

# KING'S THORN & THE BIRCHES NEWSLETTER

A Newsletter for the Villages of King's Thorn, Little Birch & Much Birch – October 2010

## **Gardening Club**

Our next Gardening Club meeting at LB Village Hall will be on **WEDNESDAY 30<sup>TH</sup> SEPTEMBER** at 7.30pm when Frank Hardy will talk about Herbaceous Borders. We look forward to seeing members and visitors there.

## **WI Annual Quiz**

Much Birch WI Quiz will be held in Much Birch Community Hall on Friday, 1st October, beginning at 7.30pm.

The quiz is for local groups by invitation only.

If we have failed to invite your group, and you would like an invitation for next year, please contact Kath on 01981 540382, to be put on the list.

## **St. Mary's Church Little Birch**

This year's Harvest Thanksgiving Service is being held at 6.30pm. (*please note change of time*) on **SUNDAY 3<sup>RD</sup> OCTOBER** It will be followed by Harvest tea. The guest speaker is the Dean of Hereford, the Very Reverend Michael Tavinor. This is the Dean's first ever visit to our beautiful and much loved parish church. He comes highly recommended and we are lucky to have him visit us on this occasion. Please do come along and make this harvest season special. A seat and warm welcome will await you all.

## **MB Surgery Flu Clinics**

At Much Birch Community Centre  
08:30 – 11:30 on

## **DIARY DATES FOR OCTOBER 2010**

30<sup>TH</sup> SEPTEMBER – Gardening Club  
1<sup>ST</sup> OCTOBER – Much Birch WI Annual Quiz  
3<sup>RD</sup> OCTOBER – Harvest Festival in St. Mary's Little Birch  
9<sup>TH</sup> OCTOBER – Much Birch Surgery 'Flu Clinic'  
15<sup>TH</sup> OCTOBER – Pantomime meeting  
16<sup>TH</sup> OCTOBER – Flicks in the Sticks - A SINGLE MAN  
19<sup>TH</sup> OCTOBER – W.I.  
21<sup>ST</sup> OCTOBER – History Talk  
22<sup>ND</sup> OCTOBER – Much Birch Village Market  
23<sup>RD</sup> OCTOBER – Much Birch Surgery 'Flu Clinic'  
27<sup>TH</sup> OCTOBER – Gardening Club  
30<sup>TH</sup> OCTOBER – Hereford Rail Male Voice Choir

## **ADVANCE NOTICES**

13<sup>TH</sup> NOVEMBER – 70's Night  
20<sup>TH</sup> NOVEMBER – Flicks in the Sticks  
26<sup>TH</sup> &  
27<sup>TH</sup> NOVEMBER – Cities of Song – Halfway Theatre  
4<sup>TH</sup> DECEMBER – Christmas Fayre

**SATURDAY 9<sup>TH</sup> OCTOBER &  
SATURDAY 23<sup>RD</sup> OCTOBER**  
Invitations will be sent to those at risk, including:

- People aged 65 years and over
- Adults and children with long-term illnesses including
  - asthma and chronic breathing problems
  - diabetes
  - heart, liver or kidney disease
  - impaired immune systems
  - registered carers
  - chronic Neurological Disease – Stroke, TIAs, MS
- pregnant women in clinical risk group
- Healthcare workers
- Poultry workers

## **Whist Drive**

The next Whist Drive will be on **TUESDAY 12<sup>TH</sup> OCTOBER** at Little

Birch Village Hall. It will start at 7.30pm, Entrance fee £1.50. Excellent prizes and refreshments will be available. New players always welcome.

## **Pantomime Time !**

Hilary Gould has once again written a pantomime "Up Little Birch" for us and would like to invite anyone interested in taking part (either acting or assisting) to come to a meeting at 7.30pm. on **FRIDAY 15 OCTOBER** at Little Birch Village Hall. We look forward to seeing you there!

## **Flicks in the Sticks**

On **SATURDAY 16<sup>TH</sup> OCTOBER** at 7.30pm we are showing **A SINGLE MAN 12A**.

Set in Los Angeles in 1962, at the height of the Cuban missile crisis, A

Single Man, is the story of George Falconer, a 52 year old British college professor (**Colin Firth**) who is struggling to find the meaning to his life after the death of his long term partner, Jim (**Matthew Goode**).

