

# The Birches

Community Matters Newsletter

Kingsthorpe, Much Birch, Little Birch,  
Aconbury & Wormelwode October 2023



## AUTUMN PRIZE BINGO



LITTLE BIRCH VILLAGE HALL  
FRIDAY 6TH OCTOBER  
EYES DOWN AT 7:30PM

Fun for the whole family  
Refreshments available



### Little Birch and Kings Thorn Horticultural Show

The Gardening Club held their main event of the year last month, the Little Birch and Kings Thorn Horticultural Show on the 2nd September. Another great day for the village. There were a lot more entries than last year and the judges were very impressed with everything they saw. The afternoon was well attended and we all enjoyed a fantastic selection of homemade cakes and treats. It was encouraging to see so many entries from people who have not entered before. We do hope that this is a good sign for future years. **See page 9 for details of Show**



### Join the Gardening Club

Interested in joining the Gardening Club?  
Come to a meeting on the last Wednesday  
of each month at 7.30pm in  
Little Birch village hall.  
We are always keen to welcome visitors  
and new members.

## Jobs for the garden in October

We frequently hear of new invasive beetles, moths and wasps, entering the British Isles, that have the ability to devastate our native trees and other wildlife. It recently came to my attention that an article in The Guardian reported that in 2023 many sightings of Asian Hornets have occurred. Since 2016 there have been 45 sightings with 22 in 2023 alone. Almost all sightings have been in Kent and there is concern that they may have established themselves in that area. Further sightings have occurred along the south coast in Hampshire, Dorset and Devon. The government's strategy is to locate and kill every hornet and destroy all nests to prevent them from staying over winter and multiplying. They predate on many insects especially honey bees and our solitary bee species, obviously posing a threat to pollination and honey production. There are a few beekeepers in the area that this newsletter extends to and I suspect that they are already aware of the threat. We should all be vigilant. To read the full article google The Guardian Asian Hornet.

A most enjoyable Horticultural show on 2nd September. I gather that both entrants and entries well exceeded last year's numbers and it was great to see a lot of new faces mingling with our long standing friends. Well done to Lesley and the Gardening Club Committee.

### Jobs to do

- \*Alpine troughs will benefit from being placed under cover or against a wall in rain shadow away from the prevailing wind.
- \*Check greenhouse heaters are in good working order.
- \*Lift and divide large clumps of perennials.
- \*Lift and store dahlia tubers.
- \*Mist house plants.
- \*Rake up fallen leaves off lawn or pick up with the mower. If you have large quantities collect up and pack into empty compost bags, seal and pierce holes in bag. Set aside for 12 to 18 months and you should have some superb leaf mold.
- \*Remove larger figs which are unlikely to ripen, leaving only pea sized fruit. Protect these from frost to ripen next year.
- \*Harvest main crop potatoes (if not already done), pumpkins and marrows.
- \*Keep harvesting apples, pears and grapes.
- \*In sheltered plots sow broad beans at the end of the month. They must be hardy e.g. The Sutton or Aquadulce.
- \*Divide rhubarb.
- \*Plant garlic.
- \*Plant out Spring cabbage.

**arts alive** **FLICKS IN THE STICKS** at Much Birch Community Hall

**Thursday 19 October - A BUNCH OF AMATEURS**

In this documentary film, only a miracle can save Britain's oldest amateur film club from its final demise. Sometimes miracles come from unexpected places. The most quintessentially British working-class filmmaking club, BRADFORD MOVIE MAKERS' members grow old amid flickering memories and the brutal reckoning of their final years. Desperately clinging to their dreams, and to each other, fuelled by endless cups of tea, this quietly hilarious, profoundly moving portrait of shared artistic folly speaks to the delusional escapist dreamer in us all and to the need to spend time together face to face in an increasingly lonely, digital age.

**Tickets £5 (£4 under 16s)**

**Refreshments including hot dogs and ice cream available from 7pm**

**Also coming this season...**

16/11/2023 THE UNLIKELY PILGRIMAGE OF HAROLD FRY 12A  
14/12/2023 A MAN CALLED OTTO 15

Tickets available in advance or on the door (cash or card payments accepted)- for further info or to book tickets please email [muchbirchflicks@hotmail.com](mailto:muchbirchflicks@hotmail.com) or call 01981 540097

For further information about films and screenings visit [www.artsalive.co.uk](http://www.artsalive.co.uk)

- \*Continue to feed birds and provide fresh water.
- \*Chop up windfall apples and pears and place on bird tables
- \*Remove fruit nets. If you have a fruit cage, remove the 'roof' net just in case we have snow.
- \*Remove excess fallen leaves from ponds to prevent the buildup of too much decaying organic material in the water.
- \*Clean out and re-hang nesting boxes.

