

Credenhill Community News



July 2020
Issue 130

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

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.

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

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.

CONTENTS

4-5	Parish Council	18	Credenhill Community Hall
8-9	The Vicar's Letter	19	Magna Drama
10-11	Churchwardens' Report	20	Scouts
14-15	Winning Health Recipes	21-26	Directory
16	Gardening Tips	27	Useful Contacts

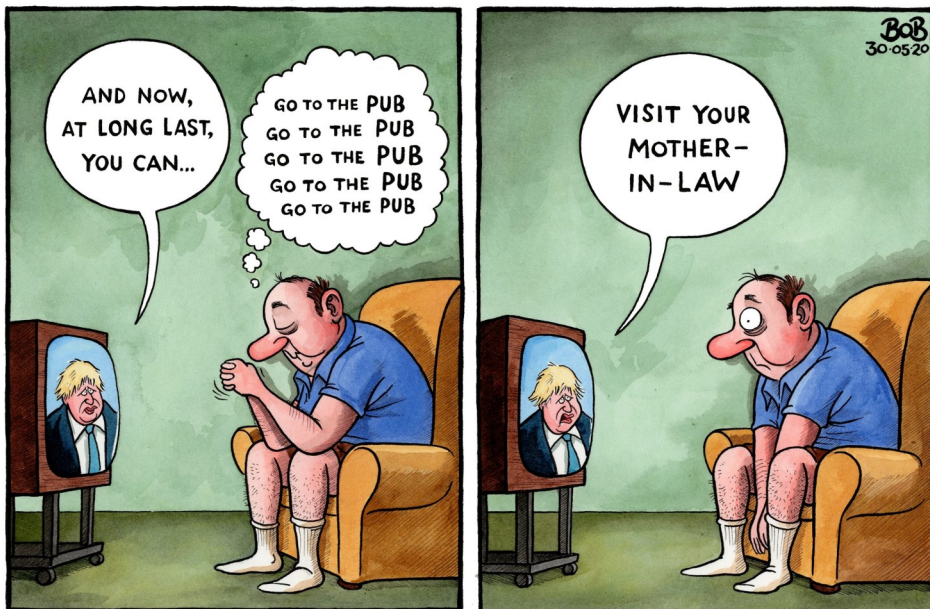
ACKNOWLEDGEMENTS

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

Vivien Ball, Jean & Wally Hawkings-Bowles, 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.

Front cover photo: 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 Ordinary Parish Council Meeting to be held by LIVE Video Conference on 15th July 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

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.

Social Distancing - A480/Station Road Narrow Paths – Speed

As we continue to take steps to fight the virus, social distancing has become part and parcel of daily life. Please can pedestrians and motorists pay special attention to the issues caused by social distancing on the narrow paths of Station Road and at the junction with the busy A480. People are, and will, continue to need to use the road as part of social distancing – the speed is already 20mph at this narrow section of the village. Please be vigilant and respect one another and be especially patient to allow others to pass safely.

We are currently taking advice on this and may introduce a temporary 20mph limit on the A480 around the junction and crossing to further reduce the risk of an accident.



Credenhill Park Woods

The woods are owned and managed by the Woodland Trust, who are a charity. We are very lucky to have the Woods on our doorstep and unlike other trusts the Woodland Trust allow the general public on its sites for free; no entrance fee or compulsory membership. However the Woodland Trust are in need of your help, they have seen a significant reduction in donations and membership as a result of the pandemic; this means that they have had to reduce their maintenance schedule of the footpaths this year as well as make other reductions. Footpaths will only be maintained twice this year instead of five times. To ensure the future of Credenhill Park Woods; especially if you use the woods regularly for free, please consider becoming a member:

<https://www.woodlandtrust.org.uk/support-us/join/>

You can also make a one off donation here

<https://www.woodlandtrust.org.uk/support-us/give/donations/>

Or have you considered dedicating a Tree as a present or in memory of someone?

<https://shop.woodlandtrust.org.uk/dedications>

Superfast Broadband



Gigaclear are currently working in the village installing fibre optic cables to enable superfast broadband in the community. They have a contract that gives them the right to work on the highway, public footpaths and highway verges – they may ask to go through your property/land but this can only happen with your agreement.