Tickets £4.00 (£3.00 under 16s). Refreshments served from 7.00pm. Tickets available in advance or on the door - for further info or to book tickets please call Bryony Connolly 01981 580298

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### ***Much Birch WI***

The Speaker at the October meeting is well known to members, who are looking forward to Shirley Coates speaking about her World of Music.

The meeting takes place on **TUESDAY 19<sup>TH</sup> OCTOBER** in Much Birch Community Hall at 7.30pm. Visitors and new members are always welcome.

For further details of Much Birch WI please contact Kath, 01981 540382 or Jennifer, 01981 540698

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### ***History Talk***

Little Birch and King's Thorn History group have arranged a talk on **THURSDAY 21<sup>ST</sup> OCTOBER** in Little Birch Village Hall. The talk will be given by Penny Platts who speaks about a wide range of Herefordshire subjects. On this occasion she will be talking to us about 'Hereford Cathedral's Secrets'; as she is a cathedral guide she will be well able to give us a glimpse into all sorts of facts, which we may not know, about that very familiar building. The talk will begin at 7.30pm. Afterwards there will be light refreshments. Entry will be £2.50.

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### ***Much Birch Village Market***

As usual, the market takes place on **FRIDAY 22<sup>ND</sup> OCTOBER** when we hope to have all the familiar suppliers with us.

Please come along to support local producers and partake in refreshments sold in aid of

MacMillan Cancer Support. Further details of the market can be had by ringing Kath on 01981 540382.

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### ***Gardening Club***

The next meeting will take place on **WEDNESDAY 27<sup>TH</sup> OCTOBER** in Little Birch Village Hall at 7.30 pm. The speaker will be Mr. David Williams of Golden Valley Apiaries, who will discuss the 'Growing Plants in the garden to attract bees.' Everyone welcome!

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### ***Hereford Rail Male Voice Choir***

Will be giving a concert on **SATURDAY 30<sup>TH</sup> OCTOBER** at 7.00pm. in Much Birch Church. Tickets are £7.00 and are available from John Jones - 01981 540980 and Committee members. Proceeds will go towards the M.B. Hall Development Fund

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### ***70's night***

On **SATURDAY 13<sup>TH</sup> NOVEMBER** there will be a 70's night disco in memory of Paul Bishop who died a year ago and who gave much time and enthusiasm to Little Birch Village Hall. All proceeds will go to the British Heart Foundation. More details in the November newsletter.

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### ***Halfway Community Theatre***

The members of the Halfway Community Theatre are delighted to announce their Autumn Show. We are presenting 'Cities of Song' - a world-wide musical tour of some of our best loved and most exciting cities - on **FRIDAY and SATURDAY 26<sup>TH</sup> AND 27<sup>TH</sup> NOVEMBER** at 7.30pm. in Much Birch Community Hall. Ticket prices remain at £10 (£5 for under 14's) and can be booked by ringing Audrey on 01981 540432. As usual, supper is included, but remember to bring your own drink and a glass! We look forward to seeing you there.

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### ***Local News***

Congratulations are extended to KATIE WILLIAMS, daughter of ANITA and GRAHAM WILLIAMS of Little Birch Road, King's Thorn, who was married to ANDREW HOLLY, son of EILEEN and the late BRIAN HOLLY. The marriage took place on Saturday, 5<sup>th</sup> September at Much Dewchurch and was conducted by Rev. Mark Johnson. We wish Katie and Andrew much happiness in their new life together. In June, CHRISTINE and PETER DOWSETT of Little Birch were honoured to attend a Garden Party at Buckingham Palace and two weeks later, were given a Bronze Award by the Countess of Halifax at a ceremony at Colwall. As most already know, they work tirelessly for MacMillan Cancer Care and richly deserve these recognitions.

They also celebrated the birth of a granddaughter, MOLLIE ELIZABETH, to their daughter, Michelle at Oxford. Then Christine underwent a shoulder operation in Hereford and recuperation has taken some while but is now almost complete. After such a hectic few months, we hope that they will be able to take things a bit more steadily, but knowing them both, they will still keep working hard for their charity. Proud grandparents, HILARY and ROBERT GOULD, of Parish Lane, recently celebrated the birth of a grandson, LUCAS ROBERT, to their daughter CAROLINE and husband, ANTHONY. We send our best wishes to them all.

Our congratulations to MARJORIE and ALAN BROWN of Cotstone, Hollybush Lane, Much Birch who celebrated their 60th Wedding Anniversary and Marjorie's 90th Birthday during the last month.

