

# Credenhill Community News



**May 2020  
Issue 128**

**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.

<b>Deadline:</b>	<b>15th of month prior to publication</b>
<b>Published:</b>	<b>1st every month</b>
<b>Collect from:</b>	<b>One Stop—Credenhill Store</b>
<b>Delivered:</b>	<b>To every household in Credenhill (circulation 860)</b>

All articles, letters and any other items maybe subject to the editorial discretion. The editor does NOT accept any responsibility for articles printed in this newsletter. All details correct at time of going to press. For more information regarding Credenhill, visit [www.credenhill-pc.org.uk](http://www.credenhill-pc.org.uk)

## CONTENTS

3	Phone Support Network Info	18-19	75th VE Day
4-7	Parish Council	20	Wordsearch
8	The Vicar's Letter	21	St Mary's Primary School
10-11	Colouring Heroes	22-26	Directory
12	Gardening Tips	23	Wordsearch Answers
13	Scout Group	27	Local Contacts
14-17	Winning Health & Recipes		

## 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*

*Local front cover photo: The great Credenhill over looking a beautiful*

*Rapeseed field in full bloom Credit: Rachael Williams*

Hero's come in many forms and  
they don't always wear a cape.

A smile, a word or an action, is sometimes all it takes.

They help us without thinking,  
sometimes putting themselves at risk.

They could be a life saver, they could be a carer, they could  
look after children or keep our country ticking.

A hero comes in many forms, this is very true.

To me, my hero is every one of you.

**THANK YOU**

By Harry Small, aged 7 (Not Local)

## **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 Annual Meeting followed by an Ordinary Parish Council Meeting to be held by LIVE Video Conference on 20<sup>th</sup> May 2020 from 19:00. You will be able to attend 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)

Any comments/questions made on the live stream during the meeting will be answered in public question time.

## 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.

## Local Help for Credenhill Residents

The telephone support network has been busy supporting and connecting the community since the outbreak of COVID19, if you need help or know someone that would benefit from a friendly voice at the end of the phone to chat to then please call Rana on **01432 760 443** and she will connect you with one of our volunteers.

The Parish Council have agreed to continue to support Dixies COVID 19 SOS group which are now providing 17 meals daily to elderly and vulnerable residents in the village.



## 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.**

## VE Day

Whilst we continue to fight this battle against the Corona Virus it will soon be the 75 years since Victory in Europe and Victory in Japan were achieved in the Second World War. Our intention is to install a bench to commemorate these significant events however that will have to wait until after our current fight is over.

The Parish Council would like you all to decorate your windows with bunting and put out the flags for VE Day on Friday 8<sup>th</sup> May. There are some bunting templates online which will be a great activity for the kids to do: <https://tinyurl.com/VEdaybunting> lets fill the streets with red, white and blue!

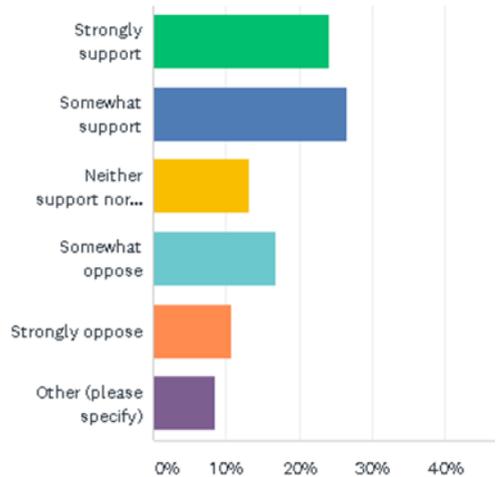




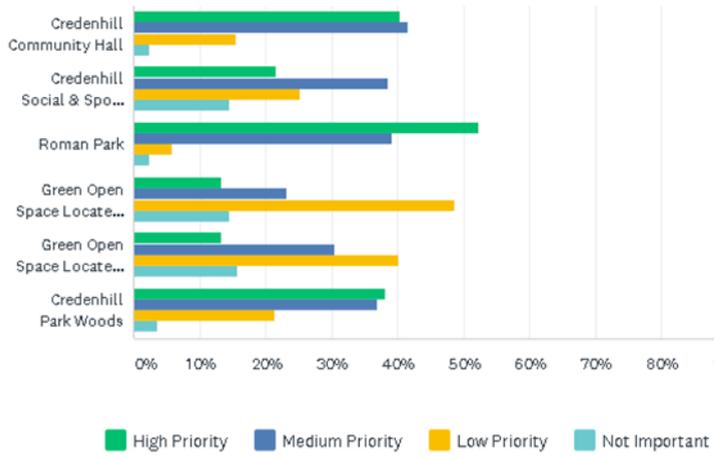
## Community Feedback Survey - Infrastructure/Amenities/Services

