

SUMMER !!!

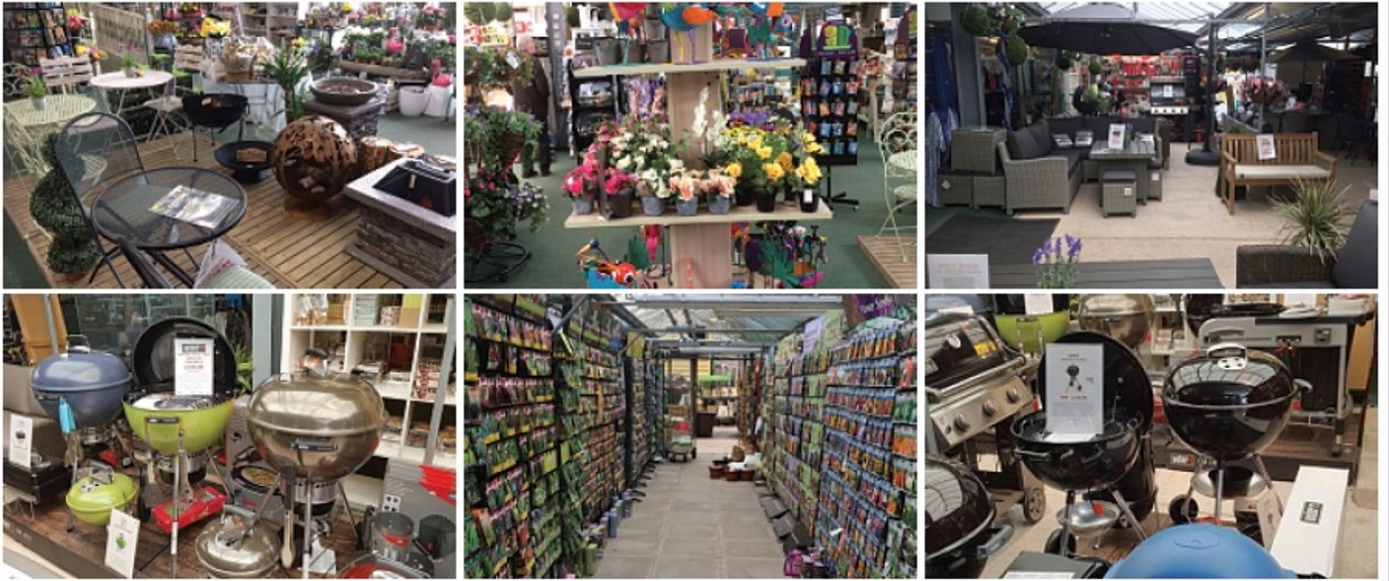


Withington Parish Magazine

July and August 2018

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Editorial

Dear All,

Withington Football Club are now holding weekly introduction sessions to the game on Sunday mornings and are seeking new players for all junior age-group teams. Details are on page 11, so all football enthusiasts have the opportunity to improve their game, make new friends and represent their village team.

I am going to utilise this space to appeal to all who use the playing fields, so, sorry for the lecture! I recently visited the fields and was very disappointed at the rubbish left around the wooden gazebo - so please pick up your rubbish and put it in a bin or take it home. What was even more disappointing was the fact that there were numerous bags where dog owners had picked up deposits left by their pets (congratulations for doing so) but why were the bags left where children play?

Let's hope that the weather keeps fine for the long school holidays so that children can explore the great outdoors. Within a very short distance there is Aylestone park as well as the Withington Fields for outdoor play. There are also many good walking routes through Hough Woods, Dinmore and Symonds Yat.

Whatever you are doing enjoy the summer.

Best wishes,

Margaret

DEADLINE FOR THE SEPTEMBER/OCTOBER EDITION OF THE MAGAZINE:

7TH AUGUST 2018

Withington Group Parish Council

Withington Group Parish Council Neighbourhood Development Plan, Regulation 14 consultation is now underway. It is running from 9am on 18th June to 5pm on 30th July - please see the parish website for more information.

St. Peter's Church News

Dear Friends

Our parishes are heading for a time of transition. Not only has Paul just left, I have also announced to the congregations that I too am leaving to take up the post of vicar in the Canon Pyon group of parishes (Canon Pyon, Wellington, King's Pyon and Birley). The decision for me to move has not been taken lightly but I do feel that God is calling me to take on a new challenge.

My six and a half years here have been very happy ones and I will miss everyone but, as Paul said in his letter last month, 'things have to be laid down in order for God to give new and unexpected gifts'.

