

Credenhill Community News



March 2020
Issue 126

**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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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 18th March 2020 from 19:30.

Councillor Vacancies

We still have 2 vacancies, are you interested in joining the Parish Council? Are you interesting in helping make decisions about the future of where you live? For more information get in touch with the parish clerk.

Credenhill Park Wood

Please can users take home their litter and dog poo! For a number of years we have been working with the Woodland Trust to try to improve the access to the side of St Mary's Church so that the school children can access the woods safely. The Woodland Trust have agreed to pay for new steps and to deal with the legal aspects of adopting the land; as the land belongs to the Care Home....all of this is very costly. Unfortunately, the recent issues with litter and dog fouling are putting that project at risk – the Woodland Trust have limited funds and resources as does the Parish Council. We will continue to try to resolve the issues; in the mean time our friendly Vicar and Councillor has put a bag at the bottom of the hill. In return for donations to the church, Rana is emptying the bag on a weekly basis – If you use the bag please make a donation to say thank you.

Community Feedback Survey - Infrastructure/Amenities/Services

We are currently undertaking a review of what our priorities should be going forward when money becomes available to make improvements to the Parish.

The last improvements were the footpath widening work on the A480 which cost the County Council approximately £200k. This has improved the road safety for pedestrians along that stretch of busy road, but we need to do more to improve the infrastructure in the village – we want to know what you think our priorities should be?

Please help us by completing the below survey which will take you less than 5 minutes:

<https://www.surveymonkey.co.uk/r/JW995SB>

We will use your responses to inform decisions going forward.

If you do not have access to the internet, then ring the clerk for a paper copy.

The Vicar's Letter



Dear Friends,

It seems to have been a bruising year so far, with so much happening in a short space of time.

We have watched in horror as wild bush fires have ravaged parts of Australia, taking out homes, businesses and lives. We prayed for heavy, fire-drenching rain and it came - causing flooding in some parts, but at least it put out some of the fires.

We held our breath as the minutes ticked towards 11.00pm on the last day of January, and our nation left the European Union, and I would urge all of us to pray that we will not just survive this, but that we will thrive.

We have heard many warnings about the effects of climate change. There have been earthquakes in Latin America, and in the Philippines the Taal volcano is expected to erupt - it has already spat out a cloud of ash and lava. And in Japan the Shindake volcano erupted on 11th January causing the Island's inhabitants to flee from flying rocks and pyroclastic flows. In Kenya there has been the worst locust infestation in 70 years as millions of insects swarmed farmland. Some countries suffer drought, some have unusual flooding.

And now we have Coronavirus spreading seemingly out of control in China and many other countries, with several confirmed cases in the UK. And storm after storm have been battering our nation with heavy rains and high winds, causing much damage. This is all very worrying and unsettling.

As Christians we should be aware of what the signs of the time might be telling us. Jesus told his followers to watch out for signs of his returning to earth. We have nothing to fear if we love and serve God, and follow his Son Jesus. If we do this we will be caring, supporting and loving towards each other and, whatever happens, we will know that God is consistent in his love for us and the world he created. Let's pray fervently for our damaged, troubled and broken world; for God's healing and for his direction.

With every Blessing,

Rana

St Mary's Church

Credenhill



March Services

Sun 1 st	11.00am	Holy Communion
Sun 8 th	11.00am	All Age Worship
Sun 15 th	11.00am	Holy Communion
Sat 21st	3.00-5.00pm	Headway for Messy Church
Sun 22 nd	11.00am	Holy Communion
Sun 29 th	10.00am	Group Holy Communion

From the Registers

Funeral

Doreen Patricia Holt 81yrs Hereford Crematorium 12th February 2020

Stretton Sugwas Lunch Club

Eleven years ago Joyce and I along with a few helpers set up the above lunch club. It was set up as a social event with food to help combat loneliness. This takes place every fourth Wednesday of the month in Stretton Sugwas Village Hall.

The meal consists of a two course meal plus fruit juice starter and finishes with tea or coffee which cost our members £4. This is the cost of the ingredients and hire of the hall, all labour is done by volunteers. We also hold a raffle which subsidises an outing, a meal out and a Christmas gift for all the members.

