



Credenhill Community News

**October 2020
Issue 132**

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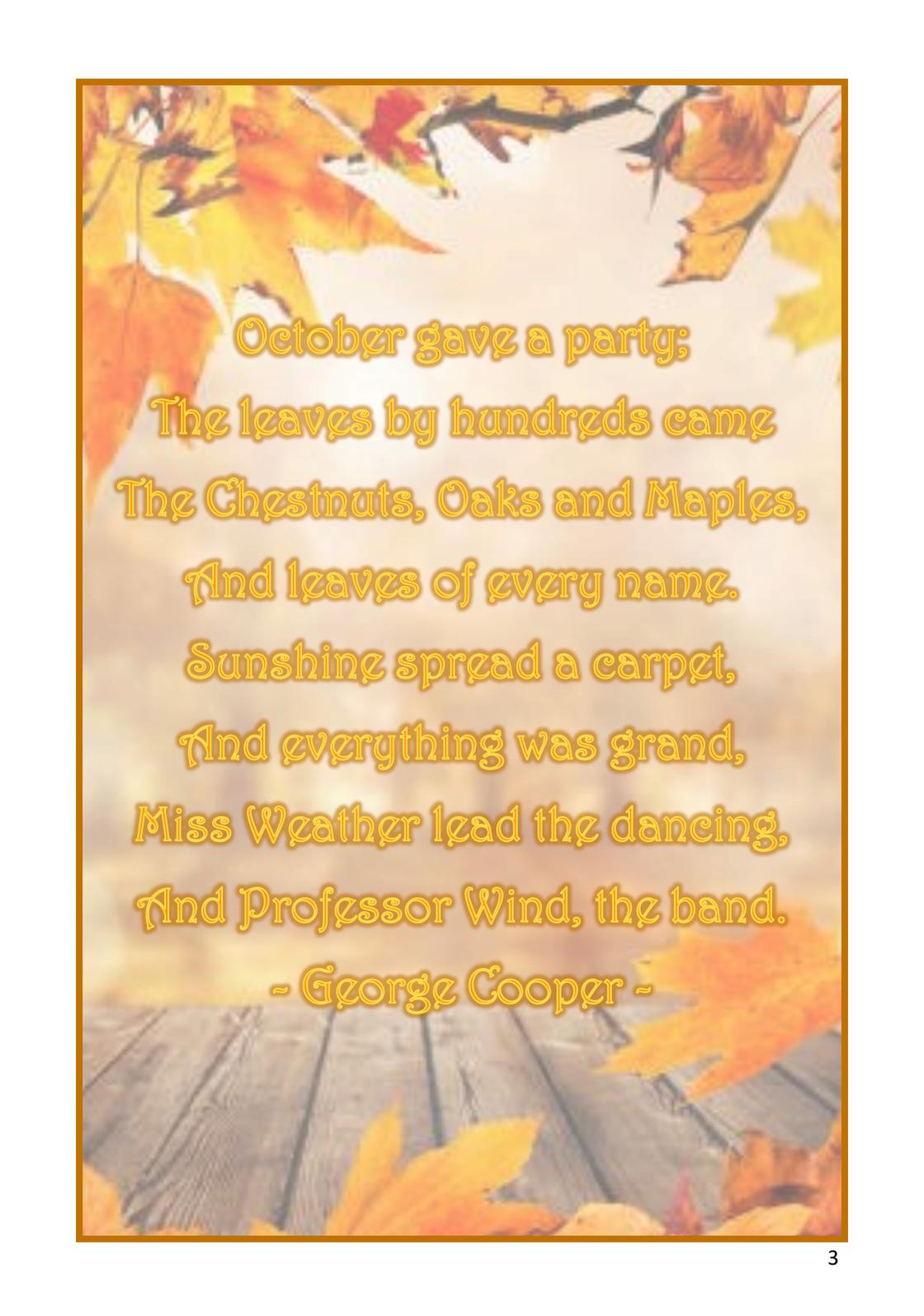
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The CCN is kindly delivered to you by the following volunteers:

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.



October gave a party;
The leaves by hundreds came
The Chestnuts, Oaks and Maples,
And leaves of every name.
Sunshine spread a carpet,
And everything was grand,
Miss Weather lead the dancing,
And Professor Wind, the band.
- George Cooper -



Next Meeting

At the time of writing, we are unsure if the meeting will take place at Headway 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 21st October 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_lIls27KVFqg

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

Good News!

