siobhan Baillie and I have recently been out and about in Hunts Grove and collected a number of issues including speeding, play areas and dog bins, which we are now working on.

Finally if you have any questions or issues please don't hesitate to contact me or John Jones at cllr.stephen.davies@stroud.gov.uk and cllr.john.jones@stroud.gov.uk."



Blue Frog Theatre Company

Adult Drama Workshops

All abilities are welcome

We are so excited to announce our NEW summer season of individual Adult Drama Workshops. 2 hours packed with fun and drama. Don't miss this exciting opportunity to explore the art of storytelling through drama. You'll get the chance to develop new skills, meet new people, and develop your confidence. So, join us for our fun and informal Drama Workshops and give yourself permission to get creative!

We are running these individual workshops at different venues - scan the QR code to find out more and book your place



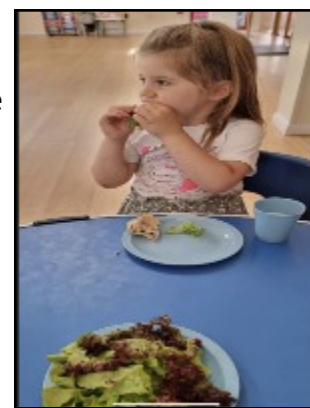
You can also go to <https://bookwhen.com/bluefrog>
OR contact us via messenger or email at lsnhadley@gmail.com



We cannot believe that we are at the end of another academic year. We have enjoyed another term of exploration, experimenting, observations and above all fun!



We have had such lovely weather; our allotment has needed lots of love and care and watering. The children have really enjoyed observing how our plants and vegetables have grown and have done such a good job of keeping them watered and protecting them from the bugs. They enjoyed the mud kitchen and playing with the 'camp fire.' We have been lucky enough to grow lettuce which the children were so excited by, we picked some and took it back to playgroup to enjoy for snack. We were happy to be able to welcome the dads, and grandads into playgroup to celebrate Father's Day. We spent the week talking about our dads and making them special superhero treats and were excited when they came to play. The session started with the Superman song which all dads/grampys got involved in and then they were able to eat some of the scrummy



treats we made and had a play. We are grateful to all who attended and are always so happy to welcome families into setting and to be able to discuss how the children are getting on and developing.



We have been using our imaginations in using construction, building with a purpose in mind and critically thinking to decide how we can best join recycled construction pieces together to create our desired effect. The children tried hard to make their own paper aeroplanes after some came in very excited having seen the B1 Bomber flying over the village. This sparked a lot of conversation and intrigue which led to them wanting to learn how to make aeroplanes and flying them, talking about whose went higher, further and whose did not fly at all!

We have limited spaces for January so please get in contact if you require a place. Availability is on a first come first served basis so please do not miss out. It is never too early to register your child for a place, please email eastingtonplaygroup@hotmail.com for a registration form.



Creating a pollinator friendly garden

Did you know:

- There are over 250 species of bee in the UK
- One in three bits of food we eat is pollinated by insects
- In the UK there are 1500 species of pollinating insects.

Quite often we think of bees and butterflies, but pollinators are much wider than this, and include moths, butterflies, winged beetles and flies. I am sharing 5 ways you can create a more pollinator friendly environment in your garden this year:



Plant a range of pollinator friendly plants ensuring you have at least one thing for each season.



Keep an untidy area of your garden, or create a bug hotel. This will provide valuable shelter throughout the year.



Introduce a water source. This doesn't have to be a pond, it could be a small water bowl you keep topped up, or even adding a sculpture to your garden with water catcher spikes. Adding stones to water will give pollinators a place to rest for a drink too.



Do not use pesticides in your garden. In an attempt to remove the pests that eat your plants by using pesticides you are also killing other really beneficial pollinators and mammals. Opting for organic approaches to controlling pests will protect your garden and reduce the harmful impact on pollinators and wildlife too. This could be nematodes, beer traps or organic slug pellets.



Take part in the Big Butterfly Count in July. This is a great opportunity to see exactly what butterflies you attract to your garden and it only takes 15 minutes to take part. This is also a fab way to get children involved and interested in the garden.



www.jhgardendesign.co.uk



[jessica_holcombe_garden_design](https://www.instagram.com/jessica_holcombe_garden_design)



Jessica Holcombe Garden Design

Are you looking for more inspiration for you garden? Sign up to my monthly newsletter now, via my website.





Eastington Primary School - May Monarch 2023



This year, the May Monarch of Eastington Primary was me, Basil. This year was a bit different because it was not May Queen celebration but it was May Monarch.

The children were given the opportunity to vote whether to keep the tradition as May Queen or change to May Monarch to make it more inclusive. They voted for a May Monarch.

The ten year-six children who put themselves forward each wrote a speech explaining how they lived out our school values of responsibility, resilience, ambition, kindness and cooperation. Each candidate delivered their speech to the whole school in an assembly - it was a bit nerve racking. After that, children had the opportunity to vote for the person they felt represented our school values well. Every child that put themselves forward received votes, but I had the most votes and became the 2023 May Monarch! It was wonderful that children felt I showed our school values.



On the day of the celebration, I was buzzing with excitement. When I heard the people arriving for the ceremony, I felt nervous, especially with as I had to read my speech on stage in front of everyone who came to watch! When I walked out onto the playground, I was filled with joy. There were country dancers, led by Mrs Burns, performing for me.

