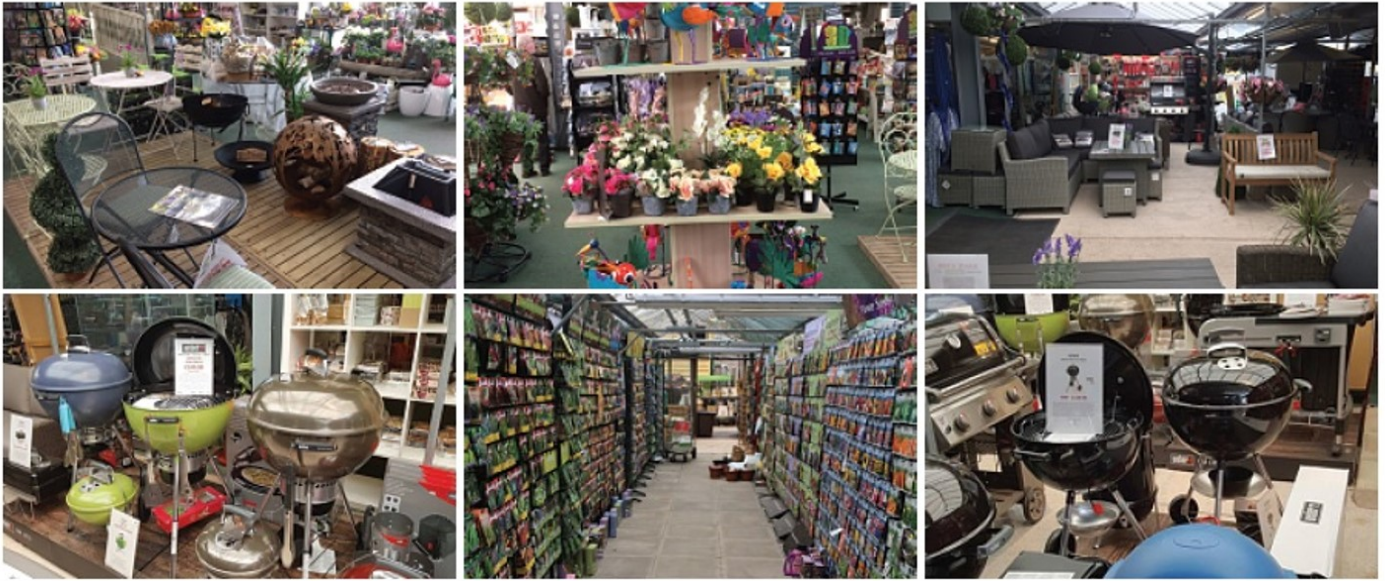




Withington Parish Magazine

May and June 2018



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Editorial

Dear All,

I am sure that everyone is looking forward to the warmth and blue skies of summer, but even though memories of the 'Beast from the East' and storm 'Emma' may have faded let's not forget the tremendous effort that many people went to in order to assist those in need at such a critical time. Whilst stranded at home watching the snowfall and marvelling at its beauty I read a poem, so apt for the rural areas who were suffering from the effects of the weather and I have featured it on page 12. I hope you enjoy it!

A reminder for all readers - if you know of anyone that would like to advertise in the magazine please ask them to contact Withingtonmagazine@gmail.com. Please remember to send in your birthday/anniversary greetings, items wanted or for sale, ideas of places to visit and any other relevant items.

In the meantime enjoy the lighter evenings and hopefully the warmer weather.

