

WITHINGTON PARISH MAGAZINE



NOVEMBER & DECEMBER 2024



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Contents

Page	4	Book Club & Withington Tree Warden	10	Hereford & Worcester NHS
	5	Whitestone Baptist Chapel , Village Hall	10,11	Neighbourhood Matters
	6,7	St. Peter's Church	11	Hereford Food Bank
	8	Preston Wynne	11	Neighbourhood Watch
	9	Westhide & Contact Details	2,12-20	Adverts

Editorial

Welcome to our new advertisers, a Mobile Hairdresser, **Logs for Sale** and **Character and Country** (see pages 12 & 13). As always, if possible please contact our advertisers and state that you have seen their advert in the Withington magazine as their financial contribution ensures that we can continue to provide a free magazine.

Thank you to everyone that provides editorial for the magazine including book keeping services and delivering the magazines, your help is greatly appreciated.

A special request that in the long dark days of winter that we look after the vulnerable and if possible spend time just to say 'hello' as this is the only contact that some may have.

A timely reminder that if people are lighting fireworks to let people know in advance, this avoids a lot of angst and helps to protect much loved pets.

Have a wonderful festive season - where has 2024 gone?

Best wishes, *Margaret*

THE FIREWORK CODE

- Do not buy fireworks from UNLICENCED retailers - they may be unsafe and illegal.
- Only buy fireworks that comply with current safety standards.
- Always keep fireworks in a closed box (take them out one at a time and close the box).
- Never put fireworks in your pocket.
- Be considerate, let your neighbours know you will be having a display.
- Avoid setting fireworks off late at night, particularly if it is a school night.
- Ensure your pets are safe.
- Carefully follow the instructions on EACH firework.
- Never go back to a lit firework unless the instructions advise otherwise.
- Never throw fireworks; it is dangerous.
- Light fireworks one at a time, at the end of the fuse and at arm's length.
- Light sparklers one at a time and wear suitable gloves, even when lighting them.
- Never give sparklers to a child under the age of 5.
- Never throw spent fireworks on a bonfire.
- Keep a bucket of water nearby,
- Check the bonfire for hedgehogs and light one side only to enable hogs to escape.

STAY SAFE, BE CONSIDERATE, AND DON'T BECOME A NUISANCE.

Withington Book Club

Firstly, every good wish to the book club which the Rev. Tiffany has just started. Perhaps we can get together and share a book before too long.

Meanwhile, we recently read *Brother of the more famous Jack* by Barbara Trapido. Recently a Radio 4 book at bedtime, we enjoyed a lively discussion concerning family life and its complexities.

Our next books will be - *Yellowface* by Rebecca F. Kuang and *Snowdrops* by A.D. Miller.

At our last meeting, we celebrated our fifth birthday. Thank you to all those stalwarts who continue to support the group.

Sue

Withington Tree Warden

Ash Dieback in Withington Copse

What is Ash Dieback?

Ash trees are common in woodland and non-woodland settings. They make up 12% of Great Britain's broadleaved woodland and are present in the Copse, behind the village hall, in Withington.

Ash dieback is fungal disease affecting the common ash tree (*Fraxinus excelsior*) and other *Fraxinus* species. It is caused by a fungus called *Hymenoscyphus fraxineus* which is native to eastern Asia. The disease was first identified in England in 2012, although research has shown that it is likely to have been present since at least 2005.

Most parts of the country are now experiencing the impacts of ash dieback. The disease is causing widespread decline of ash trees in some areas and this is expected to continue. It is likely that the majority of our native ash trees will exhibit symptoms of ash dieback, but not all that do will die. A small percentage of ash trees will have a degree of tolerance to the disease and others will exist in locations where they escape the worst impacts.

Infection can lead to leaf loss and dead branches throughout the crown of ash trees, and clumps of new growth towards the centre of the crown.

In areas of high infection, the fungus can cause lesions at the base of the tree, making it more susceptible to secondary infections, such as by *Armillaria* fungi.

Unfortunately, some of our ash trees in The Copse are showing symptoms of the disease.