It has proved to be so popular we have over 50 members and we have a waiting list wishing to join us. Although we do not often have 50 attend most months we provide over 40 meals including take aways which people attending kindly deliver for us to members unable to attend on the day.

We have a fair number of helpers but we desperately require one, preferably two people that have a car & can drive, who will cook a fairly simple main course and do the shopping. The puddings are supplied by members of the team who are not doing the cooking. We are unable to pay a wage but will cover any reasonable expenses. We can provide any training required. This is not every month but every other or one in three to give our very small catering team a blow. When we started we had two teams but we are down to one now. If you willing to help or you know of someone who is us please give us a ring on 01432 356392.

Mike and Joyce Potts

Churchwardens' Report

The weather has disrupted activities at Church during February. High winds caused us to cancel a service and the heavy rain meant many of our congregation were unable to get to another.

Messy Church did take place at Headway and the theme was Amazing Bodies. We made skeletons from pasta shapes paper fastener puppets. We also made biscuit faces and eyeball lollipops as well as gingerbread men. Other activities included dressing felt people, heart mobiles, decorating heart wreaths and card people. We had a taste and a smell quiz and also decorated hands. Donna led us all in worship reminding us that all parts of the body are needed and that we are part of the body of Christ, therefore we are all important.

We then joined together for a meal of chicken nuggets or lasagne, salad and chips, cakes, yoghurt and fruit. There were 24 children, 4 babies and their parents. We are currently funded through a grant but this will probably run out in the next few months so we will have to rely on donations. If anyone would like to contribute to keep this going we would be very grateful.

Our next meeting is on March 21st from 3-5 at Headway and the theme is I Am. Everyone is welcome but children must be accompanied.

We are now beginning to plan activities for 2020. There will be a meeting at the Vicarage on Wednesday 11th March at 10am. If you have any ideas or are willing to hold a social event please do get in touch.

We are always pleased to welcome anyone who has time to spare to help with Messy Church, Flower Arranging, Church cleaning, Churchyard, Maintenance etc... You do not have to be a regular worshipper just to care about keeping the church for our community.

Our next events are the Lent Lunches. These are held in Mansell Lacy Church from 12 o'clock and consist of a variety of soups and breads. There is a donation plate to cover costs. The lunches are held on Thursdays throughout Lent and begin on Thursday 27th February.

The Annual General Meeting of St Mary's Church will take place at the school at 7pm on the 2nd April, everyone is welcome. There will be reports on the work of the church, its finance and fabric. If you have any points you would like clarifying, this is your opportunity. Members on the Church Electoral Roll have a right to vote on any proposals.

A family-friendly service for all ages
- with crafts, games, songs and fun!



'I AM'

Saturday 21st March

3-5pm

At Headway

An afternoon of free

fun activities for the whole family followed by tea.



Children should be accompanied by an adult. Donations welcome

Herefordshire.gov.uk

**Be Amazing,
Be a foster carer**

There is a child
in Herefordshire waiting
for your help

01432 383240

herefordshire.gov.uk/fostering

Mike & Joyce's
TRIPS AND TOURS

Sunday, 10th May

ABBEY-CWM-HIR

Our coach takes us on a short journey to Abbey-Cwm-Hir just west of Cross Gates on the way to Rhayader.



Remodelled by The Philips family in 1869, The Hall with 12 acres of grounds is one of Wales' most outstanding Victorian homes. A 52 room, Grade II listed property with magnificent victorian architecture, it overlooks St Mary's Church and the ruins of the 12th century cistercian "Abbey of the Long Valley" in beautiful countryside bordered to the south by the Brecon Beacons, the west by the Cambrian Mountains, and the east by the Marches.*



After 10 years of restoration, the Humpherston family offer tours of the house and gardens to individuals, couples, small and large groups in a true family atmosphere. Hear the stories of the restoration of the house and gardens, how the interior designs were conceived, and the histories of the thousands of collectible items on our guided tour.



