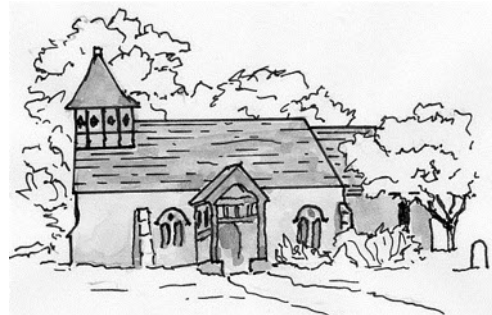
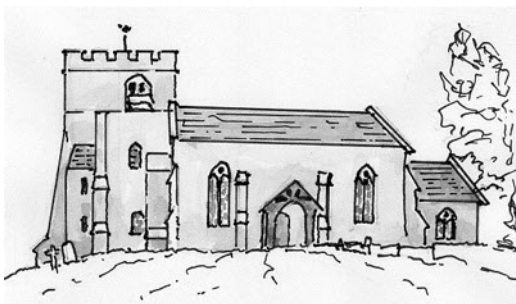


Frome Valley News

The Parish Magazine for Acton Beauchamp, Bishops Frome, Castle Frome, Evesbatch, Fromes Hill, Much Cowarne, Ocle Pychard & Stanford Bishop.



November 2023



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Editorial:

If you lose your paper copy of the newsletter It's always available on the website where it can be seen in full colour. It can also be emailed to you.

I always acknowledge receipt of emails - if I don't please send to Parish office as I have had some email issues.

e-mail:

f r o m e v a l l e y @ i c l o u d . c o m

www.fromevalleychurches.org.uk

Sarah email

fromenews@gmail.com)

**OR contact the Parish Office
for more information.**

**Advert Rates per issue:
£3.00 1/8 page, £6.00 1/4 page,
£10.00 half page, 20.00 whole page**

**Please note the website is
undergoing some changes and will
be fully functioning again soon but
meanwhile use the link below**

<https://fromenews.wixsite.com/fromevalleychurches>

Frome Valley Lottery Results

September 2023

£25 433	David Partridge	ROBERT
£20 238	Matt Healer	JO
£15 195	Roy Brooman	CI
£10 115	Hilda Leese	HL
£10 235	Wendy Roberts	CI
£10 85	Martin Evans	CI
£10	Jennifer Blackler	BH

October 2023

£25 201	Helen Payre	CI
£20 536	Susanna Morel	MH
£15 236	Joan Rose	JS/BH
£10 156	Robert Aitken	GW
£10 181	Graham Bonsey	BH
£10 91	Tina Bullock	CI
£10 53	Hugo Mutkin	ALAN

Associate Priest's Letter

Dear Everyone

As we enter November with its longer nights and cooler temperatures we are often minded towards reflection and begin looking back on the year as it travels towards its conclusion. This time of year has long been associated with memories and remembering. We begin the month with All Saints Day on 1 November, a day on which to remember and pray for the souls of those who have died. This is all the more poignant in a year where so much violence has been experienced throughout the world in wars, terrorism or natural disasters. But on a personal level many of you will be remembering loved ones who you miss at this time of reflection. No easy words can smooth away the loss we feel for those we have loved other than the certainty of their peace and rest in Christ's love.



Then there is the formal and national act and solemnity of Remembrance Sunday with the Cenotaph Service and Parade led by King Charles. Of course, locally, at our individual churches we remember with thanks those from our own communities who gave their lives in past conflicts and wars; a time of significant reflection on serious matters.

As we head further towards the end of the month we arrive at the beginning of Advent. Unlike Lent as the precursor to Easter, Advent is often overlooked in the rush towards Christmas or at best is celebrated with a Carol Service. However this year in the Benefice we will be running a short three session course to consider the relevance and special nature of this season; a season of preparation and anticipation, very unlike the start of the month. Details of this course can be found in the Much Cowarne section of the parish magazine and will also be advertised on your pew sheets nearer to the actual date.

We have so much to be thankful here in our corner of Herefordshire. We are far removed from the violence that is abroad in the world; we live in a rural and some would say idyllic place. Yet even here grief, suffering and hardship can be the experience of our neighbours. Let us remember with respect the sacrifices of those who gave so much. Remember with affection our loved ones who have passed ahead of us. But above all let us look forward, to a better world, a new year and above all to the coming of Christ as a baby in a humble stable. A gift from God. A reminder that there is hope for the world.