### Derek Scrivens

#### Gardening for Wildlife

A talk by Helen Mugridge  
Wednesday September 27th 7.30pm  
in the Little Birch Village Hall £5 for non-members.

The Parish Field had its annual tidy up on Saturday 16th September. It has now been cut and put to bed for the winter, allowing all the wild flower seeds to slumber until next year when they will flower to delight both us, the bees and the birds. Thanks to Alison, Pauline and Alex for all their hard work.



# HISTORY WALK

Sunday 15 October at 1.45pm at

Little Birch Village Hall

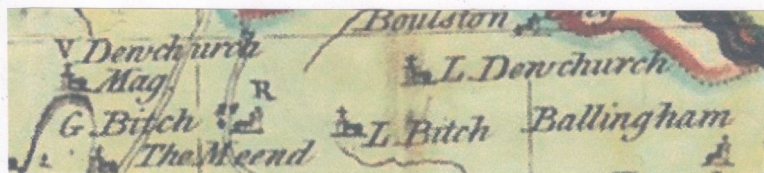
Alison Clarke will lead us on a walk around Little Birch looking and talking about historical points of interest along the way about 2.5 miles.

Afterwards at the hall for refreshments.

All welcome!

Contact [ajbmiddleton@hotmail.co.uk](mailto:ajbmiddleton@hotmail.co.uk) or

Footpath Officer for Little Birch – [chrisfowler1@hotmail.co.uk](mailto:chrisfowler1@hotmail.co.uk)



## Little Birch Church

Following a weather forecast of storms and high winds, the village hall came to the rescue and the annual fete was held there. £971.06 was raised to help the church and we are extremely grateful to all the hard work that went in by everybody who helped on the stalls and donated items to raise money. Thank you to everybody who came and supported us. We hope you all had a lovely afternoon, the atmosphere was brilliant. Special mention to Kate and John Dillon who organise everything so well. Also, Christine and Peter Dowsett, who baked for days beforehand to produce numerous delicious cakes and fruit pies, much appreciated.

**Harvest Festival service** is on October 15th at 3 p.m. Come along and see the church decorated with the bounty of the season. If you are able to bring any donations of food for the Ross food bank, these will be gratefully taken to this worthy cause.

**Church Tidy Up** On October 28th. at 10 a.m. we will have a tidy up and clean in the church and the churchyard. If you are able to come, even if it is only for an hour or two, it makes the job so much easier and a lot more can be achieved. We will be there for most of the day, so just come along when you can. **John Caton**

## MUCH BIRCH COMMUNITY HALL

The Management Committee of Much Birch Community Hall would like to increase their membership by one or two new people. If you are interested in joining us would you please contact the Secretary Sylvia Jones on tel: 01981 540980 or by e-mail [mbchsec@gmail.com](mailto:mbchsec@gmail.com). We look forward to hearing from you.



**AVALON TREE SURGERY**

WE CARE FOR YOUR TREES

MATTHEW THOMAS  
OVER 10 YEARS EXPERIENCE  
NPTC QUALIFIED  
FULLY INSURED

WWW.AVALONTREESURGERY.CO.UK

07794 569284

ALL ASPECTS OF TREE WORK UNDERTAKEN

**Coffee Morning**

**With Book Exchange**

**Thursday 5th & Saturday 21st**  
**October**

**10.00am-12.00 noon**

**Little Birch Village Hall**

Come and enjoy a cup of tea or coffee, some cake or biscuits.

Make new friends or catch up with old friends. Take a book, leave a book, or both.

Exchange recommendations for a good read.

Families and well behaved dogs all welcome

**We look forward to seeing you**

## Community Speed Watch Update

It's only taken nearly a year but at last we can move forward with the Community Speed Watch scheme which is great news as speeding is one of the main concerns within the Parish. Our proposed sites have been checked and risk assessed and it seems they have been approved, including on the A49 which is very promising.

I have the details of those who volunteered last September and will be contacting them to see if they're still interested and available but does anyone else fancy getting involved? In summary, the scheme allows volunteers to monitor the speed of passing vehicles using a hand-held speed detection device and they record the details of vehicles which are exceeding the speed limit by around 10%. There have to be three volunteers doing the monitoring and it can only be done where the speed limit is below the national average.

It's difficult to give a time commitment but the more volunteers we can get the better. If you might be interested please either email me on [thecooks@wyenet.co.uk](mailto:thecooks@wyenet.co.uk) or call 07787 554711.