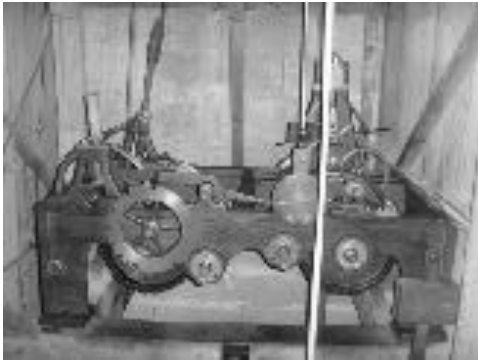
Best wishes,
Margaret Thompson.
Editor

Church Services Withington and Westhide May/June

Date	Withington	Westhide
6th May	4.00 pm 'Refresh' (tea and cake from 3.30 pm)	
10th May	7.00pm Ascension Day service	
13th May	9.30 am Holy Communion	11.00 am Family Communion
20th May	9.30 am Holy Communion	
27th May	9.30 am Holy Communion	11.00 am Morning Praise
3rd June	4.00 pm 'Refresh' (tea and cake from 3.30 pm)	
10th June	Group Service 11am at Withington	
17th June	9.30 am Holy Communion	
24th June	9.30 am Holy Communion	11.00 am Morning Praise

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 stone steps of the medieval spiral staircase in the church tower every six days in order to wind the mechanism.

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

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.



PIZZA CLUB

Preston Wynne Village Hall

4th May

6.30-8pm

for young people aged 9-14 years
pizza, games and chat ALL WELCOME

Confirmation 2018

- Advanced notice -



We will be starting confirmation classes
on 4th May.

Confirmation service: 24th June 2018.

For more information on Pizza Club or
Confirmation please speak to Revd Paul
(850484)

St. Peter's Church News

Fundraising Programme for Charities and Church 2018

Some of our events are still in the planning stage, 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 on Thursday 19th April, weekly, for the summer months. Come for coffee/tea, some delicious cake, and a good chat. Meet old friends, and make new friends.

PopUp café, weekly from.....	Thurs 19 th April, 10 – 12noon (church)
Church Improvements Launch Event.....	Wednesday 9 th May (Church)
Organ Recital (?).....	TBA May? (Church)
Fashion Show or Music Event	June ? (VH?)
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

The Church Clock

You may have noticed that the church clock has not been behaving very well recently..... striking the wrong hour sometimes, and showing the wrong time.

The new electric mechanism is not at fault, but the mechanical clock workings are rather gummed up and need servicing. This will be taken care of soon by a clock repairer.

GETTING CONNECTED

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

On January 17th the Diocesan Advisory Committee Board approved our plans to connect to water, install all purpose WC and Kitchen - all at the back of the church behind existing screen. All plans and specifications are now displayed at the back of the church for all to see. The church is open every day between 10am - 3pm. We are now at the stage of approving a contractor.

ADVANCE NOTICE:

**You are INVITED TO A LAUNCH OF AN APPEAL TO RAISE FUNDS FOR THIS PROJECT
on Wednesday 9th May, 7pm in Withington Church**

St. Peter's Church News

Dear Friends,

Easter is a time of fresh starts and new beginnings. Eastertide lasts for 50 days—40 days from Easter Day until Ascension, and then a further 10 days until the festival of Whitsun or Pentecost, when the church celebrates the gift of the Holy Spirit and its birthday! This is also a time of fresh starts and new beginnings for me too as this will be last letter I write to this august publication as Curate of the Bartestree Cross Group of Churches. As I wrote in the last edition, I have been appointed Rector of the Maund Group of Churches and will take up this post on 2nd July. My final service in this group will be on 10th June at Withington Church at 11am, followed by a lunch at Withington Village Hall. All are most welcome to both events.

It seems like only yesterday that Rosie, Jack and I moved in to Withington—opposite the village shop, in the centre of things! So much has happened in the intervening time, we have met so many people and been blessed by the birth of our second son, Ben. So it is with mixed emotions that we will be leaving the village in June to take up residence in Bodenham. We'd like to thank everyone who has made us so welcome and shared their lives with us over the past three years. It has been a wonderful place to train for ministry. I will particularly miss going into school and taking assemblies... never quite sure what answers may come up, but always with a very friendly welcome!

Yet, nothing in life remains the same, the message of Easter is that things have to be laid down, for God to give the new and unexpected gifts. His work of transformation cannot happen unless we are willing to change. So if you do see me, Rosie, or the boys around, do stop to wish us well: we really have enjoyed every minute of our time here with you. Thank you!