I am pleased to confirm that the Parish Council have awarded the following groups with grants under the section 137 scheme:

Hereford Community Clean Up Group	£ 250.00
Credenhill Sports & Social Club	£ 2,500.00
Parish Church Committee of Credenhill	£ 800.00
Credenhill Community Hall	£ 1,500.00
Magna Performing Arts Group	£ 1,575.00

Further funds will be available from April 2021.

Also, by the time this goes to print the embankment repairs and fencing will be installed to the rear of the community hall/social club which will allow the club to renew the patio area with funds allocated last year.

Two Councillor Vacancies

Could you be interested in joining the Parish Council?
Would you like to help make decisions to support your local community?
For more information please contact the Parish Clerk.



Its your magazine

The CCN has been running for at least 12 years as far as I know, we have issues back to number 26 (August 2010) on the website and the below is an extract from the Parish Council's bit in August 2008, the oldest on the laptop but suggests that it's older:

"Thanks to the sterling efforts of Carol Lloyd and Glenda Hind, the re-launch of the CCN appears to be much appreciated within the village. I have no doubt that, given time; the contents of the CCN will expand and will provide a regular source of information for parishioners and also an opportunity to express views and opinions which can be brought to the attention of the village community"

We have an obligation to provide a community newsletter to keep you informed because it is a legal requirement, as is providing a website to keep you up to date with Parish Council matters and any local news.

Much has changed about the CCN in that time, the editor, the parish clerk, the parish chair, the format, the cost of printing, the number of adverts; however, the purpose remains the same. The other thing that remains the same are the topics that regularly crop up in the Parish Council section:

- | | |
|-----------------------|--------------------------------------|
| Litter | Speeding in the village roads |
| Dog fouling | Overgrown hedges/trees |
| Dogs on Roman Park | Potholes in the shop carpark |
| Inconsiderate parking | Untidy hedges/litter in shop carpark |
| | Vandalism |

These are what I now call the "Monthly Moan" and given the regularity that they occur it seems that we are just preaching to the converted. It would be nice to receive some correspondence/thoughts/ideas/compliments for a change and I invite you all to consider this and write to the editor with something positive to publish instead of my "Monthly Moan."

Two Councillor Vacancies

Could you be interested in joining the Parish Council?
Would you like to help make decisions to support your local community?
For more information please contact the Parish Clerk.

The Vicar's Letter



Dear Friends,

It has been good to get to some sort of normality regarding worship in the church, although, because of COVID restrictions and having to follow Church of England guidelines it feels far from normal.

We are worshipping in church at 10.00am every Sunday morning now, sometimes with Holy Communion. The services are kept deliberately short because we continue to livestream them. If you would like to see what it's like, before perhaps joining us in person, check it out on The Magnis Group Facebook page: <https://www.facebook.com/groups/710895009243384/?ref=bookmarks>. If you decide to come to church, please follow all the guidelines given on notices in the church, thank you.

In the church on Wednesday 14th October, we will be holding our rather delayed Annual General Church Meeting. This is a public meeting for you to elect your churchwardens and the church council AGM will follow it. Please bring a face covering and do not come if you feel unwell or have any Covid symptoms.

"Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver". 2 Corinthians 9:7

I tend not to speak about our church finances because our churchwarden Dorrie Coates, who is also our treasurer, is always good at letting you know how things are going financially, but I do need to draw your attention to the fact that we have been unable to hold any fund-raising events this year and, as a result, our income is considerably less than normal. We have a rather beautiful old building which is steeped in history and has been a place that has marked the life events of countless families down the generations. It is a place where villagers look forward to having their children baptised, hope to be married, and expect to be buried there. But in order to secure it as an open church for these events to happen, we need the support of our parishioners.

We are hoping that you might consider October as a 'Gift Month' and hope you will sign up to our Parish Giving scheme giving something regularly each month (details from Dorrie Coates), or transfer your gift online to Barclay's Bank,

account name: PCC Credenhill - bank code: 30-94-14, a/c no. 00359034

The Vicar's Letter continued...

or drop off your cash gift in an envelope through the Vicarage letterbox at 8 Hillside View (cheques should be made out to 'PCC Credenhill').

