# Frome Valley News

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



# **CONTENTS**

Page 1 Page 2 - 12	Associate Priest's Letter News, Events & Church News	Page 17 Page 18	Acer Tree Services 3 Counties Chimney Sweep Page
Page 2	Tyler Roberts - Plumber	Page 18	Bishops Frome Community Sho
Page 2	Window Cleaner	Page 19	JB Services
U		U	
Page 3	Conquest Theatre	Page 19	Woodlands Cattery
Page 13	Catlldonicely	Page 19	Emma Bouston Funeral Director
Page 13	Charles Maiden Services	Page 19	Celia Hall Dance
Page 13	Bowen Therapy	Page 20	Matthew Padden
Page 14	John Lee	Page 20	SEZ ELRCTRIC
Page 14	Get Logs	Page 20	Jenson Jones
Page 14	Advert Dr David Best	Page 20	Chris Treuttens
Page 14	Carpet Cleaning	Page 20	Liam Farmer Portraits
Page 15	Scottwroe Hearing Centre Page	Page 21	The Hop Pocket
Page 15	You Go Transport	Page 22	Drapes & Dressings
Page 15	Certainly Wood	Page 22	Steve's Original Furniture Page
Page 15	BRP Architecture	Page 22	Seabright & Co
Page 16	3D Windows	Page 23	Rotas July & Registers
Page 16	Andy Johnson- Chimney Sweep	Page 24	Rotas August & Readings
Page 16	Kevin Roberts Plumber	RENEWAL NC	TICE FOR ALL ADVERTISERS
Page 17	David Copeland Chauffeur Page	Page 25	What's on at The Village Centre
Page 17	Red Kite	Page 26	Contacts

# **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:

fromevalley@icloud.com

### www.fromevalleychurches.org.uk

# Sarah (fromenews@gmail.com) NEW EMAIL

OR contact the Parish Office for more information.

## Renewal Notices will be sent out in June to all those that need them

Advert Rates per issue: £3.00 eighth page, £6.00 quarter page, £10.00 half page, £20.00 whole page

### \*\* New Advert \*\*

Whitewells Farm Cottages, Cradley www.whitewellsfarm.co.uk ask@whitewellsfarm.co.uk 01886 880607

### We offer

### Holiday accommodation

All year round 4\*Holiday accommodation across 7 cottages of varying sizes with extensive gardens, fields and woods available for your use.

### Short term lets

We also offer short term fully inclusive accommodation while you find your perfect home.

### **Exclusive hire**

for wedding celebrations, friends gettogethers and family celebrations. If you require help planning, we can recommend event hire companies to make your special occasion unforgettable.

## Associate Priest's Letter

I think it is something that we all come to experience and appreciate as we get older that we never know what is coming round the corner. On a global level we have a war raging in Ukraine, political turmoil and division in many of the Western democracies, China threatening Taiwan, the fallout from Brexit, Covid and so the list goes on and on. Even in the weather we see things happening out of season. Life has a habit of not doing what we quite expect. Yet most people do not welcome change, we like things to be as they always were. I am sorry to have to disillusion you so early in my