Every blessing

Richard

Frome Valley Group Pilgrimage to Walsingham 2024

We are planning a benefice trip to The Shrine of Our Lady of Walsingham next June. Places are limited so please contact Lucy Cranmore on 01432 882275 or at lucyanne@mygarden.org.uk as soon as possible so we can arrange accommodation.

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Careline - Help at the push of a button
Careline can give you or your loved ones the reassurance and peace of mind that if you require help, it is not far away! Careline is a 24-hour personal emergency response service, based in Hereford, which is connected to your home through an alarm unit linked to your telephone line. **In times of need, help is just the push of a button away!**

For information please speak to our Careline team on 01432 384100. Herefordshire Careline is run by the Independence Trust, part of the Herefordshire Housing Group.

Childline: 0800 1111
Samaritans 116 123
Domestic Violence Hotline: 0808 2000 247
Mind 0300 123 3393
Age UK 0800 169 6565

HELP IS STILL AT HAND

There is a Bromyard Support Group number - 07824 660480
is there to help anyone who is isolating or just feel like some support during these exceptional times.

Frome Valley Pastoral Group

The Pastoral Group are all very actively engaged in emailing and telephoning people through out this difficult time. If you have any concerns or would just like to speak to someone please call one of the group;

Rev'd Steven Baggs 07490 533720 stevenbaggs@me.com

Rev'd Richard Allaway 07969 699270 rja5204572fco@gmail.com

Mrs Judy Orgee 01531 640525

Frome Valley Group of Parishes – Safeguarding

Please could anyone who takes part in organising, leading and/or helping with any church activity involving children, young people or vulnerable adults, ensure that they have a valid DBS check i.e. one carried out by the Frome Valley Benefice within the last 3 years. If not, please could you contact your Parish Safeguarding Officer, Eleanor Morris, to arrange an up to date check. She can be contacted on 01885 490229 (Wednesday and Friday mornings) and by email fromevalley.icloud.com.

CONQUEST THEATRE

Films

- Nov 3 Elvis (12) 7.30pm
Nov 17 Avatar: The Way of Water 7.30 (12)

Live on Stage

- Nov 4 Our Star Theatre Company - The Invisible Man 7.30pm
Nov 8 Bromyard History Society: The Story of Brooklands Motor Racing Circuit 1907 – 1939
7.30pm
Nov 10 Folk in the Foyer Jez Lowe (support John Mosedale) 8pm
Nov 18 The Guitar Icons 7.30pm
Nov 30/Dec 3 Our Star Theatre Company/Conquest Productions Mother Goose 7.30pm

Event Cinema

- Nov 7 ROH Don Quixote 7.15pm
Nov 22 Exhibition on Screen - Klimt & The Kiss 7.30pm
Nov 24 New York Met Opera - The Life & Times of Malcolm X 5.55pm

Full programme available in brochure form or book online

conquest-theatre.co.uk

Box office 01885 488575

Open Wednesday & Saturday 10.30 - 12.30

St Mary the Virgin, Bishops Frome

We are hoping to be able to start ringing before services on the
1st and 3rd Sundays very soon.

St James Church Stanford Bishop

Harvest Celebration

What a lovely evening we had on October 6th celebrating Harvest, helped with the Fishmongers Friends who kindly came along to perform some wonderful Sea Shanty Songs following the harvest service, thoroughly enjoyed by all present. A massive thank you to the choir for their performance so much appreciated by PCC

Next a big thank you to all that decorated the church, there were indeed some beautiful autumnal arrangements to admire and to all who contributed to the evening baking a delicious Harvest Supper and finally to all the wider community who came to support the event.

THANK YOU

Dates for Diary

Remembrance Sunday Service Nov 12th @ 11.45

Carols by Candlelight on Christmas Eve at 6pm, followed by Sherry and festive refreshments more details next month



Communion Service

Sunday 12th November

Remembrance Service

10.30am



Family Service

Carol Service in
December to be
confirmed.

Sunday 26th November

10.00am

This is a reverent and informal service for the family of the Church. All are welcome. Coffee, tea and squash served at the close of the service, offering a time to socialise.



