

# Credenhill Community News



**April 2020  
Issue 127**

**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*

## Words from the Editor...

Hello to all our readers,

I hope you are enjoying the new look of the newsletter. I would love to make it more community based. If there is anyone in the village who gives up their time to do something in the community, any groups for people to join, any information that people think others might find interesting, please send it in, I look forward to hearing from you!

Also, I would love to have village photos on the front cover, are there any budding photographers who would be willing to send in their beautiful work? All would be credited.

### **Magna Panto 'Sleeping Beauty'**

I took my girls to see the Magna production of Sleeping Beauty last month. All I can say is, we haven't laughed so much in a long time! It was fantastic. All the cast took it in their stride and did an amazing job, especially the children. I would thoroughly recommend Magna productions to everybody, check out their page for future information.

Take care of yourselves and each other,

Liza

## **Telephone Support Network**

**for anyone anxious at this time of uncertainty**

Need someone to talk to?

Feeling isolated and alone?

Want to know that someone is actually listening and caring about you?

We have a Telephone Support Network and with one phone call you will be paired up with a friendly person who will phone you back with time to listen and support you.

**To access this Network  
phone Revd Rana on  
01432 760443.**





## Next Meeting

Due to the ongoing Coronavirus pandemic we have made alternative arrangements to our normal meetings that take place at the resource centre to ensure that we practice social distancing.

The press and members of the public are invited to the next Ordinary Parish Council Meeting to be held by LIVE Video Conference on 15<sup>th</sup> April 2020 from 19:30. You will be able to access the meeting as follows:

Facebook Page

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

YouTube channel

[https://www.youtube.com/channel/UC4JGYUbwTzS\\_Ills27KVFqg](https://www.youtube.com/channel/UC4JGYUbwTzS_Ills27KVFqg)

The nextdoor app

<https://nextdoor.co.uk>

## Councillor Vacancies

We still have 2 vacancies, are you interested in joining the Parish Council? Are you interesting in helping make decisions to support the local community? For more information get in touch with the parish clerk.

## Community Feedback Survey - Infrastructure/Amenities/Services

Thank you to all of you that took the time to complete the survey. If you haven't already then please help us by completing the below suvey 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.



## Latest Coronavirus Advice

To avoid misinformation and to obtain the latest advice use only the following sources:

NHS

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Government

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

Travel

<https://www.gov.uk/foreign-travel-advice>

**If you do not have a computer or internet access, the BBC is providing a daily update of the latest information.**

## Local Emergency Help for COVID19

Since the outbreak the community has really started to pull together with many people offering to help others. Hereford Rotary Group have setup a facebook page where people can either volunteer to help or request help:

Hereford Rotary COVID-19 Volunteers:

<https://www.facebook.com/groups/195399895095561/>

More locally in Credenhill, Rev'd Rana Davies-James has setup the **Telephone Support Network** to put people in need in touch with volunteers from the community. This group will also need a group of active individuals who can provide help in Credenhill.

***Please get in touch with Rana either for help or to help 01432 760 443***

**Please stay vigilant; scammers will take advantage of the present situation!**

The Parish Council will support all Parishioners, the Nursery, Community Hall, Local Groups and Social Club during the pandemic to ensure that our community can function as normal again once it is over. If you need help get in touch.

**HELLO!** If you are self-isolating, I can help.

My name is

I live locally at

My phone number is

If you are self-isolating due to COVID-19 I can help with:

- |  |  |
|--|--|
| <input type="checkbox"/> Picking up shopping   | <input type="checkbox"/> Posting mail    |
| <input type="checkbox"/> A friendly phone call | <input type="checkbox"/> Urgent supplies |

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.

**#ViralKindness**

**HELLO!** If you are self-isolating, I can help.

My name is

I live locally at

My phone number is

If you are self-isolating due to COVID-19 I can help with:

- |  |  |
|--|--|
| <input type="checkbox"/> Picking up shopping   | <input type="checkbox"/> Posting mail    |
| <input type="checkbox"/> A friendly phone call | <input type="checkbox"/> Urgent supplies |

Just call or text me and I'll do my best to help you (for free!)

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**#ViralKindness**

## The Vicar's Letter



Dear Friends,

As I type this many of you will be struggling to comprehend the shocking events surrounding the coronavirus CoViD19. A great number of you will be in self-isolation, probably feeling bewildered and fearful. We are all feeling a bit helpless.