My final service will be on Sunday 2nd September at 6 pm in Bartestree Village Hall and everyone is welcome. Details of my licencing service in the Canon Pyon Group at the end of September will be published in the next edition of the magazine.

In the meantime, I wish you all a happy and enjoyable summer.

Blessings

Jane

Ps Paul's licencing service is at 7.30 pm on Monday 2nd July in Bodenham Church. Everyone is welcome but if you intend going would you please let me know or put your name on one of the lists in our churches? (to help with catering).

Church Services Withington and Westhide July/August

Date	Withington	Westhide
Sunday 1st July	9.30 am Morning Prayer	
Sunday 8th July	9.30 am Holy Communion	11.00 am Morning Prayer
Sunday 15th July	9.30 am Holy Communion	
Sunday 22nd July		11.00 am Holy Communion
Sunday 29th July		11.00 am Group Service at Oldbury Farm
Sunday 5th August	9.30 am Morning Prayer	
Sunday 12th August	9.30 am Holy Communion	11.00 am Morning Prayer
Sunday 19th August	9.30 am Holy Communion	
Monday 27th Aug		4 pm Cream Tea followed by Songs of Praise
Sunday 2nd September	9.30 am Holy Communion	

St. Peter's Church News

Fundraising Programme for Charities and Church 2018

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 is weekly throughout the summer on Thursdays. Come for coffee/tea, some delicious cake, and a good chat. Meet old friends, and make new friends.

PopUp Café.....	Thursdays in Church, 10 - 12
Garden Party Lunch & Mini Auction.....	Sun 29th 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

**GROUP SERVICE
SUNDAY 29TH JULY
OLDBURY FARM, WESTHIDE**
*(The home of
Doris and Robert Meredith)*

**To celebrate the festival of Lammas
(a traditional festival celebrating the
start of harvest)**



Bring a picnic

Jane's Farewell



And



**Sunday 2nd September
6.00 pm
Bartestree Village Hall**

**An informal act of worship followed by
Pimms and nibbles
(other drinks will be available)**

ALL WELCOME

St. Peter's Church News

GETTING CONNECTED

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

A big Thank you to all those who came to the APPEAL LAUNCH EVENING on the 9th May.

We enjoyed an entertaining talk from Rev. Jimmy Morrison recounting numerous memories as a country vicar. This was followed by an accomplished short organ recital from Rev. Paul Roberts demonstrating three different styles of music which can be played on the Organ. We then had an opportunity to chat over a glass of wine & nibbles and people had a chance to look at the Plans for Improvements and ask any questions.

During her introduction Rector, Jane Davies, outlined the different improvements that had been made to St. Peter's over the centuries. It is now our chance to add our 2018 Improvement.

We are most GRATEFUL TO ALL OF YOU who have already made a donation to the APPEAL, however this APPEAL is ongoing.

We have now got the Official go ahead by way of a Faculty and have appointed a Contractor to do the work. The estimated cost of the work is £75000 but we need to raise some money first as well as applying for Grants.

The Church is open every day and used for Worship, Baptisms & Funerals.

Community Events - Concerts, Exhibitions & weekly summer Pop-up- Cafe.

Withington Primary School use the church for Harvest, Christingle, Messy Church, Experience Festival Workshops & Activities.

IF YOU ARE ABLE TO SEND A DONATION FOR THE APPEAL

Please send it to Margaret Soutar at 3 Duke Street, Withington, HR1 3QD. Tel.01432 850448.

Stating whether you wish your donation to be gift aided.

THANKING YOU FOR YOUR SUPPORT

Margaret Soutar

Elizabeth Byworth Charity

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

If you are under 25 and live in Withington, Westhide 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

Withington Gardening Club

WITHINGTON GARDENING CLUB REPORT

AGM – Usual business – followed by Quiz – very enjoyable.



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Garden visit Middle Hunt House in May – very lucky with weather, garden immaculate – tiered vegetable garden – very expensive greenhouse (but beautiful). Stunning views of the black mountains, the garden had a number of stone sculptures and inscribed into the stone old place names. To finish we enjoyed a glass of wine or soft drink and sat in the most stunning converted barn looking over those majestic black mountains – lovely end to enjoyable evening.

Up and coming events 2018

- June 20th** Garden Visit to Rhodds Farm, Lyonshall 6pm car share at Hall at 6.45pm to Garden £8 per person including refreshments
- July 18th** Bearded Iris talk by Jill & Alun Whitehead from Aulden Farm, Ivington 7.30pm at Village Hall
Refreshments: Sue & G Raffle: Margaret Soutar
- August 11th** Flower Show & BBQ – Station Bungalow – Whitestone
TBC possible start 6pm
- September 19th** Water Gardens – By Malcolm Edwards of Kenchester
Refreshments: Val & Kay Raffle: Victoria & Carol
7.30pm Village Hall

Details Fun Show Schedule please contact Diane – 01432 850371
New members welcome.

