



THE Birches

Community Matters

**NEWSLETTER FOR KINGSTHORN, MUCH BIRCH
LITTLE BIRCH, ACONBURY & WORMELOW**

First published 1977 **September 2020**

A note from the Editorial Team

Welcome back! After our month off the Newsletter team is back up and running and bringing you the local news. The team have been hard at work gathering contributions from our local people and businesses which are included in this issue. Special thanks, in this regard, go to Mike Leigh who has been ringing round the district and contacting all those who have contributed to this month's Newsletter. As always, keep safe and keep your chins up!

Best wishes
Editor



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St Michael's Hospice Lottery - Will you get the call?

Each Friday the St Michael's Hospice Lottery Manager, Michelle, phones one lucky player to tell them they're £1,000 richer.

One recent call came at the perfect time for Linda Stokes.

'I really needed a new stairlift, and if I didn't get one I might have had to move house,' she said.

'So, to receive the call from Michelle was a very pleasant surprise.

'The St Michael's Hospice Lottery is a really affordable way to help such a good cause. I'm so glad I play.'

The generosity of players is helping St Michael's continue supporting local families at a time they need it most.

So, could this be the week Michelle calls you with the news you're the £1,000 winner?

To ensure you're in with a chance of a grand this Friday, or one of 23 other cash prizes, visit www.st-michaels-hospice.org.uk/lottery or call 01432 851 000.

For more information contact Paul Broome, Communications Officer at St Michael's Hospice, on 07947 919659 or email pbroome@smhospicehereford.org

Uplands Little Birch

After more than 30 years Jackie and Mike Morley have moved from Uplands to a new retirement bungalow next door called Fairhurst.

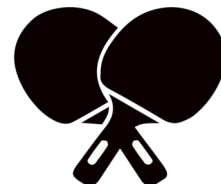
Geraldine and Rick Hampton and their sons Leo and David now live at Uplands having recently moved from Wolverhampton. Geraldine, who was born in Kingsthorpe, will continue to work from home. Rick is a professional musician and guitar teacher. His website is www.rickhampton.co.uk

What do you get if you add together the first 15 prime numbers?

Answers to the Editor please! Not on the postcard!!



Little Birch Table Tennis



We started the table tennis sessions at Little Birch Village Hall in the early part of last year following a casual conversation and the discovery of two tables hidden away in the depths of the storage container to the rear of the hall. In no time at all, interest and attendance increased, with a wide variety of ages and abilities turning out, no doubt helped by the attraction of Denise's homemade cakes. With a grant from the hall committee we were able to buy a third table and were kindly donated another, making a total of four tables. This allowed us to have up to sixteen players at the tables at any one time with the result that everyone was given plenty of game time.

Covid-19 put a sudden stop to all activities at the hall and it is only now that we are in a position to start thinking about restarting life, albeit in a new and challenging way. Whilst table tennis is one of the activities permitted under the current government rules, the necessity to maintain social distancing and the restrictions on how many players would be allowed in the hall at any one time, meant that we would have to disappoint many players. We would also be required to sanitise all equipment before and after each game and ensure the hall was thoroughly cleaned before and after each session. I am sure that many of our regulars will be disappointed but we have made the decision to hold off restarting sessions for the immediate future. I will continue to monitor things and would like to reassure you that we will get back to a routine as soon as it is safe and practical to do so.

Kind regards
Peter & Denise Rees



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Much Birch Surgery

Much Birch Surgery remains open, please contact Reception if you require an appointment. Patients are only able to enter the practice by prior appointment. Please wear a mask if you have one but please do not come to your appointment if you or any member of your household are showing any signs that could be related to Coronavirus (temperature, cough, loss of taste/smell). Routine national screening programmes for immunisations and cervical screening are continuing. Please be reassured that we have stringent Infection control measures in place to ensure your safety.

Dispensary

Opening times for collecting repeat medications remains 10-4.30pm.

If you are having trouble getting through on the 541 167 repeat line please call the main surgery number (01981540310) and choose option 2.

Patients visiting hospital for outpatient appointments

The use of face coverings is essential for all members of the public when in hospital, including those visiting patients or attending outpatient appointments.

As the hospital restarts outpatient clinics, patients are encouraged to attend their appointments.

Thank you

The practice would like to thank all those who have kindly given their time to help with delivering medication to patients who are unable to collect themselves. We have also gratefully received homemade masks, visors and plenty of home baking to keep us going! Thank you for all your kind support.

Please see our website and facebook information page to sign up to our newsletter.

