



Withington Parish Magazine

January and February 2018

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NOW ON!!**



**YES ITS OUR ANNUAL POST
*Christmas Sale***

50% OFF ALL *Christmas* LIGHTS AND
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ALLPORT, COUNTRYSIDE MATTERS, YANKEE CANDLES ETC
THERE IS ALSO 25% OFF ALL OUR TOYS AND
GAMES INCL BRITAINS, FROZEN ETC

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Editorial

Dear All,

I am pleased to welcome two new local advertisers, David Lawrence, (builder, plumber and property repairs - see page 23) and Gerry Doverman (page 22) who undertakes MOTs on all types of cars (how many of us bypass our local businesses - it is important that we support people who advertise in the magazine as we are dependent upon their financial contributions).

I would like to thank everyone that contributes articles for the magazine and extend an invitation to anyone that would like to share their experiences, tips and advice in future editions.

My best wishes to you all for a happy, healthy 2018.

Margaret Thompson

Editor

DEADLINE FOR MARCH/APRIL EDITION - 7TH FEBRUARY 2018

Email: Withingtonmagazine@gmail.com

The Royal Society for the Protection of Birds



**giving
nature
a home**

As you sit down to your meal, plate piled high with Christmas-time goodies, have a thought for the wild birds around you. What will they be eating for their Christmas dinner?

Winter is a difficult time of year for birds, the days are short and the nights are cold, so they must eat a lot of food in a short amount of time to have the energy to survive until the morning. In addition, food is harder to come by in winter. Insects are hibernating, grubs are buried deep in the ground and snow and ice make it harder to find food. Each bird has developed its own ways to make sure it finds enough to eat in the cold months.

Robins mainly feed on small invertebrates, which they find in the soil. They will hunt through the leaf litter and under bushes, where the ground is sheltered from frosts. Robins have proportionally very large eyes, which allow them to see well in these dark places. It gives them another advantage, too – they can see in the half-light of dawn and dusk, so can start to hunt earlier and feed until later than other birds. In towns, robins will feed after dark in the artificial light.

The master of restraint and forward planning is the mistle thrush. This is the UK's largest thrush and in early autumn birds gather in large flocks to feed together. But as soon as holly berries appear, they will split off on their own or into pairs and get defensive. Each bird or pair will find itself a holly tree or bush teeming with berries and will set up a territory. The berries on that tree won't be eaten, but will be guarded with such care that no other birds can take them either. Mistle thrushes are so good at protecting their trees, just in case, that by spring many will still have their full crop of berries untouched, long after any unprotected holly has had its fruit stripped.

The Royal Society for the Protection of Birds

So, if you see a holly tree that's still full of berries at Christmas, you'll probably find there's a mistle thrush nearby keeping out a watchful eye for thieves.

Sharing your dinner with the birds

Many of your kitchen scraps and Christmas leftovers make ideal snacks for birds visiting your garden and can help them get the food they need to survive. Here's a quick guide to what you can put out:

Fat - fat from cuts of meat (as long as it comes from only unsalted varieties) can be put out in large pieces, from which birds such as tits can remove morsels. Make sure that these are well anchored to prevent large birds flying away with the whole piece.

Roast potatoes - cold and opened up, these will be eaten by most garden birds.

Vegetables - cold Brussels, parsnips or carrots will be eaten by starlings and other birds, but remember not to put out more than will be eaten in one day, otherwise you run the risk of attracting rats.

Fruit - excess or bruised apples, pears and other fruit are very popular with all thrushes, tits and starlings. Cut them up and leave them on the bird table or on the ground.

Pastry - cooked or uncooked is excellent, especially if it has been made with real fats.

Cheese - Hard bits of cheese are a favourite with robins, dunnocks, blackbirds and song thrushes. It will also help wrens if placed under hedgerows and other areas in your garden where you have noticed them feeding. Avoid feeding them very strong or blue cheeses.

Dried fruits - raisins, sultanas and currants are particularly enjoyed by blackbirds, song thrushes and robins.

Biscuits and cake - Stale cake and broken pieces of biscuits from the bottom of the tin are high in fat and ideal for birds in the winter.

Golden rules for feeding birds

Don't put out salty foods. Birds can't digest salt and it will damage their nervous systems.

Only leave enough that can be eaten in one day – otherwise you may attract unwanted visitors, such as mice and rats.