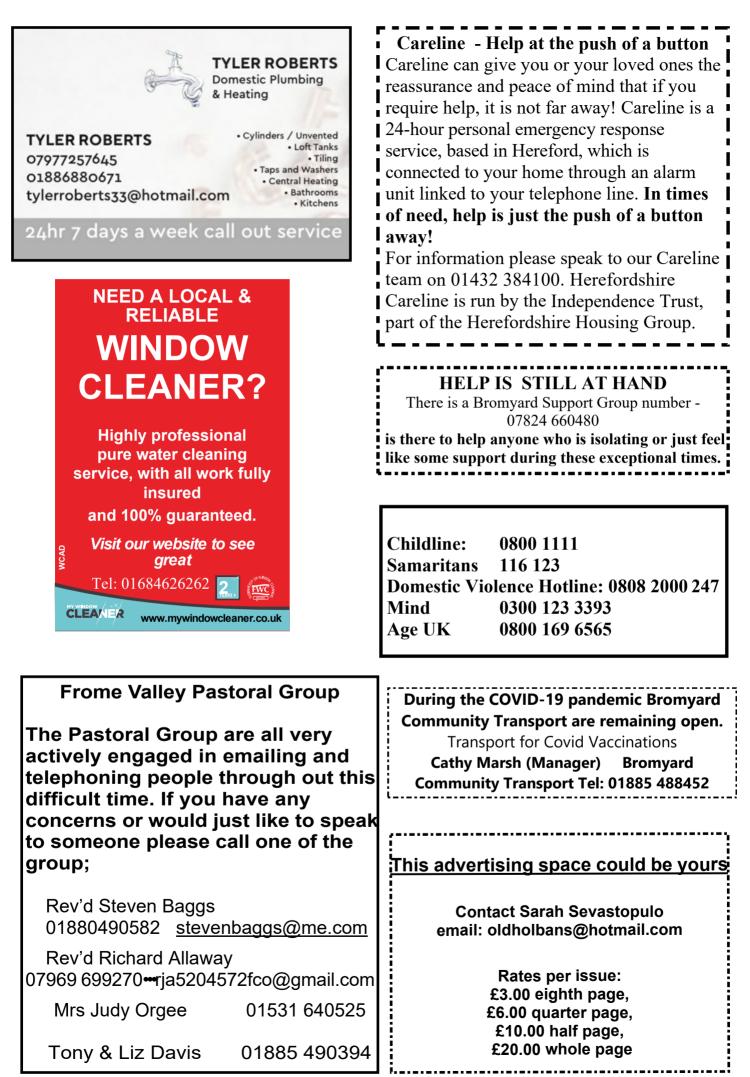


letter but that is not how things are, or probably ever were. We may pine for the good old days but generally change is for a reason if not always one for good. I have fond memories of my first car, a Morris Minor, in my mind it hardly ever broke down and when it did I generally could fix the problem. However I expect my memory may be playing tricks on me because my wife has reminded me of it breaking down on a number of inconvenient occasions and also about the times when I could not fix what was wrong. As humans we like certainty and many of us may think that in the past there were things we could rely upon and that didn't change.

Yet if we look at the world today although we see some changes for the good for example in medicine, transport or communications, these are often offset with events or 'improvements' which we may be less in favour of. So where might we find certainty? Where might we see change for the better? Well I expect some of you will have guessed. Firstly our families and friendships can provide us with both comfort, certainty and love. Of course as we grow older, our children inevitably grow up and become independent, friends may move away. But in those connections we can find joy and companionship. Equally if we help our neighbours or our community, there is in that giving of ourselves something that is bigger and better about our behaviour that will almost certainly give us a sense of connection and satisfaction. And then there is something that is very much bigger than ourselves namely our connection with the Divine. And this is not an advert to get you all coming to church because you can achieve this connection through meditation, prayer even by communing with nature on a long walk. We all need to feel we belong and God gives us exactly that. We are all part of a created humanity which when it is at its best is a force for good in the world.

So try not to feel too downhearted by the news headlines or the fact that you might feel that you are being left behind by cultural or technological change or simply that you are feeling a bit older and frailer. We are God's children and by helping each other we not only make the world a better place we also feel better about ourselves.

Every blessing Richard



	CONQUEST THEATRE		
JULY			
<b>Film</b> July 28 Mr Jo	Jones (15) 7.30pm		
Live on Stage July 8 Conquest Youth Theatre Summer Showcase 2.30/7pm July 14 Folk in the Foyer Wildwood Jack with support Karen Macleod 8pm July 21/22 One Vision School of Arts - Bedtime Stories & Legally Blonde Jnr 7pm & 2pm			
July 15 Mad	Join us for a day of fun and delights d Hatters Tea Party (Sherford House) 2.30pm z, Pig & Jig (Sherford House) 7pm		
	nermen's Friends; One and All (12A) 7.30pm Wanna Dance with Somebody 12A 7.30pm ving 12 7.30pm		
· ·	olk in the Foyer - Mike Silver, support The Clarkes & Co 8pm Boperator Boogie Band 7.30pm		
On Screen Sunday 27th	Andre Rieu - Love is All Around 7pm		
October 7th AE Nov 4 ( Ou Nov 18th Th	e on Stage The Story of Ireland 7.30pm ABBA Tribute Band 7.30pm Our Star Theatre Co) The Invisible Man 7.30pm The Guitar Icons 7.30pm Gwing From Paris (jazz) 7.30pm		
For full details and available for booking go to <u>conquest-theatre.co.uk</u> or call the box office 01885 488575			

# **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.

# **ST GILES' CHURCH, ACTON BEAUCHAMP**

# **DOG SHOW**

# AND SUMMER FETE

Saturday, July 1<sup>st</sup> at 6pm Sevington Manor, Acton Beauchamp, WR6 5AF By kind permission of Dr. and Mrs. David and Victoria Best

£1 entry

23

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£2 for dogs

Family concessions available

LICENSED BAR - HOT DOGS - ICE CREAMS

PLANTS – CAKES - GRAND DRAW- TOMBOLA

AND MUCH MORE

Come and have a brew!
Trumpet and District Agricultural Society
COFFEE MORNING DRAW
Date: Saturday 1 <sup>st</sup> July
Time: 10:30am -12:30pm
Venue: The Frogend, Bishops Frome, WR6 5BT
By Kind permission of Mr & Mrs C. Pudge
Enjoy a hot drink and delicious baked goods!
ALL WELCOME
Herefordshire
Advanced Drivers

# **Driver Refresher Day at Bishop's Frome on 22 July**

Herefordshire Advanced Drivers is holding a Driver Refresher Day at Bishops Frome Village Hall on 22<sup>nd</sup> July. The event is open to motorists of all ages and experience, the aim being to help attendees feel safer in today's traffic, more confident and reassured that their driving is of a good, safe standard.

The programme begins with an update on the rules of the road which is particularly important in view of the significant changes introduced through the Highway Code since early 2022. This is followed by a presentation and discussion of safer driving techniques before an observed drive with a qualified observer in the attendees own car. No testing is involved but the observer will advise gently about adjustments that will improve safety and vehicle performance. The day concludes with classroom analyses of accidents and other problems together with discussions about how they could have been avoided.