Castle Frome November 2023 News, Views & Muse

Things to do in Herefordshire

Bromyard Outdoor Market – Bromyard Market Square 5th November and 3rd December

Bromyard has revived its market on the Square, which is held on the first Sunday of the Month. The Market is held between 10am until 2pm. You will find, local food & drink from producers around Bromyard. Breakfast stall, hot and cold food to take away. Find Peter Cooks Bread, Warren Far and Little Pomona amongst the stalls.

Much Marcle Wassail – The Bounds Much Marcle 6th January at 6.30pm

Wassailing is a traditional luck-bringing custom associated with apple orchards dating back at least a few hundred years; the word has its origins in the Old English toast "wæs hael" meaning Good Health. Usually in mid-January but can take place as early as the run-up to Christmas. Expect singing, morris dancing, cider offerings to the trees (and in some cases pieces of toast), beating the branches and lots of noise including firing shotguns into the trees to wake them up.



Hilary's Nature Diary



Not just one big sleep!

The many bat species that frequent the churchyard are now taking time out and will have entered a period of torpor as insect numbers drop. Very excitingly, this includes a growing colony of the rare lesser horseshoe bat that has taken up residence not far from the church. I am intrigued to know where these bats are spending their winter vacation – perhaps a disused cellar nearby? The far chunkier, high-flying noctules are likely hunkered down in a tree cavity: a favoured winter bolthole. In contrast, the tiny pipistrelles will probably have chosen to while away the winter months tucked up in a local building.

At times, on mild nights, the bats will wake from their winter torpor to feed and drink. It is certainly not one big sleep. Do watch out for them.

Hilary



Like our Facebook Page
St Michaels Church, Castle Frome

Christmas is Coming!



**And so is the Community Christmas Lunch
at Burley Gate Village Hall. Sunday 10th
December 12.30pm. Cost £22.50
Tel. Audrey 01432 820436
E: wanaki@btinternet.com**

The Trumpet & District Agricultural Society

Ladies Section

Christmas Flowers Demonstration

Bishops Frome Village Centre

Saturday 25 November 2023

7.00 for 7.30 pm



£10/head including refreshments

ST. GILES' CHURCH ACTON BEAUCHAMP

On the 1st of October we held our Harvest Thanksgiving Service.

THANK YOU, SO VERY MUCH, to all those who came along to the service.

It is always lovely to see everyone.

MANY THANKS, also, for all the donations, for Bromyard Food Bank.

Everyone was more than generous.

DATES TO POP IN YOUR DIARY

3rd of December at 6pm. Carols by Candlelight

Traditional Carols and Lessons for that 'Christmassy Feeling.'

Following the service, the congregation have been very kindly invited, by Mr. and Mrs. Laurence and Stacey Mutkin, to their home, Church House, for festive drinks and mince pies.

Many THANKS to Laurence and Stacey, for their kind invitation.

Do bring a torch.

22nd of December at 7.30pm.

Christmas Get Together, at The Grange, Acton Beauchamp, WR6 5AG, by very kind permission of Mr. and Mrs. Antony and Jo Blackwell.

Carols, Mulled Wine and Festive Treats.

£5 entry.

Many THANKS to Antony and Jo, for kindly giving us the use of their home.

EVERYONE VERY WELCOME TO ALL OUR EVENTS



ACTON BEAUCHAMP ST GILES



**CAROL SERVICE
by candlelight**

SUNDAY 3 DECEMBER

6.00 PM

ST GILES

ACTON BEAUCHAMP

FOLLOWED BY

**SEASONAL REFRESHMENTS
AT CHURCH HOUSE**

By kind permission of Mr & Mrs Laurence & Stacey Mutkin

ALL WELCOME

ST. MARY'S CHURCH MUCH COWARNE

HARVEST

The **Make and Take** craft morning, overseen by Judy Orgee and Bridget Lloyd was a fun morning including something for everyone and every age. Margaret Bradbury kindly showed people how to make corn dollies, resulting in some beautiful creations which



everyone took home. Bridget helped the children with potato and fruit printing to make cut out designs which were added to her harvest collage screen which decorated the church. For the little ones there was colouring and painting of Harvest farm pictures and they listened to a story about harvest time traditions. There were hot drinks for adults, cold drinks and biscuits for the children who all went home with a goody bag. This was a really good event enjoyed by all. **NB** Margaret Bradbury has provided an outline of the history of corn dollies which is printed elsewhere in this newsletter.



