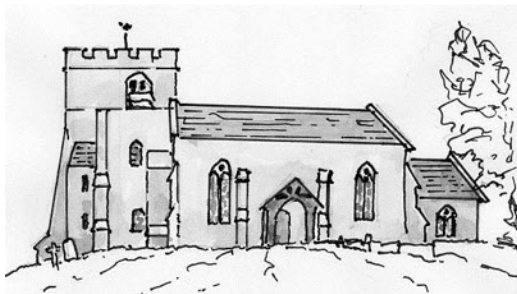


# **FROME VALLEY NEWS**

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



**MAY 2021**



## CONTENTS

Page 1	Vicar's Letter	Page 16	RRHK Chauffeur
Page 2 - 10	News, Events & Church News	Page 16	Andy Johnson- Chimney Sweep
Page 3	Woodlands Cattery	Page 16	Kevin Roberts Plumber
Page 3	Seabright & Co	Page 17	Scottwroe Hearing Centre
Page 3	BRP Architecture	Page 17	The Chase Inn
Page 3	Certainly Wood	Page 18	3D Windows
Page 11	Advert Dr David Best	Page 18	Ledbury Podiatry
Page 11	Midway Premier Stores	Page 18	Get Logs
Page 11	JB Services	Page 18	Matthew Padden
Page 11	Chris Treuttens	Page 19	Hereford Natural Health
Page 12	The Hollies Cattery	Page 19	Yvonne's Shed
Page 12	Sean Kelly	Page 19	Celia Hall Dance
Page 13	The Green Dragon	Page 19	Emma Bouston Funeral Director
Page 14	Jenson Jones	Page 20	Acer Tree Services
Page 14	Charlie's Haircuts	Page 20	Drapes & Dressings
Page 14	Mick Mussell (Monument Mason)	Page 21	Bishops Frome Community Shop
Page 14	Red Kite	Page 21	Max Roberts Carpentry
Page 14	SEZ ELRCTRIC	Page 22	The Hop Pocket
Page 15	David Copeland Chauffeur	Page 23	3 Counties Chimney Sweep
Page 15	You Go Transport	Page 23	Service Rotas
Page 15	Northdown Curtains	Page 24	Services, & Readings
Page 15	Carpet Cleaning	Page 25	What's on at The Village Centre
Page 16	John Lee	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.

### Stay safe 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](mailto:fromevalley@icloud.com)

[www.fromevalleychurches.org.uk](http://www.fromevalleychurches.org.uk)  
Sarah (oldholbans@hotmail.com)

### *FROME VALLEY NEWS COLLECTION DAY FOR THE*

#### *June 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**

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### 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.**

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

## Vicar's Letter

One of the things I really enjoy about being a priest is officiating at weddings. As we prepare to emerge from this third lockdown I have a number of weddings in my diary, many of which have been postponed from last year. It's good to know that people are still keen to get married, to make life long vows before God. It's good to know that such commitment through marriage hasn't gone out of fashion.



Marriage is different to most of the Sacraments that I as a priest am privileged to administer. This is because in the Sacrament of Marriage a man and woman confer the Sacrament upon each other when they express their consent to marry before God and the Church. The priest in this instance is simply there to officiate at the ceremony and bear witness to the Sacrament taking place.

The Church traditionally teaches that since God created people out of love, and calls on him to love, it is proper that the union of man and woman should be a Sacrament, a means 'through which husband and wife may know the grace of God', as the preface to the wedding service states. The love of the married couple mirrors the love of God.

To promise something for the rest of your life though is quite a promise, isn't it? None of us know what life has in store for us - we don't know the challenges or the blessings. So to promise anything for the rest of our lives is quite a challenge. But as these couples make their promises they do so with the intention of keeping them for the rest of their lives. As a church we should aim to support and uphold all those who partake in the Sacrament of Marriage through our prayers and by being there for people when the going gets tough.

None of us know what life has in store for us, both good or bad, but with someone beside us and with the help of God we will be able negotiate the course of life better. As the book of Genesis reminds us, "It is not good that man should be alone." It's true that some people are called to be single, for a season or more permanently, but this past year more than ever should prove that Bible verse to be true.

I pray that all our wedding couples this year will experience the grace of God through their marriages and that all of you who are married (or widowed) can look back and see the grace of God in your married life.