POP UP CAFÉ
@ St Peter's



FROM 19th APRIL until end of SEPTEMBER

EVERY THURSDAY IN WITHINGTON CHURCH 10am -12noon

Come and enjoy a cup of coffee, some naughty cake and a chat with friends and neighbours.

LOOK FORWARD TO SEEING YOU THERE.

Did you know wheelie bins can be used by burglars?

Please be aware that wheelie bins can be used by burglars as climbing aid to help gain access to your property. Make sure your wheelie bins are out of sight of burglars. Store or secure it away until collection day.

Did you know that wheelie bins can be used in the following ways by burglars and criminals:

As climbing aid to help them gain access to your property - Would be burglars can climb on top of it to help them scale your garden wall or fence.

As an indicator as to whether or not you are at home. - Wheelie bins left out in the street can be an indication that you have not yet returned home from work. Consider asking a trusted neighbour if they would be kind enough to collect your wheelie bins from off the side of the road after they have been emptied.

As a removal aid to help take the items away that they have stolen. - Burglars and thieves can use any insecure and accessible wheelie bins as a carrying cart to take away any items they have stolen from your property.

To find out information about you. - Criminal can search through your wheelie bins looking for any personal information which may be contained in discarded letters and documents. This information can then be used to aid in identity theft. Ensure you destroy all discarded personal documentation, ideally by shredding it.

To start small fires. - Criminals and vandals can use wheelie bins to help set small fires which can easily spread out of control and cause damage to your property and in extreme cases endanger life.

For advice more information please contact a member of your Safer Neighbourhood Team via 101.

Do not give thieves an easy ride!

Bicycles are one of the most targeted items by thieves.

Always lock your bike when you leave it, even if it's only for a few minutes. Look to spend about 10% of what your bike is worth on the lock. For better security use two or more locks of a different type - a D lock plus a robust chain and padlock.

All bike frames are given a unique serial number. This is normally located underneath the bike and should be written down or photographed and kept somewhere safe.

Security mark the frame. You can use a UV Pen or a property marking solution such as Smart-water. When marking your bicycle use your initials, postcode or another mark that is unique to you.

Lock your bike at recognised secure cycle parking that's well covered by good lighting and CCTV, with both the wheel and the frame secured to an immovable object.

If your bike is kept in a shed, keep the shed secure with good quality locks and ensure the windows are covered and an alarm is fitted.

Remember to Insure your bike either on your homes contents insurance or on a separate insurance policy.

Memories by Bryan Davies

Yesteryear continued..... **HERRING FISHING**

Come the end of September, beginning of October, the mackerel season was over. Some boats trawled for flat fish and continued fishing their lobster pots in an effort to spin out the fishing season before the onset of winter. Once winter came with its bitter cold, rain, snow and gales, local fishermen tended to turn to other things to occupy their time. Boats would be hauled out of the water on to the stone pier where they would be repaired, painted and have their engines overhauled ready for the next season. Larger boats stayed in their moorings all winter and any maintenance work was done at low tide.

A welcome extension to the fishing season, usually in early October, would be herring fishing. This kind of fishing, which only lasted a few weeks, was quite different from any other fishing. We used large nets, sometimes twenty to thirty yards long and several yards deep, which we would carefully lower over the side of the small boat which we used. The fine net, with a mesh of about 1 inch square, had a number of round or oval corks a few inches long, sewn into the top end to keep it afloat, while into the bottom end would be fastened long strips of lead so that the net would float (lead down) in the deep water, forming a kind of underwater curtain.

While some of the larger boats would sail out to sea to cast their nets, we as young lads would take our nets out in small open rowing boats about 16 feet long and cast them just within the entrance to the harbour. It was then just a matter of sitting there all night, drifting with the tide with the nets in the water, waiting for the herring shoals to come along and swim into the net.

