



# Eastington Community News

Edition  
200

<https://eastington.website>

October 2023-November 2023



Eastington Community News  
Love Eastington

Celebrating Community  
in Eastington

## Your news.....your ECN!



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

Dear Readers,

Welcome to our new look magazine. ISSUE 200! It may be smaller but as the saying goes, size doesn't matter!

A big thank you to all our advertisers ... without your support again this year, we would not be able to produce this magazine.

Another BIG thank you to the Mid-Counties Co-op who awarded us a grant of £500.00 to help with printing costs. Alongside an application form I had to send in photos.

Here are a few of the winning snaps!



Best Wishes & Thank You

Sue Halas, Editor

Jan Low, Technical Support

Gill Glover, Distribution Manager



***We may omit, edit or shorten articles. Views expressed are not necessarily those of the editors.***



## Embracing the beauty of Autumn planting: Why now is the perfect time to start your garden

As we head into Autumn, you might assume that gardening season is coming to an end. However, don't hang up your gardening gloves just yet! Autumn actually offers a golden opportunity to start or expand your garden. Here's why;

**1. Cooler Temperatures.** Autumn's milder temperatures create a favorable environment for young plants to grow. With the scorching heat of summer subsiding, plants can establish their roots without the stress of extreme heat, allowing them to develop strong foundations before winter arrives.

**2. Less Watering.** During Autumn, there's typically more moisture in the air and less evaporation, reducing the need for frequent watering. Plus, as plants direct their energy towards root growth, they'll be more equipped to endure the drier months ahead.

**3. Fewer Pests.** Many common garden pests tend to decrease in number as temperatures drop. This gives your garden a chance to thrive without constant pest-related battles.

**4. Spring bulbs.** Planting bulbs in Autumn is a low cost, easy way to guarantee Spring time joy. Snowdrops, Daffodils, Tulips and Allium's will provide a wonderful succession of colour.

So, don't let autumn's falling leaves fool you into thinking your gardening dreams should hibernate. Embrace the magic of this season and let your garden flourish. Now is the perfect time to get your hands in the soil and let your garden thrive.

### Find out more



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



[jessica\\_holcombe\\_garden\\_design](https://www.instagram.com/jessica_holcombe_garden_design)



[Jessica Holcombe Garden Design](https://www.facebook.com/JessicaHolcombeGardenDesign)



[jess@jhgardendesign.co.uk](mailto:jess@jhgardendesign.co.uk)



## Eastington Village Hall



Eastington Village Hall has been a part of the local community and at the heart of the village for many years. The hall is available for events, from one-off celebrations to regular gatherings. If you need a space for a celebration, a meeting or a regular activity, please get in touch.....

<https://hallbookingonline.com/eastington>

The cost of hiring the hall is now £8.00 an hour. The exception is welfare groups/activities, which is £7.00 an hour.

Did you know that the village hall is a registered charity and is managed by a set of trustees/committee?

We are a very friendly bunch of people who meet regularly to ensure the hall is well managed and is in good repair. At the last meeting, held on Friday 25th August, improvements to the hall were discussed at length. We are now waiting for quotes to improve the toilet facilities and install a baby change area.

**The Village Hall AGM will be held on Friday 24th November at 7pm.**

**The AGM is open to everyone,** so if you you would like to find out more about the Village Hall or maybe you have questions...Please pop along at 7pm..

You will definitely get a warm welcome.





SUPPLIERS OF QUALITY

***USED VEHICLES***

A38 Eastington, Stonehouse, Glos

see all our cars online at

**[www.hilltop-garage.co.uk](http://www.hilltop-garage.co.uk)**

**Telephone: (01452) 740081**

## BATH ROAD GARAGE

Eastington

**[www.bathroadgarage.co.uk](http://www.bathroadgarage.co.uk)**

**01453 822907**

the  
**Good Garage Scheme** 

- MOT TESTING CENTRE  
petrol/diesel
- SERVICING & REPAIRS  
All makes and models
- TYRES, BATTERIES & EXHAUSTS
- LASER 4 WHEEL ALIGNMENT
- FREE LOCAL COLLECTION & DELIVERY  
By appointment

## PRIVATE HIRE

19 - 49 - 74 Seater Coaches



Hillview Garage  
Eastington, Stonehouse GL10 3AJ

**Tel : (01453) 825774**

email:-

**[kbcoaches@yahoo.co.uk](mailto:kbcoaches@yahoo.co.uk)**

**[www.kbcoaches.co.uk](http://www.kbcoaches.co.uk)**

# G&R WATSON

## Plumbing Services

**The small job specialist**

Toilets	Taps
Radiators	Showers
Leak detection	Ball valves
Immersion	

Best rates, reliable and responsive

**Call Chris 07836 264583**

email:  
chriswastsonplumber247@gmail.com

**DavidPrice**  
**PLASTERING**  
07976 298 089



Over 15 years of plastering  
experience

Professional, reliable and  
friendly service

Call today for a FREE  
quotation

# TILING

## D. R. TILING

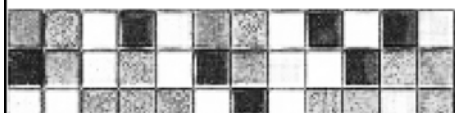
CERAMIC, PORCELAIN, MARBLE,  
NATURAL STONE  
UNDERFLOOR HEATING

ALL ASPECTS OF WALL & FLOOR TILING  
FREE ESTIMATES AND ADVICE

**TEL: 07805 341464**

**TEL: 01453 827770**

**Email: Daverollings@uwclub.net**



# N Bowen

## Qualified Carpenter

Painting & Decorating

Kitchen Fitting

Building Maintenance

Any job considered



**Tel: 07928 552639**

**Email: nigelbow@yahoo.co.uk**



We have been very happy to welcome back children and families and are excited to welcome new families into playgroup. It is so lovely to see so many new faces and we are always happy to see how the children grow and develop during their playgroup journey.



We started the new academic year blessed with good weather and enjoyed this time at our allotment, making dens and looking after all we planted last term. Our pumpkins have grown wonderfully and the children loved helping to carry them back to playgroup. We have spent

time exploring the local environment and have picked some blackberries on our walk. We then used our fine motor skills to squash the berries to paint with. Activities such as squashing, pinching and twisting are not only great fun but are also essential to build strength in children's hands and wrists to develop hand-eye coordination and strengthen the muscles for early writing.



It is never too early to register your child with us. Sessions for September 2024 are already filling up, so please contact us on 07977342742 or email us at [eastingtonplaygroup@hotmail.com](mailto:eastingtonplaygroup@hotmail.com) to arrange a visit or for a registration form.



## The very SUCCESSFUL Autumn Show

Saturday 9<sup>th</sup> September

Congratulations to everyone who entered...