Wishing you every blessing

Paul



Pentecost Sunday 20th May from 2pm

Pilgrimage Walk from Lugwardine (2pm)

and/or Tupsley (2.45pm)

Messy Church craft activities in Cathedral

3.30pm

Service in Hereford Cathedral 4.30pm

Join in the international wave of prayer this

Pentecost.

Group Church Services

Celebration of Hymn Writers

Communion Service

29th April 2018

10am

Weston Beggard Church

Come and sing your favourite hymns

Ascension Day

Communion

10th May 2018

7pm

Withington Church



Revd Paul Roberts'

Farewell Service

Withington Church

10th June 2018 11pm

Followed by lunch at Withington

Village Hall

Withington Gardening Club

Hi All

Hope you are already for planting season now the snow has disappeared - we hope!!

Up and coming events 2018

- April 18th** **AGM** incorporating Fun Quiz and Plant Sale – Start 7.30pm
- May 16th** **Garden Visit Middle Hunt House, Walterstone**
HR2 0DY 7pm at Garden or meet at Village Hall 6pm to car share at 6pm Cost
£7.50 Including Refreshments
- June 20th** **Garden Visit : Rhodds Farm, Lyonshall, HR5 3LW** – 6.45pm at Garden or meet
at Village Hall 6pm to car share
£8/ per person including refreshments

Hope we will see you at one of the above events – any details contact Tel: 01432 850371

Elizabeth Byworth Charity

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

Next meeting 13th June 2018

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

Westhide

Today we had our annual church tidy up and, guess what, the sun shone! Thanks to everyone who took part. The church and environs are almost free of ivy, candle wax has been banished and drain pipes painted. Wonderful!!!

Looking forward (and forgetting the dreary, wet weather of March) we will be having a Garden party (or Fete if you prefer) at The Brick House on Sat 7th July. Debbie and Ralph have kindly offered to host the event and I recommend a good look at the garden for inspiration. Further ahead, but still in July Bartestree Cross group will be holding the fifth Sunday service here. We plan to go down to Oldbury Farm (Rob's) for a short service and some refreshment thereafter - details to follow.

Sadly we are having to say goodbye to our curate Paul, Rosie and the boys as Paul takes up his new post in Bodenham. We feel we have prepared him well for this challenge and though we will miss them all wish them every blessing in their new parish.

Withington Group Parish Council

Withington Group Parish Council update from the March 2018 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 15th March. Eleven councillors were present and we discussed the following business:

We were delighted to meet PC Bart McDonagh, the local police officer for the Parishes, who came to introduce himself. Comments had been made to the Council that the newly cut hedges now let dogs get out of the 'dog walking' area. However, the PC felt that within a few weeks the hedges would grow and the gaps would be filled in, so they asked for dog walkers to just keep an eye on their dogs until this happens.

New web site: please do look at our new web site, <https://withingtongroupparishes.co.uk/>, it would be great if you would subscribe there, and you will then get updates from the PC.

Withington Group Parish Neighbourhood Plan: Your Village, Your Plan, Your Future :

The Parish Council approved the draft Neighbourhood Plan to go forward for Regulation 14, and it will be forwarded to Herefordshire Council to start this next phase.

The Draft Neighbourhood Plan v1.7 can be found at <https://withingtongroupparishes.co.uk/draft-neighbourhood-plan-v-1-7/>

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 Parish Council clerk know, and she can try to 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. The Annual Parish Meetings and the next scheduled Parish Council meeting is at 7pm on the 10th May. 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. They can be found at <https://withingtongroupparishes.co.uk/council-business/>

Thank you.

Mrs Sophie Glover, wgpcclerk@hotmail.co.uk

Images of Withington



Above: Withington War Memorial 1937



Withington, dated 1910 but possibly later. Source: *Hereford/Herefordshire Remembered*

Memories by Bryan Davies

LIVING IN THE 1500S



Life today can be tiresome despite all the modern aids we have to see us through our daily routines. Spare a thought however for those who lived over 500 years ago.

Most people got married in June because they took their yearly bath in May and they still smelled pretty good by June. However since they were starting to smell, brides carried a bouquet of flowers to hide the body odour. Hence the custom today of the bride carrying a bouquet.