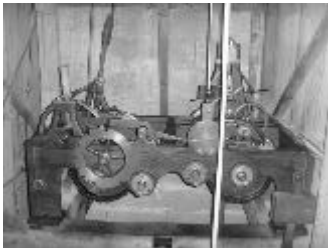
St. Peter's Church News

Withington Church Clock

Withington's church's clock has been chiming out hourly day and night over the village for more than a hundred years. The chimes are appreciated and noted by many local residents. I know this by the people who tell me, on the odd occasion when the clock stops, that they miss the chimes.

Until 2014 this could only happen by a person climbing the narrow stones steps of the medieval spiral staircase in the church tower every six days in order to wind the mechanism.

the clock



In 2014 the PCC reached the decision that an Automatic winding mechanism and regulator should be attached to the clock to save it having to be wound by hand. We approached Richard White Clocks in Leicester who supplied us with the mechanism and appropriate instructions!

The church is indebted to Iain Skinner, a local resident and Minister of Hereford Methodist church, for carrying out the installation and in addition, with the help and support of Richard White, maintaining the clock's performance for the last 3 years.

However, Iain is a very busy man and would be delighted to talk to any engineer or electrician, with, as an extra bonus, an interest in historic buildings, who might be interested in finding out more about the clock and its mechanism and possibly assist Iain in the clock's relatively simple maintenance.

If you would like to know more please contact me in the first instance.

marciahopkins34@gmail.com 850933

GETTING CONNECTED -

ST. PETER'S CHURCH WITHINGTON FIT FOR THE 21st CENTURY

We're slowly progressing with our plans to install Toilet & Kitchen facilities at the back of the church. We don't even have a water supply to the church yet! (Proposed plans can be seen on the Board in the church.)

We have met with our architects who are now preparing and submitting a detailed Specification to the Diocesan Advisory Committee Board. Hopefully, approval will happen in November. Already we are looking at how we can finance this project. The estimated total being £60000. The Architects need money up front for work done to date! Grants are available but we can't apply for these until we have official permission to go ahead, in the meantime we need to do some fund raising and also launch an appeal. Currently we are looking into creating a 'designated giving' site on our web site, 'Bartestree Cross Group'

MAYBE SOME OF YOU MIGHT LIKE TO ORGANISE A FUND RAISING EVENT

e.g. Bingo, Five a side Football, Table Sale, Car Boot, Sponsored walk/run etc. etc.

IF YOU HAVE ANY IDEAS/OFFERS OF HELP please contact Kevin Hewison 850074 or Margaret Soutar 850448 . LOOKING FORWARD TO HEARING FROM YOU!

St. Peter's Church News

Dear Friends

Church of England ministers are entitled, every seven years, to three months study leave and I am taking mine in the spring.

I shall be away from the parish from 22nd January to 22nd April and be leaving things in the capable hands of our curate Paul.

The idea of study leave is three-fold

1. To spend some time reading and studying
2. To take time out from parish life to experience new things that will enhance ministry
3. To have time to 'recharge the batteries'

The theme for my study leave is pilgrimage. Pilgrimage has long been a part of Christian life; travelling to holy places to follow in the footsteps of millions of Christians who have gone before, and even Christ himself, in order to be inspired, to deepen understanding of the Christian faith and to discover more about what it means to be a Christian.

I shall be visiting the Holy Land (something I have always wanted to do), spending time on the Island of Iona, visiting Lindisfarne and Durham as well as making various day trips to holy sites such as Llanthony Priory near Abergavenny.

When I return to the parishes at the end of April I will be able to share some of my experiences with everyone and, hopefully, inspire others to follow in my footsteps in the same way that others who have embarked on such pilgrimages have inspired me.

I wish you all a happy and blessed 2018.

Best wishes

Church Services Withington and Westhide Jan/Feb 2018

Date	Withington	Westhide
7th January	4.00 pm Epiphany Service	
14th January	9.30 am Holy Communion	11.00 am Family Communion
21st January	9.30 am Holy Communion	
28th January	9.30 am Holy Communion	11.00 am Morning Prayer
4th February	4.00 pm 'Refresh' (tea and cake from 3.30 pm)	
11th February	9.30 am Holy Communion	11.00 am Family Communion
18th February	9.30 am Holy Communion	
25th February	9.30 am Holy Communion	11.00 am Morning Prayer

St Peter's Church News

Fundraising Programme for Charities and Church 2018

We are still in the planning stages for some of our events, so some dates and times are not yet certain. We welcome everybody to join these events. They are good social gatherings as well as fund raisers!

We aim to raise money for various Charities as well as for St Peter's Church, which needs money for both routine maintenance and to update its facilities. Venues vary, and include the Village Hall, the church and individuals' homes.

PopUp café in church will recommence in late Spring, on Thursdays, weekly, for the summer months. During the Winter, remember the monthly **BIG BREAKFAST** in the Village Hall.