*Get in touch:*



07790 336892



01453 824980



Beau Massage & Beauty



beaumassageandbeauty@gmail.com

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

BASED IN STONEHOUSE • OPEN 7 DAYS A WEEK • NVQ QUALIFIED • INSURED • GIFT VOUCHERS AVAILABLE

*Offering:*

WAXING EAR PIERCING  
 FACIALS  
 CLINICAL GRADE ANT-AGEING  
 NON-SURGICAL FACE LIFT  
 MICRODERMABRASION  
 FINGERS AND TOES (GEL AND STANDARD)  
 SPRAY TAN  
 HOLISTIC TREATMENTS  
 LVL LASHES  
 MASSAGE  
 PREGNANCY TREATMENTS  
 BABY MASSAGE  
*and more ...*

## Lynne Jessett Floristry



Flowers  
 For all  
 Occasions  
 Weddings,  
 funeral tributes,  
 gift bouquets  
 and workshops.

01453 825136 Mobile: 07815 984857

email: [info@lynnejessettfloristry.com](mailto:info@lynnejessettfloristry.com)

[www.lynnejessettfloristry.com](http://www.lynnejessettfloristry.com)

Facebook and instagram

## Eastington Community Centre

Owen Harris Memorial Ground



email: [enquires@ohm.org.uk](mailto:enquires@ohm.org.uk)

The main Hall can host 80 people seated  
 (150 without seating).

Small meeting room also available

Fully equipped kitchen and bar available.

Eastington Community Centre  
 OHMG Building, Snakey Lane  
 Eastington, Glos. GL10 3AQ

*Help for when it hurts*

## SEVERNSIDE OSTEOPATHY



Registered Osteopath in Saul

Osteopathy – a natural, non-invasive way to improve overall health and wellness...

- ✻ Help for aches, pains and stiffness, from head to toe
- ✻ Sports injuries
- ✻ Women's health - before and after pregnancy
- ✻ Your family's health in safe hands, from young to old
- ✻ Off road parking and partial disability access available
- ✻ Member of The Allied Health Professions
- ✻ See our website - **[www.severnsideosteopathy.uk](http://www.severnsideosteopathy.uk)**



**Caroline Tosh** DO MSc FSCCO

**T: 01452 740818**

**E: [admin@severnsideosteopathy.uk](mailto:admin@severnsideosteopathy.uk)**

Registered with the General Osteopathic Council

## PIANO LESSONS

Piano lessons locally in Eastington, or online to anywhere in the world.

- All ages and abilities catered for
- Take exams or play for fun

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**

[ab.east.piano@gmail.com](mailto:ab.east.piano@gmail.com)

## KOPEND CREATIONS



**[www.kopendcreations.co.uk](http://www.kopendcreations.co.uk)**

**Flowers for all occasions**

Weddings - Funerals - Parties - Births  
Anniversaries - Gift Bouquets  
Flower arranging Classes

**Opening Hours:**

Tue - Fri 9:30 am - 5:00 pm

Saturday 9:30 am - 2:00 pm

Eastington

Please contact us for more information

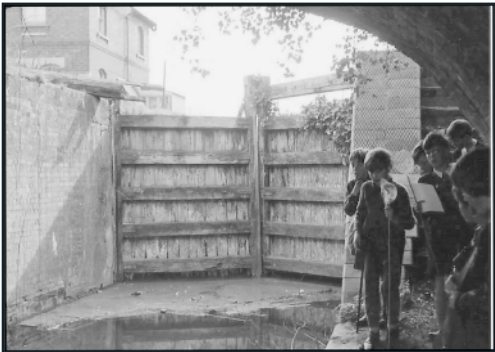
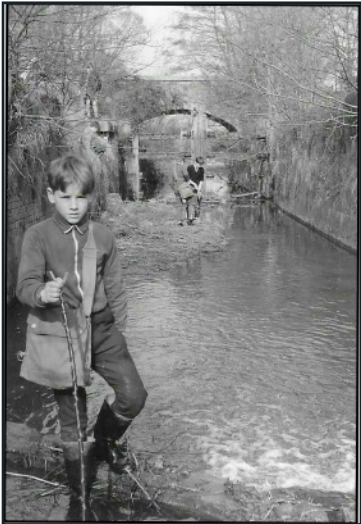
**[paul@kopendcreations.co.uk](mailto:paul@kopendcreations.co.uk)**

**Tel: 01452 224473**

**07742 933 331**

**Eastington Memories    Thank you to Megan Timbrell**

**The ‘Missing’ Mile..... A school trip 1967**



## Anyone fancy a pint?

Stephen Mills

It's surprising what fragments of history you can stumble across if you keep your eyes open. Things often pop up in the most unexpected places. A few years ago, the ditches along Middle Street were cleaned out. Out came the usual assortment of cans, crisp packets and other detritus. But amongst this was a little piece of history that harked back to a century ago, when times were undoubtedly harder and life in general less certain.



***Part of a 19<sup>th</sup> century stoneware spirit flagon from the ditch opposite the former Royal Oak in Middle Street – from David Legge, wine and spirit merchant of Berkeley***

Many villagers worked either in the cloth mills or on local farms - wages were low, working hours long, cottages cold and damp, and people often went hungry. There were few opportunities for the average worker to escape the relentless daily grind. Unsurprisingly, this often drove men to the bottle, and the pub became the only possible means of escape.

In 1838, Eastington had a population of 715 and was home to two pubs and 23 beershops - that's one for every 29 villagers. Compare this with Stroud, that had a population of 8607 and 27 pubs and 68 beer houses – one for every 91 residents. Clearly, alcohol was an important part of many Eastingtonians' life!

Beershops were often unlicensed and comprised little more than a converted room in a private house or cottage. They were a constant problem, especially where mill workers were concerned, as this was often the first port of call after getting paid. Drunkenness was a common problem, and many of the local mill owners hated them, referring to them as 'the greatest curse and most infernal evil that ever befell this country - they are nests of vice'. They go on to note that men's love of the beershop resulted in them staying there until they had 'drained their pockets', then in desperation, even resorting to pawning their clothes and other possessions. It was reported that in some places, no money ever changed hands, with men paying for their drink with candles, bacon, and groceries.

But it wasn't only the men who came in for criticism. Charles Hooper, Eastington's mill owner, commented that:

*"factory wives are generally slatterns and bad managers; they neglect their children; the house is seldom well regulated; the domestic hearth has no endearments; and the husband goes gloomy and sulky to the beer-shop."*

It all sounds very grim...

By the end of the century, things had moved on a bit, with the village now having nine licenced premises. Some survived well into the 20<sup>th</sup> century, and older residents will probably remember names that included the Royal Oak in Middle Street, the Castle Inn at Millend, the Britannia at Claypits, The Fox Inn in Bath Road, the Bell Inn at Westend, and the New Inn at Newtown. There was also the Kings Arms and a beershop at Nupend. And of course, there was the Kings Head and the Victoria Inn, now the Old Badger. As we all know, only the latter two now survive, most of the others having become private houses. Both serve the community well and are hubs of village life.



**The Victoria**



**The Fox Inn Bath Rd**



***The Britannia, coronation of George V in 1911***

***The Kings Head***

Each of the village watering holes undoubtedly had their own histories and stories to tell. Each would have had their regular clientele, often made up of men wasting their meagre wages, seemingly determined to drive their families into poverty. Happily, things have since changed, and the local hostelrys are now worlds away from the sad, gloomy places they once were.