Please know that I am here in Credenhill and available by telephone if you should need to talk. I will match you with someone from a team of volunteers who will telephone you back and listen to you, give you emotional support, signpost you where they can to more practical help and who will pray for you. This will be a confidential service offered to you by St Mary's church. Please do ring if you need someone to talk to.

I have just heard that the Archbishops of Canterbury and York have announced that all Church Services are now suspended until further notice. So that will mean there will be no Easter Services in any of our churches. However, St Mary's Church will remain open every day so that if you feel the need to get out of the house for a bit, you may go there to sit for a while, to pray, to ponder, or just to be. I will supply prayer sheets at the back of the church to help you should you wish, but please take them away with you to use them at home because once they have been used we have to destroy them.

If you are a Facebook user do join our Magnis Group page because that will keep you informed about all that is happening regarding the churches in this area.

It was very sad to hear that Gordon Bachelor died a few days ago. There will be a private funeral service for immediate family at his home and at a later date we will hold a Service of Celebration and Thanksgiving for Gordon's life.

With every blessing and with you all very much in my thoughts and prayers

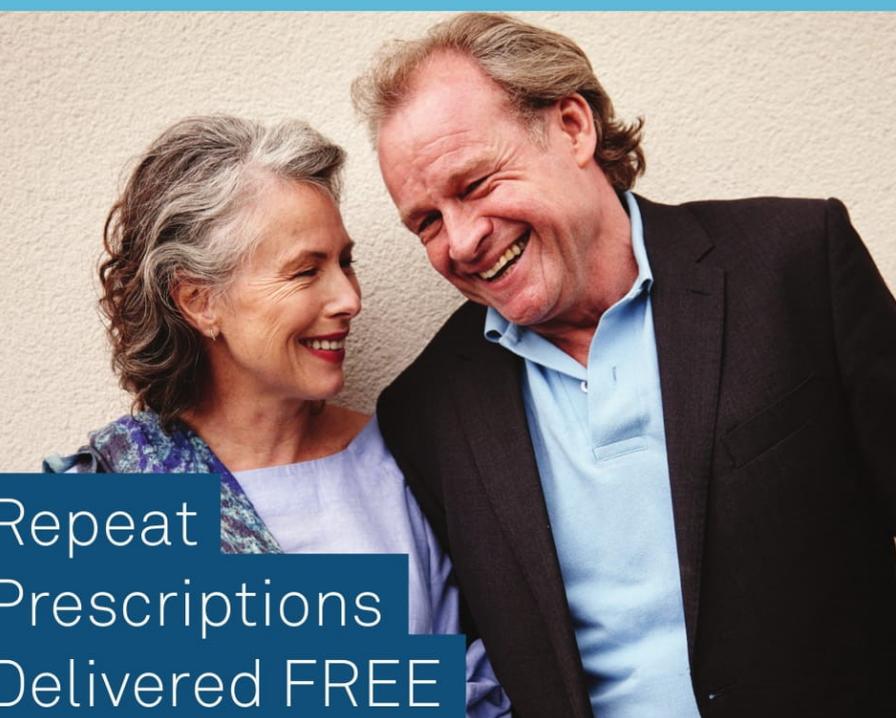
Rana

### **Services for April**

All public services suspended until further notice

Nothing from our Registers last month





## Repeat Prescriptions Delivered FREE to Your Door

### We can take care of your repeat prescriptions for you

- 1 We contact you to remind you when your prescription is due
- 2 You order online, by phone or via our app
- 3 We arrange for your doctor to send the prescription to us
- 4 Our UK-based pharmacists dispense your prescription, and we deliver it free of charge

#### Get in Touch



To find out more or register, visit:  
[Pharmacy2U.co.uk/NHS](https://Pharmacy2U.co.uk/NHS)



Alternatively, call us on  
0800 027 98 66

# April

## Sunshine & Showers

### Gardening Tips

Spring is finally in evidence as daffodils and flowering trees start to bloom. Expect the inevitable April showers this month but with sunny days too, when you can turn your attention to the lawn. It's an exciting month, with indoor-sown seeds well into growth, and it's also time to start sowing outdoors. Just watch out for frosts...