Big Breakfast	Sat 6 th January (VH) 8.30 – 10am
Tanzania Coffee Morning	Fri 19 th January (Hewison Home) 10.30am
Big Breakfast	Sat 10 th February (VH) 8.30 – 10am
Local History Archive Film (Old Market).....	Sat 24 th February (VH) 7.30pm
Big Breakfast	Sat 3 rd March (VH) 8.30 – 10am
TBA Sea Shanty evening(?)	Sat in March
Organ Recital	late April (Church)
PopUp café, weekly from.....	Thurs late Apr (church) until Autumn
Fashion Show or Music Event	June
Garden Party Lunch & Mini Auction.....	Sun 29 th July (Soutar Garden) 1.00pm
Macmillan Coffee Morning.....	Fri end Sept (VH) 10.30am
Big Breakfast	Sat 6 th October (VH) 8.30 – 10am
Harvest Service followed by refreshments.....	Sun 28 th Oct (Church)
Big Breakfast	Sat 3 rd November (VH) 8.30 – 10am
Quiz Night.....	Sat 24 th Nov (VH) 7.30pm
Big Breakfast.....	Sat 1 st December (VH) 8.30 – 10am

More information from Ruth/Kevin 01432 850074, Margaret 01432 850448



Archive Film from Catcher Media

WITHINGTON VILLAGE HALL

Sat 24th February 7.30pm

£12 pre-booked including Hot Supper (£14 on the door)

BAR

Take this chance to see this entertaining and warm-hearted film. It portrays the showmanship and characters that gave the market its vibrancy, and includes anecdotes galore.

There are tales of traders juggling china, an escaped bull in a china-shop, and visits by the Queen. Produced by Hereford-based Catcher Media, the film revisits the past in interviews with farmers, auctioneers, townspeople, breeders, traders and council workers, and contains lots of archive film footage and photographs.

In aid of St Peter's Church, Withington

Tickets from Margaret 850448 or Ruth 850074

St. Peter's Church News

LENT 2018

**Ash Wednesday 14th February
GROUP SERVICE**

7.00 pm

St Peter's, Lugwardine

Also

LENT STUDY GROUP

Tuesday evenings 7.00 pm

Starting 20th February

**More details to follow on the
website bartestreecross.org, on
the Bartestree Cross facebook
page or telephone Paul**

01432 850484

Big Breakfast

Withington Village Hall

8.30 am—10.00 am

Withington's Charity Big Breakfast is back! Join us for a full English fry-up or continental breakfast - or both, if you're feeling hungry!

Donations will be invited in aid of Withington Church and a different charity each month.

6th January and 10th February



THANK YOU

**from Jane and Paul to anyone who
contributed in any way to the Christmas
celebrations.**

**The churches looked lovely, the music was
wonderful and the familiar story was told in
countless ways.**

Tanzania Coffee Morning

For many years, we have supported nurse training in Muheza, Tanzania, by raising funds through an annual coffee morning.

We are now instead going to support a Tanzanian school called St Augustine's. Steve Chandler from Dormington has direct links with this school, and visits it annually. Money raised by us will go directly towards training their teachers and supporting students' education.

Coffee Morning 19th January, 10.30am at The Lakes, Whitestone, home of Ruth and Kevin Hewison.

Withington Village Hall

Chairman: Kevin Hewison Tel: 850074

Booking Secretary: Kathy Fields Tel: 851001

Treasurer: Paula Highley Tel: 851570

200 Club Winners

November 2017

£20 140 Debbie Barber

£10 12 Angela Evans

£10 10 Ted Eastick

£10 68 Mike & Sharon Shaw

December 2017

£100 5 Deidre & Bruce Stephenson

£50 41 Tristan Soutar

£35 83 Maureen Stewart

There are still 3 months draw to take place; January, February and March 2018. The **new tickets will be on sale in March** for the start of the new year from April 2018 –**please buy a ticket the Hall needs your support.**

Hall News

Floor: The hall floor is being cleaned and varnished again in mid-December. This is general maintenance and is necessary to keep the floor in good condition; it is important to keep the floor varnished before bare wood becomes visible. This would make the job much harder and more expensive. So, by the time you read this magazine the work will have been done. Please have a look next time you are in the hall and let the committee know what you think.

Carpets, blue chairs and Hall floor have all been cleaned this year by Tony Preston of Preston Wynne. Tony also does domestic work and can be contacted at aep_tpreston@hotmail.com. The hall committee have no hesitation in recommending him.

Glasses for functions: The Village Hall has glasses which hirers are welcome to use and to return them to their boxes afterwards.