Blessings

Steven

### **HRH PRINCE PHILIP**

Sunday after Easter we offered our prayers for HRH Prince Philip, thanking God for his life of service to our Queen, our Country, our Commonwealth and the many institutions he supported or instigated. I found myself shedding a tear as I am sure many others did likewise for a man I had never met.

We owe him so much for his loyal and devoted service.

At the close of our service we all stood as Tony played 'God Save the Queen'.

**Heather Partridge**

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

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**Cathy Marsh (Manager)** Bromyard Community Transport  
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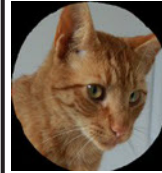
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### Careline - Help at the push of a button

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.

## 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](mailto:stevenbaggs@me.com)

Rev'd Richard Allaway 07969 699270 [rja5204572fco@gmail.com](mailto:rja5204572fco@gmail.com)

Mrs Judy Orgee 01531 640525 Tony & Liz Davis 01885 490394

## ST. MARY'S CHURCH MUCH COWARNE

Easter Sunday meant that our lovely church opened for the first service for 3 months and it was a pleasure to welcome over 30 people, suitably masked and spaced, to a Communion service which also had to be modified to meet Covid restrictions but which nevertheless brought to all of us that sense of wonder and hope which is always part of Easter but more especially so this year as, at the time of writing, we are approaching the gradual lifting of the restrictions which have ruled our lives for so many months. It was especially good to hear the organ again and we particularly enjoyed Judy's choice of music. As with our Christmas service we by-passed the regulations by singing an Easter hymn outside after the service and, like at Christmas, the beautiful morning made this even more special.

Unfortunately St. Mary's is now closed again for most of the time but we are resuming our pattern of a Communion service on the second Sunday of each month and Matins on the fourth Sunday. On these Sundays the church will remain open until early evening for visiting or private prayer whilst we hope to be able to resume daily opening from the end of June. This daily opening is possible because of the willingness of volunteers to join the Key Rota which involves opening the church in the morning and closing it in the evening each day for a week, 3 or 4 times a year. If any parishioners living within suitable distance of the church would be willing to join this rota Jill Cooksley (01432 820264 or jjcooksley@hotmail.com) would be very pleased to hear from them and explain exactly what is involved.

As everyone knows, fundraising and social events have not been possible during the pandemic, we have all missed these chances to get together socially and the loss of income is severely felt as there are so many ongoing maintenance and improvement projects which are important to the life of our church but which require funding. The annual Bring & Buy Plant Sale is the first event to be brought back thanks to the imagination and generosity of Martin and Marlene Hewitt who are arranging for it to be held at Panksbridge Farm on Saturday May 8th – see article elsewhere in this Newsletter. This may well be the only event we are able to hold this year because of the time and people needed to arrange such things but details of anything which is arranged will be in the Frome Valley News and on notice boards so please keep a look out. As always, ideas and volunteers are needed and welcome.

### St. Giles' Church, Acton Beauchamp

On Easter Sunday we held an Easter Service with Family Communion. This was the first service since Christmas.

A very big thank you to the Mum and daughter team who prepared and decorated, St. Giles', with lovely Spring flowers. I believe they were ably assisted by the family dog, many thanks, to him also.

The Service had a good attendance, and it was certainly very positive to see people back at Church, as we slowly make our way back to normality.

Many thanks to everyone who came to support us.

**WE ARE HOLDING A FAMILY COMMUNION SERVICE ON THE 2nd MAY.**

The usual time at 11.30am.

**Hopefully our usual monthly service will resume as normal.**

The PCC are awaiting further Covid restrictions to lift. We will then be making some decisions regarding the fund raising events.