In recent years there have been many changes to the rules of the road including the widening of 20mph limits, the banning of some cars from inner cities and new rules contained in the Highway Code which introduced a hierarchy of road users with those most at risk of serious injury in the event of an accident (pedestrians) given the greatest priority. Importantly, in any crash involving a vulnerable group, the vehicle driver will be obliged to prove it was not their fault. All these matters will be discussed at the Refresher Day and related to local conditions.

The Refresher Day will begin at 9.45am although attendees are requested to arrive by 9.15am to register, check documents and complete a simple eye test. The final session will end at about 3.00pm. The cost is £30 with concessions for two or more. For further details and booking please contact Stella Boyd-Carpenter: 01432 840835 or email group-contact@advanced-drivers.org.uk

Herefordshire Advanced Motorists is the local affiliate of the Institute of Advanced Motorists, now named IAM RoadSmart, and is a charity dedicated to developing safer drivers of all ages in Herefordshire. They are an official provider of the Advanced Driver's Course.





Herefordshire Advanced Drivers, developing safer driving T: 01432 840835 Email: group-contact@advanced-drivers.org.uk http://www.advanced-drivers.org.uk Road Safety Charity. Registered no. 1049679





# Castle Frome July / August 2023 News, Views & Muse



# Hilary's Nature Diary



Slow! slow worms may be ahead

Earlier this year, I unintentionally disturbed a slow worm just inside the churchyard. Its response to my untimely arrival was a sluggish, nonchalant unravelling of its gold-brown body and a gentle glide into the undergrowth. The colouring suggested a female. The churchyard offers plenty of shady, humid habitats enjoyed by this completely harmless, legless lizard, with sunny spots if it needs warmth.

If you have a problem with slugs and snails, this is the perfect pest controller – a welcome addition to any vegetable garden. I regularly see them in my nearby garden so perhaps this area is a slow worm hot spot.

Slow worms are protected by the Wildlife and Countryside Act so should not be disturbed – unless it is unintentional of course!



Hilaryx



# The Knitted Bible

Bodenham Church recently had an exhibition of the Knitted Bible. It was loaned from St George's URC Hartlepool and has been on a UK tour. It comprises of 36 knitted scenes from the Bible.

When the Knitters of St George's Church started knitting, the intention was to knit just "The Last Supper", but imagination and enthusiasm combined to make their dream more ambitious.

Some of the best scenes and stories have been depicted in knitted form. www.stgeorgesurc.co.uk/the-knitted-bible/





Like our Facebook Page

St Michaels Church, Castle Frome

If you have any information for the Castle Frome Page please contact Su Webb on 01531 634056 or email suwebb1606@gmail.com

# ST JAMES CHURCH STANFORD BISHOP

Dates for the diary

Sunday 23<sup>rd</sup> July St James Day 8 30 am Holy Communion followed by Coffee and croissants

# HARVEST CELEBRATION SERVICE

Friday Oct 6<sup>th</sup> @ 7pm Followed by Harvest Supper Entertainment provided by THE FISHMONGERS FRIENDS Singing a repertoire of Sea Shanty Songs So please make a date in your diaries and more details will follow in September magazine.



ST. JAMES THE GREAT OCLE PYCHARD Patronal Festival Evensong 3.30pm

Sunday July 23<sup>rd</sup> Followed by afternoon tea

# Great Family Day Out!

Ploughing Match & Homecraft Competitions Saturday September 16<sup>th</sup> 2023 Wolferlow Court, Wolferlow, Bromyard, HR7 4QA

Ploughing with Vintage and Modern Tractors Homecraft Competitions including, cookery, homemade drink, jams and pickles, floral art, photography, art, handicraft,

horticulture e.g. tomatoes and cut flowers

and Children's 0 - 11 years.

for further information & to request a copy of the schedule please email homecraftstokeblissploughing@gmail.com

# ST. MARY'S CHURCH MUCH COWARNE

We were pleased once again to be part of the "Fete at the Gate" held in the grounds of Burley Gate Primary School. Following on from the successful celebrations of last year's Platinum Jubilee the various parish organisations combined to produce a varied afternoon's entertainment in which the usual stalls and attractions found at the Much Cowarne Church Fete were included.

Despite the rain and wind of the morning the weather brightened up and the afternoon was increasingly bright. Contributions to the stalls were excellent and we are very grateful to all those who provided cakes, plants, bric a brac and tombola prizes and to those who manned the stalls in what began as a very chilly experience for those who were outside.

The sideshows were well supported and again very many thanks to those who manned them in the chilly conditions. We are also very grateful to those who helped set up the tents, stalls and sideshows and then helped dismantle everything after the event was over. Without help from these volunteers we would not have been able to run our part of the Fete.

Over £1000 was raised for church funds from our stalls and sideshows, money badly needed for the upkeep of our beautiful Church.

Our next event is the Hymns & Pimm's service in St Mary's Church on Saturday July  $22^{nd}$  – please see the advert for details of this service which is similar to that held as part of last year's Jubilee celebrations and to which everyone is welcome.