**Alison Cook**

## The Jolly Gardener

TheJollyGardener2502@gmail.com

Kyle - 07850921889



- \* Senior Citizen Discount & Free Quotations
  - \* General Garden Duties
  - \* Small Landscaping Projects
- Specialising in Patios and Stone Walling

## DECOR SOLUTIONS

tjsj@me.com

### Painting & Decorating

Tim Jones

Tel 01981 540242

Mob 07810 895355

3 Generations of experience, specialising in Painting & Decorating services, General property maintenance duties carried out, Fully insured, Good competitive rates, A high standard of workmanship & customer satisfaction guaranteed.

*Join us at the*

## Community Café

@ Much Birch Community Hall

**Saturday 14 October 2023**

**10:00 - 12:30**

and every 2nd Saturday of the month

**11 November**

**9 December**

**13 January**

For more information or if you are in need of transport contact Lydia on 01981 540323 or [socialfabric@hotmail.com](mailto:socialfabric@hotmail.com)



*A local group who want to bring people together, strengthen community links and provide relaxed and fun events for all ages.*

## Mabe's

will look after your property

Repairs,  
Improvements

Renovations

Landscaping

General garden maintenance

**Oliver - 07780 718736**



## Why don't we recycle more?

Everyone recognises that we cannot go on exploiting the earth and plundering its resources. We need to move from our current economic model of extracting every last penny from nature and putting nothing back to a more circular economy where things are repurposed, reused and recycled.

This got me thinking about recycling – and how poor we are at it! The latest data shows that we recycled only 44.6% of our household waste in 2021 (the last year figures are available). This is slightly up from 2020. But that percentage doesn't reflect the fact that we generate something like 230 million tonnes of the stuff! That is a lot that is going to landfill!

Part of the problem is cultural – we just throw things away when we don't need them anymore. We may be good and wash out our cans and put them in the green bin, but the complex stuff we just chuck in the general waste and make it someone else's problem.

We are not helped by manufacturing, which seems to use stuff that we cannot recycle. For example, the only part of the Pringle tube you can recycle is the top because the cardboard, coated with a metalized film, goes straight into landfill. If we are to recycle more, it needs to be made easier and more convenient and we need to be more assiduous in what we do. Reuse, repair and recycle. Let's do our part for God's creation. **Revd Mark**

# ROSHNI



A soul-stirring performance by leading contemporary South Asian artist, Sonia Sabri, combining captivating Kathak dance, with live music from a global palette.

**Steiner Academy, Hereford, HR2 8DL**

Fri 13th October, 7.30pm

**Tickets: 01981 540221 and [www.artsalive.co.uk](http://www.artsalive.co.uk)**

**arts  
alive** **FLICKS  
IN THE  
STICKS**

*Sonia Sabri*  
company

## Services for October

**Sunday 1<sup>st</sup> October, 17<sup>th</sup>** Sunday after Trinity

9.15 a.m. Much Dewchurch - Holy Communion

11.00 a.m. Little Birch – Holy Communion

**Sunday 8<sup>th</sup>, 18<sup>th</sup>** Sunday after Trinity

11.00 a.m. Much Birch – Harvest Festival with communion

11.00 a.m. Little Birch – Morning Worship

4.00 p.m. Much Dewchurch – Harvest Festival

**Sunday 15<sup>th</sup>, 19<sup>th</sup>** Sunday after Trinity

9.15 a.m. Much Birch – Morning Worship

3.00 p.m. Little Birch – Harvest Festival with Canon James Pacey from Hereford Cathedral

**Sunday 22<sup>nd</sup>, 20<sup>th</sup>** Sunday after Trinity

6.00 p.m. Llandinabo – Harvest Festival

**Sunday 29<sup>th</sup>** – Bible Sunday

10.00 a.m. Much Birch Village Hall Coffee and Cake

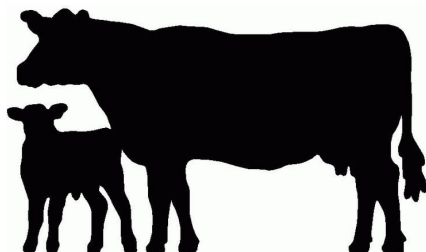
10.30 a.m. Much Birch Village Hall, Café Communion Service (informal)

## **MERRIVALE FARM MILK HUT**

**Selling fresh Organic Milk,  
Milkshakes, Vegetables, Cakes,  
Wagyu Beef and eggs  
open 7am to 7pm Monday to  
Saturday, 9am to 7pm on Sunday  
Available directly from our self  
service Farm Shop on the family  
farm where they are produced.**