Thank you to those of you who took the time to respond to our survey, the results can be seen below:

How much do you support or oppose the recent footpath widening work that was completed on the A480 to improve access to pedestrians knowing that the project cost £200k?

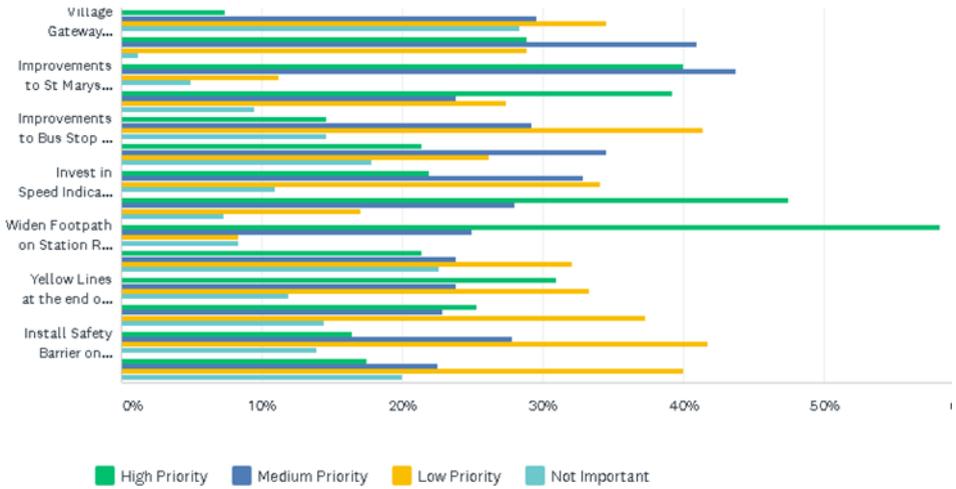


The following Amenities have been highlighted as areas that should be improved in the future, please rate this in order of priority?





The following areas of infrastructure have been highlighted as areas that should be improved in the future, please let us know if they are a priority to you?



The results of the survey will give the Parish Council the evidence needed to inform section 106 agreements that are prepared and implemented by Herefordshire Council. It has shown that the previous work completed by the county council to improve the footpath on the A480 is supported however perhaps other areas of priority should have been focused on first, such as widening of the path at the entrance to station road.

Now that we are informed and have the evidence we can move forward.

Please note that the bus pull in project on the A480 is already underway with funds that are specifically ring fenced for road safety improvements. Designs were discussed and presented at the last meeting and further discussions will take place in may.

The first draft of block plans to improve the Roman Park have been received from the architect, these need some revisions and further details adding before sharing with you however as it is your first priority for improvements it will be our focus!

## The Vicar's Letter

Dear Friends,

We know that the corona virus is bringing difficulties and frustrations for many people, and yet we can be thankful. Of course, we don't thank God FOR the Corona virus, but we can be grateful for so much in it. We can thank God for helpful neighbours who have offered to do our shopping, for stirring pieces of music we hear on the radio or You tube or where ever, for the warmth and blue skies of the early spring, for the sound of birds singing and the sight of birds with worms in their beaks for their fledglings.



We can be grateful for 'front line' and key workers who are putting themselves in danger in order to serve the many, especially those who become ill. Thank God too for the rallying message given by the Queen on Good Friday, a timely reminder that 'We will meet again' because this situation will pass. Particularly we thank God that he is able to heal people and to release breath into them when they are struggling to get air into their lungs.

We thank God for meaningful relationships and friendships, that the Internet enables us to keep in touch with one another and that fundamentally the vast majority of people are kind, thoughtful and loving. This situation will present blessings as well as difficulties and bring into focus those things that are really important. Let's pray that when this is all over, we will appreciate them all the more.