VJ Day – 15th August 2020



It is 75 years since Victory in Japan was declared – we hope that you will all commemorate this in the same way that you did for VE Day.

clueless Crossword

How to Solve a Clueless Crossword:

Think of a Clueless Crossword as a mix between a regular crossword puzzle and a cryptogram. Unlike many crossword puzzles, this grid is filled only with common, everyday English-language words - no abbreviations or other special "crossword" spellings are allowed. Each square in the grid is numbered 1 through 26, and each number corresponds to one (and only one) letter in the alphabet. Your goal is to completely fill in the crossword grid by gradually uncovering the letter that belongs to each number. We've given you three "giveaway" combinations - fill those into the solution grid and into any corresponding boxes in the crossword grid to get started. It helps to cross out each letter in alphabet as you use it in the grid, since no letter can be used more than once. Note that not all letters of the alphabet may be used in any given puzzle. If a number isn't used in the puzzle, it is greyed out in the solution grid. Good luck!

11	8	3		12	13	10		15	3	25		8	12	25
15	18	2		15	19	6		22	12	15		23	15	3
17	13	21		16	8	23		6	2	6		8	19	6
25	24	6		5		16	14	16			25	5	6	21
				15	16	13	17	6		13	3	6		
	4	15	24	8			19	6	24	13	3	6	25	
21	13	1	10	13		25	6	13	25			24	13	21
6	19	13		1	13	21		19	8	5		8	15	24
21	13	1			19	14	15	1		15	16	21	24	2
	3	6	25	3	6	19	25		19	8	6	25		
			12	15	25		24	8	23	6	10			
19	13	18	6	1			6	5	6		6	19	19	25
6	18	6		25	21	13		1	15	21		6	13	3
1	8	3		6	13	19		6	17	8		13	17	6
3	5	8		24	2	6		19	6	10		16	6	5

Solution Grid:

1	2	3	4	5	6	7
						N/A
8	9	10	11	12	13	14
	N/A					
15	16	17	18	19	20	21
					N/A	
22	23	24	25	26		
				N/A		

Giveaways:

#11 = J

#15 = I

#6 = E

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

Age appropriate CHORES

UNDER 3'S

Tidy away toys
Help dust
Put night clothes on bed
Make bed

7 - 9 YEARS

Put away laundry
Vacuum/Sweep
Help prepare Food
Clean kitchen counters
Put away the food shopping
Hang out the laundry
Empty Dishwasher

13 - 16 YEARS

Clean out the freezer
Ironing
Trim Hedges
Watch younger siblings
Meal plan and budgeting
Cook for all the family
Household repairs
Mow the lawn

3 - 6 YEARS

Set the table
Feed pets
Dress themselves
Clear the table
Water plants
Pair socks

10 - 12 YEARS

Clean the bathroom
Wash the windows
Vacuume
Wash the car
Make simple meals
Empty the bins
Sewing repairs
Do the laundry
Change the bed



www.muminthemadhouse.com

The Vicar's Letter

Dear Friends,



We can blame Covid-19 for a lot of things, but we can't blame it for our attitudes - they are very much our own personal responsibility. We may not choose our circumstances, but we have a choice about how we respond to them. Our response should be shaped by the promises and word of God.

Hebrews 4 says that *'the word of God is living and active ... it judges the thoughts and attitudes of the heart'*. The thoughts and attitudes of the heart are coloured and shaped by those of the mind. The mind is such a powerful thing, but the word of God is much more powerful. We lose and win battles in our mind, so we have to intentionally and consciously make decisions to respond to situations with love, joy, grace, forgiveness, kindness, and as we do those responses will lead us away from fear and distress and into a place of peace and rest.

Sometimes we need to find a new attitude to a situation. Did your mother ever tell you to *"Go to your room until you find a new attitude!"*? Well, that still stands. Only we go to Jesus, to the Word of God and his life transforming truths. There, we'll discover a completely new perspective that creates a different response in us, so that we can choose a new attitude. Not only today but every day, and gradually joy that is buried deep down will start bubbling up to the surface.

However, the Covid-19 lock-down has caused a lot of people real challenges to their mental health. It has been a time for some to have to face isolation, bereavement, lack of control and fear alone. It may be some time before we know what the cost to individuals has been.

The Vicar's Letter continued...

I have been very fortunate, not just to have my faith in knowing that I am never really alone, for God never leaves us, but also in having good family and friends' support (albeit from a distance) and the opportunity to be out and about with the dog, shopping for others and collecting prescriptions.

I could also work from the Vicarage and I have been very much occupied with preparing a new way of worship for our church communities - online! But, I have felt some of the mental health symptoms of Covid-19 lock-down and needed to remind myself regularly that God's Word never changes; he is constant, powerful and he loves each one of us more than we can ever understand or comprehend, and he never leaves us.

