

# Credenhill Community News



October 2019  
Issue 122

A Parish Council publication about Credenhill, by and  
for the people of Credenhill.

# Credenhill Community News

Editor: Liza Watkins

credenhillcommunitynews@outlook.com

As editor, I am always happy to receive articles for the CCN but would appreciate them sent by email in a word format attachment. If you do not have access to a computer then please drop off any hard copy to me at Station Cottage, Credenhill in plenty of time before the deadline of the 15th each month.

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## ACKNOWLEDGEMENTS

*The CCN is kindly delivered to you by the following volunteers:*

*Vivien Ball, Jean & Wally Hawkings-Bowles, Edie Jones, June Jones, Emma Baxter & family, Kirsty Lewis & family, Val & Roger Bailey, Sandra Stevens and Margaret Tyler.*

*The CCN is now available via email. If you wish to be added to the mailing list, please send an email to the editor, requesting this service. Please put Credenhill Newsletter in the subject heading box to make sure it arrives. Thank you*



## **Next Meeting**

The press and members of the public are invited to the next Ordinary Parish Council Meeting to be held at the Resource Centre on 15<sup>th</sup> May 2019 from 19:30.

## **Communication**

The Parish Council has a limited amount of resources available to consult on a one to one basis with residents about matters arising. We therefore use several ways in which to let you know about things that are happening and ask for opinions before making decisions. This magazine, our website, our facebook page and the next door app are all examples of this; sadly not everyone reads these updates however it is impossible to consult everyone on each matter. We may on occasion issue standard letters where a regular issue arises, this is not meant to be “cold” but if we have multiple homes to issue a letter to then you can see that whilst it may be nice to meet 1 to 1 with each home it is simply not possible to resource as the clerk only works 15 hours per week.

## **Defibrillator Update**

Fantastic news!

We have received a generous donation from members of 22 Regiment for which we would like to say thank you. This will allow us to install a second defibrillator in the village. The new defibrillator will be located on the wall outside the social club and community hall. We will look to arrange further training sessions.

## **Developments**

At the recent parish council meeting we received an update about the proposed plans to provide housing to the west of Cross Farm. The developers are holding a public consultation meeting at the Community Hall between 10am – 5pm to present the draft plans. It is really important that members of the public attend and take part in the consultation process. The developers intend to make a formal outline planning application following the consultation at the end of October.

## **New CCN Editor**

We are pleased to welcome our new CCN editor, Liza Watkins. We would like to thank Liza for agreeing to take on this important community role and look forward to working with her on the CCN.

Lee  
Parish Clerk

## The Vicar's Letter



Dear Friends,

Schools and colleges are now back at work and it's a good time to remember to encourage the potential of our young people. Sometimes they can feel that their hard work just isn't recognised or appreciated. In fact, I know a lot of people young and old who feel this way at times.

It's important that we 'recognise' one another for who and what we are and do. We all have different roles to play, whether in the family, at school, college, work or at church, and the 'hand' is as important as the 'foot' because the body is made up of many parts and all are necessary (See 1 Corinthians 12:12-27). Some of us are 'outline' people, whilst others get to 'colour in' the outlines. Some are visionaries, but nothing gets done without the 'hands on' administrators who turn those visions into reality. Some get to call out the strategy, whilst others get the hard work of making it happen. We all have different gifts, strengths, abilities and make different contributions, so it's good to encourage one another by recognising the contributions that each makes in different scenarios. Of course, sometimes our differences cause us to drive each other potty! But we all need to be appreciated and affirmed in our roles. Even the seemingly most capable, talented and fulfilled people need to hear that they are doing a good job and to be encouraged, just as do those who feel they have nothing to offer. So let's really identify and recognise our young people's (and each other's) abilities and encourage one another in whatever it is they are called to do.

With every blessing,

Rana Davies-James

### From our Registers

Baptism

8<sup>th</sup> September 2019 Ruby-Ann James-Burke

15<sup>th</sup> September 2019 Gareth David Andrew Honeysett-Meadows

No funerals or weddings

### Services for October

Sun 6 <sup>th</sup>	11.00am	Holy Communion
Thu 10 <sup>th</sup>	6.30pm	Headway Community Harvest with hot supper
Sat 11 <sup>th</sup>	3-5.00pm	Headway Messy Church Harvest
Sun 13 <sup>th</sup>	11.00am	All Age Harvest Worship
Sun 20 <sup>th</sup>	11.00am	Holy Communion

## Churchwardens' Report

Many thanks to the Parish Council for the grant which has enabled us to replace the main gates at the entrance to the church yard.



