

Withington Parish Magazine



July and August 2023



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Editorial

Dear All,

As gardening seems to be suspended due to the granite hard soil from the lack of rain, I hope you enjoy reading several articles from readers. Thank you to our parishioners for their contribution.

The magazine is certainly attracting new businesses wishing to promote themselves, thus supporting the magazine. This month we welcome Kemble Care, the details of which are featured on page 13.

Enjoy the summer, the time is passing too fast!

Best wishes,

Margaret

DEADLINE FOR THE SEPTEMBER/OCTOBER 2023 EDITION OF THE MAGAZINE:

7TH AUGUST 2023

Email: withingtonmagazine@gmail.com

Tel: 01432

A Farewell to Rob & Margaret Soutar

Thank you and best wishes for the future, Rob & Margaret!

The Soutars have lived in Withington for around 50 years in three different houses in the village. Over that time they have taken on roles in all sorts of community activities and events and are known by many, many families.

Margaret has always involved herself in the life of the church, taking on numerous different responsibilities over time, and being a prime mover in its refurbishment in the last few years. She has also run mums and tots groups, involved herself in Withington School as a helper and friend, and previously as a governor. She has also been a Byworth Trustee for many years. For all these reasons she is well known and loved by generations of village children and families.

Rob has also involved himself in community activities, having served on the Parish Council and as chairman for several years. Rob recognised the need for the development of a decent playing field and sports area in the village and was instrumental in bringing to completion this wonderful playground with all its facilities and multi-use games area (sited next to the Village Hall). He has also served on the Village Hall committee, most recently as booking secretary.

So now we say thank you both for all your friendship and community spirit, and we wish you well as you move to a new home nearer some of your family.

We will miss you!

Withington Book Club

We decided to hold our most recent meeting on Zoom. We discussed, 'Everything, everything' by Nicola Yoon. A rather worrying tale of a teenager who had been kept in a sterile 'bubble' since she was young, having been diagnosed with a life threatening condition which could cause her to die if exposed to the outside world. Diagnosis was made by her mother, a doctor, following the sudden death of her father and brother in a road accident. Towards the end of the book, we discover that the mother has been suffering from psychological trauma relating to the accident and there was absolutely nothing wrong with the girl all the time. All those wasted years! Lots of sadness and coming to terms with things and a reasonably happy ending involving a bit of a love story for the girl. Hope that ended happily!

Our next books are 'Uncommon reader' by Alan Bennett and 'The Help' by Kathryn Stockett.

We are holding a summer barbecue, the planning for which sounds yummy and convivial. Should you wish to know more about our club, please find details in the contact number page in the newsletter.

Many thanks,

Sue.

Whitestone Baptist Chapel

On 7th.June 2022 we laid Michael Godson to rest at Weston Beggard with his parents. Michael was a faithful member of Whitestone Chapel for many years, riding his bicycle from Checkley, each Sunday and in all weathers. He diligently carried out many maintenance tasks at the Chapel and we miss him greatly not only for his invaluable commitment but also for his unique personality. We valued the time he shared with us.

July 2nd. Wendy Davidson.

July 9th. Rev. Dr. Michael Goodman.

July 16th. Rev. Ken Morey.

July 23rd. Rev. Lynne Davis.

July 30th. Catherine Young.

August 6th. Wendy Davidson.

August 13th. Jerry Tiffin.

August 20th. Rev. Ken Morey.

August 27th. Gary Tabener.

Withington Village Hall

We are pleased to report that we have a NEW BOOKING SECRETARY

Nicola Powders whose contact details are;

Telephone 07840777046

Email: wvh.bookings.hr1@gmail.com

Thank you to Rob Soutar for dealing with bookings over the last 3 years.

St. Peter's Church News

St Peter's Church Withington

Our new priest is the Revd Tiffany Jackson who comes to the Bartestree Cross Benefice from St Mary's Ross-on-Wye where she has been a curate for 3 years.

She will move to the Vicarage in Lugwardine with her husband Steve and her 5-year-old son, Liam, in October. She will be installed later in the year, provisionally the 7th November, though further details to confirm this will be announced nearer the time.

We look forward to welcoming her and her family to our benefice and for the enthusiasm and leadership that she will bring to our parishes.

