

# Credenhill Community News



**September 2020  
Issue 131**

**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.

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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.



## Next Meeting

At the time of writing we are unsure if the meeting will take place in the Hall, Resource Centre or Online, however we will assume that it is online for the purpose of the CCN. Please check on our website or notice board nearer the time as this may change at short notice.

The press and members of the public are invited to the Ordinary Parish Council Meeting to be held by LIVE Video Conference on 16<sup>th</sup> 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](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. Could you interested in joining the Parish Council? Could you help make decisions to support the local community? For more information get in touch with the parish clerk.

## Anti Social Behaviour - Fly Tipping on Farmland in Credenhill

During lockdown we clapped for the NHS and our key workers. Farmers being one of them, who have continued to work hard in difficult conditions and with extra demands on them. It has come to light that people from the village are fly tipping on farmland in the village, mainly with garden waste; this is simply unacceptable. Please get some green bags or join the green waste club :

<https://www.greenwasteclub.co.uk/locations/hereford>

We are currently working with the farmer to try to improve land drainage issues that occurred earlier this year during prolonged heavy rain and where a number of homes flooded. The farmer will only help us if we stop fly tipping garden waste on their land.



Please stop fly tipping garden waste on farmland and treat the land with the respect that it deserves; after all it feeds us all.

Its really simple, if people continue to fly tip then they are responsible for the flooding of other properties – be part of the solution not the problem.

At the moment we have no plan to work with authorities to catch the people involved as this is a long standing issue, we want to draw a line under the past and work positively with the local farmer and land owner. If the problem persists then action will be taken.

## **More Anti Social Behaviour – Damage Credenhill Park Woods**

Credenhill Park Wood is a haven for wildlife and a much loved local woodland, the centuries old hill fort is one of the largest in the UK and is a scheduled ancient Monument. They are both being vandalised and getting damaged. Steps and fencing is being set fire to. Mountain bikers are damaging the rampants, the rare woodland plants and disturbing wildlife by riding within the wood and digging new ramps on the woodland slopes.

Officers will be conducting patrols of the area. If you have any information about the damage please contact us on: [herefordrn.snt@westmercia.pnn.police.uk](mailto:herefordrn.snt@westmercia.pnn.police.uk) and reference the crime number 22/65636/20

We hope that this damage does not affect the Trusts budget so much that the improvements to the access to the Woods via St Mary's Church cannot go ahead nor that the litter/dog waste bin that is planned gets put on hold – charities only have limited funds and unfortunately if there are no convictions and fines then we may have to wait longer for these long planned improvements.

## **More Anti Social Behaviour – Damage to Play Equipment at the Roman Park**

An item of play equipment has been removed from the park whilst we look at options to get it repaired; the last quote I received for similar was £1350. The damage was clearly deliberate and if anyone was any information in relation to this then please report it to the parish clerk.

Sorry there is nothing more positive to report this month... hopefully next months report will be better!



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A	R	F	A	I	R	A	Y	A	O	E	I	R	H
T	O	A	I	N	I	A	B	E	A	R	N	A	E
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- VENUS
- EARTH
- MARS
- CERES
- ASTEROIDS
- JUPITER
- SATURN
- NEPTUNE
- URANUS
- PLUTO
- DWARF
- PLANET
- MOON

**What did the science book say to the maths book?**

Man, you've got problems!

## The Vicar's Letter



Dear Friends,

What a year it has been! Unforgettable! I hope that everyone is OK, staying safe and keeping well.

We continue to livestream services on our Magnis Group Facebook page <https://www.facebook.com/groups/710895009243384/?ref=bookmarks>.

We seem to reach a lot more people this way, than by expecting people to come to our churches. For many years I have felt that our old church doors present a barrier to those who might be exploring the possibility of joining a church. Most church doors are solid wood, very heavy with a variety of different handles and latches to open them. I've been to many churches where I've been uncertain whether the door is locked or stuck or just plain difficult to push - or does it pull? I mostly arrive at our churches, sort of falling inside, as my arms are usually full of bags and robes and so on as I fumble around, trying to remember how this particular door opens! I long for churches to have glass doors so that people can see inside as they approach and so that people, who are already there, can kindly open the door as someone new arrives to welcome them inside. Unfortunately, getting glass doors would be expensive - and then there is the issue of 'but we have such a beautiful old door - been here for centuries!' Or 'the building is listed and it wouldn't be allowed.'