Baths consisted of a big tub full of hot water. The man in the house had the privilege of the nice, clean water, followed by all the other men in the house, sons etc. They were followed by the women and finally the children. Last of all the babies were washed by which time the water was so dirty you could lose someone in it, hence the saying, 'Don't throw the baby out with the bathwater'.

Houses had thatched roofs-thick straw piled high with no wood underneath. It was the only place for animals to keep warm, so all cats, dogs, mice vermin etc., lived in the roof. When it rained it got wet and slippery and sometimes the animals would slip off the roof, hence the saying, 'It's raining cats and dogs'. There was nothing preventing anything from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could mess up your lovely, clean bed. Hence a bed with posts and a sheet over the top giving some protection. That's how four poster beds came in to existence. The floor was dirt. Only the wealthy had something other than dirt – hence the saying, 'Dirt poor'. The well off had slate floors that would get slippery in the winter when wet so they spread thresh (straw) on the floor to keep their footing. As the winter wore on they added more and more thresh until when you opened the door the thresh would start slipping outside, so they placed a piece of wood in the entrance way. Hence a threshold.

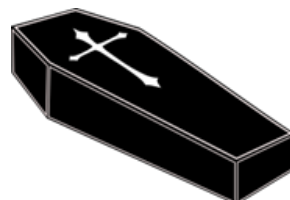
In those days they cooked in the kitchen with a large pot hanging over the fire. Every day they lit the fire and added things to the pot, mostly vegetables as meat wasn't readily available. They would eat the stew for dinner, leaving the remainder in the pot to get cold overnight and they would then start again the following day. Hence the rhyme, 'Pease porridge hot, peas porridge cold, peas porridge in the pot nine days old'.

Sometimes they would obtain pork which made them feel quite special. When visitors arrived they would hang up their bacon to show it off. It was a sign of wealth that a man could – bring home the bacon. They would cut off a little to share with guests and they would all sit around the table and, 'Chew the fat'.

Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach on to the food causing lead poisoning death. This happened mostly with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous. Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle and the guests got the top, or the 'Upper Crust'.

Lead cups were used to drink ale or whisky. The combination would sometimes knock the 'imbibers' out for a couple of days. Someone walking along the road would take them for dead and would prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather round and eat and drink waiting to see if they would wake up. Hence the custom of, 'Holding a Wake'. Folks would run out of burial space, so they would dig up coffins and would take the bones to a bone house and re-use the grave. When re-opening these coffins, one out of twenty five coffins had scratch marks on the inside and they realised that people had been buried alive, so then they would tie a string to the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night, (the graveyard shift) to listen for the bell; thus, 'Someone could be saved by the bell' or was considered a, 'Dead Ringer'.

Now that's the truth. Who said that history was boring!



Local History by Laureen Willmott

ANSWERS TO LOCAL QUIZ FEATURED IN THE MARCH/APRIL MAGAZINE—numbers are featured on the map

Where were the following: 1. Primrose Hill 2. Marsh top 3. Danes Hill 4. Schoolhouse field 5. Croose Hill 6. The Tump 7. Crift Ditch 8. Green Tree 9. Bird House Orchard 10. The common 11. Bearcroft Orchard 12. Honey Meadow 13. Rice orchard 14. Cow Pasture 15. Tea Field 16. Cock Down 17. Old Lands 18. Steed Meadow 19. Fish pool Hopyard 20. Portcullis 21. Donkey wood 22. Three Post offices



A Thank You to the Farmers

by Jan Millward



So many hate the farmers,
they don't like tractors on the roads,
especially those with trailers
and a slow and heavy load.

They moan about the cattle
they complain they hear them moo,
and phone up to say the bale stack
is blocking up their view.

But when the roads are icy
and then it starts to snow,
and they're stuck on hills and ditches
and can't get their car to go

The first one that they phone up
is the guy down on the farm,
they know he's got a tractor
and it can't do any harm.

And suddenly he's a hero
with a tractor and a rope,
the first one that they call out
when they cannot cope.