Explore the gardens, visit the adjoining church, the Abbey ruins & visitor's room, and the small village, all with picturesque views of the hills and valleys.

Fare: £45.00

Includes: Coaching, guided tour and a light lunch with tea/coffee at the Metropole Hotel, Llandrindod Wells.



N.B. Not be suitable for the less able due to stairs and gardens on a steep slope.

Please purchase tickets before: 14th March, 2020

All information and bookings to: Mike & Joyce Potts
3 Cranstone, Upper Breinton, HERFORD HR4 7PL
Tel. 01432 356392 joycemike06@gmail.com
Please make all cheques payable to M & J Potts



'Wonderful Villages' Photo Competition



Ends 15th March 2020!

**Win up to £1000 for your Village Hall and
£500 for the photographer!**

Submit Your Entry & Vote For Others.

Open to ALL RURAL UK Village & Community Halls.
Entry is FREE. No purchase necessary.

Details of prizes, theme and entry dates are in the
RULES available from our Facebook page:

 <https://facebook.com/AlliedWestminster>

AND on our website detailing free rebuild valuations:

 <https://villagehallsurvey.com>



Community Wheels

Do you have a Need for Transport?



Community Wheels provides community Transport across north and central Herefordshire.

We provide travel for people of all ages who do not have access to a car and are unable to use public transport due to personal / mobility difficulties or its unavailability.

Ring for more information on 01568 615785

Due to its success, we are looking for volunteer drivers. If you are over 21, have a car and some spare time, we'd love to hear from you. A few hours a week could make a huge difference to someone without transport. Our drivers volunteer their time and receive payment for the miles they drive.

Help others – Learn new skills – Meet new people – Have fun!

Please contact Linda for an informal chat on 01568 737940 or email linda.jones@hvoss.org.uk

Entry

£5



The Cart Shed
Transforming Lives

SPRING PLANT FAIR

29th April 2020 10.30am – 4.00pm

BROXWOOD COURT, PEMBRIDGE, HR6 9JJ

Join us for a special day out in the beautiful Broxwood Court gardens. Specialist nurseries, plantsmen and makers of garden related products will inspire those who wish to find unusual, interesting plants early in the season.

Delicious homemade refreshments all day.

Demonstrations and a chance to win some great prizes in the lucky dip/raffle.

Cash and cheque books will be needed for payment.

All proceeds will support The Cart Shed, (Reg Charity No 1167802), that uses woodland and horticulture to work with adults and young people experiencing an emotional imbalance in their lives.

The Cart Shed was awarded the Queen's Award in 2017.

Tel: 01544 318 231

http://www.thecartshed.co.uk/spring_plant_fair_2020/

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



This month we have been looking at other countries. First we looked at India and our activities included Henna Hand painting and Rangoli patterns.

Next we looked at Mexico and we made a paper bag pinata, tasted tortillas and dips and learned a Mexican Hat Dance.

Then we looked at Italy and we made Pizzas and a montage about the country.



Last week we looked at Australia and did Aboriginal dot pictures and boomerangs that actually flew back to us. We tasted Anzac biscuits.



A group of us travelled to Birmingham to join in with Brownies from around the West Midlands to celebrate Thinking Day.

After Half Term we will be working on the Be Well Theme Award and individual badges Dancing, Grow Your Own or Mindfulness. Several Rainbows will be making their promise as Brownies.

If your daughter would like to join us. Please log on to 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





RECYCLING NEWS

We are collecting: Books
Batteries
Bras
Bottle Tops

Please bring your recycling into school and drop it into the relevant recycling bins that will be stationed outside the school foyer.

VALUE OF THE HALF TERM

Humility

"A true genius admits that he/she knows nothing"

Albert Einstein

ENTRIES FROM St. MARY'S SCHOOL LOG BOOK - 1929

Feb 8th 1929 - An excellent attendance this week of 100%. Yesterday the children sent a collection of dolls, games and books to the Isolation Hospital.

Feb 15th 1929 - The weather this week has been very snowy, but in spite of this the attendance is 86%. The absentees were from Brinsop.