# **BRING & BUY** **PLANT SALE**



**SATURDAY 8 MAY 2021**

**from 2.00pm**

**at**

**Panks Bridge Farm, Much Cowarne, HR7 4JB**



**Shrubs, Perennials, Dahlias & Bedding Plants,  
Veg: Beans, Tomatoes, Cucumbers etc**

**Free entrance, ample parking and space for  
social distancing**

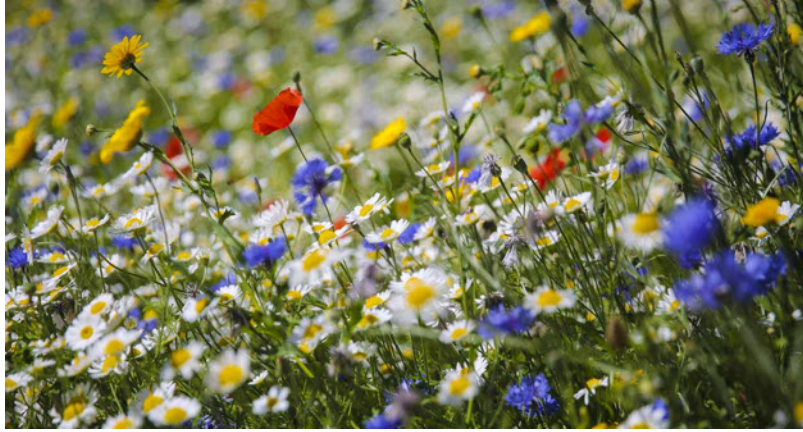
**Ring Marlene on 01432 820282 for further  
information**

**Proceeds to Much Cowarne Church**

# Stanford Bishop News

Dear All,

May is here, with summer on the horizon. Wildflowers in our hedgerows and meadows are coming into bloom, the dawn chorus is at its best. Flowering shrubs this month include Deutzia and calycanthus 'Hartlage Wine' with stunning flowers and cinnamon scented foliage.



Late spring in the woodland is still full of bird life, but also offers a variety of flowering plants among many are the purple orchid, wild strawberry, red campion and herb Robert. Countryside foraging in May can offer a wide choice including chickweed, red clover flowers, lime leaves and oxeye daisy buds.

Hear the drone of the forage harvester as many dairy farmers take their first cut of silage.

## **Much Cowarne 2021 Church Plant Sale**

This year Much Cowarne PCC is going to run its usual Church Plant Sale again thanks to member Marlene Hewitt, but this year at her home of Panks Bridge Farm, HR7 4JB which is half way along the road from Burley Gate to Bishops Frome. There is plenty of parking on the farm yards there and as long as folk wear masks and keep to some social distancing there should be no danger from Covid-19. We will open the gates at 2pm on Saturday 8th May. If you will be late coming you could ring and book plants from Marlene at her home number 01432 820282 or mobile 07487 429415 or email [panksbridge@hotmail.co.uk](mailto:panksbridge@hotmail.co.uk)

On sale will be some new high quality donated Shrubs.

Hardy perennials on sale will be Echinacea (Pink Cone Flower), Leucanthemum (Crazy Daisy), Delphiniums (Dark Blue with white centre), Aquilegia (Mixed Colours), Dianthus (Rockin Red), Achillea (Cerise Queen), Rock Roses, and Digitalis (Foxgloves).

Bedding Plants on sale will be Single Petunias (Pink, Purple & Cream), Double Petunias (mixed colours) and Trailing Lobelia (blue, pinks and whites), Lupins (small at the moment!), Geraniums (small at the moment), Sweet Peas (just a few pots) and lots of potted Dahlias.

Vegetables will include Alicante Tomatoes, Cucumbers, Lettuce, Pumpkins, courgettes, French & Runner Beans, and possibly some sweet corn.

We would welcome your donation of potted and labelled plants but more importantly your presence at our sale. We look forward to seeing you.



## Family Service

Sunday 9<sup>th</sup> May  
10.00am



## Family Service

Sunday 23<sup>rd</sup> May  
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 May 2021 News, Views & Muse



## Hilary's Nature Diary



**A drab-coloured bird but oh so full of character**

Today, a dunnock flew into our kitchen window and plummeted to the ground, seemingly lifeless. Within an instant, a male dunnock flew down and sang alongside the injured bird, as if to reassure it. Such romance in his sweet warbling and such loyalty, but then I remembered that this species can be far from monogamous! Dunnocks were once called hedge sparrows. They are not sparrows at all but accentors - translated as 'singing together'. I frequently see dunnocks shuffling unobtrusively amongst the churchyard undergrowth in search of insects.

We placed the stunned bird in a safe place. Once recovered, it flew to a nearby shrub to join its songful suitor - or was it another admirer?



Hilary



## Continuation of The Nature Diary ..... (but Su's!)



Recently, the family have been helping out our brother, Martin, (due to him having an operation) by walking his Beagle, Hattie.