I walked up to the throne with Ms Avastu ready to sit down and when I did, a huge smile came onto my face. When I took the microphone for my speech, I was nervous, but as soon as I started reading my speech, I was ok. My parents faces grew happy with excitement too.

Then, it was time to be crowned! Ms Avastu cheered, "Hail to the May King!" Mrs Hussey (our chair of governors) crowned me and everyone cheered. After the ceremony, we went to the church and took some photos.

It was a truly memorable day and I will treasure it forever.

By Basil, Year 6, Eastington Primary School.

Eastington Memories

Megan Timbrell



**Do you recognise the buildings/places?
Answers in the October magazine!**





Church of Christ the King Eastington

Our Purpose

The Church of Christ the King Eastington exists to help people find God and to serve the community through activities that will both provide helpful activities and give us the chance to share what we know about the Gospel of Jesus.

- We offer the opportunity to worship God together primarily at our 11am Sunday services
- Provide care and mutual support for individuals and families associated with the church
- Provide the opportunity to learn about the Christian faith through our Bible Studies.
- Ours is an evangelistic church so a key aim is to encourage people to become followers of Jesus

Why do we do this? It is because knowing Jesus can transform the situation anyone finds themselves in now and with His promise of eternal life when we depart this world.

There is a warm welcome waiting for you at the Church of Christ the King Eastington if you would care to come along.

Eastington Baby and Toddler Groups

Eastington Baby and Toddler Group reached the end of its year today. Thanks to a couple of very committed mums, and the backing of all the other mums and carers we've been able to continue for another year.

It's been good to see the children grow and develop, so it was a bit sad today because some of the children will be starting school in September or going to playgroup. We wish them all well.

This year we've had lots of fun, both inside and outside. On nice days we've been able to have all the vehicles out in the garden and enjoy the sunshine. We've done many craft activities, including making various kinds of fish. We've also enjoyed many snacks, including cheese biscuits, fresh fruit, bread sticks, and yogurt rice cakes. Children bring their own drinks.

For the first time in over 13 years **the day that Toddlers runs will change from a Monday to a Thursday morning** (from 10-11:30am). This is due to the new owners (TwoCan Theatre Company) of the Old Methodist Hall needing it for their own activities on Mondays.

The cost for a family is currently £2.50. Extra adults cost an extra 50p, and if children are not yet snacking the charge is £1.50. If you'd like to join us in September we'll be back on the 7th. There's no need to book in advance.

If you'd like to get involved in helping do contact me.

I look forward to seeing you then.

God bless, Beck Burgin 07511197265 rebecca.burgin@pikelock.com

Youth Club Update:

Youth Club continues to meet on Friday evenings at 7pm and expects to do so throughout the summer holiday period although it is possible that there will be exceptions. The numbers attending over the last couple of months has increased which is encouraging. The hot weather in June enabled us to set up the water slide for the first time this year. We are not yet sure if we can organise any youth days out this summer but if a date with suitable weather can be identified we will try and make the opportunity to do so.



Church Main Activities (please check the website for details and variations or call us)		
Baby & Toddler Group (resumes 7 th September after summer break)		Thursday 10:00 – 11:30am
Prayer Meetings using Zoom: (not in August)		Usually Tuesdays & Fridays 8:30 – 9:00am
Lunchtime Bible Study including a light lunch: (not in August)		1:00 – 2:30pm Days and venues can vary
Youth Club (11-18): expected to run throughout the holiday period		Fridays 7:00 – 9:00pm
Sundays at 11am:	Café Church (all ages together)	Sunday August 13 th & September 10 th
	Morning Services (refreshments afterwards)	The other Sundays

If you'd like to know more; or you'd just like someone to talk to; or if we can help in any way; give us a call.

Ken & Beck Burgin 01453 827414 or 07511197265 or email: info@CoCtKE.org.uk

www.CoCtKE.org.uk



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Sunday 9am- 10am

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Pilates mats & mini-balls provided

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Stroud DC Local Governance Review

On 20th July, Stroud DC Councillors voted to approve the creation of a new Parish, providing Great Oldbury with independence from Eastington Parish, Standish Parish and Stonehouse Town Council.

The change will take effect from the Local Elections of May 2nd, 2024

Seven Parish Councillors will be elected to form Gt. Oldbury Parish Council

Eastington Parish Council, which was given two extra councillors in 2019 to be drawn from the emerging Great Oldbury development, will relinquish those posts.

Fortunately, there are exactly two Parish Councillors from Great Oldbury on Eastington Parish Council

A full two rounds of public consultation were held from November 2022 to May 2023 as the basis for the Governance Review. Members of the public overwhelmingly supported the proposal to make Great Oldbury independent, particularly residents of Gt Oldbury who felt they already had a community feeling and were ready for this historic step.

Impacts on Eastington

Already, the population of GT. Oldbury is greater than our traditional parish (approx. 1600) and it is designed to grow to double that size by 2031. So the main effect of the change will be for Eastington to return to being a rural parish, as it was up until 2016.

The Parish Council and Keep Eastington Rural lobbied at the start of the Governance Review for all our traditional hamlets to remain outside Gt. Oldbury. In the second consultation, all residents of Westend, Nupend and Nastend were canvassed and heavily endorsed remaining in Eastington.