Dates for 2023	Church Lottery Results		
St James the Great Ocle Pychard	May 2023		
July 15 <sup>th</sup> 6.30pm Picnic Prom with Bromyard Wind Band. Burley Gate school field.	£25 529 David Preece DH £20 444 Connor Berry YB		
July 23rd 3.30pm St James Parish Festival – an Evensong service celebrating the life of St James and the history of our Church. Afternoon tea.	£1521Joan PriceDH£10242Edward LewisCI£10323John EwensCI£1060John CattermoleMH		
September 29th 6.30pm Harvest Festival.	£10 331 Sue McGuffie GW		
<b>September 30th</b> Harvest Supper and Barn Dance with Sheila's Reels at Burley Gate Village Hall.	:I		
<b>November 12th</b> 10.30am Remembrance Sunday Service.	Nigel and Daphne Montandon Grain Farm Bungalow, Linley Green, Whitbourne, Worcs. WR6 5RQ Tel. 07985512404		
<b>December 15th</b> Carols by Candlelight with the Pax Singers.			
<b>December 24th 7.30pm First Communion of Christmas.</b>			
All are Welcome Further details about services and events	19th-28th August		

from Elly Ecroyd on 07729 774491

This year I am joining with Worcester Open Studios.

10.30am -5.00pm

## <u>St Giles – Acton Beauchamp</u>

On the 20th May, we held the Spring Plant Sale, by kind permission of Duncan and Jane, at Manor Barn, Sevington.

We were blessed with lovely weather, and everyone who came to support the plant sale.

MANY, MANY THANKS to Isabel and Jane who grew and nurtured the wonderful display of plants.

Many thanks, also, to those who also donated plants.

The plant sale was accompanied by tea and coffee, scones and other treats.

MANY, MANY THANKS must go to Duncan, who did all the baking for the event.

MANY THANKS, also, to everyone who donated jam and cream, to serve with the scones.

THANK YOU, to everyone who donated prizes, for the raffle.

Last, but definitely not least, MANY THANKS TO ALL who came to support us.

# DATES FOR THE DIARY

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# JULY 1st, 6pm, FUN DOG SHOW and SUMMER FETE.

SEVINGTON MANOR, WR6 5AF.

By very kind permission of Dr and Mrs. David and Victoria Best.

£1 entry: £2 for dogs.

Family concessions available.

Licenced Bar, Hot Dogs, Ice Creams, Grand Draw, Plants and Cakes, Tombola and much more.

A great evening for all the family. EVERYONE VERY WELCOME.

# AUGUST 19th, 3pm, TEA @ TONY'S.

2 FOXHILLS, BISHOPS FROME, WR6 5AW.AFTERNOON TEA in a lovely garden.A raffle will be held.£5 entry.EVERYONE VERY WELCOME.

This year, St. Giles' Church and Acton Beauchamp PCC will be supporting, and making donations, to CRY.

CARDIAC RISK in the YOUNG.

We will make donations, following the fund raising events, for St. Giles' Church.

### ROMYARD FOODBANK & MONEY ADVICE CENTRE

### The Challenges and Rewards of Being a Trustee

It was [month] 2020, the height of the covid pandemic; I knew there was a Food Bank in Bromyard, but it took me ages to find out where it was. I wanted to help but initially everything went quiet after I finally made contact. Then I received a phone call to say 'yes please' we need you if you are still willing. This was the start of a journey to becoming a trustee of Bromyard Food Bank and Money Advice Centre (BFB&MAC).

Anyone can get into difficulties in their life and if you haven't got enough food to feed yourself, your family and your pets, life can be tough, and problems can pile up very quickly and overwhelm you. It was a privilege for me to be asked to help and support in a practical way what I consider to be a vital part of the community.

Working with a group of other committed local residents including representatives from the three churches together we established the Foodbank as an independent charity in December 2020 at which point, I became a Trustee.

The challenge was to make BF&MAC a viable and accountable organisation, easily accessible to local people in Bromyard and the surrounding rural villages. We needed a base from which to operate and to mobilise all the knowledge and expertise of the existing volunteers and supporters. Together we set up procedures and guidance to comply with the law and eventually moved to the Halo Centre in Bromyard where we are based. Much 'behind the scenes' work was done by the trustees and I was tasked with writing all the initial policies and procedures, not the most exciting task but rewarding as it meant we gained credibility, became more visible and accessible in the community and allowed us to focus our resources on the needs of the community, establishing the criteria to relieve poverty and help those in hardship. We also became a 'Talk Community Hub' providing access and signposting to local resources. We applied for grants and received government 'Covid' funding which has given us the opportunity to build a strong base, to connect to organisations and businesses in the area, employ two part-time workers and increase the support we provide.

Initially with the pandemic and subsequently, the 'Cost-of-Living' crisis, and fuel charges rocketing we knew that the provision of emergency food parcels and free debt advice were going to become even more important.

In the last 12 months we have distributed over 600 emergency food parcels, helping feed around 180 households. The Money Advice Team have helped over 50 families with a variety of money-related issues, including help in applying for grants and benefits. These are the rewards for all the hard work. I have great colleagues, have made good friends and together we are hopefully improving lives in our own local community.

Enquiries for help are made by email or phone; priorities are established, food parcels are packed and delivered by our fantastic volunteers according to individual needs (special diets, pets, allergies, single person household, young children etc) and financial advice given. Quietly we offer a confidential and a non-judgmental approach to our services.

