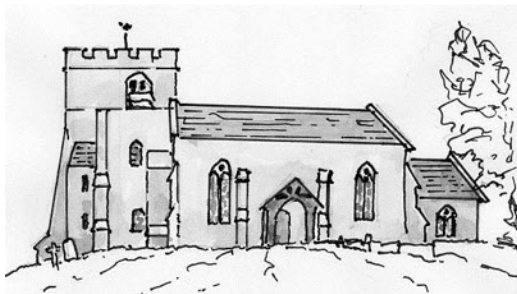


FROME VALLEY NEWS

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



MARCH 2021



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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.

Stay safe and and here's to vaccinations and freedom

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 (oldholbans@hotmail.com)

FROME VALLEY NEWS COLLECTION DAY FOR THE

April 2021 ISSUE

Could volunteers from all churches kindly collect their new batch of issues from the Parish Office during the morning of **TBC**

If this time is not convenient please contact Eleanor at the office to arrange an alternative time.

This advertising space could be yours!

Contact Sarah Sevastopulo
Tel: 01885 490896 email:
oldholbans@hotmail.com

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

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.

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

Vicar's Letter

Who do you think you are?

I've always loved that television programme where they trace people's long lost relatives and reunite them. I find the deep ties between family members, some of whom have never even met before, quite moving.

For Christmas my wife bought me a DNA test, I suspect she wanted to check out the likelihood of Alzheimer's or some other medical possibility due to my increasing forgetfulness. However, it was the ancestry side of the test that fascinated me. After spitting into a tube and waiting over 2 months I finally received the results in the hope that there would be something really exciting in my DNA, some long lost relative from the other side of the world perhaps.

On the face of it the test results were not that exciting, if you chop my head off you would probably find the words 'made in England' running through me like a stick of Blackpool rock, not quite what I had hoped for. So, I uploaded my test results to a site that checks DNA against tribal samples from the past 2500 years and finally got something more like the result I was hoping for. Danish, Norwegian & Icelandic Viking, Saxon, Visigoth and Ancient Briton, at first all exciting stuff, but after a bit of research I realised that this was a pretty standard sample of modern English DNA.

Looking through the various reports from the initial test I did find a few much deeper truths about my ancestry that mostly tell the story of us all. Firstly the shocking revelation that I am 2% Neanderthal!!! So is just about everybody else in Europe and Asia apparently. I am also related to a common male ancestor 10,000 years ago shared by 1 in every 21 people of Western European descent and a common female ancestor share by 1 in every 36. Going back even further I find that everybody alive on the planet today shares a common ancestor from Africa going back 275,000 years.

As Grissom says on C.S.I. 'the DNA doesn't lie', sure enough it matched me to my nephew who had been tested a few years ago and to a South African lady with Baggs family members on her family tree. After digitalising and uploading some old family tree documents onto the online World Family Tree I now find I have over 10,000 recorded ancestors who link me to 153,151,501 other people in the world. I've now become one of those awful people every parish priest has to deal with on an increasingly regular basis - a family tree researcher! I can now trace my ancestry back to the Knights of the Norman Conquest and then probably back the other way to any one of you!

This has been in many ways, a fool's quest because it has led to the inevitable truth that the book of Genesis affirms at the creation; we are all from the same source. We all belong in God's family which as the Bible reminds us is the human family, a family that is re-created through Christ. As St Paul says, "There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus."

Who do you think you are? Now there's a question to ponder this Lent!

Blessings

Steven



LEGGES OF BROMYARD

We are now offering free local delivery (within 10 miles) of our shops and free nationwide delivery on all orders over £20 (UK mainland only)

We have made up some weekly hampers, to make life a little easier, during these strange times.

We are delivering. If you would rather stay at home just give us a call. Homemade pies, sausages, bacon, eggs, butter, cheese, potatoes, ham, spatchcock chicken

Just call the shop 01885 482417 to place your order

Order online www.leggesofbromyard.com
or call 01885 482417

During the COVID-19 pandemic Bromyard Community Transport are remaining open.