But it's strange how a small scrap of a discarded broken flagon can prompt a trip down memory lane. And the lesson? Keep your eyes open when the ditches get cleared again – who knows what might resurface!





## EASTINGTON PRIMARY SCHOOL

The children in Class 4 enjoying being responsible for the children's garden area each year.

We weed and sow flower seeds and bulbs ready for the spring – we especially enjoy the cheerful daffodils.

We also plant baby vegetable plants. We water them over the Summer Term and weed around them so they have space to grow.



This year we had a bumper crop of tomatoes, green beans, courgettes, marrows, butternut squashes and a variety of gourds.

We sold some of our vegetables to parents so we can buy more plants next year. We gave some vegetables to Dursley Community Food Hub to help others too.

This year we entered the Eastington Show with our vegetables. We received a **'Highly Commended'** certificate for our giant marrow. We came **first** in the 6 red tomato and 6 green bean categories. We were thrilled to win the **'Best green bean in show'** special award too! Amazing!





## A L GROUND WORKS

**07888661303**

What services can we provide for you?

- All landscaping.
- All ground works.
- Fencing.
- Driveways.
- Guttering installation and maintenance
- Roof cleaning.
- Patio installation and maintenance.
- Pressure washing.
- Block-paving.
- Digger & driver hire

WE OFFER A FREE NO OBLIGATION QUOTE.

Email: [algroundworks@outlook.com](mailto:algroundworks@outlook.com)

Facebook: A L Ground Works

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



## The Oak Frame Carpentry Co Ltd.



Specialist Design and Construction of  
Traditional and Contemporary  
Timber Frames

Full 3D CAD design service  
Drawings provision and Visualisations

Repairs and Restorations  
to Ancient Timber Buildings

email: [tim@oakframecarpentry.co.uk](mailto:tim@oakframecarpentry.co.uk)

Tel: 01453 828788 Mob: 07976 831873

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

## Eastington Village Hall



*For your function or group meeting*

Central village location

£8 per hour

Kitchen, tables & chairs

Stage, toilets etc

**Check availability and  
book on-line:-**

**[evh.eastington.website](http://evh.eastington.website)**

## DIAL - A - CAB TAXIS



**07851 - 507 - 207**

**01453 - 272 - 222**

**LOCAL AND LONG DISTANCE  
FAST FRIENDLY SERVICE**

## LYNDON HARRIS

### PLUMBING & HEATING ENGINEER

Installation of OIL and GAS boilers

Pressurised Cylinders

CENTRAL HEATING systems

BATHROOMS completely refurbished

Routine plumbing tasks

GAS SAFE registered, fully insured

20 YEARS trade experience

12 Victoria Drive, Eastington

**01453 821559 / 07966 750137**

lyndonharris@live.co.uk

## South Gloss Decorating

### Painters & Decorators

Interior and Exterior

*Affordable, Reliable, Professional*

Dave Beauchamp

**07739 382 524**



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

[www.facebook.com/southgloss](https://www.facebook.com/southgloss)

# SP ELECTRICAL

(Stroud) Ltd



- Domestic
- Commercial
- Agricultural
- Testing and Inspection
- EV Charging
- Renewables

**01453 765557**

[office@sp-electrical.co.uk](mailto:office@sp-electrical.co.uk)

[www.spelectrical.com](http://www.spelectrical.com)

## **Eastington Churchyard and Burial Ground**

A Big THANK YOU to **Joe Loveridge**..... for the huge effort that he goes to, in order to keep the Churchyard and the Burial Ground looking so 'well kept ' and 'cared for'. It is so easy these days to overlook the amount of work involved, in all weathers, in the constant maintenance of the Churchyard and the Burial Ground.

Thank you Joe , for your care and attention.

Best wishes Bill Edwards (and all the Eastington residents)



### **To Advertise in ECN**

**Basic: Quarter page £10.00 per edition**

**discounts for larger sizes/multi editions**

**email:**

**[advertising@eastington.website](mailto:advertising@eastington.website)**





Unfortunately, due to the atrocious weather in July, we were unable to hold our concert courtesy of Ian and Jane Hey in their lovely garden. It was such a shame as, with our director David, we had been working hard since the start of the year. We did however visit Wisma Mulia and gave the first performance of our song composed for the Three Choirs Festival (the oldest music festival in the world!) This time, as well as the usual mix of songs and poems, we added a singalong which was well received by both staff and residents. We always enjoy our twice a year visits to Wisma.

At the end of July, with 2 Gloucestershire primary schools, Cheltenham Youth choir, a professional singer, solo violinist and other instrumentalists, we took part in a community concert (as part of the Three Choirs Festival) in a packed Cathedral. The morning rehearsal on the day was rather rushed, however, we redeemed ourselves and it was great to have the opportunity to sing in the Cathedral alongside professional musicians.

As a choir our repertoire is an eclectic mix of songs, including popular songs from the 60's, 70's right up to more modern ones, songs from the older musicals, folk songs as well as songs by John Rutter. Occasionally we sing a more spiritual song and we really love singing Carols at Christmas time. We hope to be singing in a number of churches this Christmas, as well as at Saul Junction and in the Three Horseshoes in Frampton. Details, with dates, will be in the December newsletter.

Rehearsals are on Thursday evenings at 7.30pm in the Village Hall. No auditions are required and new singers are always welcome. You do not need to read music, though it helps and we rarely learn a new piece without having music and words to remind ourselves of what we are singing! We all just enjoy singing, so if you do too then please come along and join us.

For further information contact Pam Greenfield on 01452 740126 or [pam.g@btconnect.com](mailto:pam.g@btconnect.com) or just turn up on a Thursday evening

# JOHN STAYTE SERVICES

For all your  
**ANIMAL FEED and CALOR GAS**  
requirements

*Suppliers of*

• Workwear

• Gas Appliances

• Industrial Gases

• Pet Foods

• Horse Feeds

**EASTINGTON - Tel: 01453 822 859**

also at

**FROMESIDE, Stroud - Tel: 01453 762 541**

**[www.johnstayteservices.co.uk](http://www.johnstayteservices.co.uk)**

## J. BROOMHALL Ltd.

Established in Eastington 1898

Supplying  
**quality local meat**

through four generations

We also offer a comprehensive  
service to livestock producers.