The work was done by Chris Lewis of G P Thomas, Leominster. Chris lives in the village and indeed lived in Glebe Close as a child so making the gates was a huge privilege for him and I am sure you will agree they are something that he should be very proud of. Unfortunately someone reversed into the gateway and left their engine running. The discharge from the exhaust pipe damaged one of the gates so that they had to go back to the



workshop to be resanded and re-oiled. Please can you make sure you turn your engine off if you park in front of the gates in future.

The Monday Choir concert was enjoyed by everyone and thanks to the generosity of the usual group in providing a well received supper, £347 was raised.

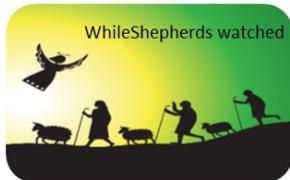
Our next Community event is the Harvest Supper Celebration. This will be held at Headway on Thursday 10th October. We serve a hot harvest supper starting at 6:30. This is a thanksgiving celebration to which everyone is invited. There is no charge for this as it is our opportunity to say Thank you to the community for supporting us over the year. (Donations will be accepted if you really want to contribute.) Please let someone from the church know if you intend to join us to aid catering numbers.

**Messy Church Harvest** will be held on Saturday 12<sup>th</sup> October 3-5pm at Headway and the All Age service with a Harvest theme will be held at 11am on Sunday 13<sup>th</sup> October.

The theme for our **Christmas Festival** this year will be Christmas Carols. We would like to put the display together ready for the Candlelit Carol Concert on Friday 13<sup>th</sup> December. Choose a carol and create a display. This can be done in any media as an individual or as a group. More details next month. Tickets are available for our Christmas Hamper Draw. This will take place on Sunday 22<sup>nd</sup> December and be delivered in time for Christmas. Tickets are 50p available from any member of the church.

Churchwardens Jean Bowles and Dorrie Coates

Would you like to take part in this year's village festival for Christmas?



**St Mary's Church  
Festival of Carols**  
This year's theme is  
carols.



We are inviting all village organisations to produce a piece of art/craft work in any media to represent one of the Christmas Carols. This can be painting, collage, 3D display, knitted, sewn, decoupage, quilted etc... It can be shepherds, kings, nativity, 3 ships, winter, Bethlehem, donkeys, Herod, gifts, etc....

Alternatively you may wish to make a scene to decorate a window sill with a Christmas carol theme.

Finished items should be displayed in church, or brought up to church for us to display by Wednesday 11<sup>th</sup> December.

On Friday 13<sup>th</sup> we will open the festival with a concert of carols which will include items by various organisations and soloists. If you can contribute to this please let us know.

This will be followed by a traditional festive supper.

The festival will be open every day from Friday 13<sup>th</sup> December until Monday 6<sup>th</sup> January.



I will let you have more information as this develops. Please let me know if you would like to be part of this popular event.



Thank you

Dorrie Coates, on behalf of St Mary's Church Community events committee.

[dorriecoates@aol.com](mailto:dorriecoates@aol.com)

**Credenhill Rainbows and Brownies  
meet on Fridays from 5:30 - 7pm  
in the Community Hall.**

Our first meeting was held on September 13<sup>th</sup> when we celebrated Roald Dahl Day making dream jars and George's Marvellous Medicine.

If your daughter would like to join us please log onto the Guiding site and register in the join us section and I will get back to you as soon as possible.

Donna Jones 01432 761056

## **Messy Church Harvest**

**Saturday 12<sup>th</sup> October  
3-5pm**

**At Headway.**

**An afternoon of free  
fun activities for the whole  
family followed by tea.**

**Children should be accompanied  
by an adult**



# CRAFT FAYRE

**ssafa**  
— the —  
**Armed Forces**  
charity



**Saturday 7th December**  
**Credenhill Village Hall**  
**10.00am - 3.00 pm**



Cake stall

Tea

Coffee

Bacon rolls

Mince pies

Free admission



**To book a table**  
**please call Corrie**  
**07789 401151**



**ssafa**  
Herefordshire. 

# Credenhill Milepost

The Parish Council would like to thank local resident Jeremy Daw for the time and dedication taken to write the below article and for restoring the Milepost for future generations to enjoy.



I have a keen interest in history especially local history and I noticed this iron milepost near the Hereford Garrison main gates. The milepost dates from around 1840 and was slowly being smothered by road debris and foliage and at some point would be lost to view.

After some research I found out that all these old mileposts and milestones are grade 2 listed monuments and come under the care of the County Council

highways department. Unfortunately, not much attention or money has been spent on the care and upkeep of these important monuments. They may not look very interesting to the passing traveller these days but when they were set up they were very important.

Most of the stone mile markers date from around the 1700's and the iron posts to the 1800's.