Transport for Covid Vaccinations

Cathy Marsh (Manager) Bromyard
Community Transport Tel: 01885 488452

DAR Ltd

D A R Malvern. Friendly local service, new and reconditioned appliances .

We specialise in:

Washing machine repairs, sales and spares.

Dishwasher repairs, sales and spares.

Cooker repairs, sales and spares.

Vacuum cleaner repairs, sales and spares.

Reconditioned appliances

Plus repairs to all appliances, big or small. We deliver and install.

Tel: 01684 572151

PETER COOKS BREAD

We'll be supplying all of our usual stockists in the following areas:

- Bromyard

- Colwall

- Hereford

- Ledbury

-Malvern

Please check with your local stockist for more details.

Also Order Online for your own delivery - <https://www.petercooksbread.co.uk/shop-1>

MIDWAY STORES AT FROMES HILL OPEN

7am to 8pm Mon - Sat

&

9am to 4pm Sundays

The Wheatsheaf at Fromes Hill

Order by Phone:01531 640600

Also see their FB page for Friday Takeaways

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

THE HOP POCKET UPDATE

We are aiming to reopen the Foodhall on Friday 5th March, and after that the hours will be Tuesday to Saturday 10am until 5pm, Closed on Sundays and Mondays. The Garden Centre has been open all the way through and they will be open for the same times as the Foodhall, except they will be open on Sundays 11am to 3pm.

Many thanks for your help, hopefully the rest of the shop will be open in April.

Matthew JF Pudge. Managing Partner The Hop Pocket

Bishops Frome Community Shop

Open as Usual - See page 21

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 01885 490582
stevenbaggs@me.com

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

Mrs Judy Orgee 01531 640525

ST. MARY'S CHURCH MUCH COWARNE

Although we were able to end 2021 with a Christmas Day Communion and a carol sung outside in the sunshine we are now, along with the other Frome Valley churches, back in lockdown and our church closed, probably until Easter week. In the meantime Steven & Richard will continue to bring us weekly services through Zoom or YouTube; if you wish to receive details of these please ask them to put you on the circulation list.

So: now we are left once again with the waiting game and can only hope that the downward trend, (which at the time of writing has just begun) in new cases, hospital admissions and deaths will continue and vaccinations will progress at the same excellent pace so that the government reaches its target set for late Spring. Talking of Spring, in the midst of this unreal winter we are already seeing plenty of snowdrops, the odd crocus and even daffodils not only in bud but ready to open. Nature is surely telling us that whatever trials we are wading through at the moment, she is promising that the natural world around us will continue its annual progression through the seasons.

As this long battle with the pandemic continues into its second year we should continue to thank all those who are working so hard to help us during this time – the health workers of all kinds, those who work in transport, local and national services, local and national government, essential shop staff and any others who have carried on their work, paid or voluntary and despite the threat of infection to themselves so that we can continue to live as safely as possible.

We thank God for their devotion.

ST. GILES' CHURCH, ACTON BEAUCHAMP

As the national lockdown continues, sadly St. Giles' Church, along with many other Churches countrywide, remains closed.

However, the Churchyard is open and we have a lovely display of Spring flowers. It will be a worthwhile destination on a wintry walk.

Instone Court, HR7 4JS - Farm Vending

We realise this is a difficult and very scary time for many with some of our customers concerned with visiting busy supermarkets on a regular basis. With this in mind, is there any produce you would like to see stocked in the vending machines? This week we have introduced butter. Vegetable stew packs and bake at home baguettes will be stocked by the weekend. Blue paper and disinfectant is available in the shed along with sanitiser for your use

We would just like to thank all of our customers over these trying months, we really appreciate your business.

Now taking contactless card payments and cash!! Take away curry - Friday and Saturday nights. Cakes and Bakes from Taynton Farm. **Other Produce:** Free range eggs, free range whole and semi milk, crisps, organic potatoes, veg, apples, cobnuts, walnuts, cream, Wallers meat (bacon, sausages, pork pies and more) tomatoes, jams and chutney

Now having Peter Cooks bread.