Readers may be comforted to know that Eastington Community Land Trust (ECLT) have always used the concept of Alkerton and the 12 Traditional Hamlets as the definition of "Eastington" for deciding who has top priority for Affordable Homes, such as at Fullers Close. ECLT's 2013 map effectively becomes the official Parish map in 2024 (dotted line above, minus the shaded area).

Tom Low, July 2023

A Seasonal Recipe

Perfect chilled cucumber soup

Serves 4

2½ large cucumbers

1 small garlic clove, peeled and crushed

1 mild green chilli, deseeded and roughly chopped

300ml whole milk plain yoghurt

100ml creme fraiche

1 small bunch dill, mint or chives

Salt

Cut the cucumbers in half lengthways and scoop out the seeds.

Chop the cucumbers and put them in a blender with the garlic and chilli.

Add the yoghurt and creme fraiche, and blitz until fairly smooth.

Roughly chop the herbs and stir in

Chill and enjoy!



Greetings from sunny Eastington...

Stephen Mills

Well, this was a bit of an unexpected find!

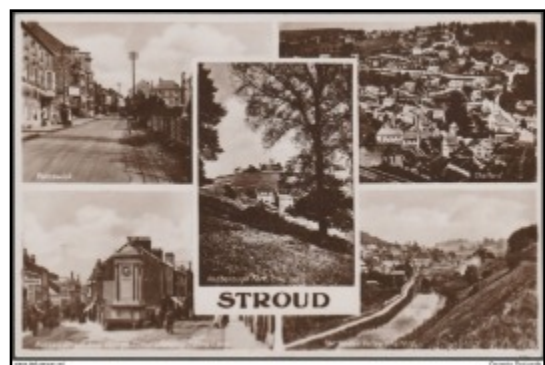


We're all used to seeing postcards, usually from holiday destinations, but to come across one celebrating our little village was rather surprising.

Postcards first appeared in Britain in 1870 and were generally based on designs that originated in parts of mainland Europe. The early British cards were commissioned by the Post Office and included an imprinted halfpenny stamp to cover the postage which was half that of a letter. They became immensely popular as they were cheap and could carry a short, to-the-point message. In the 1870s, around 75 million postcards were sent each year in Britain, but by 1910, the number had risen to more than 800 million. At their peak of popularity, more than 900 million were being sent.

Unsurprisingly, a large percentage of these came from seaside holiday destinations, and as trips and holidays became more accessible (thanks to the railways) numbers grew as more working class people were able to take advantage of cheap rail tickets.

Many postcards document quintessential seaside views, showing holiday makers, beaches, piers, seafront band stands, and so on. However, closer to home, postcards were also produced for places such as Gloucester, Stroud, and even Dursley, which at one point was a popular day out.

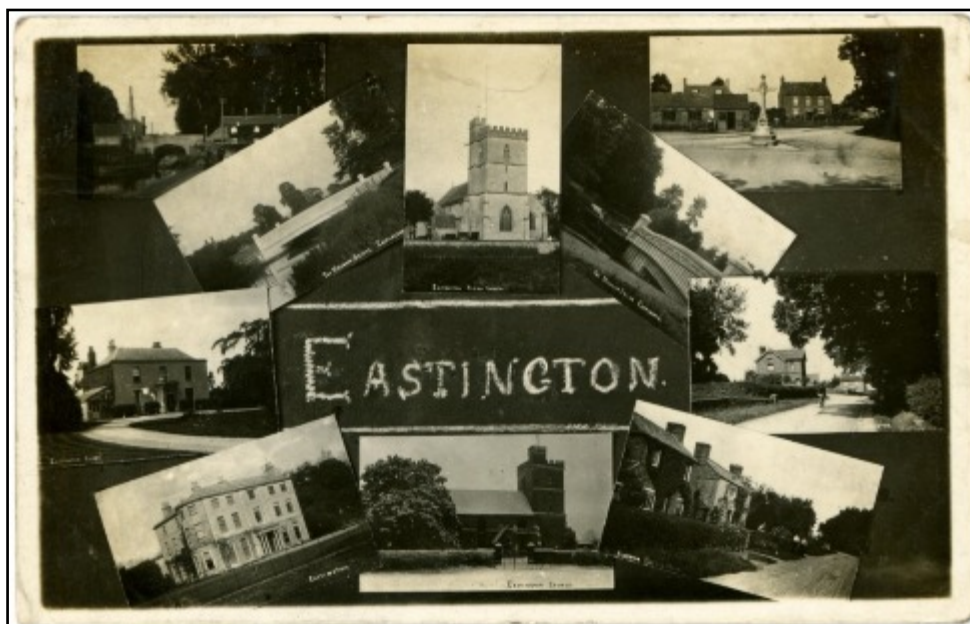


Which brings us back to the mysterious Eastington postcard. Why was it produced, by whom, and when? As regards the first, we have no idea, although the lettering was clearly by a relatively unskilled hand. At one time, we had a photographer living in the village, so perhaps it's his handy work?