Website: www.muchbirchsurgery.co.uk

Facebook—Much Birch Surgery Patient Information



GARDEN SHOW



On Saturday 5 September Little Birch Village Hall would have been holding the Horticultural Show. This would have been one of the biggest events at the hall this year, but could not take place due to the Pandemic.

The Children's Workshop, on the previous day, would have been encouraging children to show their creativity – from making Vegetable Monsters, inventing a Sandwich, decorating a 'Welly' and producing a Mini Scarecrow.

Well over 60 contributors would have been putting on an amazing show of Fruit, Vegetables, Flowers and Floral Art. We should all have been looking forward to seeing the wonderful range of Cakes, Jams – and much, much more.

It is such a shame for our community when a big event as the Garden Show cannot take place. No doubt, with more people spending time at home now, everyone has such a lovely garden, and would have loved to show off some of their produce!

Pilgrim Hotel & Valley Restaurant

Refurbished Rooms & Food with a View

Group Cancellations

Great September Offers



Our new "Garden Room" Guarantees Outside Dining Whatever the Weather

"Bounceback" Discount Extended

We are delighted to be back open and hosting guests again, albeit in a socially distanced manner and with enhanced hygiene precautions. Early feedback from those guests on how we are implementing the current guidelines has been extremely positive and we are striving to make all of our guests feel as safe as possible during their stay.

Unfortunately for the business, but potentially very fortunate for you, two large groups have cancelled their long standing bookings during the first 10 days of September. We have therefore quickly reduced rates for that period and also extended the very popular "Bounceback" discount along with the "long stay" discount deal we introduced in July, for the entire month of September.

For example, a 4 night stay in a Valley View King size room [rooms 2, 4 & 5] on a Dinner Bed & Breakfast basis arriving 6th September, works out at only £48.15pp per night sharing. A truly special deal and one not to be missed.

It would be great to welcome you back to the Pilgrim very soon, especially as we are bringing all of the staff back from "furlough" on September 1st and it would be good for them to have some guests to look after!

Best wishes & hopefully see you very soon.

Steve, Stef & Deepak

I have only really ever entered one category - "Five Different Seed Heads" and now I look around my garden still wondering which are the 5 best to choose.

I hope that this community will enjoy the rest of the summer - and all of us can look forward to better times - and a return to all the activities we so miss.

Mike Leigh

LITTLE BIRCH CHURCH “BRINGING THE CHURCH TO YOU” BROADCASTS

With the church in lockdown, Little Birch Church is “Bringing The Church To You”

Every Sunday and Wednesday evening at 9pm for about 20 minutes.

Join us on the St. Mary's Church, Little Birch facebook page by liking and following.

www.facebook.com/stmarylb

EVERYONE WELCOME

Pengethley Farm Shop

What a year this has been so far. The challenges of Covid 19 have been unrepresented.

We as a small local business have certainly had our challenges throughout this time.

From the outset with the national lockdown and losing over half our team through shielding certainly had its own problems before the food supply chain going crazy and national supplies drying up. A big thank you to our local suppliers for doing their up most and ensuring the supplies kept flowing. Thank you to our customers for your understanding and support throughout. It's been interesting how the situation developed with the change in how people shop. We introduced the household deliveries and the click and collect service as well as staying open to walk in shoppers. We implemented all the necessary biosecurity requirements and increased our range of products including more household items as well. It was great to see so many new customers discover us as well as our loyal ones.

A positive throughout this was how great it was to see how the communities pulled together through this time. It has been good to see this continuing .

As the restrictions have been eased then there is a certain level of normality. We mustn't forget it is not over and the new normal is ahead of us. We are enjoying the array of face masks we see daily. There are some great designs out there. Please forgive us if we don't always recognise immediately.

As we go forward in such uncertain times we will continue to offer our present services and stock delicious local foods and drinks as well as meats. Our kitchen is constantly developing new products that will sold in the shop.

A big thank you to all our customer old and new and we look forward to serving you in the future.

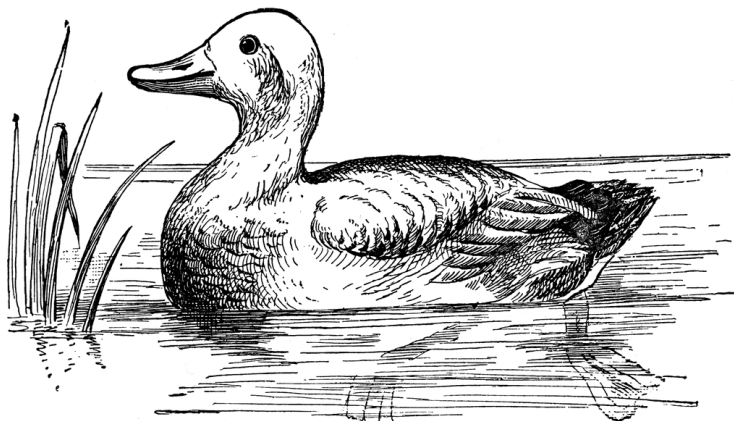
Stay safe.