Kevin Hewison

Churchwarden

Church Services in Withington and Westhide July & August

(Please check Church noticeboards nearer the service date in case of alterations)

Date	Withington	Westhide
Sunday 2 July		
Sunday 9 July	9.30am Holy Communion	11am Morning Prayer
Sunday 16 July	9.30am Holy Communion	
Sunday 23 July	4pm 4 th @4 Family Service	11am Holy Communion
Sunday 30 July	10am Joint Benefice Holy Communion	10am Joint Holy Communion In Withington
Sunday 6 August		
Sunday 13 August	9.30am Holy Communion	11am Morning Prayer
Sunday 20 August	9.30am Holy Communion	
Sunday 27 August	4pm 4 th @4 Family Service	11am Holy Communion

Climbing Kilimanjaro

Climbing Kilimanjaro has been on my bucket list for many years, dating back to my childhood in East Africa, but standing on the plains in Tanzania gazing up at the looming mountain we began to question our sanity. Spending seven days trekking uphill,



camping each night with minimal washing and toileting facilities and risking altitude sickness as we approached the summit started to seem like a crazy idea.



We began the ascent from Londorosi Gate, 2250 metres high, at the entrance to the Kilimanjaro national park.

From there we met our eight fellow trekkers and our support team of Tanzanian guides, cooks and porters. Over the next week we were to get to know each other surprisingly well, with the Tanzanian team being adept at spotting when anyone was struggling and always ready with encouragement. The Tanzanians taught us songs in Swahili, provided tea and snacks at crucial moments and helped those who were struggling with their packs. They were insistent that we walked slowly, 'Pole pole' in Swahili, in order to acclimatise gradually as we made the ascent without becoming ill with altitude sickness.

For the first two days we walked for about six to eight hours each day through low vegetation which gradually became more sparse. At night we camped overlooking the vast plains below and were surprised at how very cold the nights were. On the plain the temperature had been in the high 30s, but at night our campsites were below freezing, and we awoke to find frost on the ground.



Climbing Kilimanjaro Cont.

The third day saw us climbing the Barranco Wall, a huge slab of volcanic rock looming over the campsite. We were guided up the wall, boulder to boulder, by the guides.

Each day we did extra acclimatisation hikes, to try to prevent altitude sickness, and then descended to sleep at a slightly lower altitude. We had medical checks twice a day, which including monitoring our oxygen levels.

As we ascended the air became noticeably thinner and we became breathless on any extra exertion. The nights became colder and colder, and sleep was more difficult. The cooks continued to cook nourishing hot food for us and collected drinking water from streams which was then treated with purifying tablets.

Our summit climb started at midnight, after a 'breakfast' of porridge. Climbing in the dark with the huge starry skies above us was awesome, and seeing the beautiful African sunrise spreading across the horizon was stunning. After about eight hours of ascent we reached the rim of the crater and then hiked around the crater, admiring the remaining glaciers, to eventually reach the highest point at 5895metres.

The summit was cold and windy, the temperature about -15°C with windchill, and the air was very thin making walking difficult. We were delighted that the whole group reached the summit thanks to our wonderful support team, and of course many photos had to be taken, but we were relieved when we were able to descend again. We still had another 7 hours of hiking downhill to reach our next camp, but we all felt better as we descended and certainly well enough to celebrate that evening.



Steve and I would like to thank all those who supported us with this climb, and who helped raise funds for Muheza Hospice in Tanzania and St Michael's Hospice here in Herefordshire.

Thank you Clare for submitting this amazing article and many, many congratulations to you and Steve for your efforts in achieving your life time ambition at the same time as raising much needed funds.

We await future reports on your next adventures.....

Ed.

Reader's Corner

These are familiar sayings and their meaning. This selection of familiar sayings and their meaning is taken from Lock, Stock & Barrel published by Past Times (1998). With summer days, long evenings, Wimbledon, cricket and sport on TV, here are some words used in common parlance and their origin.

LOVE - Used in tennis/racket games LOVE means 'nil'. It is a pun on the French word *l'oeuf* meaning 'the egg': the shape represented by zero or nil

OUT FOR A DUCK - Similar to Love. A batsman in cricket who was out without scoring was originally 'out for a 'duck's egg' as it resembles a zero

KNUCKLING UNDER - These days knuckles mean finger joints. In earlier times it meant covering any bone that ended with a joint ending. It meant kneeling as a display of submission or defeat.

PUNDIT - This is another word brought back from India where a *pandit is a Hindu scholar* well versed in Sanskrit, law and ancient scriptures. In English the word has been adopted with a slightly modified spelling and applies to an 'expert 'in a particular field of scholarship.