**01453 823122**

**[www.jbroomhallltd.com](http://www.jbroomhallltd.com)**

*SUPPORTING THE RURAL ECONOMY*



## TERRASCAPES

### Landscaping and Groundwork

We undertake any type of domestic and commercial landscape construction and groundworks Including but not limited to:-

- Paving
- Decking
- Fencing
- Driveways
- Walls
- Turfing
- Foundations
- Floors
- Brickwork /Blockwork
- Drainage

Tel: 01453 759302

Mobile: 07866 515715

Website: [www.terrascapes.co.uk](http://www.terrascapes.co.uk)

E-mail: [info@terrascapes.co.uk](mailto:info@terrascapes.co.uk)

THE OLD COAL YARD, CHEAPSIDE, STROUD, GL5 3BN



# ALLEN-WHITE

## FUNERAL DIRECTORS



Crown Mews | Bath Road | King's Stanley | Stonehouse | Gloucestershire | GL10 3JG

☎ Telephone No: 01453 822 409 | ✉ Email: [Funerals@Allen-White.co.uk](mailto:Funerals@Allen-White.co.uk)

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

*An independent funeral service providing personal care to the surrounding community.*

*We are here to care for you in your time of need and offer a 24-hours a day, 365 days a year service.*

*Pre-paid funeral plans available, with good honest advice given.*



40 HIGH STREET, STONEHOUSE,  
GLOUCESTERSHIRE, GL10 2NA  
Telephone Number: 01453 791461  
e-mail: [enquiries@leeperprosser.co.uk](mailto:enquiries@leeperprosser.co.uk)

website: [www.leeperprosser.co.uk](http://www.leeperprosser.co.uk)

Residential Conveyancing

Commercial Property

Wills

Probate

Trusts and Inheritance Tax

Powers of Attorney

Opening Times:

Monday to Friday 9am to 5pm



And just like that another summer has passed! And what an eventful one it was! We celebrated our 4th birthday in July and what a night it was, burgers, ciders, ice creams and lots of full bellies. We're so thankful for your continued support over the last 4 years.

With Autumn creeping up on us, we couldn't possibly not mention PUMPKIN PICKING! Our patch is opening Saturday 14th October but make sure to pre-book your slot on our website now! We've been growing these bad boys since May and let us tell you, there are some absolute monsters on our patch! Last year we spooked the socks off our customers with dangerously delicious Ice Screams. This year will only be more spooktacular!!



In addition to our pumpkin patch, there will also be a mini Halloween trail for your little ones in our garden. Running from 20th October - 4th November. This is free & no booking required!



Our gorgeous, home-reared beef is back in stock the week commencing 9th October. You can pre-order on our website or in shop now! It's also the season to head back to your roots. And by that I mean delicious British grown parsnips, swede, carrots...we couldn't be more excited to get back to hearty roast dinners.

National Apple Day is celebrated every year on the 21st October. This year we are teaming up with Eastington Community Orchard (ECO) to press your lovely apples in to glorious juice. Please come along and join us from 11am on Saturday 21st October for a great community event and squish some apples with us. Perfect for every generation of the family.



On the 30th of October we have the lovely Karen Green back for her Autumn Foliage workshop. Last time your creations were beautiful, This beginner friendly workshop will guide you in making a water colour and pen masterpiece. Christmas willow & wreath workshops are booking up fast on our website - don't miss out!

[WWW.EASTINGTONFARMSHOP.CO.UK](http://WWW.EASTINGTONFARMSHOP.CO.UK)  
01453823655

Trick or Treat x



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

## WALKS AND WATERWAYS

Paul Halas

In Eastington we are very favoured to have a wonderful aquatic habitat right on our doorstep. The River Frome, and the Stroudwater Canal, pass the northern fringe of the village and not only provide us with some gorgeous walks but also a glimpse into a different world: that of fishes, amphibians, water-fowl, mammals both retiring and predatory, spectacular insects and abundant flora.

The whole of the Frome catchment is within easy reach of Eastington because our river is a perfect river in miniature, about twenty-five miles in length according to Wikipedia, nearly all of it walkable. I shall start a journey down the Frome from Sapperton Tunnel, because for much of the year the stream-bed of the upper river is dry. At a stroke our walk is reduced to a mere twenty miles.

While the upper river is dry, there is still a profusion of wet-loving plants to enjoy. By the course of the nascent river, and the ghostly remnant of the canal, there is a profusion of willow, gypsywort, common reeds and bullrushes, ragged robin, yellow water iris – spectacular in May – and the increasingly ubiquitous Himalayan Balsam – an invasive pest with pretty pink flowers, a subtle scent and explosive pods that can shoot their seeds over several metres.



The three acre lake at Baker's Mill, just down the hill from Frampton Mansell, was once a reservoir for the canal, but it is now a wildlife sanctuary. The adjoining property is probably best known as an otter sanctuary, but the lake itself is home to a variety of water-fowl, including grebe and herons as well as the more commonplace swans, moorhens and coots. Going back twenty and thirty years an angling syndicate had rights to the fishing on the water, and passers-by often saw large carp swimming back and forth in the gin-clear water. Now the area is fenced-in, for the protection of the wildlife no doubt, and the water silty and cloudy. Maybe not so good for the carp, but a haven for water-fowl.



Below the lake there is now water in the river, even at the tail-end of this patchy summer. Although the entire watercourse upstream from Chalford ran dry last year, many types of water-plants and fish are already re-colonising the stream. There is Canadian pondweed, streamer weed, water crow-foot and festoons of watercress. Small fish can be seen again; minnows, bullheads, sticklebacks and a few small, intrepid trout are no doubt rediscovering old haunts.



Approaching Chalford itself, the river continues to dovetail with old canal, all the while growing as springs and small streams add to its flow. It passes the recreation ground at Chalford, where children love to bathe (and soak their parents) in hot weather, and trundles by houses and gardens, looking more and more like a proper little river – which until recent droughts

contained numerous fat and tempting brown trout. Let us hope it fully recovers.

Then, after passing under the A419, it transforms itself once more as it enters the industrial length... Which will be described in the next issue -



**Spinavita Chiropractic** has been at the heart of Hardwicke and Quedgeley for over 12 years.

Our dynamic team of Chiropractors, Sports Therapists and Massage Therapists are experienced in getting you mobile, pain free and supporting your overall health and wellbeing.

We hope to welcome you in soon.

Book an appointment

**01452 883232**

**[www.spinavita.co.uk](http://www.spinavita.co.uk)**

62 Westbourne Drive, Hardwicke,  
Gloucester, GL2 4RU

### Insights at Spinavita

Most of us understand how important exercise is for our overall well-being. While some people can commit to consistent workout plans, others cannot for many reasons. Exercise or movement snacking is an easy and effective way to add physical activity to your daily routine.

The idea is to add short bouts of movement throughout the day, which is easier to manage than a longer workout session. There shouldn't be any need for equipment to head off to the gym or any elaborate planning; a movement snack can happen anywhere, anytime!

The possibilities are endless regarding movement snacking, a quick power walk to the post box, walking lunges around your living room, or just marching on the spot count as long as your heart rate increases. Even doing household chores like hoovering or gardening can be counted as long as you have some intent! Start by looking at your day and identify where you spend a lot of time sedentary or if you have a spare few minutes and challenge yourself to add movement. The little and often approach can make it much easier to start adding movement into your daily routine. Almost anywhere and anytime can be suitable for this type of snacking; in fact, I actively encourage you to snack more!

If you have any questions or need guidance on how to start, call us on 01452 883232 to speak to one of our team.

# Lowe's Picture Framing

Bespoke :: By Appointment

Established 1985

**30% cheaper than the High Street**

Framing of posters, oil paintings, watercolours, charcoals etc.