And he always takes the call out
he doesn't want your money,
he'll do his best to help you
I think it's rather funny.

Because they will soon forget him
when the snow has gone away,
and they're stuck behind his trailer
loaded up with hay.

Jan Millward©

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

Safer Neighbourhood Team

Dear all,

We write to inform you of changes to members of your Safer Neighbourhood Team.

PCSO Alex NUTHALL will be taking a new position at the end of March with a Worcester SNT. Alex has enjoyed his time with us here in Hereford and has engaged with the community, particularly youth groups. We wish Alex all the best in his new team!

PCSO Elena EKANITE will be on long term secondment from SNT but will be returning to us!

As a result of these changes, there may be a delay in receiving website updates, newsletters and direct responses but please be assured that every attempt will be made to minimise this from happening, however your patience at this time will be much appreciated.

Bart McDONAGH will remain the PC for the area and in due course will be joined by a PCSO.

For all non emergency reports please call 101. For all other enquiries please email herefordrn.snt@westmercia.pnn.police.uk

Lots of useful information can also be found on www.westmercia.police.co.uk The **contact us** page can be used for some reports and advice. A new link can also be found 'Right Service, First Time - Is It The Police I Need? Where you'll find lots of useful information.

Kind regards, **Hereford Rural North Safer Neighbourhood Team**
herefordrn.snt@westmercia.pnn.police.uk

101

Preston Wynne

PRESTON WYNNE NEWS May/June

Hello everyone,

Do hope you all survived the “Beast from the East” without mishap, either in the form of burst pipes or suffering from cabin fever. Our Village Hall didn’t fare so well with the pipes bursting in seven different places, resulting in a flooded kitchen and parts of the wooden floor in the main hall were affected too. Fortunately a passer-by alerted Pat that the alarm was sounding and she and Mike went down and averted even worse damage! We were worried initially that the hall would be out of action for the Good Friday Workshop but Pat managed to get a very good plumber almost immediately and once the plumbing was repaired and everything was dried out it is all workable. There is still much to be done but the hall is up and running.

Church News

First and foremost, great news, for those of you who haven’t already heard, our new vicar will be Paul Roberts. Paul, currently at Withington, who has a young family will be licensed on July 2nd and we very much look forward to welcoming him into our church in September.

The **Good Friday Workshop** was great. There were 10 tables of activities for the children, around 20 youngsters came along and the hall was a hive of activity and fun. After a snack of juice and hot cross buns Andrew Marson gave a little talk about the meaning of Easter then there was a lively rendition of “If I were a butterfly” with all the actions and the children went home with their mornings efforts including planted seeds, lovely Easter cards, bunny ears, painted eggs, decorated biscuits etc., and they even made “proper” hot cross buns kneading the dough themselves. We don’t know who enjoyed the morning most, the children, parents or helpers.....! A huge thank you to all who gave so generously towards their individual activities, not to mention their time, thought, and effort.

Services for May and June have not yet been finalised so watch out for a sign on the corner

A Big Breakfast is planned for Sunday May 13th from 10 am towards Church funds, do come along and enjoy a chat with your breakfast and then you can have the rest of the day free to mow the grass, read the papers, go for a walk or just chill, or all of the above.....? (No, we didn’t say go back to bed!)

Hall News

Bingo is held on the third Tuesday of each month eyes down 8.pm

Zumba is every Thursday at 9.45 to 10.30. No need to book, just turn up and pay on the day £5 per session.

The **St George’s Day Supper** will have come and gone before you read this so we’ll report on that next time.

W.I. News

March’s meeting “Create Beautiful Rugs from Rags” was good, and they certainly were beautiful, the evening was tinged with nostalgia for some of us as we remembered our parents sitting by the fire in the evening making rag rugs (not in the same league as these as I recall) but the old hooks which some members had brought along certainly evoked memories.

April will be an open meeting for “Autoharp and Dulcimer Delight” which should be lovely, and May will see us in the beautiful garden of member Debbie Barber at Westhide. June’s meeting will be another garden visit (got to make the most of the Summer after all that winter eh?) to Doveside Barn in Stoke Lacy. In addition some of us will be playing boules at Eardisley on May 10th – that should be fun!?!