But the challenges go on; will we have enough in donations? will we have enough volunteers? will we continue to receive grants and other support? will we have enough money to continue? As trustees we are responsible for steering the charity, fulfilling its aim and ensuring it remains viable for as long as it is needed. As one such trustee I remain as committed to this task as I was back when we started. If you think you can help, please email: info@bfandmac.org.uk

or check out our website: <a href="https://www.bromyardfoodbank.co.uk/">https://www.bromyardfoodbank.co.uk/</a>;

Katherine Smith

 $\bigstar$ 



Bromyard Food Bank & Money Advice Centre Serving Bromyard and the Surrounding Area Cma. Freedom from debt Hope for the future Bromyard Community Money Advice

# **ST GILES' CHURCH, ACTON BEAUCHAMP**

# TEA@TONY'S

Saturday, August 19<sup>th</sup> at 3pm 2 Foxhills, Bishops Frome, WR6 5AW

> Afternoon tea ín a lovely garden

There will be a raffle held

**Everyone Welcome!** 

Some company, a chat and a cupper on a summers afternoon... SAVE THE DATE - Late Summer Lunch In aid of St Andrew's Church, Evesbatch Sunday 24th September 2023 12.30pm In the Barn at Frome Manor, Bishops Frome, WR6 5BB By kind permission of Andrew and Hilary Younger To book a ticket call Diana Harrison 01531 805058 or Charlie Russell 07833 101813 Tickets £15 and £5 for age 10 and under Raffle and Bar



## A Functioning Burley Gate Village Hall?

The hall looked most inviting with wine and nibbles waiting.....a circle of comfy chairs, an exhibition showing the history and the recent transformation of the rooms. Large poster-size sheets encouraged engagement to thoughtful questions on the future use of the hall and suggestions for film evenings. A big banner sported the

Burley Gate Hub, an initiative starting Thursday July 27<sup>th</sup> and supported by the Council's Talk Community. Perhaps this might solve the dilemma of how we bring our scattered rural community together

post-Covid. Ironically, there was a lovely photographic display of the successful events over the last year with the Craft Fair, Christmas Community lunch, the Queen's Platinum Jubilee, the King's Coronation. All demonstrated the fun, the enjoyment, participation and excellent support for these events. However, the initiative came from the village hall committee, especially Marilyn Pemberton (also Newsletter editor) and Janet Bartlett, and Paul Bartlett (as a helper).

The Village Hall is now short of a Cleaner as Carol is no longer able to continue. We thank her for her loyalty over many years and wish her well – but can anyone take over? We are also about to lose our Chairperson and quite honestly three people cannot continue to run the Village Hall with so little help. Surely it is strange to have a beautiful hall often unused and without volunteers?

The event 'Celebrate the past, plan for the future' took place on Tuesday evening  $6^{th}$  June. It was meant to encourage and invite you to come, to bring your ideas and 'yes' perhaps join the committee. Only three people came – despite good publicity – A NON-FUNCTIONING HALL is a real possibility. The hall is now a fantastic venue, which belongs to us all – be part of it by helping to maintain it and develop it for the future. It needs representatives from all our scattered villages and hamlets so it can function well and fairly serving the whole community.

Audrey Nunn, Village Hall Committee Member

If you are interested in keeping this wonderful venue open for the whole community to enjoy, then please contact one of the committee members:

Audrey Nunn	<u>wanaki@btinternet.com</u>	01432 820436
Marilyn Pemberton	mariloyn.pemberton@yahoo.co.uk	07852202353
Janet Bartlett	bartlett770@btinternet.com	01432 820476



St. Mary's Church Much Cowarne

HYMNS & Pímm's



on a summer evening
 at St Mary's church Much
 Cowarne
 Saturday, 22<sup>nd</sup> July 2023, at
 4.00pm



One year on from the celebration of the Platinum Jubilee of Queen Elizabeth II, please join us for another short afternoon service of popular hymns interspersed with readings and prayers. Meet in the churchyard for a glass of Pimm's before we go into the church for the service taken by

\*\*\*\*

Rev. Ríchard Allaway

*Light refreshments available before and after Entry is free but donations are welcomed* 

# **BROMYARD** Symphonic Symphonic Wind Band and the pax singers **PICNIC PRON**

Saturday, July 15h, 2023 6.30pm - 8.30pm Gates open at 6.00pm

Burley Gate School Field Licenced Bar Bring your own chairs, blankets, picnics, etc.

# CONCERT

TICKETS ON THE GATE Adults £10 Children 12 and under FREE

CONTACT bartlett770@ btintenet.com

IN AID OF St. James Church Ocle Pychard Roof Repair

## June 2023

Hello everyone. I thought it might be helpful to provide a quick update on the recent political changes at the council, following the local elections in May.

There are 53 councillors on Herefordshire Council overall. The May election results were: 21 Conservative, 12 Lib Dem, 9 Green, 6 Independents for Herefordshire, 3 True



Independents, 1 Labour, and 1 other. This means that the electorate didn't give any single party a majority.

Although the Green group, of which I am the leader, grew from 7 to 9, our former coalition partners, the Independents for Herefordshire, unfortunately lost many seats. We therefore worked very hard to try to form a new cross-party coalition - to be specific, we proposed a transition to a proportional committee system, with a transitional administration made up of all the political groups in proportion to their size. Unfortunately the Lib Dems would only agree to cooperate if they held all the cabinet positions – and that would clearly have been undemocratic. As a result, the Lib Dem votes at the full council meeting on 19 May ensured that a minority Conservative administration was formed.