COFFEE MORNING

We are holding a **Christmas Bring & Buy Coffee Morning** on **Saturday December 9th, from 10 – 12noon** in aid of the **Hereford Salvation Army Shelter for the homeless**. Please do come and join us for drinks and delicious homemade cakes and bring any Christmas items to sell. Entry is free and there will be the opportunity to browse our collection of second hand books.

DECEMBER SERVICES

Richard Allaway will be running a short **Advent Course, at St Mary's Church, Much Cowarne on Thursdays the 7th, 14th and 21st of December at 3.00pm**. Each session will last approximately an hour with a reflection on a particular aspect of Advent, a period of quiet reflection and prayer followed by a service of Evening Prayer. Everyone from the Benefice would be most welcome.

Our Carol Service will be on **December 10th at 10.00am**, followed by Mulled wine and Mince pies. Please join us for this traditional Christmas service.

There will be **no service on Sunday December 24th**

Christmas Day Communion Service will be on **Monday December 25th at 10.00am**

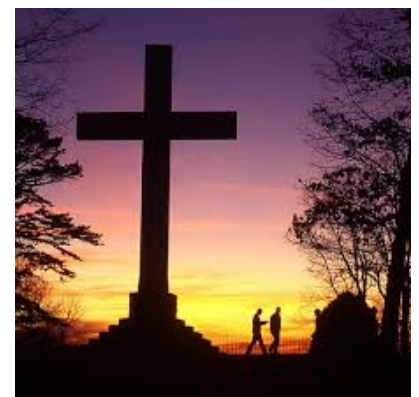
On **Sunday December 31st** there will be a **Communion Service at 10.00am**

And finally - the Churchwardens and PCC of Much Cowarne wish everyone a peaceful and enjoyable Christmas.

Remembrance Sunday

The Remembrance Sunday Service this year is on Sunday November 12th and will begin at 10.30pm rather than the usual 10.00am in order to take in The 2 minute silence at 11.00am.

The service will be taken by Rev. Richard Allaway.



Corn dollies originated before people knew the science of crop production. With the last sheaf of wheat from the fields, people would make a “corn dolly” and hang it in the kitchen. Here was where the spirit which made the crops grow, rested over winter. The corn dolly was then planted with the other seeds in the spring and - hey - the crops grew!! So it must be true!

Like all pagan things, they were “Christianised”. - it’s a bit like Christmas. It is thought that Jesus was born sometime in October, but it was felt that his birthday should be celebrated at the time of the pagan festivals of light during the shortest day of the year. Also, our Christian churches were often built on the Druid sacred places on the top of slight hills.

Nowadays corn dollies decorate our churches during harvest festival (which itself started as a pagan festival called Lammas) and very pretty they look too.

The larger one which Iona is holding is a St. Bridget’s cross with the Sacred Heart underneath.

The main problem today is getting the right material for straw work. We need an old variety such as Emma, Maris Widgeon or Squarehead Master. Good old varieties which are tall and hollow-stemmed. Today the farmers grow a strong, short, thick straw with a pith inside to stop the crop being flattened in a storm. The straw we need is that grown for thatching and very difficult to get today as a lot of thatching is done using reeds.

So there you go! If any farmers out there can get hold of and sow some old variety of wheat = please do let me know!

“Margaret Bradbury kindly provided this background information about the history of corn dollies after she had shown people how to make them at the recent “Make and Take” craft morning which formed part of Much Cowarne Church harvest celebrations.”



Much Cowarne Church Harvest.

The harvest service was conducted by Sue Williams who has recently married. Sue who now lives in Malvern was a Church Chaplin for Borderlands farming charity.

She spoke to us about the importance of keeping farming and farmers safe in this present age.

The service was very well attended and the church looked beautiful with the magnificent flower and fruit arrangements, thank you to all the helpers.

Martin Hewitt read a lovely prayer for Shirley Barber who has recently pass away, the service was followed with a toast to Shirley with coffee and Tia Maria , this was because Shirley always served the congregation with Tia Maria in their coffee after our services.

At the Plough Inn we enjoyed a delicious roast lunch, thanks to Simon and gang.

The raffle returned a £100 so we were able to give Borderlands charity £200 with the church collection.