We hope you will be as generous as you are able. We long to be a church that is thriving in this village so that we can more generously give back to people here who need help. As it is, our church members are mostly pensioners, who not only give financially to keep the building in good condition, but who also give regularly to the Food Bank, Samaritan's Gift Boxes for Christmas and other charities. It would be very encouraging if you could help them support your church.

Stay safe and well and with every blessing,

Rana

From our Registers

No Baptisms or Weddings

Funeral at Hereford Crematorium 9th September Edith Frances Goddard of Credenhill Court.

Services

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

Morning Worship livestreamed at 10.00am every Sunday in Church (do not attend if you feel unwell; masks must be worn in church unless you have an exemption; the usual safe distancing applies; hand gel as you enter and leave; and give contact details for track and trace)

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



Do you know who is calling?



Don't part with any of your personal information, bank cards, money or valuables.

Remember:

Criminals may be calling.

Suspect anyone you don't know, regardless of who they claim to be.

Answer 'NO' to any personal questions.

Don't part with any of your personal information or money. Remember, the police and your bank would NEVER ask for such details as your PIN or account numbers over the phone.

Leave the conversation.

If you are suspicious or feel uncomfortable with the caller's questions, then end the call.

Let us know.

If in doubt hang up and wait 10 minutes. Then report to Action Fraud (0300 123 30 40 or www.actionfraud.police.uk) or the police (101)*.

*Report to the police if the crime is still happening, the suspect is in the local area or if you are vulnerable and unable to contact Action Fraud.

Please use this sticker on your phone as a reminder to CALL

A genuine caller will never ask to:

- X** send a courier to collect cash, bank cards, or valuables
- X** ask for your PIN
- X** ask you to withdraw or transfer money

If in doubt hang up and wait 10 minutes, then report to Action Fraud (0300 123 30 40 or www.actionfraud.police.uk) or the police (101).



Message from Mrs Davies

I just wanted to say a huge thank you to our parents and carers for their help and support over our first few weeks back. The children have been fantastic and have settled back in beautifully.

The staggered drop off and collection times seem to be working really well and the children are enjoying a calm start to the day.



VALUE OF THE HALF TERM

Love & Friendship

“A friend is someone who understands your past, believes in your future and accepts you, just the way you are.”

Unknown

Reception Admissions 2021-2022

**Do you have a child born between
1st September 2016 and
31st August 2017?**

If so, you will need to apply for a school place by 15 January 2021 (to commence September 2021)

Applications can be completed from 14 September 2020 online at:

[www.herefordshire.gov.uk/
reception-class-admission](http://www.herefordshire.gov.uk/reception-class-admission)

ST. MARY'S SCHOOL LOG BOOK 1930

Sept 12th 1930 - School is closing today until October 6th for hop picking. Today the girls are completing garments for the Arts & Crafts Exhibition to be held at the Town Hall.

Oct 6th 1930 - School reopened today; the number on the register at present is 25. Two children were successful in the Arts & Crafts Exhibition. I took five children to see the Exhibition after school.

DATES FOR YOUR DIARY

23 Oct 20	Inset Day
26-30 Oct 20	Half Term Break
02 Nov 20	Back to School
18 Dec 20	End of Term

VISITS TO ST MARY'S

If you would like to come and visit us you will be made more than welcome by our staff and children. Please contact Claire Ross our School Business Manager or Emma Milne our Admin Assistant on 01432 760408 to arrange a mutually convenient time.

30 Day LEGO Building Challenge

Build a Roller Coaster 1	Build A Town 2	BUILD A ROCKET SHIP 3	Build the world's tallest tower 4	Build An Airplane 5	BUILD THE PERFECT PIZZA 6
Build a ROBOT 7	Build a Boat That Floats 8	BUILD A CASTLE 9	Build a horse 10	BUILD A MAZE 11	Build a Picture Frame 12
Build A Train 13	Build A Venus Fly Trap 14	Build a Unicorn 15	Build a Pirate Ship 16	Build A Scene From Your Favorite Book 17	Build An Ice Cream Truck 18
BUILD A DOG HOUSE 19	Build A Flying Saucer 20	BUILD A SPORTS ARENA 21	Build A Water Park 22	Build A Shark 23	Build a Bridge 24
BUILD A TREE HOUSE 25	Build Your Name With Bricks 26	Build A Dragon 27	Build A Historical Scene 28	Build A Monster 29	Build an instrument 30

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			5		6		
3	6			4			
8	9	6			1	4	
		2		7	4		8
		7					6

The fastest bird is the Peregrine Falcon. It can fly at a speed of 168-217 miles per hour!