**Our organic, grass fed Wagyu Cross  
beef 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. Available in  
mixed boxes starting at £65. Also  
individual cuts & packs.**

**Contact Lucy for more information  
on 07974 053804  
or email [lucymason@hotmail.com](mailto:lucymason@hotmail.com)  
Merrivale Farm Little Birch  
Hereford HR2 8BA**



Items for **November** newsletter to  
[editorial@birchesnews.org.uk](mailto:editorial@birchesnews.org.uk) or paper  
copy to Elisabeth Taylor 07854 629193 by

**14th October**

## **Ping's Hairdressing & Barbers**



Experienced hairdresser and stylist  
located in own salon at Thorn Lodge,  
Aconbury Close (old Post Office site).  
Home visits can also be arranged.  
Weekend and evening appointments  
available. Reasonable rates. Fully  
C&G and NVQ certified. For appoint-  
ments and further information  
phone Mobile 07450 343454  
Or Home 01981 540876



***WALKER'S WALKS  
AND PET CARE***

~DBS checked, qualified and insured~

I offer stimulating dog walks and  
enriching pet sitting around  
Hereford/ Welsh border.

[walkerspetcare@outlook.com](mailto:walkerspetcare@outlook.com)

07842966678

Facebook - @Walker's walks and pet  
care

# ALLANGAS

AND OIL

- ▶ Boiler Specialist
- ▶ Landlord Inspections
- ▶ Heating Installations
- ▶ All aspects of domestic gas
- ▶ LPG and plumbing
- ▶ Ex British Gas Engineer
- ▶ Over 30 years experience
- ▶ Oil Installation and Servicing

T: 01432 840491

M: 07761 646635

E: allangas@btinternet.com

Steven Allan



Oftec Reg No: C12495 Gas Safe Reg No: 188939



## Hereford Microsuction Specialist

EAR WAX REMOVAL

It is very common for ears to become blocked with wax, which leads to discomfort, pain and hearing loss.

Make an appointment and have your ears checked at :-

The Maple Room  
Much Birch Community Centre (next to Drs surgery)  
Hereford  
HR2 8HT

HOME VISITS ALSO AVAILABLE.

CONTACT:-

Anita Phillips mobile 07930145273



WHERE STUDENTS BECOME MUSICIANS

### Professional Music Teacher

Ideal for beginners of all ages

One to one lessons

Online lessons available

Learn the songs you love

# 07976 215694

Uplands, Barrack Hill, Little Birch  
[www.rickhampton.co.uk](http://www.rickhampton.co.uk)



Email: [richard@actonbuilding.co.uk](mailto:richard@actonbuilding.co.uk)

Mob: 07863134329

Local established building company with  
over 30 years experience



New builds, extensions, renovations, barn conversions . Projects taken from design to occupation. All works fully guaranteed.

Kitchens and bathroom specialists.

Refurbishment or new installation.

Tiling, wet panels, wet rooms, under floor heating. Design to completion.



We offer a full green energy service, from solar pv, battery storage, car point chargers etc, to air source units, heat pumps new or retro fitted.

Everything accessed and quoted free of charge.

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

Tel: 01989740595

## Much Birch Parish Council

At Much Birch Parish Council Meeting held in Much Birch Community Hall on 7<sup>th</sup> September the Parish Council discussed and agreed to comments in regard to two local planning applications: Planning Consultation 232379 – Wenallt, Kingsthorne, Herefordshire, HR2 8AL this being for proposed change of levels at the rear garden formed by gabions (part retrospective) and Consultation 232316 – Land at Hollybush Lane, Much Birch being for reserved matters on a previous application. The parish council resolved to comment that there were no objections from the parish council, in respect of both the applications. The parish council also heard concerns about the sale of three local land parcels near Hollybush Lane. The council had made enquiries and established that the sales related to land for agricultural or equestrian purpose. There did not appear to be any evidence of plans to alter usage. The dates for the forthcoming meetings are **5<sup>th</sup> October, 9<sup>th</sup> Nov and 7<sup>th</sup> Dec from 7.30pm** at Much Birch Community Hall. All are welcome.

### Tips from RoSPA for Safer Fireworks

Keep fireworks in a closed box and use them one at a time. Read and follow the instructions on each firework using a torch if necessary. Light firework at arm's length with a taper. Stand well back. Keep naked flames, including cigarettes, away from fireworks. Never return to a firework once it has been lit. Don't put fireworks in pockets and never throw them. Direct any rocket fireworks well away from spectators. Never use paraffin or petrol on a bonfire.