Do join us on the Magnis Group Facebook page <https://www.facebook.com/groups/710895009243384/?ref=bookmarks> and also every night for the next two weeks or so at least, for prayers for a pandemic - also with a Resurrection reflection. You are most welcome - getting dressed is optional! We leave the services online for you to watch later if you wish.

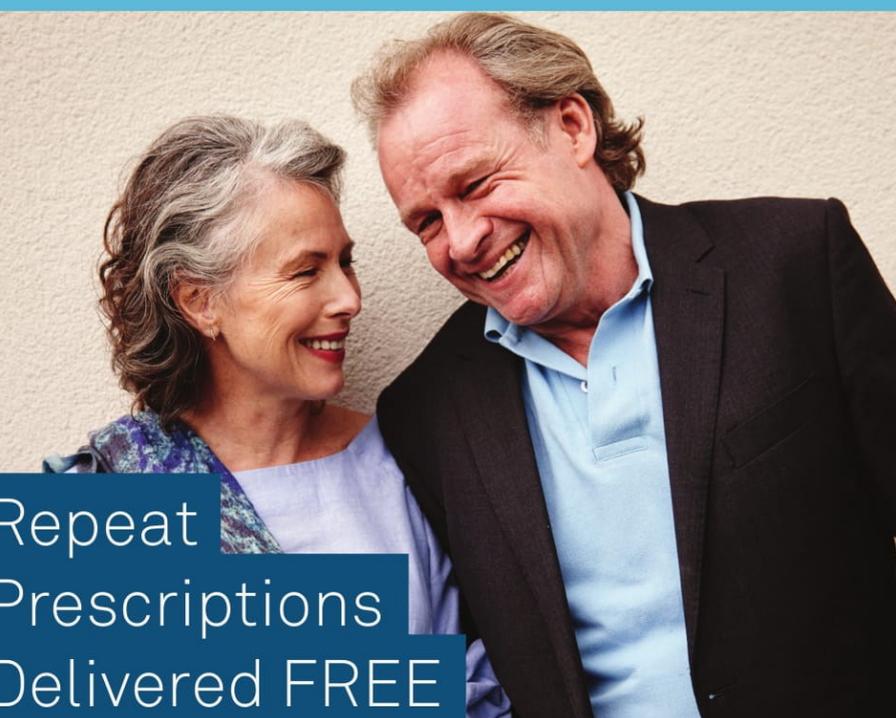
I had the delight of doing a Diamond Wedding Blessing for a popular couple in the village this morning (who were unable to celebrate properly with family and friends due to the lock-down). Congratulations to Henry and Gwyn Davies on their 60<sup>th</sup> Anniversary! The Telephone Support Network is there for you to use, even if it's just for a natter - give me a ring on 01432 760443.

With every blessing to you all,

Rana

No Baptisms, Weddings or services.

16<sup>th</sup> April - Funeral at Hereford Crematorium of Peter Sanders of Credenhill Court.



## 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



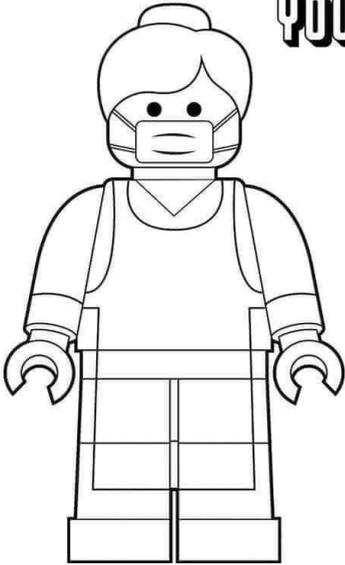
To find out more or register, visit:  
[Pharmacy2U.co.uk/NHS](https://Pharmacy2U.co.uk/NHS)



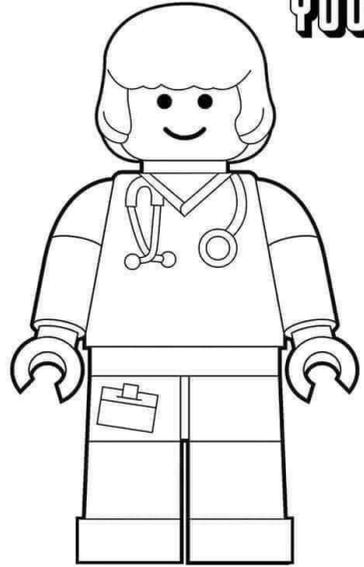
Alternatively, call us on  
0800 027 98 66