I'm here to chat if you need to - just give me a ring.

With every Blessing,

Rana

St Mary's Church will be open on Wednesdays and Sundays between 2-4pm for private prayers and will be locked the rest of the time to decontaminate. Please follow instructions when visiting, thank you.

No baptisms, weddings or funerals.

There is a one storey house where everything is yellow. The walls are yellow, the doors are yellow, even the furniture is yellow. The house has yellow beds and yellow sofas. What colour are the stairs?

There are no stairs... it's a one storey house

Churchwardens' Report

Once again a huge thank you to those of you who have continued to support our Afternoon Tea delivery, to date we have made £705 for church funds... Thank you! We are also advertising picnic boxes, please see the poster. We will continue to do this through the school holidays and if you have a child who would like a box we will do this for £4 for tea or £5 for lunch with a soft drink (please let us know it is a child's order).

We are pleased to say that the church is now open for individual prayer. Please check days and times with Rev Rana if you intend to go up and follow the rules for safeguarding of social distance and hygiene.

The churchyard is still open for visitors but keeping the grass cut and general grounds tidy is a worry as our usual personnel are well over 70 and unable to tend it. If you are going up to place flowers on a family grave or in need of some respite quiet, do feel free to take your mower/trimmer and tidy a little piece of God's garden.

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 still have concerns about our income this year. As the church is closed for services we do not have the income from collections, nor, fees from feria services (weddings, funerals etc.).

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 of Credenhill Sort Code 30-94-14 Acc No 0035903402.

Please note: any cheques for church should be made out to PCC of Credenhill

Churchwardens' Report continued...

We are happy to arrange to collect your gift if you can put it in an envelope and leave it on your doorstep for collection (please ring and let me know that you are doing this 01432 761935, so that money is not being left outside).

Stay Safe!

Churchwardens Jean Bowles and Dorrie Coates.

Order now **Your Summer Picnic**

Donna 01432761056 / Dorrie 01432761935

donnajones4249@gmail.com / dorriecoates@aol.com



Afternoon Tea

£6

**Scone, jam, cream, summer fruits
savoury, 4 finger sandwiches, 4 cakes.**



Ploughman's Picnic

£7.50/8.50*

**Ham, cheese, pate, a savoury, crackers
Crusty roll, pickle, tomato, coleslaw, butter
*(beer or still lemonade), apple pie**

Please order 24 hours in advance

Please order by 10am Saturday for Sunday.

Delivery in Credenhill or collect from 5 Glebe Close.

Proceeds to St Mary's Church Credenhill

Contents may vary



Lieutenancy Office
c/o Herefordshire Council
Plough Lane
Hereford
HR4 0LE

The Dowager Countess of Darnley, CVO, CStJ JP
HM Lord-Lieutenant of Herefordshire

01432 260024
lieutenancy@herefordshire.gov.uk

As Her Majesty the Queen's personal representative in Herefordshire, I agree wholeheartedly with all the sentiments expressed in her messages over the past months, and applaud the phenomenal efforts being made by the people of this county.

Your work has given a renewed impetus to the whole concept of community, already so strong in Herefordshire, and you are demonstrating the ideal of public service. The Herefordshire Lieutenancy stands shoulder to shoulder with you in your endeavours.

Thank you to all the doctors, carers and key workers who have kept the county going and continue to provide such support to all in the community in this difficult time.

Thank you to those in rural Herefordshire, our producers, farmers and factories, who work on tirelessly to bring food to tables and essential goods to homes across the country.

Thank you to all of you who have continued to follow the guidelines as we move forward to the next stage on controlling the pandemic by staying alert and saving lives.

With best wishes to you all

Her Majesty's Lord-Lieutenant of Herefordshire
The Dowager Countess of Darnley, CVO, CStJ, JP

MEET THE MAGISTRATES



**Applications open on 1st June for magistrates to
sit in the Family Courts in Herefordshire,
Shropshire, Staffordshire & Worcestershire**

We're all ordinary people.
Anyone aged between 18-70
can sit as a magistrate and you
don't need any formal qualifications
as full training is provided.

Travel and subsistence is paid
and if you are employed you are
legally entitled to take time off
for the role.



Ministry
of Justice



JUDICIAL OFFICE

**Could you offer
14 or more days a year?**

Find out more at
[GOV.UK/become-magistrate](https://gov.uk/become-magistrate)



This month we are featuring some seasonal foods which have in recent times fallen out of favour but are nutrient dense and full of flavour, the humble Gooseberry and Broad Bean.