Simon and Elaine



Communion Service

Sunday 14th March
8.30am
To Be Confirmed ...



Family Service

Sunday 28th March
10.00am
To be Confirmed ...

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 March 21 News, Views & Muse

Hilary's Nature Diary



Jays in the churchyard



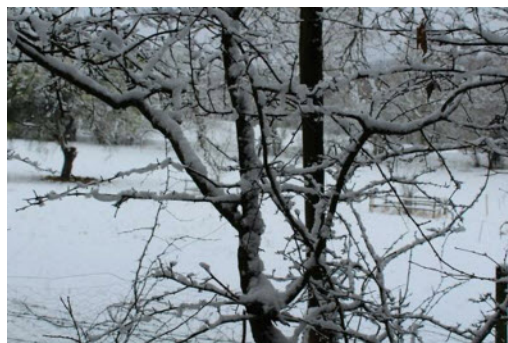
The raucous, screeching call of *Garrulus glandarius* is not my favourite bird call but its colourful plumage is certainly a joy to see. This secretive jackdaw-sized member of the crow family can frequently be seen in the green lane bordering the churchyard. It is the most colourful of our corvid family, instantly recognised in flight by that flash of bright blue on the wing against its pinky-grey body. Like other members of the crow family, jays will mimic other birds – including the buzzard. I constantly hear buzzards around the church – but I do wonder if sometimes I'm hearing this actor at play!



Well, we are now into February and still the lockdown continues. I expect a lot of you, by now, have had the 1st vaccine. Jo and I have been involved in the Vaccination Clinics with our respective surgeries that we work for. The logistics of organising such a mass vaccination has been unprecedented, we always thought the Flu vaccination clinics were hard to organise. I am proud to have been involved, if only in a small way, by dealing with the administration side of the process. I would like to think that the UK population as a whole would be appreciative of everyone that has had some involvement, be it the Government, the Doctors and Nurses even down to the Volunteer "running" staff who have kept the follow of patients coming through. Sadly this won't be the case.

**A HUGE THANK YOU TO ALL OF THE NHS
Please stay safe, follow the rules and have the vaccine.**

Photos taken by Su Webb



Snow in The Conigree just outside Ledbury. Jan 2021



Stanford Bishop News



Dear All,

March - The first signs of spring include robins, sparrows and blackbirds starting to nest, the dawn chorus getting louder, the first buzz of bumblebees, garden bulbs coming into flower along with hellebores and pulmonaria. The golden yellow lesser celandines with their glossy green heart shaped leaves charm the woodland floor. Lambing is in full swing for many farmers, along with the clocks going forward into British Summertime, the countryside is awakening.

Saturday 6th February, sadly we have been unable to hold this event due to Covid.

March 4TH 7.30pm AGM

(anyone who would like to join our team or if you have any fund-raising ideas please contact Rachel)



The daffodils are in bloom at St James', please call in.

Take Care All.



Ocle Pychard Ramblings

Well hello everyone, I hope that you are all keeping fit, well and staying safe. I suspect that many of you have, by now, had your first covid vaccination although there are still many of us waiting for our invitation letters to arrive. My husband went for his jab yesterday but I am still waiting!! We went to do our shopping after his jab and I wandered through Hereford to the bank, (as you do!!) and was struck by the sense of desolation. It was like walking through a ghost town and those people who had ventured out were scurrying around trying to avoid everyone else. I do not suppose the biting cold wind nor the deeply grey overcast clouds helped but with so many shops closed or closed down it did feel rather forbidding. Hopefully we will soon see brightness at the end of this somewhat dark tunnel that we are all moving along. The sun will shine again and the warm days will return and this raises everyone's spirits. As Captain Sir Tom Moore said, "Tomorrow will be a good day."