CODSWALLOP - This is a fitting one to finish with. There are lot of pundits putting in their shillings worth, some are on the horns of a dilemma. some are lionized and some a laughing stock and may think they could do better as the pundit is talking **a load of old codswallop**. This is a disparaging term to dismiss an idea as nonsense. Over 100 years ago Codswallop was a newly invented soft drink (Hiram Codd). Wallop was a slang name for beer so Codd's wallop was a derogatory name given by beer drinkers to Mr Codd's mineral water

Chin Chin.. enjoy your Summer whatever you are drinking.

Guess who's coming to dinner

Stephen listened to a radio programme where celebrities chose an ideal dinner guest from the past. Some chose Churchill or Elvis. Stephen a successful businessman in his 60's, when asked by his wife who he'd invite said flippantly "Jesus."

Weeks later Stephen read a holiday postcard from his wife, enjoying a 'girls holiday' away. He went to bed and had the strangest dream.

He heard the voice of Jesus saying "Stephen I am coming to your house tomorrow"..

When Stephen woke up he got busy getting cleaners /gardeners to tidy his mansion.

"We have a special guest" he'd say." A meal fit for a king was ordered with catering service.

He heard a knock on the door. "That's Jesus" thought Stephen, excitedly opening the door. Two distraught children tears streaming down their faces cried out their predicament. "We can't find our mum and it's raining a downpour". "I'm sorry, too busy, try next door". They went back out into the downpour crying.

Mid afternoon and no guest. "Where is he?" thought Stephen. "Maybe he meant teatime. Whilst Stephen was looking out he could see a dishevelled looking man coming up his path. Stephen spoke through the letter box" I cannot come out. I've got Covid. Kindly get off my land. As the man departed Stephen cursed. We don't want his sort round here.

Now late evening but being summer it was still light. Stephen was greatly disappointed. "Perhaps he was coming for supper". Looking sadly out of the window he saw a fluorescent figure with white flowing hair in the twilight. "At last!". He opened the door, with a flourish to welcome Jesus. Big shock. Mrs Green's grandmother out wandering again very forgetful and confused. "Excuse me young man but what are you doing in my house? Out! Out! Oh I don't know where I am help, me please" "Impatiently he frogmarched her off his premises and pressed a button and the electronic gates shut. "Good now nobody can get into my house"

"I'm off to bed. For goodness sake it's midnight and Jesus still hasn't come."

In his dream he heard Jesus say "Stephen where are you?" "I am here Lord! I am not talking to you! You did not even have the decency to say you were not coming how rude." But "Stephen" Jesus replied patiently and with the sweetest voice ever heard. I came three times and three times you turned me away.

As you do unto the least of these my children you do unto me.

See someone being harassed?



Crimes and harmful behaviours, such as sexual harassment and hate crime, are significantly under reported. A key factor for this is the everyday nature of these crimes and incidents, and the fact that they have become deeply ingrained in our culture. These incidents pervade the lives of those who experience them, no matter the severity, and are also likely to escalate. However people are becoming more aware of these crimes and the long-term implications they have on victims and communities. The tide of acceptance is turning. We are encouraging people to ask others ‘are you okay?’ if they witness an incident and ultimately it is safe for them to do so. This simple action lets a victim know they are not alone and the perpetrator that you do not condone the harassment. If you witness someone being harassed on the street – whether they are being intimidated, shouted at, insulted, honked at, up-skirted, or are having offensive gestures or comments made towards them – when it is safe for you to do so, ask them if they are okay. This lets them know that you stand by them, empowers the victim to report and sends a message of intolerance towards the crime. In this way we can start to turn that culture of acceptance around. Street harassment often occurs in residential streets, on the bus, or in local parks and high streets when there are people around who may witness it. There are many reasons why they won’t intervene, particularly when in large groups. Termed the ‘bystander effect’ this occurs when the presence of others discourages an individual from intervening. The greater the number of bystanders, the less likely it is for any one of them to initiate help for a person in distress. Disrupting the escalation early by safely intervening makes it more difficult for discrimination, harassment and hate to flourish. Asking “are you okay?” when it is safe to do so is part of a delayed intervention and part of the “5D’s” methodology of bystander intervention. For more information about the “5Ds” methodology and how to safely intervene and prevent street harassment, visit [ourwatch.org.uk/street harassment](http://ourwatch.org.uk/street-harassment).

WANT TO LEARN MORE? We invite you to attend a free, hour long, expert-led, online webinar “Stand-Up against Street Harassment” bystander intervention training, delivered by the Suzy Lamplugh Trust, in partnership with L’Oreal Paris. This training is highly relevant as a bystander response to all forms of street harassment, including sexual harassment, disability harassment, harassment against men, ethnic minorities, marginalised groups, and all forms of hate crime, empowering the learner to know how to support someone who is being victimised. There is a selection of dates and times to choose from. The training is only one hour long so easy to fit it into a busy schedule. If you would like to attend this free training, please sign up today.

