KING'S THORN & The birches newsletter

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

Annual Horticultural Show

This will be held at 2.00pm. on **SATURDAY 4TH SEPTEMBER** at Little Birch Village Hall. Schedules are available at the Surgery, Axe and Cleaver or Committee Members. Further information is available from Gillian Clouder GV 540080, Helen Fox GV 541004 or John Bryant GV 540316.

We all look forward to this local, colourful, family event. It gets bigger and better each year. Little changes and slight adjustments each show keep it all fresh.

We have introduced a new Floral Art Section this year and have added 'A 'Plasticine' Flower to the Children's classes. Once again Janet Gwinnett will be running a Children's Workshop the afternoon before the show. This will be at Little Birch Village Hall at 4.30 pm on **FRIDAY 3RD SEPTEMBER**. This year all children entering the show will receive a packet of Sunflower seeds, courtesy of Wiggly Wigglers, who are very happy to encourage little green fingers.

To commemorate the 10 years we enjoyed with our popular Judge, the late Harold Salisbury, we have a new Trophy. The Harold Salisbury Shield will be awarded to the winner of the Collection of 6 different vegetables.

We also have refreshments on sale, so you can join us for a drink and home baking together with a sit down and a chat. Then you will be ready for the prize giving and the auction of produce.

Exhibits can be brought to the hall between 9.00am and 10.45am and then the show opens to the public at 2.00pm. Look out for the schedule and plan your entries. We

DIARY DATES FOR SEPTEMBER 2010

2 ND SEPTEMBER – Much Birch Parish Council Meeting
3 RD SEPTEMBER – Children's Workshop for Horticultural Show
4 [™] SEPTEMBER – Little Birch Annual Horticultural Show
6™ SEPTEMBER – Sun Power Yoga at The Pilgrim
12™ SEPTEMBER – Bunting & BBQ – 10.30am
12 TH SEPTEMBER – Little Birch Dog Show – 1.00pm.
14 TH SEPTEMBER – Evergreen Club Outing
14 TH SEPTEMBER – Whist Drive LBVH
18 TH SEPTEMBER – Flicks in the Sticks – AN EDUCATION
21st SEPTEMBER – W.I.
24™ SEPTEMBER – Much Birch Village Market
25™ SEPTEMBER – Grand Jumble Sale
29 TH SEPTEMBER – Gardening club

ADVANCE NOTICES

1ST OCTOBER – Much Birch WI Annual Quiz 9TH OCTOBER – Much Birch Surgery 'Flu Clinic 16TH OCTOBER – Flicks in the Sticks - A SINGLE MAN 23RD OCTOBER – Much Birch Surgery 'Flu Clinic 30TH OCTOBER – Hereford Rail Male Voice Choir 4TH DECEMBER – Christmas Fayre

look forward to seeing you all there. Let's make it another record breaking year! For any queries please contact :-Children's Workshop - Janet Gwinnet – 540651 Club Chairman - John Bryant -540316 or Show Secretary - Gillian Clouder – 540080.

Bunting & BBQ

On SUNDAY 12TH SEPTEMBER from 10.30am. – 2.30pm, in Much Birch Community Hall. Entrance 50p (Children free). There will be a BBO, a Draw, Refreshments, Cakes, Plants, Games, Bottle tombola, Face Painting, Crafts, and lots of bunting! For further information or for draw tickets please call Kate Dawson 540580 or **Bryony Connolly 580298**. All proceeds to go to Much Birch Church.

Little Birch Dog Show Little Birch Village Hall is holding

a **Companion Dog Show** (*Held under Kennel Club rules*) on **SUNDAY 12th SEPTEMBER** in the field adjacent to the Village Hall (opposite Methodist Chapel) We will move to the Village Hall if it is wet.

Entries from 1.00pm. Judging from 2.00pm.

Refreshments will be available. Enquiries to: Jackie Morley 01981 541027 or Email: <u>morley.mike1@gmail.com</u>

The Evergreen Club

On **TUESDAY 14TH SEPTEMBER** we will lunch in Cardiff and then go on to **Comeston Lakes Country Park** and 're-created' medieval village. The cost will be £8 (£10 for non-members) plus £2 for a tour of the village. The number to ring with

queries is **01981 540932**.