Today my spirits are raised as the sun is shining, although the cold wind is blowing, the birds are singing in the garden and there is a feeling that Spring is only just around the corner. I walked up our lane this morning and the snowdrops on the bank are in full bloom with their milky white petals and vibrant green centres tossing in the wind. As I moved further on there were the lemony blossoms of a few early primroses just poking through the leaf litter, their fresh colours and upturned faces always gladden my heart. As I turned to retrace my footsteps back home I glanced up at the overhanging branches of a tree and there were buds forming that will soon be ready to unfurl as the warmer days arrive. Wonderful! Soon we will all be busy in our gardens tidying up, making beds ready for the new crops that we intend to plant, I can hardly wait.

Perhaps next time when I write things will have moved on a pace and life will be getting back to some sort of normality. Who knows!! In the meantime stay safe and look after yourselves.

Sally Ridler

What is Lent?

Lent 2021 begins
17 February ends 3 April

Lent is a period of fasting, moderation, and self-denial traditionally observed by Catholics and some Protestant denominations. It begins with Ash Wednesday and ends with Easter Sunday.

Got Questions

Lent begins on Wednesday 17th February and we are planning to hold the first session of the Lent Study Group following the 'Pilgrim Course Book 6: The Eucharist' at 7pm, please let me know if you would like to join in over Zoom. I still have a few of the books left if anyone needs one. Steven

From Hereford Diocese

As I write this we are approaching the start of Lent. Easter this year falls very early and it feels like only yesterday that we finished celebrating Christmas. One impact of COVID-19 and the pandemic is that time can feel somewhat stuck. It can feel like we are trapped between events rather like a strange Science Fiction world where we are caught up in an endless cycle of repeating the activity. It reminds me a little of the film 'Groundhog Day' where the main character is trapped in a world where he simply repeats February 2nd over and over again! I think if we are not careful our spiritual lives can get stuck too, with little opportunity to worship together in church and limited social interaction, we can very easily become dislocated from our faith and from each other.

Lent traditionally has been seen as a time of self-examination, self-discipline and fasting although interestingly it didn't include Sundays as these were feast days and celebrations. It took its form from the 40 days Jesus spent in the wilderness following his baptism. It also marked the traditional beginning of Spring and the word Lent is based on the old English word for 'Spring season'. As part of that preparation and self-denial, we have traditions of giving things up for a season and abstinence. In more recent times we have been encouraged to take something up that is of spiritual benefit to ourselves or general benefit to others instead. One of the things we have perhaps lost sight of is it was also a season of spiritual generosity and almsgiving.

When I did some research as part of some studies into what helps churches to grow one of the common themes that emerged was that growing churches were generous churches. They held lightly to their money and buildings, giving of time, talents and money for the 'Common Good' through acts of service and generosity. They saw money as a resource to be used for the Kingdom rather than hoarded for a rainy day that never came.

This Lent is a prime opportunity to set time aside to realign our spiritual lives. John writing his Gospel gives us a wonderful picture in chapter 15 of the vine and its branches. In that Jesus says to his disciples:

"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me, you can do nothing. If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples." John 15 5-8

If we are going to be effective disciples, we need our lives to be rooted in Jesus. We have to learn not just to listen to Jesus' words but live them out. I think one of the reasons many of us find the pandemic restrictions so hard is that the Christian faith is primarily lived out in the community and is not a solitary or individual activity.

If we are going to make the most of Lent then we need, as a church, to rediscover a communal faith which looks outwards. To put our faith not in an institution called 'church' but instead in the person of Jesus who longs to change us into the people God created us to be.

However, you use these coming weeks why not discipline yourself to spend a few minutes each day to reflect on your spiritual journey and your relationship with God, to offer yourself to Him that we might become more like Him, as CS Lewis said:

"We must lay before Him what is in us, not what ought to be in us."

from Letters to Malcolm: Chiefly on Prayer, chapter 4

Derek

February 2021

Hello everyone. I hope you're all managing to keep warm and well – and connected in some way with friends, family and neighbours. Personally I've been cheered by the snowdrops and dawn birdsong in recent weeks, and I've been watching the daffodils closely on my morning walks – gradually peeking through the cold ground, biding their time before blooming.