However, somebody must have had a great party as virtually all the 48 pint glasses had been used but all were **returned to their box dirty**. Can you believe – Oh yes, we can! Not very helpful to the next hirer who had to clean them before they could be used!!

Tea Towels: These are provided for hall hirers, who are requested to clean and return after use. **DO YOU HAVE ANY UNWANTED TEA TOWELS?** If so we can provide a home for them. Please contact the committee members.

Cycle Stands



Cycle stands have now been installed outside the Village Hall and in Withington Fields. You can now cycle to village events, football etc by bike – please remember to bring your lock! These were provided free of charge through Herefordshire Council and a Charity 'Life Cycle UK'

To All readers, Village Hall users and Churchgoers, Merry Christmas and a Happy New Year.

Kevin

Memories by Bryan Davies

NATIONAL SERVICE 1950

Born in 1932 in a fishing village on the west coast of Wales, I lived there until I was 18 years of age, or to put it another way, until my country called me to join the R.A.F. (National Service). Some of the boys of my age joined the Royal Navy the sea being in their blood, whereas others joined the army. I however chose the Royal Air Force because my brother, 7 years older than I, had served in the R.A.F. during the war years and his tales from those years no doubt influenced my choice.



So at the tender age of 18 years, just before Christmas, I left home for the very first time. My mother had hired a taxi to take me at 6.30a.m. to nearby Aberaeron to catch a bus to Aberystwyth where I boarded a train for Crewe and then on to R.A.F. Warrington.

Sixty seven years later, I remember with some clarity my mother standing on the cottage doorstep, inevitably clad in her apron (as mothers used to be in those days) waving me goodbye with the parting words, "Remember to be a good boy". So then, I started on my first foray into the big, wide world; so innocent and so unprepared.

After arriving at R.A.F. Warrington, rather later than most recruits, I was met at the guardroom by a sentry who yelled, "Halt, who goes there?". For a moment I wasn't sure what to say, but eventually replied, "New recruit", whereupon the sentry replied, "You're a bit b..... late mate.

My stay at Warrington was no more than a few days. Here we had to fill in numerous forms and get kitted out. I recall it was very cold as the ink had frozen in the desk inkwells and could not be used. So a few days before Christmas the whole intake (62 of us) were posted to R.A.F. Innsworth for basic training. After a few days, we were sent home for Christmas.

I found basic training came quite easily to me, probably because up until I left my village I had spent much of my time working on the various fishing boats at home, so I was able to readily deal with some of the more difficult tasks dished out by the corporal instructors. Some recruits however, really suffered and the instructors were hard on the weaker ones. In fact, one was such a bully that a few of us got together one night, grabbed him and dumped him in the station EWS (Emergency Water Supply Tank). He was not in any danger of drowning, but I believe he got the message.

At the end of basic training the group split up so that each person could start in his chosen profession. I was posted to the R.A.F. Police Training base at R.A.F. Pershore even though my first choice had been to join the R.A.F. Air Sea Rescue boats, but found that I would have to sign on for an extra year for that particular job, so I decided against it. At Pershore the course was only a few weeks long, but very intense. Discipline was the name of the game. It was said of Pershore, "If it moves, then salute it. If it doesn't, blanco it"

After police basic training I opted to become a Police Dog Handler and was posted to R.A.F. Netheravon which was the Air Force training station for police dogs and their handlers. This was becoming quite interesting and the work quite different. It was here that I was first introduced to my police dog 'Yetta', a young Alsatian bitch. I still don't know where her name came from or what it meant. I heard some talk that it was a Russian dive bomber during the war, but I don't think so really! After several weeks of intensive training which saw dogs and trainers trained to a very high standard, some even displaying in the larger shows in London. I opted to be posted on to air field duties where operational flying was the order of the day.

My first station was R.A.F. Wyton, near Huntingdon, then an American air Base which was home to some of the large B36 bombers which usually dropped in for air crew to rest and relax directly from the war in Korea at that time. During the second World War R.A.F. Wyton was home to several Mosquito squadrons which carried out intensive and regular bombing raids on Berlin and other large German cities. This move to Wyton was quite an interesting one as I together with another five or so handlers and dogs were the only R.A.F. personnel on the station at that time. I found the Americans were very friendly and fairly casual in all they seemed to do. They were fascinated by our Alsatian dogs as they had no guard dogs other than ours. Many a night Yetta and I sat under the huge wings of a B 36 aircraft

Memories by Bryan Davies

sheltering from either heavy rain or the silently falling snow which seemed a fairly regular occurrence, sipping coffee with other American guards who were posted around each and every aircraft on the airfield.