Last Thursday, Chloe and I went with him and we had a lovely walk around Hereford towards Widemarsh Common. This took us around the back of the Bulmers Cider Factory (not glamorous, I know!) whilst we were walking, I noticed what I believed to be a Buzzard sat on one of the fence posts. We then were aware of a man stood near this big bird of prey, it turned out to be a Harris Hawk. We spent a few minutes chatting with

the owner. He told us that he spends most days there with "Mae", his Hawk to scare off the seagulls. She was absolutely stunning, he demonstrated to us how she would come when he called her, we had our own mini "Bird of Prey" demonstration! The seagulls flying over the top of Bulmers were well aware she was there and made such a racket. It is amazing the things you will see in a busy city.

S11



## From The Hereford Diocese

Pentecost or more traditionally Whitsun is I think the Cinderella of Christian festivals, it has never really had the impact of Christmas and Easter. It doesn't have the same traditions or social events around it which make it stand out in the wider culture either. I think increasingly the church doesn't really know how to mark the occasion and even the recent 'Thy Kingdom Come' prayer campaign which has actually taken off across the churches in recent years doesn't really make much of Pentecost itself. Yet Pentecost is perhaps one of the most exciting of the church festivals for it marks the moment when God started the church! It is in effect the Church's birthday, the day that God sent the Holy Spirit to inspire and empower ordinary Christians to do extraordinary things for Him.

The Holy Spirit is given freely to all of us as a free gift from God. Jesus promised his disciples that we would receive this gift so that we might know his presence with us as we live out our faith on a daily basis.

“And I will ask the Father, and he will give you another comforter to help you and be with you forever—the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you...”

**- John 14:15-16**

The problem is when most of us think of comfort we think of the luxuries of life, or being wrapped up in a warm blanket or duvet. We also think of comfort as something that consoles us when we are upset or in need. Whilst all these things are true the word used in the New Testament has a completely different meaning to those we might expect. The word comfort is the same word that we find in relation to prodding, strengthening or stirring into action. The Bayeux Tapestry has a wonderful panel of Bishop Odo, forcing his men into battle, at the end of his battle club, with the abbreviated Latin words: which when translated means: “Here, Bishop Odo, comforts his troops.” As individuals we might not find such 'comfort' comforting but the Holy Spirit is given to equip and spur us into action! In fact, the word comfort has traditionally also meant to give or add strength to someone or to encourage, urge or exhort. When we see the coming of the Holy Spirit in that way it makes much more sense of both Jesus words and what we see in the book of Acts as the early church begins to emerge.

The Holy Spirit also empowers us to be the people God created and knows us to be, in that sense the Holy Spirit fills us with God's wisdom and power for the tasks which he has called us to. On the day of Pentecost it is the Holy Spirit that takes the group of timid and bewildered disciples and equips them to declare the gospel message. Jesus before his Ascension had promised them that they would receive the Holy Spirit to equip them as His witnesses throughout the world.

“But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.”

**- Acts 1:8**

This power that comes with the Holy Spirit is very real and is available to us just as it was to the first disciples. It is power to live our lives as God intended, power to encourage us and to strength us for acts of service. It is not to make us feel better, or for our own benefit but it is the power to build one another up and to inspire the Church. So as Pentecost approaches perhaps we need to re-evaluate this slightly misunderstood Christian Festival and celebrate the birthday of the church with a bit more style and flair! Our prayer certainly needs to be 'Come Holy Spirit!'

May the Spirit, who set the Church on fire upon the Day of Pentecost, bring the world alive with the love of the risen Christ. Amen.



## St Michael's Hospice Plant Fair 4 & 5<sup>th</sup> June

St Michael's Hospice has announced the return of its Plant Fair. The two-day horticultural fundraiser, sponsored by Lyonshall Nurseries, will take place on Friday 4<sup>th</sup> and Saturday 5<sup>th</sup> June, and promises to be a celebration of the joy of gardening. Held in the beautiful Hospice gardens in Bartestree, just outside Hereford, visitors can explore a wide range of trade stands and community-grown plant stalls. To build on the success of previous years though, the Hospice is asking for help.



If you are sowing seeds, growing-on plug plants or dividing your perennials during lockdown, and would be able to donate half a dozen plants, St Michael's would love to receive them.

Organisers say they will accept all sorts of plants and only ask that you label them clearly. For tomato plants, please include their variety.

If you would like to help the Hospice by growing plants, contact Event Organiser Gaynor Warren on 01432 852630 or [gwarren@smhospicehereford.org](mailto:gwarren@smhospicehereford.org) and she will let you know when and how to deliver them to the Hospice.