What we are planning to do:

We have identified some dead branches which need to be removed as there is a risk that they may fall, causing damage to other trees. This work has been agreed by the Parish Council and will be going ahead shortly. The footpath through the Copse will be closed while the work is being carried out. Once dead branches and trees have been removed, they will be chipped, where possible and the chippings used on the footpath. Any thing that is too big to chip will be left stacked in piles as wild life habitat.

In the meantime, the path will remain open, but we ask everyone passing through the Copse to be vigilant. Exploring the wood, and especially climbing trees, should be avoided at present.

If you have any issues or concerns, please contact the Parish Clerk at:
clerk@withingtongroupparishcouncil.gov.uk

Whitestone Baptist Chapel

I hope everyone is staying dry but so sorry for the people in St. Peter's Fields and the cottage next to the Chapel who were flooded. The Chapel was surrounded by mud but thankfully not inside.

We are starting Bible Study classes on the third Monday of the month, starting at 2.00 p.m. Everyone is welcome to join us in the Chapel.

All Services each Sunday at 11.00 a. m.

Sunday November 2nd. and Communion. Wendy Davidson.

Sunday November 10th. Rev. Dr. Michael Goodman.

Sunday November 17th. Rev. Ken Morey.

Sunday November 24th. Rev. Ann Stevenson.

Sunday December 1st. and Communion. Wendy Davidson.

Sunday December 8th. Rev. Dr. Michael Goodman.

Sunday December 15th. Rev. Ken Morey.

Sunday December 22nd. Carol Service followed by mince pies.

Sunday December 29th. Norman Moon.

Withington Parish Hall

Booking enquiries please email:

wvh.bookings.hr1@gmail.com



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light refreshments will be served from 10.30am.

St Peter's Church News

Vicar's note:

One of my favourite things to do in the autumn is to go pumpkin picking. It's always a fun family day out which can only happen once a year. It's interesting to people-watch at the pumpkin patch too. There are children choosing giant pumpkins which they couldn't possibly carry. There is the parent who has been laden with everyone else's pumpkins. Then there are the wise, usually older people who choose small pumpkins or no pumpkins at all and just enjoy the day. It's actually quite descriptive of this autumn season. There will be some of us who with the start of the school year have taken on too much - too many projects, committees, responsibilities, etc. Then there will be those who are burdened with things not of their own choosing. A lucky few may have the opportunity to sit and appreciate the season.

Jesus once said, 'Come to me, all you that are weary and carrying heavy burdens, and I will give you rest. Take my yoke upon you....for my yoke is easy and my burden is light.' (Matthew 11:28-30) The thing that I appreciate about these verses is that it doesn't deny that we will have to carry things, but it makes the carrying easier. Like the precious wheelbarrow at the pumpkin patch, Jesus can help us. He can help us to sort through what are the burdens we should be carrying and what we can put to the side. He can sustain us, energize us, comfort us as we carry that which we do need to carry. Whatever your October looks like, may you feel the presence of Jesus carrying you through it, as you carry the roles and responsibilities to which you are called.

- Tiffany

Services in Withington:

- 10 **November**- Remembrance Sunday 10:45 in Lugwardine
- 11 November- 11am- Act of Remembrance at the War Memorial in Withington
- 17 November- 9:30am Communion @ Withington
- 24 November- 4pm Family Service
- 8 **December**- 9:30am Communion
- 15 December- 9:30am Communion
- 22 December- 4pm Pop-up Nativity Play- all welcome!
- 24 December- 11:30pm Midnight Mass

Services in Westhide:

- 10 **November**- Remembrance Sunday 10:45 in Lugwardine
- 10 November- 5pm Evening Service
- 24 November- 11am Communion
- 8 **December**- 5pm Evening Prayer
- 22 December- 6:30pm Carol Service
- 25 December- 10:30am Christmas Day Service

Children and Youth Events:

- Thursday, 14 November 7-8:30 Zoom youth group
- Sunday, 24 November 5-6pm Emerge Youth Group Christmas Party (year 6 and above) @Withington
- Pizza Club (ages 7-11)- Nov 21 4:30-6pm @ Sutton Village Hall

DEADLINE FOR THE JANUARY/FEBRUARY 2025 EDITION OF THE MAGAZINE:

7TH DECEMBER 2024

Email: withingtonmagazine@gmail.com

Tel: 01432 850182

St. Peter's Continued.