## Much Birch Old Charities

Over the years a number of donations were given under the care of the then PCC for the relief of the poor in the parish of Much Birch. This included an area of land off Hollybush Lane, which has been sold. This means that for the first time in some time, the Trustees have money that can be distributed to people who live in the ecclesial parish of Much Birch and are eligible. The eligibility criteria are quite broad. Any person who finds themselves in financial distress or similar may apply. For example, if you are on a limited income and need a replacement cooker or are a student at college or university, you may be eligible for a grant to help you meet your expenses.

Please let Revd Mark know if you would like to fill in an application form. The Trustees will meet at the end of October to decide the range and size of grants to be given.

**Revd Mark can be reached on 07882410759 or via email at [revmark100@yahoo.co.uk](mailto:revmark100@yahoo.co.uk)**

## Little Birch Parish Council

- Regretfully, Little Birch PC was unable to pass comment on one planning application it was due to consider because the meeting was inquorate. As has been stated before, the PC is one councillor short and two current councillors declared an interest and had to recuse themselves.
- Mr Steve Coles has volunteered to join the council and will be co-opted in October. Dr Mike Davies will resign from the PC after the next meeting so another volunteer will be required to avoid issues as mentioned above.
- Information regarding the possible siting of a public EV charging point at the village hall have been passed to the Hall Committee for their consideration.

1. Roadway obstruction due to overgrown hedges adjacent to Holy Thorn Lane have been passed on to the Rights of Way Officer, Mr Richard Pearce, who has taken action to ensure they are cleared.

**Next meeting 7.30 pm Wednesday October 4th**

### Little Birch Parish Councillors

Cllr Michael Davies, chair  
Cllr Chris Atkinson Cllr Nick Deacon  
Cllr Tom Palfrey  
Neil Barrington, clerk [lbpcclerk@gmail.com](mailto:lbpcclerk@gmail.com)  
**Website [www.littlebirchparishcouncil.org](http://www.littlebirchparishcouncil.org)**

### Much Birch Parish Councillors

**Cllr Alison Cook** (Chair) Jasmine Cottage, Wrigglebrook Lane, Kingsthorne HR2 8AW, [thecoops@wyenet.co.uk](mailto:thecoops@wyenet.co.uk) 01981 540703  
**Cllr Andrew Crum** Tan-y-coed, Barrack Hill, Kingsthorne, HR2 8AX, [a.crum@btinternet.com](mailto:a.crum@btinternet.com) 01981 540002  
**Cllr Roisin Burge** The Old Hall, Barrack Hill, Little Birch HR2 8AX [roisinburge@hotmail.com](mailto:roisinburge@hotmail.com) 01981 540724  
**Cllr Chris Pickering-Grey** 4 Court Farm Barns, Much Birch HR28HT [chris@pickering-grey.uk](mailto:chris@pickering-grey.uk) 07712 813218  
**Cllr Joseph Goldsmith** Quantock House, Hollybush Lane, Much Birch, HR2 [josephgoldsmith@hotmail.com](mailto:josephgoldsmith@hotmail.com) 07967 728590  
**Cllr Michael Agyeman** Little Willow, Wrigglebrook, Kingsthorne HR2 8AU 01981 540840  
**Parish Clerk Mrs Alison Wright** Longfield House, Gooses Foot, Kingstone HR2 9NE [muchbirchclerk@gmail.com](mailto:muchbirchclerk@gmail.com) 01981 250860  
Minutes of meetings [www.muchbirchparish.org.uk](http://www.muchbirchparish.org.uk)  
<https://twitter.com/MuchBirchPC>  
<https://www.facebook.com/groups/Much.Birch.Parish>



Beginners class  
Little Dewchurch  
Wednesday 8pm  
Starting 26<sup>th</sup> April

# Pilates with Alison Allan

My number: 07947 011707  
Email: [alisonpilates2016@gmail.com](mailto:alisonpilates2016@gmail.com)



## King's Thorn & Little Birch Garden Show 2023

Saturday 2<sup>nd</sup> September saw the Little Birch Village Hall open its doors to many exhibitors who brought with them flowers, vegetables, cakes and bakes, handcraft items plus vegetable monsters, gardens on a plate, gingerbread men and other delightful exhibits. There were 48 exhibitors who between them brought 290 items, producing the most magnificent displays - which showed just how talented the local community is. It was a pleasure to see the hall looking so bright and beautiful when the general public came in the afternoon. It was also great to see so many new exhibitors bringing their own specialities to the Show.