For further information, including details of a Garden Container competition open to all ages, visit [st-michaels-hospice.org.uk](http://st-michaels-hospice.org.uk)

### St Michael's Hospice Open Gardens

If you're in need of some garden inspiration, then a trip to one of our Open Gardens events might be just the thing for you.

The beautiful Whitfield Estate near Wormbridge opens for us on Sunday, 16<sup>th</sup> May when you'll have the chance to 15 acres of formal and informal gardens, packed with history.

Hellens Garden Festival in Much Marcle, which raises thousands of pounds for St Michael's each year, returns on 12<sup>th</sup>- 13<sup>th</sup> June, before the Old Rectory in Thruxton welcomes you to its four-acre garden on 23<sup>rd</sup> June where visitors will find unusual perennials, a burgeoning arboretum, wildlife pond and a collection of heritage fruit trees. More gardens will be announced in due course. information is available at [www.st-michaels-hospice.org.uk](http://www.st-michaels-hospice.org.uk)

### EASTER AT BISHOPS FROME

Last springtime when we entered our first lockdown, we all optimistically thought the Covid pandemic would be over by the summer – and here we are a year on tentatively coming out of it.

We at Bishops Frome were able to resume church services in the middle of Lent, still abiding by the restrictions Covid has forced upon us. Palm Sunday, the beginning of Holy Week, conducted by Steven followed traditions as far as the rules would allow. James played the organ, his wife Megan sang to his accompaniment, cradling their baby son in her arms. 'Ride on Ride on in Majesty' echoed through St Mary's, a moving start to the most important week of the year.

Easter Sunday, Richard officiating, the church adorned with magnificent flowers as befits the Easter festival, Duncan playing the organ – glorious music. A quartet comprising of James, Megan, Vincent and Olivia gave us a wonderful rendering of seasonal anthems. 'This Joyful Eastertide' and 'Thine be the Glory' rose to the rafters bringing us a sense of renewal, rebirth and hope.

Our churchyard looked pristine as did the church. Many thanks to all who contribute of their time and effort to the upkeep. The gardeners, the mowers, the cleaners, the flag flier, the flower arrangers, those who prepare for services and many more. Thanks also to the church wardens who have a great responsibility and Steven and Richard our priests who officiate at our services and take care of our spiritual welfare.

**Heather Partridge**

It feels good, doesn't it, that things are starting to open up again! I went into town this week to belatedly spend a birthday book token (in the wonderful Ledbury Books and Maps shop, just re-opened after lockdown), and it was great to see the high street bustling again!

I thought I'd use my column this month to update you on the work that Herefordshire Council is doing on housing. While many of us are lucky enough to live in comfortable and warm houses, that's not the case for everyone in Herefordshire. In fact, Herefordshire has two big housing problems: affordability, and fuel poverty. And so our coalition administration has made it a priority to tackle both of these issues.



Herefordshire unfortunately has the worst housing affordability ratio in the West Midlands: the average house costs 9.3 times the average wage here. For many people, this means that buying a house is simply out of reach – and rents are correspondingly high, too. Of course, rising house prices are a national issue, with the dream of home-ownership getting harder and harder for younger generations to reach. But it's a particular issue in Herefordshire, where we have historically low wages, but houses are in high demand (especially now) as so many people from other parts of the country choose to move here for our fantastic quality of life.

So, what can we do? Well, the answer is clear – we need to build more affordable housing. And since the market simply hasn't delivered, we are stepping in as a council. Recently, the Cabinet agreed an ambitious new programme of building council houses for the first time in a generation. We aim to build 2500 new affordable homes in the next ten years – and to make them net zero carbon too!

Building these homes is a win-win-win project. It's good for the economy, because we'll be creating lots of good jobs, by kick-starting building where the market has failed. It's good for people, because families will get high-quality, toasty-warm and spacious homes at an affordable rent. And it's good for the planet, because we're building future-proof houses to high environmental standards – as is necessary if we are to tackle the climate and ecological emergency.

Achieving 'net zero carbon' for a new house means basically three things: 1) making the house as energy-efficient as possible through a 'fabric first' approach, 2) generating any energy required using renewables, and 3) offsetting any residual carbon impact, e.g. through tree-planting or through retrofitting old housing to make it more energy efficient. It's important to take embodied carbon into account (i.e. the climate impact of the construction materials and process) as well as operational carbon (i.e. the climate impact of living in the house – heat, light etc).