The pick-up times are:	
Brandon Coach Depot	8.45
The Park, Wormelow	8.55
Tump Lane (bungalows)	9.00
Tump Lane (middle)	9.05
Poor Clares Convent	9.10
Kings Thorn bus shelter	9.15
M. B. Church bus stop	9.20
Axe & Cleaver bus stop	9.25
Peterstow (Broome Farm lay-by)	9.35
Edde Cross St. Merton Hotel	9.40
Fonteine Court	9.45

Whist Drive

Our next Whist Drive is on **TUESDAY 14TH SEPTEMBER** at Little Birch Village Hall. We shall start at 7.30pm. The entrance fee is £1.50 Excellent prizes and refreshments will be available. New players are always welcome.

Farewell Party

It is proposed to give a 'Farewell Party' to our postman, Steve Park on **FRIDAY 17TH SEPTEMBER** in Little Birch Village Hall. This will be confirmed with a slip and envelope through your door in the next few days. We hope as many as possible will come to give Steve a good send off. John Bryant 540316 and John Caton 540267.

Flicks in the Sticks

The first of the season will be on SATURDAY 18TH SEPTEMBER at 7.30pm — AN EDUCATION 12A Author Nick Hornby turns from novels to screenplays with this talent-driven drama. Carey Mulligan stars as Jenny, a young woman full of promise and intent to study at Oxford. But meeting an older man leads Jenny to believe that she can learn things outside the classroom, casting doubt on her future plans. Also stars Alfred Molina, Rosamunde Pike and Emma Thompson.

Tickets £4 (£3 if under 16). 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

Much Birch WI

The next meeting of Much Birch WI takes place on **TUESDAY 21**⁵⁷ **SEPTEMBER** in Much Birch Community Hall at 7.30pm. The speaker will be Janet Rowlett, whose subject is '*The Chocolate Gourmet*'. If, like me, you enjoy the odd nibble of chocolate, this evening sounds as though it could be for you!

Visitors and potential new members are always welcome. Further details can be obtained by ringing Kath, 01981 540382 or Jennifer, 01981 540698.

Much Birch Village Market

The next Market is on **FRIDAY**, **24TH SEPTEMBER** between 2.30pm and 4.30pm in Much Birch Community Hall. We hope to see all the usual suppliers and in addition, I am hoping to welcome someone who sharpens knives etc. The market provides a service to those who like to support local producers and also acts as a

meeting place where you can have refreshments, sold in aid of MacMillan Cancer Support, and a chat with friends.

Many thanks to all who support us so regularly.

Grand Jumble Sale

This will be held at M.B. Hall on **SATURDAY 25TH SEPTEMBER** from 2.00pm. – 5.00pm. There will be the usual Cake Sale and light refreshments will be available.

Gardening Club

WEDNESDAY 29TH. SEPTEMBER is the date of the next Club Meeting at 7.30pm, in Little Birch Village Hall, when there will be an illustrated talk by Mr. Frank Hardy entitled '*Herbaceous Borders*'.

WI Annual Quiz

Please would members of the Community Hall User Groups look out for their invitation to the WI Annual Quiz which takes place on **FRIDAY**, 1st OCTOBER? If possible, please reply, as this helps us to organise refreshments. Contact for Quiz: Jennifer Jones, 01981 540698.

MB Surgery Flu Clinics

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

SATURDAY 9TH OCTOBER & SATURDAY 23RD OCTOBER Invitations will be sent to those at risk, including:

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

Hereford Rail Male Voice Choir

Will be giving a concert on SATURDAY 30TH OCTOBER at 7.00pm - Hereford Rail Male Voice Choir Concert to be held in Much Birch Church. Tickets available from John Jones - 01981 540980 and Committee members.

Local News

A few weeks ago JOYCE and ROGER ALLSEBROOK and GILL and ANDREW CRUM travelled to SWANSEA UNIVERSITY for the graduation ceremony for their

respective daughters and congratulations are extended to BECCE ALLSEBROOK. who achieved a 1st Class BA in English Language Studies and SAMANTHA CRUM, who was awarded a 2.1 BA in Geography. Both have worked extremely hard and earned their just rewards. Well done! to both. A-level results will have been released by the time that this Newsletter has been printed and it would be good to hear the results and moves to further education at College or University.