The judges awarded 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> prizes with many shields, cups and plates all going to very worthy winners. Amongst the winners were Derek Scrivens – Llewellyn Sutton Cup, Harold Salisbury Shield, Horticultural Shield & the Selby Lloyd Shield; Janet Gwinnett – Rose Bowl & Floral Art Shield; Des Wathen - David Enoch Cup; Helen Williams - Domestic Cup; Anne Harper - Wilson Cup; Jemima Webb – Children's Shield, Anne Thomas Trophy, and over 8 overall winner; Jack Hall – Under 8 winner. Well done to everyone who received Prizes.

The raffle prizes were donated by The Axe & Cleaver, The Pilgrim Hotel, Pengethley Garden Centre and the Carrot & Wine Store. The Garden Club wishes to thank them all.

The Garden Club meets on the last Wednesday of the month from 7.30 and to about 9pm after a cup of tea and a biscuit. A great way to meet people, chat with other gardeners and swap ideas & tips. Talks £5 for visitors – free to members. Membership is £15 per individual or £25 per couple. All welcome.

**Happy Gardening, Lesley Chapman King's Thorn & Little Birch Show & Club Secretary**

## Hope Spring eCards

Anniversaries Birthdays Christmas  
Easter Father's Day Mother's Day  
New Year Valentine's Day

Send greetings for any occasion online  
**INSTANTLY!**

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

## Little 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. *Little Birch Parish  
Group on Facebook*

## Footpath Officers

If you have any queries about footpaths, contact:

**Little Birch and Aconbury: Chris Fowler**  
[chrisfowler1@hotmail.co.uk](mailto:chrisfowler1@hotmail.co.uk) 07931 292998

**Much Birch including Kingsthorpe: David Irwin**  
[david.irwin13@btinternet.com](mailto:david.irwin13@btinternet.com) 07766 135068

## **Eric and Doe's Irish Tour** *continued*

We are now at a little hamlet called Dunserrivick, just about four miles from the Giants Causeway. It's 'rain and wind stop play.' What a rough day, but we shall move further east tomorrow. We are actually headed to the further Atlantic shores and Donegal (bandit country). We have been housebound for most of the day, except for us briefly donning all and walking down to the little harbour. Such a pretty place, but wild today. It's been scrabble, cribbage, computer games—so nice to have all those mod cons like electricity.

Wild camping is best in summer. We have had a really good trip, great coast to drive along, some amazing houses and very few crap ones. Lots of long low houses similar to the Welsh long houses. Missing the Wi-Fi, surprisingly we have not been bored, but you could confirm that. Just ask the boss!

**Tuesday 5th** It's one week since we left home and 370 miles to our CL@Castlerock near Coleraine. Just 108 miles over here to this site. The other sites have been on the shore, this one is about 1300ft up overlooking the sea. Wind is still howling and periods of heavy rain. Fantastic view down to the sea when we can see it! No sign of the SUN.

First stop was the Giants Causeway about three miles away. It's NT so no fees to pay. It was about a half mile down to see the causeway, first impressions, is that it?! First impressions don't always mean a lot, actually. We walked beyond, looked back, and it really was quite spectacular. A path went up the coastal high edge. Not many people about, but even so there were a few almost at the far point about half a mile away. We had to go and see, why, because we're a nosy pair and can't let them see something that we haven't! It was quite a plod to the top, there was almost a gap at the end of the walk where the wind just screamed through—50 mph perhaps. There was just another little bay the other side but we were there. The stones were really very strange, (you must see the photos to get the right perspective). It was well worth the trip.

Back in the van, we head down to Dunluce Castle a wee way (as they say), a spectacular place considering that it started to fall apart in 1620. The McDonalds up and left for their other castle at Glen Arm, after which I think any and everybody just came and looted stones, slates and any timber that they could carry to build their own little palaces.

We need to replenish our stocks, but where to find a decent store is difficult. Doe seems to think somebody mentioned a Lidle Store, but we are not sure where. Driving through Portrush we spot a Spar. We stop and do some shopping. Put sat nav for Castle Rock, then minutes later we drive into a big Lidl, more shopping!

**Wednesday 6th April** Arrived at Castlerock, the road is closed. Luckily the engineer was still there, couldn't believe there was a camp site up there he said, as if he was looking up at the stars. We did find it, and here we are. Windy, wet, the view is like a will o the wisp. Caught the train to Derry or even Londonderry! This was supposed to be one of the countries most scenic journeys. Even Michael Portillo thought so. We followed him to Alaska but

I'm glad we didn't do this trip on his recommendation. There is nothing to recommend it. We had a lovely long chat to a lady on the train who gave us a little history lesson. Derry, is a city that is built on a huge bend of the river Foyle. The inner part of the bend is Londonderry and all beyond is Derry, all mainly Catholic, and Protestants are in the walled city. All very religious. We walked the mile long wall around the city with its many ancient cannons still in place. Over the wall were the areas of the worst of the troubles such as Bogside. Flags still fly there and houses are still painted with scenes of the violence. We are not normally drawn to cities, but this time there was a purpose.