Preston Wynne Cont.

Last but by no means least congratulations are due, if somewhat belatedly to 11 year old Charlotte Wilson from Preston Wynne. Last May, Charlotte who is a member of the North Hereford Pony Club was selected to be a member of a team of five chosen to represent England at Windsor International Horseshow.

The team won, and then went on to represent England again in Ireland in October when they again came first. Wow, well done Charlotte!

That's about it for now, see you in a couple of months,

Love Hilary and Tricia x

West Mercia Police

Project Begins Seeking Community Feedback on Local Policing

Communities across West Mercia are being asked for their views on local policing, with a new project from the Police and Crime Commissioner now underway.

Town and parish councils across Herefordshire, Shropshire, Telford & Wrekin and Worcestershire are being surveyed on a range of subjects, including the visibility of local policing, relationships with officers and local crime priorities. The survey is open now until the 6th of July 2018.

John Campion said: "I promised I would engage with our local communities and give them a strong voice on the issues that matter most to them. This project is one of the ways I am delivering on that promise and I hope as many councils as possible take part".

"Our town and parish councils are extremely well connected to the issues that matter most to the communities they serve. Their feedback on local policing and crime will help inform priorities for myself as well as our police force. It will also help identify where and how local police relationships are working well, or if they can be improved."

Links to the survey are being circulated by Associations of Local Councils. Postal versions are available on request from the PCC.

Herefordshire Heartstart

HEREFORDSHIRE HEARTSTART – LEARN THE SKILLS TO HELP SAVE A LIFE

Herefordshire Heartstart is a voluntary organisation, established in 1996 to teach the people of Herefordshire emergency life support skills. These skills are the actions needed to keep someone alive until the emergency services arrive. Our goal is to train as many people in Herefordshire as possible in basic emergency life support. Our instructors are volunteers from all walks of life, all with the same notion – to save lives. To date we have trained over 23,000 people of all age ranges and backgrounds. This year alone we have trained over 900 Herefordshire residents. When someone suffers a life threatening emergency their life may depend on a bystander. That bystander may be you! Would you know what to do? Our aim is to save lives in the community by strengthening the 'chain of survival'. Attending one of our free 2 hour courses teaches the skills you may need in an emergency situation. It could be one of the most valuable things you'll ever learn. Your skills may mean the difference between life and death to a friend or member of your family. Our courses are open to the general public however we also teach specific groups such as The WI, church groups, sports clubs and community groups. The courses are free but we do ask for donations at the end of the course. Our courses cover: how to call for

Herefordshire Heartstart cont.

help, dealing with an unconscious casualty, suspected heart attacks, choking, severe bleeding, how to administer CPR and the use of a defibrillator. They are suitable for everyone from the age of 10 up.

Our next courses take place in Stretton Sugwas on April 25th, Aston Ingham on April 26th and Wellington Village on May 7th. To book your place on any of these courses contact Sarah, our local coordinator, on 0845 60 60 654 or email info@herefordshireheartstart.co.uk. Courses can also be booked by local groups and organisations; get in touch on the above email.

For further information about Herefordshire Heartstart please look at our website

www.herefordshireheartstart.org or contact our coordinator.

Herefordshire Wildlife Trust

Visit: Red Squirrel Trip to Pumsaint, Mid Wales

Wed 16 May

9am-5pm

Exciting opportunity to visit the Pumsaint nature reserve where the Wildlife Trust of South and West Wales are supporting a colony of red squirrels. There will be an introductory talk about the squirrels and conservation methods followed by a talk on the pine martens which are also found on the reserve. The Forest Ranger Huw will give a guided walk around the site which has been managed for squirrels for many years. We will see pine marten boxes and hear about the pine martens that use them. If the weather is poor lunch can be eaten at the Coach house in Pumsaint.