# Colouring Heroes

**THANK  
YOU!**



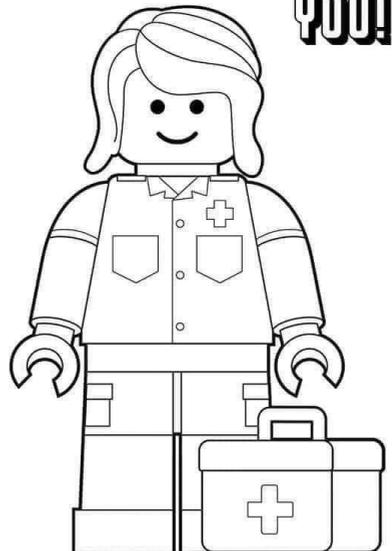
**THANK  
YOU!**



**THANK  
YOU!**

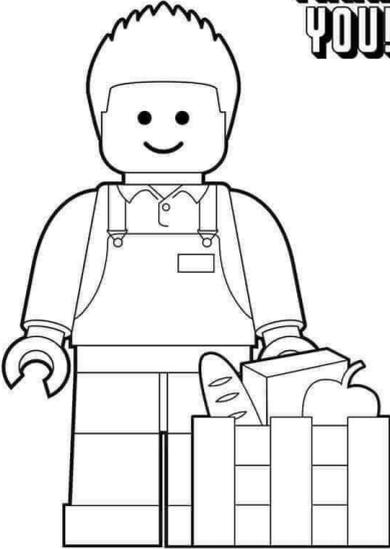


**THANK  
YOU!**

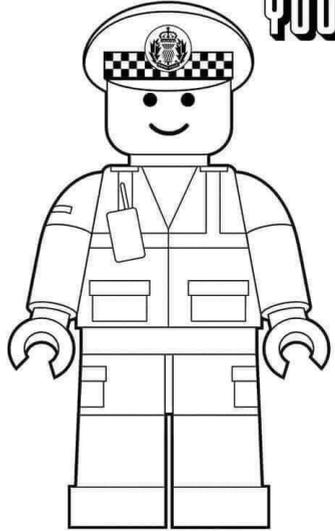


# Colouring Heroes

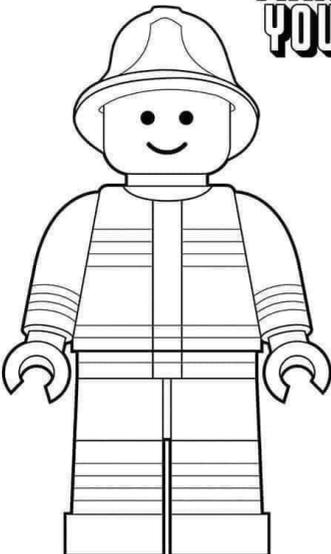
**THANK  
YOU!**



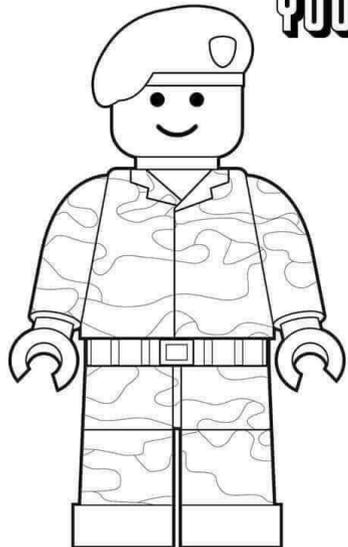
**THANK  
YOU!**



**THANK  
YOU!**



**THANK  
YOU!**



# May

## Summer is on it's way

### Gardening Tips

As bulbs fade and herbaceous borders grow in leaps and bounds, it is now clear that summer is approaching. Sowing and planting out bedding can begin, depending on regional weather variations, and you can take softwood cuttings. It's also time to get back into the lawn mowing regime, as the lawn will be loving the warmer temperatures this month brings

### 10 jobs for this month

1. Watch out for late frosts, protect tender plants
2. Earth up potatoes, and promptly plant any remaining
3. Plant out summer bedding at the end of the month (except in cold areas)
4. Water early and late to get the most out of your water, recycle water if possible
5. Regularly hoe off weeds
6. Open greenhouse vents and doors on warm days
7. Mow lawns weekly
8. Check for nesting birds before clipping hedges
9. Lift and divide over crowded clumps of daffodils and other spring flowering bulbs
10. Watch out for viburnum beetle and lily beetle grubs





# Scouts



8th Hereford  
(Credenhill) Scout Group

Hi All

Hope you and your families are all keeping safe during this difficult time. I know that many of you have relations who are key workers, and that you are unable to see your family and friends, which adds to the stress's that we are all under.