We woke to a lovely sunny morning, first time we've seen the sun since last Saturday, and then I heard the forecast. Wow, rain and gale force winds. For once the forecast was not right, it was quite a nice day but cold and one heavy shower while in Derry. As we drove into Castlerock this morning we spotted a lovely looking campsite. So on our return we drove onto the site, found the office. It was £20 per night and 50p for the shower. But what amazing facilities, one of the best ever, and it was nice and warm in there, the only drawback was that it was only 6amps of power. The wind is howling across the site and it's raining again. I did once say that we don't mind what the weather does, but, come on, this is a bit much now! Tomorrow, according to the forecast it is force 10.

**Thursday 7th** What a night! The wind kept howling, the rain hammered down all through the night, but with the help of sleeping bag laid on top we were really snug. Today's plan is to cross to the other side. By 9am all had changed with the weather. We can even see the sun but, as always, the wind is a constant. It's back down to Londonderry, across the border at Muff. The only reason that we knew we had crossed was that the road signs had changed and fuel was cheaper. We are still travelling the Wild Atlantic Way, now in County Donegal and on to Inishowen. It really is an amazing road, from Moville we went straight up and over a wild mountain top then down to the sea and a lovely little bay.

We visited the "Famine village" on Doagh isle, such a beautiful spot on the sea shore, run by a brother and sister. There was a large room with tourist type nick-knacks. We did not realise that we were in for a few hours guided walk which was amazing. There was a typical old low white washed house with thatch roof. They had, as a family, all lived in the house until 1986. Electricity arrived in 1983.

The spiel that this man gave us about the way of life and death and the really strange customs had us in stitches. He then let us loose to visit the huge area he had built, so much to do with the potato famine of 1880s when all Ireland suffered and thousands died. His display involved lots about the troubles and the way things were.

We found a camp site at Binnion Bay, but not on the shore, probably just as well because it's cold and windy, but hey, there is hardly a cloud in the sky. Cold tonight. **Eric Joseph**

The Birches Community Quiz  
Friday 13<sup>th</sup> October  
7.30pm  
Much Birch  
Community Hall

Teams of four are invited to take part and the cost of entry will be £12 per team to include refreshments. If you want to bring your own drinks with you, glasses will be provided.

Please get in touch with Carole if you are interested either by email at [carole.chichester@btinternet.com](mailto:carole.chichester@btinternet.com) or by telephone 01981 540095



A farmer went to a market and bought a wolf, a goat and a cabbage. On his way home, the farmer came to the bank of a river and rented a boat. But, crossing the river by boat, the farmer could carry only himself and a single one of his purchases: the wolf, the goat, or the cabbage. The farmer faced a dilemma because if he left the wolf and the goat alone together, the wolf would eat the goat. Similarly, if he left the goat and the cabbage alone together, the goat would eat the cabbage.

To solve this problem, the farmer devised a clever plan. He first took the goat across the river and left it on the other side. Then he returned alone to get another item. If he took the wolf across next, he would have to return to get the cabbage, resulting in either the wolf eating the goat or the cabbage being eaten by the goat. Instead, he took the cabbage across second. After leaving it on the other side, he returned to get the goat. Finally, he took the goat across one last time. By following this strategy, the farmer successfully transported all three items across the river without anything being eaten. The key was to ensure that at no point were both the wolf and goat or goat and cabbage left alone together.

## An Afternoon of Blissful Relaxation

Come and join me, Amanda Hamilton, for a series of cozy afternoons of deepest rest, rejuvenation and relaxation at Little Birch Village Hall at Little Birch Village Hall.

Using the practice called Yoga Nidra, which means "sleeping wakefulness", this blissful technique requires no skill other than the ability to lie down comfortably. You don't need to try, you don't even need to listen. The magic happens whether you're awake or sleeping. We experience a state of non-judgemental acceptance enabling us to experience a profoundly loving and healing state. And it is through this infinite acceptance and love that miracles can occur.

Yoga Nidra is a guided journey that enables our body's circadian rhythms to reset, our bones, muscles, tendons and ligaments to soften, our emotions to settle and our minds to calm. Our brainwaves drop from the alpha day to day action state to delta and even theta waves, where profound healing and restoration occur.