Cost: £15 each

Booking: Places are limited so please email Liz Overstall at lizoverstall@gmail.com if you wish to book a place. The group plans to organise car sharing and will inform attendees about the meeting point and times. Bring a packed lunch and good walking shoes or boots. No dogs are permitted.

For more info about the project visit: <https://www.welshwildlife.org/living-landscapes/the-mid-wales-red-squirrel-project/>

Walk: Hereford City Forage Walk

Thurs 17 May

6pm meet, for a 6:15 start

Join expert forager and botanist Kerry Woodfield for an exciting circular foraging tour in the heart of Hereford. Meet at the main entrance to Hereford Cathedral, where Kerry will then lead us down through Castle Green, over the Victoria Bridge and follow the banks of the river Wye. Kerry will highlight the edible plant wonders on our doorstep, and share her top tips for successful foraging in the spring – you'll be amazed with what she has found on her ambles round the city. The walk will last approximately 1¼ hours, ending at the De Koffie Pot courtyard, where all are welcome to stay for refreshments. There is a steep gradient at the Victoria Bridge entrance to Castle Green but the remainder of the guided walk will be accessible for wheelchair users.

Cost: £2 members, £3 non-members

Book **Visit: Moccas Deer Park**

Wed 13 June

2.30pm

Summer visit to Moccas Deer Park by the Black Mountain branch of Herefordshire Wildlife Trust. The ancient trees host a large variety of epiphytic plants (plants that grow non-parasitically on other plants). More than 200 species of lichen have been recorded and a wide range of fungi grow in the forest and grassland, some of them very rare. The reserve is important for other invertebrate groups, particularly diptera (flies) of which nearly 1000 species have been recorded. Of particular importance are the endangered English assassin fly (*Empis limata*) and the Western wood-vase hoverfly (*Myolepta potens*), which has only been found at one other site in the UK. The open water on site supports a number of dragonflies and damselflies.

There have been 13 species of bat recorded in recent years, including the barbastelle, Bechstein's bat, brown long-eared bat, lesser horseshoe bat, noctule and soprano pipistrelle. Well-preserved features show evidence of habitation dating back to at least the Bronze Age. These include at least one Bronze Age round barrow, a Norman motte and bailey and an 18th century park wall and lime kiln.

Venue: Meet at the entrance to Moccas Deer Park, Moccas, Herefordshire.

Booking: Places are limited so please email Liz Overstall at lizoverstall@gmail.com if you wish to book a place and for information about the cost. The group plans to organise car sharing and will inform attendees about the meeting point and times. Bring a packed lunch and good walking shoes or boots. Please note that no dogs are permitted.

For more info about the project visit: <https://www.welshwildlife.org/living-landscapes/the-mid-wales-red-squirrel-project/>

Book your place online at www.herefordshirewt.org or call 01432 356872.

Nature



Although young birds in your garden being fed by attentive adults might look cute, life is far from easy for birds.

Baby birds are undeniably cute. With their unkempt, fluffy feathers and insistent, squeaky begging calls, they look very appealing to human eyes as well as to those of their parents.

Though things might look idyllic when you see young birds in your garden being fed by attentive adults, life is far from easy for birds. If an egg is incubated to the hatching stage - having avoided being eaten, chilled or damaged – the chick's first task is to break free of the shell. Inside the egg, the young bird develops an 'egg tooth' – a hard tip to the upper part of its beak which helps it emerge – but despite that, hatching is physically exhausting.

Birds have evolved different strategies to maximise the survival of their offspring. While songbirds emerge from their eggs in a blind, naked state, and are quite unable to do anything for themselves for several weeks, other species – primarily ducks, waders and gamebirds – are ready to go from hatching. These ground-dwelling birds need to be able to fend and feed for themselves. Though their parents care for them, all hatch with a covering of down which keeps them warm and camouflages them among the vegetation where they feed. It's crucial, as newly-hatched chicks are popular prey items for many predators, and time is of the essence - pheasant chicks are able to fly after only 12 days!