### 10 jobs for this month

1. Keep weeds under control
2. Protect fruit blossom from late frosts
3. Tie in climbing and rambling roses
4. Sow hardy annuals, herbs and wild flower seed outdoors
5. Start to feed citrus plants
6. Increase the water given to houseplants
7. Feed hungry shrubs and roses
8. Sow new lawns or repair bare patches
9. Prune fig trees
10. Divide bamboos and waterlilies



# **DELIVERY DRIVERS**

**WE ARE SELF ISOLATING**



**PLEASE LEAVE  
ALL PARCELS**



# Churchwardens' Report

Activities have been somewhat restricted during the last few weeks but we did hold a Lent Lunch in March and raised £130 for church funds. A huge thank you to everyone who supported this event.

We have been advised that social gatherings should be cancelled due to the Coronavirus outbreak and services in Church are now suspended. However, we wish to provide support wherever we can and the following has been put in place to facilitate this:

- \* The church and churchyard will be open daily for private prayer, as a place to be quiet and as a retreat as needed.
- \* Tea and coffee are available for your consumption.
- \* Please use the hand gel available as you enter the church.
- \* There are prayer leaflets for your use but we ask you to take away any that you touch.

Church members have set up a telephone network if you need to talk to anyone. Please contact Rev Rana (01432760443) and she will put you in touch with someone.

There will be a live stream for worship on the Magnis website or the Church of England website and Songs of Praise will be on BBC as usual.

We are looking into holding an outdoor communion service in the churchyard. Please check the website or look out for posters around the village.

We also hope to set up an activity for children in the churchyard so that they have something to do outdoors.

The meeting to plan activities for 2020 has had to be postponed so at the moment we have no plans for fund raising and as treasurer I have concerns as to how we can meet our obligations.

If you are a regular giver to church please continue to put your collection into the envelopes and save these until we meet again or give directly through BACs transfer to PCC Credenhill  
Sort Code 30-94-14 Acc No 0035903402

*Churchwardens' Report continued...*

Obviously the probation service workers will be unable to continue their maintenance of the churchyard for the foreseeable future.

If anyone is able to help us to keep the churchyard tidy this would be much appreciated. Can we suggest that if you can spare an hour to take your mower up to church and cut an area of grass or strim around the graves or if you have a family or friend buried in the churchyard that you tend your plot. It would be very helpful.

The Annual General Meeting of St Mary's Church has been cancelled.

Finally we offer our condolences to the family of Gordon Batchelor, Marion, Laura and Hayley and their children. Gordon has been a stalwart supporter of St Marys church throughout his life, organising memorable events including Vintage Car Rallies Fetes, Skittle Roll Ups, Ceildahs, Garden Parties and games evenings. He will be sorely missed. There will be a memorial service later in the year to celebrate his life.

Churchwardens Jean Bowles and Dorrie Coates.

**Messy Church** is cancelled for the foreseeable future.

## **No Meetings until further notice**

### **CREDENHILL FRIENDSHIP CLUB**

Hello everyone, thank you to those that turned up to our last meeting, and for apologies, I expect you did not think you would be laughing so much. Yes, it was our Annual General Meeting. I think Trevor has missed his vocation in life, he should be appearing at The Apollo! He had us in fits of laughter.

Your committee members remain the same, Chairman Trevor, Secretary Valerie, Treasurer Lyn. For a reminder to everyone your subscription remains the same £12.00, would you please bring it to the next meeting in an envelope with your name on it  
thank you.

It was a lovely evening and the food was great too.

Please if you would like to join us, we meet every first Thursday of the month 7.30p.m at the Credenhill Social Club, you will find us in the Skittle Alley, we would love to see

# NOTICE

**I AM SELF ISOLATING  
for my own safety as  
I have a health problem!**



**PLEASE DO NOT  
VISIT ME UNLESS I  
CONTACT YOU FIRST  
THANK YOU**

## Credenhill Litter Pick



Hello, my name is Emma Jones and I co-ordinate a group called 'Hereford Community Clean Up Group' on Facebook. We are a group of like-minded people, who are passionate about looking after the environment and wildlife where we live.

Regular litter picking events are posted on the group for all different areas around Hereford that need some TLC, no commitment is required, just come along to the events that fit in with your lifestyle.

We also have a scheme where people can adopt or look after their own area where they live, and I can provide you with details if that's something you would prefer to do.



As this is my passion, I also care about where I live, so being as it wasn't raining and the sun was out, I decided to do a litter pick and tackle the lane that runs to 'The Bell at Tillington'. I only managed to get just past the 'Country Park' entrance and had collected 2 large bags of rubbish. I was also disappointed to notice several fly tips, one of which was a bag that had burst open spilling its contents everywhere.