Their PXs (I think I have this right) were the equivalent to our NAAFI's. Perhaps the word equivalent is not the right word to use here as their PXs served the most delicious ice cream, chocolates etc and the cheapest cigarettes and clothing I had ever seen, but we were not allowed to purchase the cigarettes because of customs regulations.

The weeks passed by and soon Yetta and myself were moved to R.A.F. Watton in Norfolk. This was an R.A.F. flying station with several different types of aircraft on it. I enjoyed my time here as we could visit the lovely city of Norwich with its cathedral and beautiful churches. However, the day for Yetta and myself to part grew inevitably closer. It finally arrived and Yetta and I left R.A.F. Watton to return to R.A.F. Netheravon as my two years in the R.A.F. had come to an end. While I looked forward very much to going home again, the thought of parting with my dog was something I really dreaded.

It was while I was returning Yetta to Netheravon that I experienced one of the worst events of my life. While waiting on the station platform ready to board a carriage reserved for police dog and handler, Yetta hesitated on boarding the train, slipped her collar and fell down between the platform and the carriage on to the rails beneath. Luckily the train guard was standing only a few yards behind me and he saw what had happened. He assured me the train would not move before we rescued the dog which we did from the other side of the train where she was sitting quietly seemingly unperturbed by events. The real danger here was that Yetta would wander out on to the central rail between the two platforms, a line used by express trains which thundered through at great speed. However, "All's well that ends well".

It wasn't easy to say goodbye to my faithful friend, but part we had to do as Yetta had to be re-trained by another handler. I shall never forget her and the good times we shared. She will always be a part of me even though she was not a pet, but a working police dog.

W.B.D.



Elizabeth Byworth Charity

Elizabeth Byworth Charity

The Trustees meet quarterly (March, June, September and December).

If you are under 25 and live in Withington, Westhild or Eau Withington and would like some assistance with purchasing books, equipment, tools, educational visits, uniforms, etc. please contact me at the address below. APPLICATIONS should be made in writing stating name, age and approximate cost of items required and sent to:

Clerk to the Trustees,
Margaret Soutar,
3 Duke Street, Withington.
HR1 3QD

or email: Margaret.soutar@btinternet.com

Security Advice by West Mercia Police

Winter home security advice

With the dark evenings, the winter months offer opportunities for burglars. Make sure you take some simple precautions to protect your home and property.

Set a timer switch to turn your lights on when it gets dark - unlit houses are a give away that no one is at home.

Lock your doors, patios and downstairs windows - even when you are in. Double check them again before you go to bed.

If you have a burglar alarm, make sure you set it when you go out and also when you go to bed.

Don't leave car keys, ID cards or valuables near windows, doors or letterboxes, where burglars can reach through to steal them.

Lock your garden gates and side entrances. Don't leave tools lying around in the garden which could be used to break into your home.

Mark your property and valuables with a forensic security product such as SmartWater

For Crime Prevention information, please go to the West Mercia Police website (Crime & Safety section) <https://www.westmercia.police.uk/winter-security-advice>

Phone scams advice

Fraudsters are cunning in their phone-scam tactics and it's not always easy or obvious to tell straight away whether it's a scam.

What is a vishing phone scam?

These cold-call scams typically involve fraudsters deceiving people into believing they are speaking to a police officer, a member of bank staff or a representative of another trusted company or agency such as a government department. Usually, the fraudster will convince an individual that they have been a victim of fraud and will ask for personal and financial information in order to gain access to their account.

Beware, do not give your bank details, never disclose the following details:

Four-digit card Pin to anyone, including the bank or police

Full password or online banking codes

Personal details, unless you are sure who you are talking to

If you think you have been subject to this or a victim of fraud, call

Action Fraud on 0300 123 2040

Nature

The holly, the ivy and the mistletoe

Now's the time to deck our halls with festive foliage - but if you're out gathering it, be sure to leave plenty behind for the wildlife. All of these evergreens play an important role in supporting birds in winter. Red holly berries provide a snack for many birds, especially those from the thrush and finch families, plus goldcrests, robins, dunnocks and more. They seek out winter-fruiting ivy berries too, while a good thick growth can also provide shelter from the elements for overwintering insects and chilly sparrows and wrens. Mistletoe, meanwhile, has a business associate in the mistle thrush, on which it depends for the dispersal of its seeds among the branches of host trees.

Home Start Herefordshire



Support and friendship
for families

A New Years Commitment!! To help someone in need – Could that be you??

Home-Start Herefordshire believes parents have the key role in creating a secure childhood for their children. It's just sometimes during the child's journey they need a bit of help...your help, could make the difference.