The wonderful thing about livestreaming worship is it presents us with no door at all! Anyone can turn up at any time - late if they want, and take a look inside at our worship. There is no embarrassing entrance, no one turns around to look at who's just turned up; if you don't like what you see you can leave without feeling awkward or rude; you can pop to the loo without any fuss; or have a coffee while you watch; you can join in singing even if you can't sing because it won't upset the worship even if it might upset anyone in earshot! Everyone is welcome, and you can drop in and out of the various different churches all around the world. I watch a live Hillsong Church service on Sunday mornings at 9.00am - it's happening in Australia in the evening! It's very contemporary, and I love it! So do explore the churches - maybe start with ours - the link is above, or just look for the Magnis Group on Facebook and take a look inside!

With every Blessing

Rana

*The Vicar's Letter continued...*

From the Church Registers

Burial

21 <sup>st</sup> July	Interment of Ashes	Doreen Hoult
23 <sup>rd</sup> July	Interment of Ashes	Gordon Batchellor
10 <sup>th</sup> August	Funeral and burial	Hollie Ann Poyner

No weddings or baptisms

Services <https://www.facebook.com/groups/710895009243384/?ref=bookmarks>

Morning Worship livestreamed at 10.00am every Sunday in Church (masks must be worn in church unless you have an exemption; the usual safe distancing applies; hand gel as you enter and leave; and contact details given for track and trace)

Evening Prayers livestreamed every night at 7.00pm from various venues!

Thank you to everyone who lined Station Road, through the village and past Maurice Joseph's birthplace as we accompanied him on his final journey through Credenhill. He would have been incredibly proud, as were we. The support you have shown in doing this and in your lovely messages at this difficult time has been incredibly touching and has really comforted our family.

Best wishes and love to you all

Terry and Neil Joseph xx



*Have I not commanded you?*

*Be strong and courageous.*

*Do not be afraid; do not be discouraged,*

*for the Lord your God will be with you wherever you go.*

Joshua 1:9

# What is GEOCACHING?



Geocaching is an exciting outdoor adventure for the whole family. It's a treasure hunt for the digital generation, where you can enjoy the freedom of being outside and discovering new places. All you need is a handheld GPS and a sense of fun.

A geocache or 'cache' is a small waterproof treasure box hidden outdoors. Geocachers seek out these

hidden goodies guided by a GPS enabled device which uses coordinates, or 'waypoints' downloaded from the [geocaching.com](http://geocaching.com) website or you can download a free geocaching app for Android or iPhone.

Whether on the side of a windswept mountain or on an expanse of beach, there are geocaches hidden across the UK including hundreds on our land.

## **What will you discover?**

So once you've found the treasure box – what will you find inside? Most caches have a log book for you to leave a message in and the satisfaction of finding the box is a reward in itself. But often you will also find a strange array of trinkets that people have left to swap. If you take a treasure out of the box, you should leave another trinket in its place, so come prepared.

You can start a geocaching adventure on your own doorstep... in Credenhill Park Woods!

## **Getting started**

1. You will need a GPS device (or smart phone) - don't forget batteries
2. Find a cache near you on [geocaching.com](http://geocaching.com) (link below - you will need to sign up)
3. Choose a cache and enter the co-ordinates into your GPS
4. Follow your GPS towards the spot - then use your wits to find it
5. Fill out the log book and return the cache to its hiding place
6. Log your find on [openclimbing.com](http://openclimbing.com) (link below) and pick your next one!

## Churchwardens' Report

Church services are now being held every Sunday at 10am. These are live streamed for anyone who is unable to attend and are also available on the Magnis web page following the service.

The congregation are asked to stay safe by social distancing and wearing facemasks or shields. Rana is looking into ways of expanding this and will let everyone know through the website when other things are in place.

We are pleased to say that the church building continues to be open for individual prayer on Wednesday and Sunday afternoons. If you intend to go up please follow the rules for your safeguarding.

The churchyard is still open for visitors and we are extremely grateful to the Parish Council who have allocated £800 towards its upkeep. This means it will be cut 8 times a year by contractors.