Congratulations also go to VANESSA and DAVE WILLIAMS of Parish Lane, who celebrated their Silver Wedding with family and friends at Little Birch Village Hall on 20<sup>th</sup> September. Her sister, Vanessa, and her family came over from Ireland to join in the celebrations and grandparents, IRIS

and SELBY LLOYD are so proud of Vanessa's children as they have achieved excellent grades in their recent examinations.

Belatedly, congratulations go to LLEWELYN DAVIES, son of MARA and Dr. MICHAEL DAVIES on the award of his Masters Degree in Pharmacy. LLEWELYN is now happily settled at the Chelsea & Westminster Hospital.

Our Postman, STEVE PARK, retired recently and a farewell party was given for him on Friday, 17<sup>th</sup> September in Little Birch Village Hall. Over 100 residents attended, such was the regard in which he was held. Steve was just not our postman, he was also a trusted friend and help to so many in the community. He certainly 'went the extra mile' in bringing daily papers to those who were housebound, fetched medical prescriptions, found 'lost cats' and returned them to grateful owners and children, pulled cars out of ditches, helped owners who had the misfortune to be locked in their cars and rescued cars which had been stuck in snow and icy conditions and the list goes on. For some 25 years, he has delivered our mail and parcels in all winds and weather and very rarely failed to get right to the end of the round in deep snow and icy conditions. His wife, Sylvia, accompanied Steve at the party and was presented with a basket of flowers by Harry Meredith, kindly made up by Dot Skyrme.

The collection made in the area was so generously supported that a cheque for **£1,062** was presented to STEVE during the evening. By coincidence, his brother, Ken from Canada was visiting and he was also able to join in the celebrations. Mention must be made of John Caton, who worked extremely hard behind the scenes and handled all the donations; to the Compost Heap, who performed a medley of songs about Steve; to everyone who donated apple pies, sandwiches, sausage rolls, pork pies, pizzas, scones, cakes and

Victoria Sponges and to those who washed up and cleaned the hall afterwards. Our sincere thanks to you all and to everyone who came to make it such a successful evening.

Much Birch Community Centre has just been given by the N.H.S. an Automated External Defibrillator. Meetings on how to use the machine were organised and conducted by Colin Thomas and John Jones. The audience was composed of people from organisations that use the Hall who were taught how easy it is to use the Defibrillator to save the life of a person should he or she collapse in the Hall.

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### *Horticultural Show 2010*

The King's Thorn & Little Birch Garden Club staged this year's Show on Saturday 4<sup>th</sup> September. This keenly awaited annual event is held at L B Village Hall for the benefit of the whole community. After a small band of helpers had assembled to prepare the Hall on Friday, Janet Gwinnett held her usual Children's Workshop where she guided the children through the intricacies of 'Vegetable Monster' making and the construction of 'Gardens on a Plate'.

Elizabeth Howard, a very enthusiastic 3 year old competitor, was beaten into 2<sup>nd</sup> place by one point on two occasions by the winner of the **Children's Shield** and the **Under 8 cup**, CERYS JOHNSON. Keeping it in the family, SAM JOHNSON won the **Cup For Over 8 Year Olds** and their brother TOM, was awarded 3<sup>rd</sup> place in the hotly contested **6 Scones class**.

**The Llewellyn Sutton Cup**, for the family with the most points was won by DEREK SCRIVENS and his granddaughters POPPY and SOPHIE.

Derek has been very busy, because as a Committee Member, not only was he involved in the setting up of the show and proving a most valuable assistant to a Judge,

together with his wife Margaret, was responsible for the Raffle. He must have had some time left in his garden as he took home the **Horticultural Shield** for the most points gained in the Vegetable and Fruit Sections and the **Rose Bowl** for the Flower Section.

The inaugural winner of the **Harold Salisbury Shield** was DES WATHEN for his collection of Vegetables and he also won the **Best in Show** prize - the **David Enoch Cup**, for his splendid vase of garden flowers.

IRIS LLOYD won the **Domestic Cup** and shared the **Floral Art Shield** with GILLIAN CLOUDER who had equal points.

John Bryant was Master of Ceremonies, host to the Judges and celebrated Auctioneer, and with John Wilson presented all the Trophies. He also managed to keep order and allay any potential panic in the team!