We have been having online zoom meetings which have been fairly successful!! After a few technical issues!!

There are still activities and badge work that is available online #scoutsathome

## BEAVERS

Beavers have been busy doing workbooks and Science experiments.

Scouts have been baking cookies and had a go at making their own PPE.

## SCOUTS



On the 30<sup>th</sup> April we took part in #CampAtHome Every child that didn't sleep in their bed got 1 nights away and we did video calls on the night so we could all see how and where they were sleeping. A den in the Livingroom/kitchen or even better all the family camped in the back garden!!

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

Hi, its Marie here from Winning-Health based in Kenchester. I hope you find this helpful and interesting. This is not meant to replace any of the advice given by your doctor or advice from the government in regards Covid 19, just some self-help tips.

I like you, am hopeful that during May some restrictions will start to be lifted, but what will that mean for us going forward? What can we do to keep ourselves healthy, what self-care steps can we take to keep our immune systems strong? Well I can't offer Acupuncture treatments at present, but I can advise on dietary changes you can make, but first a little background to how this differs from other cold viruses.

According to Traditional Chinese Medicine (TCM) the typical cold or flu virus is an "invasion of external wind". In layman terms 'external wind invasions' generally do not penetrate beyond the superficial level of the body so the majority of us are able to shake off the illness with adequate rest and without any lasting damage.

COVID-19 however has been classed as an "invasion of damp". This means that the virus tends to penetrate to a deeper level and affects the internal organs of virtually everyone who contracts it, at least to some extent.

Now we know we live in a damp country and certainly in Herefordshire so far this year we have seen more than our fair share of damp weather, but we can also accumulate dampness in the body, which would then make us an ideal host for Covid 19. So how do we know if we have damp in our bodies, one quick way is to check your tongue, if it has teeth marks or a scalloped edge it means it is swollen and is an indication of damp accumulation.

Other physical, mental or emotional signs include:

- Overweight
- High cholesterol
- Type II diabetes
- Bloated, loose stools or alternating constipation/diarrhoea
- Water retention, oedema, puffiness
- Stiff or swollen joints
- Feeling a heavy sensation
- Fibroids, cysts, endometriosis
- Frequent UTI's
- Sinus problems, postnasal drip, allergies
- Yeast infections, athletes' foot, toenail fungus, candida
- Mental fog, sluggishness, tired after eating meal
- Overthinking, worrying, impulsiveness
- Feeling swamped, stuck or overwhelmed.

We can prevent damp, by supporting our digestive system, eliminating damp forming foods from our diets, adding foods to clear damp and phlegm.

DO	DONT
Eat mostly cooked foods	Eat too much cold or raw food
Eat breakfast and make this warm (oats or eggs)	Eat after 7pm at night especially main meal
Eat seasonal foods	Avoid processed and artificial foods
Reduce dairy, wheat, sweet and processed foods	Avoid GM foods look out for Soya
Chew well – this massively helps the digestion	Drink with meals this floods the ‘engine’
Relax whilst eating, eat at a table, no distractions	Overeat aim for 80% full
Eat a wide variety of foods and cook from scratch	Add ice to drinks or have ice cream
Take light exercise after eating	Eat straight from the fridge

Foods you can add that will help with resolving damp include:

- Aduki beans (these are like a small kidney bean and can be found in supermarkets)
- Asparagus (in season now!)
- Barley
- Basil
- Buckwheat
- Cardamom
- Celery
- Coriander
- Green Tea
- Jasmine Tea
- Kidney Bean
- Lemon
- Mackerel
- Mushroom
- Parsley
- Pumpkin
- Quail
- Radish
- Rye
- Spring Onion
- Turnip
- Plum

If you would like tailored personal advice then please get in touch, I am here to help. I am happy to chat informally, or we can complete a telephone or zoom consultation if you’d prefer in readiness of my reopening or to receive your personalised dietary recommendations.