What makes people think that this is acceptable, why not take it to the tip or just put it in your household waste bin?

Upon my return into my local area, I was stopped by 2 very enthusiastic children who wanted to help, we decided to litter pick the swamp area off Dovecote Lane.

Unfortunately, the litter we found here was obviously dropped by children, lots of crisp/sweet packets, chocolate wrappers, soft drink cans, plastic bottles, ice lolly packets.

Please could parents please remind their children to use a bin or even take the rubbish home with them, we can all make a small difference to help our environment.

If you would like to help me on the next litter pick in the Credenhill area, then I would love to hear from you. I need all the help I can get, as still loads to do.

Email [hccug1@gmail.com](mailto:hccug1@gmail.com)





HM Government

**NHS**

# Coronavirus

## Wash your hands more often for 20 seconds

Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food



For more information and the Government's  
Action Plan go to [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)

CORONAVIRUS

**PROTECT  
YOURSELF  
& OTHERS**

# NOTICE

**WE ARE SELF ISOLATING  
DUE TO THE CORONAVIRUS**



**WE ARE OK RIGHT  
NOW AND DO NOT  
NEED ANY HELP**

**THANK YOU**



# Scouts



8th Hereford  
(Credenhill) Scout Group

## BEAVERS

Beaver Scouts (age 6 – 8) have been busy and have enjoyed a visit to St Mary's Church. They made a paper chain of promises and got to do a spot of bell ringing! This term we are going to be looking at Global Issues and we have welcomed Jackie from the Co-Op to talk to us about Fairtrade.



Cub Scouts (age 8 - 10.5) During their time in the Pack, Cub Scouts will get a chance to try lots of different activities like hiking, fire lighting, cooking, sports, crafts and more. If you do them well, you might even get a badge that you can wear on your uniform.

## cubs

**SCOUTS** The Scouts (age 10.5 - 14) have been cooking on open fires at "Scouts Creek" and looking at local knowledge around Hereford finding the blue plaques of Hereford. We also are having Hedgehog night yes meet a Hedgehog!!



The Explorers are the oldest section aged 14 – 18 and they get to pick what they want to do things like climbing, hikes kayaking and the age when they start their DofE.

## EXPLORERS

<http://credenhill.scoutsites.org.uk/>



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

**Throughout March we have been working on our  
Be Well badge .**

**We planted salad vegetables, lettuce,  
cress, spring Onions and radish.**

**We had a session on  
wellbeing with Yoga and Mindfulness and a Keep Fit  
session with the Brownies making challenges for each  
other and circuit training.**

**Unfortunately we have been advised that Brownies and  
Rainbows should be suspended for the foreseeable future.**

**We suggest that this is a time for the girls to work on  
their individual badges. All of the girls have a handbook  
and there are lots of suggestions in there. The badges  
for the Be Well section are Dancing, Grow Your Own or  
Mindfulness which will build on what we have done.**

**Stay safe until we meet again.  
Brown Owl Donna Jones,  
Amanda, Leah and Brenda**



## 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.

### PTFA

On the 28<sup>th</sup> February the PTFA held a Glow Disco for the children. This event raised approximately £600 in valuable funds for the school.

We would like to say a huge thank you to everyone that helped to organise and run this event.



### VALUE OF THE HALF TERM

#### Thankfulness

*"As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others"*

**Maya Angelou**

**SCHOOL IS CLOSED**  
**FROM 20/03/2020**  
**until further notice**



**YOGA CLASSES**  
**ST MARY'S SCHOOL**

Tuesdays 6.30-7.30pm  
£5 per class



WORLD  
**BOOK  
DAY**  
5 MARCH 2020

We celebrated World Book Day on the 5<sup>th</sup> March. The children and staff supported the event by dressing up as their favourite literary characters.

The children enjoyed literacy themed activities such as a literacy quiz.

World Book Day is a nationwide campaign to help change children's lives, by making story-sharing a habit of a lifetime. It celebrates reading for pleasure and raising awareness of its importance.