**ST GILES CHURCH ACTON BEAUCHAMP
CHRISTMAS GET TOGETHER**

FRIDAY, 22 DECEMBER 7.30 PM

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**MULLED WINE
SEASONAL REFRESHMENTS
CAROLS ROUND THE PIANO**



Carols by Candle Light

With

The Pax Singers

Friday 15th December

7.30

St James the Great

Ocle Pychard



St James the Great, Ocle Pychard

Remembrance Day Service

Saturday 11th November

at 10.30

All Welcome

From The Hereford Diocese

Each year, the Royal British Legion's Remembrance Festival focuses on a different aspect of honouring those who have served the Crown and country in the armed forces. This year the theme is Service, not just of those deployed on active service, but the unseen service of those who love them. We're encouraged to remember the impact that their absence, and their homecoming, can have not just on the service personnel but on their loved ones.

Those are the hidden costs of serving in the armed forces. Those at home, whether they be parents, partners, spouses, or children, carry a load of anxiety for their loved one. There's the weight of managing without them and then of re-shaping lives and routines around them when they return. If they return, of course. If not, there's the burden of grief which will be carried life-long.

If they do return, they're forever changed by what they've experienced in combat or on peacekeeping duties. They may carry physical and mental scars, and not know how to express them except among their comrades, who don't need words because they just get it, because they've seen and heard and smelled the same things. That can have an impact on loved ones too.

I often tell the story in Remembrance services of a man I knew in my home church who had been a prisoner of war in Burma during World War II. He'd seen and experienced unimaginable things but would never talk to his wife about them. He didn't want to. He didn't want those images to be spoken of in his home back in England. They weren't to invade that precious space, that haven. But that didn't mean he'd forgotten, or that those memories didn't trouble him. He and his wife learned to live with them, and with the fact that some things just remained unspoken.

Perhaps in this year's season of Remembrance, as well as remembering and giving thanks for the sacrifice of those who fought and died in service of our nation and of peace, we can also remember to pray for those still serving now, for those who love them and support them, and for healing of the seen and unseen scars of war.

God of healing and of peace, in whose service is perfect freedom, we hold before you those who serve our nation in His Majesty's Armed Forces, and those who love them.

We pray that during times of separation you would protect their relationships.

We pray that during times of reunion you would ease the transitions and be present in homecomings.

We pray for healing of bodies, minds, and spirits broken by experiences of combat, and for healing of grief for those who will never return.

Hold and guard all who serve on behalf of others, and their loved ones, we pray.

Amen.

AD Fiona (Venerable Fiona Gibson - Arch Deacon of Ludlow)



TRUMPET PLOUGHING MATCH 2023

Ploughing is a big thing in Herefordshire as evidenced by eleven ploughing matches taking place over a five-week period in September/October. The Trumpet Ploughing Match is one of only two which take place midweek meaning schools and colleges can come along to enjoy a real country experience.

Visitors can see the skills of both tractor and horse ploughing. Great precision is required to plough to the correct depth and in a straight line whilst effectively turning the soil. Each competitor has their own plot which is judged over several hours.

With a sticky start due to heavy rain which stopped mid-morning, the ground drying rapidly to result in a fine day. With 665 entries in the Domestic Section, 79 Ploughing entries, 3 teams of horses ploughing and a fruit and hop section this is a day out to be enjoyed by all. If you are hungry you can have lunch – where else in Herefordshire can you have the full roast in the middle of a field?

The Trumpet has a vibrant Domestic Section of classes including Floral Art and Cut Flowers, Eggs, Cakes and Pastries, Jams and Chutneys, Wines and Cordials, Handcraft, Photography, Art and 60 years and older. Classes are open to all – you do not have to be a Trumpet member to compete.

New for this year was a Produce section to fit the amateur gardener. If you are a vegetable grower we would love to see the results of your labour!

For children there are a range of classes in four age groups. Children can enter as an individual, but if you are a teacher why not enter your whole class?

Go to www.trumpetanddistrictagriculturalsociety.co.uk to find out more about us or follow us on Facebook and Instagram.

Why not come to meet us at our Christmas Flowers evening at Bishops Frome Village Centre on Saturday 25 November 2023 at 7.00 for 7.30 pm or join our Christmas Tractor run on Saturday 16 December 2023 starting from Baddymarsh Farm, Lower Eggleton at 4.00 pm. We look forward to seeing you.