In the daytime, we would still leave the nets down, but visit them about every couple of hours. Sometimes the rewards were good and at other times, rather poor. We would spend ten to twelve hours sitting in the boat in the dark (we couldn't use a light), hauling the nets in once every two hours or so and finding either no fish or just the odd one or two. Many an October night have I sat in a boat, wrapped up in pullovers and a warm overcoat, watching a huge yellow moon climbing above the distant hills, casting an almost solid, golden path across the bay and bathing the terraced village houses in its eerie, spectral light. Now this may sound quite romantic, but I promised that romance was very far from our thoughts as we constantly moved around trying to get some life back into our aching, frozen limbs. A flask of Oxo (in my case) and some sandwiches would see one through the long night. Many a time our little boat and its two occupants would be covered with a layer of hoar frost visible only when daybreak came. There were also times when we were almost too cold and stiff to haul in our nets. I well remember one particular night when the harvest moon was a huge orange ball like a Chinese lantern and lighting up the whole village and harbour in its ghostly light. It was particularly cold, in fact, so cold that we almost gave up as we just couldn't use our hands. We hauled in our net with great difficulty. It was so heavy we thought that either we had lost the use of our hands and arms or the net had caught in some rocks on the sea bed.

As the net broke the surface of the water, we could see that we had an enormous catch of herring, with hundreds of fish flapping and wriggling in the net, their bodies gleaming like a silver treasure in the moonlight. As we gradually hauled in the net, we found that surely enough, a treasure it truly was. It was an enormous catch, with fish jumping and flapping about, covering the bottom of the boat to a depth of about eighteen inches and more. We were seriously concerned that the boat could safely contain the weight of so many fish, it was so low in the water. Very slowly we carefully rowed back to the shore and unloaded the fish in to the boxes on the quayside. We had to secure help from other fishermen to land and sell the fish.

Having fished all night we would then spend the following morning carrying our boxes of fresh herring around the village, going from door to door, weighing and selling the fish. Locals loved fresh herring and we would soon sell our whole catch.

In those days, people would salt herring, usually in earthenware pots to preserve them for winter eating. My mother had a large pot with a lid (crochan in Welsh) and each autumn we would salt up to forty fish to see us through the winter. First the fish were gutted, then laid flat, side by side on the bottom of the pot. It was then salted. Then the next layer was laid on top, but laid crosswise on the bottom layer. Then this too would be salted. This was continued, using large blocks of cooking salt which seemed abundant in those days, until the pot was full. The lid was then placed on the pot and it was stored away in some secluded corner (under the stairs) of the house ready for use during the winter. Today of course, we would simply freeze the fish.

Personally, I think that the herring is one of the best of sea fish with its lovely rich flavour, but mind the bones! The herring roe is particularly good to eat, whether hard or soft and as a boy it was always a kind of game between my mother, brother and myself, as to who had the soft or the hard roe in each fish. The fine bones can be a problem when eating herring, and one has to be very careful, but I was taught the skill of eating it 'properly' at an early age. Most of the bones would be confined to the plate and would not find their way to the mouth or even worse, the throat, but don't let me put you off the wonderful herring. More next time.

W.B.D.

Local History by Laureen Willmott

Duke Street - Never Heard of it!

That was the response given to a friend of mine, on enquiring as to the location of Duke Street. The village is quite spread out, and has many different areas. There is a village green outside the church, which is the small area just outside of the Lych gate.

Originally, it covered the area around the war memorial, and was bounded by the walls of the local properties. Although a sign close to the war memorial indicates Duke Street, but from old maps Duke Street was at the bottom of the hill.

Duke Street was originally known as Duck Street, its English version of Duc, from the time England was under the influence of the Normans, possibly! This argument is made by the fact that to the West of Withington village, there is Eau Withington. Or maybe it was just the fact that there was a large duck pond in the bottom corner of Minton's field, close to the edge of Duke Street. The road itself was not originally a through road. That was created when the canal was built in the 1800's, so that stone from the quarry could be more easily conveyed to the canal wharf at Withington Marsh. There may well have been a pedestrian track.

The quarry ran South of Duke Street from Minton's field along to Quarry Cottage on the next corner. Possibly Duke Street then ended at that point. The primary road at that time was Veldo Lane, but for the quarrymen that meant having to haul stone up the hill to access it. The evidence of the quarry is everywhere in this part of Withington, in the stone walls, Stonehouse Farm, Style House, and the house named The green for example. The stone itself is pale grey, pink and buff sandstone. It is from the St. Maughan's formation of the lower old red sand stone. It is known that Gilbert Wood of Quarry Cottage bought the quarry outright on the 8th November 1966, after it had been rented out for approximately 200 years from the Apperley's, a family who at one time lived in stone house farm, and were the owners of much of the local land.

Returning to the Duck pond which provided the name of the Street. The pond is now almost non-existent, 27 years ago when I moved to the Village, it was still quite deep and had ducks on it and apparently great crested newts. Now only a few damp spots remain under the brambles.