ELEPHANTS PURR LIKE CATS DO! IT'S A WAY OF COMMUNICATING

The strongest bone in your body is the femur (thighbone) and it's hollow!

Bats always turn left when they leave their caves



Postcards from Life

For three weeks from Monday 26th October, around 200 mini masterpieces go under the hammer during Postcards from Life.

This year's online-only event gives you the chance to hang on your wall a small work that portrays a big heart.



The lots have been created by some of the most talented artists around and can all be viewed on the St Michael's Hospice website www.st-michaels-hospice.org.uk, where you'll also find a link to the Brightwells page to bid.

Event co-ordinator Gaynor Warren said: 'The quality of entries this year is outstanding. I think it's our best collection yet. So, get ready to browse and bid for work which will brighten any room, safe in the knowledge that your support will help families in our community living with a terminal illness.'

Light up a Life

Light up a Life is an invitation to everyone in our community to shine a light in memory of loved ones.

This year we will be unable to continue the tradition of organising our much loved Light up a Life events throughout the community.

Instead, we're already busy filming a special service set in Hereford Cathedral which will be live-screened from St Michael's Hospice on Sunday 20th December and we hope as many people as possible will be able to join us online for the event.

We are also inviting people to play a part by filming themselves lighting a candle in memory of a loved one and sending the video to our Communications Team who will then create a montage of clips to form part of the online service.

There will also be an opportunity for people to remember their loved ones on a special website and on an installation which we hope to install in a public place in the centre of Hereford. To find out more call the Hospice Communications Team on 01432 852 631 or visit www.st-michaels-hospice.org.uk



For me nothing says October more than Pumpkins and Squashes and the lovely Autumnal oranges, golds and reds as the trees turn. As far as food, now is the time to bring in warming flavours, spices and easy to digest foods to support the digestion going into the winter months.

Butternut squash is a well-balanced food source that is rich in complex carbohydrates and low in saturated fat and sodium. It is a very good source of vitamins A and C and a good source of beta-carotene, magnesium, manganese, calcium and potassium.

Autumnal Warming Butternut Squash Soup

Ingredients:

- 1 tbsp coconut oil
- 2 onions, roughly chopped
- 4 garlic cloves, roughly chopped
- 3 carrots roughly chopped
- 2 sticks of celery thinly sliced
- 1 large butternut squash, halved then deseeded & chopped into 1inch cubes (save the seeds and roast them with salt – pepper)
- 1.5 litres of vegetable stock
- Big pinch sea salt & black pepper
- Large handful of fresh sage leaves



Method:

1. Melt the oil in a large saucepan, add the onions, celery and allow to soften for 5 minutes before adding the garlic for a further minute, stir every now and then. Add the carrot, butternut squash & stock, season with salt & pepper before letting it simmer away for 20 -25 minutes until the vegetables are tender.
2. Blend with a stick blender and season to taste.
3. In a frying pan, add a little more oil & throw in the sage leaves, allowing them to sizzle away for a minute until just crispy. Serve soup into bowls & top with sage & leaves extra sea salt & black pepper if needed and a drizzle of extra virgin olive oil.

Recipes continued...

Pumpkin Scones

Ingredients:

450g Self Raising Flour
good pinch of salt
2 heaped teaspoon baking powder
100g butter
50g caster sugar
100g sultana's
50g crystallised ginger pieces
2 large eggs

Dash milk
Pureed pumpkin (you can easily make your own, or use tinned which is widely available in supermarkets these days)
2tsp ground cinnamon
1tsp dry ginger
1tsp allspice
1tsp nutmeg (dry or fresh)

Method:

1. Heat oven to 200 fan
2. Line baking tray with parchment paper
3. Mix together flour, dry spices, baking powder, salt and then rub in the butter
Stir in the fruit, crystallised ginger and sugar
4. In a measuring jug add the eggs and enough milk to make $\frac{1}{4}$ pint liquid (reserve a little for brushing the tops) then add enough puree pumpkin to make $\frac{1}{2}$ pint liquid, mixing well
5. Combine the wet and dry mix and knead lightly on a floured surface
6. Roll out to $\frac{1}{2}$ inch rounds
7. Brush tops with egg and milk
8. Bake in oven for 10-15mins till done

Once cooked and cooled they freeze well as does the pumpkin if you get the tins and don't use it all at once. One large tin of pumpkin does about 4-5 batches of scones.