This means I am no longer a cabinet member. Instead, I now am chairing the 'Connected Communities' Scrutiny Committee which focuses on the areas of Economy, Transport, and Planning. Scrutiny committees play an important role in holding the administration to account - scrutinising decision-making and looking at key issues in depth. There are many big projects and key initiatives ongoing in these areas - things like the £22m Towns Fund projects in Hereford, the £20m transport investment including the new Hereford transport hub; and the update of the Local Plan / Core Strategy, which sets planning policy for the county as a whole. So as chair of the relevant scrutiny committee I will be working with colleagues from all parties to keep a close eye on council decisions and implementation in these areas.

In the meantime I will continue my work as your local ward councillor! Please note that the dates for my ward surgeries have now changed, in order to avoid clashes with council meetings.

Surgeries will now be on the third Monday of every month (except August), in the same places, and again coordinating with the mobile post office:

- Cradley Village Hall, 11.30am to 1.00pm.
- Bishops Frome Village Centre, 2.00pm to 3.30pm

The next surgeries will be on Monday 17<sup>th</sup> July.

### My contact details: 01531 670729 (landline) or 07950 714947 (mobile), or email ellie.chowns@herefordshire.gov.uk. With very best wishes, Ellie



# JOHN LEE

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# Local Online Therapy - with Dr David Best

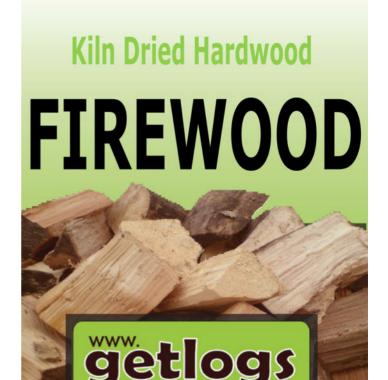
I provide local professional help for mental distress and difficulties, even more prevalent in these unusual times.

To have an experienced therapist to talk to, who has helped others in similar circumstances, can help to resolve the mental distress of a range of relationship and mental health issues.

This help is available either on-line or in person with appropriate social distancing. Please look at web site; <u>www.localonlinetherapy.co.uk</u>, for information

and details of the services he offers, the approach he uses, and *how to contact me*.

- In particular, he offers support for:
  - Depression
    - Couples therapy
       Relationship counselling
       Employment difficulties
       Parenting challenges
       Stress and Trauma
       Anxiety



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- Independent Advice
- The latest Hearing Aid Technology
- Comprehensive Aftercare Plan

6 Blackfriars Street, Hereford, HR4 9HS (50 yds from Waitrose car park) 01432 367 861 hereford@scottwroehearing.co.uk



74 Barnards Green Road Barnards Green, Malvern, WR14 3LY **01684 566 449** malvern@scottwroehearing.co.uk



**BROMYARD COMMUNITY TRANSPORT** 

### **Transport Problems?**

If you do not have access to a car or public transport, call us, we can help get you going

### **Our Services**

Go Dial a Ride and Community Cars Day Outings and Shopping Trips Group Minibus Transport

Wheelchair friendly minibuses and MPV

### Why not volunteer as a driver Help us today - you may need us tomorrow!

Call us on **01885 488452** or pop into the office 1 Rowberry Street, Bromyard, HR7 4DU E: <u>info@gobct.org.uk</u>, <u>www.gobct.org.uk</u>

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# **CECILIA HALL DANCE CENTRE**

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ADULT DANCE and FITNESS CLASSES

## **'MONDAYS**

Zumba Gold 10am 10.40am Adult Ballet 11.45am FitSteps 1.30pm Tap Dance 2.30pm Adult Ballet

# TUESDAYS

9.20am Pilates 10.30am Tap Dance 11.30am FitSteps 1.50pm Silver Swans Ballet for over 55's **Belly Dance** 3pm

# WEDNESDAYS

9.30am Modern Jazz/Lyrical Dance 10.35am Adult Ballet 11.45am FitSteps 12.50pm Flamenco Adult Ballet 2pm Pilates 3pm

# THURSDAYS

FitSteps 10am

11.15am Silver Swans Ballet for over 55's 2pm New Silver Swans Ballet for over 55's 8pm New Zumba class TBC

# **!FRIDAYS**

9.30am Dance Mix Gold 10.30am Silver Swans Ballet for over 55's 11.45am FitSteps 2.45pm New Zumba class TBC

# SATURDAYS

8.45am New Zumba class TBC

SUNDAYS 8.45am Pilates

10am FitSteps

# Classes held in Great Malvern.

Pre-book as social distancing still in operation.