Soon after the civil war in the 17th century it became apparent that transport and communications links in Britain were extremely poor. In winter time whole towns and communities could be completely isolated for weeks if not months. The government did not have the money or resources to maintain the roads so a vast system of toll roads called 'Turnpikes' were established. These 'Turnpike Trusts' were run by groups of local (mostly 'well-to-do') people who were allowed by an act of parliament to adopt a section of road, set up barriers, charge road user to use it, and in turn use the money to improve and maintain that section of road. This was before canals or railways.

This Turnpike roads were remarkable successful. You could get on a stagecoach in Hereford (albeit very early in the morning) and get to London the same evening.

*Credenhill Mile post continued...*

Many businesses, banks, solicitors and doctors relocated themselves to Hereford due to the improved transport system. Many wealthy landowners also felt that Hereford was the place to be to be able to conduct their business. There are many elegant town houses built by these people that can still be seen today, in St Owens Street for example.

I found a registered charity that attempts to care for and maintain mileposts called the 'Milestone Society', they have a very interesting web site. I also contacted the relevant authorities and asked for, and was granted, permission to clear the debris from the Credenhill milepost and to clean and repaint it using the Milestone Society guidelines and recommendations. It was very labour intensive but the results were well worth it. You can also see the makers mark on the base of it, 'C Hodges and son, Hereford Foundry', which was located in Friars Street. After being rescued from obscurity, this important reminder of the history of Herefordshire once again stands proud on the roadside.

I think you will agree that Jeremy has done a fantastic job!



*Fully restored mile post*



### **ST MARY'S OPEN DAY**

This year we will be holding an Open Day for prospective parents on:-

**Monday 14<sup>th</sup> October**

Tours of the School will take place at:

**10:30am and 2:30pm**

During our open day you'll be able to visit classrooms and speak to staff and pupils about our school.

Should you be unable to attend our Open Day, individual tours are also available throughout the school year by contacting the school office on 01432 760408

### **VALUE OF THE HALF TERM**

#### ***Thankfulness***

*"Along my journey I have learned that the more thankful I am, the more I have to be thankful for."*

Anonymous

# Don't forget to apply for your child's primary school place!

Is your child five between  
September 2019 and August 2020?

If your child was born between 1 September 2014 and August 2015, you'll need to apply for a primary school place by **15 January 2019** (ready to start in September 2019).



Complete your application online from 17 September at [www.herefordshire.gov.uk/primaryschooladmissions](http://www.herefordshire.gov.uk/primaryschooladmissions)

Please note: You must still apply for a primary school place, even if you already have a place in the nursery associated with your preferred school.

Not online? Contact the school admissions team for a paper application form:

 01432 260926 / 261574

 [schooladmissions@herefordshire.gov.uk](mailto:schooladmissions@herefordshire.gov.uk)



## COMMUNITY NEWS

Thank you to our parents & friends in the community for buying the produce from the children's garden over the summer.

The school fete veggie sale made £57.00 and a recent Bingo event at Credenhill Social Club raised £10.70. All donations will go towards the purchase of seeds, plants and gardening resources.

### ALDI STICKERS



We are collecting ALDI Special Team GB athlete stickers. If you spend £30 or more in store then you will receive a sticker. If we as a school collect 300 stickers, we will receive an exclusive school sports kit and could win one of the twenty £20,000 prizes!

If you have received any stickers and would like to donate them to school, please hand into the office.

We would also like to thank Mr & Mrs Smith and Mrs White for providing their invaluable gardening expertise and time to help the children grow the produce.

## YOGA CLASSES ST MARY'S SCHOOL

Tuesdays 6.30-7.30pm  
£5 per class





## **VISITS TO ST MARY'S**

If you would like to come and visit us you will be made more than welcome by our staff and children.

Please contact Claire Ross our School Business Manager or Emma Milne our Admin Assistant on (01432) 760408 to arrange a mutually convenient time.

## **DATES FOR YOUR DIARY**

14/10/19	Open Day
18/10/19	Y3 Class Worship
24/10/19	Harvest Festival
28/10-01/11/19	Half Term
07/11/19	Diwali Celebration
07/11/19	Y2 Class Worship
11/11/19	Remembrance Day Service
11/11/19	Anti-bullying Week
13/11/19	World Kindness Day
15/11/19	Children in Need Day
12/12/19	PTFA Christmas Bingo
19/12/19	Carol Service
20/12/19	End of Autumn Term
06/01/20	Start of Spring Term