I've also been doing some local litter-picking. It's surprising and sad how much litter has accumulated in places I cleaned last year... but I get a sense of satisfaction from cleaning up the road verges and hope that eventually everyone will think twice before throwing rubbish out of their car windows.

I thought I would use this column to feed back to you on last Friday's Council Annual Budget meeting. This is where we all vote on the council's capital budget (covering all the big investment projects such as new schools, major road maintenance, housing etc) and the revenue budget (covering all of the council's day to day work), as well as on the council tax relief scheme. (If you're interested in the details, you can read all the meeting papers here: <http://councillors.herefordshire.gov.uk/ieListDocuments.aspx?Cid=291&Mid=7829&Ver=4>). I'll try to summarise the key points below!

The process of drawing up the budget takes about 9 months from start to finish. It's a big job for council officers and councillors too – especially when (as for the past 11 years) we have had to find major savings. This gets harder and harder each year, because there is literally no 'fat on the bone'. This year's budget had been through months of consultation, including informal discussion with the leaders of all the political groups; meetings with Parish Councils and other key stakeholders like businesses and community groups; an online public consultation, and in-depth scrutiny by all of the council's scrutiny committees in January. As such, there has been lots of opportunity for all councillors to propose ideas, and **we have listened carefully to local people's views**.

The first item on the agenda was the **council tax relief scheme**. Our coalition administration – like everyone – is really concerned about the impact of the Covid crisis on households, and so we wanted to do everything possible to help those who struggle to pay their council tax. We therefore proposed to **increase council tax relief to 100%**, so that anyone who is eligible doesn't have to pay anything. We've also **reduced the bureaucracy around eligibility**, and we've **removed the Band C limit**. This means that some people who were previously excluded because of living in quite a big house (even if they had very low income) are now going to be included in the relief scheme. Altogether we are putting £1.9 million into expanding this scheme, which is directly targeted to providing the maximum support possible to those who are struggling to pay their council tax. The details on the scheme run to 136 pages (!) but the headline message to anyone who is struggling is: please get in touch with us and we will do our very best to help. In addition to council tax relief there are also some other funds that can help those who fall outside the eligibility criteria – so **if you or anyone you know is struggling to pay council tax**, please do get in touch:

<https://www.herefordshire.gov.uk/council-tax-1/council-tax-reduction>

or email benefits@herefordshire.gov.uk or phone 01432 260333.

We then went on to discuss the capital and revenue budget. I'll focus on revenue here, since I don't have much space!

We have sadly had to find over £11 million of revenue savings this year in order to produce a balanced base budget of £161 million. **Almost all of this £11 million 'pressure' relates to increasing demand for children's and adults social care**. Most of this isn't actually specifically Covid-related; unfortunately, it's part of a long-term pattern of ever-increasing care needs and ever-decreasing funding.

Ultimately, the only way to square this circle is for central government to provide more funding. But instead we have seen an immense squeeze on local government funding for the past eleven years, meaning that councils have to do more with less every year.



As a result, the pressure falls more and more on council tax and business rates. **Council tax is our main source of funding (70%)**, with the rest coming from business rates (23%) and a couple of central government grants.

Another thing that is sometimes not fully appreciated is that **most of the council's money is spent on social care services that the majority of people don't interact with directly – because we are lucky enough not to need them.** Next year, we will spend £59 million on Adults & Communities (e.g. residential & nursing care for older people, care at home for older people, support for disabled adults), and £37 million on Children & Families (e.g. child protection, children in care, children with special needs). Our budget for 'Economy and Place' services that most of us see on a day to day basis (e.g. bin collection, road maintenance, economic development, environmental health) is squeezed to just £26 million. The reason is that our social care obligations for vulnerable children and adults are statutory responsibilities – we have to fulfil them, by law (and of course we want to do the best we possibly can for those who most need our support). Therefore unfortunately it's the 'Economy and Place' services that end up bearing the brunt of the squeeze that is caused by ever-increasing care needs.