The small green cooking gooseberries are available early in the season, later dessert gooseberries are sweeter and can be eaten raw these are usually red or a golden yellow colour and are great in a fruit salad. Gooseberries are high in dietary fibre, a good source of Vitamin C, they also contain more Vitamin A than most berries which is essential for healthy vision, brain function and the immune system.

Broad beans are good sources of protein, fibre, vitamins A and C, potassium and iron. They also contain *levodopa* (L-dopa), a chemical the body uses to produce dopamine (the neurotransmitter associated with the brain's reward and motivation system)

Smashed potatoes and broad beans

Ingredients

400 new potatoes, scrubbed and halved if large
400g podded broad beans
1 tbsp olive oil
1 medium onion chopped
1 garlic clove
Salt and Black Pepper
Fresh Mixed Herbs



Instructions

- Boil the potatoes with a little salt until they are tender enough to crush (about 12-15 mins) then drain in a colander.
- Add the broad beans to the same water and cook until tender, depending on how fresh the beans are this can vary.
- Drain the beans and once cool enough to handle slip the beans out of their skins

Recipes continued...

- Heat the oil in a frying pan, cook until opaque then add the garlic and cook for a couple more minutes.
- Remove the garlicky onions from the heat, add the warm beans, season generously with salt and pepper then smash the beans with a potato masher and mix into the onions.
- Roughly smash the new potatoes, combine the ingredients and serve topped with fresh herbs of choice.

Gooseberry Fool Crumble (Dairy and Gluten Free)

Ingredients

200 g gooseberries
1 tbsp water
2 tbsp sugar
1/2 tsp arrowroot
600 ml dairy free vanilla yogurt
8 ginger biscuits (gluten free with stem ginger bits!)
2 tbsp ground almonds



Instructions

- Wash the gooseberries and add them to a non-stick saucepan with the water and sugar. Heat gently until the gooseberries have broken down completely.
- Whisk in the arrowroot, continue to cook for a couple of minutes on a rapid boil then remove the pan from the heat.
- Sieve the gooseberries and refrigerate for 30 mins.
- Crush the ginger biscuits with a rolling pin, then mix in the ground almonds.
- Assemble with a layer of gooseberry, yoghurt and the crumble on top.

If you would like tailored personal advice then please get in touch, I am here to help.

Your health, wellbeing and safety is still my first priority, there are new procedures in place to ensure we can now open safely for treatment, please contact me for more details.

Thanks Marie

07545 615 738

marie@winning-health.co.uk

www.winning-health.co.uk

July

Summer is processing!

Gardening Tips

This is often one of the hottest months of the year and a great time to sit out and enjoy your garden. Keep plants looking good by regularly dead-heading, and you'll enjoy a longer display of blooms. Make sure you keep new plants well watered, using grey water where possible, and hoe off weeds, which thrive in the sunshine.

10 jobs for this month

1. Check Clematis for signs of Clematis wilt
2. Care for houseplants whilst on holiday
3. Water tubs and new plants if dry, but be water wise
4. Deadhead bedding plants and repeat flowering perennials, to ensure continuous flowering
5. Pick courgettes before they turn into marrows
6. Treat apple scab
7. Clear algae, blanket weeds and debris from ponds, and keep them topped up
8. Order catalogues for next year's spring flowering bulbs
9. Give the lawn a quick acting summer feed. Especially if not given a spring feed
10. Harvest apricots, peaches and nectarines



Information taken from rhs.org.uk

NATURE

SCAVENGER HUNT



Flower



Butterfly



Water



Grass



Tree



Green Leaf



Spiderweb



Brown Leaf



Bug



Ant



Rocks



Fern



Bird



Cloud



Tree Bark



Sand or Dirt



We are currently contacting groups to see if any would like to return to their regular slots at the Hall from the week beginning Monday July 6th. This may be possible if everybody uses the space to implement safety measures. Hopefully we will have a few groups back up and running soon, obviously with a view to following current safety guidelines.

Watch this space for details...

If you would like to make a donation to the hall fund, please contact the Hall Treasurer, David McKirdy and he will give you the details.

Email: davidmckirdy@aol.com

Phone: 07919 448312

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

Betty Morris
Booking Secretary
07954 081999
magnadrama@btinternet.com



The hall is currently closed but things may start moving from 6th July. If you would like to talk about possible future bookings, please ring Betty.