Our Congratulations also go to LUCY and DAVID COOK of Crossways Cottage, who were recently married at Little Birch Church and we wish them many years of happiness.

A warm welcome into the Much Birch Community to MATTHEW who WILSON moved into Churchfield, Much Birch, two months ago. Lance Corporal Wilson, who is 24, has been in the army for five years and is well on the way to being rehabilitated after losing a leg in Afghanistan a year ago, only three months into his tour of duty.

He has been awarded a scholarship to train to fly light aircraft and has almost completed the course in Hampshire. His aim is to be a Commercial Pilot, but before he can start training he will have to undertake 100 hours of solo flying. He would like to do this by flying missions for charity in Southern Africa. Matthew looks forward to settling into village life and joining in local activities, we wish him a long and enjoyable time amongst us.

We also welcome JENNY and GERARD KELLEHER and their sons, JAMES, FRANCIS, BEN and MICHAEL, who have recently moved into Iscoed on the Thorn. We hope that they will soon settle into their new home and be happy in this community.

ALAN BROWN of Cotstone, Holly Bush Lane, fell over a kerb in Widemarsh Street two months ago and broke his hip. He is now home again after spending two weeks in hospital and two weeks in Hillside. We send him good wishes for a speedy recovery.

It is sad to record the passing of Mrs. WIN PIPE, of 'Stoneleigh', Barrack Hill.

Win was born near Reading and spent the early years of her working life as a nurse at the Royal Berkshire Hospital. She married her husband, Ken, in 1943 and they celebrated 67 years together.

Win and Ken came to King's Thorn about 25 years ago to be nearer to their daughter, Heather Bonewell and her family. When they had settled, Ken's mother came to live with them and Win spent most of her time looking after her mother in law, who lived well into her 90's. Win was a gentle, reserved lady, was always smartly dressed and never made a fuss but she always liked things to be right. She was very proud of her grandchildren, Perry and Jasmine and enjoyed their successes and company over many years.

Win has not enjoyed good health for the last five years or so and her fingers were badly affected with arthritis. She did not complain and got on as best she could and was very well supported by Ken. The last few weeks of her life were spent at home where Heather and Ken gave her the utmost care, supported by the local nurses and Marie Curie nurses, who together with our local doctors kept her free of pain right to the end.

Win was a staunch Methodist all her life and was Steward for the Methodist Chapel, Barrack Hill for many years. А Service of Thanksgiving for her Life took place at St. John's Methodist Church in Hereford on 28th. July. Win had mapped out the service herself, requested that the hymns be sung loudly and that no black clothes should be worn. Many local residents and Methodist friends in Hereford said their farewells to this 91 year old lady, who was much cherished by many friends as well as the family. Her body was later taken to Hereford Crematorium.

We send to Ken, Heather, Jasmine and Perry and their families our deepest sympathies.

Tribute to a Daughter

This seems to be fitting to me to pay tribute to our beautiful daughter and sister to Alex.

Achieving level 6 in English at Primary School, Lucy Godding went on to achieve the highest award and a trophy for her GCSEs, gaining 100% in French, through probably the most difficult time of her life as her brother had aggressive cancer and shortly after that her mum was diagnosed with breast cancer. It was a difficult time for the family not knowing when we would see each other again.

Through this Lucy went on to do her 'A' Levels at 6th Form College in Hereford only to excel herself even more by achieving full marks for French and German earning her an accolade from the examining board for England and Wales being one of the top five students to achieve this award in the whole of the country. Still, during this time mum and Alex still had to go back and forth to Hereford Hospital and Birmingham Children's Hospital.

On leaving 6th Form Lucy gained the highest grades in Archaeology, English, Spanish, French, German and Russian. As a family we are so proud we never expected any more from a dedicated student who actually enjoyed learning. But Lucy went on and achieved a very rare honour by getting an unconditional entrance to St Andrews in Scotland, the land of 6th Form College at the elite. Hereford were very excited about this as it was extremely rare for a student to achieve this. I am now so proud to say that Lucy has conquered the Scots by achieving academic excellence in her first year at University in St. Andrews. Only а student whose grade point

average for the year was 16.5 and above is admitted to the list of excellence and Lucy is one of them. This came from the Dean of Faculty and Arts, Professor Roy Dilley. I had to e-mail this accolade to Lucy as she is in the Ukraine this summer teaching English and improving her Russian.