Bystander intervention is the term for witness action to defuse situations and make public spaces safer. The Stand-Up training (sponsored by L’Oréal Paris and delivered by Suzy Lamplugh Trust) focuses on the “5 D’s” intervention programme, originally pioneered by the international NGO Right to Be. It encourages those who witness harassment to act by:

- Distracting the perpetrator
- Delegating by asking for help
- Documenting the harassment
- Direct intervention by speaking up in the moment, and
- Delaying by checking to see if the person is okay

The programme drives awareness of street harassment with a call-to-action on a global scale. By opening the public’s eye to the scale of harassment that women in particular experience, Stand-Up aims to simultaneously discourage harassers, support victims and encourage bystanders to intervene with the aim to drive a cultural shift in the global response to street and public harassment. The training is open to everyone - action from people of all genders and ages is vital. Although there is a long way to go and it’s certainly not the only way to end harassment, given the primary responsibility lies with the harasser, not the harassed, bystander training can be a step towards supporting and empowering victims of, and witnesses to, street harassment.

Hello Everyone,

We do hope you are enjoying the Summer now it has finally arrived. As we write it will soon be the longest day...a scary thought since it means that after that the days will begin to shorten obvs!! Talk about life flashing before our very eyes! (on that note anyone started their Christmas shopping yet? Check under Hall News..) Don't you think though that this year the blossom is phenomenal? It was predicted to be, due to the very wet conditions over a prolonged period of time early in the year, there you are, every day's a school day.

Church News

SATURDAY 8TH JULY at 4.pm PIZZA SERVICE for families

SUNDAY 23RD JULY 11.15 am H.C.

SUNDAY 30TH JULY 10. 00 am GROUP SERVICE

SATURDAY 12th AUGUST at 4 pm. PIZZA SERVICE for families

SUNDAY 26th AUGUST 11.15 AM H.C.

The Knitted Bible Exhibition held in Bodenham Church from 25h May to June 7th was amazing. Visitors came from far and wide to see the very cleverly depicted bible scenes and enjoy the refreshments available. Around 1,000 people took advantage of the opportunity to view this Exhibition which had been brought down by van from the North. Thanks are due to everyone who helped to make this such a successful event.

Hall News

Dates for your Diary:

QUIZ EVENING PUB NIGHT (With Licensed Bar) £5 to include Supper Saturday 12th August 7.30 to start quizzing at 8 pm.

CARPET BOWLING AND PUB GAMES (With Bar) Saturday September 9th at 7.30 pm

CHRISTMAS BAZAAR Saturday 11th November 10.am til 1.pm

CHRISTMAS LUNCH 3RD December 12.30

The Coronation Tea Party was a lovely event attended by about 60 people, it was a great chance to celebrate the crowning of our new King together. There were some great cakes entered into the cake competition. The winner was Ian Balchin, congratulations Ian.

We are looking forward to the Pimms and Pudding evening on 24th June, diets to be resumed on 25th...

W.I. News

The July meeting on 12th will be a visit to Byecroft Garden, a new and delightful garden created by retired nursery owners Sue and Peter Russell.

The August meeting on 9th will be a talk on Guide Dogs given by Jean Emberlin..

The September meeting on 13th will be an Open Evening featuring "**Sounds Familiar**" a very talented musical trio £5 to non members to include supper.

Preston Wynne Cont.

Visitors are most welcome to any of these meetings, for more info please contact Hilary on 01432 820625 or Tricia on 820650.

Finally, congratulations to Paige Maund Morris, and Richard Greenow on the occasion of their marriage in Preston Wynne Church on Friday 2nd June. We wish them both a long and happy life together.

That's about it for now,

With love,

Hilary and Tricia x

Westhide

No doubt the good news will have spread through by now that a new incumbent has been appointed for our 5 parishes. Her name is Tiffany Jackson, she has a husband and a 5yr old son. She is at present a curate in Ross and is to be installed on Tuesday 7th November at 7pm. We much look forward to welcoming them all.

Congratulations to Jo for having the guts and stamina to take part in and complete the 100 mile Bike Ride in aid of MacMillan nurses. We are full of admiration.

A 'Tidy up' day is planned for Aug 31st when the Church and Churchyard will be given a good clean and clear up. If you are able to spare an hour or so to lend a hand it would be much appreciated. There will be a list of jobs to be done in the Church porch. Also the mowing / strimming stalwarts tell me they could do with some help! Please contact Ralph Barber or Steve Scotcher.