St Peter's Withington

Look out for more details later about this event!



Hereford Church Singers are to visit us, probably in early December.

They will be singing a mixture of Advent Carols in different styles and probably some upbeat numbers too!

And there will also be a chance for some audience participation.

*******Followed as usual by our famous refreshments!*******

Our Macmillan Event on 27th September.....

Great News!

We took **£400** in donations for the coffee/tea, cakes and Bring & Buy, plus Guess the weight of the cake (kindly donated by Pat) and other games, and Sandra topped that by raising a **BRILLIANT £446** for her October weekly cake raffles etc. **So that comes to £846!** Which is our record, over the very many years that "Friends of Withington Church" have organised the event in the Village Hall.

Serena also ran a Macmillan event in the village throughout the day, in the Village Stores, and also raised a wonderful sum for Macmillan Cancer Care. She has kindly partnered with us to get match funding for a proportion of our £846, which should, if confirmed, take our own total up to **£1,146!**

Thank you so much, Withington!

Sandra obtained donations of cake ingredients for her weekly October cake raffles from Waitrose, Tesco's, Asda, Cherries & Berries and The Grape Tree. And sufficient eggs for the month from a kind villager, Joyce.

We have had so much help from so many people, but hasn't it been worth it!!

Ruth Hewison



The Final Big Breakfast! Book the Date!

**There will be a special final Big Breakfast in the Village Hall.
..... Saturday 7th December. 8.30 till 10am**

As usual, all proceeds to Charity –
half to The Teddy Trust and half to St Peter's Church, Withington
(Teddy Trust – teddies sent to children in war-torn countries of the world)

******* Special Christmas Hamper Raffle and other prizes *******

Preston Wynne

Hello Everyone,

We can hardly believe that this edition is the Christmas one, although the shops and adverts on telly would make you believe it's next week! We hope you have all remained unscathed through the dreadful rainstorms and local flooding. Let's hope we have a quiet and colourful Autumn, and can now enjoy the run up to Christmas.

Church News

10th November 9.30 am Family Service

24th November 11.15 am Remembrance Service

8th December 9.30 am Family Service

15th December 11.15 am Carol Service

Sunday 15th December **Christmas Lunch** in the Hall 12.15 for 12.30 pm.

The Harvest Festival in the Church on September 22nd was well attended as was the Harvest Supper on Saturday 28th September. Thanks to everyone who contributed to the Supper and helped to make the evening such a success.

The 100 Club Autumn draw took place at the Supper, lucky winners were;

1st Prize £50. No. 97 Tricia Coney

2nd £25 8 Jenni Maund

3rd £12.50 6 Amelia and Will Ford

Hall News

Saturday 26th October in the Hall BIG BREAKFAST 9.30 - 11.30 am. No need to book, just drop in for an excellent full English.

CHRISTMAS BAZAAR Saturday 23rd November 10 am - 1.00 pm, light lunches, many lovely stalls and ideas for presents etc.

Pub night was great fun with carpet bowls, darts and traditional pub games with excellent burgers and hot dogs on offer.

And finally... A very warm welcome to new Preston Wynners at the Meadows, we hope you will be very happy in your new home.

Congratulations to;

Sam and Avril on the birth of your baby Granddaughter

Ben Simpkin on passing his BEng (Hons) Food Engineering at Harper Adams University. Pat and Mike had a wonderful day at his Graduation Ceremony.

Will Ford for gaining his Gas Engineering Certification.

REMINDER - YOU CAN NOW READ THE MAGAZINE 'ONLINE'.

If you are unable to obtain paper copies of the magazine please go to the Group Parish Website to read it. You will find the magazine under the 'Newsletter' section

<https://withingtongroupparishcouncil.gov.uk>

Westhide

Autumn seems to have arrived quickly this year, with a sudden change from late summer sunshine to wild and wet storms causing flooding and damage. The Back to School Pool Party in September narrowly escaped some impressive thunder and lightning and it seems to have rained ever since. Congratulations to those intrepid children and their long-suffering parents who braved a cold dip at the party, and a special welcome to young Ronnie Price who made his first Westhide public appearance aged less than 2 weeks old.