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Some changes have recently been proposed to the council's budgets, so I thought I should update you on these. First, a story of the real world effects...

Ten days ago I was at a coffee morning in Burley Gate Village Hall for a 'Living Well Roadshow' organised by Age UK Herefordshire. The event was going really well, but the lady from Age UK was very upset because just that morning she had received notification from the council that the new administration has decided to withdraw a grant funding pot for the local voluntary sector. The £2m 'Super Hubs' funding was intended to support local voluntary sector organisations to improve their services for local communities; I believe Age UK had applied for a minibus to help extend their services in the rural areas. Many other local organisations had also applied for funding from this pot – for example, to support youth services in Ledbury – and are horrified that it has simply be withdrawn.

I share this frustration, and in my role as an opposition Group Leader I have challenged the Cabinet Member about this at both of the recent Cabinet meetings, on 28 September and 5 October. The cabinet member says 'the pot was very oversubscribed so many applicants would be disappointed anyway' – but this is not a reasonable justification for withdrawing the funding altogether! The cabinet member also claimed that she would have withdrawn the funding anyway, irrespective of the administration's new spending plans – but when I suggested that she should therefore keep the £2million ring-fenced for supporting the voluntary sector, she refused.

Instead, it appears that this money is being reallocated. The minority Conservative administration is proposing to put £12.3 million towards very vaguely defined work to 'progress' the proposed Southern Link Road in Hereford. But there is no business case for that project. In my view it is deeply irresponsible to start spending this sort of money on a project for which there is no understanding of the likely total cost, and no business plan.

The administration have also set aside £6million for the Shirehall project – despite the fact that the promised full business case for this project has also not yet been produced, and no decision has yet been taken on whether it makes sense.

So those are capital budget matters. Meanwhile the council faces continuing challenges on the revenue budget side, almost entirely due to the costs of transforming childrens' services. This issue shows so clearly that the austerity-driven cost-cutting that was done 10 years ago has had very serious long-term costs – both financial and human. I know that staff are working incredibly hard to transform the work of the council in this area – but it is particularly challenging because there is a nationwide shortage of social workers. I believe we need three things: 1) long-term multi-year funding settlements for local government to enable councils to plan sustainably for future years; 2) much greater investment in training a new generation of social workers (and nurses, care workers, midwives and all sorts of other shortage occupations) – including proper training bursaries; and 3) we really need the government to get a grip and regulate sectors like social work so that there are stronger incentives for trained staff to take on permanent roles, rather than working for agencies that charge much higher rates. Otherwise it is the children and families who suffer.

Alongside my work scrutinising proposed budget changes I continue of course to support local residents with issues from potholes to planning. If you'd like to contact me about a local issue, please phone 01531 670729 (landline) or 07950 714947 (mobile), or email ellie.chowns@herefordshire.gov.uk. You are very welcome to come and see me at one of my ward surgeries on the third Monday of each month: in Cradley Village Hall from 11.30am to 1.00pm, and in Bishops Frome Village Centre from 2.00pm to 3.30pm.

With very best wishes, Ellie



THE FROME VALLEY GROUP					
NOVEMBER 2023					
	5th	12th	19th	26th	3rd Dec
Acton Beauchamp	11.30am Holy Communion SB				6pm Carol Service SB
Bishops Frome	10.00am High Mass SB	10.30am Remembrance SB	10.00am High Mass SB	10.00am Holy Communion SB	10.00am High Mass SB
Castle Frome		10.30am Remembrance Father David West		10.00am Family Service Lay Led	
Evesbatch					
Fromes Hill					
Much Cwarne		10.30am Remembrance RA		10.00am Holy Communion RA	
Ocle Pychard		Saturday 11 th November 10.30am Remembrance SB			
Stanford Bishop		11.45am Remembrance SB			
	All Saints' Sunday Gold or White Psalm 34.1-10 1 John 3.1-3 Matthew 5.1- 12	Remembrance Red 1 Thessalonians 4:13-18 Matthew 25:1- 13	2 Before Advent Red 1 Thessalonians 5.1-11 Psalm 90:1-12 Matthew 25:14- 30	Christ the King Red Psalm 95.1-7 Ephesians 1.15-23 Matthew 25:31-46	