Reasons for giving support are varied: Isolation, Domestic abuse, multiple births, child's behaviour, School attainment, mental illness, self esteem, disability and many more.

Last year we supported 267 Herefordshire families including 323 children. This would not have been possible without the help of our home-visiting volunteers.

These wonderful people visit families at home for 3 hours a week, giving support and friendship to help them overcome a multitude of difficult situations. Our volunteers tend to be parents or have parenting experience. We have male and female volunteers of all ages and from all backgrounds. Some choose to train to volunteer as mentors to young teenagers and others may be experienced in specific fields and offer their support in different ways. The volunteers all making the commitment to guide and support a family through their troubled time. Each new volunteer has to complete a course of preparation which is held at our Hereford Office. The next course starts on the 25th January and runs every Thursday 9.30 - 3pm for 10 consecutive weeks. If you would like to join our team of dedicated volunteers please call 01432 371212 for more details or email us at homestart.hereford@virgin.com

Withington Gardening Club

Hope you all had a lovely Christmas and New Year

New Gardening Year 2018 – Hellebores – Snowdrops and then that beautiful vibrant yellow daffodil which hopefully heralds the start of Spring !

Will report on Christmas meal in next issue.

Up and coming events 2018

- | | |
|---------------------------------|--|
| January 17th | 50 plants that changed the world by Bill Law
Refreshments Kathy & Paula Raffle: Diane |
| February 21st | Westonbirt Arboretum by Helen Daniels
Refreshments: Linda & Jan Raffle:Kevin & Ruth |
| March 21st | Choice Plants for Spring by Paul Green
Lots of plants for sale
Refreshment:Victoria & Carol Raffle: Debbie |

Meetings in Village Hall 7.30pm start. New Members welcome. Contact: 01432 850371

Withington Group Parish Council

Withington Group Parish Council update from November 2017 meeting.

Your **Withington** Councillors are:

Chair: Mr Paul Bainbridge

Cllr Alison Bainbridge

Cllr Kevin Hewison

Cllr Rachael Leake

Cllr Tom Nellist

Cllr Bob Wood

Cllr Jonathan Beech

Cllr Martin Kirk (Footpaths Officer, Withington)

Cllr Sarah Winwood

Your **Westhide** Councillors are:

Cllr Ralph Barber – Vice Chairman

Cllr Steve Scotcher

Cllr James Callow (Footpaths Officer, Westhide)

Your **Preston Wynne** Councillors are:

Cllr Simon Dent

Cllr Sue Rudd

Cllr Ed Simcock (Mrs Simcock is Footpath Officer, Preston Wynne)

To be put in contact with any of the above Councillors, please contact the clerk first at:-

wgpcclerk@hotmail.co.uk

The Withington Group Parish Council held their last meeting on Thursday 16th November 2017.

Ten councillors were present.

Business discussed at the meeting: included the fact that the yellow lines that had been proposed near the Fish and Chip shop in Withington are prohibitively expensive and was felt that it is unlikely that they would be effectively policed. A Withington councillor agreed to follow up with the neighbours of the Post Office.

New web site: Withington Group Parish Council has a rejuvenated web site, we hope to be able to keep you up to date with more information from your PC than was previously available, do please have a look at <https://withingtongroupparishes.co.uk/> and you can subscribe there to get updates from the PC.

Neighbourhood Plan: There is progress with our Neighbourhood Plan, a few councillors have met many times to work a plan to get to a stage when we can have a public open session to show a pre-draft plan. The date for this session, which is actually two sessions is the evening of the 26th January starting at 18:00 to 21:00 and the during the day on the 27th January 2018 starting at 10:00 to 16:00. It will be held at Withington Village Hall and covers all the 3 parishes. We will not be holding separate meeting in Westhide or Preston Wynne. As the Draft Plan is the same for all 3 parishes as it is one Neighbourhood plan. Please come along to review the plan and give further input.

Precept: At the meeting, it was decided to increase the precept from £18,000 to £20,000. There was a debate about the necessity of this, but the key reasons were that next year Herefordshire Council will not be paying any monies towards the work of the Parish Lengthsman, this is down from £3,900 which is what we received in 2016 towards his work. In order to continue doing the jobs that he does throughout our three parishes, the WGPC intends to continue paying for them through their own funds. Also, the WGPC have not had enough funds to build up a 'depreciation fund' for the playground equipment on Withington Field. This will now be rectified, so that we have enough put aside to replace any of the equipment that needs attention.

Withington Group Parish Council

Footpaths Officer; Please don't forget that we have a grant to keep the parish footpaths clear and accessible, should you find broken styles or blocked footpaths, please can you let the clerk or your foot-path officer know and they can try and get the problem dealt with.