We are also extremely grateful to Tom and Paula Fitch who have been released from shielding and have returned to keeping the churchyard tidy.

If you are replacing flowers on a family grave please can you take your rubbish home as there is no refuse collection service to the church and we are reliant on Tom and Paula for emptying bins and taking the contents to the tip.

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.

We still have concerns about our income this year as with fewer attendees 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 in envelopes or give directly through BACs transfer to:

**PCC of Credenhill Sort Code 30-94-14 Acc No 00359034**

**PLEASE NOTE:** any cheques for church should be made out to **PCC of Credenhill**, we have had several cheques returned for having the wrong name on.

Churchwardens Jean Bowles and Dorrie Coates.

# QUARANTINE BINGO

TEMPLATE BY @PUREWOW



Called your grandma



FaceTimed your BFF



Forgot you were on mute on a conference call



Did the dishes more than three times in one day



Binged 'Tiger King'



Worked out



Yelled at your kid during homeschooling



Ate all the snacks in your fridge



Donated to a good cause



Brushed your hair



Had two lunches



Downloaded TikTok



Learned a TikTok dance



Hugged your dog



Organized your closet



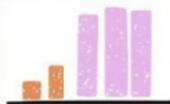
Disinfected the entire house



Disabled news notifications



Did your makeup out of boredom



Double your screentime



Learned to cook something new



Stared out the window



Got some fresh air



Drank (too much) wine



Watched all of Netflix



Got in a silly argument with your partner



## St Michael's Hospice Lottery - Will you get the call?

Each Friday the St Michael's Hospice Lottery Manager, Michelle, phones one lucky player to tell them they're £1,000 richer.

One recent call came at the perfect time for Linda Stokes. 'I really needed a new stairlift, and if I didn't get one I might have had to move house' she said, 'So, to receive the call from Michelle was a very pleasant surprise. 'The St Michael's Hospice Lottery is a really affordable way to help such a good cause, I'm so glad I play.'



The generosity of players is helping St Michael's continue supporting local families at a time they need it most.

Could this be the week Michelle calls you with the news that you're the £1,000 winner? To ensure you're in with a chance to win this Friday, visit [www.st-michaels-hospice.org.uk/lottery](http://www.st-michaels-hospice.org.uk/lottery) or call 01432 851 000.

## St Michael's Hospice Big Tea

Get together online or in your social bubble and raise money for your Hospice by doing something we all love; drinking tea and eating cake.

Make your Big Tea a big success by supporting St Michael's Hospice in the garden, in the office, outside a village hall, or in your street. Maybe switch on your laptop, tablet or phone and host a video call with friends and family. Ask them to bring a cup of tea and a slice of cake and let them know how they can donate.

Sign up now at [www.st-michaels-hospice.org.uk](http://www.st-michaels-hospice.org.uk) then pop the kettle on for St Michael's.





This month we are featuring two September seasonal fruit and vegetables, Fennel and Apples.

Fennel is good for bone health, blood pressure, heart health, great for the digestion, immunity and inflammation. Interestingly Oestrogen also occurs naturally in fennel, so good for regulating the hormones in women.

As with most vegetables it is a powerhouse of essential vitamins and minerals containing potassium, Vitamin A, C, E & K, Calcium, magnesium, iron, B6, Selenium and folate.

This recipe is a firm favourite in our house, like a good beef mince bolognaise it really benefits from a longer cook, so I leave it for a good hour for the flavours to combine and the sauce to come together into a lovely consistency.

### ***Pork and Fennel Bolognaise***

Ingredients:

500g pack of pork mince  
1 large onion chopped  
1 tbsp olive oil  
2 garlic cloves crushed  
1 to 2 fennel bulbs (depending on size) diced finely  
Sea Salt and Black Pepper  
1 pork or ham stock cube  
1tsp mixed herbs  
400g tin tomatoes  
Grated Parmesan to serve



Instructions:

1. Heat the oil in a large lidded frying pan or deep sided casserole pan and cook the onions until transparent and starting to brown. Add the garlic and cook for a further minute.