What this all means in the end is that we have had to raise council tax by 4.99% this year – that's a 1.99% increase in the core council tax, plus a 3% social care precept. This translates into an extra £1.51 per week for a Band D property. I recognise that for some people this will be unwelcome news. But I am also heartened by the fact that this was actually the most popular option in the public consultation we did in December–January. **We have listened to local people, who have told us that they are willing to pay a little bit extra to support the essential frontline services that the council provides.**

This 'good neighbour' attitude recognises that council tax is not a 'price' we pay for services we directly receive, like bin collection. Most of it actually goes to pay for support for the wider community that we are all part of. In this way we can think of council tax as part of being a good neighbour. And the last year has really shown us how important our neighbours are – how **we all need to pull together to help those in our community who need support.**

In the last part of the budget meeting we considered several amendments put forward by opposition councillors, including two proposals to reduce the council tax increase. Bear in mind that this year's council tax increase is equivalent to £1.51 per week for a Band D property, so the proposals were to cut this across the board by either 30p (Conservatives) or 60p (Lib Dems). I have to say I found both these proposals really disappointing, because they were effectively proposing tax cuts that would benefit the most comfortably-off residents the most. Across-the-board cuts like this will put the most money back in the pockets of those with large houses, and wouldn't distinguish between those with large or small incomes. And yet they were wrapped up in lots of political rhetoric about struggling families. As I said in the debate, if the proposers were really interested in those who are struggling, or just about managing, why don't they put forward a proposal that will directly help those people (like we did, with the extension of council tax relief), rather than a proposal that will primarily benefit the most comfortably-off?

In the end, the original budget proposal was passed by majority vote, after a marathon meeting of nearly 6 hours. And now the really hard part starts – actually making those savings, while continuing to improve all our services. Doing even better with less. Council staff have worked extraordinarily hard over the last year, dealing with everything thrown their way – flooding, Covid, and more – and now we are collectively having to ask even more of them. I am incredibly grateful to them all for their dedication to public service.

Dr Ellie Chowns

Herefordshire Council - Leader of the Green Group

- **Councillor for Bishops Frome and Cradley Ward**

- **Cabinet Member for Environment, Economy and Skills**

Tel: 07950 714947 / 01531 670729

Email: ellie.chowns@herefordshire.gov.uk

<https://www.facebook.com/CllrEllieChowns/>

2021 Census Day is Sunday 21 March

You will have received some information through the post about this national survey which takes place every 10 years. This is the first UK Census managed mainly online, and you will receive a unique access code to enable you to take part.

To make sure that everyone can participate, lots of help is available, including at

Bishops Frome Village Centre, where there will be a Census Support Centre with advisers trained by the Good Things Foundation. The original plan was that people would be able to call into the Village Centre to get help completing the Census: just at the moment Covid restrictions are getting in the way of that, but hopefully once the lockdown is lifted we can start to take appointments for visits.

Help will be available from **1 March to 4 May** either from us or the national Census Contact Centre

- If you have no internet at home, no computer, tablet or smartphone, or are not confident about filling in the questionnaire, we will be able to help you; confidentiality will be a top priority. We have laptops that you can use to complete the questionnaire yourself when it is possible to visit the Village Centre and we will be able to help you if you like
- you will be able to bring your own device to the Village Centre and log on to the internet there to complete your questionnaire
- we can help you complete the questionnaire on paper, though you may need to apply for a form
- we can complete your questionnaire with you over the phone

For the first few weeks lots of **support will be available by phone** on

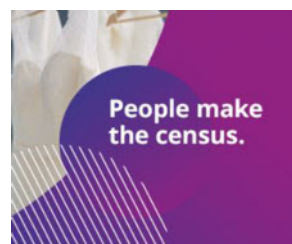
0333 0064 754 – calls on this line are charged at normal rates, or we can call you back.