Born in 1874, Walter G Lewis' family was originally from Nupend. He lived and worked as a photographer in the village between around 1905 to 1920, so the dates fit. We've come across him before – in the ECN of December 2019, we asked readers if they could identify a photo of a 'lost' cottage in Eastington (it turned out it was at Churchend) - the photo had been taken by Lewis. And in the ECN of October/November 2013, the celebrations at the end of the First World War in 1918 were remembered. This recalled that Walter Lewis accompanied singers on his flute, and that later, he dressed as Robinson Crusoe for a fancy dress competition – he sounds like a colourful character!

And as for the date – we have a few clues that suggest the period 1900-1910. The top left image shows Churchend Mill in its heyday but this was largely demolished around 1910. The church has no lych gate, but this didn't appear until 1955. Spring Hill is still recognisable, but the Frocester road looks more like a rough, dusty track with grass growing in the middle, a clear reflection of the small amount of wheeled traffic of the time. It is still lined with majestic Elm trees, most of which perished in the 1960s and 70s as a result of Dutch Elm Disease. And of course, there is a photo of the Cross that remains a focal point to this day, albeit moved slightly.

I was so intrigued by the Eastington postcard that I contacted my friend Howard Beard, the well-known postcard collector from Stroud. He had never seen the card, but remarkably, he had a second one!



Once again, we have the Cross with Howells blacksmiths shop and Columbia Place in the background, but also views of the canal, church, the old vicarage, Eastington Park, and cottages in Alkerton. Interestingly, the last one is the same image as used on the other card, suggesting the same hand. And again, the text has been written by an amateur. My guess is that this card also fits into the 1900-1910 timeframe – one image shows what looks like a newly finished Meadow Bridge over the Frome, that was opened in 1908.

Whatever their background, somehow these fragile, forgotten cards managed to avoid the waste bin or the fireplace for more than a century, giving us a tantalising glimpse into village life before the

First World War – they are little windows into the past that help remind us of what's changed and what's remained relatively unaltered.

But I'd love to know where copies of these Eastington postcards ended up!

FRAMPTON COUNTRY FAIR

Sunday 10th September 2023

Gates open 9.00am



Great Western
Air Ambulance Charity

£0.25p will be donated to GWAAC
for every Advance ticket sold



All waste management and recycling by Smiths (Gloucester) Ltd

The best of Britain's countryside on show in two display rings and across 30 acres of beautiful parkland at Frampton Court. Quality trade stands, craft marquee and much more.

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www.framptoncountryfair.co.uk

Proceeds from the Fair go to charities and good causes relating to the countryside and local area.



Booked a package holiday? Worried about what to do if something goes wrong?

Hopefully you'll have a lovely time but if something does go wrong with your package holiday, the Citizens Advice website (www.citizensadvice.org.uk) has lots of information about what to do if something goes wrong with your holiday and what compensation you may be eligible for. Firstly, tell the company or travel agent you booked with as soon as possible. This way you're more likely to be able to get it sorted quicker. If you don't say anything until you get home, you might get less or no compensation at all.

If the holiday you went on turned out to be lower in value than the one you originally booked you can make a claim for 'loss of value'. For example you paid for a deluxe room but only got a standard one, if it wasn't sorted out at the time you can claim back the difference in value. You can also claim compensation for any extra money you have to spend while away, for example the hotel was a bus ride away from the beach rather than across the road as advertised. This is called claiming for 'out-of-pocket expenses'. If this does happen make sure you keep all your receipts for things like bus journeys.

If big parts of the trip you booked didn't happen or services weren't provided, for example a planned two-day excursion was cancelled and no alternative was organised, you can make a claim for 'loss of enjoyment'. You can also make this claim if something happens that causes you distress or disappointment, such as the pool was closed for the whole trip. It's worth noting that there's no strict guidance on how much you can claim for loss of enjoyment but any claim you make must be reasonable. You can't get compensation if you simply didn't enjoy the holiday or if the problem was out of the holiday company's control - like bad weather.

Check the information you received when you made the booking to see what you're supposed to get. If you don't get the service you've been promised, you may be entitled to compensation for breach of contract. You might also be able to claim from your travel insurance – check if your policy covers this.