Update from Herefordshire Advanced Drivers

At the beginning of the year the prospects for 2020 were extremely encouraging with a full calendar of Driver Refresher Days and a record number of drivers taking the Advanced Driver Course. Unfortunately, all activity had to cease in March due to Covid-19 and it was only when the relevant Government restrictions were lifted in July that we were able to recommence Advanced Driver Courses. We have instituted rigorous protocols to minimise the risks of infection for both our Observers and those taking the Advanced Course or Refresher Drives.

Understandably, there has been some reluctance to participate in either activity particularly from those designated as being vulnerable and so, whilst we are currently operating at full capacity, it is with a reduced number of active Observers. We are very mindful that during the last few months many drivers will have used their vehicles comparatively little and so there is enormous value from Refresher Drives with one of our qualified Observers to check all the factors that constitute safe driving or to take the Advanced Driver Course.

Owing to the availability of venues and the vital necessity for social distancing we have not yet been able to recommence our programme of Driver Refresher Days but we hope to do so in the near future. In the meantime, we are very keen to hear from anyone who is interested in an Observed Refresher Drive or in taking the Advanced Course. Please contact Stella at: group-contact@advanced-drivers.org.uk or [tel:01432 840835](tel:01432840835)



As part of a national scheme, every local council in England have their own Healthwatch. Through our focus groups, forums, online surveys and feedback centre, Healthwatch Herefordshire listens to local people and then speaks up on their behalf in order to influence the delivery and design of health and social care services in the county.

Our current projects are adult mental health, men's health, falls prevention and social isolation and reasonable adjustments. Surveys for these can be found on our website along with a whole host of other information. We're aware that many people aren't online so if you'd like a hard copy version posted out to you, call us on Tel: 01432 277044. We really would value your opinion.

We know that the coronavirus pandemic is a difficult time and it is important that you seek help if you are struggling. We have created a list of free national helpline numbers along with some local ones in case you need them.

FREE NATIONAL HELPLINES	
National Domestic Abuse Helpline	0808 2000 247
CALM (Campaign Against Living Miserably - for men aged 15-35)	0800 58 58 58
Childline	0800 11 11
Marie Curie Support Line	0800 090 2309
Samaritans	116 123
Cruse Bereavement Care	0808 808 1677
Rape Crisis	0808 802 9999
Victim Support	0808 168 9111
NSPCC (for children)	0800 1111
NSPCC (for adults concerned about a child)	0808 800 5000
Alcoholics Anonymous	0800 917 7650
National Gambling Helpline	0808 8020 133
PAPYRUS (young suicide prevention society)	0800 068 4141
Young Minds (for parents)	0808 802 5544
The Silver Line (information, friendship & advice to older people)	0800 470 80 90
The Mix (help with mental health issues for under 25s)	0808 808 4994
National Debt Line	0808 808 4000
National Stalking Helpline	0808 802 0300
FRANK (advice, support & counselling for anyone effected by drug misuse)	0300 123 6600
Blue Cross for Pets - Pet Bereavement Support Service	0800 096 6606
LOCAL NUMBERS	
West Mercia Women's Aid	0800 783 1359
Adult Social Care (if you are concerned about the abuse/neglect of an adult)	01432 260715
Herefordshire's Multi Agency Safeguarding Hub (if you are concerned about the abuse/neglect of a child)	01432 260800
Sexual Health Services	01432 483693
Herefordshire MIND (Safe Haven Service)	01432 372407
Herefordshire Mental Health Support (24 hours)	01905 681915
Citizen's Advice Herefordshire	0344 826 9685

MARRIAGE AND COFFEE

Shortly after tying the knot, a young married couple started arguing over who should make the coffee. Being a good Christian woman, the wife went to the scriptures for her answer. She said that the Bible specifically stated that men should be the ones to make the coffee.

Puzzled, the husband asked her where in the Bible it said that. Very confidently, the wife opened up her Bible and said: "It's right here—HEBREWS."





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at Much Birch Community Hall

Flicks in the Sticks Update

Unfortunately Flicks will not be returning just yet - we plan to return when we feel we can create a safe, comfortable and enjoyable experience for all our audience and volunteers. We will be reviewing the situation in October and will keep you updated.

Much Birch Flicks Team

A Vicar, a Priest and a Rabbit go into a bar.