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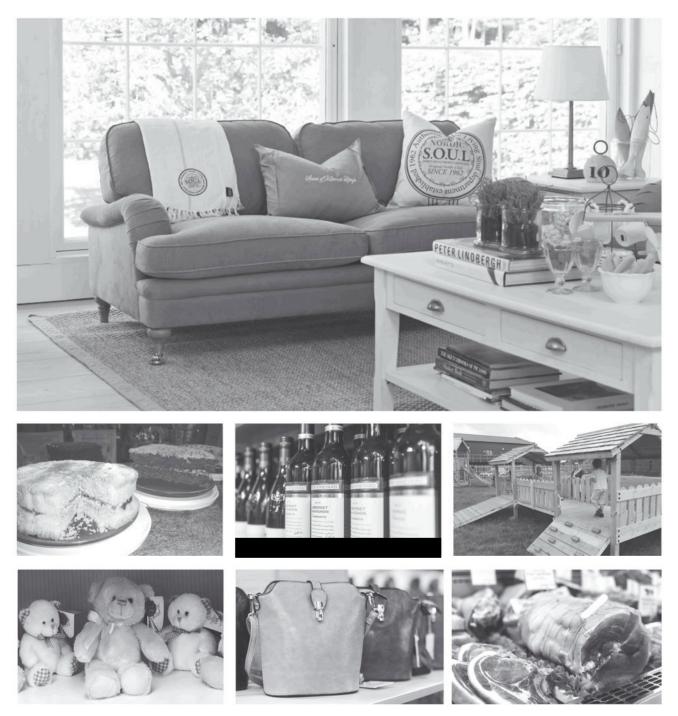
Crop Walking and Building Photography Aerial photography of Woodland CAA Licensed Commercial Pilot



Jenson Jones 01885 483445 07974 604247

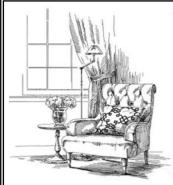


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	THE FROME VALLEY GROUP				
JULY 2023					
	2 <sup>nd</sup>	9 <sup>th</sup>	16 <sup>th</sup>	23 <sup>rd</sup>	<b>30</b> <sup>th</sup>
Acton Beauchamp	11.30am Holy Communion SB				
Bishops Frome	10.00am High Mass SB	10.00am Holy Communion SB	10.00am High Mass SB	10.00am Holy Communion SB	
Castle Frome		11.30am Holy Communion SB		10.00am Family Service Lay Led	10.00am
Evesbatch					Group Service RA
Fromes Hill					
Much					
Cowarne		10.00am Matins RA		10.00am Holy Communion RA	
Ocle Pychard				3.30pm St James Day Service SB	
Stanford Bishop				8.30am Holy Communion Feast of St James SB	
	Trinity 4 Green Romans 6.12- 23 Psalm 13, Matthew 10: 40-42	Trinity 5 Green Romans 7.15- 25a Psalm 119:105-112, Matthew 11:16 -19, 25 - 30	Trinity 6 Green Romans 8.1-11 Psalm 119: 105-112 Matthew 13:1- 9, 18-23	Trinity 7 Green Romans 8.12- 25. Psalm 139: 1-11, 23-24 Matthew 13: 24-30, 36-43	Trinity 8 Green Psalm 128 Romans 8.26- 39 Matthew 13.31-33,44-52

## Wedding

### FROM THE REGISTERS

The Wedding of Emma Louis Parish and Robert Peter McGuffie took place on 26<sup>th</sup> May 2023 at St Giles, Acton Beauchamp.

### Funerals

The Funeral of Eric Charles Parry who died on 16<sup>th</sup> April 2023, aged 80, took place on 10<sup>th</sup> May 2023 at St Mary the Virgin, Bishops Frome.

The Funeral of Ella Annie Pritchard who died on 9<sup>th</sup> April, aged 99, took place on 18<sup>th</sup> May 2023 at St Mary the Virgin, Much Cowarne.

May They Rest in Peace.

	THE FROME VALLEY GROUP August 2023				
		Augus			
	6 <sup>th</sup>	13 <sup>th</sup>	20 <sup>th</sup>	27 <sup>th</sup>	3 <sup>rd</sup> Sept
Acton Beauchamp	11.30am Holy Communion RA				11.30am Holy Communion SB
Bishops Frome	10.00am High Mass RA	10.00am Holy Communion RA	10.00am High Mass RA	10.00am Holy Communion SB	10.00am High Mass SB
Castle Frome		10.00am Morning Prayer		11.30am Summer Agape	
Evesbatch					
Fromes Hill					
Much Cowarne		10.00am Matins Lay Led		10.00am Holy Communion	
Ocle Pychard					
Stanford Bishop					
	The Transfiguration White 2 Peter 1.16- 19 Psalm 97, Luke 9:28-36	Trinity 10 Green Psalm 105.1- 6,16- 22,45b* Romans 10.5- 15 Matthew 14.22-33	Trinity 11 Green Psalm 133 Romans 11.1- 2a, 29- 32 Matthew 15.21-28	Trinity 12 Green Psalm 124 Romans 12.1-8 Matthew 16.13-20	Trinity 13 Green Psalm 105.1- 6,23- 26,45b* Romans 12.9- 21 Matthew 16.21-28

24.05.23

# ST MARY THE VIRGIN, BISHOPS FROME

DATE	READER	PRAYERS
July 2 <sup>nd</sup>	Sarah	Moyra
July 9 <sup>th</sup>	Maureen	TBA
July 16 <sup>th</sup>	Lucy	Liz
July 23 <sup>rd</sup>	Martin	Maureen
July 30 <sup>th</sup>	Group Service 10am at Eves	batch
Aug 6 <sup>th</sup>	Sarah	Moyra
Aug 13 <sup>th</sup>	Flo	TBA
Aug 20 <sup>th</sup>	Maureen	Liz
Aug 27 <sup>th</sup>	Angela	Maureen
Sep 3 <sup>rd</sup>	Sarah	Moyra

### FROME VALLEY NEWS ADVERTISING

The Frome Valley Group of Churches The Rosary, Bishops Frome. WR6 5AP

# **RENEWAL NOTICE JUNE 2023**

I would like to thank you for your support in 2021/22. As you know the advertisements are important to us as they offer an information service to over 500 homes in the area.