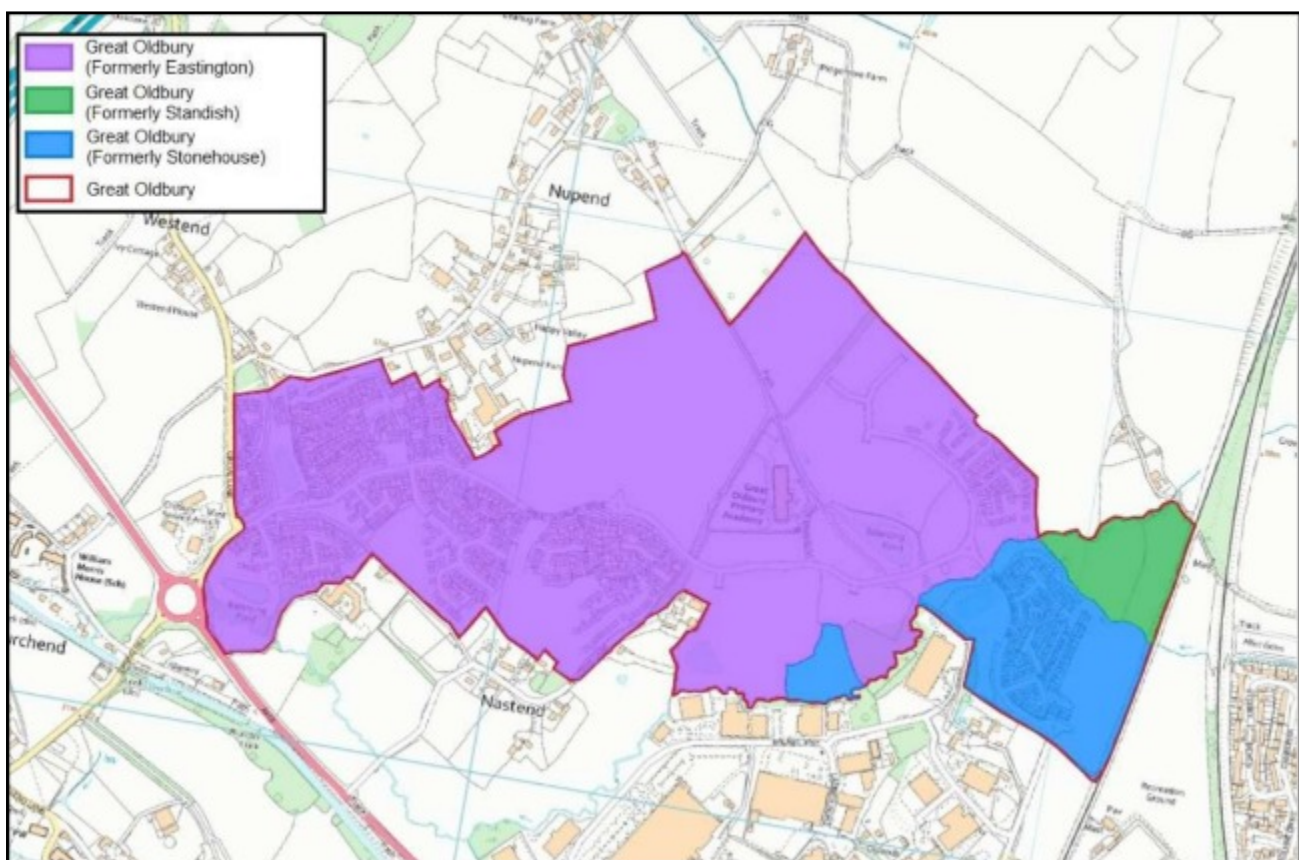
If you're still not sure what to do, call the Citizens Advice Consumer Helpline **0808 223 1133** or talk to an adviser online through the Citizens Advice website.

Parish Matters – July 2023

The Local Plan Examination hearings have been held over the last few months. The parish council appointed a planning consultant to represent the parish council at the recent hearing on the Eco Park development at J13. The Local Plan Inspectors have adjourned for the summer and will resume in August/September. The parish council will attend the Employment Matters hearing to object to the Eco Park development. Stroud District Council is hoping the outcome of the Examination in Public of the Draft Local Plan to be favourable, and the Plan to be adopted by spring next year.

The Stroud District Council Community Governance Review is recommending that Eastington Parish Council is reduced to 9 councillors next year and Great Oldbury will be its own parish with 7 councillors. If the Stroud District Council agrees the recommendations, any changes made as a result of the review would take effect for the next elections in May 2024.

Map - Creation of Great Oldbury Parish



The parish council has received 2 planning applications in Whitminster.

S.23/0445/OUT Land South Of Grove Lane, Whitminster - Outline application with all matters reserved for mixed use development of up to 900 residential dwellings, 4.8 ha of employment land (up to 20,000 sq m (GIA) Use classes E(g)(ii), E(g)(iii), B2 and B8), strategic transport hub, sport and recreation facilities. Associated ancillary facilities, open space including allotments & landscaping. Vehicular access from the A38/A419 roundabout & Grove Lane.

S.23/0440/OUT Land North Of, Grove Lane, Whitminster. - Outline application with all matters reserved for mixed use development of up to 1,240 residential dwellings, primary school, local centre of 1.6 ha (commercial business and service uses (Use Class E), drinking establishment and hot food takeaway (Sui Generis) with a GIA limit of 4,000 sq m of which no more than 1,207 sq m (GIA) shall be used for retail (Class E(a)). The max single retail unit size shall comprise of no more than 835 sq m), local transport hub, sport and recreation facilities. Associated ancillary facilities, open space including allotments and landscaping.

Vehicular access would be off the A38 and Grove Lane. The case officer regarding the proposed developments, is requesting a time extension on determination from the applicant. National Highways have asked for deferment until September to allow the applicant to supply more information on the effect these developments would have on the Strategic Roads Network. The case officer said as things stand, the applications do not conform to policies of the current SDC Local Plan. The parish council will submit an objection to both Grove Lane applications in the next few weeks. They have concerns about traffic, particularly on Grove Lane, and consider both sites are overdevelopment in a rural area. Parishioners can comment via the Stroud District Council planning portal.

Please can we ask parishioners to cut back their trees or hedges which are overhanging pavements. A lot of the pavements in the parish are very narrow and if plants are allowed to encroach onto pavements it causes problems and safety issues for pedestrians, particularly those with pushchairs and young children.