# Credenhill Social & Sports Club



	MAIN BAR	FUNCTION ROOM
MONDAY 7pm – 11pm	<b>Men's LV Darts League</b> Contact – Captain : Lisa Smith TEL: 01432 760600	(3 <sup>RD</sup> Monday) <b>Military Vehicle Club</b> Contact – Carol Jackson
TUESDAY 7pm – 11pm	<b>Eardisley Pool League</b> Contact – Captain : Dave Gillespie TEL: 01432 760600	<b>Bingo 7.30pm</b> Contact – Yvonne Jones TEL: 01432 760600
WEDS 7pm – 11pm	<b>Ladies LV Darts League 8pm</b> Contact – Captain : Terri French TEL: 01432 508441	<b>Indoor Archery Club</b> (Winter Only) Contact – Secretary : James Mattock (2 <sup>nd</sup> Wednesday) <b>Herefordshire Preservation Society</b>
THURSDAY 7pm – 11pm	<b>Hereford Charity Pool League</b> Contact – Captain : Dave Gillespie TEL: 01432 760600 <b>Kington Mixed Pairs Darts League</b> (Summer Only) Contact – Captain: Brian Pugh	(1 <sup>st</sup> Thursday) <b>Friendship Club</b> Contact – Val Lewis TEL: 01432 760115 (2 <sup>nd</sup> Thursday) <b>4x4 Club</b> Contact – John Withers-Lewis
FRIDAY 7pm – 11pm	<b>Invitation Darts League</b> Contact – Captain : Terri French TEL 01432 760600	<b>Hereford Skittles League</b> Contact – Captain: Peter Wolfe TEL: 01432 760600
SUNDAY 12pm-2.30pm & 7pm - 10.30pm	Quiz night 7.00pm to 9.00pm Contact – TBC	<b>Members Open The Box</b> 9.30pm

If you are interested in any of our regular events please contact the relevant organiser, or if you have a club or team that would like to use our facilities please contact the steward.

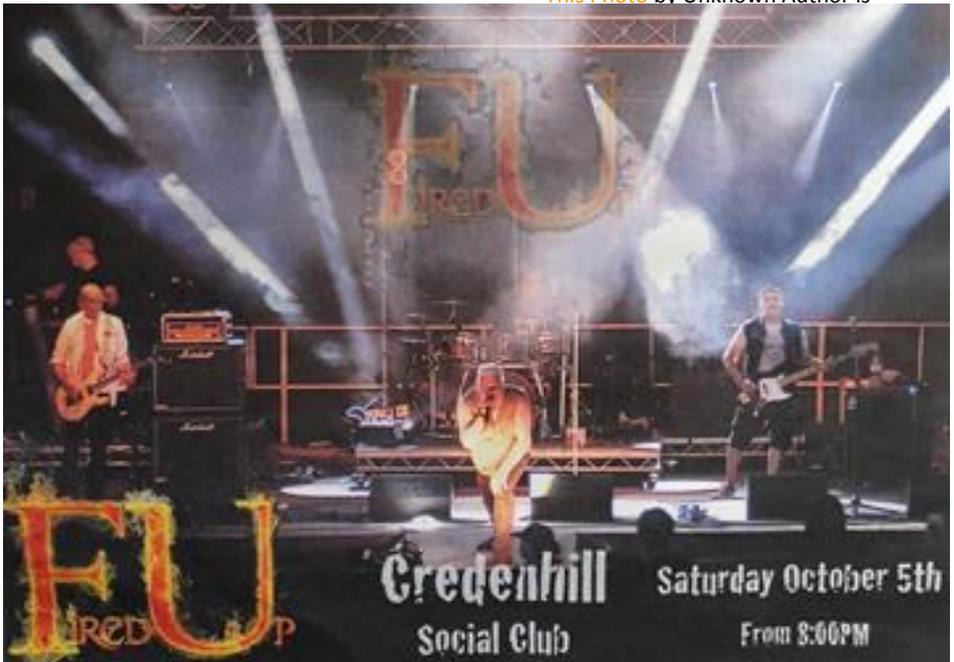
The club is here to serve the community as a social hub, it is owned by its members.

**The steward and Committee hope to see you soon!**

## Up and Coming Events

DATE	EVENT	OTHER INFORMATION
Saturday 5th October 2019	Fired Up  8pm till late	
Saturday 26 <sup>th</sup> October 2019	Halloween Disco.  Kids 7pm – 9pm	