I should also like to pay tribute to Alex for being such a fighter and for helping me and his dad through a traumatic time of uncertainty. I should like to congratulate Alex on passing his driving test and theory test first time which has been a lifelong ambition for him. So as a mum and dad we feel very lucky to having two very successful young people who have shined through the worst and still have hope, ambition and laughter.

I would like to take this opportunity to thank all the people who prayed and lit candles all over the world and sent get well messages during our difficult time. This is a time we will reflect on for a very long time but we have learned so much and a lot of positives have come out of our experiences.

Thank you

Elaine and Andrew Godding.

Much Birch Meals-On-Wheels.

Started in 1974 the group is affiliated to the WRVS distributing hot meals twice weekly to homes in this area. Run by volunteers, it involves 1-2hrs every 5 weeks or so. A petrol allowance is available. Some of the volunteers have been with group since its early days, and it is only natural that some have now indicated they wish to retire.

To retain the number of volunteers - and thus keep the frequency of duty at the same level - we would like to welcome a few new members to help with the distribution. If you are interested, or would like more information, please contact one of the following who will be pleased to answer your queries. Roger Thomas - 540736, John Bryant - 540316 or Mary Newman 01432 840923

Little Birch Church Fête Quiz

Thank you to everyone who took part in this. Andrew Collinson was the winner with all the answers correct. If you would like a copy of the answers please email me at: <u>pauline_rogers5@hotmail.com</u>.

History Walk

A very successful walk organised by the Little Birch and King's Thorn History Group took place on Sunday August 15th. More than 40 people attended on a sunny afternoon for a pleasant stroll around the perimeter of the Aconbury and Much Birch sections of old Aconbury common while Adrian Harvey, John Bryant and Alison Clarke talked about the process and history of enclosure of the common in 1824, referring to areas on which people had squatted before this time. Enabling people to visualise the previous appearance of the area and how their own part of it had changed proved interesting. (A walk had previously taken place around much of the Little Birch section.) John Bryant spoke about the extent and partial enclosure of the Much Dewchurch section of common area which stretches from the bus shelter over the A49 and A466. Return to the village hall was met by a very welcome cream tea provided by Robyn and Jackie to whom our thanks are extended.

MB Community Hall

If you have passed the Community Hall during the last two months you will be aware that construction work has been taking place to build the new extension. At the time of writing the roof is being slated ready to proceed with the internal works of wiring, plastering, joinery and decoration.

The room comes about to meet an identified need and follows a period of planning and fundraising. The close working relationships with the Architect and the selected local builder, Glen Sims of Little Birch, have helped the Committee to bring this to fruition. We are pleased, in particular, with the choice of brick which blends in well with those used to construct the hall in 1979.

Funding came about through local efforts and very welcome grants from Herefordshire Council and 'Welcome to our Future', an organisation dedicated to sustainable development and which manages the Severn Waste Environmental Fund in Herefordshire and Worcestershire.

A variety of activities take place in the hall and the new proposals will ensure these activities will continue. It will also enable the improved facilities to be used more widely by members of the community and in the surrounding areas.

John Jones - Chairman.

MB 100 Club Draw

(A fundraiser for the Community Hall) The July draw took place on Tuesday, 13th July at The Pilgrim Hotel. The winners were:

1. No. 42 – Mr. C.K.Dymott, Much Birch

2. No. 27 – Mr. I.K.J. Jones, Madrid, Spain

The August draw took place on Tuesday, 10th August at The Community Hall. The winners were:

1. No. 90 – Mr. H. Watson, Wormelow

2. No. 2 - Mrs. S. Dyer, King's Thorn

The next draw will take place on Wednesday, 8th September at 7.15pm in Much Birch Community Hall.

John Jones, Chairman/Promoter

M.B.P.C

Report P.C Meeting 1st July Speed Indicator Device

The speed indicator device will be sited in various locations over the coming months. Analysis of the speeds recorded will be used to see where speeding is occurring through the parish.

Parish Plan Meeting

Due to unforeseen circumstances the Parish Plan meeting in June was cancelled. Another meeting will be convened at a later date.