Gwen, a local resident who knew the area well as a child, shares my view that the soil has gradually encroached down the hill (the side of the quarry), and changed the shape of the actual hill. She was born in the latter 1930's in a cottage next door to Duc cottage, which still stands. It is the first black and white cottage past the pond. She lived in the cottage with her Grandmother and remembers that it was thatched, had three bedrooms, a long living room with a passage in the middle, and a back kitchen, which had a pantry. Gwen never knew her Grandfather as he died on the day that he and the grandmother were moving from the Round House to the cottage. It was snowing very heavily and Granddad caught pneumonia and died. Her Grandmother Emily Prosser died in 1959 and the cottage was pulled down in 1961 and a 'Woolaway', a type of prefabricated building, was brought down by road from Birmingham and constructed on the site.

Gwen remembers skating on the pond, particularly in school playtimes! *Health and safety eat your heart out.* Obviously then, the pond was considerably larger than it is now and had railings all around it, with lots of moorhens. She spent many happy hours playing in that field, which then was known as Minton's meadow, but was shown on an old map as Green Tree.

The house named as the Minton's was, for about two years in the past, the old Village School, rented from the Apperley's for £3.00 per year, but with an increase in the size of the village, the school was found not to be suitable for the number of Children.

Another school was built in Veldo Lane, in 1872, at a cost of £1.086. 8/- and 4d. The first village school was sited in the Stallenge, and had been made possible by a bequest of a Mrs Elizabeth Byworth, some six years before the civil war began in 1636. Today this old school house still exists as a private house complete with original school room.

Gwen went to the Veldo Lane school in the 1940's and remembers a Miss Marion Lister as one of the teachers. The Head-master of the school, a Mr. Skipp, retired whilst Gwen was there and she was chosen to make a fruit cake for the occasion.

The girls of the school used to go to Hereford for cooking lessons at one time but she can also recall having some cooking lessons in the village hall. The main school holidays in Gwen's time was in September and October, so that the children were available for hop picking and

Local History by Laureen Willmott

collecting potatoes. She remembers the coaches that would arrive with miners and families from Wales, and how they would live in the sheds at the Minton's (all gone now). These families brought with them everything that was needed for a five week stay, to turn the sheds into nice little homes. This was a family holiday and provided the opportunity to earn much needed cash.

There was also plenty of work in the potato fields, and one big field could take three weeks to clear. Gwen didn't do potato picking until after she had married. When she was a child she was also involved in hop picking, and remembers going up the steps at the end of Duke Street to the STEP HOPYARD as it was then known. She also remembers the horse and cart milk round, and how people would bring out jugs and dishes to have the milk ladled into them at a penny per ladle. Quite often this was done twice a day, so the milk was always fresh. Picking apples in the orchards was another job done by children as well as adults. At that time the orchards in Duke Street were numerous on the North side and extended some distance.

This remained the situation until building development took place in Duke Street in the late 1960's early 70's. When Gwen left school, she went to work at the tile factory, packing tiles. The factory was sited around the area where the Post office is now sited. She was married to Bob Wanklyn in 1955, and moved into Duc Cottage.

Withington Football Club



SEEKING NEW
PLAYERS FOR NEXT SEASON 2018/2019
Across all junior football age groups

We are based on the outskirts of Hereford at Withington Fields, All our coaches are at least level 1 qualified and fully CRC checked.

As a club we offer a relaxed safe environment to develop children within the junior football league

ALL ABILITIES ARE WELCOME !

MORE INFO PLEASE EMAIL : withingtonfc@btinternet.com



WITHINGTON FOOTBALL CLUB **INTRODUCTION TO FOOTBALL** **NOW EVERY SUNDAY**

STARTING 20TH MAY 10AM-11.30AM
@ WITHINGTON FIELDS HR13PP

INTRODUCTION TO FOOTBALL HAS NOW GONE INTO
WEEKLY SESSIONS FOR BOYS AND GIRLS BETWEEN 7-11
YEARS OLD IN A SAFE, RELAXED ENVIRONMENT.

ITS ALL ABOUT MAKING FRIENDS HAVING FUN WITH A
VIEW OF MAKING NEW TEAMS FOR NEXT SEASON.

ALL ABILITIES WELCOME £2 PER SESSION

withingtonfc@btinternet.com



Withington Primary School

HELLO FROM EVERYONE AT WITHINGTON PRIMARY SCHOOL

It is with mixed emotions we write this newsletter, it is both a happy and sad time of year. We are so proud of all our achievements this year, the children, staff and parents have worked hard to make Withington Primary an amazing school to be part of and this was reflected in our recent OFSTED report



Sadly at this time of year there are goodbyes to be said. We wish our Year 6 pupils GOOD LUCK. We know that they will continue to do amazing things at their chosen secondary school, we are very lucky to have had the privilege of teaching them.