This Photo by Unknown Author is

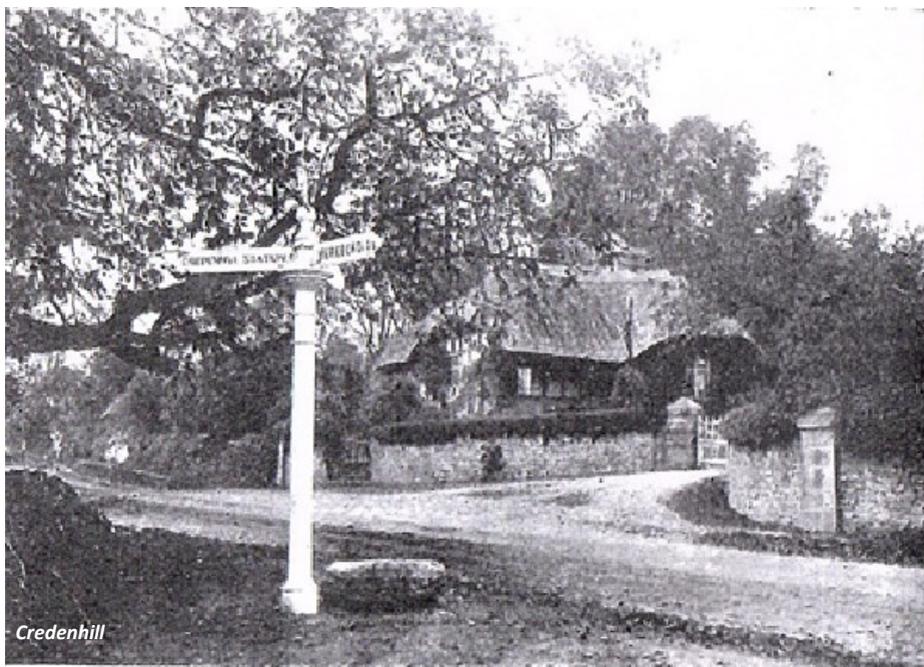


**Please see the clubs notice boards for plenty more exciting events to come.**

**Please like us on Facebook**

**Secretary: Sarah Miles 07581 031457**

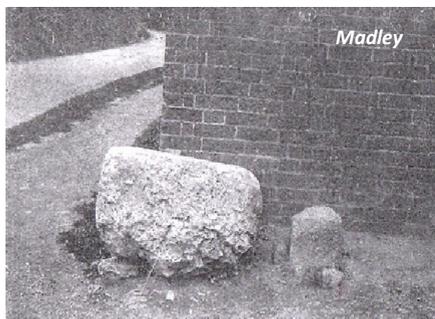
## Credenhill's Ancient Marker Stone



Most people will have passed the large lump of insignificant looking stone-now next to the new Give Way sign at the top of Station Road, without giving it a second glance.

Actually it is an ancient Way Marker stone, which pre dates the Roman era, way back to the Neolithic age before 4000 BC to 2000BC, one of only four in the county, so it deserves a bit of respect as the oldest known artefact in Credenhill.

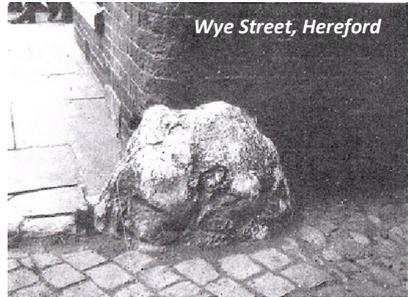
The Romans did make use of it, exactly in the position it is in now, as, not only did it mark the Roman crossroads here but it was still useful for travellers to be able to locate the Credenhill fortified camp, and it contributed towards building a network of communications for defence purposes in the area.



*Credenhill's Ancient Stone Marker continued...*

All forms of ancient sighting points, such as tumps (mounds or hillocks) and stones were important to early travellers before Roman roads were built, and of course were also utilized by following Christian communities as well.

Practically all ancient Medieval churches are on the sight of tumps or stones, usually at a cross of tracks like the Roman cross roads at Credenhill, and there is evidence in some cases that church yard crosses were built on the exact spot of ancient marker stones. The church at Credenhill is only a few hundred yards from our marker stone.



Early British roads in pre Roman times were vital trading routes for salt, flint and metals, and where possible were marked out in straight lines, joining the shortest way between two points, and marked out on a sight line between two points to help travellers navigate as they went along. The sighting lines are called Leylines, and there was a web of ley lines crisscrossing ancient Britain.

Obviously hills or mountains were used as markers for the routes because they were easy to spot, but where there was a significant gap, a marker stone was laid to 'join the dots', or the markers were constructed of earth, water or trees. (It is thought that Eardisley Oak could be a ley line marker, and here are still tall trees along old salt routes today).



Earth sightings were tumuli, mounds or barrows, as at Arthur's Seat and more spectacularly at British Camp on the Malvern Hills.

You can check out more local details at the Hereford Record Centre at Rotherwas, and the information here is from the Woolhope naturalist Club Transactions of 1868 and for further reading, around the end of the 19<sup>th</sup> Century, local historian Alfred Watkins wrote *Early British Trackways, moats, mounds, camps and sites*. Or you could just Google Ley lines, only watch out you can easily get hooked!

Susan Edwards MA Credenhill August 2019



# Herefordshire Badminton Academy



**BADMINTON FOR 6-19  
YEAR OLDS.  
ALL ABILITIES WELCOME**



**Sunday afternoons  
from 3pm at The  
Academy School,  
Hereford. HR2 7NG**



We offer FREE taster sessions , costs then start at £12 per month for our beginner session.