Lengthsman work

Work allocated to the lengthsman consists of ditch clearing in Wrigglebrook, Barrack Hill. Grass cutting at Tump Lane, junction of The Thorn and Tickle Withy Pitch. Some grass cutting is required along the footpath towards the Primary School and also weed killing along the road edge. The Clerk was asked to contact Amey Herefordshire with regard to graffiti on the 30mph sign at Burcott to ask for it to be cleaned.

Parking Problems

Councillors requested that a meeting should be arranged between Herefordshire Council Parking Enforcement Team, the Rural Police Team and Mr Howard, Headmaster of Much Birch Primary School with regard to the continued parking problems outside the school.

Planning Correspondence

A letter was received from the Herefordshire Council Enforcement Officer outlining the present position with regard to The Castle Inn.

A letter was also received from the Planning Inspectorate with reference to the planning appeal lodged for The Granary, Minster Farm, Much Birch – revision of application to incorporate existing lean-to for additional living space was noted.

Correspondence

Parish Councillors had previously been given the correspondence list, the contents of which were noted.

Safer Herefordshire Questionnaire was completed by the council which outlined the Council's concerns on road safety, speeding and anti social behaviour.

Date of Next Meeting

THURSDAY 2ND SEPTEMBER at 7.30pm. in Much Birch Community Hall.

Parish Clerk

If you have any queries on Parish Council matters please telephone the Clerk on 01432 870874 or write to: Mrs Kath Greenow, Hackford House, Dinedor, Hereford HR2 6PD.

For more information on Much Birch Parish Council please visit our website at

www.muchbirchparish.org.uk

Appreciation and Thanks

Last month Robyn, Adrian, Mike and I (Jackie) were thanked for the work we had done for the Village Hall. In turn I would like to thank Alison Clarke and the History group for the walks and talks arranged for us over the past two years. These have been of great interest to many people, as well as a source of fund raising for the village hall. Without Alison's input (not only with the History group but at other fund raising events) our bank balance would not be so healthy. Jackie Morley

Neighbourhood Watch Crime Trends

On Monday 12th July at around 1.00pm, a male in a white Citroen Berlingo van PL**DFC was disturbed in the driveway of a rural property near Much Dewchurch. When challenged, the male said he was looking for old batteries and scrap. He is described as aged around 50, thin 'wiry' build, with no teeth! He had a south Wales accent. When he had left, some steel bars were missing, although the owner cannot be sure when he last saw them. Between 10.00 on Friday 16th July and 10.00 Saturday 17th, a Black and Decker electric strimmer was stolen from a garden shed in Much Dewchurch. The thief had to cross other back gardens and climb fences to get to this shed, but no-one reports seeing anything unusual.

On **Saturday 17th**, it was reported that a saddle and riding hat had been taken from an unlocked shed at a farm in Llanwarne.

Between Monday 19th and Tuesday 20th July, a red and black Kawasaki generator worth £600 was taken from a workshop at a rural business in Allensmore. It is believed the theft occurred during the day when the owner had left the workshop for a short time.

On **21st July** a vehicle was seen in a private driveway in Orcop Hill, the driver asked if there was anywhere he could use a pellet gun. The car was described as a dark coloured saloon car, part registration TUY. The male was described as 45-50 years, short with medium build and short grey thinning hair.

A van was broken into overnight on **23rd/24th July** in Harewood End. The suspects tried to force the back doors open, but were unsuccessful, so they smashed one of the glass panels instead and removed a hedge trimmer through the gap left. There were several other tools inside the van that the thieves were unable to remove due to the size of the window!

On the same night, two vehicles were also broken into that were parked on a private driveway in Much Birch. Unfortunately, the owner had left both vehicles unlocked. Items stolen include a satnav, money and credit cards.

Sometime in the week leading up to **24th July**, a garden shed of a property at Much Birch was broken into, and a Kawasaki strimmer and a Dolmar chainsaw were stolen. A hedge cutter was also taken from the boot of a vehicle parked at the property.

Finally, a farm in Tretire, near St Weonards, was visited sometime between the morning of 26th July and the next morning - someone had broken the lock off a potato store but the store was empty so it was a wasted effort on the part of the would-be thief! A nearby resident had had a visit from a very scruffy male in his thirties at 7.30pm on the evening of 26th which may or may not be connected. The male was standing outside her kitchen window, and the property is down a track so he had no reason to be there. When challenged he stated the radiator on his car had gone and he needed water. Shortly after he had left, a search was made for him but he had disappeared.