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

*April 5<sup>th</sup> 1929 - His Majesty's Inspector visited the school in the afternoon. The children quite enjoyed his visit.*

*April 26<sup>th</sup> 1929 - Twelve children absent today out of a possible twenty two. I have to report to Doctor Lowe, the School Medical Officer, today's attendance. The parents seem desirous of a closure.*

### **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.



# Credenhill Social And Sports Club



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

# Credenhill Social and Sports Club

## Up and Coming Events

DATE	EVENT	OTHER INFORMATION
<p style="text-align: center;">Saturday 4th April 2020</p>	<p style="text-align: center;"><b>GRAND NATIONAL</b></p>	
<p style="text-align: center;">Saturday 4th April 2020</p>	<p style="text-align: center;"><b>Pub-a-thon</b></p>	<p style="text-align: center;">DARTS SKITTLES POOL QUOITS</p>
<p style="text-align: center;">Saturday 18th April 2020</p>	<p style="text-align: center;"><b>Tallulah's Goat Folk/Rock Fusion Band</b></p>	
<p style="text-align: center;">Saturday 25th April 2020</p>	<p style="text-align: center;"><b>Spring Fete</b></p>	

This Photo by Unknown Author is li-

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

**Please like us on Facebook**

Secretary: Sarah Miles 07581 031457



**Unfortunately, due to the current issues all clubs,  
groups and events have been cancelled until  
further notice.**

**Sorry for the inconvenience.**

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

Betty Morris  
Booking Secretary  
07954081999  
[magnadrama@btinternet.com](mailto: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.



Day and Time	Group Name	Leader	Contact Details
Monday 10am-11am	Little Notes	Suzanne Semken	07876 686105
Monday 7.30pm-9pm	Explorers	Marcus Terry	07592 449852
Tuesday 10am-11am	Little Notes	Suzanne Semken	07876 686105
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

# St Michael's Hospice



## Choirmaster Denise bids fond farewell

**For many years the St Michael's Hospice Community Choir has entertained audiences – including royalty – at fundraising events throughout Herefordshire.**

But the 30-strong group will this month bid a fond farewell to its Choirmaster, Denise Bishop.

Denise is standing down at the same time as retiring from her role in the Fundraising team at St Michael's, based in Bartestree.

'I'd like to thank everyone for their support, not only towards me but the Hospice as a whole,' she said.

'I've met so people I simply wouldn't have done had it not been for this role.

'There's a real mix in the group. Some are staff members and volunteers, others are patients' relatives. For relatives, I think it's a way of staying in touch with a place which means so much to them. I shall miss them all.'

The Choir began life in 2009 when it was formed to sing at Hereford Cathedral during celebrations to mark 25 years of St Michael's.

Denise was a Choir member that day but following a chat with a colleague, she put her name forward to lead the group for the Hospice's 30<sup>th</sup> Anniversary in 2014, again at the Cathedral.

'We were only supposed to be getting back together for the one event, but everyone seemed to enjoy it so I asked them whether they'd be interested in meeting again.'

Since then the choir has enthralled audiences at a variety of Hospice-led events including Midsummer Lights and the Flower Festival at Lyde Arundel last September.

The Choir has also staged its own concerts, notably One Glittering Night, One Starry Night, and Sounds of Summer at Eastnor Castle, and performed to the likes of Princess

Alexandra and Monty Don.



**Denise Bishop (front row, right) pictured alongside Monty Don and the St Michael's Hospice Community Choir during the launch of the Transformation and Peace Flower Festival last September.**



## **St Michael's Hospice continued...**

If you would be interested in becoming the Hospice's new Choirmaster, which is a voluntary role, call Jill Groves at St Michael's for more information on 01432 852 606.

### **Listening Support Volunteers**

When Sally Kowal lost both parents within three weeks, she had little idea that six months later the calming nature of a Hospice volunteer would provide such invaluable support.

Sally was put in touch with Listening Support Volunteer Fran Jones and the pair meet regularly at Sally's home.

'When mum and dad died, it left such a gaping hole,' said Sally. 'After a few months I was told about Listening Support Volunteers and it just seemed appropriate. 'Myself and Fran got on very well right from the off. She is so calming. Time with her has helped me a lot.'

Fran is one of 11 Listening Support Volunteers at St Michael's.

'My husband was at St Michael's for six weeks back in 2009,' said Fran.

'One of the main reasons I put my name forward was because I wanted to give something back to the Hospice by way of thanks for the wonderful care my husband received. As the title suggests, we are listeners. We spend time with those who are bereaved or terminally ill.

'We usually meet in the client's home and it just gives people the opportunity to talk about their grief to someone outside the family.'

LSV's may also do some signposting for clients but they are not counsellors. They may, however, refer people to counselling if appropriate.