Magna Performing Arts

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

We are delighted to be awarded the **Special Award** from the National Operatic and Dramatic Association, for our production of **Peace!**
Congratulations to all cast and crew, especially our Young Magna cast and Parent Chaperones who took part and made the performances extra special... thank you.

We are still looking at all the possibilities to return to our regular meetings soon. Whether they will take the form of practical sessions or rehearsals we have yet to discuss. You can be sure that whatever we decide, we will keep our lovely audiences informed. Keep an eye open for some photographs coming up soon on our Facebook page.

"If you dream a thing more than once, it's sure to come true"

- Sleeping Beauty -

A murder has been announced and will go ahead, hopefully, in October at Credenhill Community Hall. Join us for **CLUELESS!** A murder mystery in the style of Agatha Christie. A group of people gather together and they start to die! Who could possibly be responsible? Clues begin to pile up in this madcap spoof. More details to follow...



Val 01432 760115

Betty 07954 081999

Facebook: @magnadramagroup
Twitter: @magnadrama
YouTube: magna presents
Instagram: magnaperformingarts
Email: info@magnapresents.co.uk
Website: www.magnapresents.co.uk

Charity 2020

A bucket collection for St Michael's Hospice takes place after every performance.



Scouts



8th Hereford (Credenhill) Scout Group

BEAVERS

Beavers have been very busy working on badges at home. In our zoom meetings we have been having lots of fun baking cookies, playing bingo, and we did the Book Reader Badge where we all dressed up as our favourite book character.



During the lockdown Cubs have been attending virtual meetings and have been working towards the Communicators badge, which included cracking codes and learning to finger spell our names.

cubs

SCOUTS

Scouts have been having weekly ZOOM meetings. Including a baking cookies class and quiz's and even had our first online investiture.



Bear Grylls renews commitment as Chief Scout



Staying on as Chief Scout provides the continuity and leadership the movement needs at this challenging time. 'Becoming Chief Scout was the proudest moments of my life. I'm humbled to serve this great movement and we must never forget that it relies on the generosity of volunteers to keep going, despite the setbacks caused by the current situation. It's what makes Scouts an unstoppable force for good.

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

Optical Illusion—What do you see?



Winning Health

The Wellbeing Practice

Good News!

As long as there is no change in government recommendations we plan to open for routine appts in July

We have been able in June to see clients who are classed urgent or high need, this includes pain relief, chronic conditions that need regular treatment to keep under control, and mental / emotional health care.

I cant wait to see the rest of you and treat your hayfever (which is worse this year, I'm sure, digestive problems, gynaecological complaints and of course with the current situation much needed immunity support.

There are a few changes in clinic, new procedures to follow but we are adapting and it is all to maintain your health, safety and wellbeing.

Unfortunately clinically vulnerable and clinically extremely vulnerable are still unable to be treated please contact me if you're unsure whether this applies to you, if it does I may still be able to help via a telemedicine call.
Take care, speak soon Marie

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

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

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



Colin Cheasley

CARPENTRY

JOINERY

REPAIRS

KITCHEN FITTING

Experienced & Local

07967 814 875

01432 760 087

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

Maid's 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
7XT

Telephone 01432 279653

www.herefordcentreformenaturalhealth.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

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

Driving Test Centers Covered:

Hereford, Brecon, Llandrindod Wells



www.xt-driving.com





Contacts

Editor	Liza Watkins	credenhillcommunitynews@outlook.com
Parish Council Chairman	Terry Smissen	
Parish Council Clerk	Lee Harper-Smith	07956 447056 clerk@credenhill-pc.org.uk
County Council	Councillor R Matthews	01432 760498
West Mercia Constabulary		0300 3333000 Herefordm.snt@westmercia.pnn.police.uk
Crime Stoppers		0800 555111
Safer Neighbourhood Officers	PC Bart McDonagh	101
Dog Warden		01432 261761
Street Light Problems		01432 261800
Power Cut		105
St Mary's Primary School	Claire Ross	01432 760408
Nursery & Preschool	Shelly Gummery	07596 324552
Fieldhouse Kindergarten	Rachael Cappozoli	01432 761250
Vicar	Revd. Rana Davies-James	01432 760443 Rana.james@virgin.net
Church Warden	Dorrie Coates	01432 761935
Church Warden	Jean Hawkings-Bowles	01432 769413
Credenhill Social Club	Steward	01432 760600
Credenhill Scout Group	Malcolm Cox GSL	07854 299715
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
Credenhill Social Club	Steward	01432 760600

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



Alternatively, call us on
0800 027 98 66