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

07545 615738

www.winning-health.co.uk

October

The autumn chill sets in

Gardening Tips

Although we had some warmer days over September, the autumn is now definitely here for real, and it feels colder. It's a beautiful time of year, with the trees changing colour. Sometimes it may seem pointless raking, when the wind blows even more leaves onto the lawn, but just think of all the lovely leaf mould you can make! It's also time to start preparing for early frosts.

10 jobs for this month

1. Divide established rhubarb crowns to create new plants.
2. Cut back perennials that have died down.
3. Divide herbaceous perennials.
4. Move tender plants, including aquatic ones, into a greenhouse or conservatory.
5. Plant out spring cabbages.
6. Harvest apples, pears, grapes and nuts.
7. Prune climbing roses.
8. Finish collecting seeds from the garden to plant next year.
9. Last chance to mow lawns and trim hedges in mild areas.
10. Renovate old lawns or create new grass areas by laying turf.

Information taken from rhs.org.uk





Magna Performing Arts

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

Magna and Young Magna Performing Arts are doing all they can to keep all meetings Covid secure by using guidance from Local Government and NODA. Please see the notes, reference guidance, on the Credenhill Community Hall page, which we are following, along with additional information given to performance groups.

ALI BABA and the FORTY THIEVES

We have the script, scenery is being painted, songs are arranged and dances are choreographed.

All we need now is to get rehearsals off the ground!

If we cannot do a live performance, we have a cunning plan to get the production to you one way or another! Further details soon.

SOME EXCITING NEWS!

We are now the proud owners of stage rostra to build our stage out, enabling us to have better performance values for our audiences.

A big shout out to Credenhill Parish Council for their grant , which helped make this possible.

YOUNG MAGNA

We may have places available or you can go on a waiting list, so if you know of anybody who is interested please email magnadrama@btinternet.com

Meet: Sundays 2.30 - 5.00pm

(occasional Friday evenings from 7.30pm)

Fees: Joining fee £10, costume £10 and £2 a week



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.



The Hall has now reopened and is Covid secure. This is based on Local Government guidance for Village and Community Halls .

We have sanitiser in the foyer, soap and towels at sink areas and reminder posters on display. A risk assessment has been carried out and we've suggested that each group does their own too. Children and young people groups can continue to meet to a maximum of 15 members plus leaders, but should stay socially distanced [we are using P.E markers to mark 2 metre distancing]. Doors and windows are to be open where possible and all groups are asked to clean down all surfaces they use at the end of their session. Our own cleaner, Craig, is on hand to clean after each group and deep clean once a week.

Slimming World, Nutty Knitters, Magna and Young Magna Performing Arts are meeting at present.

Most of our regular groups will return at some point during the next few months, please contact leaders to find out how and when.

We now have spaces available to book each weekday so if you would like to start a group or know of some body who does then please contact us.

Easyfundraising.co.uk

By logging into this site each time you shop online, we can receive a donation, alternatively, please contact the Hall Treasurer, David McKirdy to make a donation and he will give you have 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

Credenhill Community Hall

www.credenhillcommunityhall.org.uk



Day	Group	Leader	Contact Details
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

Historic October

Some interesting historical facts that happened each day in October.