On **27th July** two males approached a house in Wormelow offering to sell conservatories. The males also offered to do some work on the owner's roof. The males were very pushy. They were smartly dressed in suits shirts and tie. If you have anybody calling to your property that you have not previously arranged please contact the Police right away.

On **30th July** a silver Peugeot 306 was found driving around a property in Wormelow. The driver appeared to be having a look around the property. When the driver was asked as to what he was doing there he asked if someone called "Andy" lived there. Nobody by that name lived there and the person drove off. Part of the reg. was KY04***.

A Flymo petrol ride on mower, valued at £700, was stolen from a detached garage in Green Crize, near Dinedor on **Monday 2nd August**.

Another mower, this time a green Briggs and Stratten Haytor wide-cut lawn mower valued at £850 was stolen from a property at Orcop on **Tuesday 3rd August**, between 9.30am and 7.30 pm. It was kept in a locked shed, but the door was forced open, also taken from the shed was a Makita brush cutter/strimmer.

On **Thursday 5th**, at about noon, two males called at a property in

Wormelow and offered to clean out the guttering. One male looked in his mid 40's with short fair hair and a round face, wearing working clothes. The other male was short and stocky. They were in a blue van R8**HUB (we have the full number but due to dataprotection can only show part of it)

On10th August, at St Weonards, a resident spotted a male standing on their driveway. He was described as 30 - 35 years old, with black curly 'bouncy' hair, about 5'9" tall, broad shoulders and spoke with а Herefordshire accent. He was wearing a dirty looking red t-shirt and black combat trousers that were ripped at the knee. When challenged, he said he had come to read the meter, but went nowhere near the meter. If anyone else has had a similar visitor, please get in touch.

Crime Prevention

Reading through this list of crimes, it will strike you that in several cases, the thieves have had easy pickings with items being left in unsecured vehicles. Please don't make life easy for these characters, lock everything out of sight, and mark your property with a marking solution such as SmartWater, details available from your local policing team. We have kits of Smartwater available at Peterchurch Police Station, and leaflets if you are just interested in a bit more information. The kits are for sale at £20 for the Domestic kit and £25 for the Farm Kit. We can also supply signage advertising that your property is protected by such a scheme, which is a powerful deterrent. Several farms and small businesses on our area are already displaying them. They are approx 18ins x 12 ins in size and cost £12.65p - buy one, get one free! Please also be aware that there are other similar property marking devices on the market. There is a garden security website that you may be interested to have a look at, it is not connected to the police but there are some security items that could be useful. It is www.garden-security.co.uk UK Water industrv 'Distraction

Burglary' initiative

The Editor has a list of telephone numbers for all water companies in the UK which can be used to check the authenticity of doorstop callers claiming to be from the 'Water Board' (which does not exist). If you would like a copy please make contact.

Telephone Scam

We have been made aware of another phone scam that is catching vulnerable people out - this has been passed to us from our colleagues at Worcester -

In this instance, a man has received around 5 calls in 5 days, all from the same person, stating that he has won £23,000 on the Canadian lottery (even though he hasn't entered). They have asked numerous questions including when he is likely to be at home for the courier to deliver. The man has then had a further call from someone claiming to be from Customs/Excise, advising that they need to talk him through how his money needs to be claimed and that it currently in Ottawa. is Luckily in this instance, one of our Community Support Officers spoke to the man and convinced him that it was a scam before he started sending money to pay for the "processing fees", "customs charges" etc.. Please be mindful of this kind of scam and please be particularly aware of elderly/vulnerable neighbours.

Crucial Crew

Crucial Crew 2010 - A multi-agency initiative that was started almost 20 years ago and run by the Herefordshire Crime Prevention Panel in partnership with West Mercia Police. All Year 6 Primary School pupils were invited to take part. They visited a number of workshops to find out valuable safety information that will stand them in good stead as they move up to High School and take on more personal responsibility in their lives.