You can contact us by email on censusbfvc@gmail.com

Covid restrictions apply to the advisers too so we will only be open for limited hours at first- since we have to operate from the Village Centre not from home. However you can call the phone line at any time 9-5 to make enquiries or book an appointment to complete your questionnaire over the phone at a time when we are open which **initially** will be

- Tuesday morning 10 to 12
- Tuesday afternoon 3 to 5
- Thursdays afternoon 3 to 5
- Saturday afternoon 2 to 4

Please do not drop into the Village Centre at this stage



We will keep you posted about the opening hours on the **Bishops Frome Village Centre** website bishopsfromecentre.co.uk and on Facebook, or of course if you phone or email us.

It's really important to complete the Census (and a legal requirement) to help the Government and charities with planning their provision. Census information helps a wide range of people and organisations to do their work. All information is anonymised and the actual census records are kept secure for 100 years after which they will be greeted with delight by family historians.

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; www.localonlinetherapy.co.uk, 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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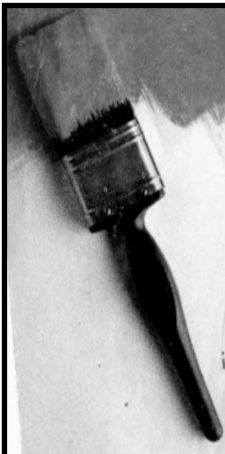
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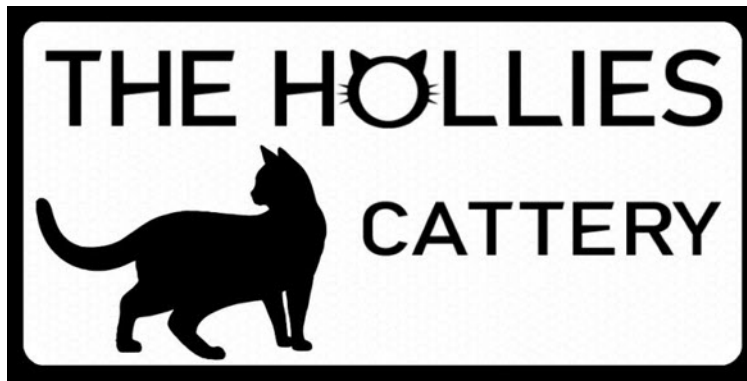
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We'll let you know the moment we're free to welcome you back.

Our  acebook page will have all the latest news as well as more pictures of our new menu treats.

But – just to assure you - it'll still be the same old Dragon, with the same old welcome for young and old, regulars and newcomers alike. The difference – we hope – is that when at last we re-open you'll realise how much you missed us. We've missed you.

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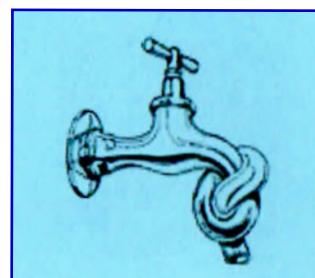
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Our social areas have been decorated and the whole pub has had a good spring clean to fall in line with government guidelines.

Our letting rooms have been refurbished and reopened on the 25th July.

Hygiene is at the top of our agenda to keep all our customers as safe as possible in this strange new climate in which we find ourselves.

“Our restaurant will be open during September between 6 pm and 8pm Friday and Saturday. Sunday 12 noon until 2.30 pm. Probably best to book due to social distancing guidelines.

Bar will be open Monday to Thursday from 4 pm and Friday, Saturday and Sunday from 12 noon.

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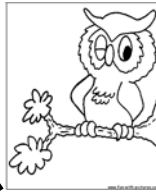
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ADULT DANCE AND FITNESS CLASSES

We hope to restart in July. Some online classes available until then.
Numbers in classes will be carefully controlled. Pre-book only.