In the meantime, take care, stay safe, stay at home, protect the NHS. See you soon.

Marie  
[marie@winning-health.co.uk](mailto:marie@winning-health.co.uk)  
[www.winning-health.co.uk](http://www.winning-health.co.uk)  
 Tel: 07545 615 738

# Recipes

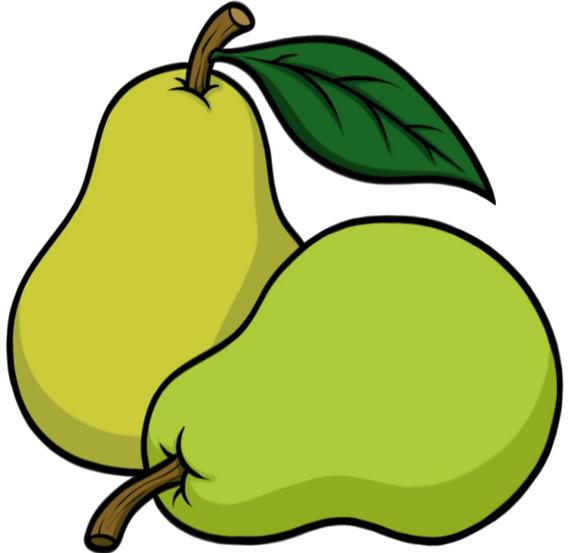
Let food be your medicine, a collection of recipes for good health

Pears are good for the digestion and can soothe and repair the lining of the digestive tract. They contain a range of disease-fighting antioxidants and essential vitamins and minerals. In addition, they prevent constipation, can address a dry cough, help with restlessness, feed the good bacteria in the gut, contain minerals and amino acids that can help remove toxins from the body and are healthy for the lungs, liver and pancreas.

So, what can we cook with these little powerhouses, well why not try this easy pulled pork recipe using pears instead of apples.

Ingredients:

- 1.5kg pork shoulder
- 3 tbsp olive oil
- 3 onions sliced
- 1 stick celery, diced
- 2 carrots peeled and diced
- 2 bay leaves
- 1 tbsp fresh rosemary
- 1 tbsp thyme leaves
- 100ml marsala
- 1 tbsp tomato puree
- 2 pears, peeled and diced



## Method:

Preheat the oven to 170C / Gas 3 ½

Season the pork with salt and pepper and then heat the oil in a large casserole pot, brown the joint on all sides

Remove the pork, add the onions, celery and carrots and cook until they soften

Add the rest of the ingredients mixing well, put the pork back on top, put a lid on and transfer to the oven, cook for about 5 hrs until the gravy is rich and thick and the pork is tender and about to fall apart

Remove from the oven, turn the heat up to 200C / Gas 6 and just put the pork back into the oven for the skin to crisp up.

Once the crackling is golden, remove from the oven, pull the pork apart and serve steamed greens, such as asparagus, cavolo nero, cabbage, broccoli and lashings of the roasted pear gravy.

## Desert

For desert there is nothing beats baked pears with a touch of cinnamon, you can top them with a few walnuts or seeds, sweetened with honey or maple syrup or even make your own date caramel sauce by blending a few medjool dates with hot water, sea salt and vanilla and drizzle that over the pears, yum!

Preheat the oven to 180C/ Gas 4

Slice the pears in half and scoop out the seeds, drizzle with maple syrup if using and sprinkle with cinnamon

Bake until soft and tender for about 25-30 mins

Add your choice of topping such as dairy free yoghurt, nuts, or date caramel sauce and serve.

# 75TH VE DAY

On Friday 8 May 2020 Britain will be commemorating the 75th anniversary of VE Day when the guns fell silent at the end of war in Europe.

Due to the coronavirus restrictions most VE Day 75 events and street parties have had to be cancelled or postponed but we still want you to be able to mark the occasion, share your pride in our country and honour the men and women of WW2.

You can make your own special VE Day 75 'Great British Bunting' to display in your window at home.

Hang your bunting with pride over the weekend of Friday 8 May - Sunday 10 May and share your pictures with BBC Local Radio and on social media using the hashtags #GreatBritishBunting, #VEDay75 and #BBCMakeaDifference.