We'll also be ensuring 'biodiversity net gain' i.e. making sure these building projects create more space for nature than before. Small things can make a surprisingly big difference – like creating 'hedgehog highways' with holes in garden fences to enable our spiky friends to get around, or installing 'swift bricks' to provide nesting sites for these beautiful birds. The RSPB-supported development at Kingsbrook has modelled many of these wildlife-friendly design elements.

Some people wonder about the financial viability of all of this. But the great news is that the costs of building high-spec housing (to standards like Passivhaus) have come down very rapidly in recent years and are now more or less at parity. If you take into account residents' savings on heating bills, the small additional upfront investment makes complete financial sense.

There are lots of inspiring examples from other local authorities around the UK. Goldsmith Street in Norwich – a Passivhaus social housing development – has won numerous national awards. Exeter has been building social housing to passivhaus standards for 10 years. York has just got planning permission for the UK's largest net-zero housing development. Herefordshire is learning lessons from all of these.

The first site we plan to develop is Merton Meadow in Hereford city, by the football club. Longer-term, the aim is to build housing around the whole county, wherever it is most needed. Obviously any building project takes time, but lots of work is happening now to identify potential sites, develop the designs, and put the financing in place.

As a council we are really well-placed to do this. We can now borrow money at historically low interest rates. The costs of the development will be covered by the rents – which we will keep as low as possible, as we don't need to make a profit (in contrast to the typical private housing developer who apparently makes profits of around 25%!) Instead, we can plough every penny back into creating social value – delivering warm, cosy and affordable homes for local families who need them.

I'm really excited about this work, and I hope you are too! Do get in touch if you'd like to know more or if you have ideas to share. And since I have run out of space now, I will use next month's column to update you on our 'retrofit' plans to improve the energy efficiency of Herefordshire's existing properties, to reduce emissions and help tackle fuel poverty.

In the meantime, as always, please do get in touch if you would like my help with anything: Tel: 01531 670729 / 07950 714947, Email: [Ellie.chowns@herefordshire.gov.uk](mailto:Ellie.chowns@herefordshire.gov.uk); Facebook: [www.facebook.com/CLlrEllieChowns](https://www.facebook.com/CLlrEllieChowns).

(Also, please do remember that you can report any issues with any council services here: [www.herefordshire.gov.uk/report-it](http://www.herefordshire.gov.uk/report-it). It's especially helpful if you can report any potholes, or drainage issues – the sooner they get reported, the sooner they will get fixed...at least that is what I hope and believe!)

For now, enjoy the spring sunshine and the increased freedoms!

Wishing you all the very best, Ellie

## ME AND THE BOOKSHED

When I was a lad many many years ago one of the abiding memories of my childhood was my Dad Charlie in his favourite Parker Knoll rocking armchair in our cottage sitting room in the evening reading a book, and filling the room with the aromatic tobacco he smoked in his pipe much, it has to be said to my mothers annoyance, she being a presider over an otherwise spotless house. My Dad was a Military man most of his life, documents being an important part of his job, he thankfully came through the 2nd World War and other conflicts he participated in pretty well unscathed. In those days of course i Pads were things you had when you had a bad eye and Tablets were what you took when you were unwell, Laptops, Desktops, Google and E Bay were completely unheard of an as many people did not have or could not afford a television ,reading was a reasonably popular pastime. My Dad's favourite authors were Dickens, Thackeray, Delderfield, Kingsley, Priestly, Wodehouse and Hardy but outside those specifics his tastes were very Catholic and he read almost anything that took his fancy, particularly travel books, and in that way became to me a very knowledgeable man who was indispensable to me when I was struggling with my GCE O and A Levels. My formal education was, as was the norm in those days completely book based which was mandatory at the time but, it was from my Dad and that I had what turned out to be a lifelong love affair with books and reading. Like my Dad I have a fairly Catholic taste and read pretty much anything, my particular favourites being anything to do with medieval history I also love reading about countries I will never visit and through books know a lot about them. I have rediscovered my reading habit afresh during all this lockdown, shielding or whatever you call it period, we have all undergone over the last year, I would also say from personal experience if you have trouble getting to sleep at night take a book to bed and read for a while, you will soon nod off, which brings me around to the Bookshed at the Bishops Frome Community Shop.which I am a regular customer of.