This is a Good School OFSTED 2018

Withington Primary was visited on March 7th this year, by OFSTED. Our report by inspectors praised the high quality of the education and opportunities provided across the school and acknowledged that we have a strong sense of values, with the well-being of pupils and their educational outcomes being 'at the heart of all the school does'.

If you would like to read a copy of our report please pop into the school office or access a copy via our school website

FILLING UP FAST!

Our classes are filling up fast, for September 2018 our reception class is full, along with many other year groups reaching capacity. We only have a few spaces left in our nursery for 2018 / 2019.

Our Foundation class takes children once they turn 3. If you are interested in your child joining our Foundation Class, please pop into school or give us a ring on 01432 853089 and ask to speak to Sarah Houchen or Linda Goodson.

It has been an amazing year at Withington Primary and we look forward to 2018/2019. Have an amazing summer, keep safe and let's hope the sun shines.
See you in September

Westhide

Little has happened since the last News. Many thanks to everyone who helped with the church tidy up day, we made a real impact on it all. The grass is growing well at present so if anyone feels like strimming or mowing please do!!

I reported last time that Paul the curate was on the move. Avid and thorough readers of the Withington Parish Magazine may have spotted that Preston Wynne are looking forward to greeting their new Vicar, Paul. They are indeed the one and the same. The Withington Parish Magazine covers the civil parishes of Withington, Westhide and Preston Wynne (the Parish Council) whilst the church parish of Withington and Westhide is part of the Bartestree Cross group (with Lugwardine, Dormington and Weston Beggard). Confusing I know.

The main news story is that Jane our Vicar is also moving on. Jane has been with us for six years and has been offered a post in Canon Pyon. Some might say we have been very careless to lose two such excellent clerics in such a short time but I guess we shouldn't be greedy! Jane leaves in September and whilst we await the appointment of her successor normal services will continue to the current timetable as far as possible.

Dates for your diary

July 7th, afternoon Garden Party, Brick House, Westhide (by kind permission of Ralph and Debbie).

July 29th, 11am: Group service and picnic at Robs, Oldbury Farm.

Aug 27th, 3:30pm (Monday): St Bartholomew patronal service: Afternoon tea and Songs of Praise (due to a wedding being held on the preceding Sunday we are celebrating our patron saints day a little after the actual day).

Sept 8th: "Ride and Stride" bike ride .

Sept 15th, evening: The Pax Singers - concert in St Bartholomew's.

Oct 28th, 11am Harvest service followed by traditional country lunch.

Enjoy the summer sun,

Judith

GROUP SERVICE
SUNDAY 29TH JULY
OLDBURY FARM, WESTHIDE
*(The home of
Doris and Robert Meredith)*

To celebrate the festival of Lammas
(a traditional festival celebrating the
start of harvest)



Bring a picnic

Preston Wynne

PRESTON WYNNE NEWS – JULY/ AUGUST

Hello Everyone,

Lovely weather at last, but if you caught one of those recent thunderstorms or if they caught you, boy, didn't you know about it! Driving home from just the other side of Bishop's Frome on Friday last about 7 pm was a bit more exciting than was comfortable, it was running down the road towards the village like a fast-flowing stream about five inches deep. The road towards Much Cowarne was flooded and of course once you're committed you can't stop, I felt very relieved to get through that unscathed. It was very weird that once I got to Burley Gate the road was completely dry. Rain had been coming down like stair-rods in Bishops Frome for a good hour and a half!

Those of you who remember the late Marjorie Price who used to write Preston Wynne's bit in the Withington News probably also remember her daughter Gilly Bulmer. Chatting to Gilly over a G & T at a mutual friends yesterday (it was after 6m I hasten to add) I happened to mention that we hadn't yet reported on the arrival of the cuckoo this year as Marjorie always used to do, Gilly then said that she heard it in Canon Pyon in the middle of April and it's been driving her bonkers ever since! So in memory of Marjorie courtesy of Gilly, we're glad to be able to report on the arrival of the cuckoo – all's well!

Church Services

Services tba (watch for sign on corner)

Sunday 29th July 10.00am at MARDEN CHURCH -GROUP SERVICE taken by our new vicar Paul Roberts

As previously mentioned Paul will be welcomed and officially licensed as incumbent to the Benefice of the Maund Group on Monday 2nd July at 7.30 at Bodenham Church. All parishioners are welcome.