2-3 weeks turnaround.

**Tel: 07973 449271**

Email: [mark@marklowe.biz](mailto:mark@marklowe.biz)

[www.marklowe.biz](http://www.marklowe.biz)

Nupend House  
Nupend,  
Stonehouse GL10 3SP

visit



Instagram

**Lowe's Picture Framing**  
For latest updates



**JEREMY BINGHAM**

PERSONAL TRAINING & PILATES

## CLASSES

### MONDAY

PILATES 10:00-11am at Eastington Village Hall

BOOTCAMP 6:00-7:00pm at Stratford Park

### TUESDAY

PILATES 6:00-7:00pm at Stonehouse Scout Hut

### SATURDAY

BOOTCAMP 8:00-9:00am at Stratford Park

### SUNDAY

PILATES 9:00-10:00am at Eastington Village Hall

## PERSONAL TRAINING

Available on a 1-1 or 2-1 basis in my private studio

Call Jeremy to book a session

**STUDIO: 12 QUEENS ROAD, STONEHOUSE**

07748 539308 • [fitbing@hotmail.co.uk](mailto:fitbing@hotmail.co.uk) • [www.fitbing.co.uk](http://www.fitbing.co.uk)

# SMITHS



As good as our word, as strong as our name

YOUR TRUSTED LOCAL SUPPLIER

ASBESTOS REMOVAL  
CONCRETE SUPPLY  
DEMOLITION AND CONSTRUCTION  
DRAINAGE  
GRAB HIRE  
MUCKAWAY  
PLANT AND MACHINERY HIRE  
SKIP HIRE  
WASTE MANAGEMENT

CONTACT US TODAY 01453 822227

WWW.SMITHS-GLOUCESTER.CO.UK

**C J L Mechanical Services**  
Servicing and Repairs  
07572 206 360



# WESTEND

OFFICE SUITES

## LOCAL QUALITY OFFICE SUITES

- Air Conditioning
- Kitchenette & WC Facilities
- Generous Car Parking
- Great Rural Location

Westend Office Suites, Grove Lane, Westend,  
Nr Stonehouse, Glos GL10 3SL

**Telephone:** 07760207194

**Email:** enquiries@westendofficesuites.co.uk

www.westendofficesuites.co.uk



With belated summer now giving way to autumn, it's time to gather in the main fruit harvest again. ECO volunteers have been doing this since 2011 and producing apple juice with our unique diamond labels for sale at local fairs. By the time you read this, we will have had our first pressing session and bottles will be available shortly in the Eastington Farm Shop.



### Do you have surplus apples and/or pears?

You can bring surplus fruit to Hazel Cottage, Millend GL10 3SF at any time. ECO volunteers will be pressing and bottling juice on 7<sup>th</sup> October and 21<sup>st</sup> October. Ideally, ring me on (01453) 823425 beforehand.

Our thanks expressed in bottles of juice as usual!



### Parish Apple Day – 21<sup>st</sup> October from 11.00 am

This year we will be at **the Eastington Farm Shop** for a change. Please feel free to not only bring any spare apples or pears but hang out with us to learn some of the skills of preparing and pressing the fruit. This is suitable for anyone from 4 to 94, with appropriate supervision, of course.

Tom Low, Chairman





## **St. Michael and All Angels Church Eastington Latest News**

First, we welcome our new Team Rector, Liz Palin whose appointment was confirmed in August. Liz, assisted by Dave Bishop will lead the ministry team of vicars and lay readers who work hard to maintain the services throughout the Stroudwater Team of churches and to provide pastoral care.

Following the successful "Big Wrap" in November last year when we packed well over 200 shoe boxes and parcels for children in Ukraine and delivered two van loads of parcels to Gloucester before the onward journey to Ukraine in time for Christmas, we are hosting a similar event this year specifically to meet the needs of new mums and their babies. This will take place at St Michaels and All Angels Church Eastington on 21<sup>st</sup> October 2023 at 10.30 when tea/coffee and cakes will be provided and any donations made will go towards the transportation costs of getting them out to Ukraine.

The objective is to provide maternity homes/hospitals in Ukraine with essential items for newly born babies and their mothers packed into specially made bags.

A list of the items is below and is available in Church:

nappies newborn, 0-3 months	hats, mittens
baby powder, shampoo, bubble bath, baby cream	muslin cloths
cotton wool/cotton buds	maternity pads
baby wipes & nappy bags	breast pumps
baby grows newborn, 0 - 3 months	baby bottles, baby formula
baby cot blankets/covers	baby brush/comb
baby vests (body suit) socks, bibs	scratch mittens
matinee baby cardigans, baby jackets	

Preferably new but second-hand items of clothing, bedding, equipment etc if in good condition.

If you would like to get involved with this, especially the packing, then please **contact Mike/Jacky on 01453 828682/07821819401**

### **Church Services**

In the forthcoming weeks we will celebrate Harvest Festival on Sunday 8<sup>th</sup> October 2023.

Our normal Remembrance Day service will take place on 12<sup>th</sup> November 2023 followed by a wreath laying ceremony at the War Memorial in the Churchyard. Please note this will be at the earlier time of 10.45 am so that a minute's silence can be observed at 11am.

Looking further ahead we will be having our Carol Service on 10<sup>th</sup> December and the Christingle Service at the usual time of 6pm on Christmas Eve 24<sup>th</sup> December 2023. Hopefully we will have a packed church again for this delightful candlelit service in aid of the Childrens Society charity.

In the meantime, services are otherwise unaffected and will continue in October and November, as normal, on the 2<sup>nd</sup> and 4<sup>th</sup> Sundays of the month.

### **Food Bank Update**

Thank you all for continued generous contributions to the church collection basket. The deliveries to the Food Bank warehouse in Stroud are always gratefully received and it is noted that donations from the St Michael & All Angels' collection point have kept up a fairly steady appearance at the warehouse door, despite the rising costs of food and household items that affect us all.

Currently, the warehouse is overwhelmed with pasta, cereal and tea and the office requests that these items are avoided for the time being. The website ([strouddistrict.foodbank.org](http://strouddistrict.foodbank.org)) and the poster attached to the church basket give a suggested 'shopping list' of useful items.

### **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 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.

### **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](mailto: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](mailto:tv1stroudwater@gmail.com)

**Rev Dave Bishop:** [tv2stroudwater@gmail.com](mailto:tv2stroudwater@gmail.com) or:

**Churchwarden: Mike Naylor** [mike@mikenaylorsurveyors.co.uk](mailto:mike@mikenaylorsurveyors.co.uk)



## **County Councillor Report – September 2023**

### ***Councillor Stephen Davies***

One of the most important challenges with the development of new houses and business premises is the need for the appropriate infrastructure to support them. This includes roads, schools and medical facilities. I accept that some people object to all development but many of us recognise the need for new houses and employment, but just ask that the supporting services are included.