### THE BOOKSHED

The Bookshed is adjacent to the Village Community Shop and is housed in a large freshly painted Garden Shed, with recent organisation of the shelving and donations of neatly shelved books, CD's and DVD'S we have a wide range of over 600 books, and many DVD'S, we have Biographies, Autobiographies, Historical, Romance, Thrillers, Romance, Horror, Travel, Children's Books, Educational, Natural History, General feelgood Novels by many authors that most of you will be familiar with etc. etc. all of which are in alphabetical order thanks to Mrs Maureen Owen, and to be honest at 3 books for a pound and 50 p per DVD and ( as Donald Trump would say,) it's a steal. We have a nice selection of recently donated Children's DVD's and adult Audio Books and films, we even have some Open University textbooks. For you existing or would be readers in the Village and beyond, come and have a look and a browse around and please patronise what is a comprehensive facility not available in many other villages around, it's managed by local volunteers and, all monies raised are for the good and benefit of the Village Shop, so drag yourself away from the TV screen and take a dip into the wondrous world of the written word, you will not regret it.

**Godfrey (Geoff) Norman**

The **Talk Community Hub** at Bishops Frome

launches on **Thursday 27 May**

with the first of the

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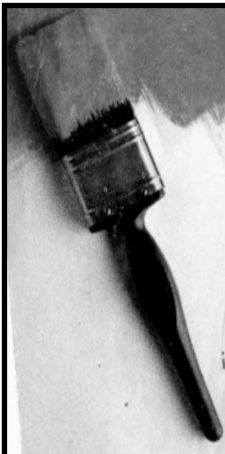
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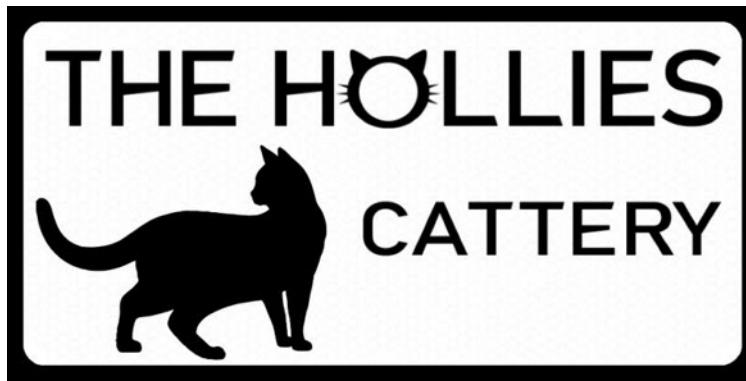
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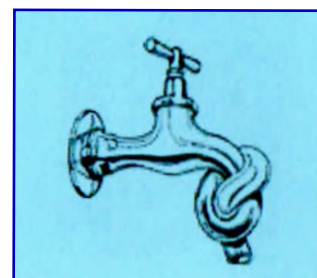
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## BISHOPS FROME

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MONDAYS	9.45am	Zumba Gold
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	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
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**ST MARY THE VIRGIN, BISHOPS FROME**

<b>DATE</b>	<b>READER</b>	<b>PRAYERS</b>
May 2nd	Sarah	TBA
May 9th	Tony W	TBA
May 16 <sup>th</sup>	Lucy Cranmore	Liz
May 23 <sup>rd</sup>	Martin	TBA
May 30 <sup>th</sup>	Gill S	TBA
June 6 <sup>th</sup>	Sarah	TBA

**ST JAMES THE GREAT, OCLE PYCHARD**

<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Service</b>	<b>Reader</b>	<b>Sidesman</b>	<b>Flowers/Cleaning</b>
May 2 <sup>nd</sup>	Easter 5	8.30am	Holy Communion	J Ridler	S Ridler	A Holder
June 6 <sup>th</sup>	Trinity 1	8.30am	Holy Communion	J Godfrey	G Hicks	S Ridler

**ST MARY THE VIRGIN, MUCH COWARNE**

May 9 <sup>th</sup>	Easter 6	10.00am	Matins
May 23 <sup>rd</sup>	Pentecost	10.00am	Holy Communion
June 13 <sup>th</sup>	Trinity 2	10.00am	Holy Communion