*Recipes continued...*

2. Add the mince and cook until browned all over, then add the tin tomatoes, chopped fennel, mixed herbs, stock cube and enough water to cover the mixture about 300ml, bring to the boil, cover and then reduce the heat and simmer for 45mins to 1 hr.
3. Season to taste with salt and pepper and serve with a sprinkling of parmesan over pasta or sweetheart cabbage as shown in the picture.

### **Apple Crisps**

My sister-in-law first introduced me to these, she makes massive batches of them for all her nieces and nephews to snack on when they visit. They are incredible moreish and great as they contain lots of healthy soluble fibre, Vitamin C and potassium. Guercetin, a flavonoid that may help protect against heart disease, is also present. She uses a food dehydrator, but this recipe uses the oven.

Ingredients:

Apples  
Ground cinnamon  
Coconut oil



Instructions:

1. Preheat the oven to 130c/fan110c and line a large baking tray(s) with baking paper.
2. Top, tail and core your apples, and slice finely into 3-4mm discs.
3. Place the slices on the baking tray in a single layer.
4. Melt the coconut oil and add cinnamon to taste and brush this over the Slices.
5. Bake for one and half hours until dry and crisp, turn the oven off but leave the slices in for a further 3hrs to dehydrate fully.
6. Store in a lidded container if they last that long!

If you would like tailored personal nutritional help or advice then please get in touch.

As always, your health, wellbeing and safety is still my first priority, there are new procedures in place to ensure we can now safely operate and provide treatments, please contact me for further details or to book your online consultation.

Thanks Marie

[marie@winning-health.co.uk](mailto:marie@winning-health.co.uk)

**07545 615738**

[www.winning-health.co.uk](http://www.winning-health.co.uk)

BE BRAVE  
BE CREATIVE  
BE KIND  
BE THANKFUL  
BE HAPPY  
BE YOU

# September

## Late summer progresses into autumn

### Gardening Tips

September is generally a cooler, gustier month than August and the days are noticeably shorter. While there's not as much to do in the ornamental garden at this time of the year, if you have a fruit or vegetable patch, you'll be busy reaping the rewards of harvest. It's also time to get out and start planting spring-flowering bulbs for next year and you can collect seeds for next summer's colour too. Make the most of the remaining warmth while you can!

#### 10 jobs for this month

1. Divide herbaceous perennials.
2. Pick autumn raspberries.
3. Collect and sow seeds from perennials and hardy annuals.
4. Dig up remaining potatoes before slug damage spoils them.
5. Net ponds before leaf fall gets under way.
6. Keep up with watering of new plants, using rain or grey water if possible.
7. Start to reduce the frequency of houseplant watering.
8. Clean out cold frames and greenhouses ready for autumn use.
9. Cover leafy vegetable crops with bird proof netting.
10. Plant spring flowering bulbs.

Information taken from [rhs.org.uk](http://rhs.org.uk)



The Hall has now reopened. Most of our regular groups will return at some point during the next few months, please contact leaders to find out how and when. Bookings now being taken.

Unfortunately we have lost two of our day time groups but the good news is we now have spaces available to book each weekday, so if you want to start a group or know of some body who does then please contact us and lets see if the Hall is what you are looking for.

## Christmas Fayre

This year our Annual Christmas Fayre will be on **21 November**.

If you are interested in booking a table please contact me on [magnadrama@btinternet.com](mailto:magnadrama@btinternet.com). Come and be part of our fun, friendly community event. Watch out for details nearer the time...

If you would like to help with our fundraising efforts, without any cost to yourself, please use [Easyfundraising.co.uk](http://Easyfundraising.co.uk). By logging into this site each time you shop online, from hundreds of well known stores, we will receive a donation. It takes minutes to do and will help us achieve our aims. Or, If you would like to make a donation to the hall fund, please contact the Hall Treasurer, David McKirdy and he will give you have the details.