Reach your badminton potential!  
Play for fun, play to get fit, play to compete.  
Special GCSE specific sessions are available.

**For more details email us:  
[join@herefordbadminton.co.uk](mailto:join@herefordbadminton.co.uk)**



**[www.herefordbadminton.co.uk](http://www.herefordbadminton.co.uk)**

**Check out our website and  
Facebook page**



# Credenhill Community Hall

ADVANCE NOTICE CREDENHILLCOMMUNITY HALL



MONDAY 11TH NOVEMBER 2019 AT 7.30P.M  
CREDENHILL SOCIAL CLUB

APOLOGIES, we have had to rearrange our A.G.M due to unforeseen circumstances. However, we continue with improvements to the Hall . We have had all the emergency lighting replaced. At present, we are still waiting to hear what further grants we have been able to access.



CHRISTMAS FAYRE

SATURDAY 23RD NOVEMBER 11.30-2.30

Father Christmas , Crafts ,Christmas Gifts Refreshments



*Help us keep up the good work by logging on to the Co-op Community Fund website and voting to support Credenhill Community Hall Each time you buy a co-op product during the next year your Hall will benefit*



## Family Parties

Credenhill Community Hall is an ideal venue, with enough space for a Bouncy Castle or Children's Entertainment. Maybe for a family tea party or get together. No matter what the weather. It is a good space for little ones to run around and we are improving the facilities to encourage people to use the venue. So if you are looking for a safe environment for a children's events please contact us.

*Log onto our webpage [www.credenhillcommunityhall.org.uk](http://www.credenhillcommunityhall.org.uk) to book or see what is on in your local Hall and make it a thriving centre of your community.*

We can give you details of license holders who will provide a bar for your function if you need one. What is more it will not break your budget. Please contact us for more information.

*Betty Morris, Booking Secretary 07954081999 or [magnadrama@btinternet.com](mailto:magnadrama@btinternet.com)*

## Credenhill Community Hall Schedule

Day and Time	Group Name	Leader	Contact Details
Monday 7.30-9p.m	Young Explorers	Marcus Terry	07592 449 852
Tues 7.30-10p.m	Magna Performing Arts	Val Lewis	07854 299 715 info@magnapresents.co.uk
Weds 10.30am-12noon	Movement 2 Music	Rose Sales	07891 538 074 rosesales@aol.com
Weds 6p.m-9p.m	Slimming World	Miakala Davis	07891438074 miakaladavis@hotmail.co.uk
Thurs 9.30a.m- 10.30a.m	Yoga	Eszter Browning	07519 095 067
Thurs 6 to 7.30p.m 7.30 to 9p.m	Cubs & Beavers Scouts	Marcus Terry	07592 449 852
Friday 10am to 12noon	Nutty Crafters	Corrie Smissen	07789 401 151 strettonbo@gmail.com
Friday 6p.m -7.30p.m	Rainbows Brownies	Donna Jones	07837 651 687
Friday 9a.m-1p.m	Magna/Young Magna	Val Lewis Betty Morris	01432 760 115 07954 081 999
Sunday 2.30-5p.m	Young Magna P/A	Val Lewis	01432 760 115 info@magnapresents.co.uk

[www.credenhillcommunityhall.org.uk](http://www.credenhillcommunityhall.org.uk)



## Magna and Young Magna

'Peace' is our next original production in October. It is the dramatic retelling of a true event which happened in Hereford in 1916 . At a concert held to raise funds for the soldiers of the Herefordshire and Shropshire regiments a tragedy happened when eight young girls died in a mysterious fire . This is a reconstruction of what happened before the event and at the inquest afterwards . What did cause the fire on that fateful day and ,just who was responsible ?See poster for details of how to book We are very excited to have our some of Young Magna appearing in this production .and we hope that we can rely on a good audience for their efforts throughout the Summer .

We were fortunate enough to get the support of Holmer Park Spa and Health Club who have sponsored our October production and we hope to welcome a group from there in the audience . We worked with some of the descendants of the Girls and hope they will also join us along with the Dean of Hereford Cathedral.

### **SLEEPING BEAUTY 2019**

Along side our October production, we have now started work on 'Sleeping Beauty', our 2020 Panto. Join some of the characters at the Christmas Fayre on 23rd November 2019.

**Watch out for details and get your tickets early!**

**Take a look at our website [www.magnapresents.co.uk](http://www.magnapresents.co.uk) for information on all aspects of Magna and Young Magna**

We are always looking for actors, backstage crew and sound & light technicians to join our group. If you like a challenge and would like an entertaining way to spend your time, email: [magnadrama@btinternet.com](mailto:magnadrama@btinternet.com) for details

For all the latest information on productions, ticket sales and how to join, just like us on Facebook or Twitter and you will get all the latest news as it happens.