"What'll it be?" says the barman

"Don't look at me" says the Rabbit, "I'm only here because of auto-correct"



The Nightmare

Situated opposite the Castle Inn pub, nestled in the heart of our beautiful village, a new bar.

I don't know about you, but the months of isolation, the decimation, the lives lost and our ways of life, it has been difficult, to say the least. I'd like to welcome you all to my little venture, to bring something back to the village that I grew up in. This idea eventually transformed in to the mobile events bar known as, The Nightmare. Part of The Eternal Void Ltd and the first stage in hopefully a bright future. Whether you come for the draught products, the outdoor air, the night sky or even just the company, we are here.

Opening hours

Fridays: 3pm till 10pm.

Saturdays: 12pm till 10pm.

Sundays: 12pm till 10pm.

These may differ from week to week, but I'll always let you know! Even in person or you can find us on Facebook. Feel free to get in touch.

All enquiries please email: voidalive@outlook.com
Or ring: 07463761744



The Wheels are Turning - Again!

After a very quiet few months due to COVID-19, we at Rural Concierge are happy to say that we have restarted our day trips and holidays by coach.

Based in Maylord Street in Hereford, we arrange a variety of interesting trips and we can pick up from Kingsthorpe Bus Stop as well as anywhere along the A49.

We are following Government guidelines and to enable us to travel safely, we ask everyone to wear face masks, take everyone's temperature before boarding and evenly spaced out seating on the coach to adhere to social distancing measures.

Our first trip took place on 5th August to Wells in Somerset and everyone enjoyed their visit and felt safe throughout the day. If you wish to join us or have any further questions, please do not hesitate to get in contact with us.

Our shop is open on Monday, Wednesday and Friday from 9:30am until 4:30pm

Please give Liz or Tony a call on 01432 370514 or visit www.rural-concierge.co.uk



Alison Allan is back!

I have been Zooming away in the summer but am now back at Little Dewchurch and soon at Much Birch!

Social distancing is a must and we can do this with 10 people per class – which means I can keep my eye on everyone!

Rollers, soft balls and circles makes for a varied and fun workout whatever our ability.

After our Lockdown Blues we all need to get moving with Pilates for our physical well-being and our mental health - and while we do this, we will improve our posture, balance, strength and general fitness.

My clients are aged between 18 and 95 so there is no excuse! Just give me a call!

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Little Birch Parish Council

Your Little Birch Parish Councillors are:

Cllr Peter Rees Chair

Cllr Janet Gwinnett Vice Chair

Cllr Kate Dillon

Cllr Michael Davies

Cllr Kate Robbins

Angela Middleton Volunteer Footpath Officer

Sophie Glover Clerk 01432 617306

*For updates and notifications of future meetings
please check out the website –*

www.littlebirchparishcouncil.org.

lbpcclerk@gmail.com

Please send copy for the October Newsletter to
editorial@birchesnews.org.uk or written
contributions to Liz Hall at Walmere, Wrigglebrook,
Kingsthorpe HR2 8AW.
—by 18th September please.

Little Birch Parish Facebook Group



Find the latest news, events and business listings all in one
place.

You are welcome to promote your local business, advertise a
local event or post news or information of interest to the
village and surrounding area.

Search for *Little Birch Parish Group* on Facebook

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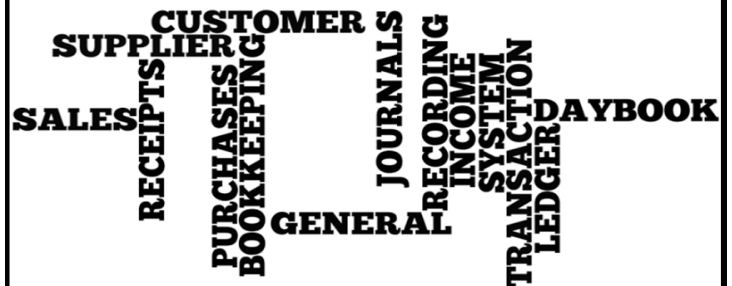
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Community Café @ Much Birch Community Hall

What a relief it is that the lock-down is easing, people are able to come out of shielding, and we can gradually move into a "new normal". Our volunteers, who have been helping people with shopping and collecting medicines, are all returning to work, and so from September we will not be offering the same service. But be assured, that if the worst happens, and we have to go into lock-down again, we will immediately be up and running!

We must thank all those volunteers who have been so willing to help over the last six months, and we know there have been new friendships made through the experience.