September also saw a wonderful H Art exhibition held by Debbie and Ralph Barber. Ralph was exhibiting his glass creations and Debbie her amazing woven baskets. Impressively, Debbie grows many of the raw materials in her garden. Westhide gardens also grow a lot of apples, as witnessed at the Harvest Festival in late September when the church was stunningly decorated with flowers and produce. In previous years we have sometimes had mountains of conkers on every surface positioned gleefully by the children, but this year it was definitely apples that took centre stage.

We have been sorry to say goodbye to Mike and Gill who left the village after almost 40 years at the Old Vicarage. They played a significant part in village life, including winding the church clock and mowing the churchyard, and were supportive friends to many in the village. They will be missed, but as they are not moving too far away we hope we will be able to lure them back occasionally. We welcome Jo and Charles and any others who have recently moved into the village. The village WhatsApp is a good source of information, as well as being useful for lost parcels and pets.

On October 3rd Robin Peers held an Art Exhibition in Westhide. As well as his own work there were other exhibits including paintings by Jan Studerus, Steph Hinton, Jenny Barnes and Tom Scotcher, and baskets by Debbie Barber. There were also patchwork quilts made by Gill Rowlatt and crafts and calligraphy by Sheila Peers. Sheila and helpers provided refreshments, and the weather was so beautiful that visitors sat in the sunny garden to enjoy the delicious cream teas. It was all such a treat on an October afternoon!

Looking towards Christmas, there are plans for an informal, family carol service on Sunday 22nd December at 6.30pm. It will be child friendly and hopefully fun. On Christmas Eve the annual Westhide Carol Singing will take place. For several decades this has started at Oldbury Farm with singers gathering there for damson wine and sausage rolls, but with all the ongoing building works at Oldbury it may be necessary to change the starting venue this year. Details will be on the village Whatsapp. Don't forget torches.

We hope that the weather this winter will not be too harsh. For those who struggle to get out of the village when the roads are icy, please let others help with shopping and transport. Perhaps we will have a white Westhide Christmas this year. Wishing everyone a very happy Christmas and a new year full of opportunities.

Contact Details

Byworth Trust Clerk:	Tim Dutton	07730652209
Police:	Safer Neighbourhood Team	PC Josh Kitchen
St. Peters Church:	Rector	Rev'd Tiffany Jackson
	Church Warden	Kevin Hewison
	Bell Ringing	Kevin Hewison
	Secretary	June Wynter
Village Hall:	Chairman	Kevin Hewison
	Booking Secretary	Nicki Powders
WG Parish Council:	Clerk	Sophie Glover
	Chairman	Kevin Hewison
	Vice-Chair	Judith Howe
Whitestone Chapel	Ian Porter	01981 540388
Withington Book Club	Susan Patmore	851710
Withington Post Office:		850356
Withington Primary School:	Sarah Houchen	850289
Withington Parish Magazine:	Editor	Margaret Thompson
		850182

Herefordshire & Worcestershire NHS

Think “Pharmacy First”! Herefordshire and Worcestershire NHS Community pharmacies

In a national poll earlier this year 75% of people said they wanted to see pharmacies offering more healthcare services such as treating sore throats and urinary tract infections, and now they are! Government and the NHS have backed pharmacists to provide a new NHS ‘**Pharmacy First**’ service to give people more choice about their healthcare.

Open long hours when other health care professionals are unavailable pharmacies are helpful to all people who may live in towns or the more rural parts of Herefordshire and Worcestershire.

The NHS **Pharmacy First** service allows pharmacists to provide advice and where appropriate, supply NHS medicines for the following conditions:

- Earache (aged 1 to 17 years)
- Impetigo (aged 1 year and over)
- Infected insect bites (aged 1 year and over)
- Shingles (aged 18 years and over)
- Sinusitis (aged 12 years and over)
- Sore throats (aged 5 years and over)
- Urinary tract infections (UTIs) in women (aged 16 to 64 years)

If you have symptoms that suggest you may have one of these conditions, you can walk into a pharmacy and be offered a consultation with a pharmacist in a private consultation room.