Dates for future meetings; any member of the public can come to a Parish Council meeting, and there is a space early on every agenda for members of the public to ask a question or to raise a matter for the Council's consideration. If you have something to say, then do come to a meeting, they are in Withington Village Hall, starting at 7.30pm. The meetings for the coming months are on the 18th January, the 15th March and the 17th May, the last one also being the Annual Parish Meetings, so we start at 7pm for just this event.

If you want to know more about any of these topics, do please look at our new website and see the draft minutes from the meeting.

Happy Christmas.

Mrs Sophie Glover, wgpcclerk@hotmail.co.uk Tel: 01432 270499 (Office hours only please)

Preston Wynne

Hello everyone,

We do hope you had a great Christmas and wish you all the best of everything for this brand new year. The Christmas celebrations are not yet over as we write but we have already begun our Christmas celebrations in fine style with the Christmas lunch on 3rd December. Father Christmas arrived in time-honoured fashion, and we are very grateful to him for doing so, and also a big thank you to Santa's helper Angie. The lunch was much enjoyed by all, and thank you everyone who came along and supported this event. Particularly those who helped with the preparation and the clearing up afterwards. Quite a task providing a lovely 3 course Christmas meal with all the trimmings for 60 odd diners! (We mean odd in the nicest possible sense).

Church News

Jan 28th 9.30 am, Feb. 11th 9.30 am, Feb. 25th 9.30 am

100 Club Draw Summer 2017 drawn 20/7/17 at the Church meeting

1st £50 No.28 Gill Hill 2nd £25 No.18 Diane Ford 3rd £12.50 No.82 Ralph Evans

Autumn 2017 drawn 19/11/17 at the Christmas Bazaar

1st £50 No. 3 Patsy Marson 2nd £25 No.4 Andrew Mawman 3rd No.19 £12.50 Richard Ford

Winter 2017 drawn W.I. meeting 6/12/17

1st £50 No.40 Jane Evans 2nd £25 No.46 Diana Dent 3rd No.85 Sandra Simcock

Congratulations to the lucky winners. Please note that **SUBSCRIPTIONS ARE NOW DUE FOR 2018** PLEASE CONTACT TRICIA on 820650 - £10 per annum gives you a place in the quarterly draws, worthwhile prizes with great odds (that word again..)!

BURNS NIGHT SUPPER SAT.27TH JANUARY 7.30 PM PRESTON WYNNE HALL

Book early for this very popular evening, be in good time too to see the haggis piped in and properly addressed all preceded by a wee dram of the good stuff to get the evening off to a great start. Phone Tricia on 820650 to book please.

Preston Wynne Cont.

Hall News

The **Christmas Bazaar** was well supported raising just over £370 for Hall funds, again thank you to everyone who supported this. These sort of events are great social gatherings with a wonderful community atmosphere and they help enormously with the upkeep of both the church and the hall, since we have no other public venues such as a school shop or pub where parishioners can meet up they are really the heart of the village.

There will be **no BINGO** in January so the next session will be in February. **ZUMBA will restart on 4th January in the Hall at 9.45 am.**

See you in 2018,

Love Hilary and Tricia

Herefordshire Wildlife Trust

Wildlife Watch Club: Animal Trackers

Sun 4 February

12.30pm-2.30pm

Discover how to track different woodland animals and play games to explore how predators and prey use their skills and senses to survive. Wildlife Watch is Herefordshire Wildlife Trust's monthly nature club for young enthusiasts aged 7 to 14 years, usually meets first Sunday of every month.

Venue: Queenswood Country Park and Arboretum, Dinmore Hill, nr Leominster, Herefordshire, HR6 0PY

Cost: £2 per child

Talk: The Changing Face of Farming

Tues 27 February

7.30-9pm

A talk by Patrick Wrixon for the Kington branch of the Herefordshire Wildlife Trust

Venue: Kington Primary School, Mill Street, Kington, HR5 3AL

Cost: £2 HWT members, £3 non-members

No booking required

Repair Café (part of Living Well project)

Sat 10 February 2018

10am-3pm

Ever wondered how you could rescue a beloved item from being thrown in the bin? Well now you can have it repaired and reissued for further use at our Repair Café. Bring any item be it electrical, clothing or toys and see if our expert team can solve your problem. There will be a chance to learn new skills, pick up tips of how to reuse or repair items. Teas and coffees will be available.

Venue: Queenswood Country Park & Arboretum, Nr. Leominster, HR6 0PY

Cost: For those who can afford it there will be a small charge and normal car parking charges apply.