The Stroud District Local Plan, which is designed to allocate where housing and employment is to go over the next 20 to 30 years is the mechanism where these decisions on roads, schools and medical services are made. Unfortunately, the Government Inspector has reviewed the new local plan and found major issues with it, particularly raising concerns about the capacity of Junction 12 and 14. There are many implications from this, but going forward the District Council will have to work with National Highways and County Council amongst others to find a solution to this.

Personally, I am pleased that these important issues have been called out as I have always had concerns about the plan, and will be working with all involved in the hope that a solution can be found. However it does have implications particularly as we have an application for housing just off Grove Lane submitted by Hitchens, as well as potential one off applications by speculative developers. It is not clear at the moment how the District Council plan to resolve the Inspectors issues, but there is real concern about the implications of not having a Local Plan.

I will keep you updated on this.

As ever if there is anything else I can help you with you can email me at [cllr.\[Stephen.davies@stroud.gov.uk\]\(mailto:cllr.Stephen.davies@stroud.gov.uk\)](mailto:cllr.Stephen.davies@stroud.gov.uk) or call me on 07802 595 307.



## Hound & Hill



- Dog Walking
- Sitting/Pop In

Based in Eastington  
Fully Insured

07795 466 329

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

 @houndandhill



King's Stanley  
Village Hall

Large, modern village hall  
with a capacity of 200 people.

Excellent, up-to-date facilities,  
stage and bar.

The perfect setting for your  
wedding, birthday or celebration.

Call Pam Culver on

01453 821 153

email:-

[ksvhbookings@gmail.com](mailto:ksvhbookings@gmail.com)

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

## Krazy k9s limited



*Time to be best friends again.*



### Dog Training and Socialisation

- |   |                             |
|---|-----------------------------|
| ✓ Puppy Socialisation & Delinquent Dogs | ✓ Competitive Obedience     |
| ✓ Rescue Rehabilitation                 | ✓ Fun & Competition Agility |

**1 to 1 tuition tailored to you and  
your dog's needs or class sessions**

**07748 183739**

**[www.krazyk9ltd.co.uk](http://www.krazyk9ltd.co.uk)**

**facebook: Krazy K9's Dog Training**



**furniturebank**  
*improving local lives*

## **WE CAN COLLECT YOUR UNWANTED FURNITURE**

Contact us at  
**[info@strouddistrictfurniturebank.org.uk](mailto:info@strouddistrictfurniturebank.org.uk)**  
to arrange a free collection

Furniture Bank is a community interest company who collect unwanted furniture and recycle it back into the community through our shop and community referral program. We aim to build a truly circular economy by showing that no one need buy new furniture again

Our referral program allows families to be referred to us to receive heavily subsidised furniture delivered to their door.

We offer employment through paid placements and flexible employment opportunities.

### **LAST YEAR WE...**

Recycled 142 tonnes of furniture

Delivered 576 items of free or subsidised referral furniture into 363 families

Provided 8,928 hours of employment, including 6 work placements.

**Come visit us at Brimscombe Mill, Brimscombe, GL5 2QN**

## Kids Stuff

### Bonfire Night - Wordsearch

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

bonfire, sparkler, scarf, smoke, flames,  
hotdog,

### Bonfire Night Recipe

#### Chocolate Apples with Sprinkles

4 Small Apples

300g Dark Chocolate

Sprinkles

Wooden lolly sticks



1. Wash the apples and firmly put a stick in the bottom.
2. Melt the chocolate in a microwave for 30 seconds.
3. Carefully dip the apples into the melted chocolate coating them evenly.
4. Sprinkle on sprinkles!
5. Put on greaseproof paper to set.

**\*Ask a grown up to help you, as the chocolate will be hot!**

### Did you know?

It was a Chinese cook in the 10th century who accidentally invented fireworks by mixing the common ingredients found in the kitchen back then: sulphur, charcoal and a salt substitute.

It was once illegal not to celebrate Bonfire Night in Britain.

King Henry VII was the first-ever person to host a fireworks display.

The Houses of Parliament are still searched today. It usually happens every year, just before the State Opening of Parliament. The search is done by the Yeoman of the Guard.



### Autumn Activities

Make a scrap book from the leaves, trying to identify each leaf type.

Make some leaf rubbings from the leaves you have collected. Place a leaf under a piece of paper, and rub the paper with crayon, and the leaf shape will appear.

Play 'Pooh Sticks'. This game can be played on any bridge over running water. Each person playing drops a stick into the water on the upstream side of the bridge. The one whose stick first appears on the downstream side is deemed the winner.

Use flour, water, salt and vegetable oil but add in spices such as cloves, cinnamon, ginger or nutmeg, to make your own Autumn playdoh.



## Church of Christ the King Eastington

### Themes

Although we have a number of different preachers, we tend to follow themes at times to provide some continuity from week to week.

In the coming months, our all-age Café Church sessions on the 2<sup>nd</sup> Sunday of the month will be going through the Old Testament story of Daniel (the one of lion's den fame) but the next one, on October 8<sup>th</sup>, is our Harvest service where there will an opportunity to give a financial donation towards the Food Crisis Appeal being organised by Compassion. As you are probably aware, there are huge problems facing many communities in the poorer parts of the world being exacerbated by climate change and conflicts affecting the price and availability of food. We are not seeking food or produce donations this year. Other Café Church services close to the main Christian Festivals such as Christmas and Easter will be on those themes.

On the other Sundays, we will be looking at the New Testament book of Philippians which was written by the Apostle Paul and addresses the new church in Philippi, then a major Greek city. It starts with a prayer near the beginning:

*<sup>3</sup> I thank my God every time I remember you. <sup>4</sup> In all my prayers for all of you, I always pray with joy <sup>5</sup> because of your partnership in the gospel from the first day until now, <sup>6</sup> being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.*

*Philippians 1 vs 3 – 6 (NIV)*

There is a warm welcome waiting for you at the Church of Christ the King Eastington if you would care to come along. Services start at 11am and the church meets in the former Eastington Methodist Hall opposite Broomhalls (GL10 3AA). Most services are followed by tea & coffee.

### Eastington Baby and Toddler Group

We can confirm that the Eastington Baby and Toddler Group has now moved to Thursday mornings starting at 10am. I look forward to seeing you then. God bless, Beck Burgin 07511197265 [rebecca.burgin@pikelock.com](mailto:rebecca.burgin@pikelock.com)

## Youth Club Update:

Youth Club continues to meet on Friday evenings at 7pm and we are likely to be in the building for the whole two hour period now that it is too dark to go to the Snakey Lane park. It is possible that we will have to suspend the youth club meetings if Ken has to have a major operation and the duration of any gap is likely to be affected by whether we can get some new volunteer leaders to provide enough adult cover. We will keep youth club members informed as the situation becomes clearer.