Size	Price per issue	Price full year 10 issues
Eighth Page	£3.00	£30
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Full Page	£20.00	£200

Thank you for advertising with us. The fee for your advert is based on the table above. The Newsletter year now runs from Mid June to Mid June and has 10 editions. From your FVN Team, Sarah, Eleanor & Steven

Please pay with a cheque made payable to **Frome Valley Group of Churches** and post to us as above. **\*\* Please note the new payment details \*\*** 

Or by BACS Sort code: **30-94-99**, Account No. **01138390**, please reference your name / Organisation. Please email me to confirm your BACS Payment. oldholbans@hotmail.com

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Many Thanks Sarah Sevastopulo

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# WHAT'S ON WEEKLY in July

Please contact group leaders before attending exercise classes

### <u>Monday</u>

- Pilates with Sally, 9.30, 07909 754 039
- Internet Café, 10am to 12, 01531 640 981 Not during August.
- Board Games, 2-4pm , first Mon 3 July Susanna 01885 490 440
- Tae Kwon Do , White Phoenix 6.30pm, 07814 778 112

## <u>Tuesday</u>

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

## <u>Wednesday</u>

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

## <u>Thursday</u>

# Coffee morning, 10 to 12 First & third Thursdays Contact Tony

# 07764 578 410



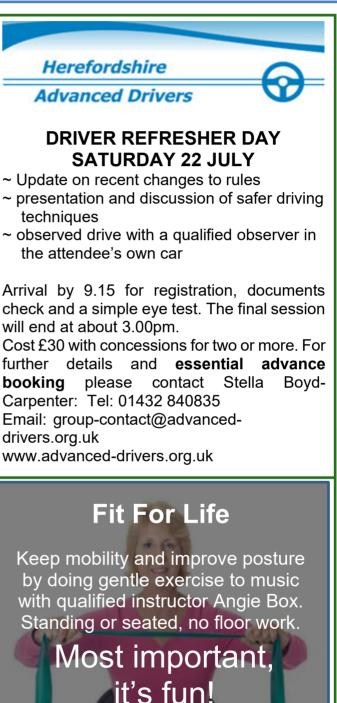
Ward Surgery, 10.30 to 12
 Third Mondays, 2-3.30pm
 Cllr Ellie Chowns, 07950 714 947
 Note change of day

## <u>Friday</u>

- Pilates with Sally, 9.30, 07909 754 039
- Shanties back on 6 October, 2pm
- Tae Kwon Do, White Phoenix 6.30pm, 07814 778 112



Mon13.45 to16.45Tues13.00 to14.30Wed9.00 to12.00Thurs9.00 to12.00



Tuesdays 3 - 4 pm cost £6

### Please contact Angie before attending 01885 563 073 07530 420 554 bannutgirl4@gmail.com

<b>VICAR</b>	Rev. Steven Baggs	tel: - 01885 490582		
	<b></b>	e-mail: stevenbaggs@me.com PLEASE NOTE: Monday is Steven's day off.		
ASSOCIATE PRIEST	Rev. Richard Allaway email:rja5204572fco@gma			
PARISH OFFICE	The Rosary, Bishops From tel and fax e-mail: fromevalle;	tel - 01885 490229		
PARISH SECRETARY	Eleanor Morris tel - 01885 (Wednesdays & Fridays 9.30			
<b>CHURCH WARDENS</b>				
ACTON BEAUCHAMP	Sally Wall	01886 884727		
	Jane Allan	01531 640227		
BISHOPS FROME	John Ewens	07801 122778□.		
	Tony Davis	01885 490394		
CASTLE FROME	Charles Pudge	01531640309		
EVESBATCH		01886 880259		
	Diana Harrison	01531 805058		
MUCH COWARNE	Jean Parkes	01432 820402		
	Martin Hewitt	01432 820282		
OCLE PYCHARD	John Ridler	01432 820328		
STANFORD BISHOP	Rachael Hawkins	01886 884250		
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## FROME VALLEY GROUP OF CHURCHES

Safeguarding Officer: Eleanor Morris - 01885 490229

**Diocesan Safeguarding Adviser:** 

Mandy McPhee 07875757396 or m.mcphee@hereford.anglican.org

**Editor & Advertising:** 

Sarah Sevastopulo e-mail: fromenews@gmail.com

PARISH OFFICE OPEN - Wednesdays & Fridays 9.30 to 11.45

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LAST COPY DAY for the September 23 issue of

THE FROME VALLEY NEWS is: Monday 14th August 23And the collection date will be :TBC