29.09.23



FROM THE REGISTERS

ST MARY THE VIRGIN, BISHOPS FROME

DATE	READER	PRAYERS
Nov 5 th	Sarah	Moyra
Nov 12 th	Tony W.	TBA
Nov 19 th	Lucy	Liz
Nov 26 th	Martin	Maureen

Please note that the date of the Deanery Synod meeting has been moved to Thursday 2nd November in Bishops Frome Village Centre, 7 for 7.30 start.
Blessings, Steven

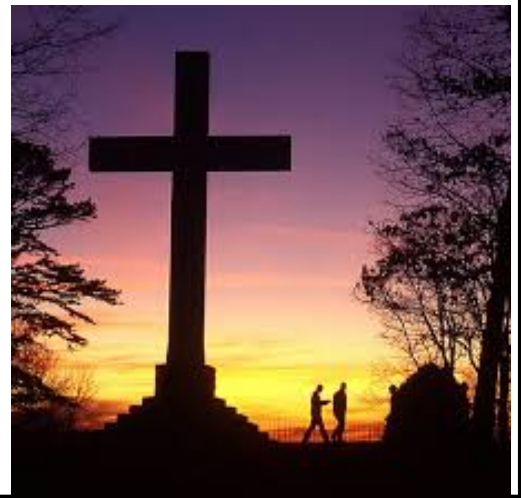
Remembrance Services in the Frome Valley 2023

Saturday 11th November

10.30am Remembrance Day Service Ocle Pychard

Sunday 12th November

10.30am Remembrance Bishops Frome
10.30am Remembrance Much Cowarne
10.30am Remembrance Castle Frome
11.45am Remembrance Stanford Bishop





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WHAT'S ON WEEKLY in Nov & Dec

Please contact group leaders before attending exercise classes

Monday

- Pilates with Sally, 9.30, 07909 754 039
- Internet Café, 10am to 12, 01531 640 981
- Board Games, 2-4pm , first Mon 2 Oct
Susanna 01885 490 440
- Ward Surgery, 10.30 to 12
Third Mondays, 2-3.30pm
Cllr Ellie Chowns, 07950 714 947
- Tae Kwon Do, White Phoenix
6.30pm, 07814 778 112

Tuesday

- Pilates with Sally, 9.30, 07909 754 039
- Stretch & Extend, 3-4pm, Angie Box,
07530 420 554 Stretching and mobility
- Zumba with Bev, 7pm, 07900 640 467
Exercise at your own pace

Wednesday

- Needlecraft, 2-4pm, Judy 01531 640 358
- Kazuko Kick Boxing, 7pm, 07495 427 993

Thursday

**Coffee morning,
10 - 12
First &
third Thursdays**



Friday

- Pilates with Sally, 9.30, 07909 754 039
- Shanties – 2 – 4 pm Richard 01531 640768
- Tae Kwon Do, White Phoenix
6.30pm, 07814 778 112

Bishops Frome Village Centre is seeking new trustees to join the management team.

If you would be interested in getting involved in the management of this valuable village amenity, please email us on bishfromecentre@aol.com

or contact any of the trustees listed on the contacts page of our website, bishopsfromecentre.co.uk and we will be very happy to discuss with you.

You could also volunteer to help with the activities of BFVC without necessarily becoming a trustee.

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Tues	13.00 to 14.30
Wed	9.00 to 12.00
Thurs	9.00 to 12.00

VICAR

Rev. Steven Baggs tel: - 07490 533720

e-mail: stevenbaggs@me.com

PLEASE NOTE: Monday is Steven's day off.

ASSOCIATE PRIEST

Rev. Richard Allaway tel:07969 699270

email:rja5204572fco@gmail.com

PARISH OFFICE

The Rosary, Bishops Frome, Worcester, WR6 5AP

tel and fax

e-mail: fromevalley@icloud.com

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Eleanor Morris tel - 01885 490229

(Wednesdays & Fridays 9.30 to 11.45)

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ACTON BEAUCHAMP

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Jane Allan

01531 640227

BISHOPS FROME

John Ewens

07801 122778□.

CASTLE FROME

Charles Pudge

01531640309

EVESBATCH

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Diana Harrison

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Martin Hewitt

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Editor & Advertising:

Sarah Sevastopulo e-mail: fromenews@gmail.com

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**LAST COPY DAY for the December/January 23 issue of
THE FROME VALLEY NEWS is: Monday 13th November
And the collection date will be : TBC**