If you notice a Public Rights of Way (PROW) is impassable due to overgrown weeds, or broken stiles, or have been blocked up by the landlord, please report it on the Gloucestershire County Council (GCC) website via the Report It link at www.gloucestershire.gov.uk/highways/roads/your-highways-report-it/. Potholes and overgrown verges can also be reported via the link.

The parish council is aware that there are some areas of the Snakey Park play area that need repairs and is in the process of instructing a contractor to carry out the work. However, this may not be completed until end of August/September due to the current lead times for the contractors.

Marianne Simpson

Eastington Parish Council Clerk

clerk@eastington-pc.gov.uk

01453 799616



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Insights at Spinavita

At Spinavita, we see many people with back pain which has occurred suddenly and without obvious reason. Even if you frequently exercise, it tends to be something as simple as picking up a sock, drying your hair, turning over in bed and looking over your shoulder to reverse the car that suddenly causes our backs to 'go' rather than anything particularly strenuous.

Commonly, pain occurs after 'loading' our backs for a prolonged period. 'Loading' can involve a repetitive motion, like continually lifting heavy boxes beyond your body's tolerance or painting walls all day with little to no breaks. It can also be the result of a sustained position such as sitting at a desk or in the car. Over time, our body is unable to rest from the 'load' and thus, causes pain.

Our bodies are designed to be able to do all the activities previously mentioned however, too much of anything increases 'load' on our bodies. Variability of movement and 'loading' in moderation is the key to prevent back pain. This is also applicable to other joints. As long as the capacity of the structures in our body is greater than the demand of it, you shouldn't experience negative symptoms. Try taking a quick break from your desk or daily, repetitive movements, even if it's for 30 seconds.

If you are in pain and want to find out how we can help, you contact us on 01452 883232.



Summer is here and we couldn't be happier!

We've been thoroughly enjoying the sunshine so far and most recently had an absolute blast with the Panache Steel Band on Sat 1st July. We'd like to say a special thanks to them for being absolutely fantastic and for everyone who came along too!



We've had a few curious folks enquire what's growing in the field just in front of our shop... Well soon you'll have a sea of sunny, golden faces beaming to greet you as you arrive (and I'm not talking about our staff). Sunflowers are back! You'll be able to buy a bunch in shop once they are ready for picking!

One thing about summer that we all love, is...BBQs! Hot summer nights, mid-July & BBQs!! Need something easy to grab yet mouth-wateringly tasty to wow last minute guests? We're trying our hand at BBQ packs, a mixture of our very own sausages, burgers and steaks, all pre-packed and ready to go. Our Beef is next in on the 21st July, you can pre-order through our website or in shop.



NEW ICE CREAM SPECIALS! The kids are kicking out of school soon for summer break and we know you parents are scrambling your heads to keep them busy and entertained all summer long. Need a break? We know how to keep them quiet for 10 mins. Choose from Easy-Peasy Lemon Squeezy, Gloucestershire's Rocky Road or the Classic 99 before letting them blow off steam in the farm garden whilst you pick up your shop or enjoy your very much needed caffeine boost.

We have the lovely Karen Green in at the end of July teaching you how to create the most beautiful watercolours of flowers. You guys have sold us out of this one and we can't wait to see your talents! If you missed Karen this time, we have her back in October guiding you in drawing and painting Autumnal Foliage. To book and for more information please visit our website! Following this, we know it sounds crazy but our Christmas workshops are up online too! You guys love a good festive willow working with Norah, learning how to make your own reindeer, angels, stars and other Christmas decorations. We also have our very own Sue back guiding you in creating you own Traditional Christmas Wreath! Best to get booked in early before they are full! All available online.

See you soon & let the sunshine roll on!



NORMAL OPENING HOURS:
CLOSED MONDAYS
TUES-SAT: 9AM-3PM
SUN 10AM-1PM

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01453823655



News from St Michael and All Angels

We are now half through the year and after a busy summer we will host the last of this year's fourteen weddings which took place in our Church this year.

The more observant will have noticed the union flag flying from the tower on Monday 17th July and wondered why. The answer is the Queen's birthday and was flown to mark this occasion for the first time following the Coronation.

Church Services

Our new Interim Team Rector is Liz Palin and with support from Dave Bishop will between them take most of our services from now on. In the meantime, services are unaffected and will continue in August and September, as normal, on the 2nd and 4th Sundays of the month.

Food Bank Update

A reminder that there is a collection point at the back of the church which remains open during the day time. All donations are gratefully received and taken to the Foodbank on a weekly basis. Please continue to remember those who are facing the stark choice between food or fuel particularly with the relentless cost of living increases.

Ukraine

We continue to maintain a collection point in the Church for specific items for Ukraine. The list is as follows:

Boots and new socks, baby food and hygiene items, tinned food, chocolate, torches, batteries, medicines, medical equipment, adult hygiene, clean new underwear, and working android tablets.

All items collected are taken on a weekly basis to the Polish Association and Ukrainian Church in Gloucester who then transport the goods overland to the areas in Ukraine where the need is greatest.

Library

The well-used library at the back of the church is re-stocked with fresh books on a regular basis. You are welcome to come into the church for a quiet browse and borrow a book for a very modest fee. There are also up to date magazines, jigsaw puzzles and a few story CD's as well.

This resource continues to be very popular and generates some useful income for the Church.