Our thanks go out to the Committee Members who helped from the organisation to the clearing up, to Mike Leigh and Jennifer Jones who, together with their helpers, organised the excellent refreshments provided by volunteers and all the wonderful people who assisted on the day and, of course, to the exhibitors and visitors who crowded in to make our Show such a great occasion.

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### *Little Birch Dog Show.*

Members of the Little Birch Village Hall committee would like to thank all who helped to make this year's show such a resounding success and in particular John and Kate Dillon who kindly allowed use of their field.

A good attendance on a sunny afternoon helped to make this a memorable family event with many younger entrants demonstrating confidence and skill as they paraded their dogs before the professional (kennel club) judges.

The Tea and cake stall team provided delicious home-made treats and were kept very busy, as

were the team supporting the judges who had a very full programme of categories and entries.

Follow up: The following day Jackie (Morley) received a phone call from a visitor from Alvechurch who had entered a dog in the "Best in Show category". The visitor wanted Jackie (who had been the key contact for entries) to know how much she had enjoyed the show and she said that she will be returning next year and bringing her friends from Alvechurch!

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### ***St. Mary's Churchyard LB***

Help is urgently required! We need volunteers to go on the church cleaning, mowing and reading rotas. This is a great way to keep in touch with and show your support for your village church without getting too involved. Non-churchgoers are very welcome. For more information please contact James Gould on 01981 540676.

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### ***MB 100 Club Draw***

The September draw took place on Tuesday, 8<sup>th</sup> September at Much Birch Community Hall.

The winners were:

1. No. 38 - Mrs. McLeod, King's Caple
2. No. 75 - Mr. K. Davies, Much Birch

The next draw will take place on 5<sup>th</sup> October at 7.15pm in Much Birch Community hall

John Jones, *Chairman/Promoter*

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### ***A Note of Thanks.***

John Bryant would like to sincerely thank all those who sent cards and goodwill messages during his recent treatment at Cheltenham. So many friends kindly offered transport but fortunately, I was able to drive during the 5 week trips although 2 friends kindly took me when procedures involving some anaesthetic took place and to them I am profoundly grateful.

As I had no symptoms of Prostate Cancer and men are usually reluctant to seek medical tests, I urge all men over 50 to ask for a PSA blood test so that the condition can be detected early, when it can be easily treated. If left too late, the effects can be very painful and treatment options can be limited.

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### ***Are You a Carer?***

If you look after and support a relative or friend who could not manage on their own, you are. There are support groups who meet on a monthly basis. There are free specialist courses from safe moving & handling to managing challenging behaviour and there is a Newsletter giving details of local interests & updating carers concessions. You can find out about the Lions Scheme or the Careline Carers' Card whereby, should anything go wrong, the person for whom you are caring will have their needs met. The comforting thing to remember is that you are not alone. You can register with your local Hereford Carers' Group by telephoning Rachel on 01432 356068. By so doing you will get help, support and access to their services. Registration is free.

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### ***Neighbourhood Watch***

#### ***Crime trends***

Overnight on 12<sup>th</sup> /13<sup>th</sup> August 3 large gates and a cattle crush were stolen from a farm at **Wormbridge**. They were later found on land at Llanrothal near Monmouth, along with a trailer that had been stolen from nearby at the same time.

Overnight on 17<sup>th</sup>/18<sup>th</sup> , 4 hubcaps were stolen from a motorhome parked on an industrial site at Callow.

Overnight on 22<sup>nd</sup> /23<sup>rd</sup> , a large quantity of used catalytic converters were stolen from a breakers yard near Hereford.

Overnight on 24<sup>th</sup> /25<sup>th</sup> a Stihl chainsaw and disc cutter were stolen from a vehicle parked in a driveway in St Weonards.

Overnight on 12<sup>th</sup>/13<sup>th</sup> September a quantity of red diesel was stolen from a farm at Broad Oak. However, the farmer found most of it stored in 200 litre drums that were hidden in a bush and covered with twigs at the end of the farm drive, it would appear they were ready for collection.

The farm was later visited by a green Peugeot 405 Estate, M55\*MWL, when challenged, the occupants, who spoke in a Welsh accent, were enquiring about shooting on the farm. It is possible (probable even!) that they were returning to collect the fuel.

A house was burgled at Dewsall on **Friday 10<sup>th</sup> September** between 10.00am and 11.30 am, and a laptop and TV were stolen. The thieves entered the rural property by breaking a rear ground floor window.