MONDAYS	9.45am	Zumba Gold
	10.45am	Ballet
	11.45am	'FitSteps'
	1.30pm	Tap Dance
	2.30pm	Silver Swans Ballet/over 55's
TUESDAYS	9.45am	Beginners Tap Dance
	10.30am	Tap Dance
	11.30am	'FitSteps Fab'
	1.45pm	Silver Swans Ballet/over 55's
	3pm	Belly Dance
	6.45pm	Advanced non syllabus Ballet
WEDNESDAYS	9.30am	Modern Jazz Dance
	10.30am	Ballet
	11.45am	'FitSteps'
	2pm	Ballet
THURSDAYS	10am	'FitSteps Fab'
	11.15am	Silver Swans Ballet/over 55's
	12.15pm	Ballet
FRIDAYS	9.30am	Dance Mix
	10.30am	Silver Swans Ballet/over 55's
	11.45am	'FitSteps'
SUNDAYS	10am	'FitSteps'


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The Frome Valley Group

March 2021

	7 th	14 th	21 st	28 th	4 th April
	Lent 3 Purple Exodus 20.1-17 Psalm 19 John 2.13-22	Mothering Sunday Purple Psalm 127.1-4 Colossians 3.12-17 John 19.25-27	Lent 5 Purple Jeremiah 31.31-34 Psalm 51.1-13 John 12.20-33	Palm Sunday Red Isaiah 50.4-9a Psalm 31.9-16 Mark 15.1-39	Easter Sunday Gold or White Acts 10.34-43 John 20.1-18

At time of going to press, due to the ongoing National Lockdown and the current Covid 19 situation within the Benefice, all Church Services have been suspended.

We hope to resume Services as soon as it is safe to do so.

The Parish Office is currently open on Thursday mornings 10am to 12 midday for telephone calls only on 01885 490229.

Outside these times and in case of emergency please contact

Rev Steven Baggs 01885 490582

Rev Richard Allaway 07969 699270

FROM THE REGISTERS

Funerals

The Funeral of Harold Jeffrey Compton who died on 16th January 2021, aged 83, took place on 9th February 2021 at St James the Greater, Stanford Bishop.

May He Rest in Peace.

This advertising space could be yours!

Contact Sarah Sevastopulo
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BISHOPS FROME VILLAGE CENTRE

The Bishops Frome Support Group is in operation while we are in lockdown, to help people who are vulnerable or shielding, with prescriptions from Bromyard & Cradley, and with shopping. The number to call is 07764 578410. See the Covid-19 Local Support tab on our website for more information

In the Centre, full day hires by the NHS continue and the Post Office will remain open. Although we are hoping that lockdown restrictions will be eased before too long, we will be continuing to follow **Covid-19 Secure** guidelines, especially hand sanitising, control on numbers, distancing and face coverings at all times. Guidelines change so if you are thinking of booking for the future, please email for the latest version of the Special Conditions of Hire.

To arrange to have a look, when we are open, or to book, contact Wendy Roberts on 01885 490327 or email bishfromecentre@aol.com



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for much more information and hiring charges



Mon	13.45 to 16.45
Tues	13.00 to 14.30
Wed	9.00 to 12.00
Thurs	9.00 to 12.00

HERE'S SOME NEWS!

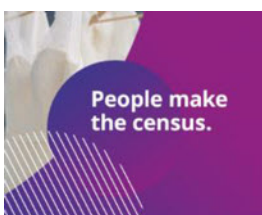
Once things return to some sort of normality Bishops Frome Village Centre will become home to a **Talk Community Hub** which aims to

- help to bring people together, build friendships and strengthen our community
- help people connect to the local community and services
- help people to access information and find available services, groups and activities to support wellbeing and independence using the WISH website (Wellbeing Information and Signposting for Herefordshire)



Look out for the **Talk Community Café** in a few weeks – and please contact Tony on 07764 578410 to volunteer to help with this new initiative. Could you welcome people, help make the coffee, bring a cake, help people search for services and activities?

census 2021



We've been telling you about the Census for the last couple of months, so hopefully you will know that we will be offering support at the Village Centre. There is lots of detail elsewhere in this magazine about when we will be open to provide help and what form it will take at first, and later as Covid restrictions lift.

Call us **0333 0064 754** at the Village Centre or email censusbfvc@gmail.com to make enquiries or an appointment

VICAR

Rev. Steven Baggs tel: - 01885 490582

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

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LAST COPY DAY for the April 2021 issue of

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And the collection date will be : TBC