Topics covered included; water safety; road safety; graffiti; e-safety; cyber bullying; emergency first aid; the recovery position; cardio-pulmonary resuscitation; calling for help; race and diversity; alcohol and drugs awareness; anti-social behaviour; equality and diversity; trading standards and home safety. When the feedback was in for the workshops the best results were for the cyber bulling class, which was delivered by the police with 52% rating it excellent and 48% rating it very good.

The partner agencies supporting the event included West Mercia Police, Healthy Schools, Heart Start, Herefordshire Council, Herefordshire Housing, 2XL-Youth Projects, British Red Cross, Herefordshire NHS and Hereford and Worcester Fire and Rescue. Each partner agency has provided an educational input for the children attending. Local policing teams have supported the schools from their local policing areas by helping to plan the event.

The Youth Inclusion Team, PC Vicky Turner, CSO Adam Michniok and CSO Rosina Cathcart supported by CSO Craig Smith, thoroughly enjoyed being a part of Crucial Crew 2010 and working with all the other partner agencies and schools that took part. The feedback obtained so far was positive. One pupil's comment sums the day up best "Really good, like to do it again. The police were really cool." Roll on Crucial Crew 2011!

Local Police Get Greener

Local policing teams in your area are doing their bit for the environment. All anti-social behaviour intervention letters sent out by local policing teams will be stored electronically by the anti-social behaviour team. This will replace the previous system where hard copies were sent to the team and filed. This new initiative will help cut our carbon footprint and save paper. So there will be no more vehicle usage and equally there will be no more requirements for copies to be printed off.

Football Coaching

Every Friday throughout the summer holidays, CSO Kevin Powell is holding football coaching sessions for boys and girls in several playing fields on our area. Kevin is a fully qualified FA coach, and the sessions started two weeks ago, with a good turnout, but there's room for more keen types! The timetable is as follows Lowfield Meadow, Kingstone

11am – 12:30pmClehonger Playing Fields1pm – 2.30pmMadley Playing Fields3pm – 4.30pmPeterchurch Playing Fields5pm – 6.30pmNo need to book, just turn up, butremember to wear suitable footwear!

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 Answer phone - 01432 346756 Local Police Officer

Your Local Representatives		
<u>East</u> – JOHN BULBECK	540178	
<u>Central</u> – BOB PETERS	540670	
<u>West</u> –	540070	
ETTY PHILPOTT	540614	

Email Recipients

If you would like to receive your copy of the newsletter earlier than the printed copies which are delivered by hand, please let me have your email and home address. The NL is sent out as a blind copy so your email address is not made public. I need your home address in order to stop hard copy deliveries.

Editor

Sun Power Yoga

We all mean to exercise more, stress less, do things that are "good for us" ... but life makes it so easy to focus on everyone else, that giving ourselves "me time" can seem an indulgence. It's not! There are many ways to help ourselves calm down. Meditation, deep breathing, relaxation, and gentle exercise are wonderful tonics. They all help to soothe the body, calm the nervous system, relax the muscles ... GOOD Yoga brings all these THINGS! things together in a very still, inwardly focussed way helping us turn off the noisy mind, calm the while breath stretching and releasing tension. So why not come along to Yoga at the Pilgrim MONDAY starting 6TH SEPTEMBER to bring all these good things into your life on a weekly basis? Your first class is free, so you have nothing to lose - except your stress!

Items/Copy

Please may I have items for the **OCTOBER** issue via email attachment in Word format to: <u>semathews@btinternet.com</u> or by hand or post to Mrs. S.E. Mathews, Folly Cottage, Little Birch, HR2 8BD. by

* * * * *

18TH SEPTEMBER

* * * *

Bridge Classes

Start again in Little Birch from MONDAY 27TH SEPTEMBER in the mornings and evenings on THURSDAY 30TH SEPTEMBER.

The Treetops Caravan Wiseman's Bridge

Available for Bookings All Year Discounts for Locals 6 Berth, 5 Minutes from the Sea Perfect Seaside Getaway

For inquiries call Alex on:

01981 540 607



Yoga at the Pilgrim Hotel

Open to all ages and abilities, come and breathe, stretch, strengthen and relax your way to a healthier body, mind and spirit.

First class free, then in blocks of six at £36.00 (£6.00 per class) or £7.00 on the day.

For details and to book your mat please contact

Amanda Hamilton

01981 255094 / 07985 252166