How do I find a pharmacy for these new services?

To find a pharmacy convenient for you including if you would like to have a free **Blood pressure check** (for people over 40 years - it's important to Know your Numbers!) or **Contraception services** please use this link or ask in any pharmacy: <https://www.nhs.uk/nhs-services/prescriptions-and-pharmacies>

Neighbourhood Matters

A team of West Mercia Police officers have overcome obstacles to complete an intrepid adventure to deliver reconditioned fire engines and ambulances to The Gambia.

Inspector Dan Poucher, Police Sergeants Rob ‘Swoosh’ Seewoosaha and Kayley Perkins, together with Police Constables Chris Fowler and Danny Evans, were among those who drove disused vehicles procured by the Emergency Services Aid Charity to complete the 3,000 mile journey.

They joined a group of 65 volunteers in a convoy of 20 fire engines and ambulances travelling across Spain and Gibraltar, then via ferry to Morocco, before driving through Western Sahara, Mauritania, Senegal and finally The Gambia.

The team departed Defford, Worcestershire, on 12 September to deliver the vital reconditioned unused vehicles to the African country but it was not all plain sailing as the convoy were held up by Moroccan Customs who would not let them out of the Tanger Med port for three days while paperwork was sorted which put them behind schedule.

The vehicles then got stuck in mud when a thunderstorm washed the road away as they approached the Senegalese border from Mauritania. However, they battled on to make the time back that they lost in Tanger Med and after the quagmire put them back by two days.

Read more <https://www.westmercia.police.uk/news/west-mercia/news/2024/october/officers-complete-charity-mission-delivering-emergency-vehicles-to-the-gambia/>

Hereford Food Bank

Nearly 3 million people used a Food Bank in the UK during 2023. With the ongoing demand some food banks have literally ran out of food in parts of England.

By the end of August Hereford Food Bank had supported 2,933 people with 7 day emergency parcels in 2024. Besides food the parcels include basic household and toiletries, such as shampoo, razors, and laundry powder. On occasions vouchers are issued to enable specific food items to be purchased directly such as a brand of baby milk. We have worked closely with local government so we have been able to issue energy vouchers as required.

September has already been a busy month and we anticipate getting busier as winter arrives, and fuel usage and costs increase.

The Top 3 referral agencies in 2024 have been Housing Associations, Adult Social Services and Children and Young People Social Services, but we continue to receive referrals from a wide range of sources, including CAB, schools, local councillors, probation services and clergy.

We were delighted that Harvest was a busy time with lots of donations from schools, churches, and other organisations so that we were able to build up our stock of food to be distributed.

As Christmas approaches, we would value bespoke Christmassy donations. From experience demand is high in the 2 weeks before the school holidays and then slows, so please put things in the supermarket collection points during the first 2 weeks of December. Please make sure any Christmas puddings are alcohol free, as we have a strict no alcohol policy in our food parcels.

Remember Mince pies are great before Christmas!!

Thank you for your ongoing support.

June Wynter, (Team leader Donations)

Neighbourhood Matters

As we enter the autumn and winter months, the days are getting shorter and the dark evenings creeping in earlier, which can cause increased anxieties for women who may feel unsafe or vulnerable within their own neighbourhoods, particularly while having to walk to or from home in the dark. In fact, the ONS recorded that 50% of women felt 'very or fairly unsafe' both in the quiet streets near their home, as well as 48% when using public transport alone, whilst a staggering 82% felt unsafe in public parks or open spaces after dark. Alongside feeling more at risk in public places, this can lead to isolation as many women limit their normal activities such as meeting friends or exercising outside in the evenings. Background to a new initiative following the abduction and murder of Sarah Everard in 2021, an initiative called 'Walk and Talk' was implemented across the Metropolitan Police, with the aim of building safer communities for women and girls, and re building trust with our local police forces. The initiative invites women who are over 18 to meet with a local officer and walk through their area, highlighting what might make them feel unsafe or vulnerable in their communities. Concerns might range from poor street lighting to harassment and intimidation. Since it was introduced in London, several other police forces have adopted the initiative, including Avon and Somerset, West Yorkshire, and Devon and Cornwall. It has been highly successful and led to more forces bringing it on board. If you'd like to feel safer, you might want to ask your Safer Neighbourhood Team if they are running a 'Walk and Talk' scheme or prompting them to do so. There are also a range of personal safety smart phone apps on the market such as Auggie Personal Safety (designed for those with low levels of vision) Hollie Guard, WalkSafe, Railway Guardian, bSafe.