### **Magna and Charity 2019**

We collect for St.Michael's Hospice after each performance.

# Young Magna

**SPACES AVAILABLE**

Meet: Sundays 2.30—5pm (Occasional Friday Evenings from 7.30pm)

Fees: Joining £10, Costume £10 & £2 a week

If you would like details please contact Betty or Val, details below.



## What is Magna?

Developed from performing arts workshops, we work out scripts, scenes, music and dance using improvisation. We aim to teach performance skills to those who wish to learn, in a fun and fulfilling way.

This is a community group which is affordable and fun.

Magna meets every Tuesday 7.30pm

Young Magna (8-16yr olds) meets every Sunday 2.30-5pm.

New members are always welcome.

Ring for details of how to join: Val 01432 760115 Betty 07954 081999

[www.magnapresents.co.uk](http://www.magnapresents.co.uk)

## Armed Forces Veteran Survey

Herefordshire's Armed Forces Covenant Partnership is committed to improve the support available for Armed Forces veterans in Herefordshire. By completing this survey, you'll be helping to make sure that they work more effectively to ensure the right support and services are available, in the right places at the right time. They are keen to hear from Herefordshire Armed Forces veterans who have served one day or more at any time in the past and in any occupation in the Royal Navy, Army, or Royal Air Force (including Reservists and National Service personnel).

- The survey will take no more than 20 minutes to complete
- It will ask about your time in the Armed Forces and civilian life after leaving
- They are interested in any challenges you may have faced or are currently facing
- They need to hear from as many people as possible so please spread the word – your voice matters
- If you are unable to complete the survey yourself, you are welcome to ask a relative, friend, or colleague to complete it on your behalf
- The closing date for replies is 7 October 2019
- Please follow the link below which will take you to the online survey – <https://surveys.herefordshire.gov.uk/armed-forces-veterans/>



HEREFORDSHIRE HEADWAY  
Headway House,  
Trenchard Avenue, Credenhill

## Community Lunch

Tuesday 5th November 2019

Lunch 12:30 to be booked & paid by Thursday 24th October

Cost £5.00 per person, to book please call 01432 761000

All welcome  
Please come for a catch up  
and support us



HEREFORDSHIRE HEADWAY  
Headway House,  
Trenchard Avenue, Credenhill

## Coffee Morning

Thursday 3rd October 2019  
10:30am-Noon

All welcome  
Tea and coffee with Biscuits  
Raffle



Please come for a chat and support us.



# St Michael's Hospice Newsletter

## Choir Plea:

Calling all pianists.

The St Michael's Hospice Community Choir is looking for a talented volunteer pianist.



The successful person will be available for rehearsals at the Hospice between 5-6pm on Tuesday's leading up to performances.

The role could suit a retired teacher or a promising student.

The Choir has performed at several Hospice events this year including the Flower Festival at Lyde Arundel, and Midsummer Lights.

If you're interested, or for more information, call Denise Bishop on 01432 852 656.

## Postcards From Life:

This Autumn, 200 miniature masterpieces created by some of the finest artists in our region will go under the hammer.

Postcards from Life returns from a year's break with the widest range of art St Michael's Hospice has ever had.

Thanks to our friends at Brightwells you will be able to browse and bid for each item online for a fortnight from Monday 28<sup>th</sup> October.

Then, for the final three days of the auction from 8<sup>th</sup> November, everyone's invited to the Bishop's Palace in the centre of Hereford to view the art in person.



All the artists are producing the work for Postcards from Life free of charge, with many submitting multiple items.

## October is Breast Cancer Awareness Month



This October, around 5,000 people will be diagnosed with breast cancer. That's roughly one person every 10 minutes. At the Breast Cancer Haven, Hereford centre, we provide vital support to those affected by this devastating disease. But we need your support.

Breast Cancer Awareness Month is a worldwide annual campaign, involving thousands of organisations, highlighting the importance of breast cancer awareness, education, research and support. There are many ways to get involved with fundraising for Breast Cancer Haven, Hereford and every penny donated goes towards support services for our visitors.



### **This October, Breast Cancer Haven launches its new initiative... Bra Bank Recycling**

By donating your old, new, worn or unwanted bras you will be raising money for local people with breast cancer, supporting women internationally and helping the environment.

Every kilogram of bras collected raises funds for your local Breast Cancer Haven centre. Your bra will then make its way across the globe to help support women in less developed countries. Don't worry if your bra is not in the best of conditions, the materials will be recycled saving them from being landfilled.