Email: [davidmckirdy@aol.com](mailto: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](mailto:magnadrama@btinternet.com)

# Credenhill Community Hall

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



<b>Day</b>	<b>Group</b>	<b>Leader</b>	<b>Contact Details</b>
Monday 7.30 - 9pm	Young Explorers	Marcus Terry	07854 299715
Tuesday 6 - 7.15pm	Beavers	Bethany Norwood	07971 683203
Tuesday 7.30 - 10pm	Magna Performing Arts	Val Lewis	07826 256541
Wednesday 5.30 - 8.30pm	Slimming World	Miakala Davis	07471 890009
Thursday 6 - 9pm	Cubs Scouts	Karen Jones Marcus terry	07854 299715
Friday 10 - 12noon	Crefty Knitters	Corrie Smissen	07789 401151
Friday 5.15 - 7.15pm	Rainbows Brownies	Donna Jones	07837 651687
Friday 7.30 - 9pm	Magna/Young Magna	Betty Morris	07954 081999
Sunday 2.30 - 5pm	Young Magna	Betty Morris	07954 081999



# Magna Performing Arts

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

We have decided to get on with our Panto 2021,  
this year we have decided on...

## **ALI BABA and the FORTY THIEVES**

Rehearsals will begin on September 19th when our lovely Young Magna group will be able to return to rehearsals.  
It will be performed [we hope] during February Half term 2021

### **YOUNG MAGNA**

September is when we plan to resume meetings for our younger members and we know one thing for sure, we will be ready for panto rehearsals! There are currently some places available so if you know of anybody who is interested please get in touch.

Meet: Sundays 2.30 - 5.00pm  
(occasional Friday evenings from 7.30pm)  
Fees: Joining fee £10, costume £10 and £2 a week

"Today's special moments are tomorrow's memories"

- Aladdin -

Regretfully we have decided to postpone our October production so you will have to wait until next May to see our madcap Agatha Christie Spoof **Clueless**



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.





# Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

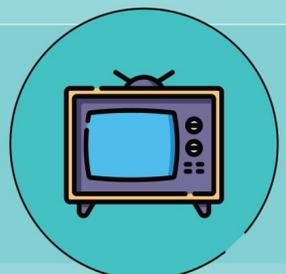
If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



## Credenhill Friendship Club

I hope you and your families are all keeping well during this difficult time. I have started thinking about our club and when/if we could restart. To be honest I don't feel ready myself at the moment but looking forward it would be nice to have something to look forward to.

With that in mind, perhaps you could either phone or email me with your own thoughts please? It would be really good to hear from you. I will put my contact details at the bottom of this.

One thought I had was a BBQ outside the Credenhill Club, the other was, maybe we should wait and have a lovely Christmas meal together in December as planned? This really is over to you to say when you all feel safe enough to do anything. If anyone needs any help with anything, please give me a ring and stay safe.

Trevor Collins  
Chairman  
01432 769397

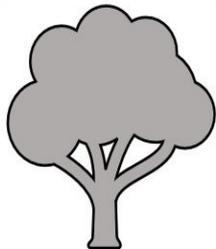


It has been great getting back to work this last month, below is a summary of what we have used Acupuncture to help our clients with....

Psoriatic Arthritis, Pustular Psoriasis, Lymphocytic Colitis, TMJ, Temporomandibular Joint Pain and Jaw restriction, Bruxism, Teeth Grinding, Anxiety, Stress, Tension Headaches, Shoulder and Neck tension and tightness, Acid Reflux, Panic Attacks, Menopausal Hot Flashes, Insomnia, Overthinking, Low Energy Levels, Nocturnal Urination, Mid Back Pain and Muscle Spasms, Hormonal Headaches, PMT, Hayfever and Allergies, Hip and Knee Pain, Digestive Issues, General Health and Wellbeing, Heavy Periods, Lower Back issues, Pain on the Spine.

Get in touch and lets see how I can help you next month

# Gareth Higgs Tree Services



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

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

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



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## Foot Health



## Practitioner

**Treatments for:**

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



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**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,  
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## Services offered

- Dusting
- Vacuuming
- Bathrooms
- Kitchens
- Mopping
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[janet.stones@btinternet.com](mailto:janet.stones@btinternet.com)



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References available on  
request

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# PILATES

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



## Total tone - Cardio, Tone & Core Class

Mondays	Bodenham	6:30pm
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**Pre book, Emma Caldwell**

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

**07971009691/01568 797107**

**Hair@Home**  
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**Mobile: 07775 461923**

**E mail: [Roy@xtdriving.com](mailto:Roy@xtdriving.com)**

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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
<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



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