Information

For further information on forthcoming events taking place in Eastington and across the Stroudwater Team you can ask to receive the weekly pew sheet by emailing: officestroudwater@gmail.com.

If you would like more information or simply to be in touch, please contact one of the Team clergy:

Rev Liz Palin: tv1stroudwater@gmail.com

Rev Dave Bishop: tv2stroudwater@gmail.com or:

Churchwarden: Mike Naylor mike@mikenaylorsurveyors.co.uk



By the time you read this we will have sung our hearts out in July at Wisma Mulia, our summer picnic and concert and in Gloucester Cathedral in the Three Choirs festival. During a couple of workshops in the spring, we produced our own lyrics to the tune of The Gloucestershire Wassail for our Three Choirs performance. The brief of 'What the Lark Saw', is an updating of Vaughan Williams' famous 'The Lark Ascending'. We thought about what a lark, hovering over the Severnside area, might see below - from the Severn Bridges up to the Cathedral. David Armstong, our talented director, has arranged the music in three voice parts for us.

September Plans

We start rehearsals in the autumn at 7.30pm on **Thursday September 7th at the Chapel**, (minus members who are also in Frampton WI). **Thursday 14th** will see us all back together at **Frampton Village Hall** for a short AGM and then lots of singing.

We would love to see some new members, especially any tenors, (male or female). Currently we have singers from Arlingham, Berkeley, Eastington, Elmore, Fretherne, Frampton, Longney, Quedgeley, Saul and Whitchurch.

No auditions are required so if you enjoy singing, please come along. For further information contact Pam Greenfield on 01452 740126 or pam.g@btconnect.com



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Hollies

Kids Stuff

Animal Word Search

t i g e r k v x t y
w e f y o h o y j l
o p l i o n m a q g
m z q e v t f d l d
o v w e p a m h b a
n f j y b h p z j z
k h z e b r a w y h
e f b p e p n n m b
y a k o a h d h t o
z d e e r v a j v w

elephant, lion, zebra, bear, panda, monkey,
yak, deer

An Animal Quiz

1. What food makes up nearly all (around 99%) of a Giant Panda's diet?
2. What is the largest type of 'big cat' in the world?
3. What are baby goats called?
4. Is a shark a fish or a mammal?
- 5 What is the name of the phobia that involves an abnormal fear of spiders?
- 6 True or false? Snakes have slimy skin.

1 Bamboo 2 Tiger 3 Kids 4 Fish 5 Arachnophobia
6 False

Animal Facts

Did you Know?

Sharks can only swim forward. They can die if they swim backwards!

A single ant can carry 50 times it's own body weight!

Platypus is the only animal without a stomach!

Horses are capable of seeing 360 degrees at one time!

Pandas love to be alone!

Saltwater crocodiles have the most powerful bite in the world!

Easy Animal Biscuits

100g butter, softened

50g caster sugar

125g plain flour



1. Preheat your oven to 180°C.

Cream the butter in a large mixing bowl until soft
Add the sugar and beat the mixture until light and fluffy.

With your hands, separate the dough into smaller balls and roll each ball with a rolling pin until thin. Using animal biscuit cutters carefully cut out the animal shapes.

Bake for 13-15 mins or until they are light golden brown.

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I have taught piano and keyboards for several years - in Stroud and Aberdeen - and am now living in Eastington, and teaching both locally and online. Many of my pupils are currently taking exams.



Contact:

Elizabeth-Anne Ponting

079 1001 6565

Elizabeth-anne@aberdeenpiano.co.uk

ROTARY in the SEVERN VALE

Early Summer sees one Rotary year ending and the new one starting. So, your local Rotary club, the Rotary Club of Severn Vale, saw outgoing President Bob Roberts, heaving a sigh of relief as Nick Ellwood takes over. We have maintained our regular breakfasts and ongoing community activities and social events while planning the new Rotary year's events.

Accordingly, our elected incoming President, Nick Ellwood, was speaker mid-May outlining his agenda for 2023/24. In essence the theme is to be 'more in, more out' building on the strengths and interests of individuals with a dedicated lead on community projects, social activities, youth, etc while making better use of social media to keep people advised of our activities.

The main charity, by no means not the only one, is to be The Spring Centre. Their main aim is to support children and young people with special needs and disabilities to improve the quality of life for the child or young person as well as their family group.

At our following breakfast we welcomed Richard Wright who spoke about a little known WW 2 tragedy concerning RMS Lancastria. This was a former cruise liner commandeered as a troop ship and engaged to evacuate our troops trapped in Northern France two weeks after Dunkirk. Anchored some five miles off shore she became severely overloaded. She was equipped to carry 2,500 troops and crew, on that day it is estimated that as many as 7,000 people were on board. On departure, she received three direct hits during a bombing raid and sank within 20 minutes. While over 2,000 were saved, it is thought that in excess of 4,000 lives were lost, making this the largest single ship loss in British Maritime history . . . dwarfing those who perished on the Titanic.

Our next breakfast saw the formal handover from outgoing President, Bob Roberts, to his successor Nick Ellwood. Bob summarised the club's achievements for 2022/23 including having raised in excess of £1,000 for local community initiatives and charities. Nick then brought the meeting to a close with a brief reminder of his hopes for next year together with a vote of thanks to Bob for his leadership over the last twelve months.