We have been discussing whether the time is right to think about starting up the Community Café again – we have so missed seeing you all for bacon rolls, board games and Linda's famous waffles - but we have decided that it is too early yet. We would have to restrict the numbers so much, and the thought of sending people away is too painful to contemplate. So we are pinning our hopes on the new year as the time when we might be able to gather again, young and old, to enjoy each other's company – there will be a lot of news to catch up on!



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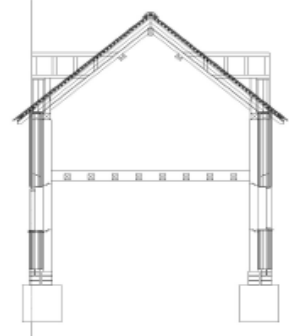
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PROPERTY MAINTENANCE

- Plumbing – Fault Finding & Repair
+ General Property Maintenance

15th July 2020

PARISH MEETING - at the Parish Council Meeting held on the Zoom Platform, during Covid 19 Virus Lock down, on the 9th July 2020 from 7.30 pm.

The Parish Council heard about two further local planning applications.

It was suggested that some information on using Zoom might be helpful and a councillor who has used the training advice has provided this information which people may find useful. To view the training session, or share it with your colleagues or friends, please use the following URL: https://livetraining.zoom.us/rec/share/xON_Ne3uyDtOU4307kz5Y-0TWYLqX6a81iIW_r_dfmRzNu9lTgCiEHmqQZRtypzIR

Download the Zoom Meetings Training reference guide from this page: <http://bit.ly/37JIZRR>

COVID-19 Support Information: <https://zoom.us/docs/en-us/covid19.html>

F A Q - https://support.zoom.us/hc/en-us/articles/206175806-Top-Questions?flash_digest=322f62b9dde58212f60a97e4f238725b25f5b568

If you would like to learn more about Zoom services and features, please visit <http://support.zoom.us>, where you can search articles, watch training videos, and contact the Zoom team for assistance with your questions. The full signing in details will be published ahead of the Zoom Parish Council Meetings on the website and in the notice boards.

The next ordinary meeting of the Parish Council will be held on **Thursday 3rd September 2020 from 7.30pm** - on the Zoom Platform. All are welcome to attend. There is no meeting during August.

Dates for further 2020 Parish Council Meetings are: 8 Oct, 5 Nov, 3 Dec 2020. No meeting in August.

Please see notice boards and website for agendas. As always the public and press are more than welcome to attend and will have the opportunity to speak directly to their representatives.

A reminder that:-

Your Much Birch Parish Councillors are:-

Cllr Alison Cook (Chair) Jasmine Cottage, Wrigglebrook Lane, Kingsthorpe, Hereford, HR2 8AW, e mail thecooks@wyenet.co.uk Tel. 01981 540703

Cllr Steve Turner (Vice Chair) The Underhills, Hollybush Lane, Much Birch, Hereford, HR2 8HX, e mail turnersofcrossways@btinternet.com and Tel. 01981 540090

Cllr Andrew Crum Anfield House, Barrack Hill, Kingsthorpe, Hereford, HR2 8AX, e mail a.crum@btinternet.com Tel. 01981 540002

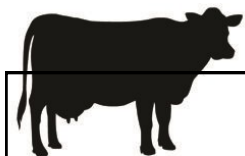
Cllr Roisin Burge The Old Hall, Barrack Hill, Little Birch, Herefordshire, HR2 8AX roisinburge@hotmail.com Tel. 01981 540724

Cllr David Baldwin The Granary, Much Birch, Herefordshire, HR2 8HS baldwin79@btinternet.com Tel. 01981 541198

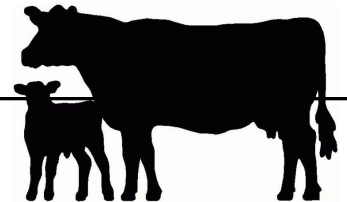
Cllr Veronica Thomas 4, Queens Close, Wormelow, Hereford, HR2 8FD Tel. 01981 540646 (no e mail)

Full minutes of the meetings and information etc. can be found on the Parish Council website following the link found in this summary. www.muchbirchparish.org.uk.

You can also find us on Twitter at <https://twitter.com/MuchBirchPC> and Facebook at <https://www.facebook.com/groups/Much.Birch.Parish>



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We have quality beef available direct from our farm in Little Birch to your doorstep.

It is organic grass fed Wagyu Cross beef which has been born and raised at Merrivale Farm.

The Wagyu breed is known for its beautiful marbling which gives a delicious flavour and texture to the meat.

The beef is available in mixed boxes which start at £65. Individual cuts and packs are also available.

Contact Lucy for more information on 07974 053804 or lucymason@hotmail.com