## **How to Make Your VE Day 'Great British Bunting'**

**#GreatBritishBunting**

**#VEDay75**

### **1) Make your flags:**

To print out the template:

Download and print the template from [bbc.co.uk/makeadifference](http://bbc.co.uk/makeadifference)

Cut along the dotted lines

**OR**

To make your own template:

Take an A4 piece of paper long ways up (portrait)

Fold over about 2cm at the top

Fold the paper in half long ways

Draw a line diagonally from the outside of the paper at the top to the fold in the middle at the bottom

Cut along that line through both sides of the paper

Unfold your paper

## **2) Decorate your bunting:**

Decorate the main triangle but leave the top strip blank

You can decorate with anything you want – paint, pencils, collage, glitter, stickers, crayons, pens

You can draw anything that inspires you but here are some ideas if you get stuck:

A soldier from WW2

Your grandfather who was in the navy

Your grandmother who worked for the RAF

Union Flag

A dove of peace

Your message of thanks

Your hero

## **3) Construct your bunting**

When you've decorated all of your flags, fold along the solid black line to make a flap

Put the flap over your string or ribbon and glue or tape the flap in place

Leave a gap between each triangle and keep adding them until you're done with a spare bit of string/ribbon on each end for hanging

Hang your bunting in your window for people to enjoy!

BBC Local Radio would love to see your wonderful bunting and to share it with more people on their social media. Send them your photos or tag them in your social media posts – don't forget to use the hashtags #GreatBritishBunting and #VEDay75.

Get in touch with your BBC Local Radio station to let them know who you will be remembering this VE Day and how you will be marking the commemorations at home.

You can find contact details for your local station at [bbc.co.uk/makeadifference](http://bbc.co.uk/makeadifference).

# Wordsearch

By Amelia

aged 10

C	A	M	Z	B	M	P	O	B	M	I	B	C	M	N	T
V	L	A	M	B	S	C	N	H	W	A	R	M	T	H	I
W	Z	X	R	F	A	B	E	D	J	P	A	M	N	P	H
S	Q	U	E	F	G	M	B	T	R	E	E	S	P	D	G
J	D	T	B	B	N	M	C	D	C	V	O	A	C	A	E
H	C	R	E	A	R	A	G	N	I	R	P	S	H	I	N
G	Y	M	I	S	S	C	M	C	M	L	L	G	I	M	A
C	A	M	B	B	J	Y	V	O	A	G	N	B	C	U	N
S	A	N	T	B	L	O	Y	N	L	I	O	P	K	N	O
E	M	T	N	A	R	I	T	E	L	S	D	A	S	A	O
C	B	U	N	N	Y	S	O	K	N	V	U	S	I	T	R
O	Y	R	U	N	I	J	C	T	N	G	H	I	T	U	G
H	G	U	G	L	E	U	S	N	I	N	G	O	N	R	I
F	R	E	A	Y	D	A	S	U	N	S	H	I	N	E	F

SPRING  
LAMBS  
CHICKS  
SUNSHINE  
WARMTH  
NATURE

DUCKLING  
BIRDS  
PLANTS  
TREES  
BUNNY



**we would like to thank members of the community for their support during this unprecedented time. We hope that members of Credenhill community stay safe and well.**

**All at St Mary's Primary School**

## 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?

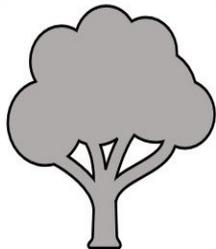
These are all things which have been said to me by my clients. People just like you, that I have helped to be pain free, able to work, to feel well again, less stressed, able to conceive, and to understand what has a negative impact on their health and what they can do to help put it right.

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

# Gareth Higgs Tree Services



Qualified and Insured tree surgeon

All aspects of tree work undertaken

Site clearance & digger/tree shearing

ATV spraying & log processing

Tel: 01568 709477 / 07968 849562

Email: [gareth\\_higgs@hotmail.co.uk](mailto:gareth_higgs@hotmail.co.uk)

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

# Lloyd Instant PLUMBING

Reliable and Local

Free Estimates

Showers/Bathrooms/  
Leaks/Drains/Radiators/  
Taps/Overflows  
& more

 07813 313252

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

Call **AARDVARK**   
**INSTALLATIONS**

- New TV aerials • Freesat & Sky installation • Extra TV points fitted
- Set-up and installation of equipment • Catch-up TV problems
- Broadband, Wi-Fi & networking • CCTV installations

# 01432 483101

email:[aardvark@alpens.co.uk](mailto:aardvark@alpens.co.uk)

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



**TRUSTMARK**  
Government Endorsed Quality



# M D R ELECTRICAL

Mark D Ridge (Proprietor)

All aspects of electrical work undertaken.