#### ***Suspicious incidents***

On the morning of 27<sup>th</sup> August an elderly resident in St Weonards was visited by 3 males in two vehicles offering tarmac services. They gave the usual story of working nearby and having some spare tarmac left. They had a black van, with some writing on it, and on the rear a strip saying 'Highway Maintenance'. There was also a truck carrying tarmac, towing a roller. The men were wearing high visibility jackets, and were 40-50 in age. If you have seen or heard anything about this, or any other cold callers, please let us know. Fortunately, the lady called a nearby relative who came along and sent the men on their way, other elderly people may not be so switched on and end up with a very bad job and a very large bill.

#### ***Can you help?***

**Allensmore** - a red Nissan Sunny vehicle had been left in a layby on the B4348 near Allensmore Nurseries for a few days last week as it had broken down. Between 8.15pm and 8.35pm someone attempted to steal this vehicle, but for some reason was unsuccessful and abandoned it in the middle of the road. Bearing in mind that it was by then dark, and raining hard, and on a bend, this could have had serious consequences had it not been for a member of the public remaining with the vehicle with his hazard lights on until police arrived. Somehow, during the attempted theft, the vehicle was severely damaged on both sides, as if it had been hit by another car, but there were no reports

of an accident. Did you pass that way that evening and maybe saw something? Any information would be very useful.

**Kingstone** - on 27th August, just after 12 noon, a tractor towing a trailer collided with a green Renault Clio in the lane between Cockyard and Kingstone, at Barrow Common. The car was heading towards Kingstone, and the Tractor towards Cockyard. The tractor did not stop after the collision, which left the lady needing hospital treatment. The driver of the red tractor was elderly, he did speak to the lady, saying it was her fault, and then left the scene without giving any details. Any information regarding this would be very helpful

### ***Crime Prevention***

**Distraction burglary - free stickers**  
Distraction burglary is an unpleasant crime and the force is committed to reducing the number of offences that take place. A door sticker is available, which can be distributed within communities - particularly to elderly and vulnerable residents - to remind them not to open the door if they are not expecting or do not recognise the person, and to let callers know that they are not welcome without an appointment. If you are interested in having some of these free stickers to distribute in your area, please get in touch with an indication of how many you would like. [Click here](#) to view the sticker.

We have had a few reports of a male calling himself Alan King phoning businesses and farms stating that he is the local community police officer, and asking them to contribute financially towards a community magazine. He gets quite rude and aggressive when challenged, or if the person he has called states they are not interested. If you have had a similar call, please let us know.

We have received the following message from Worcestershire Trading Standards - this is off our area, but well worth being aware of" Doorstep Callers Operating Worcestershire Regulatory Services are warning residents to be on their guard after an incident in the Wyre Forrest area of the county where unsolicited callers offered to carryout driveway repairs.

The works carried out were unsatisfactory and there were concerns over pricing for the job. Initial prices

quoted increased once the job had been finished.

The callers did not provide the legally required cancellation notice. If this notice is not provided then the contract cannot be enforced against the consumer (you do not have to pay). There is also an offence for failing to provide the cancellation notice.

The law allows a householder a seven day cooling off period on all contracts agreed in the home (above £35). A trader must provide a specific notice detailing your rights to cancel. If any works are started within the cooling off period the trader must get written permission from the householder and provide a warning that if the contract is cancelled from that point then a consumer will have to pay a reasonable amount for any works that have been done.

The law allows a consumer a cooling off period to ensure that they are not pressured into buying goods or services in their home. Failure to provide cancellation rights is a serious offence. Householders should always get three quotes before agreeing to any services.

### ***Rural Crime prevention***

Across Herefordshire division we have seen a rise in rural thefts over the last couple of weeks, which is a timely reminder for us all not to rest on our laurels when it comes to crime prevention.

- Never leave keys for any cars, tractors, quad bikes etc with the vehicle.
- Always lock gates for fields/drives and properties when not in use, remember you can invert hinges to gates to deter would be thieves.
- If you are able, lock any metal items away out of sight, (this is due to the increasing value of scrap metal).
- Never leave high value items on show at any time throughout the day, especially if you are away working in other parts of your property.
- Mark your property with a property marking solution such as SmartWater

If you think a vehicle is acting suspiciously, take the registration and call us on 0300 333 3000 to report it. This helps us to see who is travelling

around on our patch, enabling us to disseminate the information to our rural watch members and other local schemes. In most cases a simple PNC (Police National Computer) check can determine the drivers personal details and address, if that isn't the case, further checks can be carried out by ourselves to establish any previous dealings. Officers can be dispatched at any time while these checks are being carried out. Never think that reporting suspicious vehicles or people would waste our time, we want to deter any would be thieves and there is no better way than officers stopping vehicles to have a 'chat'.