For more information, contact Karen Evans or Sarah Jenkins at St Michael's on 01432 851 000.

**Sally Kowal (left) and Fran Jones**



# Magna & Young Magna

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

## AWARDS

We have been nominated for three awards by NODA west Midlands, Division 1

Best Panto 2019... Dick Whittington and his Amazing Cat

Best Youth Production 2019... What Wonderful World

Best Drama 2019... Peace

We will also receive the Special Award for 2019

### CLUELESS!

MURDER MYSTERY EVENT

# Postponed

Credenhill Community Hall.

In the style of Agatha Christie, 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. See poster for more information...

### TOO COOL FOR SCHOOL

Young Magna

Summer Showcase

SUNDAY JUNE 14TH

Matinee and early evening performances.

Details to follow...

### Charity 2020

A collection for St Michael's Hospice is made after every performance.



Follow us on Social Media

## Young Magna

No Vacancies

Meet: Sundays 2.30—5pm

Occasional Friday Evenings

from 7.30pm

Fees: Joining £10,

Costume £10 & £2 a week

Val 01432 760115

Betty 07954 081999

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

## 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.

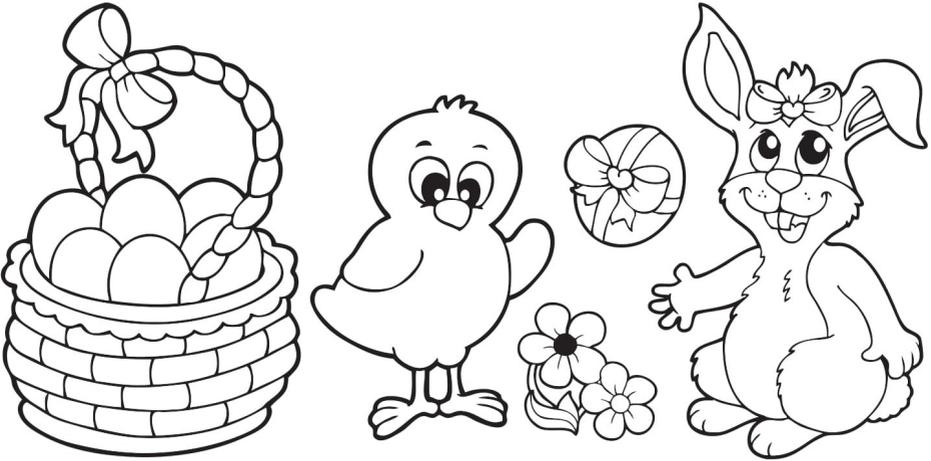
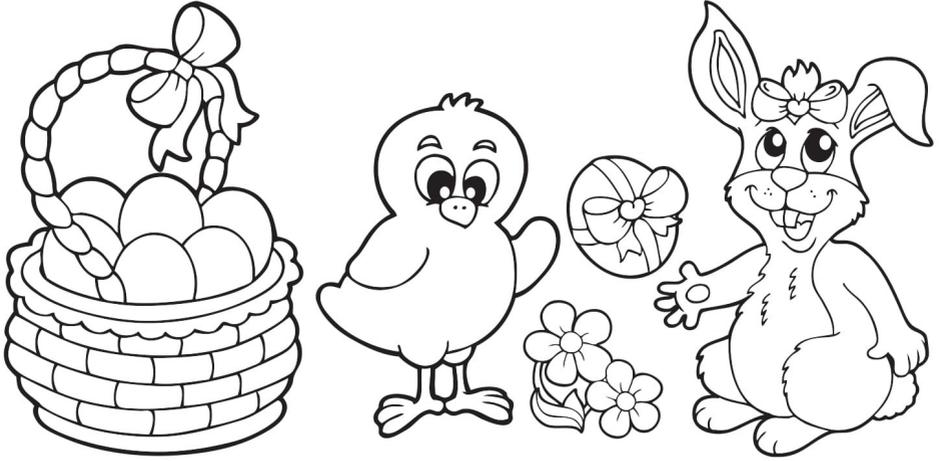
Magna meets every Tuesday 7.30pm

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

New members are always welcome.

Ring for details.

Spot the 10 differences and color in the pictures!