Neighbourhood Watch

As the darker nights draw in, we turn our focus towards home security, and how we can all take steps to protect our homes against burglary. Want to protect your home? Think **WIDE(N)**: Windows, Interior, Doors, Exterior, (Neighbours) to have the best possible protection against burglary. Research shows that a combination of security actions provides up to 50 times more protection for your home versus no security. A combination of WIDE(N) actions is the most effective and recommended by police throughout the country. Additionally, at Neighbourhood Watch, we believe neighbours keeping an eye out for each other is also key to preventing burglary. As with all types of crime, prevention is much better than cure. Taking simple measures, such as locking your windows, leaving indoor lights on a timer, double or deadlocking your doors, and having exterior lights on sensors, can significantly reduce your chances of being burgled.

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Contact

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mental health
in the farming
community within
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How can we help?

24 Hour Support Line:

We run a **FREE 24 hour Support Line 7 days a week** for farmers and their families within Herefordshire who are feeling distressed and need someone to talk to anonymously.

Counselling:

We provide **fully funded counselling** to anyone in the Herefordshire farming community who may be in emotional distress.

Training:

We offer **FREE mental health awareness training** to anyone living or working in or with the farming community in Herefordshire.

Social Events:

We run a series of **FREE social events** throughout the year to break the isolation often felt by the farming community in Herefordshire.

Befriending:

Befriending volunteers offer companionship and support to people who are isolated and lonely – they may visit you at home and/or phone for a regular chat. A befriender can offer conversation and a listening ear to those that need it.

Call our Support Line:

0808 802 0070

Or text:

07786 203 130

General enquiries: wearefarmingminds@gmail.com

www.wearefarmingminds.co.uk



*'Taking the bull by the horns'
to tackle Mental Health in
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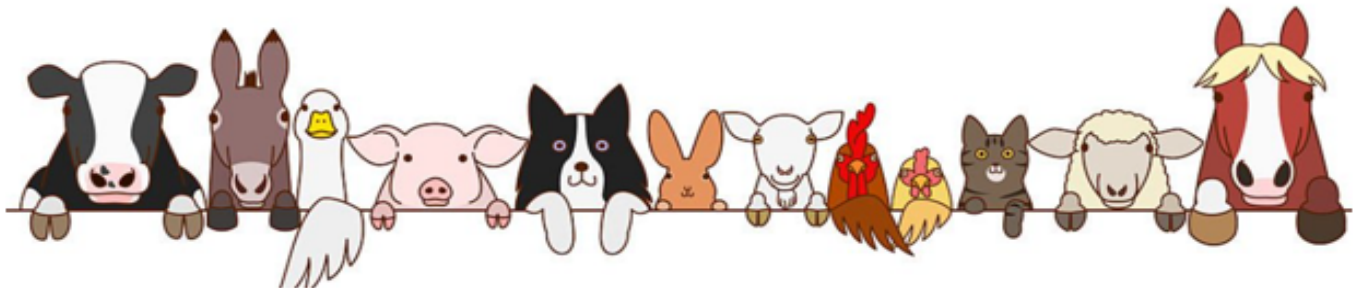
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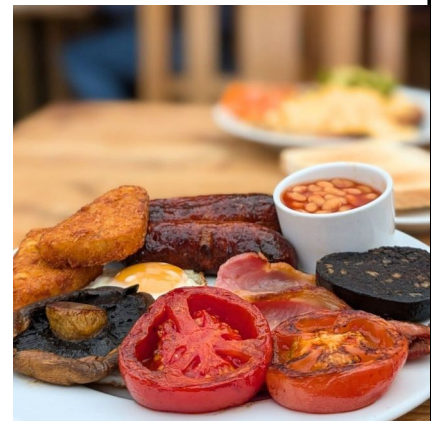
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