DATES FOR YOUR DIARY

5 March	World Book Day
9-13 March	British Science Week
11-13 March	Y4 Manor Adventure Trip
3 April	End of Spring Term
20 April	Start of Summer Term



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

YEAR 6 LONDON TRIP

Before half term our Year 6 class had a very enjoyable trip to London. They packed in so many sights over the 3 days which included: Harry Potter World, Westminster Abbey, Madame Tussauds, the Natural History Museum, a tour of Canary Wharf, the Tower of London, the London Eye and a trip to the theatre to see the Lion King. The children had an amazing time and were a credit to the school.

St. Mary's Australia Day!

On the 3rd March St. Mary's held an Australia Day, where in exchange for coming to school dressed in green & gold or Australian themed fancy dress the children & staff donated money for 2 Australian charities. The final total raised was an amazing £265.37. This money will be split between:

Find A Bed Australia – a charity that helps people who have lost their homes in the fires.

Victorian Farmer's Federation – a charity that helps farmers in Victoria who have lost their land due to the fires.

SCIENCE PLEA

British Science Week starts on Monday 9th March and this year's theme is "Our diverse planet". We are currently looking for any volunteers who work in the field of climate awareness or for the Environment Agency that may be willing to give a brief talk on their job.

If you can help please contact Mrs E. Jones (Year 3) on 01432 760408 or email admin@credenhill.hereford.sch.uk



Credenhill Social & Sports Club



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

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!

Credenhill Social & Sports Club

Up and Coming Events...

DATE	EVENT	OTHER INFORMATION
<p style="text-align: center;">Saturday 28th March 2020</p>	<p style="text-align: center;"><i>60s Night</i> <i>Fancy dress</i> <i>optional</i></p>	
<p style="text-align: center;">Saturday 18th April 2020</p>	<p style="text-align: center;"><i>Tallulah's Goat</i> <i>Folk/Rock Fusion</i> <i>Band</i></p>	
<p style="text-align: center;">Saturday 25th April 2020</p>	<p style="text-align: center;"><i>Spring Fete</i></p>	
<p style="text-align: center;">Saturday 30th May 2020</p>	<p style="text-align: center;"><i>Party Under the</i> <i>Bridge</i></p>	

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

Please like us on Facebook

Secretary: Sarah Miles 07581 031457



Sadly two groups have decided to end due to lack of support so we no longer have any fitness groups or Tumble-Bugs. However, we are pleased to welcome a new group who are having a trial run at Credenhill Community Hall.

LITTLE NOTES

A music Group For 0-5 year olds beginning Monday March 2nd
10-11am Mondays & Tuesdays

PLEASE SUPPORT THIS NEW AND EXCITING GROUP ,COME ALONG AND TAKE A
LOOK AT WHAT SUZIE HAS TO OFFER



**Easter Prize bingo in
the Social Club
Friday 28th March
Doors open at 6p.m
EYES DOWN at
6.30p.m**

**Log onto our webpage
to book or see what is
on in your local Hall**

Betty Morris
Booking Secretary
07954081999
magnadrama@btinternet.com

Family Parties

Credenhill Community Hall is a perfect party venue. Birthdays, Anniversaries, tea parties, any reason you have to celebrate or get together, no matter what the weather. It is a good space for little ones to run around and there is even plenty of space for a bouncy castle and marquee outside.

We are improving the facilities to encourage people to use the venue. So if you are looking for a safe environment for children's events please contact us.

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.