Leaving the nest is a hazardous time for all young birds. As well as learning to fly, birds must also learn how to feed and develop predator awareness – the price for not learning quickly enough is high. For some species, the act of leaving is especially dangerous in itself. Goldeneyes (diving ducks) lay their eggs in holes in trees (or in special nest boxes), rather like woodpeckers do. That works fine for the adult birds, which of course can fly in and out, but what happens when the ducklings hatch? Like all duck species, they need to get to water quickly to feed, so they are encouraged to literally 'take the plunge' by their mother and jump to the ground!

In most cases, the nest is a horrible, cramped, parasite-infested place – chicks must leave as soon as possible. Blue tits lay between 7-13 eggs so a nest box crammed with competing siblings must be a very unpleasant environment.

The reason blue tits have large broods is that the mortality of the young is high. Those that do make it to fledging (that is, leaving the nest and learning to fly) have to learn the ropes in order to survive – and fast. Only 37 per cent make it through their first year of life.

Similarly, young sparrow hawks quickly have to learn to hunt, or they face starvation. Two-thirds of the young birds that reach fledging die before the next spring.

Many birds are in such a hurry to leave their nests that they can't wait until they can fly properly. Young blackbirds regularly depart before being able to fly, though they are capable of hiding themselves from predators quite effectively. Tawny owlets do the same and can sometimes be found on the ground, apparently abandoned, but their sharp talons make them expert tree-climbers.

And, as if learning to fly and feed for yourself wasn't enough, if you are a young moorhen, you could rapidly be pressed into service by your parents to help rear their next brood!

Baby birds in your garden? It can be tempting to try to 'rescue' a baby bird apparently in trouble. Here are some things to remember:

- The adult birds are much more skilled at looking after their offspring than humans will ever be!
- It's very likely that the bird's parents are nearby, waiting for you to leave the area
- If the bird is in a very vulnerable position (for example, in the middle of the pavement), it's OK to move it somewhere safe nearby – perhaps from off the ground into a bush or tree where cats won't see it
- Watch from a safe distance to see what happens. If it really has been abandoned, contact our Wildlife Enquiries team for advice, but as the conservation organisation, the RSPB is not able to offer a rescue service. Tel: 01767 693690 between 9.00am - 5.15pm, Monday - Friday (not weekends or Bank Holidays).
- Try to avoid interference wherever possible. It really is best to leave baby birds alone.

Kiddies Corner

Making a weather diary.

The simplest way to make a weather diary is to make a chart and mark down the weather each day and keep track of it. Perhaps you could say what it's like in the morning and what it's like in the afternoon. Get your kids to go outside and say whether they think it's a warm day or not – would they need a jacket or not? Hats and scarves? Is it sunny, cloudy, rainy or windy? Or is it a mixture?

If your children are a little older and more able to do more in depth studies you could monitor and learn about:

- the temperature at different times of the day
- the rainfall – discuss how you could measure it
- the clouds you can see – perhaps even identifying them
- the wind speed and direction – learn about directions and how wind is formed
- air pressure – what effect does it have on weather
- sunrise and sunset time – seasons and how they happen

You don't need any special equipment, but a garden thermometer would be good to have or you could invest in an inexpensive weather station.

Other things you could do are:

Watch the weather reports in the morning and see if they turn out to be true or not.

Maybe you could see whether any old wives tales such as 'red sky at night, shepherds delight. Red sky in the morning, shepherds warning' come true. Another good one is that if all cows are laying down in a field it's going to rain.

Weather diaries are also great to add in to nature journals along with drawings of the weather.

All these things are great ways to get kids involved and learning about the science of our weather and also getting them outside more and being curious about how our planet works.





Weather This Week

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Paint On The Calling

our monthly weather!

This month is _____.

19						
18						
17						
16						
15						
14						
13						
12						
11						
10						
9						
8						
7						
6						
5						
4						
3						
2						
1						

This month was mostly _____.




There were _____ sunny days.

There were _____ cloudy days.

There were _____ snowy days.

There were _____ rainy days.

There were _____ stormy days.

There were _____ windy days.

Make your own weather chart - remember to allow for 31 days on a monthly chart!!

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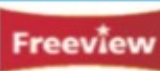
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