Bras are collected by our local recycling partner and we receive a donation for every kg. Bras are then graded according to their condition, which determines where they go next. Most bras are sent abroad to those who need them, the rest are recycled in the UK meaning no landfill waste.

### **Making the most of your bras**

- Register your donation of bras on our website and we will be able to raise even more money through [breastcancerhaven.org.uk/forms/bra-donations](https://www.breastcancerhaven.org.uk/forms/bra-donations)
- Get your friends, family members and colleagues involved and collect even more bras. You can either drop them off at your local bra bank or bring them in to our centre. To find your nearest bra bank, visit: [breastcancerhaven.org.uk/forms/find-a-bra-bank](https://www.breastcancerhaven.org.uk/forms/find-a-bra-bank)
- Request your own bra bank. From community groups to companies, there are so many places that a bra bank could be placed. If you would like to request your own for any workplace or public space please visit our website today, [Www.breastcancerhaven.org.uk/brabank](https://www.breastcancerhaven.org.uk/brabank)

## What do we do?

Breast Cancer Haven supports people through their breast cancer treatment and beyond. When breast cancer tries to take away individuality, confidence or strength, we provide a tailored package of emotional, physical and practical support that helps get it back. Our services are completely free of charge for all our visitors, including their family and loved ones.

Breast Cancer Haven, Hereford offers a number of services including:

- Time with a healthcare professional to discuss concerns and develop an individualised support programme
- Emotional support including support groups and one-to-one counselling
- Healthy eating advice from our nutritional therapists
- Therapies, including massage, acupuncture and reflexology, to help with the physical and emotional symptoms and side effects of medical treatment
- Lymphedema awareness including information and exercises to reduce the risk of getting lymphedema
- Exercise and stress reduction classes including yoga, Tai Chi and mindfulness
- Help with hair loss and regrowth and a Wig service
- Bra Fitting with Amoena
- NHS Prosthesis Fitting
- Courses, seminars and telephone support.

Last year alone, Breast Cancer Haven, Hereford provided 360 visitors with 2,300 hours of counselling, therapies and classes. Put quite simply, we would not be able to do this without the generosity of the local community and incredible supporters like you. If you would like to fundraise, volunteer or support us in any other way just get in touch with your local centre.

## Contact us

Breast Cancer Haven, Hereford is open Monday to Friday, 9.00am to 5.00pm.  
37 St Owens Street, Hereford HR1 2JB

To find out more about the services and support we provide, please call us on 01432 361 061 or check our website for more information.

To find out more about fundraising for Breast Cancer Haven, Hereford please call the fundraising team on:

01432 361 055 or email: [HerefordFundraising@breastcancerhaven.org.uk](mailto:HerefordFundraising@breastcancerhaven.org.uk)

[breastcancerhaven.org.uk](http://breastcancerhaven.org.uk)

Twitter: [@BCHHereford](https://twitter.com/BCHHereford)

Facebook: [BreastCancerHavenHereford](https://www.facebook.com/BreastCancerHavenHereford)

Registered Charity Number: 1061726

SORRY TO BE SUCH A TERRIBLE BORE,  
BUT **'NO TRICK OR TREAT'**  
TONIGHT AT MY DOOR



**Thank you for your co-operation**

As much as Halloween is great fun for most, please be mindful of the vulnerable and elderly.

Scary fancy dress, masks and trick or treaters can be too much for some.

Enjoy yourselves responsibly.

## Did you know?

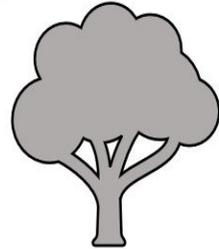
Autumn and 'Fall'

We typically think of 'Fall' as the North American version of the word 'Autumn', but it was in fact in widespread usage in England until relatively recently.

Originally a shortening of the phrase "*fall of the leaf*", the phrase was common in England in the 17th century.

The word autumn entered English from the French *automne* and didn't become common usage until the 18th century.

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[janet.stones@btinternet.com](mailto:janet.stones@btinternet.com)



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# PILATES

Mondays	Wellington	9:30am
Tuesdays	Withington	9:30am
Tuesdays	Bodenham	6:00pm
Wednesdays	Stretton Sugwas	10:00am
Wednesdays	Marden Village Hall	7:15 pm
Thursdays	Burghill	10:30am
Thursdays	Marden Village Hall	6:30pm
Fridays	Bodenham	10:30am



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Mondays	Bodenham	6:30pm
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Street Light Problems		01432 261800
Power Cut		105
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Magna	Val Lewis	01432 760115
Credenhill Rangers FC	Darren Coates	07917 595418
Friendship Club	Val Lewis	01432 760115
Credenhill Surgery		01432 352600 Part of Hereford Medical Group
Headway		01432 761000
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