The first meeting of the new Rotary year we had the pleasure of one of our members, Joe Green, as our speaker. In his working life in oil and gas Joe lived in Texas but he focussed his talk on where he lived as a teenager - Punta des Salinas, Ecuador. He was able to enlighten us to the attractions of the country - its natural beauty, wildlife, climate, jungle and mountains. The subject then progressed to the Galapagos Islands and Charles Darwin which resulted in much discussion and questions. A most enjoyable presentation.

The meeting was closed with a vote of thanks to the many members who'd volunteered to clean boxes of toys for the local charity PhysioNet. Everyone thought to be a particularly worthy exercise as these will go to children in need in those countries currently facing difficulties. Our members have also been sorting and cleaning wheelchairs, crutches and other aids at PhysioNet's facility at Berkeley.

We are again running The Arlingham Walk, a fundraising event for Longfield from Passage Farm, on 13th August . . . it proved very popular last year. We have a Social BBQ coming up for members, families and friends. We are also looking forward to once again providing volunteers for car parking duties at Frampton Country Fair 10th September, whose earnings go to our chosen charity. If you'd like to come along to one of our breakfast meetings on first and third Tuesday of the month at The Whitminster Inn at 07.15, are interested in attending one of our evens or would like to volunteer with us for one of our chosen charities, please visit www.severnvalerotary.org.uk or contact keith.rog@hotmail.com

With best wishes for a happy and healthy Summer from members of Severn Vale Rotary

For information on events and breakfast meetings, please visit www.severnvalerotary.org.uk or contact keith.rog@hotmail.com



FRAMPTON VILLAGE SOCIETY TALKS

A warm welcome is extended to everyone to come to our series of illustrated talks held in Frampton on Severn which we hope will be of interest to a variety of people; the talks cover both local topics of interest, more general subjects and sometimes a musical or other theme-based show.

The talks are normally on Friday evenings starting at 7.30pm in our Village Hall and are organised by Frampton on Severn Village Society, which raises funds for various village projects – please refer to the full programme and dates at the end of this article.

You need not be a member of the Society to attend talks and the cost is £4.00 per person, but entrance is cheaper for members and tea/coffee plus biscuits are provided for all!

Should you be interested in becoming a member, please contact Kelvin Broad on 01452 740775 or kelvinsbroad@btinternet.com

Back Street Bronze Casting – Don't do this at home!

On 24th February John Huggins a local sculptor of international standing gave a talk to an appreciative audience describing his experiences in producing bronze castings using the 'lost wax' process. His theoretical knowledge of producing sculptures this way was gained through his tenure at the West of England Academy of Arts, his practical 'experiences', however, were not gained in a modern foundry scenario but in his garage! (don't tell the authorities). His kilns and furnaces were home-made from old water tanks and cut up gas cylinders together with modified propane torches and domestic blowers. He described the production of the desired end product out of wax which included runners to allow flow of the molten bronze and risers to allow the displaced air to escape. The wax pattern was then coated with a build-up of layers of ceramic pastes and plasters to create a heat resistant mould. Following melting out of the wax the fun started. Melting of the bronze was achieved using a delicate balance of gas and blown air - great care being taken to get the operation carried out in the correct order to avoid the inevitable explosion! Once molten and at the correct temperature (determined by eye) the crucible was hand loaded and carried in a home-made cradle to be poured into the prepared moulds. At this point Health and Safety representatives were asked to cover their eyes as pouring of the bronze at around 1000 deg C was carried out with a flat cap, prescription spectacles, smart trainers and a pair of gardening gloves being the only PPE in evidence! After around 10 days of work, with failure possible at any stage, the final casting was broken out of the mould with breath held. Success was achieved and the final sculpture dressed, polished and patina applied - modern interpretation of a bird in flight. Other examples of his work produced using the same method were passed around at the meeting and a flood of challenging questions from a fascinated audience rounded off an unusual and fascinating talk. Copies of one of John's books describing his other sculpture were available at the meeting which were being sold for charitable donations.

Confirmed Programme for 2023

24th March: Tales of a Country Auctioneer – Philip Taubenheim

28th April: A Year in the Life of a Wildlife Photographer – Phillip Mugridge

26th May: The Art of the Magician – Tony Griffith

23rd June: Sweeps to Slaves: Working Children in the Past – Prof Jenny Tann

August: Visit in planning

22nd September: The Wit and Songs of Noel Coward – Peter Gill

24th November: 21st Century Frampton Flora, Part 2 – Joy Greenwood

2nd December: Christmas Event – in planning



STROLL 4 SUNFLOWERS

SUNDAY APRIL 16TH

STARTING ANY TIME BETWEEN

10:30am - 12:30pm

**Meeting at Gloucester and Sharpness Canal
Gloucester College Car Park, GL2 5JQ**

The sponsored walk will enable people to raise money for Sunflowers which is an independent local charity working solely in Gloucestershire.

Organised by the Rotary, the stroll starts at Gloucester Docks and covers some 8 historic and picturesque miles of the canal, finishing at Saul Marina with a vintage bus shuttle back to your car.



Tickets and car parking £5 and available at
www.eventcreate.com/e/sunflowers-stroll



www.sunflowerssuicidesupport.org.uk