What's an Easter Eggs  
least favourite day?  
**Fry-day!**

How does the Easter Bunny stay fit?  
**EGG-cercise!**

Easter Facts

*Around 90 million chocolate  
Easter bunnies are made  
each year!*

*The largest Easter egg ever  
made was over 25 feet high!*

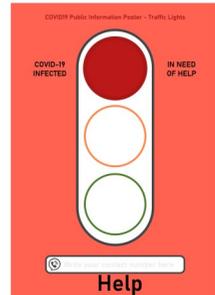
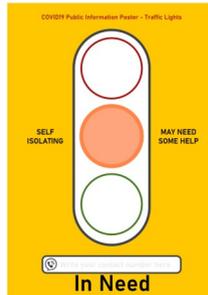
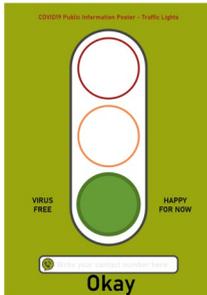
ANSWERS: 1. Eyebrows on chick are different 2. Nostriils on chick are removed 3. Right leg on chick is open 4. Palm circle on rabbit is removed 5. Chin line on rabbit is removed 6. Fur line on rabbit is flipped 7. Left ear on rabbit missing a line 8. Flower center is filled in 9. Easter egg is flipped 10. Easter basket is flipped

# Be Prepared for Lock Down



## COVID-19 PUBLIC INFORMATION POSTER

Print and display one of these on your property



Let your community know your isolation status

Download for free at [COVID-19PIP.ORG](https://COVID-19PIP.ORG)

## Household Status Indicators

### Winning Health

The Wellbeing Practice

"I'm so tired of always feeling unwell; I just want to feel better again"

"I'm exhausted, I always wake up at 2am, can't get back to sleep for ages; then the alarm goes off"

"I'm so frustrated by it all, test after test, tablet after tablet, without getting anywhere"

"I just want some pain relief it feels like there is no getting away from it"

"I'm self employed so can't afford to take time off work sick"

"I suffer from stress and anxiety but doesn't everyone?"

"There is nothing the Doctors can do, I've just got to get on with it"

#### Do you recognise yourself in any of these statements?

These are all things which have been said to me by my clients. People just like you, that I have helped to be pain free, able to work, to feel well again, less stressed, able to conceive, and to understand what has a negative impact on their health and what they can do to help put it right.

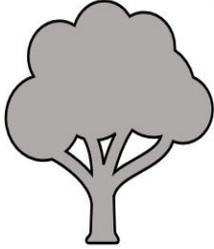
If you would like my help to re-balance the physical, emotional and environmental aspects of your life so you are living your best life then get in touch I would love to hear from you.

**Marie-Thérèse Winning**

Acupuncturist and Chinese Nutritionist



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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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# Contacts

<b>Editor</b>	Liza Watkins	credenhillcommunitynews@outlook.com
<b>Parish Council Chairman</b>	Terry Smissen	
<b>Parish Council Clerk</b>	Lee Harper-Smith	07956 447056 clerk@credenhill-pc.org.uk
<b>County Council</b>	Councillor R Matthews	01432 760498
<b>West Mercia Constabulary</b>		0300 3333000 Herefordm.snt@westmercia.pnn.police.uk
<b>Crime Stoppers</b>		0800 555111
<b>Safer Neighbourhood Officers</b>	PC Bart McDonagh	101
<b>Dog Warden</b>		01432 261761
<b>Street Light Problems</b>		01432 261800
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<b>St Mary's Primary School</b>	Claire Ross	01432 760408
<b>Nursery &amp; Preschool</b>	Shelly Gummery	07596 324552
<b>Fieldhouse Kindergarten</b>	Rachael Cappozoli	01432 761250
<b>Vicar</b>	Revd. Rana Davies-James	01432 760443 Rana.james@virgin.net
<b>Church Warden</b>	Dorrie Coates	01432 761935
<b>Church Warden</b>	Jean Hawkings-Bowles	01432 769413
<b>Credenhill Social Club</b>	Steward	01432 760600
<b>Credenhill Scout Group</b>	Malcolm Cox GSL	07854 299715
<b>Rainbows/Brownies</b>	Donna Jones	01432 761056
<b>Young Magna</b>	Betty Morris	07954 081999
<b>Magna</b>	Val Lewis	01432 760115
<b>Credenhill Rangers FC</b>	Darren Coates	07917 595418
<b>Friendship Club</b>	Val Lewis	01432 760115
<b>Credenhill Surgery</b> Part of Hereford Medical Group		01432 352600
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