<b>Church Main Activities</b> (please check the website for details and variations or call us)	
Baby & Toddler Group (resumes 7 <sup>th</sup> 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 <sup>th</sup> & September 10th
Morning Services (refreshments afterwards)	The other Sundays

If you'd like to know more; or you'd just like someone to talk to, give us a call. Ken & Beck Burgin 01453 827414 or 07511197265 or email: [info@CoCtKE.org.uk](mailto:info@CoCtKE.org.uk)

### To Advertise in ECN

Basic: Quarter page £10.00 per edition

discounts for larger sizes/multi editions

email:  
[advertising@eastington.website](mailto:advertising@eastington.website)

If you would like to send in an article, story or photo, please email them to

[articles@eastington.website](mailto:articles@eastington.website)

Deadline for the next exciting issue is Monday 13<sup>th</sup> November

For delivery around 1<sup>st</sup> December



## EASTINGTON FARM SHOP

MIDDLEHALL FARM

01453 823655

Fresh seasonal fruit and vegetables

Home bred beef

Our own milk vending machine

Lots of other goodies

Delicious coffee and cake

All weather seating and outdoor space

### Opening times

Tuesday - Saturday 09:00 - 17:00

Sunday 10:00 - 13:00

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

## ***Martin Pollard*** ***Bodyshops***

Your local accident repair centre

**01452 740025**

Est. 1979 Insurance Approved Courtesy Cars supplied

Car & Light Commercial Repairs/Refinishing

Body Jigging Facility & Welding Technology

Computerised 4 Wheel Alignment System

No job too large or small!

Telephone us or call in at Unit 9,  
Frampton-on-Severn Industrial Park, GL2 7HE  
for your free estimate

E mail: [Martinpollard@hotmail.co.uk](mailto:Martinpollard@hotmail.co.uk)



**Extensions \* Renovations \* Kitchens \* Bathrooms**

**07866 600 961**

Email: [langleyconstruct@gmail.com](mailto:langleyconstruct@gmail.com)

No obligation estimates and consultations



### **Would you walk barefoot over broken glass for Longfield?**

Feel the exhilaration of slipping off your shoes and walking across a river of broken glass – and dare a friend to do it with you! Then stroll through our winter wonderland Christmas fair, where you can stock up on beautiful hand-made crafts, enjoy festive refreshments and meet Santa. Entry to the fair is free, but if you'd like to take the ice walk challenge, you'll need to pay a registration fee of £25 and find at least £75 in sponsorship. Register on the Longfield website: [longfield.org.uk/icewalk](http://longfield.org.uk/icewalk). This event will take place at Longfield Community Hospice in Minchinhampton.

Also coming Up....

10<sup>th</sup> December, Minchinhampton – Light Up A Life memorial celebration

January 2024 – Christmas tree collections

Longfield is a Community Hospice for the people of Gloucestershire. As well as providing Hospice at Home care, Longfield also offers a range of therapy and support services for patients, families and carers at the Wellbeing Centre in Minchinhampton. 85% of our funding comes from the generosity of the public. For media enquiries, please contact Melanie Palmer [melanie.palmer@longfield.org.uk](mailto:melanie.palmer@longfield.org.uk) or call 01453 886868

**We are grateful to all the  
advertisers who make  
this publication possible.  
Please support them.**

### **To Advertise in ECN**

**Basic: Quarter page £10.00 per  
edition**

**discounts for larger sizes/multi  
editions**

**email:**

**[advertising@eastington.website](mailto:advertising@eastington.website)**



## **NEWS FROM TWOCAN INCLUSIVE THEATRE COMPANY**

September brings a new year of TwoCan's creativities activities, and they are very excited to be able to run most of them from their new home in Eastington. Below is a run-down of what they are currently offering. All activities are fully inclusive and open to deaf, disabled, and neurodiverse people.

### **You can with TwoCan - Programme of activities 2023/2024**

#### **Monday and Tuesdays -Journey To Independence 10am – 4pm (16 +years old)**

Reengage with others to continue your journey towards a more independent life. Join the TwoCan team to develop Effective communication, Health and wellbeing, Relationships and identity, Work and recreation, and Sensory Exploration in a creative and imaginative way that has the individual at the heart of all activities.

#### **Monday Youth Theatre (7-25 year olds)**

Group 1 -5pm-6.15pm, Group 2 7pm-8.15pm

A fun session that develops self-confidence, communication, and a love for performance.

#### **Tuesday Skills Development (11-25 years old) 6pm-8pm**

Work with professional artists to develop a range of different skills. Each five weeks has a different focus, term 1- creative writing, term 2-singing, term 3 – ball room dancing.

#### **Tuesday Social Night (11-25 years old) 6pm-7.30pm**

Come and hang out with friends, playing pool, table tennis, darts, and a huge range of different board games and fun activities.

#### **Saturday Play Days (7-25 years old) 10am – 3pm**

Once a term, the next one is Dec 2<sup>nd</sup> 2023

Come and spend the day with friends choosing from a selection of different creative activities.

#### **Holiday programmes 10.30am – 3.30pm (7-25 years old)**

Youth Theatre Easter School Tues 2nd April – Sat 6th 2023,

'2Can UCan' Days , Mon August 5th – Fri 9th

Performance Summer school, Tues August 27th – Sat 31st

## Christmas Fair 1pm – 4pm

Find some great Christmas gifts and decorations from seasonal stall holders and a chance to see some of our TwoCan members showing off their talents.

As well as TwoCan running its own activities from the Old Methodist Church, the venue is available to hire and is currently being used by The Church of Christ King of Eastington on Thursday mornings for mother and toddler groups, Friday evening for Youth Club and Sunday mornings for services. It is also hosting Soul Schools fun children's themed drama workshops on Saturday mornings once a month.

If you would like to know more about any of our activities or would like to hire the space, please feel free to contact [louise@twocantheatre.org.uk](mailto:louise@twocantheatre.org.uk)

### **A Seasonal Recipe**

#### **Apple Strudel**

##### **Ingredients**

750g Bramley apples, peeled, cored, quartered and sliced

1½ tsp ground cinnamon

2 tsp lemon juice

100g golden caster sugar

75g raisins

95g butter

6 large sheets filo pastry

##### **Method**

Preheat the oven to 190C/170C Fan/Gas 5. Line a baking tray with baking parchment.

Mix the apples with the cinnamon and juice, sugar and raisins.

Melt the butter in a pan. On a clean, dry tea-towel lay a sheet of the filo and brush with some of the melted butter. Lay another sheet on top and repeat until you have used all of the filo.

Pile the filling along the length of the pastry along one side about 2-3cm/1in from the edge and using the tea-towel to help you, roll the pastry up to enclose the filling. Tuck the ends in and roll seam-side down onto the lined baking sheet. Brush with the remaining melted butter.

Bake for 40-45 minutes, until golden-brown. Leave to cool to room temperature.

Slice and serve with cream or custard.





**Tel: 01453 825081**

Alkerton Road, Eastington  
Stonehouse, Glos  
GL10 3AB

## Ultimate Beauty By Louise



Gel manicure  
Footlogix Pedicures  
Waxing  
Dermaplaning  
Novatan pro.  
spray tan  
.. And lots more

Beauty, Cosmetic & Personal care  
Fully insured

### Summerhouse Salon

3 Brownings Close, Eastington

Call Louise on

**07769 273893**

 Ultimate Beauty by Louise

## that Slimming World feeling!

A warm welcome awaits  
everyone at Eastington  
Slimming World Group  
Every Wednesday 5:30pm  
At the Village Hall

**Contact Sue**  
**07590 667 307**

- to get that Slimming World Feeling !