I will sing to you, play instruments, whisper, chant and pray to your innermost Being while you melt, relax, let go.

If you would like to chat and / or book your snuggly spot please call or message me on 07985 252166.



"I feel so blessed to connect on a soul level to a woman of such wisdom and strength."

"Just a thank you from my heart for the class today. It was like your words and beautiful space gave me exactly what I needed."

"I believe in your words with all my heart, it's a gift in itself to have had the opportunity to meet you and really see you this weekend. You have a truly enchanted voice and I'll carry last night's mantra with me."

I look forward to helping you welcome your whole being home.

**Amanda Hamilton**

Yogini, Shamanic Practitioner, Bhakta, Artist, Fundraiser

## Diary Dates October

<b>Gardening for Wildlife</b> 27th Sept 7.30	<b>p3</b>
<b>LBPC meeting</b> Wed 4th Oct 7.30 LBVH	<b>p8</b>
<b>MBPC meeting</b> Thurs 5th Oct 7.30 MBCH	<b>p8</b>
<b>Coffee &amp; Books</b> Thurs 5th & Saturday 21st	<b>p2</b>
<b>Community Café</b> Saturday 14th 10 MBCH	<b>p4</b>
<b>Flicks in the Sticks</b> Thurs 9th October	<b>p3</b>
<b>Community Quiz</b> Fri 13th Oct 7.30 MBCH	<b>p11</b>
<b>Roshni Dance</b> Fri 13th Oct 7.30 Steiner	<b>p5</b>
<b>History Walk</b> Sunday 15th Oct 1.45 LBVH	<b>p2</b>
<b>Table Tennis</b> 1st Tuesday 7-9pm LBVH	

## Advertising Rates

11 editions per year (no August newsletter)	
1/16 page	£3.50 per issue or £35 per year
1/8 <sup>th</sup> page	£4.00 per issue or £40 per year
¼ page	£4.50 per issue or £45 per year
½ page	£8 per issue or £80 per year

Payment by BACS through Santander

Account Name **Little Birch Village Hall**

Sort Code **09-01-54** A/C No. **65493289**

## Defibrillator Locations

### IN A LIFE THREATENING EMERGENCY CALL 999

AEDs available to use locally for those experiencing sudden cardiac arrest. A defibrillator is an easy to use, medical device that analyses the heart's rhythm and, if needed, delivers an electrical shock (defibrillation) to help the heart establish an effective rhythm.

**Allensmore** Locks Garage

**Backney** on the garage wall at Market Gardens Cottage

**Bridstow** on the outside of the village hall

**Garway** on the wall outside the Garway Moon pub

**Harewood End** at Harewood End Inn on outside of the pub at the back in the beer garden.

**Little Birch** on the outside of the village hall

**Llanwarne** on the wall by steps leading up to the village hall

**Much Birch** on the outside of the church hall

**Much Dewchurch** outside Steiner School, first building after the church

**Peterstow** at the Yew Tree pub

**Sellack** on the outside of the parish hall (key code needed)

**St Weonards** old BT phone box off the A466 between the church and Forge Cottage

**Wormelow** at the Cricket Club & Carrot & Wine shop

**Wilton** on wall at the BP garage on the roundabout



## LUKE ATKINSON PHOTOGRAPHY

I AM A PROFESSIONAL PHOTOGRAPHER AND VIDEOGRAPHER BASED IN HEREFORDSHIRE.

SINCE I CAN REMEMBER I HAVE HAD A FASCINATION TO CAPTURE LIFE AND THE FLEETING MOMENTS CONTAINED WITHIN IT.

AFTER 10 YEARS LIVING AND WORKING PROFESSIONALLY IN LONDON I DECIDED TO MOVE BACK TO THE PICTURESQUE COUNTRYSIDE TOWN IN WHICH I GREW UP. THOUGH BASED IN HEREFORDSHIRE, I AM AVAILABLE FOR WEDDING, EDITORIAL, COMMERCIAL, DOCUMENTARY AND TRAVEL PHOTOGRAPHY WORLDWIDE.

[WWW.LUKEATKINSONPHOTOGRAPHY.COM](http://WWW.LUKEATKINSONPHOTOGRAPHY.COM)

[WWW.CONFETTI-PHOTO.COM](http://WWW.CONFETTI-PHOTO.COM)

[LUKE.ATKINSON@ICLOUD.COM](mailto:LUKE.ATKINSON@ICLOUD.COM)

+44 (0) 7841115403



e  
.  
o