The renovations to our Church here are going well and we are looking forward to later in the year when our services can be resumed there. It is hoped that the first service to be taken in our newly renovated and decorated church by our new vicar Paul will be Harvest Festival – celebrations all round!!

GRACE NOTES CONCERT

with Pimms and Pudding VILLAGE HALL – FRIDAY 20TH JULY – 7.PM £10

This will be a lovely event for a Summer evening, we shall be treated to an entertaining programme of light choral music in aid of Church funds. Please phone Tricia on 820650 as numbers are needed for catering purposes. Thank you.

Village Hall News

Zumba takes place at 9.45 am on Thursdays

Bingo every third Tuesday eyes down 8.00 pm

A SKITTLES EVENING WITH SUPPER £5 at Cross Keys, Withington on 23rd June 7.30 for Hall Funds - all welcome to this fun evening.

W.I. News

The canal trip at Droitwich will probably have taken place by the time you read this. The May meeting kindly hosted by member Debbie Barber was great we had a stroll round Ralph ad Debbie's lovely garden followed by supper and Pimms , what more could you wish for than enjoying good company in such a delightful setting in this beautiful county of ours (sorry if we sound a bit smug).

Preston Wynne Cont.

The June meeting is a visit to Doveside Barn garden in Stoke Lacy.

W.I. meets every second Wednesday in the month, new members are always very welcome. If you would like to come along for a “taster” just phone Tricia on 820650 just in case we are not in the Hall for the meeting you would like to come to. We also might have extra outings that take your fancy, for instance in August we are visiting Abbeydore Court Gardens, Dore Abbey and then on to afternoon tea at Boughton Arms Peterchurch.

Finally, very many congratulations to new Grandparents, Simon and Janet Crowther on the arrival of a lovely grandson, and also Dave Davis on the birth of a new Granddaughter.

See you in a couple of months,

Love Hilary and Tricia x

Withington Village Hall

Hello and welcome back to our Village Hall page.

The last few months have seen a flurry of hall usage, never mind the children's parties, but also the motorcycle weekend (and other activities). We hope many of you visited and enjoyed the motorcycle weekend – they seem to like our venue as they have returned for several years.

Have you used the ‘Field to Fork’ van on Fridays? It seems to be quite popular!

Might be interesting when the new Fish and Chip shop opens in the village.

The **200 club** was renewed in April. Thanks to all of you who have joined or re-joined. A list of recent winners follow;

May 2018

£25-00 No 143 Geoff Harrington

£10-00 No 157 Jim Bowyer

£10-00 No 147 Verna Howell

£10-00 No 177 Maria Phillips

June 2018

£25-00 No 117 Ron Fields

£10-00 No 52 Nick Fish

£10-00 No 53 Wallace Brown

£10-00 No 70 Nick & Sarah Winwood

Village Hall Improvements

We have agreed with a Painter and Decorator to paint areas of the village hall which need it. We are trying to fit this in with regular users and with a slight lull in summer bookings. Please support us as this project will take place during the coming summer months for the benefit of all hall users.

Kevin Hewison

Contact Names and Telephone Numbers

<u>Byworth Trust Clerk:</u>	Margaret Soutar	850448
<u>Police:</u>	Safer Neighbourhood Team PC Bart McDonagh	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

Cyberbullying & Online Harassment

Cyberbullying and online harassment can be extremely distressing. In certain cases it can be classed as a criminal offence but there is lots of help available to support you.

Tips to stay safe online

Think before you post - when posting or commenting on the internet, consider what you say and what effect it may have. Never post comments that are abusive or may cause distress to others.

Keep personal information personal - avoiding saying anything or publishing pictures that might later cause you or someone else embarrassment. Be aware of what friends post about you, or how they reply to your posts, particularly about your personal details and activities.

Make the most of privacy settings - keep your profiles closed, allowing access only to your chosen friends and family.

Report cyberbullying to internet service providers - lots of content on social media that is offensive or upsetting is not necessarily a criminal offence. However, cyberbullying often violates the terms and conditions established by social media sites and internet service providers. Report cyberbullying to the social media site so they can take action against users abusing the terms of service.

Social media help sections can show you how to block users and change settings to control who can contact you. You can get advice and support on using the following social media sites, including the ability to report content to them.

Facebook - <https://www.facebook.com/help/> Twitter - <https://support.twitter.com/> Instagram - <https://help.instagram.com/>
 LinkedIn - <https://www.linkedin.com/help/linkedin> Google+ - <https://support.google.com/plus#topic=6320382>
 YouTube - <https://www.youtube.com/yt/policyandsafety/en-GB/reporting.html> Pinterest - <https://help.pinterest.com/en>
 Tumblr - <https://www.tumblr.com/abuse> Snapchat - <https://support.snapchat.com/en-GB>

If you believe that you are the victim of an offence, always keep a record of the content by taking a screenshot, for example.