Credenhill Community Hall

www.credenhillcommunityhall.org.uk



Day and Time	Group Name	Leader	Contact Details
Monday 10am-11am	Little Notes	Suzanne	
Monday 7.30pm-9pm	Explorers	Marcus Terry	07592 449852
Tuesday 10am-11am	Little Notes	Suzanne	
Tuesday 6pm-7.15pm	Beavers	Bethany Norwood	07971 683203
Tuesday 7.30pm-10pm	Magna Performing Arts	Val Lewis	07826 256541 info@magnapresents.co.uk
Wednesday 10.30am-12noon	Movement 2 Music	Rose Sales	07891 538 074 rosesales@aol.com
Wednesday 6pm-9pm	Slimming World	Miakala Davis	07471 890009 miakaladavis@hotmail.co.uk
Thursday 6pm-7.30pm	Cubs	Karen Jones	07837 254674
Thursday 7.30pm-9pm	Scouts	David Buckle	07903 390654
Friday 10am to 12noon	Crafty Knitters	Corrie Smissen	07789 401151 strettonbo@gmail.com
Friday 5.30pm -7pm	Rainbows Brownies	Donna Jones	07837 651687
Friday 7.30pm - 9pm	Magna/Young Magna Performing Arts	Betty Morris	07954 081999 info@magnapresents.co.uk
Sunday 2.30pm-5pm	Young Magna	Betty Morris	07954 081999 info@magnapresents.co.uk



Magna & Young Magna

Sponsored by  **Holmer Park**
A MOSAIC HEALTH CLUB & SPA

CLUELESS!

MURDER MYSTERY EVENT

21st-23rd May

Credenhill Community Hall.

In the style of Agatha Christy, a group of people gather together and then people start to... die! Who could possibly be responsible? Clues begin to pile up in this madcap spoof. More information coming soon...

SLEEPING BEAUTY

Yet another successful production and we were happy to present a cheque for £500 to St. Michael's Hospice.

We also entertained a lively audience on the Friday evening performance with the Hereford Lions Club.

Young Magna

No Vacancies at present

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

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.

Val 01432 760115

Betty 07954 081999

www.magnapresents.co.uk

Charity 2020

A collection for St Michael's Hospice is made after every performance. £3,700 raised so far...



Follow us on
Social Media



HEREFORDSHIRE HEADWAY

Headway House, Trenchard Avenue, Credenhill

Coffee Morning

Wednesday 4th March 2020

Coffee from 10:30-12:00



Coffee Morning Followed by Lunch

Thursday 2nd April 2020

Coffee Morning 10:30am-Noon Tea and coffee with Biscuits

OR

Join us for Lunch

Lunch 12:30 to be booked & paid by Thursday 19th March

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

All welcome

Please come for a chat and support us.

Raffle



CREDENHILL FRIENDSHIP CLUB

So friends our Meeting on 6th February was somewhat different!! Our Speaker didn't turn up and we had to come up with something to fill our evening. Trevor asked if you wanted skittles or a talk from him! Yes you guessed, Trevor filled the gap with a talk about his and Julie's holiday to China. We all thoroughly enjoyed this and Larry gave us interesting deserts from China so it was a combined effort.

Next Meeting on Thursday 5th March will be our AGM so if you can all make it we will have that first then Skittles and perhaps you can bring some food for the table too.

Look forward to the weather improving and seeing you all 7.30pm prompt on 5th March.

Thanks everyone

Julie

St Michael's Hospice



Striders & Strollers and Care for a Walk

Two walking groups led by St Michael's Hospice continue to break new ground. Striders & Strollers is a monthly walk for people who have been bereaved. Care for a Walk, meanwhile, is a chance to meet with others who are caring for loved ones with a terminal illness, again while enjoying a woodland stroll.



Both groups meet monthly at Queenswood Country Park between Hereford and Leominster. Please note, there is pay & display parking at Queenswood.

For full details, including dates, visit st-michaels-hospice.org.uk and search 'Striders and Strollers' or 'Care for a Walk'.

For more information, contact Shirley Young on 01432 852650.

Open Gardens

The St Michael's Hospice Open Gardens season will feature 12 events. Beginning on Sunday 17th at the Whitfield Estate, the programme will take visitors around Herefordshire, culminating in a visit to Lemore Manor on Sunday 6th September.