Booking essential: Contact Tim Kaye by phone 01981 550043 / 07980 863577 or email tim@clan-cic.org for further information and to book a place. *This event is suitable for all ages.* Visit the Queenswood and Bodenham Lake website at www.queenswoodandbodenhamlake.org.

Healthy Eating by Nicki Drinkwater

Eat a Rainbow, by Nicki's Nutrition

Fruit and vegetables are full of vital nutrients for every age group in their day to day life.

There is no perfect diet, it is about finding the diet that's suitable for YOU.

A mixture of healthy fats, omega 3, nuts, oils, good quality meats, a balance of fruit and vegetables and cutting down on alcohol intake is a good place to start. Vegetables are squashed full of phytochemicals and antioxidants and should be incorporated with every meal.

PREPARATION – having your meals planned for each day will help you not to reach for that last minute ready meal or salty sandwich from the garage. Make your lunch the night before and have a plan of your breakfast, eggs are ideal to boil the night before and can be eaten on the way to the office.

MINDFUL EATING – studies have shown, eating evening meals in front the television, people consume 25% more food when not mindfully eating. Enjoying meals around the table is not only ideal for more family time but also to give you a rest from those irresistible gadgets. Food is seen as a social activity and should be enjoyed with others.

ENERGY LEVELS – regularly eating the right foods will help maintain blood sugar levels and in turn give you energy through that 3pm slump. Take some nuts, boiled eggs, seeds, or humous and vegetable dippers with you to curb those afternoon cravings.

EXPERIMENTING – don't be afraid to try new foods, explore healthier recipes that everyone can enjoy and get involved with. Doing simple food swaps such as sparkling water instead of fizzy drinks and whole meal pasta or quinoa instead of white pasta or rice, can be small steps with positive effects.

SLEEP – most importantly don't forget to get a minimum of 8 hours sleep a night and look after yourself with plenty of rest and fluids throughout each day.

TOP TIP - For an evening meal try bulking out a Spaghetti Bolognese with red lentils or extra vegetables such as mushrooms or peppers, replace half the amount of spaghetti with a big portion of leafy greens such as spinach, rocket, and lettuces.

Nicki is studying Human Nutrition at Worcester University and hopes to continue writing health related articles in her future career.



Westhide

After the Carol Singing around the village on Christmas Eve it is a wonder that anyone manages to arrive on time for the Christmas Day service in our little church, but there is always a warm welcome for villagers, friends and visitors...as well as mince pies and chocolates. January and February can seem such an anticlimax after Christmas, but this year we hope to warm up the chilly months with a village curry evening. Watch out for the Westhide circular with further details. There are several newcomers to the village who would be especially welcome.

Sometime in March there will be a date for the church and churchyard spring-clean. This is an annual effort to tame the undergrowth in the churchyard, and clean those parts of the church that often escape scrutiny. Date to be confirmed, but please help if you can. It really is a case of many hands make light work ...and there is usually Sheila's soup to keep everyone going.

Kiddies Corner



How many presents can Santa fit in an empty sack?

Only one, after that it's not empty anymore!

Who hides in the bakery at Christmas?

A mince spy.

What do you get if you cross an apple with a Christmas tree?

A pineapple!

What do you call Santa when he doesn't move?

Santa Pause

Why are turkeys wiser than chickens?

Have you ever heard of Kentucky Fried Turkey?

What do monkeys sing at Christmas?

Jungle bells, Jungle bells!

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Contact Names and Telephone Numbers

<u>Byworth Trust Clerk:</u>	Margaret Soutar	850448
<u>Police:</u>	Safer Neighbourhood Team PC Sarah Cullen/PCSO Elena Ekanite	101
<u>St. Peters Church:</u>	Rector Jane Davies	850244
	Church Warden Kevin Hewison	850074
	PCC Secretary Marcia Hopkins	850933
	Bell Ringing Kevin Hewison	850074
<u>Village Hall:</u>	Chairman Kevin Hewison	850074
	Booking Secretary Kathy Fields	851001
<u>WG Parish Council:</u>	Clerk Sophie Glover	270499
	Chairman Paul Bainbridge	850655
	Vice-Chairman Ralph Barber	853068
<u>Whitestone Chapel</u>	Ian Porter	01981 540388
<u>Withington Football Club:</u>	Chairman Steve Caine	851857
	Secretary Ray Rice	850669
<u>Withington Post Office:</u>		850356
<u>Withington Primary School:</u>		850289
<u>Withington Parish Magazine:</u>	Editor Margaret Thompson	850182
<u>Withington Village Store:</u>		851777



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