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# The Frome Valley Group

## May 2021

	2 <sup>nd</sup>	9 <sup>th</sup>	16 <sup>th</sup>	23 <sup>rd</sup>	30 <sup>th</sup>
<b>Acton Beauchamp</b>	<i>11.30am Holy Communion SB</i>				
<b>Bishops Frome</b>	<i>10.00am Holy Communion SB</i>	<i>10.00am Holy Communion SB</i>	<i>10.00 Holy Communion SB</i>	<i>10.00 Holy Communion SB</i>	<i>10.00 Holy Communion SB</i>
<b>Castle Frome</b>		<i>10.00am Family Service Lay led</i>		<i>10.00am Family Service Lay Led</i>	
<b>Evesbatch</b>					
<b>Fromes Hill</b>	<i>10.00am Matins Lay Led</i>		<i>11.30am Holy Communion RA</i>		
<b>Much Cowarne</b>		<i>10.00am Matins RA</i>		<i>10.00am Holy Communion RA</i>	
<b>Ocle Pychard</b>	<i>8.30am Holy Communion SB</i>				
<b>Stanford Bishop</b>					
	Easter 5 White Acts 8.26-40 Psalm 22.25-31 John 15.1-8	Easter 6 White Acts 10.44-48 Psalm 98 John 15.9-17	Easter 7 White Acts 1.15-17,21-26 Psalm 1 John 17.6-19	Pentecost Red Acts 2.1-21 Psalm 104.26-36,37b John 15.26-27; 16.4b-15	Trinity Sunday Gold or White Isaiah 6.1-8 Psalm 29 John 3.1-17

## BISHOPS FROME VILLAGE CENTRE



**Hurray! from May 17 regular activities can resume, as long as we are still following the Government's Roadmap**

We will be continuing to follow **Covid-19 Secure** guidelines, especially hand sanitising, control on numbers, distancing and face coverings.

### **Starting up again**

Monday - Internet Café, 10am to 12, starting in early June

Tuesday - Zumba with Bev, starting 18 May, 7pm (pre-booked)

Wednesday - Needlecraft starting 19 May, 2pm to 4pm

Wednesday - Kick Boxing, starting 19 May

Thursday - Talk Community Café (see below) starting 27 May

Very sadly our Pilates teacher is not returning so we are looking for another exercise class, or classes, for Tuesday daytime – please pass on this information to any exercise teachers that you know, or let us know what sort of class you would like in that slot and we will try to find someone.



The **Talk Community Hub** at Bishops Frome launches on **Thursday 27 May** with the first of the **regular weekly Cafés**, 10am to 12 noon

*Please come along and join our regular drop in coffee-and-cake meet-ups where, apart from socialising, meeting new people, making new connections, you will be able to get help to use the internet to get information about things to make life better, from the WISH website.*



*WISH stands for Wellbeing Information and Signposting for Herefordshire.*

[bishopsfromecentre.co.uk](http://bishopsfromecentre.co.uk)

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

To arrange to have a look, when we are open, or to book, contact Wendy Roberts on 01885 490327 or email [bishfromecentre@aol.com](mailto:bishfromecentre@aol.com)  
Covid guidelines change so if you are thinking of booking for the future, please email for the latest version of the Special Conditions of Hire.

## **Ocle Pychard Ramblings**

It has been “a long and winding road”, (as the Beatles wrote), to get us to this point in time. Who would have believed, last March, the extremely difficult time we would all have; but now better days are ahead and the vaccine rollout is gathering pace for both first and second vaccinations, the clocks have changed, the weather is improving and everything is looking brighter. Although I must say that the weather did throw us a curved ball last week, waking up to snow was a bit of a surprise!

Everywhere you look spring is at full throttle; the hedges have that lovely lime green look that only new foliage has and the sounds of new life are to be heard in every tree, hedgerow and field. What an amazing time of the year and so much promise of the good things in store for the summer months! I went for a walk up to Ocle Pychard Church this morning and the churchyard is a riot of colour with swathes of pale, lemony primroses and cowslips, and delicate mauve violets. Such a sight to behold as I paused in the warm sunshine to listen to the bird song and the constant hum of the insects in the air. Glorious!

Ocle Pychard Church had its first service, since the lockdown started last March, on Easter Sunday and it was lovely to be able to meet other members of our community, albeit socially distanced, to catch up with them and find out how they have coped over the past year. It felt like we were emerging from winter hibernation into the sunshine.

From now on, (unless we are told otherwise), the church at Ocle Pychard will be celebrating Holy Communion at 8.30am on the first Sunday of every month.

So enjoy the sunshine and this marvellous season and let's look forward to the summer months ahead.

Sally Ridler

**VICAR**

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