Showers, Fuseboard upgrades, Extra sockets, Lights,  
Security lights supplied & fitted. Power supplies to garages and outbuildings.

Full/Part Rewires. New builds & Conversions.

Condition reports/Landlord certificates, PAT Testing

NICEIC Registered

Public liability & Professional indemnity Insurance cover.

**Call Mark: 07760 433479 or 01544 327161**

Or email: [mdrelectrical330@gmail.com](mailto:mdrelectrical330@gmail.com)



## WORDSEARCH ANSWERS

C	A	M	Z	B	M	P	O	B	M	I	B	C	M	N	T
V	L	A	M	B	S	C	N	H	W	A	R	M	T	H	I
W	Z	X	R	F	A	B	E	D	J	P	A	M	N	P	H
S	Q	U	E	F	G	M	B	T	R	E	E	S	P	D	G
J	D	T	B	B	N	M	C	D	C	V	O	A	C	A	E
H	C	R	E	A	R	A	G	N	I	R	P	S	H	I	N
G	Y	M	I	S	S	C	M	C	M	L	L	G	M	A	
C	A	M	B	B	J	V	O	A	G	N	B	C	U	N	O
S	A	N	T	B	L	O	Y	N	L	I	O	P	K	N	O
E	M	T	N	A	R	I	T	E	L	S	D	A	S	A	O
C	B	U	N	N	Y	S	O	K	N	V	U	S	I	T	R
O	Y	R	U	N	I	J	C	T	N	G	H	I	T	U	G
H	G	U	G	L	E	U	S	N	I	N	G	O	N	R	I
F	R	E	A	Y	D	A	S	U	N	S	H	I	N	E	F

## 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](mailto: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  
7XT

**Telephone 01432 279653**

[www.herefordcentrefornaturalhealth.com](http://www.herefordcentrefornaturalhealth.com)

# BARN DRIED FIREWOOD

(FREE DELIVERY)



Standard & long lengths available

Sold by the pick-up load

(ALL HARDWOOD)

Nets of logs & kindling also available

For a friendly, reliable service

Tel. 01981 500402

## R.G Howells



Painting

&



Decorating

For a friendly trustworthy

service call

07772 425 628

References available on  
request

## HAIR BY CAROLINE

TELEPHONE 07849841626 OR 01597 822393

CHILDRENS TRIM	FROM £6.95
GENT TRIM	FROM £9.95
LADIES TRIM	FROM £12.95
SHAMPOO & SET/BLOW DRY	FROM £13.95
CUT AND SET OR BLOW DRY	FROM £26.95
PERMS	FROM £39.95
COLOURS	FROM £39.95
MANICURE	£10.95
PRDICURE	£19.95

KIND FRIENDLY SERVICE  
ALL IN THE COMFORT OF YOUR OWN HOME

# 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



## Total tone - Cardio, Tone & Core Class

Mondays	Bodenham	6:30pm
---------	----------	--------

**Pre book, Emma Caldwell**

**[ejcaldwell1977@icloud.com](mailto:ejcaldwell1977@icloud.com)**

**Hair@Home**  
Mobile  
Hairdressing

- ✂ Fully qualified
- ✂ 20 years experience
- ✂ Ladies, gents & children
- ✂ Senior citizens

**Telephone: 01432 268 884**

**XT Driver Training**

**Roy Betambeau**

**Driving Instructor**

**Mobile: 07775 461923**

**E mail: [Roy@xt-driving.com](mailto:Roy@xt-driving.com)**

**Driving Test Centers Covered:**

**Hereford, Brecon, Llandrindod Wells**



[www.xtdriving.com](http://www.xtdriving.com)





# 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
<b>Power Cut</b>		105
<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
<b>Headway</b>		01432 761000
<b>Post Office Van</b> Mon/Tues/Thurs 10.30-11.45am	John	01885 482201
<b>Credenhill Community Hall</b>	Betty Morris	07954 081999
<b>Credenhill Social Club</b>	Steward	01432 760600