H.Art week is from 2nd-10th Sept. Ralph and Debbie will be exhibiting at Brick House and Robin, Rachel Fenton, Jane Headlam and Gill Curtis at the Glebe. There will be a table of "goodies" as well as tea and cakes in aid of the Church.

The Pax Singers return to entertain us with a Concert on Sept 23rd at 7.30pm.

Enjoy the Summer Sunshine, holidays and the peaceful beauty of Herefordshire.

WATER SAFETY.



As the nicer weather is approaching and the Hereford Rural North policing area having several locations with rivers, here is a reminder around staying safe around water.

- Don't jump or dive into open water; submerged objects such as rocks may not be visible and can cause serious injuries
- Never swim in open water when there are no life-guards present
- Be aware that there may be strong currents, even where the water surface appears calm
- Weirs, locks, pipes and sluices are especially dangerous
- Take note of warning signs, safety information or flags near the water's edge
- Water can be very cold even in summer, causing cramp and breathing difficulties – these can affect even the strongest swimmer
- Get out of the water as soon as you start to feel cold
- Keep away from the river's edge and closely supervise young children at all times
- Wear the recommended safety equipment for your activity, e.g. life jackets/helmets
- Be warned: airbeds, etc. can be carried into deep water and may not keep you afloat
- Always wear a life-jacket or other buoyancy aid for water-side activities such as angling or boating
- Alcohol may impair your ability and judgment; never go swimming under the influence of alcohol
- Teach children to swim and not to go into the water alone.

As tempting as it may be to cool off in our rivers, lakes and reservoirs, they hide hidden dangers and strong under currents. **DON'T BE TEMPTED TO JUMP IN.** Please stay safe and have someone with you so they can help if you do get into difficulty

Contact Details

Byworth Trust Clerk:	Margaret Soutar	850448
Police:	Safer Neighbourhood Team PC Josh Kitchen	07773053436
St. Peters Church:	Rector	
	Church Warden	Kevin Hewison 850074
	Bell Ringing	Kevin Hewison 850074
	Secretary	June Wynter 851677
Village Hall:	Chairman	Kevin Hewison 850074
	Booking Secretary	
WG Parish Council:	Clerk	Sophie Glover 270499
	Chairman	Kevin Hewison 850074
	Vice-Chair	Judith Howe 850117
Whitestone Chapel	Ian Porter	01981 540388
Withington Book Club	Susan Patmore	851710
Withington Football Club:	Ray Rice	850669
Withington Post Office:		850356
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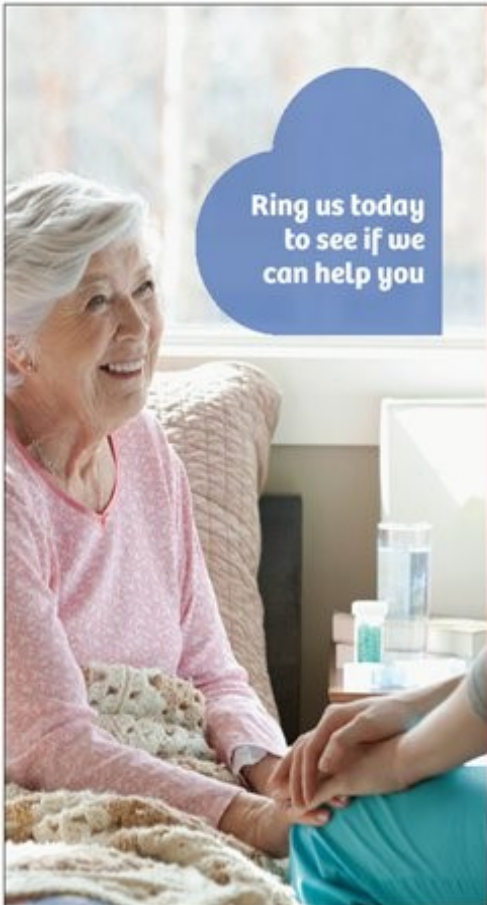
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Freshly prepared breakfasts and lunches, to cakes and scones, everything is made from scratch using the best of fresh local seasonal produce.

- **We will specialize in delicious, rustic homemade food cooked well and with a simplicity that brings out all the natural flavours in fresh seasonal ingredients.**
- **We are going back to our traditional Sunday lunches.**
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- **Cookery demonstrations.**
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- **The atmosphere is friendly, relaxed and informal, with free Wi-Fi.**
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We are really looking forward to welcoming you back to our Mulberry Cafe in 2021.

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