Last year we had a number of thefts of staddle stones and garden ornaments reported across rural Shropshire. In the last few weeks we have received reports of the theft of staddle stones and stone planters and troughs from a number of locations in Shrewsbury. And lately a report of a theft of large stones from a driveway in the Alveley area of Bridgnorth. These are not yet in our area but it is good to be vigilant. These thefts are occurring overnight and due to the weight of items being stolen at least two persons with a vehicle are likely to be involved. It is unlikely that the thieves are being opportunist and it is more likely they are spotting targets during the day and returning at night. In one incident it was reported that a 4x4 vehicle with two males had been seen in the area earlier in the day. Please keep a look out for suspicious callers in your area, suspicious vehicles in your area or anyone delivering flyers for gardening or maintenance services and call us as soon as you can with any details we can check out.

### ***Banking Scam***

Currently there is an alleged scam circulating, householders are being telephoned by someone claiming to be from the Council suggesting that they are due a Council Tax refund following a reduction in their Council Tax Band. The caller is then asking for Bank account details so that the refund can be made to them. It is a blatant scam to obtain Bank account details. **If you receive such a call, please let us know on 0300 333 3000 or in an emergency 999**

### ***Another Scam***

The following information has been received from Shropshire Ringmaster:- There has recently been an email "scam

warning" circulating regarding the use of children's car seats, complete with "dummy child" strapped in, left "abandoned" on the side of the road to stop motorists so that "gangs" can then commit crimes against the driver. As far as can be established this "warning" is completely bogus and should be disregarded. It appears that the message originated from the USA. There are no known incidents even vaguely along these lines in the West Mercia area, and it is doubtful if this has happened at all anywhere else - it was probably written by someone with an overactive imagination, as many of these "warnings" are. For future reference, as mentioned before, it is worth visiting [www.hoax-slayer.com](http://www.hoax-slayer.com) if/when you receive such a "scam warning" as many are hoaxes. Whilst West Mercia cannot vouch for the accuracy of the information on that website, it is probably a good starting point when trying to establish if a scam warning is genuine.

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**Your Officers based at Peterchurch  
Local Police Officer**

PC 799 Andrew Bundy  
Mobile **07855 385 844**

**Community Support Officers**

CSO 6173 **Fiona Witcher**  
Mobile **07779 141 232**

CSO 6993 **Kevin Powell**  
Mobile **07779 141 232**

**E-mail**

[herefordruralsouth.lpt@westmercia.pnn.police.uk](mailto:herefordruralsouth.lpt@westmercia.pnn.police.uk)

**Answer phone - 01432 346756**

**Local Police Officer**

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**Your Local Representatives**

**East –**

**JOHN BULBECK            540178**

**Central –**

**BOB PETERS                540670**

**West –**

**ETTY PHILPOTT            540614**

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**Items/Copy**

Please may I have items for the **NOVEMBER** issue via email attachment in Word format to: [semathews@btinternet.com](mailto:semathews@btinternet.com) or by hand or post to Mrs. S.E. Mathews, Folly Cottage, Little Birch, HR2 8BD. by

\* \* \* \* \*

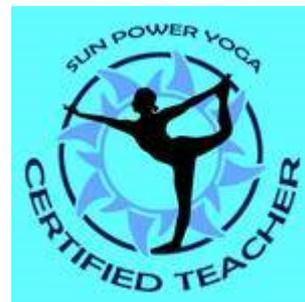
**18<sup>TH</sup> OCTOBER**

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**Sun Power Yoga**

“I can’t possibly do Yoga, I’m too stiff”.

It’s a common belief that to do Yoga, you need to meet some arbitrary standard of bendiness, and that if you can’t touch your toes, you’re no Yogi. Nothing could be further from the truth. Yoga is about so much more than just physical exercise. You will become more supple, but the benefits of Yoga reach so much further. You may notice a much needed quietening of the mind; easier deeper breathing; improved posture; a greater ability to concentrate and even more patience and humour. If you want to keep the joints oiled, the wrinkles at bay and the toes within sight, perhaps Yoga could suit



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**Amanda Hamilton**

**01981 255094 / 07985 252166**

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