- 1 Oct 1207 Birth of England's King Henry III.
- 2 Oct 1452 England's last Plantagenet King Richard III born.
- 3 Oct 1283 Dafydd ap Gruffydd, Prince of Wales, first nobleman in Britain to be hung, drawn & quartered.
- 4 Oct 1911 Britain's first escalator opens at London's Earls Court.
- 5 Oct 1930 British airship R101 crashes near Beauvais, France, killing 48 people.
- 6 Oct 1892 Death of English Poet Laureate Alfred, Lord Tennyson, who immortalised 'The Charge of the Light Brigade'.
- 7 Oct 1920 Women became eligible for admission as full members of Oxford University & given the right to take degrees.
- 8 Oct 1967 Clement (Richard) Atlee dies. British Labour politician. As Prime Minister 1945-51.
- 9 Oct 1967 Transport Minister, Barbara Castle, introduces the breathalyser.
- 10 Oct 1903 Founded today by the English suffragette, Mrs Emmaline Pankhurst, at her home in Manchester. *The Women's Social and Political Union*, campaigning for women's suffrage in Great Britain.
- 11 Oct 1899 Start of the Anglo-Boer War.
- 12 Oct 1984 An IRA terrorist bomb kills 4 people at the Grand hotel, Brighton.
- 13 Oct 1852 Birth of Lillie Langtry, actress and mistress of King Edward VII.
- 14 Oct 1066 Harold II, England's last Anglo-Saxon King was killed at the Battle of Hastings in Sussex, possibly by an arrow in the eye as shown in the Bayeux Tapestry.
- 15 Oct 1666 Samuel Pepys, diarist, records the wearing of the first waistcoat by King Charles II.
- 16 Oct 1902 England's first prison for Young Offenders is opened at Borstal, Kent.
- 17 Oct 1860 The first professional Golf Tournament played at Prestwick, Western Scotland. Mr Willie Park heads the leader board.
- 18 Oct 1865 British Tory politician Lord (Pumice-stone) Palmerston dies in office. His abrasive and arrogant style earned him, his nickname.

Historic October continued...

- 19 Oct 1781 British General, Lord Charles Cornwallis surrenders to George Washington at Yorktown, Virginia, ending the American War of Independence (revolution).
- 20 Oct 1632 Birth of English Architect Christopher Wren. Responsible for the rebuilding of St Paul's Cathedral following the Great Fire of London.
- 21 Oct 1805 Admiral Nelson mortally wounded at the Battle of Trafalgar, near Gibraltar.
- 22 Oct 1957 The children's cartoon hero Captain Pugwash makes his television debut.
- 23 Oct 1642 The first major battle of the English Civil War takes place at Edgehill, South Warwickshire. Charles I and Prince Rupert lead the Royalists and the Earl of Essex leads the Parliamentarians.
- 24 Oct 1537 Henry VIII's 3rd wife, Jane Seymour, dies following the birth of the future King Edward VI.
- 25 Oct 1854 Lord Lucan leads The Charge of the Light Brigade at Balaclava during the Crimean War, famously recorded in Tennyson's poem.
- 26 Oct 1863 Formation of the English Football Association who documents the first rules of soccer.
- 27 Oct 1914 Birth of Welsh poet Dylan Thomas.
- 28 Oct 1831 English Physicist Michael Faraday demonstrates the dynamo founding the science of electro-magnetism.
- 29 Oct 1618 English Courtier, Writer and Explorer, Sir Walter Raleigh, is beheaded by the order of King James I.
- 30 Oct 1925 The first television transmission of a moving image is made by Scottish Inventor, John Logie Baird.
- 31 Oct 1517 Martin Luther nails his '95 Theses' to the church door at Wittenburg, Germany, triggering the Protestant Reformation.



Credenhill Friendship Club

Just to keep you updated and comply with the latest Government Lockdown instructions, unfortunately, the Club will not be meeting until further notice.

The Christmas meal at the Golf Club is still booked, although at present, the management has no firm details and won't have until nearer the date! We will keep you informed on this function.

It is with great sadness that I announce the death of one of our lovely Club members, Irene Hammond. Irene was our treasurer for sometime and a very supportive member who always had a smile. We will miss her greatly.

Our thoughts are with Fred and his family.

Hands... Face... Space...

Trevor Collins

07880 355523



Winning Health

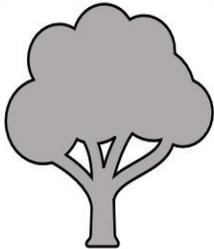
The Wellbeing Practice

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



Qualified and Insured tree surgeon

All aspects of tree work undertaken

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Tel: 01568 709477 / 07968 849562

Email: gareth_higgs@hotmail.co.uk

www.garethhiggstreesurgeon.co.uk

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01432 760 087

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- Plus more



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Brian Jenkinson DIP CFHP MPS Pract.

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07977 214 756

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



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- Mopping
- Ironing
- Changing beds

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We offer weekly, fortnightly and monthly cleaning.

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janet.stones@btinternet.com



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DESIGN

RENOVATIONS / PLASTERING

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Crime Stoppers		0800 555111
Safer Neighbourhood Officers	PC Bart McDonagh	101
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