## Yoga for all abilities



**Tuesdays 9.30 a.m**

Leonard Stanley Village Hall

**Wednesdays 8 p.m**

Leonard Stanley Primary School

**Thursdays 6 p.m**

Arlingham Victory Hall

**Thursdays 8 p.m OHMG**

Eastington Community Centre

**Fridays 9.30 a.m**

Leonard Stanley Village Hall

**£8 per class in advance, £10 per drop-in**

**Tel: 791484 / 07814 341092**

**carolmaguire.co.uk**

for further details & bookings

## **ROTARY in the SEVERN VALE**

Despite the changeable weather and annual holidays, we have maintained our regular breakfasts and ongoing community activities and social events.

At our breakfast, we welcomed a guest, Carolyn Williams, looking at us as a potential member. The speaker was Ed Davies, a fellow guide of Rob Toseland at the Jet Age Museum. Ed spent 24 years in the RAF, latterly as a weapons armourer on Vulcan Bombers. He gave a well illustrated talk on the various weapons deployed, particularly on the nuclear bombs and their development over the years. He ended with a description of the Black Buck raid on Port Stanley in the Falklands, and the number aeroplanes it involved with mid air refuelling in order to complete their long range mission. Another very popular presentation.

At our next breakfast we welcomed Daniel and James who gave a presentation on behalf of Caring for Communities and People (CCP), to which we had previously donated towards their 'Summer Box' appeal. Their mantra *'preventing the causes and reducing the effects of homelessness, family breakdown and exclusion'* Founded in 1989 and based in Cheltenham, they now cover six counties from Worcestershire to Dorset providing accommodation services for homeless young people aged 18-25. They currently have over 150 in either their own purpose built accommodation or with host families. They also provide a range of community based services . . .Family Advocacy, Parenting Classes, Foodbanks, School Holiday Survival Boxes, Christmas Hampers, etc. Funding is primarily through local authority tender, often picking up contracts where existing services have broken down or funding withdrawn. A passionate presentation prompting a flurry of questions and was allowed to overrun by more than fifteen minutes.

Carolyn Williams, returned for a further meeting and having decided to join will duly be proposed as a member. The speakers were Louise Cook and Sue Parres from Longfield Hospice. They spoke about the services they provide, focused on *'helping people to live before they die'*. They offer a Home Hospice service, a Wellbeing Day Centre with numerous activities, together with ongoing counselling supporting affected spouses, partners and families, as well as the patients themselves. Most of these are not funded by the government or the NHS, and they rely largely on donations. Louise had checked their records and found that over the years Rotary Club of Severn Vale had contributed £5,000 through our various endeavours.

Community Service and Fundraising continues with volunteer support at Longfield Fete and Frampton Country Fair together with the running the Arlingham Walk and our very successful annual Motoring Event. As do, of course, social activities which included Boules matches, a family BBQ and a visit to a Wind & Solar Farm near Shrivenham, which was followed an enjoyable traditional pub lunch.If you' 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 events or would like to volunteer with us for one of our chosen charities, please visit [www.severnvalerotary.org.uk](http://www.severnvalerotary.org.uk) or contact [keith.rog@hotmail.com](mailto:keith.rog@hotmail.com)

# Luxury Care Home Community

The Hollies Nursing Care Home  
Holly Oak Dementia Care Home  
Apartments by the Hollies

The **Hollies**, renowned for its excellence in nursing, dementia and residential care provides the ultimate in state-of-the-art accommodation. Spacious, beautifully designed rooms, suites and living areas along with pretty gardens provide residents with a high quality of living. Exceptional dining caters for the most discerning preferences and needs.

At the Hollies, care is not just something we offer, it's at the core of who we are. We treat every resident as an individual and work hard to tailor our person-centred services and activities to support their every need.

**Community living connecting families and friends in a welcoming environment**



**Bessys Tea Room**  
for special treats  
and parties



**The Old English  
Pub** for social  
gatherings



**Kayes Hair & Nails**  
for beauty and  
wellbeing



**The Terrace** for  
outdoor events and  
entertainment


**Bessys**  
TEA ROOM

**THE OLD  
ENGLISH PUB**

**Kayes**  
HAIR & NAILS

**EXCELLENT REVIEWS**  
Limited spaces available

the gold standards  
**framework**

 **carehome.co.uk**

Enquire now

**01453 541400**

**info@thehollies.co.uk**

We welcome immediate and planned admissions.

Call **01453 541400** • Email **info@thehollies.co.uk**  
**thehollies.co.uk** • Drake Lane, Dursley GL11 5HA



**Hollies**



**Women's clothing,  
homeware & gifts**

@orangefrogwhitminster



**Gentlemen's barber -  
walk ins welcome**



@whitminsterbarbers



**Hand stretched, wood fired  
takeaway pizza.**



@joe'spizzakitchen



**Takeaway burgers, kebabs,  
fries and sides**



@hanbaobao.uk



**Women's hair salon,  
book via booksy or call in.**



@hairworks

All based in Whitminster with free parking at the Whitminster Inn  
GL2 7NY



## **Are you struggling with damp and mould in your home?**

Our Research and Campaigns team have been gathering evidence about the problem as we have seen a significant increase in the number of people coming to us about it.

There are many types of damp, the most common ones being rising, penetrating, construction and condensation damp. On our website ([www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)) there is information that may help you work out what type of damp you have, who is responsible and what you can do.

It is important to keep homes well-heated and well-ventilated to prevent damp and mould – you may be eligible for help to insulate and heat your home.

If you are a tenant it can be difficult to work out if your landlord is responsible - check your tenancy agreement for mentions of repairs and damp. A landlord will have to act in relation to damp if it makes the property unsafe for someone to live in. The landlord will also be responsible if the damp is related to repairs they should have carried out. If the damp has damaged items that the landlord is responsible for, such as carpets and window frames, they'll likely have to cover the cost of repairs.

If your landlord is responsible for the damp in your property but doesn't act, there are steps you can take, such as reporting them to the local authority. If you're in social housing you might also be able to use the landlord's formal complaints procedure.

If you cannot access the website or need further help after looking at it, you can contact us on 0808 800 0510 or email using the form on our local website ([www.citizensadvice-stroudandcotswold.org.uk](http://www.citizensadvice-stroudandcotswold.org.uk)).

**If you would like to send in an article, story or photo, please email them to**

**[articles@eastington.website](mailto:articles@eastington.website)**

**Deadline for the next exciting issue is**

**Monday 13<sup>th</sup> November**

**For delivery around**

**1<sup>st</sup> December**

### **Did you recognise the building places/places in the 199 edition?**

Here are the answers from top left to bottom right.

Windsor House, Millend Lane, The Chapel, The Chapel interior, Opposite Pike Lock, The Mill, Eastington Park, The Mill