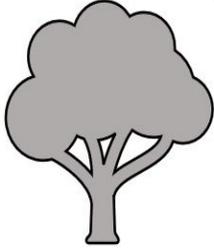
The full list is as follows:

- Sunday 17th May - Whitfield Estate
- Sunday 24th May - Ledbury
- Saturday 30th & Sunday 31st May - Hampton Bishop
- Saturday 6th & Sunday 7th June - Little Marcle & Putley
- Saturday 20th & Sunday 21st June - Stoke Prior
- Sunday 21st June - Goodrich
- Wednesday 24th June - The Old Rectory (Thrupton)
- Saturday 27th June & Sunday 28th June – Lions Den
- Sunday 28th June – Loder Drive
- Tuesday 14th July – Brinsop Court
- Sunday 9th August – Lower Hope
- Sunday 6th September – Lemore Manor



For more details on each garden visit, st-michaels-hospice.org.uk/event-type/open-gardens

Gareth Higgs Tree Services



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Site clearance & digger/tree shearing

ATV spraying & log processing

Tel: 01568 709477 / 07968 849562

Email: gareth_higgs@hotmail.co.uk

www.garethhiggstreesurgeon.co.uk

Advertising Rates

All adverts can be in colour or black & white and are annual, unless stated.

1/4 page £48

1/2 half £85

Full page £150

For Sale/Wanted £1 monthly



TV problems...? Poor picture...?

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email:aardvark@alpens.co.uk

www.aardvarkinstallations.co.uk



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Or email: mdrelectrical330@gmail.com



Do you need a Gardener?

CHERRY'S GARDENING SERVICES

Offers: Lawn mowing, weeding, hedge cutting, pruning, repotting, sheds, greenhouses cleared, hanging baskets & much more

Away on holiday or business? I will look after your garden

Reliable lady gardener fully insured and DBS checked (formally CRB)

I use all my own equipment

Call Cherry on **07855525247**

Or email cherrygarden@hotmail.co.uk

Foot Health



Practitioner

Treatments for:

- Painful corns & calluses
- Ingrown toenails
- Verrucae
- Diabetics
- Nails Trimmed
- Plus more



Home Visits Only

Member of the Accredited Register of
Foothealth Professionals

Brian Jenkinson DIP CFHP MPS Pract.

01544 230 501

07977 214 756

Maids Domestic Services

*We specialise in regular weekly or fortnightly cleaning,
catering for all your domestic cleaning needs.*



Services offered

- Dusting
- Vacuuming
- Bathrooms
- Kitchens
- Mopping
- Ironing
- Changing beds

We are a small, reliable, high quality service, with 26 years' experience. We pride ourselves in providing skilled, trustworthy staff, who receive extensive training and are fully insured.

We offer weekly, fortnightly and monthly cleaning.

Contact Janet on 01432 350033 or 07702174036

janet.stones@btinternet.com



ALL ASPECTS OF CARPENTRY
KITCHENS / BATHROOMS /
DESIGN

RENOVATIONS / PLASTERING

WIDE RANGE OF PROPERTY
SERVICES

Friendly, Reliable service

Please call Tom : **01432 761603**



The Centre in Hereford for
complementary therapies

18 different therapies provided by
highly trained and experienced
staff

The Very Best Help for Your Health
Eastholme Avenue, Belmont HR2
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**References available on
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10 Gardening Jobs for March

- 1 Protect new spring shoots from slugs
- 2 Plant shallots, onion sets & early potatoes
- 3 Plant summer flowering bulbs
- 4 Lift & divide overgrown clumps of perennials
- 5 Top dress containers with fresh compost
- 6 Mow the lawn on dry days (if needed)
- 7 Cut back Cornus (Dogwood) & Salix (Willow) grown for colourful winter stems
- 8 Hoe and mulch weeds to keep them under control early
- 9 Start feeding fish & using the pond fountain: remove pond heaters
- 10 Prune bush & climbing roses

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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Contacts

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Power Cut		105
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Rainbows/Brownies	Donna Jones	01432 761056
Young Magna	Betty Morris	07954 081999
Magna	Val Lewis	01432 760115
Credenhill Rangers FC	Darren Coates	07917 595418
Friendship Club	Val Lewis	01432 760115
Credenhill Surgery Part of Hereford Medical Group		01432 352600
Headway		01432 761000
Post Office Van Mon/Tues/Thurs 10.30-11.45am	John	01885 482201
Credenhill Community Hall	Betty Morris	07954 081999
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