If you are worried that your child or a loved one might be the victim of cyberbullying there are some signs to look out for including: Low self-esteem, Withdrawal from family and spending a lot of time alone, Reluctance to let parents or other family members anywhere near their mobiles or laptops etc., and finding excuses to stay away from school or work.

What can the police do? If we consider a message or post to be potentially criminal, we will take appropriate action. This could involve arresting the person responsible or interviewing them under caution. Cases involving sustained abuse or where someone's life is threatened will be treated seriously. For more information and further warning signs and advice please visit: bullying.co.uk

Health by Nicki Drinkwater

Prebiotics vs Probiotics

Prebiotics

These foods lay the foundations for Probiotics to be absorbed more effectively. They promote the growth of good bacteria and increase absorption of minerals.

Examples of Prebiotics include:

Inulin
Jerusalem Artichokes
Chicory
Leeks & onions
Bananas

Probiotics

Our guts are full of millions good and bad bacteria, but we are unable to absorb the good bacteria, therefore they need to be maintained by what we eat.

Probiotics are 'friendly' bacteria, the most common ones are *Lactobacillus* and *Bifidobacteria*.

Westernized diets, stress and the use of antibiotics can affect the guts microflora. However, many fermented foods can promote good health.

Examples of Probiotics include:

Sauerkraut - This is fermented shredded cabbage and can be made at home or brought from a good food shop. When purchasing Sauerkraut, always choose the unpasteurized option.

Kimchi – a popular spicy Korean dish, also mainly made from cabbage, Korean radishes and sometimes other vegetables

Kefir – a probiotic drink, most people make their own. You can buy the kefir grains online (either milk or water) and you keep the grains active by topping them up with milk or water daily.

Kefir is great for lactose intolerant individuals and some say it has a taste similar to sour milk. Pre-made bottles can be purchased from *Sainsbury's* in the milk aisle, loaded with B Vitamins.

Yogurt – choosing yogurt with live or active cultures are best. Full fat yogurt should be chosen over low fat as they contain less or no sugar. If opting for Greek yogurt, avoid some Greek style yogurts as they are sometimes a low fat, sugary option and plain natural Greek yogurt is best!

Kombucha – This is fermented black or green tea. You can make your own using a Scoby and there are available classes locally. *Captain Kombucha* sell readymade kombucha in different flavours which can be more palatable.

Probiotics have been popular in many European countries for centuries. Eating a balance of pre and probiotics will ensure optimum health including lots of fruit and vegetables!



Kiddies Corner

Memory Games

I Packed My Suitcase is a classic memory game which is useful for all sorts of occasions, from a doctor's waiting room to a long car journey! You can adapt it to all ages of kids, and adults enjoy playing as much as children.

Age: 5+

The first player thinks of a word beginning with the letter 'A' and then says, for example:

I packed my suitcase with an apple



The next player repeats the sentence and adds something beginning with 'B', for example:

I packed my suitcase with an apple and a banana.



The next player adds a word beginning with 'C':

I packed my suitcase with an apple, a banana and a canary.

Play continues until someone can't remember the list or makes a mistake. Depending on their age, you can either prompt them or disqualify them! Keep going until all players but one are disqualified, or until you reach the end of the alphabet.

Variations

If playing with young children, it helps to make the words as silly and colourful as possible - they are more likely to remember them!

If playing with older children, you can make the game even more difficult by choosing a noun and an adjective for each letter of the alphabet. For example,

I packed my suitcase with an active antelope, a brown bear and a chilly chicken etc.

Summer Time

Five Little Shells Fingerplay

5 little seashells lying on the shore.

Crash went the waves and then there were 4.

4 little seashells down by the sea.

Crash went the waves! Then there were 3.

3 little seashells, smooth as new.

Crash went the waves!

Then there were 2.

2 little seashells, sparkling in the sun.

Crash went the waves!

Then there was 1.

1 little seashell left by itself.

I took it home, and put it on my shelf.



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Thursdays Marden 6.30pm

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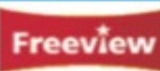
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Coming summer 2018...



The Fish and Chip shop name has been chosen: MALT & SALT. The suggestion was made by our graphic designer.

We have selected a runner up from the suggestion box. Sharon Sednaoui for choosing FIRST CLASS PLAICE

She will be given a voucher for a family meal as the PRIZE. Thank you all those participating.